



SOUTH EUGENE NORDIC SKI RACING

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FAQs

Do I need to know how to Nordic ski? No. There is a 2-day workshop on the snow at the beginning of the season where you can learn the basics of classic and skate skiing. There will also be technical coaching on race days.

Do I need my own equipment? No. You can rent gear for the season from one of the coaches.

What is the time commitment? There will be Saturday races at Hoodoo, Bachelor, Diamond Lake, and Mt. Shasta in January and February and a 2-day State Championship at Bachelor in February. We will wax skis together on Friday evenings.

Is there practice during the week? Skiers are encouraged to participate in a second winter sport (track, rowing, etc.) to build cross-over strength and conditioning and may also self-organize for other workouts.

What about transportation? Skiers are expected to travel to races with their own or other adult family members (carpool).

What are the costs? There is a registration fee (approx. \$45) and fees of approx. \$15/race. Equipment is about \$50/year. Transportation and lodging for overnight races (Shasta, state) is shared cost with racers and their families. Registration fee scholarships are available from OISRAN.

What about Eugene skiers who are not enrolled at SEHS? No problem! We welcome skiers from the broad community. Skiers below the 9th grade may join as provisional skiers.

- This League is one of three Nordic ski leagues in OISRAN.
- We compete in a variety of League races – interval starts and mass starts; classic and freestyle; pursuit races and relay races; and a paintball biathlon event.
- Southern League sponsors a ‘Southern League Race Series,’ comprised of a series of races where individual racers and teams earn points at each race in the series and are recognized with awards at the end of the series based on cumulative points.
- The racing season culminates with the State Championships, where we compete for two days with skiers from the other OISRAN Leagues.
- This is a no-cut program, meaning any student may ski on their school team. We welcome novice skiers and non-skiers, as well as experienced racers.
- You need only to enjoy snow and outdoor adventures to join us.
- We are a program that is run by VOLUNTEERS (parents and others)

More questions?

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