



SEPTEMBER 22ND/2019

LIFE-SKI RUN

#1

Copeland Forest, Horseshoe Valley Nordic Centre

Come to join local cross-country skiers in their dry-land prep time.
Race is the best training!



Categories & Distances:

10-11 (PeeWee) – 1.5 km
12-13 (Midgets) – 3 km
14-17 (Juv. & Jun.) – 6 km
19+ (Adults, Masters)-9 km

Registration
morning from 8 to 9
am, Fee \$5

First category starts
at 9:30 am

No spikes allowed

**LIFESKI ACADEMY
SKI CLUB**

Orillia, ON
249-385-5727

Lifeski.com