CANADIAN SKI MARATHON
CANADIEN DE SKI

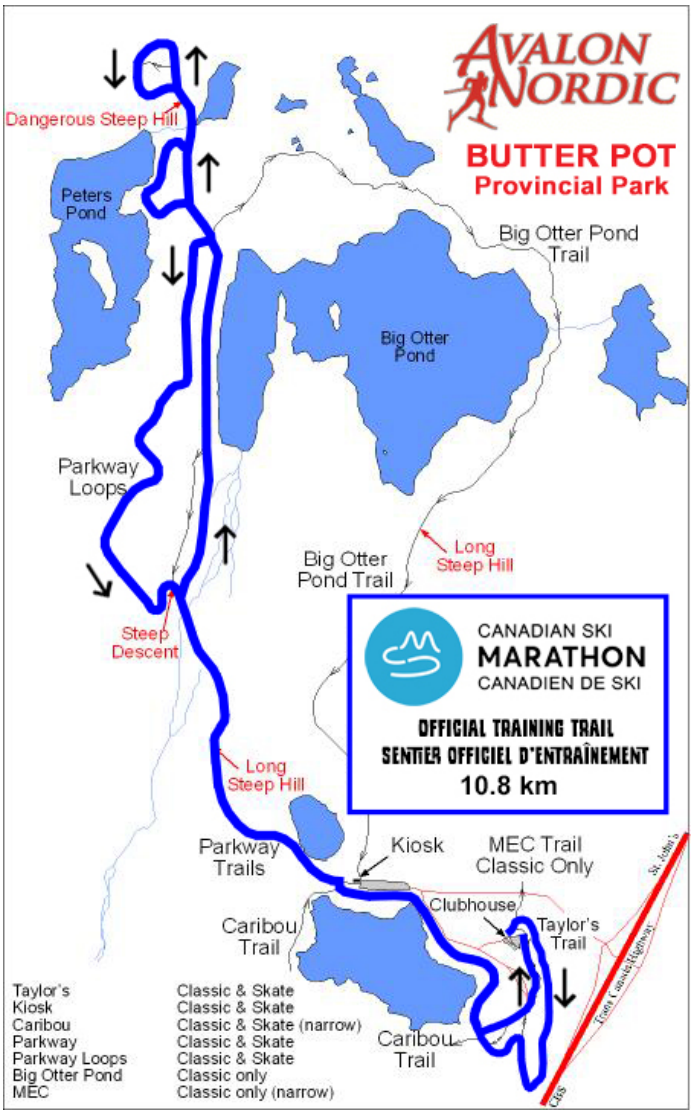
Butter Pot Park have been designated as an official training trail for the Canadian Ski Marathon!

The Canadian Ski Marathon (CSM) has been held every year since 1967 and is North Americas longest and oldest ski tour. The traditional event takes place over two days and covers up to 160 km of continuous classic ski trails through beautiful Quebec with many shorter distance events available including new virtual ski challenges which can be done locally.

Over the years many Newfoundland and Labrador skiers have participated, and this year we are happy to announce that Butter Pot has been designated as one of 45 Official CSM Training Trails across Canada!

The designation is meant to encourage and challenge folks to ski further and maybe even train for the CSM or another challenge of their choosing such as the Newfoundland Ski Marathon!

Our beautiful Butter Pot trails remains the same with the 10.8 km loop shown in the adjacent photo designated as a CSM Training Trail. Keep an eye out for these small signs along the way:



The usual trail fees apply, but otherwise no additional registration is required for use of the training trail.

Keep reading to learn more if you would like to register for one of the CSM in person or virtual events this year!

The 2022 CSM Quebec Event

With the evolving pandemic the CSM will be providing further updates regarding the "in-person" event in Quebec. More information can be found on the CSM website: www.skimarathon.ca

The 2022 Virtual CSM

In response to the overwhelming success of last year's virtual event, the CSM presents a new winter challenge for everyone to make their own: the Virtual Canadian Ski Challenge.

VIRTUAL CANADIAN SKI CHALLENGE

Organized by CANADIAN SKI MARATHON CANADIEN DE SKI

A different and distinct event from the traditional Ski Marathon, this is a great opportunity for skiers and their families to motivate themselves to ski, to surpass themselves and maybe even to learn about the wonderful sport of cross-country skiing. Whether you live in Canada or another country, it is now possible to be part of the Legend by participating in the Virtual Canadian Ski Challenge of the Canadian Ski Marathon. An accessible challenge for all ages and all levels!

Where? :

In your region, on the trails of your choice (any trail will do; it doesn't have to be Butter Pot or other designated training trail.

When?

From January 1 to March 20, 2022. Ski as often as possible, choosing the ideal time and optimal skiing conditions during this period.

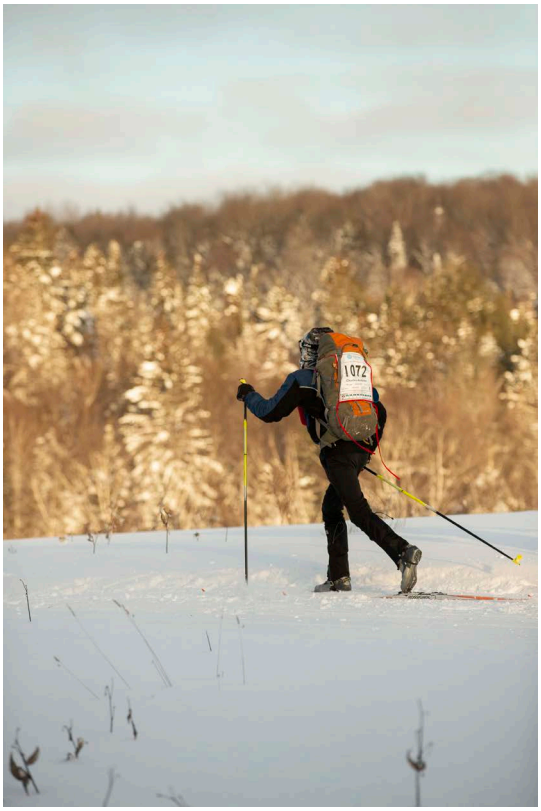
How?

- Register at www.skimarathon.ca
- Print your bib via the CSM website.
- Between January 1 and March 20, ski in your region on the trails of your choice.
- Track your ski outings in your personal profile (web link sent after your registration).
- Proof of performance: your word.

Why?

- Enjoy winter with your family.
- Choose the best ski conditions to complete your challenge.
- Participate in this unique event in your backyard without having to travel.
- Complete goals at your own pace with no time limit.
- Train for the 2022 Canadian Ski Marathon.
- Test your abilities by skiing accessible but demanding distances in a place you know well.
- Be part of the Legend!

Registration cost: refer to www.skimarathon.ca



THE CATEGORIES

v15 – Blizzard:

Each 15km ski outing between January 1 and March 20 will count for your profile. Awards are based on the number of 15km outings completed during the Challenge.

Awards:

- Blizzard Bronze: 1 outing of 15km
- Blizzard Silver: 5 outings of 15km
- Blizzard Gold: 10 outings of 15km

v50 – Nordic:

Each 50km ski outing between January 1 and March 20 will count for your profile. Awards are based on the number of 50km outings completed during the Challenge.

Awards:

- Nordic Bronze: 1 outing of 50km
- Nordic Silver: 2 outings of 50km
- Nordic Gold: 3 outings of 50km

v300 – Jackrabbit:

If the total distance of your ski outings between January 1 and March 20 totals at least 300km, you will receive an additional award: the Jackrabbit prize!

Virtual Canadian ski challenge Q&A

•When registering, will I have to choose a category (eg: v15, v50)?

No, you just sign up for the Challenge and the distances you ski will determine the awards you receive.

•Do I have to synchronize a GPS device (watch, phone, Strava account, etc.) to track my results?

No, you will have to enter your outings (date and distance) manually. We will take your word.

•Do I have to enter my ski outing in my profile the same day, immediately after my outing?

No, you can register and count your outings whenever you want. You can also register several at the same time.

•Can I take a break (eg: for dinner) during my ski outing?

Yes

•Can I complete my outing over several days?

No, the outing must be completed on the same day

•Can a 30km outing count as two 15km outings?

Yes

•Can a 50km outing count as a 15km AND a 50km outing?

No

•Can I receive multiple awards?

Yes, technically you could receive an award for all 3 categories (v15, v50, v300) if you record enough outings in each category.

•I registered a little late, after the start of the Challenge. Can I count outings from before registering?

Yes, as long as your outings take place between January 1 and March 20.

•Can I do the distances in skate style or should it only be classic style?

It is desirable (but not mandatory) to cover the distance in a classic style, as this is the style recommended during the Canada Ski Marathon.

More Questions?

Please refer to the CSM website for the most up to date and accurate information.
www.skimarathon.ca
Feel free to email me as well: pauldancey@me.com