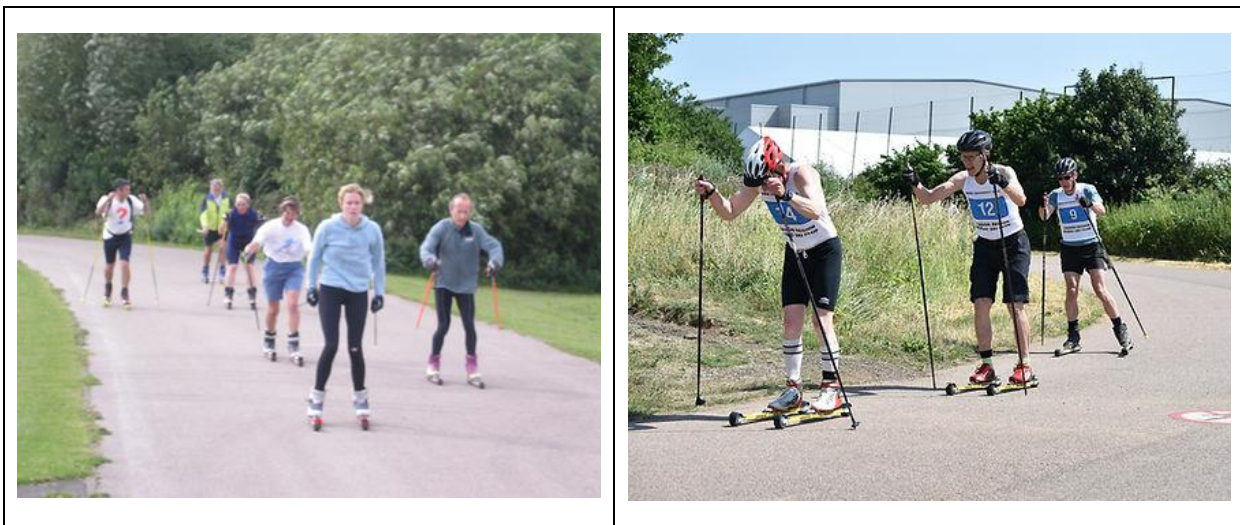


Are you a racer?

I have two questions for you: firstly, are you a racer? Well, of course you are! You simply haven't come to realise it yet. Secondly, are you a serious racer? In that case, this article isn't really for you and you should be considering the British Roller Ski Series races, details of which you can find at <https://www.bmccsa.org.uk/brss-home>. This article, instead, is intended for occasional racers and those who want to have fun while testing their skills against themselves and against the clock.

In response to no demand at all, LRNSC is launching a Fun Race Series, based at the Hayes track, and made up of the following races:

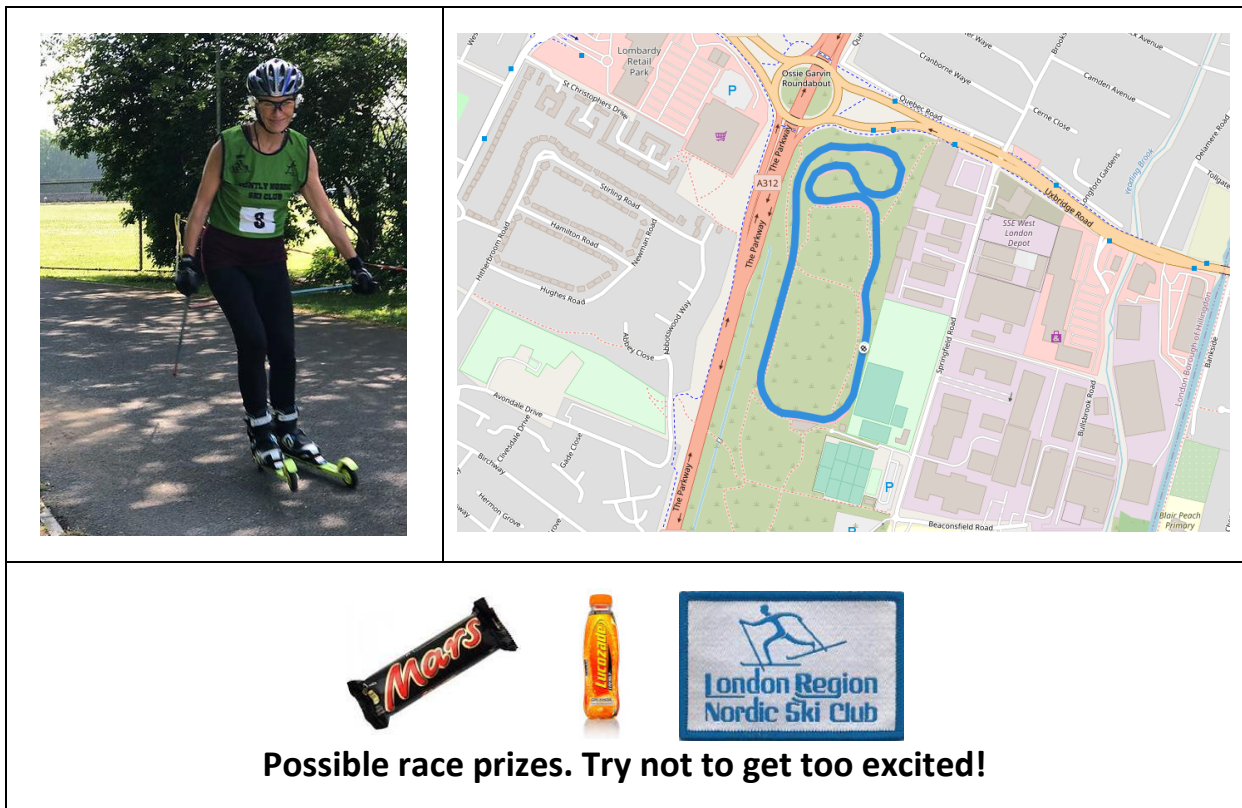
- Sunday 30th March, 3 km (2 laps) free technique,
- Sunday 4th May, 3 km (2 laps) classic technique,
- Sunday 8th June, 2 hour free technique,
- Sunday 7th September, 3 km (2 laps) classic technique,
- Sunday 28th September, 2 x 2 lap classic team race,
- Sunday 19th October, 3 km (2 laps) free technique,
- Sunday 19th October, 3 km (2 laps) free technique.



The good news is that all races are free to enter! All you need to do is turn up on the allotted days and take part. All races start at 12:30 except the 2 hour race which starts at 10:00. There are no restrictions on roller skis; you can race on whichever roller skis you prefer, and there are no time limits! Within reason (accepting that it gets dark at about 10 p.m. in the summer), you can take as long as you like!

Races are open to children and adults alike and, except for the 2 hour race in June which will be shorter for children, everyone covers the same distance.

There will be small prizes available after each race, and something a little better at the end of the series. You don't need to compete in all races; the best five scores will count overall. You can track your results and progress overall because all results and standings will be posted on the BRSS website mentioned above.



Possible race prizes. Try not to get too excited!

Hayes is a closed cycle circuit very suitable for roller skiing. 1.5 km long, its rolling profile is suitable for all levels of roller skier except complete beginners, and events typically attract between 25 and 50 racers.

If you come for coaching, you will be very familiar with it and these Fun Races are the perfect opportunity to finish a coaching session by putting your skills to the test. You can do a virtual lap of the circuit at <http://www.gps-routes.co.uk/routes/home.nsf/RoutesLinksCycle/minet-country-park-walking-and-cycle-route>.

The circuit has full facilities, clubhouse with refreshments available, and roller skis, boots and poles are available for hire if you prefer not to bring your own. You can find more details and book race entry and equipment if needed at <https://londonnordic.org.uk/roller-ski-racing/>.