

**WEST ITASCA™**  
**Christmas - New Year**  
**XC Ski Camp**

**Tuesday, December 26 Through Thursday, December 28, 2006**

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 contact  
**Amy Xu** at **612-991-4912** or  
[info@rainbowresort.com](mailto:info@rainbowresort.com)



*Year-Round*  
*Family Vacation Resort*

**Rainbow Resort®**  
36571 County Highway 35  
Waubun, MN 56589

Call Toll Free: 888-734-1140

**Agenda:**

Tuesday (December 26):

- |            |   |
|------------|---|
| Noon-8pm   | Ski Fest check-in/registration/orientation<br>(1-Day ski pass or 3-Day ski pass)                      |
| 2pm-3pm    | Time Trial(s) registration  |
| 3:30pm-5pm | Time Trial 5K xc skiing (skate and classic)   |
| Noon-8pm   | Skiing, back-country skiing, ice-skating, sledding,<br>snowshoeing, ice-fishing, disc golf, etc.      |
| Noon-8pm   | Lodge is open for hot cider, coffee, soft drinks,<br>pizza, soup, food from a short order grill, etc. |

Wednesday (December 27):

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

Thursday (December 28):

- |              |  |
|--------------|--|
| 8am-noon     | Ski Fest check-in/registration/orientation<br>(1-Day ski pass or 3-Day ski pass, the 3-Day ski pass can extend to December 30) |
| 9am-10am     | Time Trial registration  |
| 10:30am-noon | Time Trial 5K xc skiing (skate and classic)  |
| 8am-5pm      | Skiing, back-country skiing, ice-skating, sledding, snowshoeing, ice-fishing, disc golf, etc.                                  |
| 8am-5pm      | Lodge is open for hot cider, coffee, soft drinks, pizza, soup, food from a short order grill, etc.                             |

***\*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 from 8am-10pm – No wax are allowed in the cabins or any other areas***

## Coaching Staff (beginning level, intermediate level, and advanced level):

**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 ski programs, race director for Elm Creek xc ski race series, 20+ years of teaching and coaching for health and PhyEd)

**Chad Giese** (World Class xc skier, Subaru Factory XC Ski Team member, four consecutive Mora Vasaloppet winner, four consecutive City of Lakes Loppet winner, numerous national title winners, coach and speaker for many known xc ski programs, including FinnSisu xc ski program, Gear West xc ski program, Rainbow Resort xc ski program, etc.)

**Ahvo Taipale** --TBD (World Class xc skier and coach for many elite skiers including Chad Giese, University 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 XC Ski Team member** – TBD (SFT is a World Class xc ski team represented by members of U.S. Olympic Team and 2006 Olympic Trial Team members)

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### Registration Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Male Female (circle one)

Address \_\_\_\_\_ Phone \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Skiing Level \_\_\_\_\_ (Beginner, Intermediate, Advanced)

Email \_\_\_\_\_

### Registration Fees (circle one)

Received by Nov. 1, 2006    \$5 (1-Day pass)  
  \$10 (3-Day pass)  
  \$15 (one Time Trial)  
  \$25 (two Time Trials)  
  \$150 (Ski Clinic, two Time Trials and a 3-Day pass)

Received by Dec. 1, 2006    \$10 (1-Day pass)  
   \$20 (3-Day pass)  
   \$20 (one Time Trial)  
   \$30 (two Time Trials)  
   \$150 (Ski Clinic, two Time Trials and a 3-Day pass)

Received after Dec. 1, 2006    \$10 (1-Day pass)  
   \$20 (3-Day pass)  
   \$25 (one Time Trial)  
   \$40 (two Time Trials)  
   \$175 (Ski Clinic with two Time Trials and 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, the sponsors, vendors, Rainbow Resort, Subaru Factory Team, and all officials and volunteers/staff/coaching staff from any and all liability incurred by me while participating in the 2006 West Itasca Christmas-New Year XC Ski Festival. I further provide this Agreement also applies to my heirs, executors, and assignees.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent if participant is a minor)

Print Name \_\_\_\_\_