



## **INTERCLUB ROLLER SKI RACES/CHALLENGES**

How far can you ski in one hour?

As part of this summer's activities, the northern clubs have grouped together to plan a series of one-hour races/challenges, each club organising its own event, as follows:

Yorkshire Dales XC	Sunday 4th June, York
Manchester XC	Early July, Preston
Lakeland XC	Sunday 6 <sup>th</sup> August, Lancaster
Tyneside Loipers	Sunday 3 <sup>rd</sup> September (provisional), Hetton le Hole

These dates should be regarded as social events, rather than super competitive races. Experienced skiers will obviously want to ski as many laps as possible. For newer, less experienced skiers the challenge will be to see how long you can ski for, and then try to do a little better at the next event. You don't even have to ski continuously, but take a break if you need it.

Any type of roller ski may be used, as well as any style of skiing, skate or classic. Safety however is paramount. All skiers must wear a helmet and eye protection (safety/cycle/sun glasses) and knee and elbow pads if you wish.

Further details of each event will be announced nearer the time. We hope to see as many skiers as possible, from all the clubs, taking part.