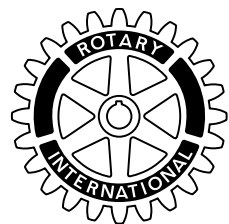


Club Sponsors  
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 Cross-Country Ski Club



Ogopogo  
 Rotary Club

**Interior Loppet Series 2012**

**Reino Keski-Salmi Loppet \*** (classic)  
 Saturday, January 14, 2012  
 Salmon Arm [www.skilarchhills.ca](http://www.skilarchhills.ca)

26<sup>th</sup> Annual  
**Telemark Apple Loppet**

\*New easier course for 2012\*

**Telemark Apple Loppet \***  
 (relay/individual pursuit)  
 Saturday, January 28, 2012  
 West Kelowna [www.telemarkx-c.com](http://www.telemarkx-c.com)



**Cariboo Marathon Loppet**  
 Saturday, February 4, 2012



BRITISH  
 COLUMBIA

**Nickel Plate Loppet** (classic)  
 Saturday, February 11, 2012  
 Penticton [www.nickelplatenordic.org](http://www.nickelplatenordic.org)

**Kelowna Nordic Ski Club Loppet**  
 Saturday, February 25, 2012



Saturday, January 28<sup>th</sup>, 2012  
 Telemark Cross-Country Ski Area  
 West Kelowna, BC



**Athletic Biography**

To aid our announcer, Steve King, as you cross the finish line, please provide us with some details.

- How many times at this Loppet?  
 \_\_\_\_\_
- Are there athletic achievements we should know about?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



**Overlander Ski Marathon** (free)  
 Saturday, March 3, 2012  
 Kamloops [www.overlanderskiclub.com](http://www.overlanderskiclub.com)

**Sovereign Lake Loppet \*** (free)  
 Saturday, March 10, 2012  
 Vernon [www.sovereignlake.com](http://www.sovereignlake.com)

**Win participation prizes and Series awards!**

\*Holiday Inn, West Kelowna is the official race hotel



Race Number Two of the  
**KAL-WEST Interior Loppet Series**

## Telemark Apple Loppet

The Telemark Cross-Country Ski Club welcomes all skiers to the 26th edition of the Apple Loppet!

### New Course for 2012

The pursuit format remains the same, as participants can ski our 30 km Loppet as a two-person relay team or as an individual. The classic leg is 2 laps of the 7.5 km Telemark trail, and the free leg is 1 lap of 15 km of the Fern Creek trail. In the relay pursuit the first person skis 15 km classic technique, tagging off to a second person, who skis 15 km free technique. In the individual pursuit, the participant skis 15 km classic technique followed by 15 km free technique.

**Kids Races (13 & under)** - are 400 m, 1 km and 3 km classic technique.

**Recreational Race** - 7½ km classic technique.

**Course closes at 1:30 pm.**

### Mass Start - 10 am

**Kids races - separate starts.**

**Saturday, January 28<sup>th</sup>, 2012**

**Telemark Cross-Country Ski Area**

Early Fee Deadline: Sunday, January 22  
 Entry Deadline: Friday, January 27, 3 pm  
 License Requirements: No licenses required.  
 Race Packet Pick-up: Race day, 8-9:30 am at the Telemark Chalet

Event participation waivers will be signed at the Race Packet Pick-up. **No day of race entries.**

## Age as of Dec 31/2011

### 2 x 15 km Relay Pursuit

*Need a relay partner?*

*We will help you find one.*

Women's & Men's Teams (Combined Ages):

- A. 28-35 years of age
- B. 36-79
- C. 80-99
- D. 100-119
- E. 120 and over
- F. Mixed Team

Family teams can be spouses, parent and child or grandparent and grandchild. Family teams will receive special prizes.

### 30 km Individual Pursuit

Male and Female Classes

- G. 18-39
- H. 40-49
- I. 50-59
- J. 60-69
- K. 70 and over

### Other Races

Male and Female Classes

- L.\* 6 and under: 400 m or 1 km
- M.\* 7-9 1 km
- N. 10-13 3km
- O.† 14-17 7½ km
- P. Recreational 7.5 km classickm

\*13 & under receive finisher medals only, no awards.

†Recreation class receives no awards, but are eligible for draw prizes.

### Fees (please enter online at zone4.ca)

Before January 22 <sup>nd</sup> , 2012		
Age	Relay	Single
18 & over	\$50	\$30
14 - 17	\$20	\$10
13 & under	n/a	\$10
Recreational (age 18 plus)	n/a	\$20
After January 22 <sup>nd</sup> , 2012		
Age	Relay	Single
18 & over	\$60	\$35
14 - 17	\$25	\$15
13 & under	n/a	\$15
Recreational (age 18 plus)	n/a	\$25

**All fees are waived for Telemark Ski League Participants**

## Telemark Apple Loppet Registration

Online registration is preferred: [www.zone4.ca](http://www.zone4.ca)

Drop off: Telemark Chalet

credit/debit cards accepted

Mail: Telemark Cross-Country Ski Club  
 Box 26072, Westbank Postal Outlet  
 West Kelowna, BC V4T 2G3

Please make cheques payable to: Telemark Cross-Country Ski Club

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Prov.: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Club Affiliation: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
MONTH DAY YEAR

Individual's Age: \_\_\_\_\_

Gender Male: \_\_\_\_\_ Female: \_\_\_\_\_

**Category Entered** - circle one:

A B C D E F G H I J K L M N O P

**Relay** - Partner's Name

\_\_\_\_\_ Classic or Skate? (circle one)

Partner's Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Women \_\_\_\_\_; Mixed \_\_\_\_\_; Men \_\_\_\_\_

I need a partner to: \_\_\_ skate; \_\_\_ classic

Are you a family team? \_\_\_ yes \_\_\_ no

If yes, are you: spouses \_\_\_\_\_

parent/child \_\_\_\_\_

grandparent/grandchild \_\_\_\_\_

Total Fee \$ \_\_\_\_\_

## 26<sup>th</sup> Telemark Apple Loppet

- 30 km relay pursuit or individual pursuit

- New course for 2012.

- Aid stations at 7½.

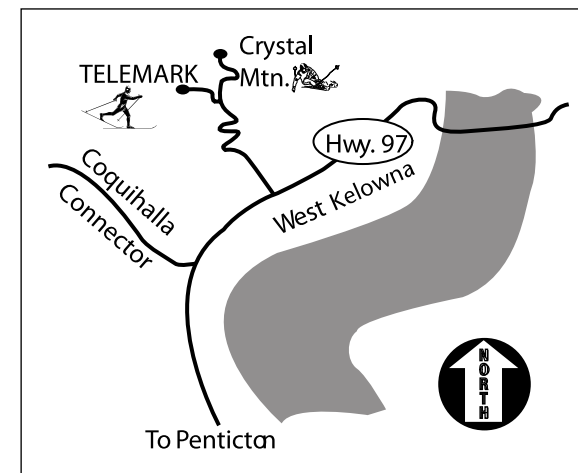
- The best post-race refreshments.

- Draw prizes (for skiers 14 & over and all volunteers)

- Finisher medals for all finishers 13 & under.

### Location

Telemark Cross-Country Ski Area is located 8 km from HWY 97, on the road (Glenrosa) to Crystal Mountain. Only 30 minutes from downtown Kelowna, Summerland and Peachland. Only 4 hours from Vancouver.



For more information or snow conditions

at Telemark

Call: **250-768-1494**

or visit: **[www.telemarkx-c.com](http://www.telemarkx-c.com)**