



YORKSHIRE DALES CROSS COUNTRY SKI CLUB

Rollerski one-hour event, York, Sunday 31 August 2014

This is an opportunity for roller skiers to clock up as many laps as possible of the one-km-long cycle circuit at York Sports Village, in one hour.

The event is open to all roller skiers regardless of standard. Any technique may be used and you can dip in and out during the course of the hour if you wish.

Refreshments will be available at the trackside. Prizes will include awards for the best novice in classic and freestyle.

The track is available for use from 9am until 12.00 noon. The event begins **10.30am prompt** and will end at **11.30am**, 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.

There will be a small charge for use of the track.

Safety helmet and eye protection (eg. cycle or sunglasses) must be worn. Gloves, elbow and knee pads are optional, but recommended.

The day can be completed with lunch in the café and a short roller ski tour on nearby tracks in the afternoon.

Directions to York Sports Village

The YorkSport Cycle Track is on the outskirts of York and close to the A64. It is well signed posted from the A64 when coming from the South.

From the A64, take the A1079 (Hull Road) towards York.

After approx 500m turn left and follow signs for YorkSport just after the Park & Ride.

The Sports Centre is a huge new building, with a large car park in front.

The cycle track is about 100m to the South of the sports centre.

On BING MAPS Search for post code YO10 5FG and that will take you directly to the track.

For further details or equipment hire, contact Martin Appleby m.appleby451@btinternet.com Tel 0113 258 6678

or Martin Roscoe martinr@snowsportengland.org.uk Tel 07918 841572

Mobile contact on the day: 077 458 955 24

NAME _____

CATEGORY Male or Female _ _ _ Age on race day _ _ _

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 _____