



Nordic Ski Clinic Classic & Skate Technique Featuring 12-time national champion, 3-time Olympian & national ski marathon athlete **John Bauer**



ROSSIGNOL 

ONEWAY
THE AUTHENTIC NORDIC SPORTS BRAND

RUDY
PROJECT

Friday, December 9, 2011:

Wax Clinic, 6:30-7:30pm

Location: TrekNorth Jr/Sr High School
2520 Hannah Ave NW near Simonson Market

Learn to properly apply Toko waxes for race conditions. Perfect for the entry level racers Free.

Saturday, December 10, 2011:

Ski technique clinic for citizen racers at all levels with John Bauer

Buena Vista Ski Area

9:00-10am – Check-in, 2nd floor chalet

10am-12pm – Classic race technique

12-1pm – Lunch, on your own

1pm-3pm – Skate race technique

Cost: \$50 plus current Bemidji Area Cross Country Ski Club membership, \$10

- Prepayment required. Non-refundable but you can send a substitute.
- Registration information and forms available at our website: <http://bemidjicrosscountryski.org/>

For more information and to reserve your place call Jon Shorter at 218-751-5317. Clinic sponsored by the Bemidji Area Cross Country Ski Club.



BUENA VISTA 