

2019 BKL FESTIVAL INFORMATION FOR EMBK FAMILIES

PRE-FESTIVAL REMINDERS & REQUESTS

1) We need your help! **Please sign up for a volunteer slot** (wax team, race bibs, set-up, snack table, etc.) on this sheet:

[2019 Festival Volunteer Signup](#)

Even if you THINK you have already signed up, please double check the sheet! Your help ensures that EMBK racers are well-supported throughout the weekend.

2) The snack table goodies are provided by parents of festival participants, so when you pack, plan to **bring something to contribute to the snack table!** Suggestions include PB&J sandwiches, carrot sticks, pretzels, hummus, clementines, banana bread, wraps, Cup of Soups, fruit, vegetables, cliff bars, etc. The club will provide hot chocolate, and we'll have water for refilling water bottles.

If your last name starts with A-M, please bring a snack to the table on Saturday; if your last name starts with N-Z, please bring something for Sunday.

3) Lots of important event info, including course maps, racing schedules, relay and coach information, is now posted [here](#), in the events section of the EMBK website. Please check back for club-related updates.

4) This year's theme is "Glide on the Wild Side." There will be a costumed parade on Saturday morning, so be sure to bring an animal costume to join in the fun!

SCHEDULE & FINAL DETAILS

WEDNESDAY, FEBRUARY 27: Last team practice before the Festival.

A parent meeting about the Festival will be held at 6:45pm at the LJM Café while skiers are at practice. Skiers will divide into AGE/GENDER groups, NOT country groups this night to practice relay tags with their partner. (Saturday's race will be a classic relay.) After practice, skiers will go inside at 7:30pm for an overview of Festival activities, a brief coaches talk, and to ask any outstanding questions they may have.

After practice, Chris Li will be in the wax tent until 8:00 pm to help parents and skiers prepare their skis (cleaning, and glide wax) and will leave waxing supplies behind for anyone who would like to stay late.

RELAY TEAMS: Will be set by practice Wednesday.

SCRATCHES: If your skier is sick or otherwise must scratch the relay, let Jim Stock know immediately so that he can adjust teams - we don't want to leave a skier stranded. He can make last-minute adjustments for illness or absence (only).

THURSDAY, FEBRUARY 28: No practice, start packing!! Don't forget to include:

- Healthy snacks for the food table.
- Refillable water bottle(s) -- please avoid single-use plastic containers if possible.
- Racing skis plus warmup skis, if you have them. All skis must be labeled!
- Animal costume for Festival Parade!

Glide waxing support for the Festival will be available at the Leo J. Martin wax tent from 6:30-8:00pm on Thursday for anyone who needs it.

FRIDAY AFTERNOON, MARCH 1

- From **1:00-4:30 pm**, the course at Rikert Nordic Center will be open for preview. You are welcome to ski the course if you arrive during that time - but don't feel compelled to arrive early, as there will be course tours on Saturday morning.

FRIDAY NIGHT

- **7:30-10:30 pm -- Pick Up Bibs and Goodie Bags, Middlebury Inn, Lobby**
All children will get a goodie bag with lots of fun stuff! Years past have included neck warmers, a festival t-shirt, ski scrapers, etc. Those registered for Saturday racing will need a race bib, which will be available Friday evening at the Middlebury Inn or (in a pinch) at the EMBK tent Saturday morning. **We strongly encourage parents/kids to pick up their race bib & goodie bag on Friday evening.** If you are not able to pick it up yourself, please ask a friend to pick it up for you. We are aiming to have bibs/goodie bags ready for **pickup starting at 7:30pm in the lobby of the Inn.** Volunteers will be there until 10:30pm.

Getting bibs Friday makes logistics easier on Saturday morning. However, if your child's bib wasn't picked-up Friday night, we will bring it to the EMBK tent on site on Saturday morning. Please arrange to pick up bibs **before 9:00 am Saturday morning.** Once we give you the bib, please keep it very safe. Children will not be allowed to race without a bib/race number.

- **7:00-9:00 pm -- Drop Off Skis for Waxing, Middlebury Inn, Willard Room**
Everyone who's racing on Saturday should plan to do this, if possible, so the waxing team can inspect the skis and make sure they're ready. (See pages 3-5 for detailed waxing instructions.)

SATURDAY, MARCH 2

- **8:00 am -- Course Open for Preview**
Please note that the Rikert Nordic Center is about a 20-minute drive from the Middlebury Inn.
- **10:00 am -- PARADE!** Put on your animal costume and join the fun!
- **10:30 am -- Fun Activities Open!** (Terrain Park, Obstacle Course, Ski Jumping, Bear Den, Face Painting, etc.)
- **10:30 am - 2:00 pm -- Classic Relays by Grade**

Race times are subject to change -- be sure to double check [the schedule](#) leading up to the event. **All skis should be dropped off with the wax team 90 minutes before your child's race!**

- 10:30 am Grade 1-2 Boys & Girls Classic Relay (1.1 km Picnic loop)
- 11:05 am Grade 3-4 Boys Classic Relay (1.1 km Picnic loop)
- 11:40 am Grade 3-4 Girls Classic Relays (1.1 km Picnic loop)
- 12:15 pm Grade 5-6 Boys Classic Relay (2 km Battell loop)
- 12:50 pm Grade 5-6 Girls Classic Relay (2 km Battell loop)
- 1:25 pm Grade 7-8 Boys Classic Relay (2 km Battell loop)
- 2:00 pm Grade 7-8 Girls Classic Relay (2 km Battell loop)

➤ **2:00 pm -- Mini Marathon Course Opens**

SATURDAY NIGHT

Our team will be seated for dinner at 5:00 pm at Middlebury Union High School, 73 Charles Ave, Middlebury, VT. Please note that we will need to clear the cafeteria promptly at 5:40pm to make room for the next group. **Immediately after dinner, at 5:45 pm, we will gather briefly in the high school auditorium with our coaches to review the day.** They also will provide advice on food, clothing, wax, and strategy for Sunday, and, of course, congratulate all participants on the successful races of Saturday!

Bibs for the Sunday race will be distributed after the team meeting in the high school auditorium on Saturday evening and then Sunday morning at the EMBK club tent on site. Any goodie bags that were not picked up on Friday night will be given out after the team meeting on Saturday as well. Please arrange to pick up bibs **at 9:00 am Sunday morning** if you are not able to pick them up on Saturday.

There will be an awards ceremony at the high school at 7:15 pm for anyone who would like to stay.

If you need waxing help for Sunday's races, the wax team will be available Saturday night. Please see wax info below.

SUNDAY, MARCH 3

➤ **8:00 am -- Course Open for Preview**

➤ **9:30 am – 2:00 pm Individual Skate Races by Grade**

Race times are subject to change -- be sure to double check [the schedule](#) leading up to the event. All skis should be dropped off with the wax team 60-90 minutes before your child's race!

- 9:30 am Grade 1-2 Boys & Girls Individual Freestyle (1.1 km Picnic loop)
- 10:05 am Grade 3-4 Individual Freestyle, Boys followed by Girls (2.2 km)
- 11:45 pm Grade 5-6 Individual Freestyle, Boys followed by Girls (3.1 km)
- 12:55 pm 7-8 individual Freestyle (15 sec intervals, boys then girls)

➤ **10:00 am -- Fun Activities Open!**

➤ **11:00 am -- 8th Grade Graduation**

➤ **11:20 am -- Lollipop Race**

➤ **12:00 pm -- Grade 1-2 and 3-4 Awards Ceremony (or as results are posted)**

➤ **2:00 pm -- 5-6 and 7-8 awards Ceremony**

➤ **3:00 pm -- Festival Closes**

WAXING AND OTHER IMPORTANT INFORMATION

WAXING DETAILS

1. Saturday's races are CLASSIC technique, Sunday's race is SKATE technique.
2. For those GLIDE WAXING at home, we will make a glide wax call for the weekend on Wednesday, February 27. We recommend glide waxing skis at home or at LJM before leaving for the Festival. **See instructions below.**
3. There will be Wax Support on Wednesday, February 27, and Thursday, February 28, at the Weston/LJM Ski Track to help skiers prepare their skis before the Festival. **See schedule below.**
4. There will be Wax Support on Friday, March 1, and Saturday, March 2, in Middlebury, VT, at the Middlebury Inn. **See the schedule below.** Please have any kick wax cleaned off your child's combi skis.
5. Assuming stable conditions, skiers with skate skis waxed at home or at LJM Wed or Thursday should not need to wax Saturday evening. All skiers with combi skis will need to drop off their skis for waxing Saturday evening. If in doubt, ask a coach or member of the wax team.
6. On Saturday, **EVERY SKIER** should bring their skis to the EMBK tent for waxing 90 minutes before the start of their race, details below.
7. The Festival has a "no high fluoro" policy - no HF, no topcoats. Recommended waxes will be low fluoro (LF). The club has LF glide waxes which will be available at the various waxing sessions.

2019 EMBK Festival Waxing Schedule

Date & Time	Location
Wednesday, February 27 7:30-8:00 pm	Weston Ski Track/LJM Wax Tent (Glide Waxing)
Thursday, February 28 6:30-8:00 pm	Weston Ski Track/LJM Wax Tent (Glide Waxing)
Friday, March 1 7:00-9:00 pm	Middlebury Inn, Willard Room 16 Court Square, Middlebury, VT (Glide Waxing)
Saturday, March 2 8:00 am-3:00 pm	EMBK Tent at the Bill Koch Festival Rikert Nordic Center, Ripton, VT (Kick Waxing and Post Race Cleaning)
Saturday, March 2 After the team dinner & meeting, approximately 7:45-9:30pm	Middlebury Inn, Willard Room 16 Court Square, Middlebury, VT (Glide waxing for Sunday-only skiers)
Sunday, March 3 9:00 am-2:00 pm	EMBK Tent at the Bill Koch Festival (Glide waxing support as needed)

VERY IMPORTANT: When you bring the skis to the EMBK Tent at the Festival or to the Middlebury Inn wax room, **please make sure that your child's skis are labeled with the child's name, racing grade group (1-2, 3-4, 5-6 or 7-8) and gender.** The Wax Team will have labeling tape and markers available. With 100+ pairs of skis coming in and

out of the wax queue, the labeling of skis is critical to preparing skis on time for races and to help skiers keep track of their skis.

VERY IMPORTANT: On Saturday, **skis should be dropped off 90 minutes before race start time** and picked up 30 minutes before race start time. Skiers should test their classic skis for kick immediately upon picking up their skis and report back if they feel they need an adjustment. On Sunday, stop by 60-90 minutes before race start time in case the wax team wants to rill (this is fast - as you wait).

Race Waxing Instructions

Glide Waxing for All Weekend Races

Step 1: All combi skis should be thoroughly cleaned of kick wax before Glide Waxing.

Step 2: Check email for glide wax recommendation (will be posted on Wednesday) and plan for waxing at home or using the EMBK Team Waxing schedule.

Step 3: All skis (skate, classic, and combi) should be glide waxed before Saturday morning. Anyone with their own glide waxing supplies is encouraged to wax at home. A glide wax recommendation will be emailed to all skiers on Wednesday. If you would like help from the Wax Team and/or need to use club wax or equipment (irons, scrapers, and brushes), see the schedule for dates and times.

Classic (or Combi) Ski Preparation for Saturday Kick Waxing

Step 1: Before Saturday morning, Combi & Classic skis must be glide waxed then have their kick wax pockets (the kick zone) stripped clean of all wax (scrape, then use wax remover or Goo Gone).

Step 2: Please make sure that the kick wax pocket (kick zone) is clearly marked.

Step 3: The coaches will choose the appropriate wax based on conditions at the course and the Wax Team will apply it at the EMBK tent at the Festival. **Please don't guess at what the kick wax or binder will be and pre-apply wax to the skis you will be racing on!** Make sure your child's skis are dropped off 90 minutes before race start time. If you have a second pair of warmup skis please bring them - they don't need to be great skis just something to warm up on.

Race Day Rilling for Sunday Skate Race

At the coach's recommendation, the Wax Team will apply a pattern over the glide wax with a rilling tool to racing skis prior to skate races on Sunday.

- Rilling can be done as you wait - show up 60-90 minutes before your race. Ski organizers will be there to help.
- No rilling will be done for grades 1-2.

We still need parental help as ski organizers to help the Wax Team get skis waxed and back to skiers on time and in the proper order of race starts. Please sign up [here](#) or email Chris Li (chris@bikewaysource.com) if you can help for any period of time on race days.

FOOD/SNACKS

Please remember to pack some food items to share with the club on Saturday and Sunday! Meet at the food table for a snack and to mingle! This will be our central meeting point throughout the weekend.

There will be a few local vendors on site, too, selling soups, hamburgers, snacks, etc.

COACHING, COURSE PREVIEWS, AND WARM-UPS

Careful previewing of the course and, closer to the start time, a pre-race warm-up, are important parts of racing. We will facilitate this for the kids by having the coaches lead them through both a formal warm-up and course preview before each of the races.

Unlike usual EMBK practice, organization for the Festival is by age-gender group (e.g. all 3-4 grade girls), not by country. Our usual coaching staff will be allocated among these age-gender groups. Coaches will meet their respective groups at the EMBK tent at the designated times, then lead the racers in their respective age-gender groups through a course preview and, closer to the race, a warm-up. Parents are encouraged to jump in with the group for the pre-race course tour and warm up.

Age-gender group coaches and group schedules will be posted on the EMBK website Events page. There also will be printed schedules and coaching lists at the EMBK tents.

GEAR

Bring all race-day gear in a zipped duffle bag. There will be ground tarps at our tent where gear can be stored. Please have skis and poles tied together or in ski bags. **Label everything!**

SCHEDULE

Most families spend the whole day at the Festival, not just the time around their child's race. There are a lot of fun activities in addition to your child's race. Review the on-snow schedule for both days in advance with your child(ren) and make a plan for each day.

See the following link: [BKL Festival Schedule](#)

Please refer to the schedule and have your child at the EMBK tent at least 1.5 hours before his/her race to tour the course and warm up. ***As mentioned above, children will be skiing by **school grade** so course previews and warm ups will most likely be with a different coach than your child's usual coaches.***

We'd love to have full team participation for the Saturday morning parade which will begin at 10:00am. The theme is "Glide on the Wild Side" -- bring a furry costume!

CANCELLATIONS/SCRATCHES

If a skier is going to miss any of the races that they have registered for let us know ASAP, especially the Relay on Saturday. We don't want to leave a partner stranded. The scratch info should go to Coach Jim Stock (james_stock@harvard.edu) and to your age-gender group head coach.

Look for day-of announcements at the club tent, on the [event website](#), and on the [EMBK events webpage](#).

Any questions before or during the weekend?? Contact...
Emily Butler at emilyejbutler@gmail.com or 781-325-5049.
Bib pickup questions during the weekend: Hannah Parker -- 857-277-3607.

Thank you and have a great time at the Festival!