



**3RD ANNUAL
XMAS-NEW YEAR WEST ITASCA™
SKI FEST/CAMP, DECEMBER 26-28, 2007**

Come and join us for this on-snow technique oriented xc ski camp and preview of the upcoming JOQ race course, and many other RAINBOW RESORT xc skiing, duathlon, triathlon race courses and disc golf tournament course. The camp includes one day of instructions on both classic and skate techniques and waxing tips, and two days of skiing and time trials (5k/15k/30k of classic skiing race and 5k/15k/30k of skate skiing race on the first day and the third day).

The ski fest/camp agenda and coaching staff are as follows:

Wednesday (December 26):

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| Noon-5pm: | Ski Fest check-in/registration/orientation
(1-Day ski pass or 3-Day ski pass) |
| 1pm-5pm: | Time Trial 5K, 15K, and 30K xc skiing (skate and classic, registration, noon-12:45pm, race starts at 1pm) |
| 1pm-5pm: | Family/group tour of the newly added back-country xc skiing trails, other amenities (ice-skating, sledding, snowshoeing, ice-fishing, disc golf, etc.) |
| Noon-8pm: | Lodge is open for hot cider, coffee, soft drinks, pizza, soup, food from a short order grill, etc. |

Thursday (December 27):

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| 9am-5pm: | Ski Fest check-in/registration/orientation
(1-Day ski pass or 3-Day ski pass, the 3-Day ski pass can extend to December 29) |
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- 9am-5pm: Ski clinic includes:
 AM – Classic Techniques and On-site Video and Analysis (about 3 hours)
 PM –Skate Techniques and On-site Video and Analysis (about 3 hours)
 Indoor workshop/seminar (about 1 hour)
- 9am-5pm: Family/group tour of RAINBOW RESORT ski race courses, JOQ race course, back-country xc skiing trails, other amenities (ice-skating, sledding, snowshoeing, ice-fishing, disc golf, etc.)
- 9am-8pm: Lodge is open for hot cider, coffee, soft drinks, pizza, soup, food from a short order grill, etc.

Friday (December 28):

- 9am-5pm: Ski Fest check-in/registration/orientation (1-Day ski pass or 3-Day ski pass, the 3-Day ski pass can extend to December 30)
- 9am-noon: Time Trial 5K, 15K, and 30K xc skiing (skate and classic, registration 8am-8:45am, race starts at 9am)
- 9am-5pm: Family, group tour of 6K, 10K, and back-country xc skiing and snowshoeing trails, movies, and other amenities (ice-skating, sledding, snowshoeing, ice-fishing, disc golf, etc.).

*A Day pass includes the use of resort ski trails, snowshoeing trails, ice-skating rink, sledding, disc golf trails, and lodge facilities

* Ski wax room is open all three days – no waxing in the cabins or any other areas

Coaching Staff (coaches for beginning level, intermediate level, and elite level):

Caitlin Compton – U.S. Biathlon Team, former Subaru Factory Team and CXC Team member

Melinda Silbernack (10+ years of Birkie and Vasaloppet elite skier, World Class triathlete and marathoner, numerous age group wins, coaching for xc skiing Junior Olympic Program and many master skiers, xc ski race director for Elm Creek xc ski race series, 20+ years of teaching and coaching for health and PhyEd)

Jill Troutner -- former USA biathlon team member, skiinyski.com team member, and skiing and running coach)

Registration Form

Name _____ Age _____ Male Female (circle one)
Address _____ Phone _____
City/State _____ Zip _____
Date of Birth _____ Skiing Level _____ (Beginner, Intermediate, Advanced)
Email _____

Registration Fees

Received by Nov. 30, 2007 \$10 (1-Day pass and 1 Time Trial fee)
\$25 (3-Day pass and 2 Time Trial fees)
\$150 (Ski Clinic with a 3-Day pass)

Received by Dec. 15, 2007 \$15 (1-Day pass and 1 Time Trial fee)
\$40 (3-Day pass and 2 Time Trial fees)
\$180 (Ski Clinic with a 3-Day pass)

Make check payable to Rainbow Resort, Inc. and mail it to:
Rainbow Resort, Inc., 4830 Yorktown Lane, Plymouth, MN 55442

Consent/Liability Waiver: I hereby absolve and hold harmless the organizers, RAINBOW RESORT, Inc, sponsors, staff, coaches, volunteers from any and all liability incurred. I further provide this Agreement also applies to my heirs, executors, and assignees.

Signature _____ Date _____
(Parent if participant is a minor)