

Racing - Questions We Should Have Asked as Parents of Children Wanting to Race.

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What is CCSAM?

CCSAM is the Cross Country Ski Association of Manitoba. It is the governing body for skiing here in Manitoba. Their mandate is on their website just Google CCSAM.

Where can I find ski information?

On the CCSAM website. <http://www.ccski.mb.ca/>

What is a Loppet?

A Loppet is a Scandinavian word for a race. Many Loppet races include a long race 25- 50Km. Here in Manitoba there are many Loppets held annually. They are listed on the CCSAM website.

http://www.ccski.mb.ca/events_schedule.htm

What is the Wednesday Night Race Series?

It is a race series held every Wednesday night at Windsor Park. There are classic and free style races. Children, youth and adults can all enter. Last years race fees were \$5.00.

http://www.ccski.mb.ca/wednesday_night_race_series.htm

On the CCSAM website there are a lot of races listed. Can I and my kid(s) race in these?

As far as we know, yes you can. Sometimes certain age groups must enter certain distances, sometimes there is more freedom. Sometimes there are time constraints i.e. if you are too slow to finish the first lap of a very long race they will not let you start the second lap as the race course, marshals and ski patrols won't wait forever.

How do I register for races, Loppets etc.?

All the information you need is on the CCSAM website. Check 'events schedule' and 'events information' on the website.

What are Manitoba Cup races?

Manitoba Cup races are part of a series wherein points are awarded to the club based on their skiers participation and success in the races. Clubs also

get points for hosting Manitoba Cup races. Money is allocated to clubs at the end of the season based on the club's points.

Does my child need to qualify to race in Manitoba Cup or Provincial races?

Believe it or not no. If they want to race and you want to take them, go for it.

Why are some of the Manitoba Cup races held in Ontario?

We've heard that due to geographic isolation from the rest of Ontario, clubs close to Manitoba were given the option to race in our district and compete with Manitobans.

When I take my child for a race, can I go for a ski?

Often yes. It depends on the course, on who you can find to keep an eye on your child, and what trails are not being used for races that day. If you want to be able to get some exercise on race day then why not just ski with a bib. This is encouraged by the clubs.

Can I ski with my child during a race?

We have seen this done. It worked well. If everyone did it I'm sure it could become problematic. Play it by ear and ask the organizers.

Who should I talk to about waxing?

Some clubs offer waxing service for their skiers (coaches, wax jockeys and volunteer parents). We ask everyone at the races. Apparently some of the competitive racers keep secrets about this sort of thing. They often race their teammates and competition is fierce. However as parents of young children there is never a shortage of helpful and knowledgeable folk around to give advice. There is also a lot of advice on the CCSAM website.

Can I enter races? Will I place last? Does it matter?

Sure. Maybe. No.

You have nothing to lose by entering a race other than the race itself. Once you have conquered your fear of coming last, it's all good. It is cheaper to enter a race if you are already registered yourself as a club member. But you can still enter as a non-club skier. Also, beware, some races cost double if you miss a deadline. The only Manitoba event we know of that adults cannot ski in is the Dash for Cash run by Seine River Jackrabbits.

There are national level races that you have to qualify for and we know nothing about these.

What are the age categories?

They are listed on the CCSAM website.

http://www.ccski.mb.ca/age_categories.htm

For kids they are 6-7, 8-9, etc for adults the intervals are longer. Each age category has a name (e.g. Atom, Pee Wee,.. Masters 6)

Is there other information about races that I might find useful?

Yes.

-You can take your own food if you like; many people arrive with lunch bags and snacks. There does always seem to be food available for purchase too, especially chili and buns.

-The skis are always kept outdoors; sometimes there is a waxing tent or a sheltered area to prep skis.

-There are often medals or certificates and prizes for the winners. These are awarded after the races once the results have come in and usually there is a table from which the race winners can choose a prize.

-Most races have draw prizes as well so you can even win if you aren't particularly fast.

-Races can be cancelled due to cold conditions. Check the CCSAM website if there is any doubt. Sometimes they just delay the start time in hope that things will warm up with more sun.

-Often there is a photographer so you can see pictures of you or your child skiing if you check the website a few days after the race.

-Race results are posted on the CCSAM website. You can even check previous years results to see how you (or your competitors) have improved. Unfortunately that means it is public knowledge how fast or not you went. But you can always blame your wax job. Besides, most people are too impressed that you tried to dare be critical of your performance.