



Rollerski one-hour event, Lancaster, Sunday 6 August 2023

This is an opportunity for roller skiers to clock up as many laps as possible of the approximately one-mile-long cycle circuit at Salt Ayre, Lancaster, in one hour.

The event is open to all skiers (with an ability equivalent to a one-star proficiency award and above), with the option to ski for as much of the hour as they wish.

Prizes and refreshments will be available.

The event begins **on the stroke of 2pm** and will be run as a free technique race. The race will end at 3pm (with the ringing of the by-now-famous-and-slightly-worn Lakeland cowbell), with any skier still on the circuit allowed to complete the lap they are on. At the start only, competitors will be required to double pole for the first few metres to the cones.

Entries to the race are on the day and priced **£5 per skier**, with *all proceeds* going to fund the work of mountain rescue in memory of former Manchester and Lakeland club member Alan Shepard. While not essential, we'd ask that skiers email lakelandxcski@gmail.com in advance to indicate their likely participation.

In accordance with GB Rollerski Series safety regulations, **safety helmet and eye protection must be worn**. Gloves, elbow and knee pads are optional, but recommended depending on level of ability.

Categories will be seniors (open and women) and juniors (under 18, open and girls).

NAME _____

Age on race day _ _ _ Date of Birth _ _ _

Snowsport England/Snowsport Scotland affiliated club name _____

I declare that I am fit and healthy to compete, that I enter at my own risk, and the organisers will not be held liable for any loss, damage or injury caused by my participation.

SIGNATURE _____

DATE _____



Part of the Northern Roll series of one-hour challenges (York, Preston, Lancaster, Middlesbrough)