

Ski Clinic: Intro to Cross-Country Skiing

Wednesday, January 23, 2008, 6:30-8:45 p.m., in Portland

sign up by January 17, 2008

The ski clinic (\$15 fee) will be held in Portland, January 23, 2008, 6:30-8:45 p.m.; applicants will be notified of the location after they sign up. Two free on-the-snow sessions for skiers who attend the ski clinic will be scheduled for first two weekends of February, either Saturdays (Feb. 2 & 9) or Sundays (Feb. 3 & 10); skiers will learn the diagonal stride, turning, speed control and stopping. Experienced ONC volunteer instructors will give helpful tips. We car-pool to the snow session locations, often meet for breakfast up at the mountain and will be gliding on the snow by 9 a.m., finishing by 3 p.m., so we can miss the traffic on the way home.

An ONC overnight trip for graduates of the ski clinic and other beginning skiers may be scheduled, if there is enough interest. It would be at the Mazama Lodge in Government Camp with day ski tours (dates to be determined; lodging and meals not included in the clinic fee). Please indicate on your application if you are interested in the overnight trip. One of the benefits of being a member of ONC is the use of this lodge and free day tours.

You must a member of the Oregon Nordic Club to attend the Ski Clinic and the free on-the-snow sessions. The Ski Clinic is a prerequisite for the free on-the-snow sessions. Join the Club and learn to Ski!



Oregon Nordic Club January 23, 2008 Ski Clinic Application Form

Deadline: Ski Clinic applications must be received by January 17, 2008*

Name: _____ Age: _____ ONC member: Yes No**

Address: _____

City: _____ State: _____ Zip: _____

Phone: Day _____ Evening _____

E-mail: _____

Emergency Contact: Name _____ Phone _____

Experience: Never been on skis Some Experience (skied 4-5 times) Other: _____

Physical Condition: Fair (no regular activity, in good health) Average (aerobic activity 3 times per week)

Strong (aerobic activity 4 plus times per week) Health issues instructors should know about: _____

You must attend the ONC Ski Clinic before going on the two free on-the-snow sessions.

Preferred days for free on-the-snow session series: Saturdays, Feb. 2 & 9 Sundays, Feb. 3 & 10 Either

Interested in an ONC overnight trip at Mazama Lodge (not included in the ski clinic fee). Separate ONC overnight trip application required. Preferred weekend: Feb. 16-17 Feb. 23-24 March 8-9

***Please send this form (one per person), check for \$15 (payable to Oregon Nordic Club Portland Chapter) and self addressed stamped envelope to: Pam Rigor, P.O. Box 6403, Portland, OR 97228-6403.**

****Oregon Nordic Club membership required for ski clinic and snow sessions.**

