

ANNOUNCING

CROSS COUNTRY SKIING AND WAXING CLINIC

Sponsored by the Friends of Oil Creek State Park

SATURDAY, NOVEMBER 8, 2014

Oil Creek State Park Office Amphitheatre

The Cross Country Skiing Clinic will be held all day starting at **10:00 AM**. The clinic will include such topics as:

- **Skiing techniques with roller ski demo**
- **Preparing for the season**
- **Dry Land Training and conditioning exercises (bring poles)**
- **Ski specific stretching routine**
- **Fundamentals of waxing and ski prep**
- **Hands on ski clinic and waxing lesson (bring skis)**
- **Questions and answers**

A lunch will be provided from Noon to 1:00. The cost for the clinic is **\$30** per person. This includes clinic, lunch, and ski preparation and waxing for 1 pair of skis. Participants will learn how to prepare and wax their own pair of skis. Wax and waxing equipment will be provided. There will be an additional cost of \$10 per pair for any additional skis prepped and waxed.

Participants should dress in warm comfortable clothes for the dry land training and conditioning exercises and stretching portion of the clinic which will be outside.

Ski Clinic Instructor:

The instructor for the clinic is Russ Myer of Albany, NY. Russ is a Physical Therapist and has his PHD in Education Administration. Russ is an avid skier having competed in Cross Country Skiing and Biathlon since 1984. He has won many 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 has a great enthusiasm for Nordic sports and a wealth of knowledge and experience to share with us.

**PRE- REGISTRATION IS REQUIRED BY NOV. 3 RD
and is limited to 30 people.**

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

see attached registration form or download registration form from website