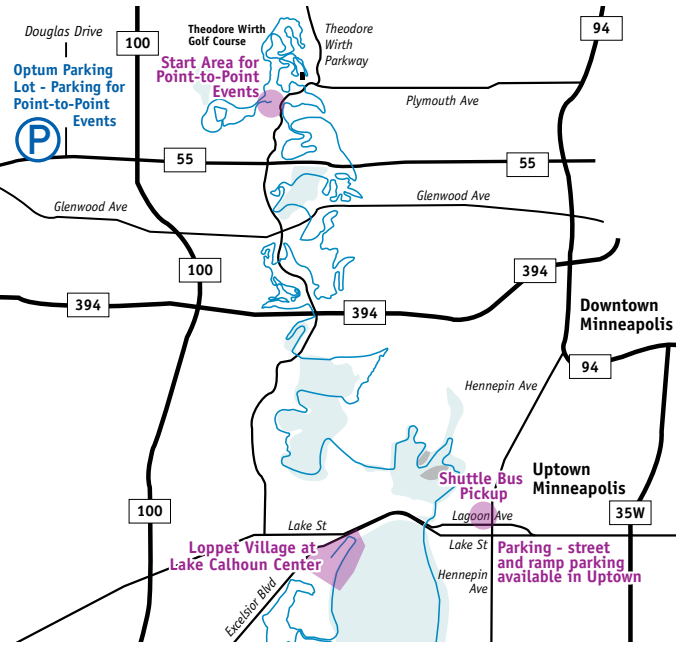


Bicycling and Busing to the Events

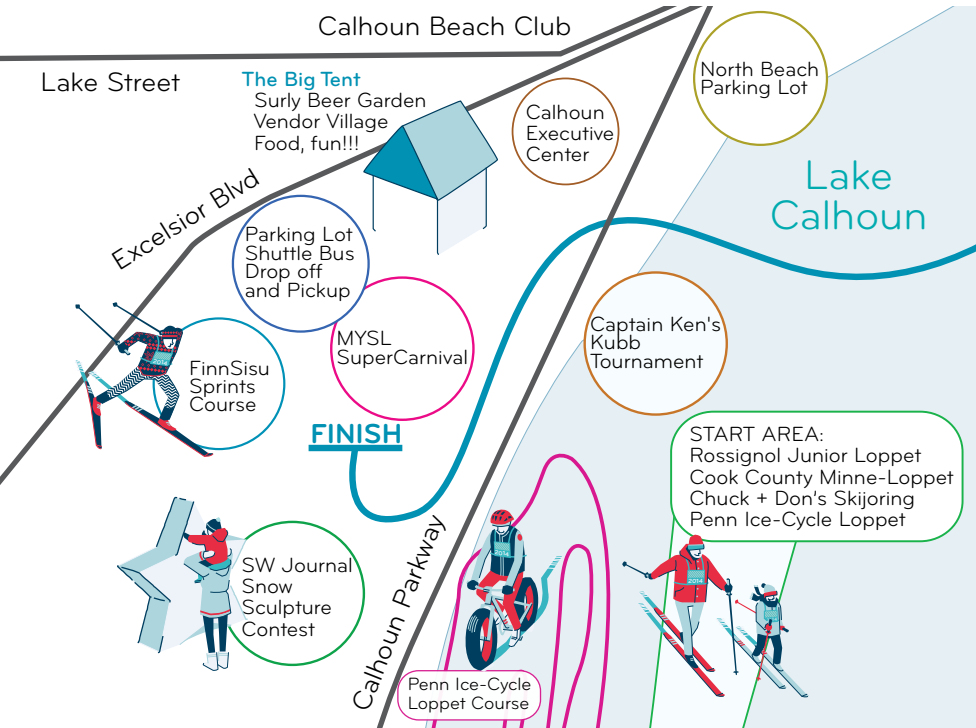
- Biking and busing to the Loppet Festival is easy.
- Use the Midtown Greenway or the Chain of Lakes to bike.
  - Use any Lake Street or Hennepin bus. See [www.metrotransit.org](http://www.metrotransit.org).

Shuttle Service to the Festival

There is no event parking in the Lake Calhoun Executive Center parking lot and parking options around the Loppet Festival area are extremely limited. However, the Loppet Foundation will be running a convenient and free shuttle bus from the Walker Library (Lagoon and Lake Street) to the Loppet Festival Area. Buses will run Friday from 6 - 9 p.m., Saturday from 10 a.m. - 10 p.m. and Sunday from 10 a.m. - 5 p.m. Park on city streets near the Walker Library, at Jefferson Elementary at 26th and Hennepin, or in the Mosaic or Calhoun Square parking ramps. Free parking and a shuttle bus are also available in the

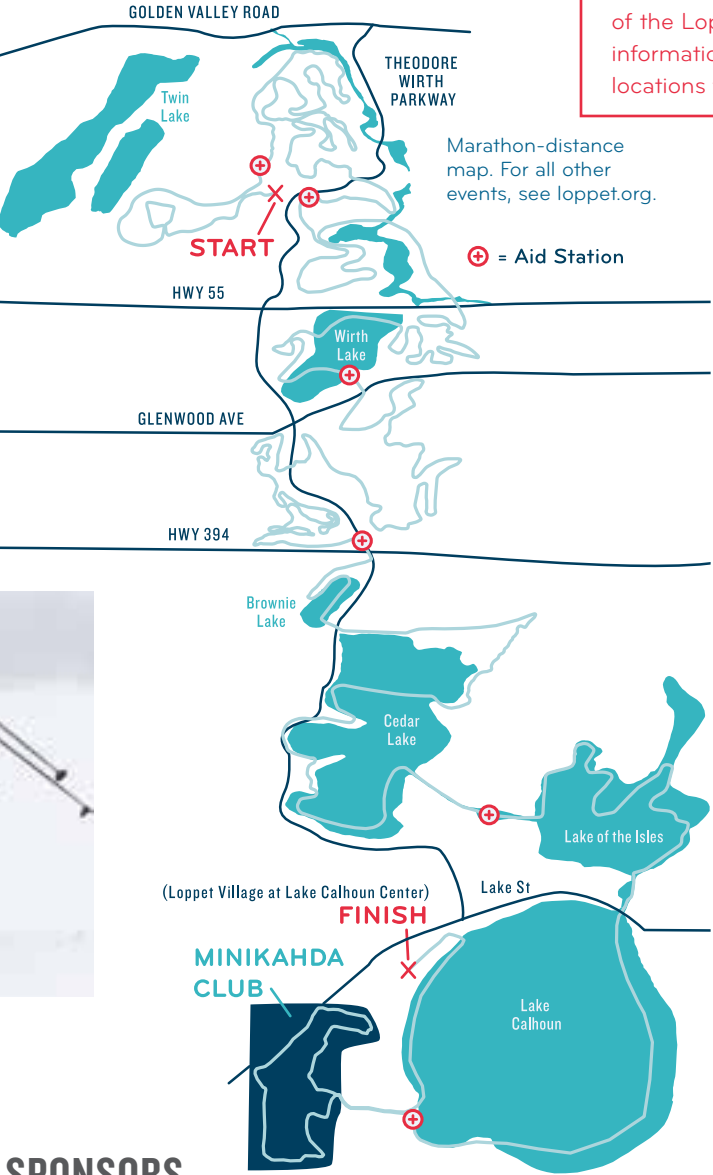


Optum parking lot on 55 in Golden Valley on Saturday and Sunday. Visit [loppet.org](http://loppet.org) for more information.



**Loppet Facts:** Loppet Adventures is the non-competitive wing of the Loppet Foundation. Through Adventures underserved youth in the community attend Loppet Adventure Camps, go on Trips for Kids mountain bike rides, join middle school ski and bike teams, learn to ski through Minne-Loppet programs in their elementary schools, and enjoy mentor relationships with outdoor-active adults. You will see hundreds of Loppet kids participating in the Cook County Minne-Loppet and Rossignol Junior Loppet at the Loppet this year.

COURSE MAP



See the spectator info section of the Loppet website for more information on times and locations for cheering.

**Loppet Facts:** The Loppet Foundation and the Minneapolis Park & Recreation Board have partnered to expand and improve opportunities for outdoor activity in the Minneapolis area for more than 11 years.

**Loppet Facts:** Look for Loppet Founders or 10-Year Participants in special bibs. They have completed all 10 or 11 of the first 11 Loppet events. They deserve extra cheers! Without these dedicated participants we would not be where we are today.

SPONSORS

<b>GOLD</b>				
<b>SILVER</b>	Ackerberg Group Bachman's Bearskin Lodge Captain Ken's Foods	Cook County Visitors Bureau Institute for Athletic Medicine LHB Inc. Penn Cycle REI	Rossignol SidewalkDog.com Ski Trax Whole Foods Minneapolis	
<b>BRONZE</b>	1 800 Got Junk Be Fast Boulder Nordic Sports Brock White Chiang Mai Thai Coldwell Banker Burnet Fairlife Finn Sisu Gear West Ski & Bike Great Harvest Hammer Nutrition Hidden Bay The Lowry	Lyndale Tap House Manitoba Hydro Metro Transit Midwest Mountaineering Minnesota PremierPublications/ Southwest Journal Minnesota Trails Magazine Mrs. Olson's Lefse Nature Valley Nestle Parasole Peace Coffee Pearson's Candy	Podiumwear Rack Attack Rainbow Resort Royal Norwegian Consulate General Minneapolis SpringHill Suites by Marriott Stella's Fish Cafe Swix Urban Eatery Van Iwaarden Associates Wilderness Inquiry Yelp Zap Event	

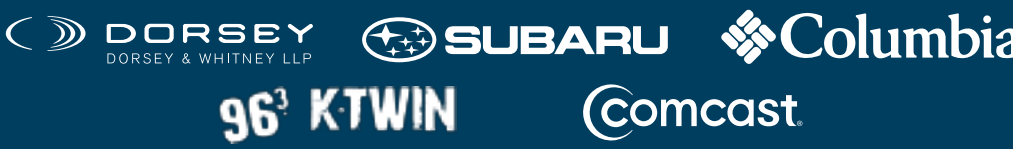
VISIT [LOPPET.ORG](http://LOPPET.ORG) OR CALL THE LOPPET  
HOTLINE AT 612 604-5330

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SPECTATOR GUIDE

JANUARY 31- FEBRUARY 2, 2014 • [LOPPET.ORG](http://LOPPET.ORG)





# City of Lakes Loppet Festival

## New: Loppet Village at Lake Calhoun Center

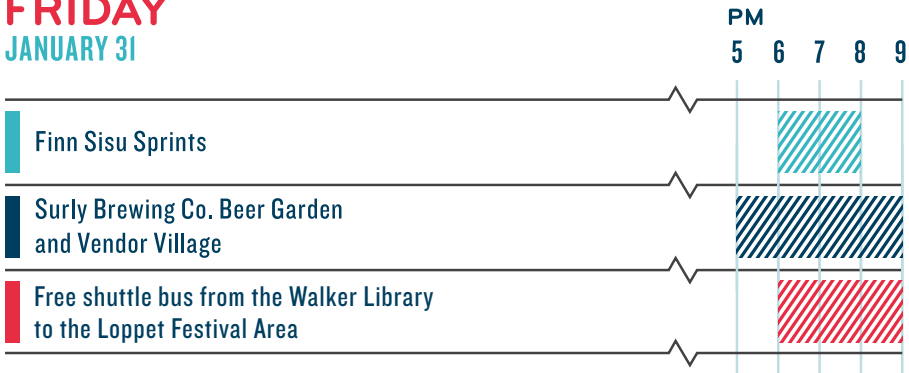
The Loppet has a new home this year - at Lake Calhoun Center on the northwest corner of Lake Calhoun. This means fewer congested roads and traffic problems, easier parking, and better spectating - with all the action - snow sculptures, sprints, all the start and finish lines, the big tent, and the shuttle bus - in one convenient location.



**Loppet Facts:** The Loppet Foundation is a membership organization. Loppet Foundation members enjoy benefits throughout the year: Discounts at local ski and bike shops. Year-round member events like the Waffle Loppets, solstice paddles, and ski trips. Bonfire nights. And, most important, members help support everything that the Foundation does. Anyone can become a member. Find out more information at [loppet.org](http://loppet.org).

## Friday, January 31, 2014

### FRIDAY JANUARY 31



### Volunteer

All volunteers receive a Loppet hat and a Goodie Bag. Sign up online at [loppet.org](http://loppet.org), call the Loppet Volunteer Hotline at 612 604-5330 or email Volunteer Coordinator Nancy Nelson at [volunteer@loppet.org](mailto:volunteer@loppet.org) for details.

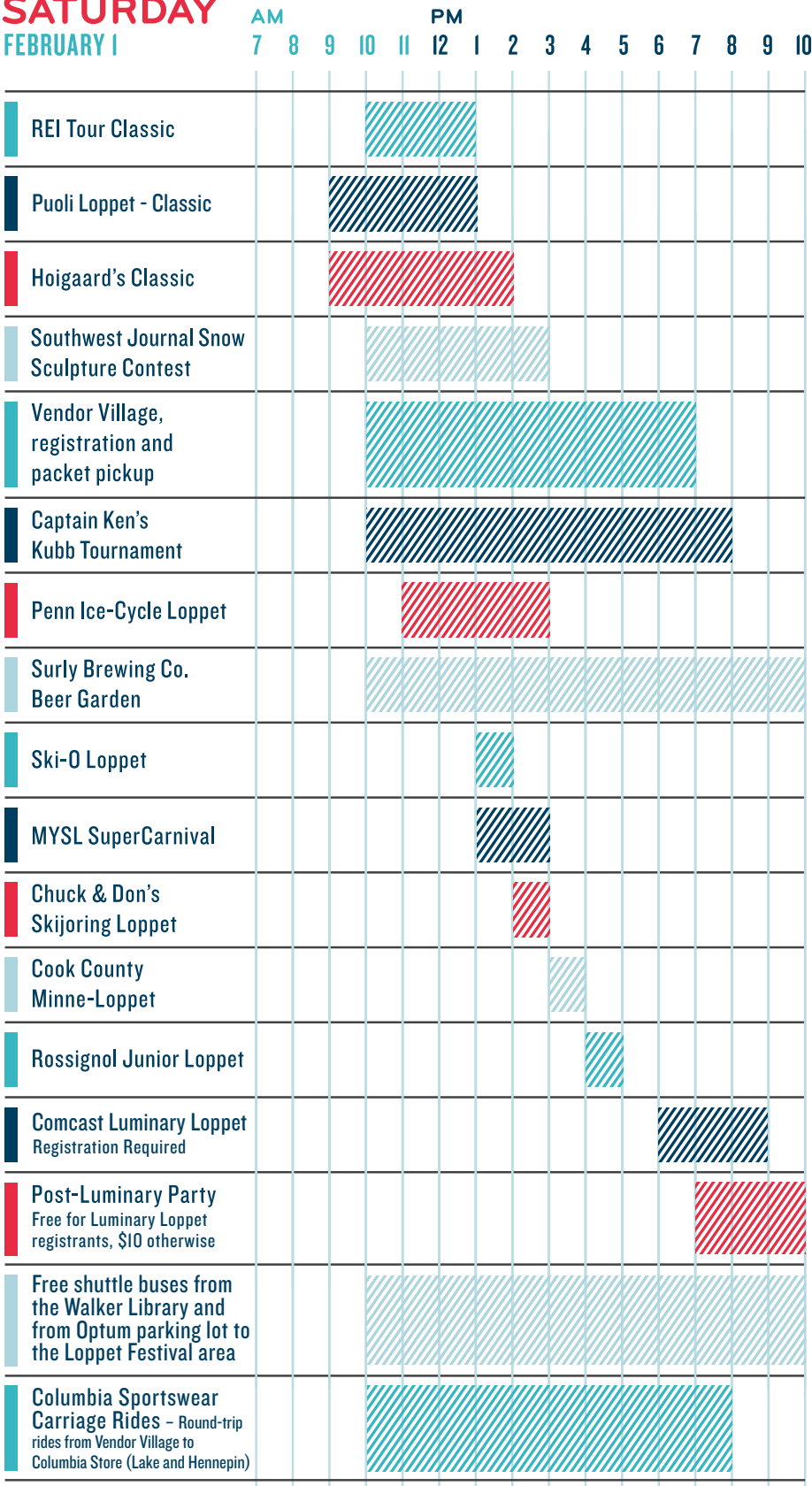
### General Spectating Tips

Bring bells or noise-makers (it is hard to clap with mittens on).  
Dress warmly.  
Avoid walking on the trails.  
Single out participants by bib number - "Go number 725."



## Saturday, February 1, 2014

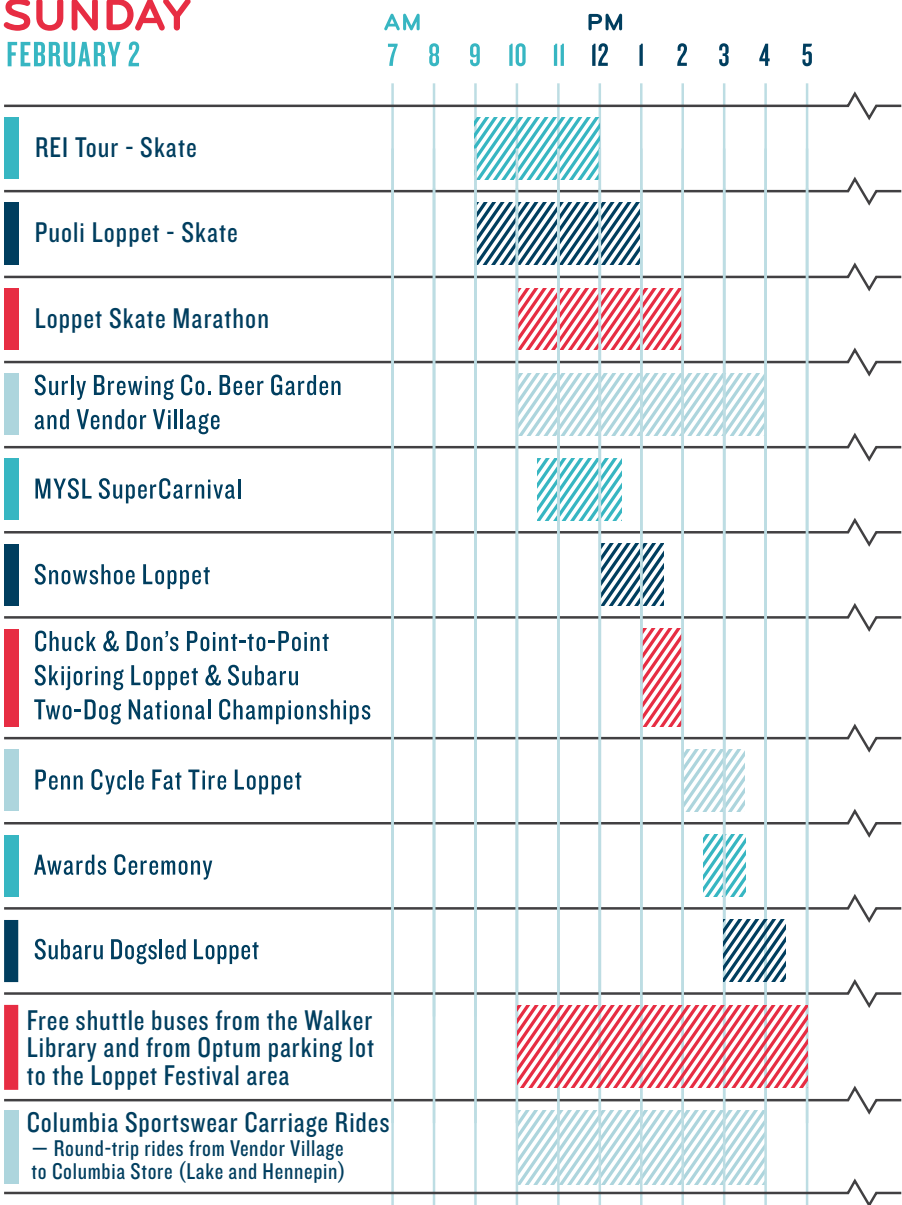
### SATURDAY FEBRUARY 1



**Loppet Facts:** The Loppet Foundation leverages events like the City of Lakes Loppet Festival to run its youth programs. The Foundation has introduced activities like skiing, mountain biking, paddling and orienteering to more than 6,500 youth, including 4,000 from North Minneapolis.

## Sunday, February 2, 2014

### SUNDAY FEBRUARY 2



**Loppet Facts:** The Loppet Foundation is a 501(c)3 non-profit organization based in North Minneapolis. Its mission is to provide opportunities and create passion for year-round outdoor activities and adventures in the Minneapolis area, especially among inner-city youth.



**Loppet Facts:** Loppet Nordic Racing - or LNR - is the racing wing of the Loppet Foundation. Head Coach Piotr Bednarski and his team of coaches work with athletes from beginners through Olympians year-round.