



## Haywood NorAm Race Series

The general aims of the Haywood NorAm Race Series are to assist in athlete development at the elite level and to promote cross-country ski racing to the public at large. The series enables the best skiers (seniors and juniors) from Canada and guests from the United States to compete head-to-head during the early and final periods of the ski season. The series also encourages high level domestic competition among regional skiers who aspire to National Development and National Team status. This produces international and national level competition opportunities that facilitate team and trip selection and prepares athletes for international competition in Europe.

Since 2004 Haywood Securities Inc. expanded upon their National Ski Team sponsorship and became the title sponsor of the Haywood NorAm Race Series. As a component of the overall Haywood NorAm Race Series, a number of designated sprint races are included as part of the National Sprint Series.

For more information: <http://www.cccski.com/Events/Events-Info/NorAm-Canada-Cup-Series.aspx>



### Alberta Cup Race Series

<http://www.xcountryab.net/alberta-cups/>

**Details of the Event:** [www.Reddeernordic.ca](http://www.Reddeernordic.ca)

**Events: Thursday, January 18** 9:00 AM Official Training Day

**Friday, January 19** 9:00 AM Individual Sprint - Free technique

**Saturday, January 20** 10:00 AM Mass Start - Classic Technique; Para-Nordic 5km

**Sunday, January 21** 9:00 AM Relay - Free Technique and Masters Distance  
- Free Technique with Interval Start Para-Nordic 2.5km

Two medal ceremonies will happen each day. Times are approximate (between 11:00am - 2:00pm), and the other at the conclusion of the day's races (around 3:00 - 4:00pm).

Refer to Web Site for: **Race Notice/Maps/Schedule/Start Lists**

### CCC Para-Nordic

The CCC classification system will follow the IPC Classification Code  
<http://www.paralympic.org/classification-code>



### Red Deer Nordic

Look for skiers wearing **Red Deer Nordic Ski Wear** for a local perspective.

Watch for Red Deer's local athletes who are age-eligible for 2019 Canada Winter Games in Cross Country Skiing.

**Anna Zimmerman**, with the Alberta Ski Team <http://www.xcountryab.net/alberta-ski-team/>

**Owen Pimm**, with the Alberta Development Cross Country Team, ASDC Alberta Sport Development Center <http://www.xcountryab.net/alberta-development-team/>; <http://asdccentral.ca/>

**Ethan McDonald**, with ASDC Alberta Sport Development Center <http://asdccentral.ca/>

**Alanna Butler**, Red Deer Nordic Cross Country Ski Coach, Female Apprentice Coach for Alberta during Canada Winter Games 2019.



Central Alberta Photographic Society are the official Photographers for the 2018 Haywood NorAm Western Canadians and Peavey Mart Alberta Cup 5/6

<http://www.centralalbertaphotographicsociety.com/>

## Information about Skiing

### Trail Etiquette

- Respect groomed ski trails. Foot, paw, snowshoe and bicycle prints damage ski tracks.
- Use caution on hills and always keep to the far right of trail if walking.
- Please pack out all litter.
- During an event media should be on side lines. Only skiers are to be on trails.

**Classic skiing:** one ski is pushed forward from the other stationary ski in a striding and gliding motion, alternating between each foot. Classic skiing relies on wax or texture on the base of the ski for traction.

**Skate skiing** resembles ice-skating and is ideal for firm, smooth snow surfaces. It involves a coordinated use of poles and the upper body to aid in forward momentum.

**Waxing** is an important component of cross country skiing, and using the right wax can make a day of skiing much more enjoyable. The two main types of wax used on skis are glide wax and kick wax.

See Race Notice for specific was rules on waxing.

**Caution:** wax tent area might contain fumes, safety equipment is recommended.



### City of Red Deer Trails

<http://www.reddeer.ca/recreation-and-culture/outdoor-recreation/cold-weather-activities/cross-country-ski-trails/>

## River Bend Enhancements

Red Deer's River Bend ski trails have undergone a \$1 million renovation in preparation for the 2019 Canada Winter Games. We're excited to showcase our new trails at Westerns!

These trail enhancements will better accommodate skate skiing, winter biking and other multi-trail uses resulting in a lasting recreational legacy.



### Snow-making comes to River Bend!!

With the support of a demo snow gun from TechnoAlpin, the Red Deer Canada Winter Games Host Society, the hard work of River Bend staff, and an intrepid band of Parkland volunteers, we have established a snow-making program.



Red Deer has a wonderful network of groomed trails and a vibrant ski community with programs for people of all ages:

- Mountain ski touring, adult lessons & skills courses
- Red Deer Nordic racing and recreational programs for ages 13-17
- Track Attack programs for ages 10-12
- Youth Learn to Ski programs for new beginners 10-12
- Jack Rabbits for ages 5-9
- Alta Gas Ski at school program

The Westerns 2018 are hosted by the Parkland Cross-Country Ski Club - the face of the Nordic skiing community in Red Deer since 1976. Our volunteers bring to life a series of activities that allow hundreds of citizens of the City of Red Deer and surrounding area to enjoy Nordic skiing. Thanks to our amazing group of volunteers and the support of the City and our Sponsors, we can indeed show that "Red Deer is Ready" for the Canada Winter Games in 2019.

## Red Deer Public School Loppet

February 13, 2018 at River Bend Golf and Recreational Area

## Volunteers

We have approx. 350 scheduled shifts over four days, plus the endless hours of volunteerism provided from a dedicated and passionate group of cross country skiers in the Red Deer Community.

## Media Inquiries



### Anita Pimm

Marketing and Promotions, 2018 Haywood NorAm Western Canadians and Peavey Mart Alberta Cup 5/6

Promotions, Red Deer Nordic

Cell: 403-392-2033

Please send copies of all media to: [thepimmsrd@shaw.ca](mailto:thepimmsrd@shaw.ca)



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<http://www.fis-ski.com/inside-fis/about/fis-structure/structure/index.html>

### Haywood NorAm Eastern's, Coupe QC 3, OCup

Feb. 2-4, 2018 at Nakkertok Nordic Ski Centre, Cantley, Quebec

### 2018 Canadian Ski Nationals

Mar. 10-17, 2018 at Lappe Nordic Ski Club, Ontario



February 15 until March 3, 2019, Red Deer and Central Alberta will welcome the nation for the 2019 Canada Winter Games.

### 2019 Canada Winter Games inquiries:

#### Christina Verticchio

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2019 Canada Winter Games

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