



Yorkshire Dales Cross Country Ski Club



One Hour Race/Challenge, Northern Roll Series #1

Sunday 4th June 2023

Track open 9.30am - 1pm. One hour challenge 11.00am – 12.00 noon

Cycle Circuit, York Sports Village

This is the first event of this year's Northern Roll Series. How far can you ski in one hour? Now is the chance to put all your training to the test and find how many laps of the York, one kilometre cycle circuit you can ski in one hour.

The event is open to skiers of all abilities (1* and above) using whatever skis you prefer, skate or classic. It is not even necessary to ski continuously for one hour, but take a break if you wish.

The track is open from 9.30am to 1.00pm and all participants should pay the York Sport track fee on arrival at reception. (£4, concessions available)

It is essential to wear a helmet and eye protection (sunglasses/cycle glasses/safety glasses) if you are taking part. Knee and elbow pads are optional.

Timetable

9.30 Track opens

9.30 -10.45 Registration, free skiing, warm up.

10.45 Race briefing

11.00 - 12.00 One hour race/challenge

12.00 – 1.00 Results, Free skiing, Socialise

Registration

Anyone roller skier wishing to come along to this session should email info@ydccsc.org.uk to register. (Or register on the day if this is not possible for any reason.) If any hire kit is needed, you will need to let us know by Tuesday 30th May.

Cost

Entry to the event is free, but everyone must pay the £4 track fee at York Sport on arrival. (Concessions available.) There is an additional payment of £5 for anyone who is not a member of an SE affiliated club to cover insurance.

Directions from A64

Do not follow sat nav

Leave the A64 at the Grimston Bar Interchange (Hull & Bridlington turn)

Follow signs **towards York** A1079

Turn left at next traffic lights towards Park and Ride and York Sports Village.

Continue to Sports Village and park in main car park. Please pay track fee at main reception before walking down to the cycle track.

Facilities

Cafe, toilets and showers in the Sports Centre. Toilets at the track side. Cabin available for kit storage if wet weather.

Northern Club Events Summer 2023

A reminder about other events in the north of England in the next two months. All are open to YD members and we are always made most welcome. An opportunity to join in different activities and ski in new places.

Sat 17 – Sun 18 June Snowsport England Nordic Festival Bodington Cycle Circuit
Ski related activities, tuition and British Roller Ski Championship Race.
Organiser: Snowsport England www.snowsportengland.org.uk

Sat 8 July Manchester Cross Country Ski Club One Hour Race Northern Roll # 2
UCLA Cycle Circuit, Preston. Organiser: Manchester CCSC

Sat 6th Aug Lakeland Cross Country Ski Club One Hour Race Northern Roll # 3
Salt Ayre Cycle Circuit, Lancaster.
Organiser: Michael Smith, Lakeland CCSC

Sat 19 Aug - Sun 20 Aug Snowsport England Roller Ski Course,
Bodington Cycle Circuit, Leeds
A highly recommended course for beginner to advanced skier with top class coaching.
Organiser: Snowsport England www.snowsportengland.org.uk

Sun 3rd Sept Tyneside Loipers One Hour Race Northern Roll # 4
Hetton Lyons Country Park, Hetton-le-Hole, Co. Durham. Organiser Tyneside Loipers