

**Christmas - New Year
West Itasca Winter XC Ski Festival**

Monday, December 26, Through Wednesday, December 28, 2005

This cross country ski festival will be held at Rainbow Resort, west of Itasca State Park and east of Waubun, MN. The festival will include on-snow cross country ski camp for both skating and classic, techniques, seminars, video, food, drinks, time trials and more.

For more information go to www.rainbowresort.com or contact Amy at 612-991-4912 or info@rainbowresort.com



www.rainbowresort.com

*Year-Round
Family Vacation Resort*

Rainbow Resort®

36571 County Highway 35
Waubun, MN 56589

Call Toll Free: 888-734-1140

Agenda (wax rooms are open all three days from 6am-midnight – please, no wax in the cabins or any other areas):

Monday (December 26):

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|-----------|--|
| Noon-8pm: | Ski Fest check-in/registration/orientation
(1-Day ski pass or 3-Day ski pass) |
| 2pm-3pm: | Time Trial(s) registration |
| 3pm-5pm: | Time Trial 5K xc skiing (skate and classic) |
| 3pm-8pm: | Family/group tour of the newly added 5K
back-country xc skiing and snowshoeing trails,
movies, and other amenities (ice-skating, sledding,
snowshoeing, ice-fishing, disc golf, broom ball
game, etc.) |
| 7pm-8pm: | Wax Clinic |
| Noon-4pm: | Demo (ski equipment, wax, clothing, etc.) |
| Noon-8pm: | Lodge is open for hot cider, coffee, soft drinks,
pizza, soup, food from a short order grill, etc. |

Tuesday (December 27):

- 8am-8pm: 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)
- 9am-8pm: 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)
- 8am-8pm: Family/group tour of the newly added 5K back-country xc skiing and snowshoeing trails, movies, and other amenities (ice-skating, sledding, snowshoeing, ice-fishing, disc golf, broom ball game, etc.)
- 10am-4pm: Demo (ski equipment, wax, clothing, etc.)
- 8am-8pm: Lodge is open for hot cider, coffee, soft drinks, pizza, soup, food from a short order grill, etc.

Wednesday (December 28):

- 8am-9am: 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-10am: Time Trial registration
- 10am-noon: Time Trial 5K xc skiing (skate and classic)
- 3pm: Ski Fest adjourn/check-out
- 8am-3pm: Family/group tour of the newly added 5K back-country xc skiing and snowshoeing trails, movies, and other amenities (ice-skating, sledding, snowshoeing, ice-fishing, disc golf, broom ball game, etc.)

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

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

Melinda Silbernack (10+ years of Birkie and Vasaloppet Elite skier, World Class Triathlete, numerous age group wins, coach for xc skiing Junior Olympic Program and many Master skiers, xc ski race director, 20+ years of teaching and coaching for Health and PhyEd)

Ahvo Taipale (World Class xc skier and coach for many elite skiers including Chad Giese, Univ. of Minnesota Women's team (two national titles) and many Master skiers, xc ski race director, Finnish ski coach association member, and owner of FinnSisu xc ski store in St. Paul, MN)

Subaru Factory Team member (SFT is a World Class xc ski team represented by members of U.S. Olympic Team and 2006 Olympic Trial Team members)

Registration Form

Name _____ (Print) Age _____ Male Female (circle)

Address _____ Phone _____

City/State _____ Zip _____

Date of Birth _____ Skiing Level _____ (Novice, Middle, Elite)

Email _____

Registration Fees

By Nov. 30, 2005	\$5 (1-Day pass only)	_____
	\$10 (3-Day pass only)	_____
	\$10 (1-Day pass with one Time Trial)	_____
	\$15 (3-Day pass with two Time Trials)	_____
	\$100 (Ski Clinic with two Time Trials and a 3-Day pass)	_____
By Dec. 15, 2005	\$10 (1-Day pass only)	_____
	\$20 (3-Day pass only)	_____
	\$20 (1-Day pass with one Time Trial)	_____
	\$30 (3-Day pass with two Time Trials)	_____
	\$125 (Ski Clinic with two Time Trials)	_____
Same Day	\$10 (1-Day pass only)	_____
	\$20 (3-Day pass only)	_____
	\$20 (1-Day pass with one Time Trial)	_____
	\$30 (3-Day pass with two Time Trials)	_____
	\$150 (Ski Clinic with two Time Trials)	_____

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

Consent/Liability Waiver: I hereby absolve and hold harmless the organizers, the sponsors, vendors, Rainbow Resort, Subaru Factory Team, and all officials and volunteers/staff from any and all liability incurred by me while participating in the 2005 West Itasca Christmas-New Year XC Ski Festival. I further provide this Agreement also applies to my heirs, executors, and assignees.

Signature _____
(Parent if participant is a minor)

Date _____