

## Clashindarroch Long Challenge 2021

Dear Members,

For the second year the club is unable to hold our usual Clashindarroch Hill Climb but once again we are having a self-timed challenge but with a slight difference to last year. But this time we are making it slightly more challenging an extending the course by 1km to make 9km long with 326m (1,068ft) of total climbing and 81m of descent. Starting at 178m in Rhynie and reaching a maximum elevation of 449m just before the finish by the Leids Leap entrance into the forest. **As always it is in classic technique.**

### RULES

1. Equipment: we would prefer you to use the club's Swenor Classic (yellow) rollerskis. However, we don't want to prevent anyone setting a time so you can use your own classic rollerskis.
2. Start is in Rhynie by playing field at end of metal railings (see photo). Standing start.
3. Finish is 1km beyond the car park by the Leids Leap forest entrance (see photo).
4. See attached map & course profile.
5. We will accept GPX or TPX files or copy of your time if you want to download image from your sports watch or smart phone. We will also accept your word of your time. Guessing the change in position of Sun from your start and finish is probably not accurate enough. Send your time to myself and Roy.
6. Should several times be within a few seconds of each other Roy & myself may devise some sort of decider.
7. You may have as many attempts as you like. **Closing date for times Sun 1<sup>st</sup> Aug.**

### SAFETY CONSIDERATIONS

1. You must wear cycle helmet and follow the rules of the Highway Code.
2. You must be competent enough on rollerskis to ski on a public road. There are two downhill sections that you should familiarise yourself with before you attempt course if you haven't skied it before.
3. **Junior skiers must only ski course with permission and supervision of their parents. (we recommend having an adult support junior skiers by biking just behind them).**
4. It is probably sensible to drive/cycle route before rollerskiing to check for hazards.
5. Please park considerately either in Rhynie or at Clash car park.
6. Do not gather in large numbers at the same time – come back later if you need to. It is very important you follow whatever Covid regulations are in place. As restrictions are being eased it may be permissible to ski with other skiers. Contact Club Chair Roy if you need clarification.
7. Behave in a considerate manner to members of the public and any animals that may be on the road. You are representing the club and the sport of cross-country skiing.
8. When you reach the finish pull off the road to the left. **Please do not to rollerski back down the steep hill to the Clash Car Park.**

Please note there is a logistic issue to consider – the start is in Rhynie and the finish up a fairly big hill 9k away. You are reminded that your solutions to this must fit with Covid restrictions at the time of the event. (I will be hiding my bike in the forest, before driving down to Rhynie to park & ski up to the Clash car park, then bike back down).

Younger skiers please contact the club coaches who will advise on how you may take part safely.

Please contact Roy if you want to borrow club rollerskis (no charge). He will explain how this is being done.

We are hoping as many members as possible will take up the challenge. And remember this is for fun.

Any questions please ask myself [huntynordicsc@yahoo.co.uk](mailto:huntynordicsc@yahoo.co.uk) or Roy [chair@nordicski.co.uk](mailto:chair@nordicski.co.uk)



START



FINISH