

Cross Country What to Expect Race Day

We're excited you're interested in racing! It's a great experience traveling across the province and spending time on snow with friends. You'll have coach and wax support, plus groups to warm up with. For away races, we generally depart Thursday and return Sunday. Friday is official training, with races on Saturday and Sunday. Below is a coach communication template that will be sent out one week prior to the race.

Sovereign Team Culture:

Be courteous to all and remember you are representing the Sovereign Lake Nordic Club. Show up on time and thank at least 5 volunteers!

Away Races:

1. **Departure:** When we will be leaving and from what location
2. **Vehicles:** What vehicles are being used and who is driving
3. **Accommodation:** Room assignments and location
4. **Skis:** Ski preparation/drop off instructions and wax plan for the weekend
5. **Food:** Plan for meals, group cooking vs. individual
6. **Link to race notice:**
7. **Passes:** How trail passes for the weekend are accessed
8. **WhatsApp Group chat:** Link for WhatsApp group chat for race communication

Pre-Race Preparation:

- If possible, have separate skis for warm-up so your race skis can be waxed
- Label your skis and poles with your name (painter's tape and sharpie work well)
- Understand race details: distance, skate vs classic, start time for your age group (found in the race notice)
- Pack snacks, a change of clothes, lots of layers, extra gloves, hats and jackets to stay warm pre and post-race. Have a waterproof bag for your change of clothes.

Friday afternoon:

- Official training: ski the course with your coach/team to review strategy

Friday Night:

- Review your race plan (In past years coaches handed out a template for athletes to fill out)
- Attend team meeting to confirm logistics, race details, and timing
- Know your start time (found in the race notice)

Race Days:

- Arrive at the venue 1.5 hrs before your start time
- Keep warm and have layers that you can take on and off with ease
- Collect your bib from the team tent and check in with your coach
- Collect race skis
- Warm-up with your group at designated time. For younger groups, the name of the coach, the athletes warming up with them, and the time they start their warmup will be posted on a white board at the tent
- Proceed to start pen 10-15 min prior to race start time

What can parents help with:

- Help your child with their gear, help connect with coaches, cheer on the athletes
- Be at the finish to pick up and bring back the athlete to the tent or do a cool down
- Sometimes, parents organize a potluck/snacks for after the race, or set up a separate warmup club tent with a propane tank fireplace