



Fitz-Smith Loppet

Saturday, March 13th, 2010



Registration:

- e-mail: Cam and Melissa Zimmer, camandmelissa@northwestel.net or Diane Seals, dave_diane@northwestel.net
- Friday, March 12th , 7:00-9:00 PM at the Recreation Centre.
- Morning registration (for out of town guests), Saturday, March 13th, 9:00-9:30 AM at the Ft. Smith Ski Club Chalet
- Or mail to Ft. Smith Ski Club, Box 1226, Ft. Smith, NT, X0E 0P0
- All skiers 14 and under must be accompanied by an adult

Cost:

- Adults: \$20 adults, Under 14 and Over 60: \$10
- Showers and hot tub available at the Fort Smith Recreation Centre.

Ski Tour Info:

- Approx. 30 km, track set, classic ski trail from Fort Fitzgerald to Fort Smith Ski Club Chalet
- The following distances are available:
Mountain to Ski Club: 7 km, Half Way to Mountain: 6 km, Goose Isl. to Half Way: 10 km, Fitz to Goose Isl.: 9 km, Fitz to Smith: 30 km
- Checkpoints approximately every 7 km. Pick-ups and drop-offs available along route.
- Maps of ski trails available upon registration
- Drinks and snacks available at checkpoints
- Come prepared with suitable clothing, equipment, water and snacks. Portions of the route are 4 km from the nearest road.
- If a hill looks too steep, walk down.
- If you injure yourself between checkpoints, don't panic. Make yourself comfortable, stay put and inform the next skier that passes by.
- If you do not report to a checkpoint within a reasonable time limit a safety person with snow machine will come looking for you.
- An ambulance will be on hand and first aid kits are available at each checkpoint.
- **IF YOU DROP OUT BEFORE REACHING THE SKI CLUB BIATHLON RANGE, ADVISE BOTH A CHECKPOINT WORKER AND THE REGISTRAR AT THE BIATHLON RANGE.**



Transportation:

- You will need to get yourself to the Fort Smith Ski Club.
- From the Ski Club, a 10:00 AM bus will take skiers to their start at Ft. Fitzgerald and then drop off skiers starting at other locations.
- Pick-ups available at various points where the trail meets the road for those who wish to end early.
- Year round road access to Ft. Smith via Hwy #5.
- Winter road access from Ft. Chipewyan, AB via Pine Lake Rd. (approx. 3 hrs)
- Winter road access from Ft. McMurray, AB via Ft. Chipewyan, AB and Pine Lake Rd.(approx. 7 hrs)
- Daily scheduled flights into Ft. Smith by Northwestern Air Lease (872-2216)

Accommodation:

- skiers may be billeted (contact Diane Seals 872-4525)
- Pelican Rapids Inn 872-2789, Thebacha B&B 872-2060, Whispering Pines Cottage 872-2628

Pot Luck Supper:

- 6:00 PM, Saturday, March 14th, Anglican Church Hall
- Ft. Smith residents: please bring food. Out of town skiers: any contributions of food are welcome, but we understand if it's not possible.
- plates & cutlery provided.
- dishwashers welcome!

Other Attractions:

- Ft. Smith Ski Club trails: 7.5 km skate/classic loops & 6.0 km scenic, classic loop. FREE.
- Visit the Town of Fort Smith website for other town attractions at: www.fortsmith.ca
- Wood Buffalo National Park's backcountry trails: Salt River Loops, Rainbow Lakes, Kettle Point. Call 872-7960 for info. FREE.
- Ft. Smith Recreation Centre: squash, fitness room, pool, saunas, hot tub, 872-4REC.
- *The Land Slide* tobogganing hill. A wild ride. Lit for night sliding. FREE.
- Wood Buffalo National Park visitor centre. FREE. Give three days notice for a tour, 872-7960.

Information:

- contact Diane Seals (867)872-4525, Cam and Melissa Zimmer (867)872-2189

