



# Ready for RED

JANUARY 16<sup>TH</sup> – JANUARY 19<sup>TH</sup>

## COACHING **\$75/day**

Wayne Grevey, the director of Northwest Freeride (NWF), along with at least two additional coaches will be heading to Red Mountain this year. Coaches will be on hand throughout the entire competition including inspection day. We come alongside athletes to support them with every aspect of competing. Coaches will assist with evaluating venues, reading conditions and using this information to select lines, full gear inspections, and staying mentally, physically, and emotionally focused.

To gain an edge, it does help to make the most of inspection day (Thursday, January 16<sup>th</sup>). Many use this as a travel day, but if riders are able to make it up even for half the day, it's worth it.

## TRAVEL AND LODGING

NWF will be staying at the Ram's Head Inn again this year ([www.ramshead.bc.ca/](http://www.ramshead.bc.ca/)). The inn is convenient (located at the base of the mountain), the rate is average, and they have a decent breakfast option. There are many other options in and around Rossland as well. Ultimately, travel and lodging decisions are yours to make! As soon as we know who's going, we can establish a few carpool options for those interested.

## ARE YOU RED BOUND?

NWF has 5 team spots. These riders will be guaranteed entrance into Red's IFSA National Junior competition. Other riders will need to register on their own as soon as open registration is available (week of December 2<sup>nd</sup>). Details will be posted on IFSA's website soon ([www.freeskiers.org](http://www.freeskiers.org)). If you haven't already, you will need to register with [www.athletpath.com](http://www.athletpath.com). Contact Wayne if you're definitely going to Red or even just contemplating the event. This event has traditionally been a great way NWF riders have launched the competitive season!

**[wg@northwestfreerideprograms.com](mailto:wg@northwestfreerideprograms.com) 253-686-7208**