**Don’t Get Lost in the Woods**

**X-Country Run/ Walk Race**

**Sunday, September 16, 2018**

**Wapiti Nordic Ski Trails – Steve Cooper Lodge (stadium)**

**Grande Prairie, AB**

The Wapiti Nordic Ski Club is pleased to host the 2018 Don’t Get Lost in the Woods race.

The race originally started years ago by long time ski club member Eric Chislette debuting as “The Older But Wiser” had traditionally been hosted on the September long weekend.

**Course:**

The courses are set on the trails of the Wapiti Nordic Ski Centre. Each course is set on dirt, sand, and forest trails and encompasses a number of challenging and small rolling hills. The course is suitable for spikes or flats.

**Categories:**

Under 8 Boys/Girls

Youth Ages 8-9

Ages 10-11

Ages 12-13

Ages 14-15

Ages 16-17

Ages 18-19

Open (Men/Women) Ages 20-29

Ages 30-39

Ages 40-49

Ages 50-59

Ages 60-69

Ages 70+

**Scheduled start times:**

8:00am 21km Walker (optional for 21km Runners)

9:00am 10km Walkers

21km Runners

9:30am 5km Walkers

10km Runners

10:45am 5km Runners

3km Walkers

11:00am 3km Runners

11:15am Approx. 400m (for the U8)

**Registration:**

Register online at: Zone4.ca

Registration closes Thursday September 13th at midnight

**Fees:**

free U8 category

$15 Under 20

$30 Adults

$15 Older But Wiser (65 plus)

***~NO RACE DAY REGISTRATIONS ~***

-Pick up Bibs at Ernies Sports Experts on Saturday September 15, 2018 from 2:00pm – 5:30pm

-Washroom facilities are limited (outdoor facilities)

-Water stations will be provided for the 3km, 5km, 10km and 21km course.

-Pets are NOT permitted on course.

-Post race refreshments and snacks provided.

-**NEW THIS YEAR: The Wapiti Bike Club will have a BURGER BBQ as a fundraiser for youth programs (you might want to throw some cash in your pocket – they won’t take debit/visa).**

Awards:

- Metals for the top 3 in each category

- Finishing metals for all participants

Further Information:

Contact Lori Brough (Wapiti Nordic Ski Club) [lbrough@telus.net](mailto:lbrough@telus.net) 780-832-8626

Laurie Lyle (Organizer Extraordinaire) [laurlyle@gmail.com](mailto:laurlyle@gmail.com) 780.831.0058