

# Northern Ontario District Cross-Country Ski Race Series, 2009-2010



The Running  Link



Skiers from across northern Ontario are invited to participate in this winter's NOD Race Series.  
**A total of six events will count as official NOD events in the 2010 series:**

**January 9-10**, Hiawatha Invitational, Soo Finnish Nordic Ski Club, Sault Ste. Marie

**February 13-14**, NOD Ontario Cup, Onaping Falls Nordics Ski Club (near Sudbury)  
Please note: the O-Cup races on Monday, February 15 will not count for NOD points

**March 27-28**, NOD Relays, Temiskaming Nordic Ski Club (Coleman Township, near Cobalt and Temiskaming Shores, Ontario)

Race Notices will be posted on the NOD Ski website [www.nodski.com](http://www.nodski.com). (Each weekend of races will include sprint events on one day and distance events on the other.)

Earn points to be recognized as one of the top skiers in your age group in northern Ontario and earn points for your club to win the NOD Club Participation Award.

**In addition to prizes awarded by the Club at each event, all members of registered NOD clubs will be eligible for NOD awards within specific age groups as follows:**

Jackrabbit A and B (born in years 2000-2003) – Soo Finn and Temiskaming Events only  
– all participating skiers will earn ribbons embossed with the NOD Ski logo

The top-3 NOD skiers of both genders in each event will receive NOD stickers (in gold, silver, and bronze colours) to decorate wax boxes, binders, or scrapbooks in the following age groups:

- 1) Mini-Midget (skiers born in 1998-1999)
- 2) Midget (skiers born in 1996-1997)
- 3) Juvenile (skiers born in 1994-1995)
- 4) Junior Boys/Girls (skiers born in 1992-1993)
- 5) Junior Men/Women (skiers born in 1990-1991)
- 6) Para-Nordic Standing Development
- 7) Para-Nordic Sitting Development

In addition to the recognition mementos to top three NOD finishers in each recognized age group at each race, cumulative standings based on **best 3 of 6 events** will be listed on the NOD Ski website for all groups listed above (not including Jackrabbit). Cumulative standings will also be reported for Senior (born 1989-1980), and **masters groups** at 10-year increments to 70+.

The club with the greatest number of race finishers in its **best 3 of 6 events** will receive attractive NOD Club Participation Award t-shirts and other prizes such as waxes. **Represent your club at these fun events and meet other skiers from across NOD!**