HUNTLY NORDIC SKI CLUB

ROLLERSKI EVENTS WEEKEND 2/3 MAY 2009



SAT 30th MAY HUNTLY ROLLERSKI SPRINTS

RACE 1 OF GB & SCOTTISH ROLLERSKI CHAMPIONSHIPS LOCATION: HUNTLY NORDIC & OUTDOOR CENTRE, HUNTLY ABERDEENSHIRE

Registration from 9am. Races start 10:15am.

Free (skate) technique.

Sprint time trials over a 655m "flat" course & 1135m "hill" course.

Followed by head-to-head knock-out sprints.

For races competitors will be issued with matched Marwe barrel wheel rollerskis. Competitors should bring their own rollerskis for practise.

All ages & standards welcome.

SUN 31st MAY <u>CLASHINDARROCH ROLLERSKI HILL CLIMB</u> RACE 2 OF SCOTTISH ROLLERSKI CHAMPIONSHIPS LOCATION: RHYNIE, ABERDEENSHIRE

CLASHINDARROCH

Meet/registration by The Square, Rhynie (by church) 10:00am. First race starts 11:00am.

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Classic technique. Time trial, 30sec intervals.

SHORT RACE: 4.85km, 133m total climb, 12m descent. Start Mains of Lesmoir on A941.

MAIN RACE: 8.05km, 202m total climb, 35m descent. Start The Square, Rhynie.

Both races finish at Clashindarroch Forest Ski Trails car park on A941.

Because the race is on a public road the minimum age for competitors is 11. The race is not suitable for complete novices.

Any type of rollerski is permitted as long as it has a ratchet on attleast one wheel on each ski and conforms with F.I.S. rules.

Skiers will be shuttled from finish area back to their transport in Rhynie by organisers.

RHYNIE 180m

ENTRY FEES: £8 (adult) & £5 (under 16 or in full-time/education) for each day. £15 & £8 for both days.

(+£3 each day for 3rd party insurance if you are not a member of an Snowsport Scotland/England affiliated club)

Competition covered by Snowsport Scotland public liability insurance.

Further information & entry forms available from:

Peter Thorn, Huntly Nordic Ski Club Email: <u>huntlynordicsc@yahoo.co.uk</u>

Tel: 01464 831429