



MARCH 14-17
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On behalf of the Loppet Foundation and the 2020 World Cup Host Committee, welcome to Minnesota!

John Munger here, Executive Director of the Loppet Foundation. What is the Loppet Foundation? We are a 1,700 member non-profit organization devoted to spreading our love of year-round outdoor endurance-based activities. We are skiing, biking, and running. We are competition. We are evangelists of outdoor activity. We are community events. And we are an amazing place and inspiring trails. We are the Loppet!

We are so excited to host the first Cross Country World Cup on U.S. snow since 2001. The Fastenal Parallel 45 Winter Festival is a four day festival, with great music; Snowball-in-Hell Ski and Bike presented by the Minnesota Vikings with jumps, drops, and adrenaline; participatory events like skjoring and citizen sprints; youth events; and, of course, the final sprint races of the 2020 Coop FIS Cross Country World Cup season!

As you enjoy the Festival, join me in thanking our amazing volunteers, sponsors like Fastenal and the Share Winter Foundation, our partners at U.S. Ski & Snowboard, and the Minneapolis Park & Recreation Board. Take a moment to cheer on the diverse young athletes in the Share Winter Minne-Loppet or the dare devils competing in Snowball-in-Hell.

Most of all, let's make this an amazing homecoming for Jessie and the U.S. Team, and let's welcome the rest of the world to Theodore Wirth Park! So grab your cowbells, glitter up, and get ready to cheer! It's going to be four incredible days of fun!

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#PARALLEL45FEST



SCHEDULE

Times subject to change.

Please check mnworldcup.com for most up-to-date information.

SATURDAY, MARCH 14

- 9 AM - 2 PM Midwest Youth Championships
- 9 AM - 2 PM MyXC Festival
- 10 AM - 8 PM Parallel 45 Block Party & Expo
- 10:30 - 11:30 AM Share Winter Minne-Loppet
- 3 - 4:30 PM Parallel 45 Cup Ski Distance
- 3:30 - 8:30 PM Parallel 45 Music Festival
- 4:30 - 7 PM Snowball-in-Hell Ski presented by the Minnesota Vikings
- 5 - 6 PM Parallel 45 Cup Fat Tire Sprints

SUNDAY, MARCH 15

- 9 - 11:15 AM Midwest Youth Championships
- 10 AM - 4 PM Parallel 45 Block Party & Expo
- 11:45 AM - 2 PM Midwest Youth Championships SkiCross
- 1 - 2 PM Fast & Female Age Gap Relays
- 2 - 3 PM Fast & Female Power Hour
- 2 - 3 PM Parallel 45 Cup Skijor Sprints
- 2 - 6 PM Parallel 45 Music Festival
- 3 - 5:30 PM Parallel 45 Cup Ski Sprints
- 4 - 6:30 PM Snowball-in-Hell Bike presented by the Minnesota Vikings
- 5:30 - 6:30 PM Parallel 45 Tour

MONDAY, MARCH 16

- 8:30 - 10:30 AM Share Winter Symposium
- 4 - 6 PM World Cup Course Inspection
- 4 - 7 PM Parallel 45 Block Party & Expo
- 5:30 - 9 PM Champions Dinner + Benefit

TUESDAY, MARCH 17

- 12 - 10 PM Parallel 45 Block Party & Expo
- 12 - 10 PM Champions Club Open to Pass Holders
- 2:15 - 3:15 PM Coop FIS Cross Country World Cup Sprint Finals:
Qualifiers
- 4 - 4:30 PM Share Winter Minne-Loppet Parade / Lighting of the
World Cup Torch
- 3:30 - 4:30 PM Parallel 45 Music Festival
- 4 - 4:30 PM US Bank Crew Ski Loppet
- 4:45 - 6:25 PM Coop FIS CC World Cup Sprint Finals: Quarterfinals,
Semifinals, Finals
- 6:30 - 7 PM Coop FIS Cross Country World Cup Sprint Finals: Awards
- 7 - 10 PM Parallel 45 Music Festival

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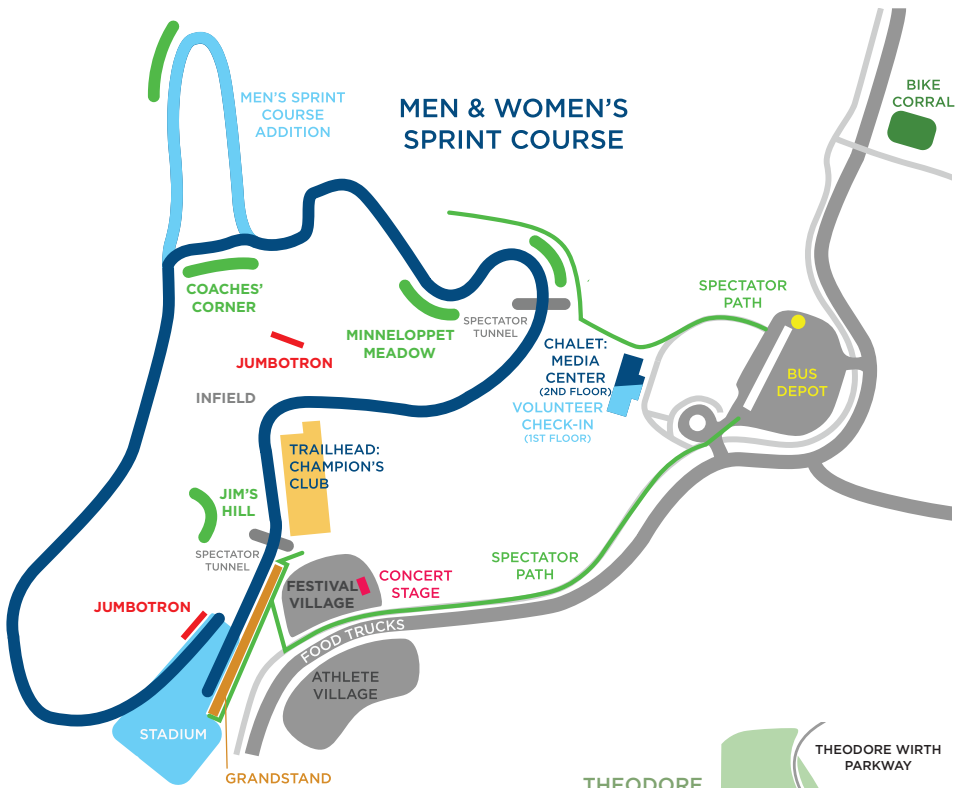
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SPRINTS SPECTATOR MAP



PARKING MAP

FOR DETAILED
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TIMES & LOCATIONS
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FESTIVAL](http://LOPPET.ORG/EVENTS/PARALLEL45/FESTIVAL)



MEET THE ATHLETES



JESSIE DIGGINS

2018 Olympic Gold Medalist

Hometown: Afton, MN **Born:** 08/26/1991

Team: US Cross Country Ski Team

Jessie Diggins is the most decorated U.S. Cross Country athlete in World Championship history and has medaled in more than 25 World Cup races. She and teammate Kikkan Randall became the first Olympic gold medalists in U.S. Cross Country history at the 2018 Olympic Games. Afterwards, Diggins was chosen as the nation's Closing Ceremonies flag bearer. Diggins also played a key role in securing this event in her home state.



SADIE MAUBET BJORNSEN

Two-time Olympian

Hometown: Mazama, WA **Born:** 11/21/1989

Team: US Cross Country Ski Team

After an incredible start to this season, Sadie Maubet Bjornsen became the first U.S. woman to be awarded the coveted yellow World Cup Overall Leader Bib. She earned a bronze medal in the 2017 World Championships and has medaled in over 10 World Cup races.



SOPHIE CALDWELL

Two-time Olympian

Hometown: Peru, VT **Born:** 03/22/1990

Team: US Cross Country Ski Team

Descending from a family line of Olympic skiers, Sophie Caldwell has made her own name as one of the nation's best-ever sprinters. She medaled in over 10 World Cup sprint races and was the first American woman to win a Classic World Cup race.



SIMI HAMILTON

Three-time Olympian

Hometown: Aspen, CO **Born:** 05/14/1987

Team: US Cross Country Ski Team

Simi Hamilton gained international attention when he became the first American male skier to win a World Cup race since Bill Koch in 1983. Hamilton has medaled in multiple World Cup races and has finished in the top ten in the overall World Cup standings twice so far.





JOHANNES HØSFLOT KLÆBO

Three-time Norwegian Gold Medalist

Hometown: Oslo, Norway **Born:** 10/22/1996

Team: Norwegian Ski Team

At age 21, Johannes Klæbo won three gold medals at the PyeongChang Olympics in 2018 to tie with French biathlete Martin Fourcade for the most gold medals won at the Games. He has the record for being the youngest male in history to win the FIS Cross Country World Cup, the Tour de Ski, a World Championship event and an Olympic event in cross country skiing.



FEDERICO PELLEGRINO

Olympic Silver Medalist

Hometown: Aosta, Italy **Born:** 09/01/1990

Team: Italian Ski Team

Federico Pellegrino won the Sprint Cup in the 2015-2016 season, becoming the first non-Scandinavian to win the Sprint World Cup. In 2017, he became the World Champion after winning the sprint freestyle event in Lahti, Finland. He was part of the Italian team which won the silver medal at the team sprint event with teammate Dietmar Nockler.



ALEXANDER BOLSHUNOV

3-time Olympic Silver Medalist

Hometown: Podyvotye, Russia

Born: 12/31/1996 **Team:** Russian Ski Team

Alexander Bolshunov is another young skier who blew away the results at the 2018 Pyeongchang Olympics with three silver medals and one bronze in the 4x10 km relay, team sprint, 50 km classical race and individual sprint.



LUCAS CHANAVAT

Olympic Gold Medalist

Hometown: Le Grand-Bornand, France

Born: 12/17/1994 **Team:** French Ski Team

Chanavat is a French Sprint specialist, and has shown consistent podium results in World Cup events since 2017. In the past 2019-2020 season, he placed first in Planica, Slovenia and Dresden, Germany. Let's see what he can do in Minneapolis, Minnesota!





MAIKEN CASPERSEN FALLA

Olympic Gold Medalist

Hometown: Fet, Akershus, Norway

Born: 8/13/1990 **Team:** Norwegian Ski Team

Maiken Caspersen Falla is the 2014 Olympic champion in the individual sprint and a three-time Olympic medalist. Falla has won a total of five gold and four bronze medals at the World Championships as well as three consecutive Sprint World Cup crystal globes.



LINN SVAHN

Hometown: Östersunds, Sweden

Born: 12/09/1999

Team: Swedish Ski Team

At age 20, Linn Svahn won her first World Cup competition in 2019, when winning a sprint competition in Davos, Switzerland. While she is new to the World Cup scene, don't count this Swedish speedster out! Plan to see a lot of success from this athlete.



ANAMARIJA LAMPIC

3-time Olympic Silver Medalist

Hometown: Ljubljana, Slovenia

Born: 6/17/1995 **Team:** Slovenian Ski Team

Lampic made her Olympic debut at the 2018 Winter Olympics. In the 2019-2020 World Cup season, she championed the sprint stages at Lenzerheide, Switzerland and Val di Fiemme, Italy, with second place finishes in Dresden and Oberstorf, Germany. Fun fact: her younger brother Janez Lampic is also an Olympic nordic athlete.



NATALIA NEPRYAYEVA

Olympic Bronze Medalist

Hometown: Tver, Russia **Born:** 9/06/1995

Team: Russian National Ski Team

Nepryayeva made the Russian National team in 2015. In the 2018 Olympics, she won a bronze medal on the 4 x 5 km relay team.

In the 2018-19 season, Nepryayeva became the first Russian female skier to finish in the top 3 of the Tour de Ski. At the 2019 FIS Nordic World Ski Championships,

Nepryayeva became the first female Russian skier since 2007 to win a medal in skiathlon.



AUTOGRAPH PAGE



MUSICAL LINEUP

The best of Minnesota's music scene will be performing in the heart of Parallel 45 Village. Constant entertainment will keep the festival energy going through the days and well into each night. Expect family-friendly tunes earlier in the day and more adult-centric bands (though still great for the whole family) later in the evening.

All Fastenal Parallel 45 Music Festival concerts are free, open to the public, and unticketed.

Saturday, March 14

3:30 PM **Little Fevers**

5:00 PM **Chastity Brown**

7:00 PM **Brother Ali**

Sunday, March 15

2:00 PM **Charlie Smith's Rockabilly Review**

3:30 PM **Wailing Loons**

5:00 PM **McNasty Brass Band**

Tuesday, March 17

3:30 PM **The Okee Dokee Brothers**

7:00 PM **Heiruspecs**

8:30 PM **Bad Bad Hats**



Block Party + Expo

Festival-goers can fill up on food trucks and beverages while finding entertainment and inspiration from sponsor activation areas, gear trucks, and merchandise booths in the Parallel 45 Village

Access to the Block Party + Expo is free, open to the public, and unticketed.

Saturday, March 14 10:00 AM – 8:00 PM

Sunday, March 15 10:00 AM – 6:30 PM

Monday, March 16 (LIMITED) 4:00 – 7:00 PM

Tuesday, March 17 NOON – 10:00 PM

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OKEE DOKEE BROTHERS

As childhood friends growing up in Denver, Colorado, Joe Mailander and Justin Lansing were always exploring the outdoors. Whether it was rafting down their neighborhood creek or discovering hiking trails through the Rocky Mountains, Joe and Justin were born adventurers. Now, as the GRAMMY® Award-winning Okee Dokee Brothers, they have put this passion for the outdoors at the heart of their Americana Folk music.

BROTHER ALI

Over the past 17 years, Brother Ali has earned wide critical acclaim for his deeply personal, socially conscious, and inspiring brand of hip-hop. Under Rhymesayers Entertainment, he's unleashed a series of lauded projects, establishing himself as one of the most respected independent voices in music.

"This entire album is based on the reality that beauty is the splendor of truth" says the Minneapolis MC. "Beauty in all of its forms is the outward manifestation of love and virtue. It soothes the soul and pulls it gently toward the truth it communicates. Every word and note of this album is intended to either reflect beauty, or expose the ugliness that blocks us from living lives of meaning."



BAD BAD HATS

Bad Bad Hats is an indie rock band from Minneapolis, Minnesota. The band consists of Kerry Alexander, Chris Hoge, and Connor Davison. Named for a trouble-making character from the Madeline children's books, Bad Bad Hats is defined by a balance of sweet and sour. Their music honors classic pop songwriting, with nods to nineties rock simplicity and pop-punk frivolity. Through it all, Alexander's unflinchingly sincere lyrics cut to the emotional heart of things.

MUST SEE EVENTS



SNOWBALL-IN-HELL

PRESENTED BY THE MINNESOTA VIKINGS

Saturday, March 14: Ski

Qualifiers 4:30 - 5:30 PM, Finals 6:00 - 7:00 PM

Sunday, March 15: Bike

Qualifiers 4:00 - 5:00 PM, Finals 5:30 - 6:30 PM

Experienced participants can test their limits in the "Snowball-in-Hell" Ski and Bike races which feature banked turns, drops, jumps, and plenty of crashes. These high octane, downhill races are sure to be great fun for participants and spectators alike! Spectating is free and open to the public.

FAST AND FEMALE

Sunday, March 15: 1:00 - 3:00 PM

Fast and Female's mission is to keep girls healthy and active in sports because it sets them up to succeed and lead in life beyond sports. Hosted in collaboration with Olympic Gold Medalist Kikkan Randall, these ski relays team up young girls with former U.S. Cross Country Ski Team Olympians. Immediately following the Fast and Female Relays, participants will head into the Trailhead where Kikkan and her fellow teammates will facilitate an hour-long talk about being Fast and Female.



SHARE WINTER MINNE-LOPPET & MIDWEST YOUTH CHAMPS

Saturday & Sunday, March 14-15: 9:00 AM - 3:00 PM

The Share Winter Minne-Loppet is a non-competitive event and is open to all skiers 12 years of age and younger. It hosts elementary school skiers from 11 local area schools that use Minne-Loppet curriculum, equipment and volunteers to learn skiing during school for weeks leading up to the event. Come cheer on the future generation!

The Midwest Youth Championships & MyXC Festival is a joint venture of the The Loppet Foundation and the Minnesota Youth Ski League. Events include classic and skate mass start and individual start distance races, sit ski races, classic team sprints, skicross time trials, and four-person freestyle relays. There is also festival events including fish scale frenzy, paintball biathlon, tug-of-war, scooter soccer, an obstacle course, skijoring demos and a medallion hunt.



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the Parallel 45 Village.

WORLD CUP SPRINTING 101

Sprint racing is without question the most thrilling event on the Cross-Country Ski World Cup circuit. Fast-paced starts, constant jockeying for position, explosive climbing and high-speed downhills, the occasional crash out, and of course the photo-finish lunge.

The format is organized with a qualification round, followed by quarterfinal heats, semifinals, and finals. Male and female athletes compete against the clock on a 1.6 km (men) or 1.4 km (women) course. The top 30 fastest male and female skiers move to five quarterfinal heats of six skiers competing together. The top two finishers in each heat move to the next round, and two additional "lucky losers" with the next fastest finishing times also move on. The podium consists of the first, second and third place finishers of the men's and women's finals.

The 2020 Fastenal Parallel 45 World Cup has a special position on this season's World Cup tour, serving as:

- 1) The **final sprint race of the North American Sprint Mini-tour** which begins the weekend prior in Quebec City, Canada, and
- 2) The **final sprint race of the entire 2019-20 World Cup season.**

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The top three positions in the combined Mini-tour results and the top three points leaders of the overall World Cup sprint season will be awarded prizes in Minneapolis. Get excited, you're in for some fun ski racing!

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23-26 FT WIDE Downhills

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ABOUT THE LOPPET FOUNDATION

VISION

The Minneapolis area leads the world in year-round outdoor activities. Ethnically and economically diverse individuals and families come together around a shared passion for the outdoors – a passion that is universal. The Loppet Foundation is at the center of this shared passion in Minneapolis.

VALUES

Adventure. We believe that living an inspired life requires taking paths with uncertain outcomes. We focus on the journey.

Excellence. We set the highest standards and strive for continuous improvement in everything we do.

Stewardship. We are committed to nurturing the resources – like youth, natural resources, and financial assets – entrusted to our care.

Integrity. We value honesty and high moral standards, but our definition of integrity also includes holding each other accountable for living the outdoor active life that we promote.

Inclusiveness. We believe that an outdoor active life is part of all cultures and we strive to share our passion for outdoor activity across individuals with differing abilities, as well as ethnic and economic lines.

LOPPET SPORT. Comprised of Loppet Nordic Racing, Loppet Cycle Works and Loppet Run 365, Loppet Sport provides top-level training programs for competitive racers for both youth and adults all year-round.

LOPPET ADVENTURES. Loppet Adventures focuses on the love of sport and recreation for all ages, but particularly youth in the local North Minneapolis area. It currently includes elementary school programs, middle school afterschool programs, camps, adaptive programs, adult ski and run clubs, and family events.

LOPPET STEWARDSHIP. Our trails team is committed to creating safe and well-maintained trails, and creating the most sustainable and healthy natural environment as possible, making Theodore Wirth Park a true asset to its community.

LOPPET EVENTS. Beyond this event, Loppet events hosts a wide range of opportunities to participate and compete, most notably the City of Lakes Loppet Winter Festival, Sitka Salmon Shares CityTrail Loppet, Tri-Loppet, and Surly Brewing Co. Trail Loppet.



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