



Cairngorm Biathlon & Nordic Ski Club

2017 Rollerski Races

17th September 2017

PRE RACE BRIEF

Due to the early start I have put this extra info for the Hill climb out to try and speed up the process on the Morning, there will still be a standard race brief, but hopefully there should be limited queries, if you have a question before race day please feel free to ask.

- Please arrive on time! The timings are set to improve health and safety of the event and are fitted around the service bus as well as the quietest time for traffic on the road. If you are late we will **NOT** hold the start up for you!
- Under 14 / Under 12 and Novices Registration closes at 08:30hrs, with a race briefing at 08:45hrs and race start at 09:00hrs
- Under 18 / Under 16 / Seniors and Veterans Registration closes at 09:00hrs, with a race brief at 09:15hrs and race start at 09:30hrs*
- *There is a service bus scheduled to leave Glenmore at 09:28hrs, the Under 18 / Under 16 / Seniors and Veterans race will not start until this bus has passed (so if the bus is late the start may be delayed by a few minutes)
- I have seeded the start list with the fastest skiers first (apologies if I have got it wrong for a couple of you as I did not have records to judge form on some starters – please don't be offended!). Start intervals will be 30 seconds, this combined with the seeding is designed to avoid bunching and leave gaps for vehicles to overtake skiers safely.
- There is **NO** warming up on the road before the race this is to ensure traffic can flow freely, to avoid having two way skier traffic on the road at any point and to allow the race officials to come and go by vehicles safely. **Failure to comply will lead to disqualification and no refund of race entry.** There is a good track just before the start point (known as the river trail) where people can warm up.
- For the shorter races (Under 14 / Under 12 and Novice) Marshalls will be placed so the whole course is covered by line of sight and radios used to ensure safety. This will not be possible in the longer race, however marshals shall be spread out across the course, if you see a skier who has fallen or needs help please tell the next marshal.
- A sweeper bus will be in operation behind the last skier and skiers will be shuttled back down from the finish.
- There could be a wait at the finish before you can be shuttled down, if you want a jacket and water bottle transported to the finish it must be loaded in to the time keepers cars before the race start.
- If you have someone travelling with you spare, who could marshal please let us know at registration, the more high visibility vests, the better drivers behave!
- The top end of the Coire na Ciste carpark is currently closed for engineering works, if you are coming to watch a competitor in the Under 18 / Under 16 category finish please enter the car park at the lower entrance. The top entrance is blocked and only organisers vehicles can park there.

General Housekeeping

- Please remember entry fees if not already paid... £5 for under 16 category or in full time education or £10 for all others (each race has a separate entry fee).
- We will not be doing a BBQ this year so please bring a packed lunch or you could grab a bite to eat in the Red Squirrel café or cobbs café at Glenmore. Bar meals are available at Glenmore Lodge from 17:00hrs.
- Coffee & homemade cakes will be available at Glenmore Lodge during the registration and time trials for a donation to club funds.
- REMEMBER MIDGIE SPRAY & MIDGIE NETS as well as waterproofs!!

Al Dargie – Race Director