

Rocky Valley Rush & Sun Valley Ramble

Freestyle Technique



Falls Creek

Sunday August 12th 2018, 10.30am

Organised by Birkebeiner Nordic Ski Club with assistance from Telemark Nordic Ski Club

Enter online: <http://my.raceresult.com/101880> OR

Enter on the day at Windy Corner Shelter from 8.30am - 9.30am

Payment by cash or cheque only

Rocky Valley Rush 15km

- *50 yrs and over
- *Under 50
- *Under 20
- *ALL AGES AS AT DEC 31st THIS YEAR

Entry Fees:

- *Adults \$25.00
- *U 20 yrs \$20.00



Sun Valley Ramble 7km

- *50 yrs and over
- *Under 50
- *Under 20
- *Under 16
- *Under 12

Entry Fees:

- *Adults \$20.00
- *U 20 yrs \$15.00
- *U 12 yrs \$10.00



Prizes will be awarded to the first 3 males and females overall in each race and to the winner of each male and female class