

Silver Fox Nordic Time Trial

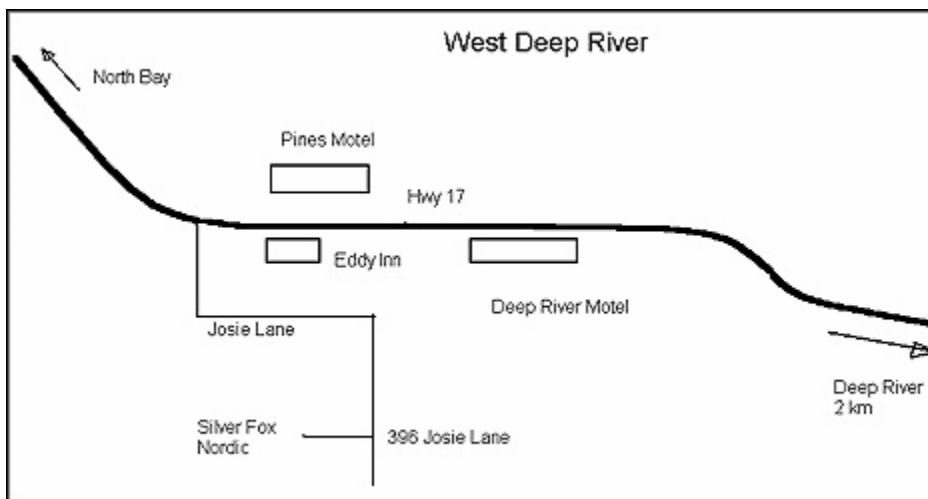
More snow is needed to run this race. It snows a little bit every day but a good snowfall of at least 10 cm is needed. Now, it is ONLY Thursday and there is more snow predicted this weekend.

Thursday Dec 15 will be the "Drop Dead Date" for the final decision on whether this race is a go or a bust. The race format will be updated before then. This medium will be the only source of information regarding this race. It will not be on the Silver Fox Nordic website.

Assuming we are skiing here are some details to prepare you and your skiers.

When: Sunday Dec 18 starting at 11AM. Registration (between 9:45 and 10:45 Sunday at the latest), an e mail to meadow@magma.ca before Sunday is preferred.

Where: Silver Fox Nordic Ski Club, 396 Josie Lane, Deep River.



If directions are needed, please phone Ross Meadowcroft at 613-584-3619

Who: Race open to all NCD skiers and racers

What: This race is a free technique individual time trial using a 2.5 km race course (the rest has too much open water). Race Distances are noted below:

Midgets - 2.5 km

Junior, Senior and Masters Women - 5 km (2 laps)

Juvenile Boys - 5 km

Junior Girls - 5 km

Juvenile Girls - 5 km

Junior, Open Men - 10 km (4 laps)

Junior Boys - 10 km

Masters Men - 7.5 km (3 laps)

How: Skiers will be timed individually to 1/10th of a second (hand timing using stop watches and grey cells)

How Much: A \$ 5.00 contribution per racer would be appreciated

This race is organized for the direct benefit of the athletes and the above is currently a proposal. Please feel free to add your comments/suggestions.