



COOP FIS 2024 Cross Country World Cup

Stifel Loppet Cup, Minneapolis, Minnesota USA
Spectator Guide | February 17-19, 2024

loppetcup.com





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SPORTS!**



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About our Cover Artist

Moira Villiard is a multidisciplinary artist with a mixed indigenous and settler heritage who uses art to uplift underrepresented narratives, explore the nuance of society's historical community intersections, and promote community healing spaces. She grew up on the Fond du Lac Reservation in Cloquet, Minnesota and lives in Duluth. See more of her work at artbymoira.com.



**SCAN THE QR CODE
TO LEARN MORE AND
GET INVOLVED TODAY.**



Attention Spectators

The race course is off limits to spectators at all times. Do not go on the course between races.

Spectators must stay in designated areas.

Do not go on or across the trail, except at the designated course crossings.

Do not go under ropes.

The ability of spectators to use course crossings is prohibited once the races start and anytime athletes are on course for warm up or wax testing.

Please follow directions from event staff at all times.

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Stifel U.S. Ski Team

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Welcome to Wirth!

Welcome to the most anticipated cross country skiing event of the past two decades in the United States—and welcome to Theodore Wirth Park. On behalf of your co-hosts for this event, the Loppet Foundation and Share Winter, I am thrilled to invite you into this beautiful park, which the Loppet stewards in partnership with the Minneapolis Park and Recreation Board.

A team of local, national and international staff and volunteers have worked tirelessly over several years to bring this moment to life. A thousand thanks go out to the hundreds who have poured their hearts and souls into this effort. We tip our hats to you, our spectators, for being here to witness history.

The Loppet's mission is to connect people to the outdoors through experiences that grow community. It is our sincere hope that this event continues to build a national and international community committed to the sport of cross country skiing and the work it takes to create opportunities for youth, families and community members to be connected to the healing powers of the outdoors and the thrills of winter sport.

Theodore Wirth Park is roughly the size of Central Park and bridges Minneapolis. It spans multiple neighborhoods and serves diverse, vibrant communities. The Loppet provides programming to the young people and families of our city and puts on events like the Loppet Cup, inspiring new participants and challenging our most elite competitors. And now that you are here, you are a part of our community!

As you watch the world's greatest athletes fly by, through an oak savanna in an urban natural wonderland, we invite you to enjoy the art that dots the park, created by local artists. We hope you will hear about our sustainability efforts and join us in working towards a cleaner planet. We ask you to learn about Share Winter and the Loppet's efforts to promote equity and anti-racism in outdoor spaces.



And we know you will discover what we value every day—
Inspiration is Everywhere.

See you on the trails!

Claire Wilson
Executive Director



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Join us in Adventure for Everyone

Through outdoor adventure programs, events and unique spaces, the Loppet Foundation is committed to making the outdoors accessible and welcoming to all. By supporting the Loppet Foundation, you are helping more than 30K youth and families get outdoors and build community in Minneapolis and beyond every year.

Whether you love to cross country ski, mountain bike, run on trails, hike, explore and meditate in nature – we have it all. A donation or membership goes a long way to support our mission and get more folks outdoors!

If you'd like to make a contribution to support adventure for everyone, follow the link below. Thank you from all of us at the Loppet Foundation.



Weekend Schedule

Saturday, February 17

Opening Ceremony	9:30 am
Sprint Races*	
Women's Sprint Qualification	10:00 am
Men's Sprint Qualification	10:30 am
Women's Sprint Final	12:30 pm
Men's Sprint Final	1:00 pm

Sunday, February 18

Distance Races*	
Men's 10K Individual Start	10:30 am
Women's 10K Individual Start	12:45 pm
Awards Ceremony	2:00 pm
Protect Our Winters Climate Conversation Powered by Xcel Energy	(Immediately following the awards ceremony)

Monday, February 19

Loppet Cup Citizens Challenge	8:00 am – 10:30 am
Share Winter Playday	10:00 am – 2:00 pm

*Race times are subject to change



Indoor and Outdoor Activities for the Whole Family!

Want to win
some prizes?

Monday, February, 19th 2024 from 10a – 2p
The Trailhead: 1221 Theodore Wirth Pkwy
Mpls, MN 55422

RSVP here to be
entered into our raffle:



- * Vendor village
- * DJ & dancing
- * Arts & crafts
- * Giant Puppets
- * Community partners
- * Storytelling
- * Athlete signatures
- * On-snow gear demos
- * Family fun zone
- * Enjoy Food Trucks, Snacks & Drinks!



Wanderlust



Wanderlust is one of many words that could describe my great-grandfather, Theodore Wirth.

By Dana Wirth Sparks

I grew up learning the family stories of a young boy leaving Winterthur, Switzerland to work in the gardens of Paris and London, who somehow ended up with a job in Central Park, New York City. He also helped create a magnificent municipal rose garden in West Hartford, Connecticut and, eventually, he was enticed by Mr. Charles Loring to work for the parks in Minneapolis. It seems everywhere

Theodore went he blended his horticultural training with his engineering education, alongside a sizable dose of Swiss ingenuity.

My grandfather, Conrad, was the second son of Leonie and Theodore Wirth and he shared stories with me about his childhood. Sleeping outside with his two brothers, Theodore and Walter, on the screened-in porch of the house

on Bryant Avenue, was always one of the first memories Gramps would chuckle about when he was thinking back to boyhood. They slept out there on hot, sticky summer nights and when there was a chilly frost in the air, and even snow, to demonstrate their bravery.

Outdoor adventures—hiking, fishing, camping, sledding—were just part of life for the three Wirth boys. I wish more dates and locations had been written on the back of our family photos. And I wish there were pictures of them cross-country skiing! However, this winter photo was taken a few years after arriving in Minneapolis, perhaps 1908-1909. They loved their (Swiss) St. Bernard named Bella and Gramps often talked about the fun they had playing with her in the snow.

My Gramps said having a stern, strong-willed, Swiss father could be challenging, but he had a soft side. I've been able to glean that while reading old letters he wrote to and about his family. My French great-grandmother, Leonie, was apparently able to smooth things over whenever the shenanigans

got out-of-hand. For all the work he accomplished in his professional life, though, Theodore was most proud of and sentimental about his homeland, his heritage, and his family. My most cherished family heirloom is **Alpen Flora**, a book dedicated to flowers in the Alps. Theodore's father gave it to him in 1900 and then he, in turn, gave it to my grandfather. And one Christmas, fifty years ago, Gramps passed it onto his Scottish daughter-in-law, who was married to my father, his son, Peter. My mum had a wonderful green thumb and loved talking about gardens with my grandfather.

I believe that both my great-grandparents, Leonie and Theodore, would be amazed to see how much the parks are enjoyed and appreciated today, and especially impressed by what the Loppet Foundation does for the community. They would also be thrilled that the 2024 COOP FIS Cross Country World Cup is here in Minneapolis, at Wirth Park.

On behalf of the Theodore Wirth family, congratulations, and **think snow!**

Above: Theodore and Leonie Wirth with their three sons and Bella, Minneapolis, 1908-1909.

Loppet Climate Leadership and Sustainability

By Amy Fredregill

The world's best athletes in cross country skiing will race in the first World Cup race to be held on U.S. soil in twenty years, and the Loppet Foundation is amped to bring the world to Wirth. Inspiration is everywhere in Theodore Wirth Park, including and especially for advancing sustainability through reducing greenhouse gas emissions (GHG). Climate protection seems even more poignant this winter with the delay of natural snow. Luckily, the Loppet has been investing in snowmaking operations for years so that we can enjoy world class skiing for more weeks each year. We

continued on page 14



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*Preliminary figures.

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know that snowmaking and our travels to enjoy skiing, including the Loppet Cup, require energy, water and other resources. Therefore, the Loppet has been busy with a flurry of activity to advance sustainability and reduce our GHG footprint not only for the Loppet Cup, but all year-round.

The transportation sector is now the largest source of greenhouse gas emissions in Minnesota. To tackle this challenge, the Loppet has a long-term partnership with Green Minneapolis to purchase carbon offsets to reduce the impact of greenhouse gas emissions for skiers and participants involved with the World Cup. Spectators are encouraged and incentivized to bike or ski to the event and Metro Transit will be offering free rides. The Loppet Cup will also be reducing waste at the event by offering reusable cups to keep trash out of landfills and requiring vendors to provide compostable materials. Finally, Xcel Energy, a national leader in clean energy and sponsor of the Loppet Cup, is proud to power this year's event with 100% renewable energy from regional wind and solar generation through its Renewable*Connect Flex program. Renewable energy supports the Loppet Foundation's dedication to lowering emissions and promoting sustainability.





Cross Country Skiing & the World Cup

By Kris Hansen

Winter Olympics are held every four years, and World Championships for cross country skiing are every two years. But World Cup races run every single year. There are 30-40 World Cup races per season between November and March, and this year Theodore Wirth Park will host the only two World Cup races in the U.S. The last time the U.S. hosted a World Cup for cross country skiing was in 2001.

There are two different styles of cross country skiing. In the classic technique, a skier's skis are parallel to each other and the skier kicks and glides in grooved tracks in the snow. In the skate technique, skiers use the edges of their skis in a V-formation

to propel themselves forward, similar to an ice skating motion. The two races at Wirth are freestyle races, which means skiers can choose either technique. The skate technique is much faster and that's what all the racers will use. Cross country ski races are measured in kilometers. Saturday's sprint races are on a 1.5-kilometer course and men and women have separate mass starts for qualifying rounds. Qualifying rounds have individual interval starts through which the 30 fastest qualify for final "heats," which are mass starts. Sunday's distance races are on a 3.3 km loop around which racers pass three times for a total of 10 km, with separate, individual starts for men and women.

Interested in trying out the course yourself? Return on Monday for the Share Winter Playday. More information is in the online spectator guide, linked to the right.

Please note that at other times, spectators are not allowed on the course even when competition is not underway. Crossing the course is permitted at designated locations and times only.

To access a complete Spectator Guide, with FAQs, shuttle and parking information, athlete profiles, and more:



To access the FIS World Cup App:



Map



Key

- Accessible Viewing
- Medical
- Saturday Sprint Course
- Sunday Distance Course (3 Laps)
- Spectator Path
- Steep Terrain
- Course Crossings
- Saturday/Sunday Spectator Area
- Sunday Spectator Area
- Share Winter Family Fun Zone
- Information
- Toilets
- Polestar Transportation Hub
- Brazil Law Group | Bike Law Bike Check
- Darn Tough Ski Check
- Volunteer Center
- Merchandise
- Food And Beverage
- Utepils Beer Garden
- Minny-Bar Mulled Wine
- North Mallow Hot Cocoa
- Great Clips Glitter Station
- Photo Booth
- Art Installation
- Bearskin Lodge Warming Hut
- Video Screen



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Inspiration is Everywhere

Art in the Park, Art Activities and Citizen Skiing!

The Twin Cities of Minneapolis and St. Paul are renowned for their rich arts culture. In this spirit, the Loppet Foundation brings the creative flair of Twin Cities artists to the Loppet Cup.



Spectators and visitors to Theodore Wirth Park should look for **Hygge**, by artist Andrea McAdoo, displayed in a wood frame adjacent to The Trailhead. **Hygge** is the first of three artworks to be selected for the Loppet's call for art that reflects our theme of Inspiration is Everywhere. Three selections will be displayed throughout 2024. Andrea believes that in an age of rapid technological advancement and social upheaval, art plays a more vital role than ever before. "One of things I'm most drawn to is the space that art provides to reflect on our shared experiences, challenge assumptions, and imagine new possibilities. My work is driven by a desire to connect with people, explore memories, overcome fears and inspire dreams.



Check out Sara Hanson's Metal Casting **Workshop on Wheels**, where visitors can make a small Loppet-themed metal sculpture as a souvenir, pocket toy, or pendant. Ages 5+. Workshop on Wheels will be in the Family Fun Zone on Saturday and Sunday from 9:30 am to 1:30 pm. Sara strives to make the creative process visible and accessible to all.

You and Wone Yang created **Third Daughter, Restless Daughter** in response to their grandmother's Hmong embroidery. The most important constant to their art is the hard work and integrity that they put into every project, and it's their dedication and passion that makes their craft stand out. View their art installation along the fence on Theodore Wirth Parkway.



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Look for **Flags for the Loppet Cup** along the walk to the upper stadium and inside the Trailhead. Artist Peter Haakon Thompson engaged fans in designing flags that represent what they find important about Theodore Wirth Park and the Loppet Foundation. Peter's primary media are participation, interaction and conversation. Decode each flag's symbols at the QR code link to the right.



Decode each flag's symbols

Juxtaposition Arts is a nonprofit youth art and design education center in North Minneapolis. Their mission is to develop community by engaging and employing young urban artists in hands-on education that creates pathways to self-sufficiency while actualizing creative power. JXTA's gallery, retail shop and artist studios are staffed by teens. Teaching artists and youth apprentices in JXTA's Contemporary Art Lab designed, fabricated, and placed a contemporary, colorful fabric installation on tree trunks along the course near the Loppet Trailhead.

The roving puppet performances of **Heart of the Beast Puppet and Mask Theatre** will be led by Steve Ackerman. This community of artists creates magic with puppets large and small—monstrous, beautiful, silly, human, plant, and animal puppets that tell stories to represent the world as it is and as we dream it could be. Look for wandering puppet performances on Saturday and Sunday from 10:00 am to 3:00 pm, and on Monday from 10:00 am to 2:00 pm.



Ashley Koudou and **Taylan De Johnette** founded the design agency **Mango Day** in 2023 to help BIPOC creatives and entrepreneurs find solutions to grow their brands authentically. They recognized the gaps in opportunities for growth that are available for BIPOC artists and businesses and have dedicated themselves to uplifting and investing in them to help them grow, develop sustainable income, and build community. Koudou and De Johnette collaborated to produce the colorful mural you'll see on the storage container that is used for sledding tubes and mountain bikes, right next to the Trailhead. Spectators will have a great view of the mural from several points in the Loppet Cup venue.

Fawzia Khan is a multidisciplinary artist who creates socially conscious artwork. She is interested in what unites us. "To see the "other's" point of view acknowledges our common humanity and creates an opportunity for empathy and resolution," she says. She is concerned with issues of marginalization, gender inequities, and the balance between safety and freedom. Khan created **Plan B** the birds hanging from the ceiling with "parachutes," during the second Gulf War, as a commentary on the inadequacy of the equipment supplied to US troops. The birds installed on the birch logs have been repurposed to remind us we share this planet with other life forms. The logs were found during the artist's run through Wirth Park. Visitors to Wirth Park may see **Plan B** in the Trailhead through March 2024.



Welcome Village & Share Winter Family Fun Zone

Saturday – Sunday, February 18-19, 2024
7:30 am – 4:00 pm

Don't miss the Share Winter Family Fun Zone and Welcome Village! Located adjacent to the Polestar Transportation Hub, you'll find the Great Clips Glitter Station, North Mallow Hot Cocoa, Xcel Tiny House, Arctic Cat snowmobiles, a photo booth, and lots of great gear and vendors! Kids and families will have the chance to ski a Mini World Cup course, snag some swag, and earn medals!

Stadium Village

Saturday – Sunday, February 18-19, 2024
7:30 am – 4:00 pm

Explore the products of ski industry brands at their tents adjacent to The Trailhead.

Loppet Cup Citizens Challenge

Monday, February 19, 2024
8:00 am – 10:30 am

Join us for the Loppet Cup Citizens Challenge and test your speed in the World Cup sprint course! Sign up for

your chance to ski the same sprint course used by the world's best skiers. Do it by yourself or with your friends. Don't miss the photo ops at the start, finish, podium and in the grandstands (open to the public on Monday)!

Share Winter Playday

Monday, February 19, 2024
10:00 am – 2:00 pm Free

Whether you love winter or can't stand the cold, we have something for you. Come revel in the best that winter has to offer. Delight in fun outdoor activities like skiing, snowshoeing, giant puppets, vendor villages, a family fun zone and more!

Warm up in our giant heated tent where you'll find arts & crafts, community partners, giveaways, music, and dancing. Together let's enjoy great food, drinks, and the wonders of winter. It's time to play!

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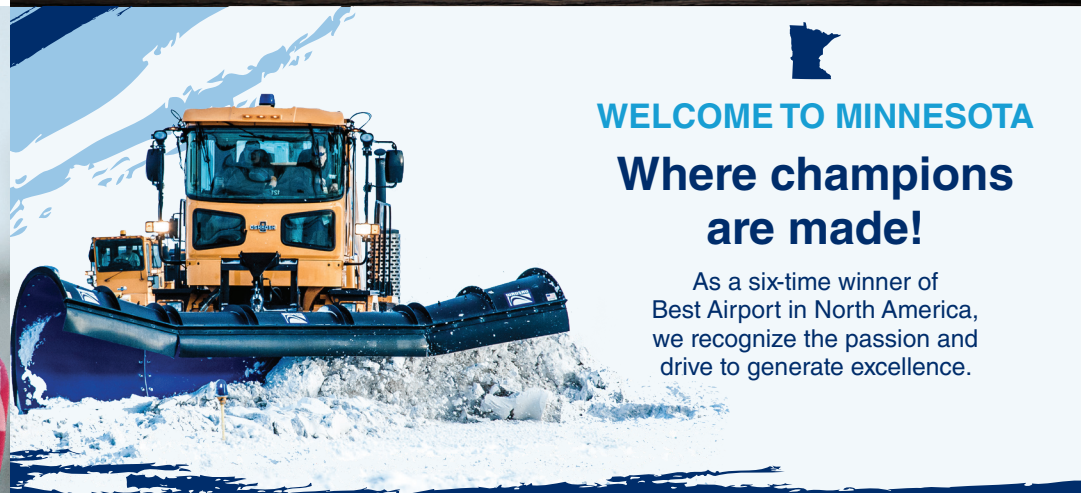
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We salute the Loppet Foundation for its dedication to connecting people to the outdoors through experiences that grow community.

