

MABEL LAKE TOUR REGISTRATION FORM

First Name: _____

Last Name: _____

Telephone: _____

Email: _____

Address: _____

City: _____

Age: _____

Sloppy Joes: Meat Vegetarian

Method: Ski Fat Bike Snowshoe

Fees (HST incl):	SFN Member	Non-Member
Adult (18+)	\$15	\$20
Senior (60+)	\$15	\$20
Student (13+)	\$10	\$15
Child (4+)	\$8	\$10

Waiver: In consideration of Soo Finnish Nordic Ski Club (SFNSC) accepting my entry into the above activity, I hereby for myself, my heirs, executors, administrators, and assignees, forever discharge SFNSC and all clubs and organizations, corporate sponsors, property owners and individuals involved in this event from any and all claims, demands, action for injury, loss or damage while attending or participating in the above named activities.

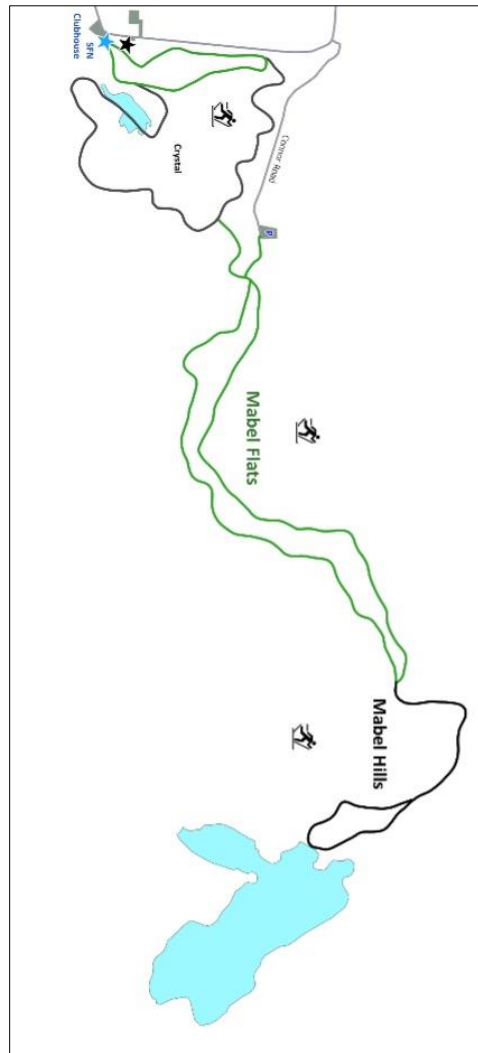
Signature _____
Guardian signature if under 18 years of age

Questions

jackrabbits@soofinnishnordic.com

soofinnishnordic.com

Hiawatha Highlands: 705-256-7258



MABEL LAKE TOUR

SKI ❄️ FAT BIKE ❄️ SNOWSHOE

SUNDAY, FEBRUARY 25, 2018

REGISTRATION

At Hiawatha Highlands' Kinsmen Centre with attached form OR online Zone4.ca

Registration includes lunch and trail refreshments.

Limited amount of food available if you register after Feb 20.

Pre-register to avoid disappointment.

*Classic ski technique recommended.
Snowshoe participation is limited to Connor Rd trailhead.**

SOO FINNISH NORDIC SKI CLUB

TOUR INFORMATION

Schedule

Check-in begins: 10 AM
Mass start time: 11 AM
Individual start time: 11 AM – 12 PM
Trail support removed at 2:30 PM
Lunch available: 1 – 3 PM

Trail Refreshments

There are two warm-up and rest stops with hot drinks, water, and cookies. Rest stops are located at the creek crossing and at the lake.

Après-ski Lunch

All registrations include a hot lunch (sloppy joes – vegetarian option available) catered by Café Natüra in the Kinsmen Centre. Refreshments and desserts included. Register before Feb 20 to avoid disappointment.



Round Trip Trail Distance

The “Half-Mabel” – approx. 6 km
Connor Rd parking lot to first rest stop, return along creek side to parking lot.
Great option for younger children and those who avoid large hills.
**Snowshoe friendly.*

The “Kin-to-Creek” – approx. 12 km
Kinsmen Centre to Crystal trail, Mabel Lake extension, first rest stop, and return along creek side to Crystal/Kinsmen trail.

The “Connor-Mabel” – approx. 14 km
Connor Rd parking lot all the way to Mabel Lake (two rest stops), return along creek side to parking lot.
**Snowshoe friendly.*

The “Full-Mabel” – approx. 19 km
Kinsmen Centre to Crystal trail, Mabel Lake extension, and all the way to Mabel Lake (two rest stops), return along creek side to Crystal/Kinsmen trail.

The “Uber-Mabel” – approx. 25 km
The Full-Mabel PLUS all of the Crystal extensions: Hiawatha, Inner Loop, Olympic.

For The Kids

Riddles on 6 km option.
Campfire and marshmallow roast at rest stops.

A FAMILY FUN EVENT!

