

Chugiak/Eagle River Winter 2009-2010 Masters & Adult Nordic Ski Program

Sponsored by:

Alaska Nordic Racing & Eagle River Nordic Ski Club

www.alaskanordicracing.org

www.ernsc.org/

Skiers of **all abilities** are invited to join our group. If you want to learn how to ski, improve your technique, become a faster racer, get in better condition or any combination of the above, this program is for you. We work on both Nordic ski techniques, classical and skating. This program provides an avenue to become a better skier no matter what your current level is or what your skiing goals are.

In addition to ski technique we will cover waxing, nutrition, training methods, equipment and gear.

With our large staff, skiers will be in small groups getting attention from qualified, experienced coaches.

We meet **Tuesdays and Thursdays, 6:30-8PM** at the Beach Lake Ski Chalet in Chugiak plus various weekend opportunities at other Nordic ski venues.

In addition we encourage and support with waxing and other assistance your participation in local community ski races, i.e., Anchorage Cup Series, Besh Cup, Tour of Anchorage, Ski the Beach, etc.

There are several options for signing up:

Schedule 1: December 1 – March 5 (ex: 12/24 & 31) \$225.00

Schedule 2: January 5 – March 5 \$150.00

Punch Card: 10 sessions (pick your sessions) \$120.00

You will also need to purchase a MOA trail pin (fees go to trail maintenance) and an Eagle River Nordic Ski Club membership (fees go to development and maintenance of ski trails, Jr. Nordic program, sponsoring local ski races and general overall development of Nordic skiing in the Chugiak/Eagle River area).

Registration forms are available on the ANR website: www.alaskanordicracing.org and the ERNSC web site: www.ernsc.org or you can also register at any of the sessions.

For more information contact:

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