

TELEMARK CAMP DATES – CXC TEAMS:

- September 5-16 – Elite Team
- September 23-25 – Junior Devo
- September 30-October 1 – Masters camp
- October 21-23 – Junior Devo
- November 18-27 – Junior Devo

HOURS OF TRAINING:

CXC's coaches are cognizant of traffic patterns, and prepare training plans focused on limited rollerski-motor vehicle interaction.

Generally, rollerskiers may be on roads between 8am-11:30am and 4-6pm on weekdays. During weekends, rollerski training is limited to low motor vehicle traffic areas and times; typically, alternate workouts are planned in place of rollerskiing.

Roads/time frames specifically avoided include:

- All roads | One hour before dusk and one hour after dawn
- Frels Road | During landfill operating hours
- County Road M (with the exception of the Telemark Road-South Lake Owen Drive portion) | At all times
- South Lake Owen Drive | From Friday-Sunday
- Downtown Cable area (excepting special events) | At all times
- Garmisch Road | Friday-Sunday

ROLLERSKIING GUIDELINES:

CXC requires that all of its athletes:

- Wear helmets
- Wear brightly colored clothing and/or reflective vests

As with bicycles and inline skates, the speed and traffic footprint of a rollerskier indicates that athletes should travel in the direction of motor vehicle traffic.

All CXC athletes are instructed to:

- Stay to the extreme right of the road's shoulder
- Double-pole in the presence of motor vehicle traffic (so as to further reduce presence on the roads)
- Rollerski single-file
- Alert each other to the presence of motor vehicle traffic
- Obey traffic laws