

SPORT INFORMATION PACKAGE

Cross-Country Skiing

2011 Canada Games
Halifax, Nova Scotia

SPORT INFORMATION PACKAGE CROSS-COUNTRY SKIING

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A. HISTORY OF SPORT

Although cross-country skiing originated many centuries ago in Scandinavia it has only become popular as a competitive sport in Canada over the past half century. It was first aggressively promoted in North America during the depression years by Herman "Jackrabbit" Smith-Johannsen, not surprisingly a Norwegian by birth. Smith-Johannsen, was a pioneer in developing trail networks north of Montreal and received his nickname from the Cree Indians during his fleet footed travels in the bush. In 1981, Cross Country Canada introduced the Jackrabbit Ski League for Canadian children, and since its inception the Ski League and other development programs introduced by Cross Country Canada has become the largest learn to ski program in North America. Many Canada Games and Olympic athletes were first introduced to the sport as Jackrabbit Ski League participants.

By the late 70's the sport itself was witnessing significant change. The traditional style of skiing using set tracks and variations of the diagonal and double pole stride gave way to the skate technique. At the international level, the governing body mandated that a 50/50 balance in techniques make up the World Cup circuit. Although more changes have occurred in race formats since then, the concept of balance between the traditional style of skiing that features grip wax under the foot and glide wax on a skis tips and tails and skating technique that features glide wax from tip to tail, has been maintained.

In the 90's the international governing body introduced the sprint event. Since cross country racings inception, the sport has always been an endurance based sport focusing on distance events from 5km to 50km. The sprint event changed the look of the sport to spectators. The athletes no longer disappear into the woods. Sprinting keeps the racing in the stadium and provides entertainment and excitement with the head to head competition.

B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Over the first three Canada Winter Games, the strength of cross-country ski programs available to youth in Northern Canada became apparent. A product of the "Test Program" two pairs of sisters from the Northwest Territories, Anita and Roseanne Allen and twins Sharon and Shirley Firth dominated the women's classes at the '71 Winter Games in Saskatoon. Not to be outdone, Shirley, Glenna and Mary Frost of the Yukon won the bronze relay medal. The Firth's went onto represent Canada at 4 Olympic Winter Games. At the '75 Games in Lethbridge, the Cockney brothers teamed with Kevin King to lead the NWT to a come from behind win over Quebec and Ontario in the men's relay.

As the Canada Games matured, so did the cross-country ski programs in Ontario, Quebec, Alberta and BC. At the Brandon Games of '79 a young man from Rimouski, Quebec emerged as the dominant force. Pierre Harvey won 4 gold medals in these games and went on to become the most prolific male skier Canada has known. Harvey joined Sue Holloway ('71) as Games alumni to go on to represent Canada at both summer and winter Olympic Games. Holloway competing in canoe/kayak and cross-country while Harvey combined road cycling and cross-country. In 1988 he retired after an International career that included 2 visits to the Olympic Games, 4 World Cup/World Loppet wins including the famed Norwegian Birkiebeiner and countless Canadian Championship medals. The Games unique flavour and focus has allowed many lesser-

known athletes to shine. In 1991, Lucy Steele of Whitehorse became the darling of the Games leading Team Yukon to a women's relay gold and collecting 3 overall medals. It was the Fortier twins who rode the wave of home court advantage as they dominated the cross-country trails at the '95 Games in Grande Prairie and Lee Churchill became the talk of Newfoundland as he became a multiple medallist at the 1999 Winter Games in Corner Brook.

Below are the ranking of the Provinces/Territories since the inaugural games:

	1967*		1971*		1975*		1979	1983		1987		1991		1995		1999		2003		2007	
	M	F	M	F	M	F	C	M	M	F	M	M	F	M	F	M	F	M	F	M	F
AB	-	-	3	-	-	1	3	5	5	3	5	5	5	2	2	2	1	1	1	1	1
BC	2	-	3	-	-	3	6	4	6	4	3	4	4	3	3	5	5	5	4	3	4
MB	-	-	-	-	-	3	7	7	3	8	8	8	7	8	10	8	4	9	5	10	9
NB	-	-	-	-	-	-	9	6	1	7	9	1	9	10	8	9	8	6	9	8	6
NL	-	-	-	-	-	-	8	10	7	5	7	6	6	5	9	3	9	7	10	7	8
NWT	-	1	-	1	1	2	10	12	-	11	11	12	11	11	11	11	6	10	6	9	11
NS	-	-	-	-	-	-	11	8	9	9	1	9	10	5	9	6	12	12	8	11	10
NU	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
ON	1	2	1	2	2	3	1	1	1	2	2	1	1	1	5	1	3	3	3	2	2
PEI	-	-	-	-	-	-	12	11	11	-	-	11	12	12	12	12	11	11	12	12	-
QC	3	3	-	-	3	-	2	2	2	1	1	2	3	4	1	4	2	2	2	4	3
SK	-	-	2	-	-	-	4	3	4	6	6	7	8	7	6	10	10	8	11	6	7
YK	-	-	-	3	-	-	5	9	8	10	4	3	2	6	4	7	7	4	7	5	5

C. NUMBER OF ATHLETES PER TEAM

Able Bodied*: 5 Males and 5 Females

Para-Nordic*: 3 Athletes

- If 3 athletes, at least one must be male, and at least one must be female.

D. EVENT FORMAT AND RULES OF PLAY

Able-Bodied Competition:

MALE:	10 km	Free technique; interval start
	900 - 1,200 meters	Sprints (free technique; top 30 to quarterfinal heats)
	15 km	Classic technique; mass start
	4 x 5 km relay	2 classic + 2 free technique legs

FEMALE:	7.5 km	Free technique; interval start
	900 - 1,200 meters	Sprints (free technique; top 30 to quarterfinal heats)
	10 km	Classic technique; mass start
	4 x 3.75 km relay	2 classic + 2 free technique legs

Five men and five women team members may compete in all individual competitions. Start order will be determined as follows:

- Interval Start Races – reverse order by Canada Points (Distance) i.e. best start last
- Sprint Qualification – order by Canada Points (Sprint) i.e. best start first
- Mass Start – order by Canada Points (Distance) i.e. best start first
- Relay – Start order by finish order of the 2007 relay races. Provinces and Territories without a 2007 result will be drawn after those who have a result.

Para-Nordic:

Para-Nordic competitions will be run as two categories: sitting (sit-skiing class) and standing (visually impaired and standing classes, a combined category).

In the standing category, athlete classified as visually impaired will be compared to standing classified athletes to determine final race results in both male and female events by applying percentage formulas (as per IPC rules) correlating standing skiers' performances with visually impaired skiers' performances. In the sitting category, results will be determined by applying percentage formulas (as per IPC rules) specific to the athletes' disability classes.

In that respect, race courses used for Para-Nordic events will be designed (slopes, turns, etc) in order to be fair for all Para-Nordic athletes within each of the three categories.

MALE		
SITTING:	2.5 km	Para-Nordic, interval start
	7-800 meters	Sprints (top 8 to semi-finals)
	5 km	Para-Nordic, mass start
STANDING:	2.5 km	Para-Nordic free technique, interval start
	7-800 meters	Sprints (free technique; top 8 to semi-finals)
	5 km	Para-Nordic classic technique, mass start
FEMALE		
SITTING:	2.5 km	Para-Nordic, interval start
	7-800 meters	Sprints (top 8 to semi-finals)

	5 km	Para-Nordic, mass start
STANDING:	2.5 km	Para-Nordic free technique, interval start
	7-800 meters	Sprints (free technique; top 8 to semi-finals)
	5 km	Para-Nordic classic technique, mass start

At least three athletes (including at least 1 male and 1 female) may compete in all Para-Nordic competitions.

E. EQUIPMENT & TERMINOLOGY

Equipment

Equipment changes have mirrored the changes in sport formats, techniques and technology. The sport at the competitive level uses skis costing in excess of \$600/pr, carbon fibre poles costing \$450 and state of the art carbon composite boots retailing for over \$400. The sport is not longer adopted by those who can't afford Alpine equipment; people choose cross country skiing as it is a life-style sport with universally acknowledged benefits for health and fitness. The changes in race formats have made the sport more appealing to Canadian youth.

The ski bag of a competitive skier typically includes 4-10 pairs of skis designed to accommodate skate and classic technique, changes in snow texture and temperature. A skate ski cannot be shorter than the skier's height minus 100 mm while a classic ski is generally the height of the skier's wrist on an upper stretched arm.

Three different boot styles are used to permit classic, skate and now pursuit format races. Pursuit races challenge skiers in both techniques and require a change in skis and poles at the halfway mark of an event. Pursuits with a break, made famous by Beckie Scott, 2002 Olympic Winter Games Gold Medalist, have now given way to continuous pursuit formats that require elaborate stadium set-ups and more flexible equipment. The continuous pursuit format is not used at the Canada Winter Games due to the lack of available pursuit boots at the retail level in Canada. A skier gains considerable advantage with access to these specially designed boots.

A skier will also carry two sets of poles; the longer pair used in skate races. A pole cannot be higher than a skier's height. Classic poles are typically armpit high when athlete is standing.

The race suit is also changing. At the international level Canadians have tested different styles and uniform materials. Off-season wind tunnel testing has led to Canada being one of the first to perfect the use of one-piece suits at the World Cup and Olympic levels.

Terminology

Classic Technique: (aka Traditional, Diagonal) Cross Country Ski technique involving opposite leg-opposite arm motion in a straight-ahead direction. This is the technique primarily associated with Cross Country Skiing. Virtually all the Cross Country Ski exercise machines try to emulate this motion.

Free Technique: Is the motion that best resembles speed skating with and without poles. It is the motion an alpine skier uses when they don't carry enough speed into a flat or they need to get to the chairlift. Free technique is broken into four styles depending on the terrain: free skate, one-skate, two-skate, offset. Free skate is ski skating without poles and is used on downhills and fast flats. One-skate is one skate push for every poling action and is used on slow flats and slight uphill. Two-skate is two skate pushes for every poling action and is used on fast flats. Offset is recognized for its three point landing and slightly offset position of the hands at pole plant. Offset is used for steep uphill when the athlete has to maintain momentum to get up the hill.

Klister: Goopy gel used for kick waxing in conditions such as old transformed snow, icy conditions and very wet snow. Absolutely the stickiest stuff on Earth but very effective in the right snow conditions.

Sitzmark: Large indentation in a track or open area created by the hindmost end of a previously-fallen skier.

Wax: Comes in two types: kick and glide. Kick wax is used for grip in the Classic technique. Both Grip wax in a tin and klister are common varieties of kick wax. Kick is applied exclusively to the middle third of Classic skis, under the foot area of the ski base. Glide wax is used on the tips and tails of Classic skis and the entire length of Skating skis. Glide wax helps protect the base of the ski and adapt the base to the temperature of the snow for superior glide.

Grip Wax: Small tins of kick wax that is applied in a crayon-like fashion. Color-coded by the brand to adapt to anything from sub-zero to freezing-level snow. Primarily used on fresh snow which is defined as having sharper crystals.

F. ELIGIBILITY

23 years of age and under. All athletes born 1988 or later

PARA-NORDIC:

Year of birth: Athletes born 1976 or later*

*In keeping with the objective of targeting athletes within the Training to Compete (TTC) level of the LTAD, age exceptions will be provided to Para-Nordic athletes born prior to 1976 whose athlete development level is consistent with TTC. The CGC and CCC recognize that an age-dependent criterion may not adequately reflect the entry of the athlete into Para-Nordic skiing due to late onset disabilities through injury or medical condition. CCC's Para-Nordic Committee in cooperation with the CGC will consider these special cases up to December 1, 2010.

G. JUDGING/SCORING SYSTEM

The winner in each event will be the competitor with the best position in that event.

The province/territory's three best able-bodied positions and the best Para-Nordic position for each gender and event will count towards the provincial/territorial ranking point total (if ranked higher than 69th in able-bodied and higher than 20th in Para-Nordic as indicated in the charts below). Other scores are omitted. Para-Nordic positions will be

determined by adjusting real time by the percentage for each athlete according to their classification.

If there is a tie, points will be shared equally between competitors (i.e. If tied for first then each competitor would receive 97.5 points $(100+95)/2$). If an athlete does not finish or is disqualified, the athlete does not receive any points.

Able-bodied points

Position	Pts
1st place	100
2nd place	95
3rd place	90
4th place	85
5th place	80
6th place	77
7th place	74
8th place	71
9th place	68
10th place	65
11th place	63
12th place	61
13th place	59
14th place	57
15th place	55
16th place	54
17th place	53
18th place	52
19th place	51
20th place	50
21st place	49
22nd place	48

Position	Pts
23rd place	47
24th place	46
25th place	45
26th place	44
27th place	43
28th place	42
29th place	41
30th place	40
31st place	39
32nd place	38
33rd place	37
34th place	36
35th place	35
36th place	34
37th place	33
38th place	32
39th place	31
40th place	30
41st place	29
42nd place	28
43rd place	27
44th place	26

Position	Pts
45th place	25
46th place	24
47th place	23
48th place	22
49th place	21
50th place	20
51st place	19
52nd place	18
53rd place	17
54th place	16
55th place	15
56th place	14
57th place	13
58th place	12
59th place	11
60th place	10
61st place	9
62nd place	8
63rd place	7
64th place	6
65th place	5
66th place	4

Position	Pts
67th place	3
68th place	2
69th place	1

Para-Nordic Points

Position	Pts
1st place	40
2nd place	35
3rd place	30
4th place	25
5th place	20

Position	Pts
6th place	18
7th place	16
8th place	14
9th place	12
10th place	11

Position	Pts
11th place	10
12th place	9
13th place	8
14th place	7
15th place	6

Position	Pts
16th place	5
17th place	4
18th place	3
19th place	2
20th place	1

Relay Competitions

In the relay events there are 13 scoring positions, with points allocated for 1st through 13th. Only teams that complete all legs of the relay will be allocated points.

Position	Pts
1st place	150
2nd place	140
3rd place	130
4th place	120

Position	Pts
5th place	110
6th place	100
7th place	90

Position	Pts
8th place	80
9th place	70
10th place	60

Position	Pts
11th place	50
12th place	40
13th place	30

H. PLAYOFF AND TIE-BREAKING FORMAT

Competition

If two or more competitors or relay teams have the same time, they shall have the same placing on the final list. If titles or medals are to be distributed, all those tied shall receive the same title and/or medal.

Points Attribution for the Games Flag

When the ranking of men's and women's teams has been established, points for the Games flag will be awarded as follows:

1 st place – 10 points	6 th place – 5 points	11 th place – 1.5 points
2 nd place – 9 points	7 th place – 4 points	12 th place – 1 point
3 rd place – 8 points	8 th place – 3 points	13 th place – 0.5 point
4 th place – 7 points	9 th place – 2.5 points	
5 th place – 6 points	10 th place – 2 points	

For Provincial/Territorial teams that have received additional athletes through the Canada Games Reallocation of ParaSkier Quota Policy, coaches will be required to select three (3) Para-Nordic athletes whose results will count towards sport scoring for the entirety of the Games. The names of the three (3) athletes whose results will count towards sport scoring must be provided to the Competition Secretary at the Coach – Manager Meeting (Team Captains Meeting) prior to the start of competition. If a team does not submit these names by the end of the Coach-Managers Meeting, the original three (3) Para-Nordic athletes selected through the Provincial/Territorial Team Selection process will automatically become the athletes whose results count towards sport scoring.

For sport scoring purposes only, in relation Canada Games flag point calculations, the final rank of non-scoring para skiers (skiers designated as not eligible for sport scoring as determined by the Provincial/Territorial coaches) will not be considered. Medals will be handed out in order of finish and will include non-scoring para skiers.

For example, for able bodied races the sport scoring would be as follows

Athlete A finishes 1st and receives 100 points – 1st place points
Athlete B finishes 2nd and receives 95 points – 2nd place points
Athlete C finishes 3rd and receives 90 points – 3rd place points

For Para-Nordic races the sport scoring would be as follows, assuming Athlete B is a non-scoring para skier:

Athletes A finishes 1st and receives 40 points – 1st place points
Athlete B finishes 2nd and receives 0 points – no points
Athlete C finishes 3rd and receives 35 points – 2nd place points
Athlete D finishes 4th and receives 30 points. – 3rd place points

Athlete B would be awarded the silver medal in both the able and para races.

I. TECHNOLOGY OF SPORT

Cross-country skiing has experienced a quiet revolution in that it has come a long way from granola, wool knickers. Today's equipment rivals the stability of some Alpine gear with significantly better glide and prices.

In the 70's and in most peoples garages, skis were made of wood, boots were low cut leather, the poles were made of bamboo and bindings resembled metal rat-traps. Salomon's Nordic System (SNS) or Pilot and the New Nordic Norm (NNN) binding systems have replaced the antiquated three-pin bindings. (Note: There are back country versions of these systems). These modern binding systems offer positive connection to the ski and great control and stability. Because they are mechanically hinged, you won't get the crease across the top of the boot as was the case years ago. Wood has been replaced by lightweight synthetics which is performs better in the snow.

Modern fiberglass skis are faster and lighter than their wooden predecessors and come in a variety of shapes and sizes designed to take you over any terrain or conditions. Wider cross-country skis are used to provide the stability and buoyancy needed for deep unpacked snow. You can go from moderate light back country touring models, to full blown mountaineering skis with medal edges. The bases are made out of polyethylene (generally referred to as P-Tex). Sintered P-Tex bases (compressed by heat and pressure) hold was better and are tougher than extruded (pressure molded) bases - it can be a matter of cost for the consumer.

Wax-less skis have fish angled scales on the running area underneath so that they provide momentary grip when the skier pushes on the snow. A wax-less ski may also be found to have a softer base material in the middle third of the ski which can be roughed up with sandpaper to create "hairies". These skis act like wax-less skis in conditions around zero degrees celcius, especially when it is snowing. Waxable skis perform the same function but are much faster in the end - although, waxingless racing skis have been used at the World Cup in difficult conditions.

Special paraffin based grip wax is applied underneath the ski kick zone (generally the middle third of the ski) and momentarily bonds with the snow crystals when the skier pushes.

Fluorocarbon wax is now a regular product used to prepare the skis for competition. It is an additive to both the glide and grip waxes to assist in reducing suction between the snow and the ski. Fluorocarbon waxes increase the cost of ski preparation, and increase health risks to wax technicians when the product is applied using heat.

J. ROLE OF OFFICIALS IN SPORT

Cross-Country race officials are some of the hardest working volunteers in any sport. A course official's day could start in the middle of the night. Uncertainties brought on by changing temperature and snow conditions can keep course officials up most of the night. Stadium crews must be prepared to scramble at the last moment after final grooming takes place in the start / finish area, often just prior to the start of race.

While races cannot be run at temperatures below –20 degrees, course and race preparation by officials must go on. Course set-up and tear down often takes place when the thermometer is well past the legal racing limit. Truly the 120 – 150 race officials on any given race day are the unsung heroes of the sport.

Canada offers a national level training and certification program for cross-country officials. The program takes 2-3 years for full completion and involves theory and practical sessions. In 2006, Cross Country Canada implemented a revised Level I program that incorporates on-line registration, training and evaluation programs. New Level II and Level III programs will be developed in the years to come leading towards the 2010 Olympics.

K. FACILITY DESCRIPTION

All Cross-Country Ski events at the 2011 Canada Winter Games will take place at Ski Martock in Windsor, Nova Scotia.

Ski Martock is located 71 kilometres from the Athletes Village. It consists of a 5 km loop, a 3.75 km loop, a 1 km loop sprint course, and a 1 km loop para-course.

L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

An estimated 1.35 million skiers participate in cross-country in Canada on an annual basis. The sport represents a \$4.4 million industry at the retail level and has strong skier bases across Canada. Cross Country Canada, the national sports governing body responsible for organizing and developing programs from grass roots to Olympic Team members, has a membership of over 340 clubs and 51,000 which include athletes, coaches, officials and skiers of all ages and abilities, including those on Canada's National Ski Teams and Para-Nordic Ski Teams.

M. ATHLETES TO WATCH FOR

Able-bodied Females

On the female side of the competition there are a number of athletes to watch for from a variety of provinces and territories.

The following are currently on the Canadian Junior National Team and have already showed promise by competing internationally at young ages.

Rebecca Reid	- Rossland, BC
Janelle Greer	- Whitehorse, YK ('07)
Dahria Beatty	- Whitehorse, YK
Heidi Widmer	- Banff, AB ('07)

Veteran of Canada Winter Games include:

Alysson Marshall	- Salmon Arm, BC ('03, '07 CWG Alumni)
Marlis Kromm	- Canmore, AB ('07)
Emily Nishikawa	- Whitehorse, YK ('07)
Stéphanie Drolet	- Montreal, QC ('07)

Other females with potential to podium but who have less experience include:

Erin Tribe	- Barrie, ON
Catherine Auclair	- Quebec, QC
Andrea Lee	- Comox, BC

Able-bodied Males

On the men's side the following are currently on the Canadian Junior National Team and have showed results on the international stage.

Zach Holland	- Canmore, AB
Jess Cockney	- Canmore, AB
Andy Shields	- Kitchener, ON

Veteran CWG athletes include:

Kevin Sandau	- Calgary, AB ('07)
David Greer	- Whitehorse, YK ('07)
Curtis Merry	- Edmonton, AB ('07)

Some athletes who may attend but would be dependent on their participation on the 2011 World Nordic Championships include:

Graeme Killick	- Canmore, AB ('07)
Frédéric Touchette	- Mont Ste. Anne, QC
Lenny Valjas	- Toronto, ON
*Alex Harvey	- Mont Ste. Anne, QC (*need to check to see if he meets eligibility standards as a past World Cup medalist)

Podium potential but with less experience:

Michael Somppi	- Thunder Bay, ON
Bob Thompson	- Woodstock, ON
Joey Burton	- Kamloops, BC
Geoffrey Richards	- Rossland, BC

N. NOTABLE PAST ATHLETES/ALUMNI

Many current National Team and Olympic Ski Team members have participated in the Canada Winter Games. The list includes Olympic Gold Medallist Chandra Crawford who sprinted onto the National scene by winning gold at the 2003 Bathurst-Campbellton CWG and Paralympian Brian McKeever, who continued his International dominance of

his class at the 2006 Paralympics by winning 4 medals. McKeever competed as an able bodied athlete at the 1999 CWG in Corner Brook. Other Canada Winter Games alumni on the National Team include 2006 and 2010 Olympians Dasha Gaiazova ('03) and George Grey ('99), as well as 2010 Olympian Perianne Jones ('03). On the National Senior Development team is Phil Widmer ('03) and Kevin Sandau ('07). Of most recent notoriety is Tara Whitten who competed at the CWG '03 in Cross Country Skiing and then went on to become a double 2010 World Champion in Track Cycling, and multiple 2010 Commonwealth medalist in Track and Road Cycling and Canada's closing ceremonies flag bearer.

O. NOTABLE CANADIAN RECORDS

Sharon and Shirley Firth – First Canadian women to attend four consecutive Winter Olympics ('72, '76, '80, '84). They also won a combined 48 national titles. They are members of the Order of Canada and the Canadian Skiing Hall of Fame.

Pierre Harvey – Became the first Canada male athlete to compete in both the winter and Summer Olympic Games. He's a three time Olympian and winner of three world cups. He's a member of the Order of Canada and the Canadian Skiing Hall of Fame.

Q. ATHLETE/TEAM MATCH-UPS (RIVALRIES)

The unique 4 skier relay competitions, requires that team field 2 classic and then 2 free technique skiers. Not only does the team require depth in their team, but also versatility with each team needing two good classic and two good skate skiers.

In the Women's competition, watch for Alberta and Yukon to be strong rivals with BC and Quebec in the mix.

In the Men's competition Alberta shouldn't have any problem taking the title with Ontario, Quebec and BC duking it out for 2-4th. Team Yukon has a chance as well if they can get their University of Alaska-Fairbanks athletes out of their NCAA racing commitments.