

## Registration Open for Silver Spoon 2014

Now in its 42<sup>nd</sup> year, the Silver Spoon Ski Fest is a gem of a Deep River tradition. Held this winter on Saturday February 8, it features classic Nordic (cross-country) ski races as well as some exciting sprint ski-skating races. And for those determined not to race, there's the short Participation Mass Start event for all ages from tots to grandparents.

Whether racer or volunteer, everyone benefits from the fresh air, beautiful forest, and camaraderie.

The Silver Spoon is part of the National Capital District race circuit, which attracts many keen skiers from clubs in the Ottawa area. To balance this, the Silver Spoon Committee would love to see more locals – please sign up with a friend! It's a thrill for both competitive and recreational skiers.

Registration is now open for Silver Spoon 2014. The entry form can be downloaded and printed from the Silver Spoon website [www.bright-ideas-software.com/silverspoon/](http://www.bright-ideas-software.com/silverspoon/). Entry forms are also available at the DRXC chalet on Balmer's Bay Road. Hard-copy forms can be mailed (P.O. Box 999, Deep River) or hand-delivered (81 Glendale Avenue, Deep River) to the Race Secretary by Wed February 5. Registration can be done more conveniently on-line through Sportstats at [www.eventsonline.ca](http://www.eventsonline.ca) with entry name "Silver Spoon" (a small processing fee applies).

The traditional roast beef buffet with desserts will be served at the Bear's Den in the evening of February 8, followed by a special awards ceremony. The buffet is doubly delicious for those who have been outside that day! Tickets are available through registration, or from The Olive Tree shop in Deep River. Adult buffet tickets are \$26, Children ages 6 to 12 are \$16, Children 5 and under are free. The deadline for tickets is also Wed February 5.

Not a skier? Join the enthusiastic party of race volunteers by contacting Coordinator Diane Davis at 584-3033. Questions? Contact the Chief of Race Helena Rummens at 584-4321.