



Rollerski one-hour event, Lancaster, Saturday 9 August 2014

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

The event is open to advanced and intermediate roller skiers as well as relative novices, with the opportunity to dip in and out during the course of the hour.

Prizes and refreshments will be available.

The track is available for use from 1pm onwards.

The event begins **on the stroke of 2pm** and will be run as a free technique race. The race will end at 3pm, with any skier still on the circuit allowed to complete their final lap. At the start only, competitors will be required to double pole for the first few metres to the cones.

Entries to the race are priced **£5 per skier**, with *all proceeds* going to fund the work of mountain rescue in memory of Alan Shepard. The track is available for recreational skiing once the race has concluded.

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.

NAME -----

CATEGORY Male or Female _ _ _ Age on race day _ _ _ Date of Birth _ _ _

SSE/SNSC-AFFILIATED CLUB NAME or UNATTACHED -----

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 -----