

Hello PNSC'ers,

The trails are in great condition. Thank you to all of the club's volunteer groomers for the fantastic job you're all doing, keep up the great work!

#### UPCOMING EVENTS:

Wed, Jan 20: 6:30 skate ski waxing clinic. We'll put on a waxing demo to show you how easy it is to wax your skis, then you'll be able to do it at home on your own! There's also waxing instructions available on our website: <http://www.ptarmigannordic.org/Ski/Info/Waxing.php>

Wed, Jan 20: Wednesday Night Trail Ski at 7pm. Everyone is welcome to join us!

Sat, Jan 23: Bunny, Jackrabbit and Track Attack lessons at 11am. Parents: please come inside the cabin to fill out a medical form for your child(ren). Contact Ruth for more information ([herseys@telus.net](mailto:herseys@telus.net))

Sat, Jan 23: Waxing clinic at 12:30-1:30. We'll demo how to wax both skate and classic skis. Come see how easy it is to wax your skis so you can do it at home on your own! There's also waxing instructions available on our website: <http://www.ptarmigannordic.org/Ski/Info/Waxing.php>

Sat, Jan 23: Adult lessons at 2pm. We give lessons to beginner, novice and intermediate skiers in both classic and skate techniques. Improve your technique whether you're a first-time or frequent skier! Come a 1/2 hr early if you want to borrow equipment or register as a club member. Contact Kathey for more info ([kathybryan@shaw.ca](mailto:kathybryan@shaw.ca)).

Sun, Jan 24: CANSI 1 participants - there will be another skills session at 2pm. Contact Hendri for more information. ([vorster@shaw.ca](mailto:vorster@shaw.ca))

Mon, Jan 25: Sprints/Time Trials on Monday at 7pm. This is a chance for you to see what you're made of! Contact Michela for more info ([micadentremont@gmail.com](mailto:micadentremont@gmail.com)). Results are posted on our website: <http://www.ptarmigannordic.org/Ski/Info/Loppets.php>

#### OTHER INFORMATION:

The Ptarmigan Nordic Ski Club would like to thank Syncrude for donating \$16,000 to the club for the purchase of new grooming equipment. This donation has allowed the club to replace outdated equipment, and has allowed our groomers to groom more trail more efficiently! Thank you!

We've officially broken last years membership record by having 355 members registered so far this season! We've also increased our youth membership participation to over 70 kids! Great work to all the volunteers who have made this possible.

Please note that all of our youth skis and poles have been lent out for the season. Sorry for the inconvenience. The club still has a number of youth ski boot sizes, so if you're interested in buying your own skis but want to save money on boots just let me know.

The club calendar has been updated to accommodate adult instructor training courses. The Birchwood classic loppet has been moved to Saturday, Feb 6. See our season calendar for more information: <http://www.ptarmigannordic.org/Ski/Info/Calendar.php>

We're looking for someone to take photos of club activities on Saturdays so that we can post the photos on our website. Please send me an email if you're interested. (dcmckay@dal.ca)

Not sure what to wear cross-country skiing? Our website has useful information on how to dress to make your skiing experience as comfortable as possible: <http://www.ptarmigannordic.org/Ski/Info/Wear.php>

See you on the trails!

Denise McKay  
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