

Subaru Factory Team Summer/Fall Cross-country Ski Camp

August 26 – 28, 2005

Subaru Factory Team hosts a summer/fall xc ski camp at Rainbow Resort. The camp is suited for all levels and abilities. Enjoy the beautiful setting of this northern MN resort on the shores of Little Bemidji Lake and get some of the best quality ski training in the nation. Chad Giese and other Team members will conduct rollerski and dryland technique sessions for both classic and skate, as well as give an evening wax clinic and discuss year round training programs that will make you all better skiers. Also, you'll get a chance to meet with the future Olympic hopefuls and spend time with Subaru Factory Team members and learn how they train, became a team member, etc. Come and see why [Rainbow Resort](#) is the [Subaru Factory Team Signature Resort](#) and get a jump-start on the ski season!

Agenda:

Friday (August 26):

PM- Registration/Orientation Run with Chad Giese
World Cup '06 slide show

Saturday (August 27):

AM- Dryland/Rollerski Techniques on Classic skiing and video taping

PM- Dryland/Rollerski Techniques on Skate skiing and video taping

Late PM- Wax technique and year round training program review

Sunday:

AM- Pole Hike - Sneak preview of Rainbow Resort xc ski trails, the home of Rainbow Rendezvous races in Dec. and March and the Pole Pedal Pant Winter Triathlon race in March

Cost per person:

\$300 for lodging and clinic and all amenities included

\$50 for meals (optional)

Registration form

Name _____ Age _____ Gender _____ Entry Fees
Address _____ Phone _____ Basic fee \$300 _____
City/State _____ Zip _____ D.O.B. _____ Meals \$50 (optional) _____
Email _____ Total Payment _____

Consent/Liability Waiver: I hereby absolve and hold harmless the organizers, the sponsors, Rainbow Resort, Subaru Factory Team, and all officials and volunteers/staff from any and all liability incurred by me while participating in the 2005 Subaru Factory Team Summer/Fall XC skiing Camp. I further provide this Agreement also applies to my heirs, executors, and assignees.

Signature _____ Make check payable to:
(Parent if participant is a minor)

Mail to:

Rainbow Resort, Inc.
4830 Yorktown Lane
Plymouth, MN 55442

Date _____