

## Tips for Rookie Racers

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

Bib # \_\_\_\_\_  
 Initial Class \_\_\_\_\_  
 Club's Radio Frequency \_\_\_\_\_

For today only, you are a "rookie" since you do not have a current FWRA handicap (completed a race) since the FWRA championship races two seasons ago. Based on your results today, you will be placed at an appropriate skill level (S00 (fastest) to S10 for skiers, or B00, B05 or B08 for boarders) in which you will compete in subsequent races.

During registration, record the time and the location of all the racecourses below (Note: on slalom race days, boarders other than beginners have their own course, otherwise they race with the skiers):

Course	Skill levels	Start Time	Course Location
<b>Beginner</b>	BBG, SBG	9:30 am	
<b>Lower</b>	B08, S08 - S10		
<b>Middle</b>	B05, S05 - S07		
<b>Upper</b>	B00, S00 - S04, S00 – S03		
<b>Snowboard</b>	B00, B05, B08, B00, B05		

In most cases, rookies start on the Lower Course at the S08/B08 level (i.e., your Initial Class above should start with "S08" or "B08"). The Beginner Course is for beginning skiers, but if you are unsure you can manage the Lower Course, try the Beginner Course. If you are an expert skier/boarder or an advanced one with race experience, your Race Director should have started you at the S05/B05 level on the Middle Course. No rookies are started on the Upper Course, you have to demonstrate your race 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, you will race again on the same course).

Helpful reminders for your first race day are recapped on the back of this sheet. You should also have reviewed the Race Rules at (click on Rules).

On each course, the skill levels race in the sequence listed in the chart above. Within each skill level, the age group sequence is veterans, open, then juniors (One exception: on the Lower Course, all junior classes race before all veteran or open classes). Within each age group, females precede males. The starter on each course will line up the racers within each class. If you miss the start for your class, notify the starter who will insert you into the next appropriate starting slot.

During your rookie day, you need to achieve a valid handicap (a completed race) 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 at the scoreboard 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 subsequent runs today will not earn 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 S07 or B05 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 B05 level on the second run of this 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 (8:00am to 8:45am)

- See your Race Director if you need a new bib or you are unsure of your race class.
- 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. Move you bib number and name if you are listed in the wrong class.
- Check the start time and location of your racecourse (rookies should record these on the reverse).
- Purchase your (and any friend's) discount ski lift tickets with cash or credit card.

## Before your Race

- Find the racecourse early and inspect it before the race start time (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).
- Sideslip or snowplow next to the course and make no "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. 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 rerun for interference.

## 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 (DQ) 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 for your first run which will be reviewed by the Race Jury.