

## Nelson Kootenay Cup # 4

# A cross country ski race for all ages!



New to racing? Never raced before? No problem! All abilities welcome, distances appropriate for all ages. Recreational class too!

*Where is it?*

Apex Lodge, Nelson Nordic  
Ski Trails

*When?*

Saturday February 11th 2012

*What ski style?*

Free Technique

*What time?*

Start at 11 am

*How do I register?*

[www.zone4.ca](http://www.zone4.ca) (preferred) \$10 extra  
to register on race day before 10 am

**Come out to race,  
volunteer, or just  
to cheer!**

For more information go to [www.NelsonNordicSki.ca](http://www.NelsonNordicSki.ca)

(google Nelson Nordic Ski Club)

Participate or volunteer and you have a chance to win draw prizes.

Contact Jay McKimm for more info 250-825-9262.