



Rollerski one-hour event, Lancaster, Sunday 1 Sept 2024

This is an opportunity for roller skiers to clock up as many laps as possible in one hour of the cycle circuit at **Salt Ayre Cycle Track, Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster, LA1 5JS.**

The event is open to all skiers (with an ability equivalent to a one-star proficiency award and above), with the option to ski for as much of the hour as they wish.

Prizes and refreshments will be available.

The event begins **on the stroke of 2pm** and will be run as a free technique race. The race will end at 3pm (with the ringing of the by-now-famous-and-slightly-worn Lakeland cowbell), with any skier still on the circuit allowed to complete the lap they are on. At the start only, competitors will be required to double pole for the first few metres to the cones.

Entries are priced £5 per skier. Bookings can be made in advance by going to:

<https://www.tickettailor.com/events/lakelandcrosscountryskiclub/1344619>

In accordance with GB Rollerski Series safety regulations, **safety helmet and eye protection must be worn.** Gloves, elbow and knee pads are optional, but recommended depending on level of ability.