



**#OUNC2017
NOD
Athlete Package**



Skiers are Made in the Summer

Date: July 21-23, 2017

Location:

Laurentian University
935 Ramsey Lake Rd
Sudbury, ON
P3E 2C6

Contact:

OUNC e-mail: ouncteam@gmail.com
Shelby Dickey: ss.dickey@yahoo.ca
Meg Sinclair: sinclml@mcmaster.ca

Registration: Expense:

Expense	Cost Per Person
Accommodation	\$10
Food (Saturday dinner)	\$10
Finlandia Race Event	\$10 (paid separately)
Total	\$20

***** More information on Finlandia race here:**

<http://laurentiannordic.com/page-2-2/finlandia/>

Online registration for event here:

<https://www.events.runningroom.com/site/?raceId=14399>

Equipment Packing List:

- Running shoes
- Rollerskis, boots, poles (classic), (if anyone needs rollerski equipment, please contact Shelby Dickey: ss.dickey@yahoo.ca we will be happy to help!)
- Helmet and bright attire
- Water belt and lot's of snacks
- Watch/heart rate monitor to time rollerski sets
- Shades and sunscreen!
- Breakfast and lunch foods
- Item for potluck (exact item to be included in e-mail)
- Road bike (optional)
- Bathing suit, water gear and water wings!!

Accommodation:

We are encouraging athletes to find their own accommodation for this event, however, we can provide access to camping, some billets and/or a spot in the Laurentian residences. Contact Shelby or Meg if you need assistance.

Food:

Athletes will be in charge of their own food. Please bring enough food for two breakfasts, two lunches and lots of snacks for training! Each athlete will be required to bring an item for the potluck on Friday evening (included in pre-camp e-mail). Dinner will be provided on Saturday evening and is included in the price.

Social Media:

Registration:

Twitter: @OUNCteam

Camp Plan:

***Please note that times are approximate and subject to change

***We will accommodate alternate activities in case of extreme weather conditions

Date	Time	Activity	Total Time of Activity	Equipment Required
Friday	5:00pm	Meet and Greet		
	5:15pm	Team warm-up activities (activation and core workout)		Running Shoes
	6:00pm	Potluck Dinner		Running Shoes
	7:00pm	Swimming at Lake Nepahwin (OTS)		Bathing suit, towel, water wings and water toys for extra fun!
Saturday	8:30am	Arrive for bib pick-up, and team warm-up		Running shoes, water, snacks
	10:00am	Finlandia Race!		A positive and spirited energy to race!
	10:45am	Team cool-down and yoga on-site		
	12:00pm	Lunch		
	2:30pm	Classic Rollerski and core (OTS)		Classic rollerskis, poles, boots, helmet, bright attire, water belt, snackums
	6:30pm	Team Dinner		
	7:30pm	Team activities (bowls, cards against humanity...)		Fun and exciting activities and/or board games!
Sunday	9:00am	Z1 Epic Run/Hike at Killarney (OTS)	1 ½ -3hr	Running shoes, lot's of water and snacks!
	12:00pm	Pack-up and good-byes		

