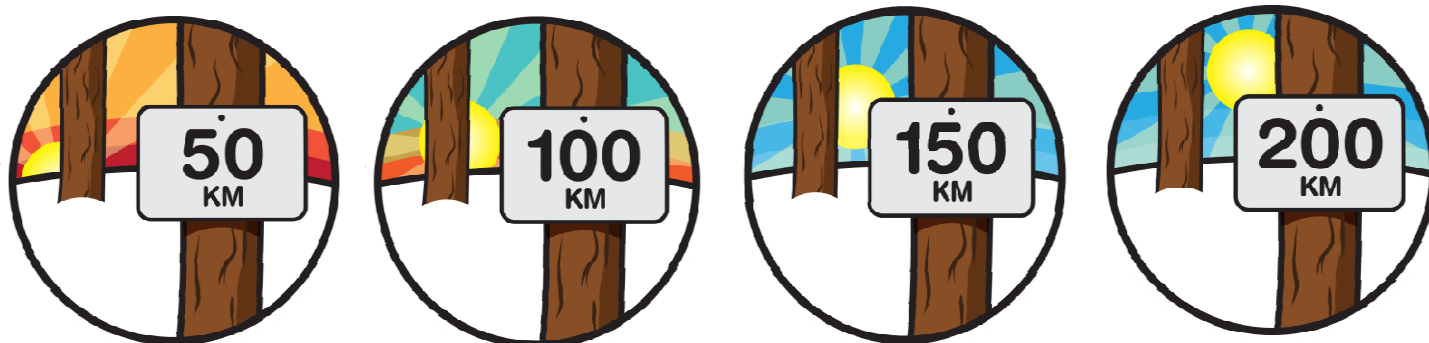




Track Attack awards: **Distance (50km, 100km, 150km, 200km)**



Purpose:

Learning how to cross country ski well is a committed process. Many kilometers need to be logged to learn a skill. Cumulative distance is therefore a good measure of how well skills are practiced and learned.

Criteria for achieving the Distance awards:

To deserve a distance award, a skier must have cumulatively skied (on snow) the number of kilometers of the award over the course of a single season.

At the clubs' or coaches' discretion, the following requirements may also be considered to award these prizes:

- ✓ Skier participates in almost all training sessions
- ✓ Skier participates in ski outings outside of Track Attack sessions
- ✓ Skier honestly logs the distance of each ski outing and practice session over the course of the season
- ✓ Skier comes prepared for longer ski outings with water, nutritious snacks and other layers for warmth