

## CCC's Racing Rocks! Program

The season for submitting Racing Rocks! applications has arrived. For an overview of this year's program click on: <http://www.cccski.com/main.asp?cmd=doc&ID=4580&lan=0>.

- **CP Ski Tournaments.** A day of activities that includes a Mad Dash, Terrain Park Relay and games. CCC-endorsed events will receive free incentive awards for each participant - **a red and white "Team Canada" ball cap** signed by members of the Cross-Country Olympic Team (a one-time item for an Olympic year). Ball caps: <http://www.cccski.com/main.asp?cmd=doc&ID=5652&lan=0>. Technical guidelines: <http://www.cccski.com/main.asp?cmd=doc&ID=5259&lan=0>. Note: Ski Tournaments held in 2009-10 are associated with the "All Aboard the Medal Express" initiative. For more information click on <http://www.cccski.com/main.asp?cmd=doc&ID=5659&lan=0> and <http://www.cccski.com/dbfiles/1582.pdf>.
- **Team Sprints.** A team sprint is a two-person sprint relay. The first skiers on each team start together and race the sprint course, then hand off to their team-mates, who also ski the course. The second skiers then hand-off to the first skiers who ski the course again. This is the event in which Sara Renner and Beckie Scott earned a silver medal for Canada at the 2006 Olympics. CCC approved events will offer a free **camo toque with a CCC logo** to all participants. Camo toques: <http://www.cccski.com/main.asp?cmd=doc&ID=5258&lan=0>. Technical guidelines: <http://www.cccski.com/main.asp?cmd=doc&ID=5260&lan=0>.
- **Double Cross.** An Xtreme X-Country event designed to enable skiers to apply their cross-country skills to challenging terrain in an environment of adventure and intra-group competition. CCC approved events will offer a free **cross-country ski buff** to all participants. Ski buff: <http://www.cccski.com/main.asp?cmd=doc&ID=4187&lan=0>. Technical guidelines: <http://www.cccski.com/main.asp?cmd=doc&ID=4031&lan=0>.

The Racing Rocks! initiatives are coordinated with CCC's Track Attack program and all four of the events listed above can be used by skiers to earn Track Attack "Incentive Cards".