



**5TH ANNUAL
XMAS-NEW YEAR WEST ITASCA™
SKI FEST/CAMP, DECEMBER 26-28, 2009**

Come and join us for this on-snow technique oriented xc ski camp and ski the 2008-2009 Junior Olympic Qualifying race courses, 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 of the SKI FEST).

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

Saturday (December 26):

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| Noon-5pm: | Ski Fest check-in/registration/orientation |
| 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-7pm: | Lodge is open for hot cider, coffee, soft drinks, pizza, soup, food from a short order grill, etc. |

Sunday (December 27):

- 9am-5pm: Ski Fest check-in/registration/orientation
- 9am-5pm: Ski clinic/camp includes:
Classic Techniques (2.5 hours);
Skate Techniques (2.5 hours);
Indoor workshop/seminar
- 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-7pm: Lodge is open for hot cider, coffee, soft drinks, pizza, soup, food from a short order grill, etc.

Monday (December 28):

- 9am-5pm: Ski Fest check-in/registration/orientation
- 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.).
- 9am-7pm: Lodge is open for hot cider, coffee, soft drinks, pizza, soup, food from a short order grill, etc.

*The clinic fee (\$50 per 2.5-hour session; or \$40 for past clinic attendee or skier age under 19) covers 2-day Rainbow Resort Day Pass (a \$10 value) which includes the use of all resort ski trail system, snowshoeing trails, ice-skating rink, sledding, disc golf trails, and lodge and wax facilities

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

Coaching Staff are highly experienced xc ski coaches and elite skiers for both skate and classic techniques. All levels (beginners or advanced or elite) are welcome.

Clinic/Camp Registration Form

Name _____ Age _____ Male Female (circle one)

Address _____ Phone _____

City/State _____ Zip _____

Date of Birth _____ Skiing Level _____ (Beginner, Intermediate, Advanced)

Email _____

Costs: \$50 per 2.5-hour instruction fees; or \$40 for past clinic attendee or skier age under 19. Payable to Rainbow Resort, Inc.

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)