

Ski Race Rules & Tips

Please read the tips about racing below:

- ① Hats and ear coverings are required to go out the gate - neck gaiters if it is real cold
- ② Typically you will wear long underwear under your racing suit top and bottom - NO COTTON ANYWHERE!
- ③ Men, wind briefs - need we say more
- ④ When you arrive at race venue coaches will be handing out your bib. DO NOT LEAVE, stick around until you get yours, then you can go warm up before your race start. No bib, no race.
- ⑤ You MUST have your bib on the outside of your racing uniform, it can not be covered
- ⑥ Remember to warm up 15-20 minutes before your race time, run with high knees for 5 - 10 minutes then warm up on skis, you want your muscles to be warm before you leave the gate!
- ⑦ Watch your start time - listen to the announcer to call your wave. *(Hint: Watch for bib numbers ahead of you, typically the smaller the numbers the sooner they start)*
- ⑧ Can you get out of your skis quickly? Practice this in case you run into a moose on the trail!
- ⑨ Thank the NSAA Green Grunt Volunteers that are out there running the race - for you :-)
- ⑩ Don't be nervous. About 1/4 of all skiers in our High Schools are new at racing so you aren't alone!

Do your best!

Ski your heart out!

You have nothing to lose!