

University of Minnesota Duluth - Rec Sports Outdoor Program

Intro to Cross-Country Skiing

Saturday January 30, 2010 12-5pm

Cross-Country Skiing is a part of life here in the northland and this workshop will help you develop the skills to enjoy this lifelong sport. Discover the joy of skiing the trails. Not only is cross-country skiing rated the world's best aerobic fitness activity, but it's enjoyable too! This is a great time to learn what style you prefer and burn some calories while enjoying winter in Duluth. Choose Between skate skiing or classic skiing. No experience is necessary, so throw out the excuses and come try it out for yourself! Don't have skis? No problem, the Rental Center has many skis waiting for you to use!

HERE'S WHAT TO EXPECT:

We will begin the clinic with an introduction to equipment and then move into techniques that will move you along the snow quickly and efficiently. From there, we will work on refining and improving your techniques, all while exploring the beautiful trails at Boulder Lake Management Area.

WHERE:

Trailhead in the Sports and Health Center lobby

WHAT TO BRING:

- Clothing that will keep you warm and comfortable outside while skiing
- Classic or Skate ski equipment (available from RSOP Rental Center)
- Water
- Snack

WHAT THE OUTDOOR PROGRAM PROVIDES:

- Instruction
- Transportation

COST:

\$8 for UMD Students/\$12 Others

REGISTER BY:

Noon, January 28



GOALS:

- Develop basic skills of classical and Skate cross-country skiing
- Have Fun
- Meet new people
- Enjoy the beauty of a northland ski trail

EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

- Jay Cooke Snowshoe, Feb. 10 from 4-8pm
- Tele Night, Feb. 12 from 4:45-9pm
- Stream Ski, Feb. 28, from 12-5pm

GENERAL INFO:

Phone: (218)726-7128

Email: rsop@d.umn.edu

www.umdrosop.org

The Real Classroom is Outside...Get Into It!