

Hello PNSC'ers & Happy New Year!

TRAIL CONDITIONS:

The snowfall amounts over the holiday period have provided for exceptional skiing conditions. Trails are frequently being groomed for both skate and classic skiing.

UPCOMING EVENTS:

Wed, Jan 6: Wednesday Night Trail Ski at 7pm. Make activity part of your new years resolution, and join us for a ski in the trails! Everyone is welcome - bring your headlamp!

Sat 9 & Sun 10: CC Youth Coaching Course at the cabin. Contact Ruth for more information. (herseys@telus.net)

Sat, Jan 9: Bunny, Jackrabbit and Track Attack lessons at 11am. If your kids still need ski equipment please send me an email to arrange pickup. Wear warm clothing and don't forget your skis!

Sat, Jan 9: 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, Jan 11: Sprints/Time Trials on Monday, Jan 11 at 7pm. Meet at the cabin and bring your headlamp. Contact Michela for more info (micadentremont@gmail.com). Results are posted on our website: <http://www.ptarmigannordic.org/Ski/Info/Loppets.php>

INFORMATION:

A waxing clinic will be held on Wed, Jan 20 at 6:30pm. We'll demonstrate how to wax both classic and skate skis from a beginners perspective. There will be time for questions after the demo. Everyone is invited to attend. (you can even join us for a ski afterward!) We will be having more waxing clinics in the future (possibly on Sat, Jan 23 - time to be announced). Watch our website and newsletter for information. There's also waxing instructions available on our website: <http://www.ptarmigannordic.org/Ski/Info/Waxing.php>

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>

We look forward to seeing you on the trails!

Denise McKay
President, Ptarmigan Nordic Ski Club
www.ptarmigannordic.org

dcmckay@dal.ca
Ph: (780) 838-7161