

Hello PNSC'ers,

UPCOMING EVENTS:

Wed, Feb 3: Wednesday Night Trail Ski at 7pm. Everyone is welcome to join us!

We've got a very busy Saturday:

Sat, Feb 6: Birchwood Loppet at 9:15am. What's a Loppet? Its a fun, group event, aimed at showing skiers what the Birchwood Trails have to offer. Everyone is welcome, from youth to adult, beginner to advanced.

Registration: 8:30 - 9:00

Loppet start time: 9:15am

Distances: 3km, 13km, 23km

Ski technique: Classic and Skate

If you would like to borrow club skis for the loppet, you are welcome to do so. Please come early to get fitted for equipment.

We'll have snacks afterward so you can refuel before youth or adult lessons! If you don't want to participate in the loppet, but would like to help out at the event, please send David an email (dcliffe@interchange.ubc.ca). He's looking for volunteers to help out.

Sat, Feb 6: Bunny, Jackrabbit and Track Attack at 11am. Contact Ruth for more information (herseys@telus.net)

Sat, Feb 6: Waxing clinic at 12:30. We'll demo classic and skate waxing techniques. We'll keep it simple so you can wax your own skis at home!

Sat, Feb 6: 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).

Mon, Feb 8: Sprints/Time Trials on Monday at 7pm. This is a chance for you to see what you're made of! Everyone is welcome to join us. Contact Michela for more info (micadentremont@gmail.com). Results are posted on our website: <http://www.ptarmigannordic.org/Ski/Info/Loppets.php>

Mon, Feb 8: Executive meeting at 7pm.

OTHER INFORMATION:

Alberta Winter Games are taking place in Bonnyville this weekend. Good luck to all the Fort McMurray athletes who are attending, and have a FUN weekend!

See you on the trails!

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