

TBay Master for Minneapolis

The Masters World Cup (MWC2018) is coming to Minnesota January 19–26, 2018. A Lappe Nordic Team is being coordinated for this event and we would like to have you join the team for this great event being held close to home. The Masters World Cup event is for skiers 30 years old and older and we are very excited to organize a team to attend the event this winter.

Below you will find some details on our team's preparation for the event and benefits of joining the team. You will find a tentative schedule, team fees, accommodation details, training program options, a trip budget and registration links.

As we form our team we will identify some key people on the team:

- Registrar and communications person,
- Coordinator for accommodations,
- Social coordinator,
- Coaches and race support team

For now you may contact Werner Schwar or Kevin Shields for more information:

- Werner, wsla@tbaytel.net
- Kevin, kshields.lappe@gmail.com, 346-8084

Please consider joining the team for this event. This is from the event website:
Is this event really for all ability levels? Answer: Unless you are a true beginner, we are betting that you will have a blast taking part in the MWC 2018. Sure, some folks are going to be really fast out there, but most skiers at the MWC take part for the fun, excitement, and unique event design unlike any other event for adult skiers you can find anywhere.

Important note about accommodations:

The event is just 6 months away and we want to secure accommodations for the team. Therefore, we need to determine our numbers shortly. Dianne Scocchia has reserved some rooms in Minneapolis already.

If you wish to join the team and be part of the group accommodation booking (note: being with the team for accommodations does simplify event support and transportation for all athletes) please complete the "Master World Cup accommodations request" and the team registration and accommodations deposit by August 31st. (Accommodation availability will be provided on a first registered bases.)

Step 1: Masters World Cup accommodations request:

<https://goo.gl/forms/lJoJC8pxV7Qf0sd62>

Step 2: Team registration & accommodation deposits:

<https://zone4.ca/register.asp?id=15864&lan=1&cartlevel=1>

MWC2018 Team TBay

Forming the Team

There is some good interest in this event from local skiers. From our initial asking of interest in the event there are 14 people that will lead our team to Minneapolis. This group has come forward with offers to assist with coordinating accommodations, communications, coaching, group skis and social activities. A first planning meeting was held on July 19th and some general map of the team preparations was sketched out.

As mentioned, accommodations were felt to be a timely priority and combined with this was determining the size of the team. So our next task is to have participants indicate their interest to join the team and provide their accommodation needs.

Forming a Master Team for this an event has many positives for individuals, teammates and the ski community. Participation on the team will provide motivation and consistency in your preparation for the event, in a fun and supportive team environment. Here are some of the benefits of joining the MWC2018 Team TBay:

- Communication of event information, registration requirements and team activities
- Race support at event
- Coordinated accommodations
- Coordination of transportation
- Group skis
- Group socials
- pre-MWC2018 race events or Time Trial(s)

Team Fee and Masters World Cup Optional Training Programs

Participants on the team will need to be a current Cross Country Canada club member (e.g. Lappe Nordic Ski Club) and also a Canadian Master Ski Association member. Additionally there will be a team fee of \$120. The team fee will cover all or some of the team expenses during the training period and at the event.

Two training program options will also be available for team members who would like to join a training group as part of their preparations. The first option is the Citizen Race Team. This program will start the first week in September and include two to three group practice session per week. The program will run until March. The program cost is \$315.

The second program option is the Get Fit for Sleeping Giant Dryland (Sept. to Nov) and On Snow (Dec. to Mar.). The costs for this program are: \$80 dryland and \$110 on snow.

Please contact Kevin Shields with any questions about the training programs.

Kevin, kshields.lappe@gmail.com, 346-8084

Tentative Team Events Schedule

Tentative Schedule

Master for Minneapolis

September

Sept., 9, 2017	Fall Uphill Test Run/Ski Walk	Gorham TWP
Sept. 30, 2017	Sawdust Run *	Lappe Nordic Ski Centre

October

Oct., 7, 2017	Ski Walking Clinic	Centennial Park
Oct. 22, 2017	Kamview 1/2 Marathon & Relay *	Kamview Nordic Centre

November

Sat., Oct. 11, 2017	Waxing Clinic	Lappe Nordic Ski Centre
When the snow arrives	Early Snow Team Ski	Lappe Nordic Ski Centre

December

Dec. 26, 2018	Boxing Day Classic *	Lappe Nordic Ski Centre
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January

Jan. 13/14, 2018	Team Time Trial or race	Lappe Nordic Ski Centre
Jan. 19-26, 2018	MWC2018 *	Minneapolis, MN

February

TBC	Chocolate Cup *	Beaton Path/Atikokan
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March

Mar. 3, 2018	Sleeping Giant Loppet *	Thunder Bay, ON
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Other Possible Team Activities

- 1) Thursday Night Fresh Air Race Series at Lappe Nordic Ski Centre, 5 races, December - March.
- 2) Group skis/ski tours.
- 3) Team social activities may be added to the calendar.
- 4) Quetico Lake Tour in March. *

Notes:

- 1) If there is no race option in early January a Team Time Trail will be organized.

* Additional Race and Event Fees apply

Summary of Details

Team registration, Accommodation deposit and training program options:

- Team registration will be available through zone for opening August 1st.
- Accommodation deposits of \$100 will be due on August 31st.
- Participants must be a Cross Country Canada club member.
- Participants must be a Canadian Master Ski Association Member.
- The team fee for MWC2018 TBay Team is \$120.
- Lappe Nordic will offer two training program options (See below).

Other Fees:

Participants will be responsible for:

- their accommodation and transportation costs,
- race entry fees,
- ski wax fees (for consumables, see below),
- social activities,
- food,
- shared travel expenses to event for coaches and/or race support (We will attempt to fill these team needs within members participating at the event and other supporters to minimize this cost.)

Registration Links:

1. Lappe Club Registration:
<https://zone4.ca/register.asp?id=15238&lan=1&cartlevel=1>
2. Masters World Cup accommodations request:
<https://goo.gl/forms/lJoJC8pxV7Qf0sd62>
3. TBay Masters for Minneapolis Team Registration and Accommodations Deposit:
<https://zone4.ca/register.asp?id=15864&lan=1&cartlevel=1>
4. Canadian Masters Ski Association membership (\$20 in 2016-17, not available yet for 2017-18) <http://canadian-masters-xc-ski.ca/membership/>
5. Masters World Cup Jan. 19-26, 2018 event page:
<http://www.loppet.org/mwc2018/>

Wax Fee (per pair of skis, per race) (Athletes will be asked to specify their desired level of wax used.)

- Low Flouro - \$10
- High Flouro - \$25 (High Flouro + Flouro Gels - \$35)

Training Programs (MWC2018 Team Training Programs)

1. Citizen Race Team
 - September to March, 2-3 practice sessions per week,
 - Tues., Thurs., Sat. or Sun.
 - \$315
2. Get Fit for Sleeping Giant Dryland and /or On Snow
 - September to November and November to March
 - choose Sunday afternoon or Tuesday evening
 - \$110

Budget:

Below is an individual budget estimate for the MWC2018 trip. Note actual costs will change. Shared costs of items like accommodation and transportation will vary depending on the number of people. (see note on accommodation below for room details.)

Individual Budget Estimates for MWC2018 Trip

Items	5 days CND\$*	8 days CND\$*	Note
Accommodations	\$ 500.00	\$ 800.00	
Transportation	\$ 130.00	\$ 130.00	
Food/Meals	\$ 153.13	\$ 245.00	
Social	\$ 120.00	\$ 120.00	
Canadian Masters Ski Association	\$ 20.00	\$ 20.00	
CCC Affiliation Fee	\$ 20.00	\$ 20.00	
Lappe Nordic Membership Fees	\$ 25.00	\$ 25.00	
Race Entries	\$ 210.00	\$ 210.00	3 races at \$70
Event Coach/Ski Service Fee	\$90	\$90	
Wax Fees	\$ 75.00	\$ 75.00	3 races at \$25
Total	\$ 1,343.13	\$ 1,735.00	
Additional Training Program Fees	\$ 110.00		
	\$ 315.00		

* \$1.225 CND\$ to US\$ conversion rate used

Accommodations:

Diane has reserved rooms a 15min drive from the race venue. All rooms have full kitchens. There are studio and 1 bedroom rooms that sleep 4 people (queen bed and a pullout), and there are 2 bedroom suites that sleep 6 people (2 queen beds and a pullout). The nightly rate per person would be ~ CND\$65 at full occupancy. (I used \$100/ night in the estimated budget.)