

O Cup Race Circuit for 2009-10

The Canadian National Championships are being held at Whitehorse, Yukon March 14 to 21/10.

This year there will be opportunities to try racing on a lower key. There will be a race series in Northern Ontario (NOD) I have put the tentative dates on the list.

I have put together the OC races schedule for this coming season. This is to help you plan your holidays around the Nationals, because they fall on the Spring Break. Please talk the races over with your children and 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	LTAD	Yes	No
Dec. 19, 20	O Cup #1 *	Thunder Bay, Ontario Qualifier for the OWGs ages Juvenile and Junior categories	\$800	TTT, TTC		
Jan. 9 and or 10	NOD #1	To be announced	\$200	Bantam, LTT, TTT		
Jan. 16,17	O Cup #2**	OWGs Huntsville (only athletes who qualify to OWGS)	\$100	TTT, TTC		
Jan. 29, 30, 31	Eastern Canadians O Cup #3	Nakkertok, Ottawa	\$350	TTT, TTC		
Feb. 13 to 15	O Cup #4	Onaping, Ontario	\$150	Atom, Bantam, LTT, TTT, TTC		
Feb. 26 to March 1	ParaNordic Nationals	Canmore Alberta	\$1200	TTT. TTC		
Mar. 14-21	National Championship	Whitehorse, Yukon	\$1,800-2,100 On the high side	TTT, TTC		
Mar. 20-21	NOD Race #3	TBA	\$200	Atom, Bantam, LTT, TTT, TTC		

The NOD race series will give athletes late season races, that will help develop their racing knowledge.

- * OC #1 is the qualifier for the OWGs athletes in the Juvenile and Junior category who have trained should attend this race. The event is also a qualifier for the Ontario Development Team
- ** OWGs this event will assist athletes to make the Ontario Ski Team

Fundraising activities are need to help keep the costs down for athletes

Ideas: Spice sales, Ontario Masters' Banquet, waxing skis for members, car wash any ideas to help raise \$