

Ski Events for 2008-09

The Canadian National Championships are being held at Duntroon March 7 to 17/09. This is a great year to start training for a full year. Training programs will be developed for all athletes who want to attend the National Championships and represent Walden Cross Country Fitness Club.

I have put together the OC races schedule for this coming season. This is to help you plan your holidays around the Nationals, because it falls on the Spring Break. Please talk the races over with your children and return this form to let Rusty and I know if you will commit to training and racing for the coming season.

Name:		H. Phone #:	Contact:
Age:	Year of birth:	If you are 14 yrs. Racing licence:	Health Card #:

Date	Event	Location	Estimate Cost	Yes	No
Nov 28, 29,30	On-Snow Camp	Timmins	\$200		
Dec.20, 21, 22	O Cup #1	Duntroon, Ontario	\$400		
Jan. 16,17,18/09	O Cup #2	North Bay Nordic	\$275 plus gas		
Jan 30, 31 Feb. 1/08	Eastern Canadians O Cup #3	Gatineau (Skinouk)	\$350		
Feb ??	Walden Loppet	Naughton Trails	\$15		
Feb 28 – Mar 1	Midget Championships	Soo Finnish	\$200		
Mar ??	Sofie Manarin Nickel Loppet	Laurentian University	\$25		
Mar. 7-15/09	National Championship	Duntroon, Ontario	\$800- \$1,000 On the high side		

Biathlon Events for information

Date	Location
Jan 17-18	Blue Ridge Collingwood (22 & Air)
Jan 25	Highland Nordic Duntroon (Air)
Jan 31-Feb 1	Ottawa (22 & Air)
Feb 7-8	Ontario Championships – Soo (22 & Air)
Feb 21-22	Blind River (Air)
Mar 7-8	Walden (Air)