

Wolves X-C Relay

Saturday, October 24, 2009

Wapiti Nordic Ski Trails – Biathlon Parking Lot
Grande Prairie, AB

Course:

This is a relay race with teams consisting of three runners. The courses are set on the newer trails at the Wapiti Nordic Ski Centre. The race will begin at the biathlon tower. Each course is a single lap on dirt, sand, and forest trails and encompasses a number of small rolling hills. The course is suitable for spikes or flats. (The 2 km and 3 km loops is the same course used for the 2008 ACAC X-C Champs.)

Schedule:

1:30 p.m.	Elementary Boys and Girls	3 x 1 km
2:00 p.m.	Junior High Boys and Girls	3 x 2 km
2:45 p.m.	High School and Open Men and Women	3 x 3 km

Registration: - \$7 per athlete (maximum \$20 per immediate family registering together) for pre-registration
- \$10 per athletes on race day
- Runners are strongly urged to pre-register. Email (bcorcoran@gprc.ab.ca) or fax (780-539-2796) entries before Thursday, October 22nd at 4:30 p.m.
- Pick up numbers and pay for entries at the Biathlon Tower at the Wapiti Nordic Trails after 12:30 p.m. on race day.

Awards: - Ribbons for the top 3 in each category
- 2009 Wolves Series Overall Awards will be presented as well.

Further Information Contact **Bill Corcoran** (bcorcoran@gprc.ab.ca) or (780) 538-2369 (h)