

NOTES/RULES

- Bike Helmet and Glasses are compulsory at all times whilst on Roller skis
- Gloves, Knee and Elbow pads are optional
- Lifts will be provided back down once you have completed the Time Trial
- Meeting point – Hayfield car park
- No warming up on the road – bring running shoes and warm up in hay field
- Ski on the left at all times
- Allow cars to overtake
- The race is held on an open road, so there will be some traffic
- Minimum age on race day is 10 Years old and must be a competent skier – especially as it is held on the open road
- Skis must meet FIS roller ski rules as summarised below
 - Must be commercially available
 - Maximum wheel diameter 100mm
 - Wheels must have a minimum of 530mm between centres of axles
 - Ski poles must be used
 - Skis must be fitted with cross-country bindings
- Slip streaming or drafting is not permitted in a time trial format
- **Roller skiing is a potentially dangerous sport. You enter these races at your own risk.**
- All skiers must ski in a safe manner. Marshals may warn reckless skiers & disqualification may result.
- All competitors agree to the Race Committee being the final arbitrators of any dispute.
- The organisers reserve the right to adjust programme to suit entries & conditions.
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- All competitors enter at their own risk. Racers must ensure that they have Liability Insurance which they will have if they are a member of a member of a Snowsport England/Scotland affiliated club. By entering the race and signing this form you confirm that this is in place.

Please sign below to show that you have read and accept the above Rules.
Parent/Guardian/Carer to sign for any U16.

Return with Entry Fees (a cheque made payable to CBNSC) to:

Matt Dare, c/o Glenmore Lodge, Glenmore, Aviemore, PH22 1QU

..... Date:

- Entry Fees for each individual taking part must be paid prior to the race taking place.