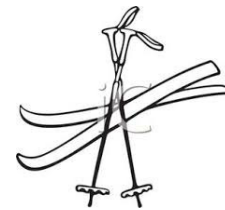


ANNOUNCING



CROSS COUNTRY SKI CLINIC

Sponsored by the Friends of Oil Creek State Park

SUNDAY, DECEMBER 6, 2015

Oil Creek State Park Office Amphitheatre

The Cross Country Ski clinic will begin at 11:30 AM. The clinic will include the following:

- ❖ **Check in at 11:30-12:00, Coffee and Snacks**
- ❖ **LECTURE**-from 12:00-12:45 on various topics including buying new equipment, what to look for, types of skiing and ski equipment, proper fit and uses, technique, and Q and A
- ❖ **WAXING and SKI PREP**-hands on waxing lesson, sessions will be hourly.
- ❖ **SKIKING**- opportunity to try Skikes and learn to ski or improve technique. (Skikes are similar to roller skis but with tires capable of traveling on dirt road, grass, and crushed limestone trails. They have an excellent braking system and no experience is necessary to try them.) Sessions will be hourly. *Check out www.skikepa.com*
- ❖ **SKI EQUIPMENT SWAP**- FREE AND OPEN TO THE PUBLIC. Bring any equipment that you wish to sell or swap or you may find equipment you would like to buy. This is a good opportunity for those looking for equipment to get started. Ski swap will be on going during the clinic from 12:00 to 5:00.

* The cost for the clinic is \$20 with a extra fee of \$10 for each pair of skis prepped and waxed. *

SKI CLINIC INSTRUCTORS:

ALAN HOUGH- Alan is a Certified International Skiker Instructor having done his skiker training in Berlin, Germany. He has been giving lessons all over Pennsylvania and Michigan. Alan has Skiked 2,000 miles and 48 different trails in the US and Europe this summer. He is an avid xc skier and racer. He says he has retired from running to Skike as much as possible.

RUSS MYER- Russ is from Albany, NY. He is a Physical Therapist with a PHD in Education Administration. Russ is an avid skier having competed in XC Skiing and Biathlon since 1984. He has won awards from State and National Nordic organizations. Currently, Russ is a TOKO Wax Technician, PSIA Nordic Instructor, and a International Referee for the International Biathlon Union. Russ presents with enthusiasm, humor, and a wealth of knowledge of Nordic sports!

PRE-REGISTRATION IS REQUIRED BY DECEMBER 1.

The clinic is limited to 30 people.

For more information go to our website www.friendsocsp.org or contact oilcreekfriends@gmail.com or Peg Sims (814)354-2802

**PRE-REGISTRATION FORM
FOR
FRIENDS OF OIL CREEK STATE PARK
CROSS COUNTRY SKI CLINIC
*Sunday, December 6, 2015***

**Pre-Registration Required by December 1, 2015
clinic limited to 30 people**

Please print Clearly:

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____

Please rate your XC skiing experience: (check one)

____ Beginner ____ Intermediate ____ Advanced

No XC ski experience is needed to attend the clinic or for Skiking. You will be grouped by your experience level. (check below)

- clinic, lecture, and skike training: \$20
- XC skis prep and wax clinic: #pairs of skis _____ X \$10 per pair _____

Total Amount Enclosed: _____

Registration is payable to: *Friends of Oil Creek State Park*

Send Registration to: Peg Sims
 FOCSP Ski Clinic
 259 Aaron Rd
 Venus, PA 16364

SKI EQUIPMENT SWAP: Free and open to the public (check below)

- I plan to bring items to swap or sell
- I am interested in buying ski equipment
- I have no interest in the ski swap

******NOTICE: The best shoes for Skiking are tennis shoes or thin-sole running shoes or light hiking boot. Ski boots will not work. Please dress appropriate for exercise outdoors.******