

## Tips for Rookie Racers

Name \_\_\_\_\_  
 Club \_\_\_\_\_  
 Race Director \_\_\_\_\_

Bib # \_\_\_\_\_  
 Initial Class \_\_\_\_\_  
 Race Director's cell number \_\_\_\_\_

Today, you will be considered a "rookie" since you do not have a valid FWRA handicap from the two prior seasons. Based on your race results today, you will be placed at an appropriate skill level (S00 (fastest) to S10 for skiers, or B00, B04 or B08 for boarders) in which you will compete in subsequent races.

During registration, record the posted times and location of all the racecourses below (Note: on slalom race days, boarders might have their own course; otherwise they race with the skiers):

Course	Skill levels	Preview Timeframe	Start Time	Course Location (Slope Name)
<b>Beginner</b>	BBG, SBG			
<b>Lower</b>	B08, S08 - S10			
<b>Middle</b>	B04, S04 - S07			
<b>Upper</b>	B00, S00 - S03			
<b>Snowboard</b>	B00, B04, B08			

Most rookies will start on the Lower Course at the S08/B08 level (check your Initial Class above). You can try the Beginner Course if you are unsure you can manage the Lower Course (The Chief of Beginner Course will advise you if you are ready for the Lower Course.). If you are an expert skier/boarder or an advanced one with race experience, your Race Director should start you at the S04/B04 level on the Middle Course. No rookies are started on the Upper Course; you must demonstrate your racing ability first. Whichever course you begin with, should you beat the "Rookie Strike Time" for that course, you will need to race again on the next higher course (except on the Snowboard Course; see the chart below).

Helpful reminders for your first race day are recapped on the back of this sheet. You should also review the complete Race Rules at [OLRC.org](http://OLRC.org) (click on Rules).

On each course, the skill levels race in the sequence listed in the chart above. The starter on each course will line up the racers within each skill level and class (considering gender and age). If you miss the start for your class, notify the starter who will insert you into the next appropriate starting slot. Unless the snow conditions will not allow it, each racer typically gets two runs on each course. On the upper and middle courses, your time is the SUM of your two runs, on the lower course it is the BEST of your two runs.

During your rookie day, you must earn a valid handicap (a completed race without a DQ) to determine the skill level at which you will be competitive in future races. Even if you think you successfully finished the course, check at the scoreboard (bottom of the course) to ensure you weren't unknowingly disqualified by a gatekeeper or failed to get a valid time. If you need a rerun for any reason, tell the scorekeeper and immediately report to the starter at the top of the course. As a rookie (only), you can make another run to gain a handicap even if you fell or were disqualified, but your subsequent runs today will not earn you any points.

Record your valid race times and the corresponding "Rookie Strike Time" (written at the top of the scoreboard once it is calculated) below:

Course	Your Time	Rookie Strike Time	If You Beat the Rookie Strike Time, then:
<b>Lower</b>			Race next at S04 or B04 level on the middle course.
<b>Middle</b>			Race next at S03 or B00 level on the upper course.
<b>Snowboard</b>			Race at the B04 level on the second run on same course.

If you beat the rookie strike time for a course, report to the starter at the top of the next higher course at the appropriate time and show him/her this form. If you fail to beat the strike time, your racing is over for the day and you will be placed at the appropriate skill level for subsequent races based on your performance today.

# Race Day Reminders

## At Registration (7:45am to 8:30am)

- See your Race Director if you need a new bib or have any questions.
- Complete a liability waiver if required by the resort.
- Sign in for the race by giving your bib number to the computer operator, who will confirm your race class.
- Highlight in yellow your bib number and name on the appropriate scoreboard sheet. Move your bib number and name if you are listed in the wrong class.
- Check the start time and location of your racecourse(s) (rookies should record these on the reverse).
- Purchase your (& family/friends) discount ski lift tickets (ask about ticketing location).

## Before your Race

- Find the racecourse during the preview timeframe (posted at registration) and inspect it (inexperienced racers should ask for help from your Race Director or an experienced racer).
- Whenever on the course, wear your bib with its numbers clearly visible from the front and back.
- Never ski through any gates (unless authorized by an official to groom the course) or through the finish line (under any condition).
- Only sideslip or snowplow next to the course. Make neither "shadow turns" (turns that mimic the actual gates) nor more than two linked turns beside the course.

## During your Race

- Start any time after the starter says "racer ready" and starts counting down. The wand at your boots starts the timer.
- Ensure both ski tips and both boots cross (in either direction) the imaginary line between the poles marking each gate and marking the finish line. If racing on a single pole course (one pole per gate), both tips and both boots must cross the imaginary horizontal line extending from the pole toward the outside of the course.
- If you lose a ski, you can not legally finish unless you are within three gates of the finish line and you finish on your one remaining ski. Never attempt to remount a lost ski on the racecourse.
- If you encounter interference (e.g., you overtake a slower racer), **do not cross the finish line**. Notify the nearest gatekeeper concerning the interference and have an official at the scoreboard radio the starter that you need a provisional rerun for interference. Complete a protest form later.
- After crossing the finish line, use quick turns down the middle to slow before attempting to stop.

## After your Race

- **Go immediately to the scoreboard** at the bottom of the course and ensure you received a valid time posted by your bib number (you may have to wait a few minutes, but if you come back later, you may be too late for a rerun).
- If the timer malfunctioned, ask the scoreboard officials for a rerun and report immediately to the top of the course.
- If you think you were disqualified (DQed) incorrectly, complete a protest form (at the scoreboard). Also tell your Race Director (or his designee) who will represent you at the Race Jury meeting after the last race of the day.
- If you got a rerun for interference, you must still complete a protest form explaining the interference which will be reviewed by the Race Jury.