

Red Deer Nordic Ski Club presents:

*Friday Night  
Lights*

**ALBERTA CUP 3 & 4**

**Register Now**

January 16 - 18, 2026

[www.reddeernordic.ca](http://www.reddeernordic.ca)



[Register here to Race the Bend!](#)

The Red Deer Nordic Ski Club along with Nordiq Alberta, welcome you to River Bend Recreation Area located on the meeting place of Treaty 6 and Treaty 7 regions. This area is the traditional Indigenous territory of the Niisitapi, the Tsuut'ina, Stoney Nakoda, Cree, Saulteaux and Métis peoples. Let's join in the spirit of unity for an action-packed weekend of skiing, camaraderie, competition and fun.

#### **RACE SCHEDULE - TIMES SUBJECT TO CHANGE**

##### **FRIDAY, JANUARY 16 - Training and Friday Night Lights**

2:00 - 5:00 PM - UNOFFICIAL TRAINING

Note that the course direction of travel will be reversed at 5pm to prepare for the Friday Night Lights event; all trails will be treated as two-way. Controllers will be on course to guide athletes.

6:30 PM - *Friday Night Lights Starts* - Meet just SouthEast of the Parking Lot and the Clubhouse. Follow the lights and music. See the attached flyer at the end of the notice.

6:30 - U8 - U10 'lit' skills course

6:45 - U12 - U14 relay Free Technique 2 x 1.75km

7:30 - U16, U18 and older Individual Free Technique or with Partner 2x 1.75km

Friday Night Lights is a fun, festival-like event under the lights to celebrate our nordic community. There will be races for all ages and skill levels just for fun! Grab a partner, costumes, and join us for an exciting night of skiing, music, lights, hot chocolate and fun.

- Children up to 9 (U8 and U10) will have the chance to participate in an exciting 800m skills course.

- Anyone 10 to 14 (U12-U14) is invited to pick a relay partner to race the fast and exciting relay course. The teams do not have to be the same gender, age or club. If you do not have a friend to ski with, we will find you one!
- Skiers 15 and over (U16, U18 and above) can ski two laps of our 1.75 km course individually, or, for extra fun, grab a partner and make it a relay! This is for parents, coaches, AND racers. Join us for some fun and fast skiing.
- Special prizes will be awarded for team spirit, best costumes and all around enthusiasm!

### **SATURDAY, JANUARY 17 - Alberta Cup 3**

8:30 AM - SIT SKI START

9:00 AM - CLASSIC TECHNIQUE, INTERVAL START

Saturday will be an Interval Start with racers seeded based on the Nordiq Alberta Technical Package with the fastest skiers starting last. See the table below for Seeding order.

Category	1st Priority	2nd Priority
U16 and Older	CPL Points	Random draw (if no CPL pts)
U14's	AB Cup Points	Random draw (if no AB Cup pts)
U12 and younger	Always random draw	

### **SUNDAY, JANUARY 18 - Alberta Cup 4**

8:30 AM - SIT SKI START

9:00 AM - FREE TECHNIQUE MASS START

### **RACE TECHNIQUES AND ANTICIPATED ORDER OF EVENTS**

Friday, January 16, 2026			
Friday Night Lights			
Time	Category	Event Description	Distance
2:00 - 5:00	Unofficial Training		
5:30	TCM	Virtual and In Person	Join us if you are onsite
6:30	U8, U10	Lit Skills course	800 m
6:45	U12, U14	Mixed Relay	1.75 km x 2 legs
7:30	U16, U18 thru adult	Individual or Mixed Relay	1.75 km x 2 legs

Hot chocolate and treats at the finish line for all participants

Saturday, January 17th - 9:00 AM START		Sunday, January 18th - 9:00 AM START	
Interval Start Classic Technique		Mass Start Free Technique	
Category	Distance	Category	Distance
PN Sit Ski - M/W	2 km (2 x yellow)	PN Sit Ski - M/W	3 km (2 x white)
U18 - M/W	10 km (2 x green)	U18 - M/W	15 km (3 x green)
U20 - M/W	10 km (2 x green)	U20 - M/W	15 km (3 x green)
CCUNC - M/W	10 km (2 x green)	CCUNC - M/W	15 km (3 x green)
Open - M/W	10 km (2 x green)	Open - M/W	15 km (3 x green)
Masters - M/W	10 km (2 x green)	Masters - M/W	15 km (3 x green)
Awards		Awards	
U16 - B/G	6.6 km (2 x blue)	U16 - B/G	7.5 km (2 x orange)
U14 - B/G	3.3 km (1 x blue)	U14 - B/G	3.75 km (1 x orange)
Recreational -M/W/NB	3.3 km (1 x blue)	Recreational - M/W/NB	3.75 km (1 x orange)
Awards		Awards	
U12 - B/G	2 km (2 x yellow)	U12 - B/G	2 km (1 x brown)
U10 - B/G	1.0 km (1 x yellow)	U10 - B/G	1.5 km (1 x white)
U8 - B/G	0.5 km (1 x pink)	U8 - B/G	0.5 km (1 x pink)
Awards		Awards	
Coaches Social @ 5 pm followed by TCM			

**Courses and times are subject to change - PN Standing skiers will ski with their age category.**  
**All ages are as of December 31st, 2025.**

## **LOCATION**

River Bend Golf and Recreation Area: 3800 River Bend Drive, Red Deer, AB T4P 0Y4

Parking: Parking will be available on the East side of the Parking area. The WEST side of the parking lot will be reserved for TEAM WAXING AND TENTS.

Directions: From Highway 2, head east on Highway 11 (67 Street). At the traffic circle east of the river, go  $\frac{3}{4}$  of the way around. Head north on 30<sup>th</sup> Avenue for 3km. River Bend is on the left.

### **HOST CLUB**

Red Deer Nordic Ski Club. See: [reddeernordic.ca](http://reddeernordic.ca)

### **SANCTIONED BY**

Nordiq Alberta (NA) - Technical Package [here](#).

Nordiq Canada (NC) - International Competition Rules [here](#).

### **RACE ORGANIZING COMMITTEE**

Chief of Competition: Kelly Bogle

Competition Secretary: Nicole Schmitt

Chief of Timing and Results: Lisa Marr-Laing

Chief of Stadium: Jonas Marchinko

Chief of Course: Andy Lamb

Volunteer Coordinator:

Chief of Course Controllers: Greg Nelson

Venue and Facilities Lead: PJ Swales

If you need to contact any of the above individuals please send your correspondence to [rdnordicskiclub@gmail.com](mailto:rdnordicskiclub@gmail.com)

### **JURY:**

Technical Delegate: Milaine Theriault

Nordiq Alberta Rep: Ivan Babikov

Chief of Competition: Kelly Bogle

### **REGISTRATION**

Registration and fee payment is online at [Zone4](#). Coaches MUST register on Zone4 (no fee). Racers and coaches must check the confirmation list on Zone4 as soon as possible after completing registration to ensure skiers are registered in the correct categories. Please contact the Competition Secretary, Nicole Schmitt at [rdnordicskiclub@gmail.com](mailto:rdnordicskiclub@gmail.com) before midnight MST on Wednesday, January 14, 2026, if corrections are required.

Registration Opens - Monday, December 22nd, 2025

Registration Closes - Sunday, January 11th, 2026 midnight

Late Registration - Wednesday, January 14th, 2026 at midnight - \$20 additional fee

### **RACE FEES**

**Friday Night Lights:** (See below for more info)

U8 and U10 modified skills course - \$8

U12 - U16 relay team participant - \$13 each team member

U18 and older individual - \$23

(This price includes the race registration and mandatory Nordiq Canada Tier 3 Event fee)

### **Alberta Cup 3/4**

U8, U10 - \$10 per race

U12 and Recreational - \$25 per race

U14, U16 - \$40 per race

U18 and older, CCUNC, Para Nordic - \$45 per race

*N.B. \$75 will be charged for unreturned timing chips.*

**Snow Enhancement Fee:** This year, we will be collecting a Snow Enhancement Fee of \$5 for U14 and older and \$2.50 for U12 and younger that will be used to support our vision for the future of cross-country skiing in Central Alberta. Your contribution will support the Red Deer Nordic Ski Club when collaborating with the City of Red Deer to implement snow-making capabilities at River Bend. In the face of climate change, this initiative will ensure consistent, high-quality snow conditions for youth programming, community recreation, and athlete training and racing. By participating, you're not just investing in the current event but also shaping a resilient future for cross-country skiing in our province. Thank you for being part of this vision.

### **River Bend Facility Trail Fees - only U12 and up**

River Bend charges a \$5.00 facility fee per day for each participating athlete. These fees go directly to River Bend for trail grooming, maintenance and use of the facility per race day. No trail fees are charged for Friday's Fun Race.

### **REFUND POLICY**

If an event is canceled, we will follow the Nordiq Alberta Refund Policy that can be found on page 17 and 18 of the technical package which can be read [HERE](#).

A refund of individual registration fees will only be provided if the Competition Secretary receives notification prior to the registration deadline of Tuesday, February 11, 2025 at midnight. After the registration deadline, no refunds will be provided except for event cancellation.

### **LICENSES**

All competitors skiing in U14 and older categories must have at least one of the following licenses:

- Nordiq Canada Race License (U16+) New for this season - Master skiers who wish to collect Master's Ranking List points must have this license.
- Nordiq Canada Associate License (foreign racers who do not belong to a NC club)
- Nordiq Canada Development License (U14 and under if CPL points desired - see [NC website](#))

- Nordiq Canada Event License (U14+) This \$6 license was formerly the Supporting Member Day License (SMDL) and is charged automatically during registration if no other license number is supplied.

For Saturday and Sunday races, cross-country ski club athletes U12 category and younger do not require a license of any type, but do require a valid club membership.

All competitors, regardless of age or other Nordiq Canada race licenses held, will have to pay the new Tier 3 event license of \$3 only for the Friday Night Lights event which is included in the race fees when you register. See Nordiq Canada's explanation of Tier 3 licensing [here](#).

Any athlete, of any age, from other Nordic disciplines including Biathlon or Nordic Combined, that are not members of a Nordiq Alberta club, must have a valid Nordiq Canada Race or Event license to compete.

Associate License for non-Canadian Skiers: For non-Canadian skiers, an Associate License may be obtained through Nordiq Canada for eligibility in all sanctioned competitions in Canada. The results of skiers with Associate Licenses will be included in the Canada Point List calculation and used for seeding purposes. For more information, visit the Nordiq Canada [website](#).

If you do not have a current FIS, Nordiq Canada, or Nordiq Canada Associate Member Licence and are registering in U14+ categories, a daily fee will be automatically added for an Event License (formerly SMDL)

Please make sure you have renewed/purchased your license(s) for this year [HERE](#) prior to registering.

## **COACHES**

Coaches are allowed on foot on the course during the race but not in the stadium. Please [register](#), at no cost, to provide us with your contact information. See the QR code below for access to the *AB Cup 2025/2026 Coaches* WhatsApp chat group through which we will be doing the bulk of our communication. [Register](#) again as a racer to race in Friday Night Lights!

## **AWARDS**

### **FRIDAY NIGHT LIGHTS FUN RACE**

Friday Night Lights is a fun festival-like event under the lights to celebrate the end of a great season. There are events for all ages and skill levels just for fun!

All participants will receive hot chocolate and treats at the finish line. *No times or points will be captured for these events.*

### **ALBERTA CUP 3**

U8/U10/U12 - Participation award for all racers.

U12/U14/U16 - Year of Birth medals for 1st, 2nd and 3rd for each gender.

U18, U20, Open, CCUNC, Masters (31 and older), Para Nordic and Recreational – category medals for 1st, 2nd, and 3rd for each of Men, Women and Non-Binary (Recreational category)

## **ALBERTA CUP 4**

U8/U10/U12 - Participation award for all racers.

U12/U14/U16 - Year of Birth medals given out for 1st, 2nd and 3rd for each gender.

U18, U20, Open, CCUNC, Masters (31 and older), Para Nordic and Recreational - category medals for 1st, 2nd, and 3rd for each of Men, Women and Non-Binary (Recreational category)

## **PROTESTS**

The protest procedure is outlined in the [Nordiq Canada Official Protest Form](#) that will include a \$100 Protest Fee. The protest fee will be returned if the protest is ruled to be valid.

## **SELECTION**

This competition is part of the AB Cup provincial race series. It also serves as a selection event for: Alberta Ski Team (AST - criteria [HERE](#)), Alberta Development Ski Team (ADST - criteria [HERE](#)) and the Alberta Travel Team trip to Europe (criteria [HERE](#)).

## **COURSE MAPS**

Maps can be found under the Course Maps section of the webpage. A link will be added here once we've got them published.

## **RACE OFFICE**

The event race office is located in the WEST end of the River Bend Clubhouse.

Hours are as follows:

Friday, January 16th: 2:00 pm – 7:00 pm

Saturday, January 17th: 7:00 am – 4:00 pm

Sunday, January 18th: 7:00 am – 4:00 pm

We will not be using bibs for Friday night.

Bib Pickup for AB Cup Races will be Saturday and Sunday mornings. Please send ONE team representative to the race office to sign out bibs beginning at 7:00 AM Saturday and 7:00 AM Sunday.

## **TEAM CAPTAIN'S MEETINGS**

Team Captains Meetings will be held in a hybrid format; in-person in the Clubhouse for those who can join us along with a Zoom option for both Friday and Saturday.

Friday, January 16th, 5:30 PM

Saturday, January 17th, 6:00 PM

The Zoom meeting link will be sent to registered coaches prior to each meeting.

Come socialize with other coaches at the Nordiq Alberta Coaches' Social, Saturday at 5:00pm prior to the TCM in the club house.

If you are a Coach or Team Captain, please ensure you have joined the WhatsApp group for coaches. Any important race weekend details will be communicated this way. Scan this QR code to join.

### **FIRST AID**

Red Deer Ski Patrol will be on site.

### **WARM UP AND WAX TESTING**

Warm up and wax testing zones will be held on the driving range to the EAST of the Clubhouse. See the course maps section of the website for more details.

### **ALBERTA CUP WAX PROTOCOL**

TRIAL RUN FOR GLIDE WAX PILOT PROTOCOL (All participants race on the same glide wax) We will be trialling a new glide waxing protocol to keep coaches out coaching with athletes and not in the wax room. Coaches, please check the What'sApp group for information regarding details. This is intended to be a positive experience to focus on racing and race prep instead of waxing. Glide wax (Star Med or Star Polar- both buff on application) will be chosen by Nordiq Alberta 3 days in advance (December 14,, 2025) of the AB Cup 3& 4 based on the forecast. Prepare skis any way you like as a base layer, but the final layer will be the same for all racers on the day. Grip wax protocol will remain the same, so please bring your grip waxes and test away!

Nordic Alberta respectfully requests all coaches, athletes, wax technicians, and parents to abide by a self-governed protocol while waxing skis for identified races taking place in Alberta. This also applies to coaches, athletes, wax technicians, and parents traveling to Alberta from out-of-province or out-of-country.

Waxing protocol:

- Structure tools ARE permitted.
- Non-fluoro (NF) waxes ARE permitted.
- Fluorinated waxes or tuning products containing fluorine liquid are NOT permitted at Alberta Cups for ALL age categories. This includes all types of fluorinated glide wax (e.g., LF, HF, block, powder, liquid, or kick wax). Occasionally an Alberta Cup may be run in conjunction with a FIS Cup, NorAm, or other FIS sanctioned event. For more information on the Nordiq Canada Fluoro Policy, click [HERE](#)

### **WAX AREA**

No external power is located on site. Please bring a generator for your waxing needs. A limited number of waxing spaces will be available on the NORTH WEST side of the parking lot. Please advise the organizing committee of your space requirements during the online registration.



## **TRAIL CONDITIONS AND WEATHER REPORTS**

Real-time trail reports and snow conditions can be found on the Nordic-Pulse website [here](#). The River Bend weather station can be accessed [here](#).

## **HOTEL ACCOMODATIONS**

A huge thank you to the Holiday Inn Group in Red Deer for offering 15% off Best Available Rate Discount to all the athletes and their supporters registering at one of the hotels listed below.. Participants must call the hotels directly and state that they are with the “Red Deer Ski Club” to get this discount!

Please use the Red Deer Ski Nordic Club discount for your up-coming Ski competition 😊

The 15% off Best Available Rate Discount can be used at any one of our Red Deer Hotels!!

Please have your guests call the hotel directly and state that they are with the Red Deer Nordic Ski Club to get this discount or use the booking links below!!

Red Deer:

### **Holiday Inn & Suites Red Deer- Gasoline Alley 403-348-8485**

[AB Cup 3 & 4 Jan 16-18, 2026- Holiday Inn & Suites Red Deer South](#)

### **Holiday Inn Express on 50<sup>th</sup> Ave- 403-343-2112**

[AB Cup 3 & 4 Jan 16-18, 2026- Holiday Inn Express 50th Ave Red Deer](#)

### **Holiday Inn Express- Red Deer North 587-457-7829**

[AB Cup 3 & 4 Jan 16-18, 2026- Holiday Inn Express Red Deer North](#)

### **Staybridge Suites- Red Deer North 587-457-5851**

[AB Cup 3 & 4 Jan 16-18, 2026- Staybridge Suites Red Deer North](#)

## **FOOD AND WARMING**

There will be drinks and snacks at the finish line for all athletes.

The River Bend clubhouse will be available for warming. The Clubhouse kitchen will be serving chili and buns one day and soup and sandwiches the other. A small selection of other made-to-order food items will be available to purchase.

## **WASHROOMS**

Facilities will be available for both able-bodied and disabled athletes both outside near the stadium and inside the clubhouse.

## VOLUNTEERS

We need your help. If you are available, come join our vibrant team No experience necessary! Sign up here - <https://zone4.ca/register.asp?id=40431&lan=1&cartlevel=1>

## SPONSORS

This event would not be possible without the generous donations and sponsorship of these companies. If you have a chance to support them or reach out to say thanks, please do!



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RED DEER NORDIC SKI CLUB PRESENTS

# FRIDAY NIGHT LIGHTS

**READY. SET. GLOW.**

TEAM FUN RACES, DJ, COSTUMES, HOT  
CHOCOLATE, PRIZES FOR ALL



**FRIDAY, JAN 16TH 2026 - 6:30PM**

RIVERBEND GOLF AND RECREATION AREA  
REGISTER [REDDEERNORDIC.CA](http://REDDEERNORDIC.CA)

