

39th Annual *La Ronge Don Allen Saskaloppet!*

Hosted by the La Ronge Ski Club with support from the Lac la Ronge Provincial Park, community sponsors and volunteers.

After a one-year break, the Saskaloppet is back! This year's Saskaloppet will be held **Friday, March 3** (start of the two-day Kupesewin) and **Saturday, March 4 2023** (main events and Kupesewin Day 2).

Registration, Fees & Entry Deadline

All registration for the 2023 Don Allen Saskaloppet is on **zone4.ca**. There is one page for the Kupesewin at "La Ronge Don Allen Saskaloppet Kupesewin 2023" and a separate page for the main Saturday events at "La Ronge Don Allen Saskaloppet 2023".

To register for the main Saturday Saskaloppet events, visit:

[La Ronge Don Allen Saskaloppet 2023 | Zone4.ca](https://zone4.ca/LaRongeDonAllenSaskaloppet2023)

To register for the 2-day Kupesewin events, visit:

[La Ronge Don Allen Saskaloppet Kupesewin 2023 | Zone4.ca](https://zone4.ca/LaRongeDonAllenSaskaloppetKupesewin2023)



Registration fee for all events is \$10 for skiers under 18 and \$25 for skiers aged 18 and older.

Deadline for the regular registration fee is **Monday, February 27 at 11:00 p.m.** Late registrations will be accepted online until **Thursday, March 2 at 9:00 a.m.** subject to a \$10 late registration fee.

Skiers will not be able to register after the Thursday, March 2 deadline. However, skiers will be allowed to change their distances at the bib pickup.

Bib Pickup

Kupesewin skiers will pick up their bibs at the La Ronge Legion Hall on Friday, March 3 between 11:00 a.m. and 11:45 a.m.

Skiers in the Saturday main events will have two opportunities to pick up their loppet bibs:

1. Friday, March 3 between 7:30 p.m. and 10:00 p.m. at the Saskaloppet's "Meet & Greet" at the La Ronge Legion Hall; and
2. Final pickup on Saturday, March 4 between 7:30 a.m. and 10:00 a.m. at the La Ronge Legion Hall.

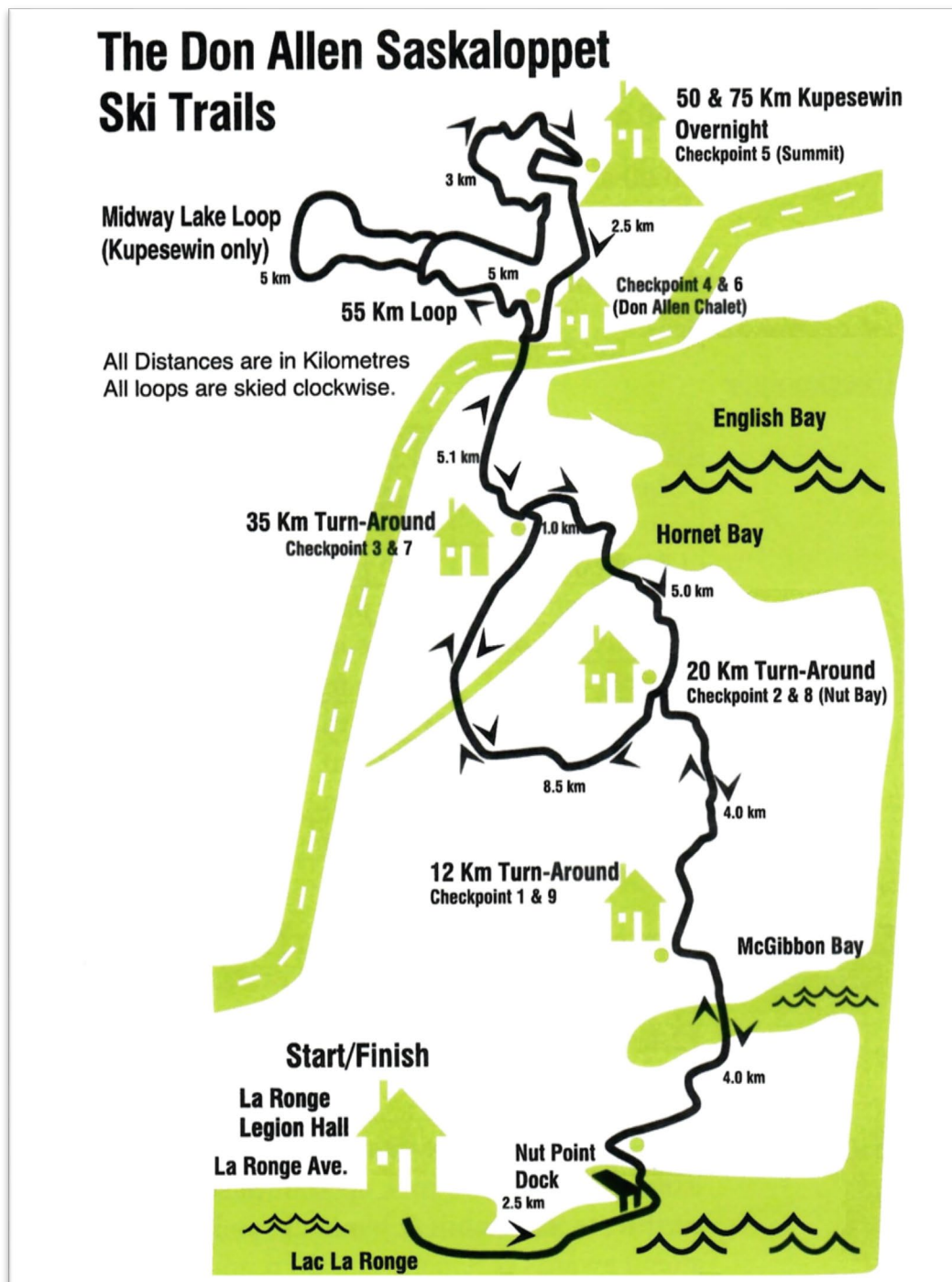


Classic & Free Technique

The Saskaloppet Trail will be set with both a skate lane and a classic track. This year's snow conditions are very good.

Checkpoints

Skiers on Saturday can expect to find checkpoints along the Saskaloppet Trail where basic snacks and drinks will be provided. The checkpoints will also have warm-up cabins for emergency use. The longest distance between checkpoints is 8.5 km. Checkpoints are shown on the trail map below.



Saturday Main Event Options

Saskaloppet skiers attending Saturday can choose from a wide array of distance options:

55-km SaskEnergy Enduro: This is the Saskaloppet's premier event. It starts Saturday at **8:30 a.m.** from the lake ice in front of the La Ronge Legion Hall. Skiers travel north on the Saskaloppet Trail and then return to the Legion. Cash prizes are offered to the top 55-km finishers in both the male and female categories (\$300 for 1st, \$200 for 2nd and \$100 for 3rd).

35-km LLRIB Raven's Tradition: The 35-km starts Saturday at **10:00 a.m.** from the lake ice in front of the La Ronge Legion Hall. Skiers travel north on the Saskaloppet Trail past Checkpoints #1 and #2 to reach Checkpoint #3. Here, they turn right to travel back to La Ronge via the Hornet Bay arm of the Saskaloppet Trail.

20-km Air Ronge Odyssey: The 20-km starts Saturday at **10:00 a.m.** from the lake ice in front of the La Ronge Legion Hall. Skiers travel north past Checkpoint #1 to reach Checkpoint #2. They then turn to retrace their route back to the La Ronge finish line.

12-km KFC Precambrian Passage: The 12-km starts Saturday at **10:00 a.m.** from the lake ice in front of the La Ronge Legion Hall. Skiers travel north on the Saskaloppet Trail as far as Checkpoint #1. There, after snacks and drinks, they turn to retrace their route back to the La Ronge finish line.

7-km Northern Manual Therapies Trek: The 7-km event is new for 2023. The 7-km starts Saturday at **10:00 a.m.** from the lake ice in front of the La Ronge Legion Hall. Skiers travel across the lake with other Saskaloppeteers as far as the Nut Point Campground. At the campground, they ski a further 2 kilometres in the Campground to a campfire with snacks. They then return to the finish line on the lake ice at the La Ronge Legion Hall.

5-km ORANO Lake Challenge: The 5-km starts Saturday at **10:00 a.m.** from the lake ice in front of the La Ronge Legion Hall. Skiers travel across the lake with other Saskaloppeteers as far as the Nut Point Campground. At the campground, they ski a further 2 kilometres to a campfire with snacks and then finish with more snacks and drinks at "Peanut Grove" in the campground parking lot. Parents or chaperones will be responsible for transporting young skiers back to the Legion Hall from the Nut Point finish line.

2-km ORANO Jackrabbit Glide: The special 2-km Jackrabbit Glide event starts Saturday at **11:00 a.m. from the Nut Point Campground**, situated 2.5 km east from the La Ronge Legion Hall. At the campground, Jackrabbits ski within the campground for 2 kilometres before returning for snacks and drinks at "Peanut Grove" in the campground parking lot. Parents or chaperones will be responsible for confirming registration at the Legion Hall, picking up bibs and then transporting young skiers to the Nut Point Campground parking lot where they can access the Jackrabbit Glide's start/finish line. Parents or chaperones will also be responsible for transporting young skiers back to the Legion Hall.



Kupesewin Event Options

The Kupesewin events are 2-day events that allow endurance skiers to recreate the experiences of old-style winter travellers with an overnight, wilderness camp-out (the Cree word *kupesewin* means a “stop-over”). This year, Kupesewin skiers will start at the La Ronge Legion Hall on Friday, March 3 with **bib pick-up and pack check between 11:00 a.m. and 11:45 a.m.** and a **ski start at 12:30 noon.**



In the Kupesewin Lite, entrants will ski 26 kilometres on Day 1 before reaching the overnight camp at the Summit checkpoint. Then, on Saturday, Day 2, they will start at **8:30 a.m.** and travel home another 24 kilometres on the Hornet Bay arm of the Saskaloppet Trail. Total distance over the 2 days is just over 50 kilometres.

Kupesewin Marathon and Kupesewin Sasquatch entrants will ski 36 kilometres on Day 1 before stopping at the Summit checkpoint. On Day 2, after the 8:30 a.m. start, they will ski a further 39 kilometres to get home. Total distance over the 2 days is just over 75 kilometres.

Kupesewin skiers should note that their ski on Friday, March 3 will be unassisted with no checkpoints set up along the way. They should therefore carry water and food and be self-reliant. When they get to the Summit overnight camp, they will be assisted by Kupesewin volunteers who will have a fire going and hot water available.

Skiers will be allowed to change their clothes and dry off in the Summit cabin. However, it is expected that the spend most of their time outdoors and sleep outside the cabin.

Kupesewin Rules

- Entrants must be able to maintain a 6 km/hr average speed for the Kupesewin Lite and 8 km/hr average speed in the Marathon and Sasquatch. Skiers should only enter the Kupesewin after building a solid, long-distance training base.
- Entrants must backpack or tow (on a fixed sleigh) 5.0 kg (11 lbs) of survival gear the entire event distance. Weight must include extra gloves/mitts, socks, matches, fire starter, small knife, cook pot (one-litre minimum size), water bottle, and 500 grams of high energy food.
- Entrants must supply all personal gear, including food, tent (if used), sleeping bag, utensils, etc.
- Kupesewin Lite and Kupesewin Marathon skiers may have two packs, weighing a combined total maximum of 15 kg transported by volunteers to the overnight campsite.
- Sasquatch participants must carry or tow all of their survival and camping gear.
- Participants under the age of 16 must be accompanied by a parent/guardian for the entire event.



The Kupesewin events are limited to the first 25 entrants.

Après Ski & Awards

When Saskaloppeteers finish their ski on Saturday, they will be served chili & bannock free of charge at the La Ronge Legion Hall.

Starting at 6:00 p.m., the Saskaloppet will hold its traditional Banquet & Awards Ceremony at Eagle Point Resort located just north of La Ronge. The evening will start with a cash bar at 6:00 p.m., banquet at 6:30 p.m., and the awards ceremony at 7:15 p.m. Banquet tickets must be purchased on Zone4 when registering for the Saskaloppet. Cost is \$25 for adults and \$15 for youth aged 16 and under.

The Awards Ceremony will be followed by a concert at 8:00 p.m. featuring the acclaimed folk duo “Over the Moon”. The concert has been arranged in conjunction with the La Ronge Arts Council and promises to be a good one. The cost of the concert is offered at no extra charge to those attending the Saskaloppet Banquet & Awards Ceremony.

Top finishers in the various categories will receive special certificates featuring art work by a well-known local artist. Kupsesewin skiers will also receive special certificates.

Cash prizes will be awarded to the top three male and female skiers in the 55-km Enduro event—with \$300 for 1st, \$200 for 2nd and \$100 for 3rd. Skiers must attend Banquet & Awards Ceremony to be eligible for these cash prizes.



Information

For more information, visit the La Ronge Nordic Ski Club [website](#). Or contact Event Chair Sid Robinson at sid.robinson@sasktel.net or by text at (306) 420-7508.

Thank you to our sponsors!

