

Ski the Spoon on February 8

Looking for a way to enjoy the bountiful snow? The Silver Spoon Cross-Country Ski Fest held on Saturday February 8 has something for everyone: competitive races, participation events, and the fast and furious ski-skating knock-outs. Add to that beautifully groomed trails, friendly marshals at every junction, and pure joy in crossing the finish line – what's not to like?

Skiers new to the sport can experience the thrill in the 1.5 km Participation Mass Start, or any of the Open categories.

NEW this year: The Women's classic course has dropped the X loop, to be closer to the traditional 10 km. Also the Men's classic course has dropped the C loop and added parts of S loop, H loop, and K loop, for a hillier course and to achieve the traditional 15 km. Finally, Women aged 60+ and Men 70+ will have their own age categories for these distances – good news for some of our most competitive skiers.

The classic races will be professionally timed by Sportstats. Maps for the various race courses are posted on the Silver Spoon website (see link below).

Registration deadline: Wednesday February 5. Late entries are accepted up to 10:00 am on Saturday February 8 only for the Participation Mass Start, the Open events, and the Skating events.

Registration forms can be downloaded from the Silver Spoon website www.bright-ideas-software.com/silverspoon/. Forms are also available at the DRXC chalet on Balmer 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 Wednesday February 5. Registration can be done more conveniently online through Sportstats at www.eventsonline.ca with entry name "Silver Spoon" (a small processing fee applies).

The traditional roast beef buffet will be served at the Bear's Den in the evening of February 8, followed by a special awards ceremony. Tickets are available through registration, or from The Olive Tree shop in Deep River. Buffet tickets are \$26 for adults, \$16 for children aged 6 to 12, and free for children 5 and under. The deadline for tickets is also Wednesday February 5.

Many volunteers for this fun event return year after year. If you'd like to join this enthusiastic group, contact Volunteer Coordinator Diane Davis at 584-3033. Questions? Contact the Chief of Race Helena Rummens at 613-584-4321.