



## Welcome to the 2024 Canadian Ski Challenge!

Thank you for registering for the Canadian Ski Challenge (CSC)! This event has been specially created to allow skiers from anywhere in the world to create their own personalised ski challenge. You can ski as much or as little as you like, wherever you are, from **January 1 to March 25, 2024**.

There are **no classifications, no categories, and no restrictions; only prizes**— you can ski any 15 km ski trail as many times as you like accumulating ski outings to earn prizes.




If you want to experience the CSM for yourself, we really hope to see you in person at the Canadian Ski Marathon in February 2024!

# CANADIAN SKI CHALLENGE

**Registration - \$49**

**Free for children under 14**

Easy to participate with three challenge levels suitable for everyone. All prizes will be calculated at the end of March with awards issued in April 2024.

Blizzard Prize	Nordic Prize	Jack Rabbit Prize
1 x 15KM = Bronze Blizzard 5 x 15KM = Silver Blizzard 10 x 15KM = Blizzard gold	1 x 50KM = Nordic bronze 2 x 50KM = Nordic silver 3 x 50KM = Nordic gold	Total distance of 300 KM
<ul style="list-style-type: none"><li>Each outing of 15km+ represents an approximate CSM section</li><li>Accumulate as many sections throughout the season</li><li>Outings of 30km+ count as 2 sections, 45km+ count as 3 sections, etc.</li></ul>	<ul style="list-style-type: none"><li>Each outing of 50km+ represents an approximate CSM Half-Marathon day.</li><li>Accumulate as many long distance half-marathons throughout the season</li></ul>	<ul style="list-style-type: none"><li>Ski a total distance of 300km throughout your season to earn the Jackrabbit Prize</li></ul>
		

## Record your ski outings

This year we will be using Challenge Hound to record all ski outings. Please follow the link and instructions provided in an email shortly after registration to join the challenge level for you.

- Live dashboard to motivate skiers from around the world using Canadian Ski Marathon maps as a guide
- Record all activities for each prize
- Automatically syncs activities with main activity tracking apps (Strava, Garmin, etc).
- Allows for manual entry of activities using the honour system
- Simplified way to issue awards

### Prix Blizzard Prize - 15km

Each 15km ski outing represents an approximate section of the Canadian Ski Marathon.

1 x 15 km section - Bronze Blizzard Prize.  
5 x 15 km sections - Silver Blizzard Prize  
10 x 15 km sections - Gold Blizzard Prize

Prix Jackrabbit Prize  
Ski 300km in total

Note - Outings of more than 30km represent 2 sections, more than 45km represent 3 section, etc.

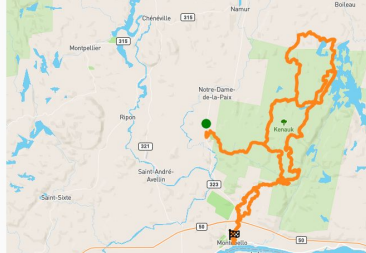
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Jan 1, 2024 → Mar 25, 2024 @ 12:00 AM 11:59 PM

Individual Challenge

Nordic Ski **as much as possible** in 85 days  
Each activity must be **15.00 kilometers** or greater to qualify.



### Prix Nordic Prize - 50km

Each 50km ski outing represents an approximate half-marathon section of the Canadian Ski Marathon.

1 x 50 km section - Bronze Nordic Prize.  
3 x 50 km sections - Silver Nordic Prize  
5 x 50 km sections - Gold Nordic Prize

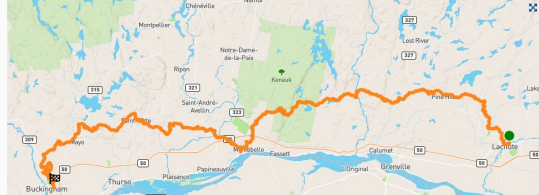
Prix Jackrabbit Prize  
Ski 300km in total

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Jan 1, 2024 → Mar 26, 2024 @ 12:00 AM 12:59 AM

Individual Challenge

Nordic Ski **as much as possible** in 85 days  
Each activity must be **50.00 kilometers** or greater to qualify.



# CANADIAN SKI CHALLENGE

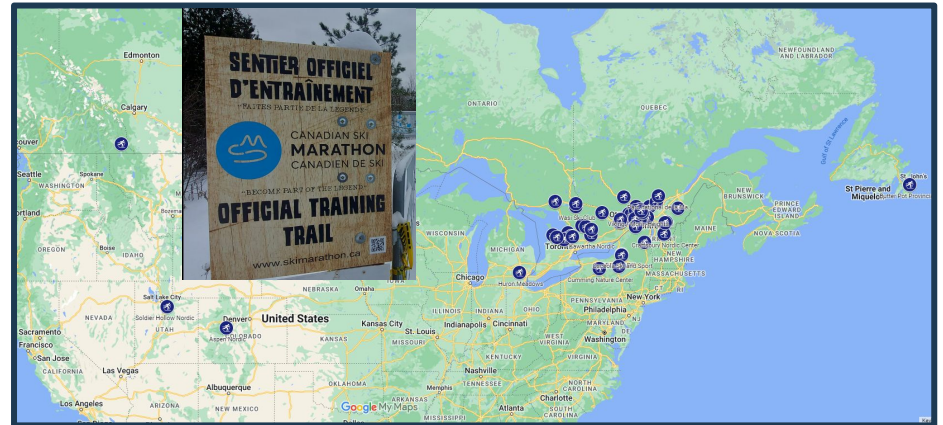
## During the challenge

Hints and tips to plan your ski.

### Ski anywhere

There is no requirement on the length or difficulty of your chosen trail. You may choose as easy or difficult a trail as you feel comfortable with - you can combine multiple loops, go back and forth, ski a single trail (or perform any combination) in order to achieve your required distance.

Looking for inspiration? Try the [CSM Official Training Trails](#) with many recommended ski trails in a variety of regions.



### Share your experience

Please tag us in your social media posts, wherever you are skiing. We'd love to see photos of your ski centre, the trail, you and your friends @canskimarathon





## Before you ski

The Canadian Ski Challenge is a personal challenge that you create yourself. We stress the importance of making sure that you are adequately prepared for your ski day.

This means

- Assessing your skiing abilities prior to the event, and selecting the appropriate distance and trail difficulty to those abilities;
- Ensuring your equipment is in proper working condition, and, if necessary, bringing appropriate repair equipment (along with the knowledge on how to use it properly);
- Wearing appropriate clothing to suit the climate and conditions in which you will be participating;
- Carrying enough food and water to sustain yourself during your event;
- Having a personal first-aid kit to treat small injuries you may sustain during the course of your event, and bringing a phone to contact emergency services should anything more serious occur;
- Avoid skiing alone, especially if you are using trails that are remote or have less skier traffic;
- Avoid skiing before sunrise and after sunset. Carry a head lamp just in case you finish later than planned;
- [Canadian Red Cross advice for winter activities](#); please visit this site if you need additional guidance prior to your event. You will also find basic information on frostbite on this site.
- **Informing non-participating contacts of your whereabouts on the days of your event, and your estimated time of return.**

### Recreational Ski Gear

• **Boots:** most important. Right fit! Warm.

**Skis:** right flex for skier weight. Must be flex tested. Right length. Stability (wider) more important than lightness.

**Bindings:** fits the boot, simpler is better (not automatic; ice buildup can cause issues)

**Wax:** grip (green, blue, purple), scraper, cork, roll-on glide, wax a bit warmer – KEEP IT SIMPLE

**Poles:** right length (armpit) & strong

**Daypack or large fanny pack:** snacks, insulated drink bottle, wax, spare clothing, ...

For more information please visit our Canadian Ski Marathon [tips and tricks page](#).

You may be skiing in popular places, or have a trail all to yourself. In any case, proper trail etiquette is always to be followed.

Here are some guidelines that you can follow to ensure that everyone has a good day on the trail:

- Always buy a trail pass when skiing at a commercial center. Your trail fee helps pay for grooming and maintenance of the trails.
- When stopping, step off the trail to leave room for other skiers to pass.
- On double-tracked trails ski single-file except when overtaking.
- Avoid cutting off other skiers when entering trails or overtaking.
- Ski in the specified direction on one-way trails.
- Descending skiers have right-of-way on hills. Climbing skiers should move as far to the right of the trail as possible when oncoming skiers approach.
- Fill in sitzmarks (snow indentations made by a fallen skier) after falling on trails.
- Pack out any garbage that you have brought with you. Leave nothing but tracks, take nothing but pictures. (And take lots of pictures!)
- Avoid walking on ski trails--footprints decrease grip and glide.
- Skating on classically groomed trails will similarly disrupt the grip and glide of classic skiers.
- Leave your dog at home--dogs not only leave paw prints (and more unpleasant things) but can also cause an accident.
- Stick close to the trail--you may get lost or your tracks may lead other skiers astray.
- Respect private property. Some landowners are gracious enough to allow use of their land. Trespassers may cause this privilege to be revoked.