

# Racing Rocks!

## INTRO TO COMPETITION

Since the introduction of skating, higher technology equipment and new race formats such as sprinting, pursuits and mass starts, cross country skiing has picked up speed and grown in excitement.

Cross Country Canada (CCC) recommends three special programs to introduce elementary school-age kids to the fun and satisfaction of competitive skiing.

### SKI TOURNAMENT

A Ski Tournament is a day of special activities which includes a Terrain Park Relay, a Mad Dash (an individual sprint race - the event in which Chandra Crawford won her 2006 Olympic gold medal!), and a variety of games. The objective of the event is to encourage participation, teamwork and good technique.

### TEAM SPRINT

A team sprint is a two-person sprint relay. The first skiers on each team start together and race the sprint course, then hand off to their team-mates, who also ski the course. The second skiers then hand off to the first skiers who ski the course again. This is the event in which Alex Harvey and Devon Kershaw won gold at the 2011 World Championships!

### DOUBLE CROSS

This is an Xtreme X-Country event designed to enable skiers to apply their cross-country skills to challenging terrain in an environment of adventure and intra-group competition.

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Cross Country BC-approved activities provide a free Racing Rocks! incentive award to participants.

The above programs are coordinated with the Track Attack program. The successful completion of any one of these events earns a skier one of a possible 15 Track Attack “targets”. Completion of all three earns the skier three targets.

For information on where Racing Rocks! events will be held this coming season and/or how to enter, contact your club SDP Programmer or the Cross Country BC Office at: [adcoord@crosscountrybc.ca](mailto:adcoord@crosscountrybc.ca).

For more information on (1) how to apply for/host a Racing Rocks! event and (2) ski playgrounds/terrain parks visit: [crosscountrybc.ca/racing-rocks](http://crosscountrybc.ca/racing-rocks).



Photo: [www.seatoskyphoto.ca](http://www.seatoskyphoto.ca)



Photo: D. Webster, Telemark Nordic Club