



Manchester Cross Country Ski Club

Cross Country Ski, Roller Ski, Telemark and more.

Regular coaching sessions and equipment hire

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Roller Ski: Endurance and Agility Event

This event will consist of a ½ hour endurance ski and an agility ski course.

The event is aimed at those who are new to roller skiing as well as those who have several years' experience. It's ideal for those who have attended the club's roller ski coaching sessions this year or for the last couple of years.

Details and booking form are still being finalised so details below are not complete and may change.

Date and Time

Date: Saturday 11 May 2019

Time: 10-12:30

Location

UCLan Sports Arena, Tom Benson Way, Preston PR2 1SG

http://www.uclan.ac.uk/uclan_sports_arena/

Events

Endurance

Course: Lower loop of the UCLan track (using the cut-through, missing out the bridge).

Start & Duration: After a mass start everyone will have half an hour to ski as far as they can.

Technique: Classic or skate

Note you don't have to ski for the full duration, stopping for a rest is fine.

Agility

Course: A combination of various elements e.g slalom, figure of 8, circle, grass run.

Start: Individual start (1 person on course at a time)

Technique: Classic or skate

Recovery

There should be plenty of time to recover between events including making use of the cafe!

Cost and Equipment

Entry to both events will cost £5

Cost of equipment hire (if required) will be £5.

All competitors must wear a cycle helmet and protective glasses (e.g sun glasses) which we do not supply.

All competitors should wear gloves (of a thickness suitable for cross-country skiing). Competitors are advised to consider wearing knee and elbow pads.

Booking and Contact

Booking will be via online application. Details will follow nearer the time of the event.

If you have any question before then contact, Alistair Brown, email rollerskirace@mccsc.org.uk.

