**Nordic Cross**

**Saturday April 10, 2021**

A Nordic Cross is similar to other events on the Club trails but with the added fun of obstacles as you make your way throughout the course (slalom, backwards skiing, single sticking, etc). All obstacles will be easily negotiated or optional : )

**Everyone must adhere to the COVID-19 protocols set out by the Chief Public Health Officer.  Key points:**

* Stay home if you are sick!
* Spectators must maintain physical distance.
* Plan to be outside.  Racers come dressed ready to ski with appropriate layers.
* Chalet use is limited! Bathroom use, volunteers (and children of volunteers) will have priority access as needed.
* Bring your own drinks and snacks
* Come with your skis ready. There will be forms outside to add kick wax.

**Times:**

* Bib pick-up and sign in from 10:00-10:30am
* Course overview at 10:45am
* Start at 11:00am*(we will aim to start tots at 11:00am, youth at 11:10am and rec/open at 11:30am)*

**Registration:** Registration is through Zone4.ca, search for “Yellowknife” (registration deadline is at 8pm on Friday April 9th)

**Cost:** Free

**Categories & Distances:**

* Tots - 150m
* Youth - 2km
* Rec - 4km
* Open - 6km

Contact Mike Argue at 445-9695 or via email at MikeArgue@hotmail.com if you would like to volunteer or have any questions.