



CHELSEA XC  
=nordiq=

SKI AND CYCLE WORKS



### Chelsea Sprint Series

Jan. 15, 22, 29, Feb. 5, 26  
Dunnderosa Golf Course  
Chemin Notch, Chelsea

Chelsea Sprint Series is a 5-part evening fun race-series with a focus on participation!  
Enjoy a super evening of Sprint racing & Pasta Dinner with an  
ambiance of warmth and comfort at the Dunnderosa!

**DRAW PRIZES** each night, based on participation.

#### A) The Sprints:

Informal or random seeding into Flights of 16 participants. There will be three rounds in total, for the evening and each racer will have an opportunity to race in a wave of 4. After each round, all skiers will move forward for another round. After 3 rounds, the new seeding, for the next sprint race will be determined.

**Course** (~800 m): Designed to be fast and to carry momentum through the race. The start (3.5 m) is a minimum of 80 m. long - straight away, descending into an "S-turn", followed by a slight uphill finish (3m.).

**Start Time:** 7:00 pm, waves of 4 every 30 seconds, 1 minute gap between heats. In case of poor weather and/or snow conditions, please call: 827-0574.

**The Warm-up Loop:** 250 meter oval at the start line and 50 meters from the main lodge.

#### Registration Forms:

Chelsea XC Nordiq website - **On-line registration:** <http://www.travel-net.com/~skichelseexc>  
Forms available at Greg Christie's Ski & Cycle Works for pick-up and  
XC Ottawa website: [www.xcottawa.ca](http://www.xcottawa.ca)

**Cost:** **Early Discount Registration - All 5 events for \$40.00, deadline Jan. 15th, 5:30 - 6:30 pm.**  
Post Jan. 15<sup>th</sup> event, \$10.00 per individual race date.  
Cheque payable to: Gilles Montsion and Brad Evenson

#### Registration Mail-in Cheque and Registration Form to:

Chelsea XC Ski Club, P.O. Box 1751, Chelsea, J9B 1A1  
OR Register on-site at Dunnderosa Golf Course between 5:30 – 6:30 pm.

#### Results:

Posted on the XC Ottawa and Chelsea XC Nordiq websites.

**B) Pasta Dinner Reservation and Cost:** \$11.00 plus tax and drinks. includes: pasta, salad, bun and coffee/tea. Reserve your dinner the day before the event, Tuesday, 8:00 pm. To get on the reservation list, contact Josee Desjardins: [josee.desjardins@videotron.ca](mailto:josee.desjardins@videotron.ca)

# Chelsea Sprint Series Registration Form

*Chelsea XC Nordiq reserves the right to cancel the Sprint Series, if participation does not sustain the event.  
This decision will be made AFTER the first race, Jan. 15<sup>th</sup>.*

Prenom / First Name: \_\_\_\_\_

Nom de famille / Last Name : \_\_\_\_\_

Ville / City: \_\_\_\_\_

Club: \_\_\_\_\_

Tel travail / Work phone: \_\_\_\_\_

Tel maison / Home phone: \_\_\_\_\_

Courriel / E-mail \_\_\_\_\_

Age: \_\_\_\_\_

Gender: Female \_\_\_\_\_ Male \_\_\_\_\_

A) Sprint:  
Category:

Junior	Girl	<input type="checkbox"/>	Boy	<input type="checkbox"/>
Junior	Women	<input type="checkbox"/>	Men	<input type="checkbox"/>
Senior	Women	<input type="checkbox"/>	Men	<input type="checkbox"/>
Masters	Women	<input type="checkbox"/>	Men	<input type="checkbox"/>

Experience:            Novice       Intermediate       Expert

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B) Pasta Dinner:     

Please add me to the interest list for Pasta Dinner. I acknowledge that I will have to reserve a meal no later than the night before (Tuesday, 8:00 pm) the Sprint event. Without a meal reservation, there's no guarantee of a meal.

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Cancellation Refund: a) There will be no cancellation refunds due to inclement weather.

b) If the Sprint Series is cancelled due to lack of participation after the first event, individuals who have paid in full (\$40.00) will receive a \$28.00 refund.

Waiver:

I am aware that skiing involves certain dangers and risks, including, but not limited to collision with natural and man-made objects and with other skiers and spectators and falling at high speed while racing or training. I freely accept and fully assume all such dangers and risk and the possibility of personal injury and damage or loss of property resulting from my participation.