

## Welcome to the 42nd Duck Mountain Loppet

Duck Mountain Provincial Park (Madge Lake)

February 25, 2023

A great day of skiing/socializing in the boreal forest and enjoying some "Duck Mtn Dew" and snacks at one of the 5 shelters.

**Check In:** Log Inn Shelter at the golf course parking lot.

8:30-11:00a.m.

Registration is open at <https://zone4.ca/register.asp?id=30931>

There is no mass start time.

For safety reasons all participants **MUST** check out at the end of their ski.

You will then be given your meal ticket and neck tube.

Whether you're skiing 5km or 40km our goal is to have all the skiers off the course by 4 p.m. and volunteers shortly thereafter.

Some trails are quite hilly and technical in spots. Control your speed by snowploughing at the top of some steep downhills. Your typical skiing time over a given distance will be longer. Please gauge your fitness/ time accordingly. Be self sufficient with nutrition and appropriate clothing.

Please familiarize and/or print a copy of the trail map at

<https://www.duckmountainnordicclub.ca/trails>

Specific course distance maps will be available.

A hot meal (sausage, perogies, salads) is at the Border Mountain House. Doors open at 3:30 to 5:00. Seating capacity is somewhat limited so please be mindful if there is a crowd waiting.

Due to unforeseen circumstances, distances/event maybe altered/cancelled.

For updated information please follow our web site

<https://www.duckmountainnordicclub.ca/>

or the Facebook account <https://www.duckmountainnordicclub.ca/>

Remember you're in Coyote country, always ski with someone slower than you!