



**Get a jump on XC ski season with Dryland Training!**  
**Increase ski specific strength and refine your technique before the snow flies!**

**-Dryland Training includes:** Technique instruction with emphasis on correct body position and biomechanics for both classic and skate skiing using unique ski drills, hill bounding, nordic walking, trail jogging, plyometrics, ski specific strength and balance exercises.  
Equipment needed: shoes for trail jogging, hiking poles (classic length or slightly shorter, chest height is ideal), positive attitude. That's it!☺

**How is KarenB Training XC Program unique?** I incorporate pilates fundamentals to increase core strength and build a mind-body connection that is helpful for success in all sports and daily life. I am an experienced coach, multisport competitor with decades of experience, certified group fitness instructor, and a Mom who brings a colorful approach to training & racing. I may break into spontaneous dance to loosen up the hips...and have fun.

**2 Hour Clinic Saturday, October 26**

**9:00-11:00am** Wirth Beach, 3200 Glenwood Ave N, Minneapolis 55422

**6 Week Dryland sessions October 15 – November 23**

**Wednesdays 12:15 – 1:30pm** Wirth Beach, 3200 Glenwood Ave N, Minneapolis 55422

**Fridays 7:15 -8:30am** Wirth Beach\* & French Park\*, 12605 Rockford Rd, Plymouth 55441

\*the number of sessions at each location TBD by group vote

**Registration Details: Cost: \$20 for the Oct 26 clinic or \$110 for either 6 week session**

Register early. Class size limited to 8 with a minimum of 4. Space is reserved upon receipt of payment.

Make up classes are allowed in another session with coach permission based on space.

Email [karenbebchuk@gmail.com](mailto:karenbebchuk@gmail.com) to reserve your spot. Then mail the attached signed registration form and a check (payable to Karen Bebchuk) at 15519 60<sup>th</sup> Ave N, Plymouth, MN 55446

**Private and Semi Private sessions** are available, 7 days a week by appointment. Contact Karen to schedule private/semi private lessons or to create your own small group session. Roller ski lessons too (equipment available for use during class)!

**KarenB Training**

**Karen Bebchuk, Performance Coach, Personal Trainer, Group Fitness Instructor USAF, ACE, and The Method Pilates certified**

[karenbebchuk@gmail.com](mailto:karenbebchuk@gmail.com) Cell: 612-210-1601

## KarenB Training Fall 2013 Session Registration Form

Name \_\_\_\_\_ Male/Female \_\_\_\_\_ Age \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Cell \_\_\_\_\_ Secondary phone \_\_\_\_\_  
Emergency contact and phone \_\_\_\_\_

### **Circle Day(s). Session dates are Oct 15 - Nov 23, 2013**

Wednesday Oct 15 - Nov 13, 12:15 - 1:30pm Wirth Beach, Minneapolis

Friday Oct 18 - Nov 15, 7:15 - 8:30am Wirth Beach/French Park, Plymouth

Saturday Oct 26 9:00-11:00am Wirth Beach, Minneapolis

### **Registration Details: Cost: \$20 for Sat clinic or \$110 for 6 week sessions**

Registration deadline is Oct 18, or when class fills. We will train in light rain.

Class size limited to 8 with a minimum of 4. Space is reserved upon receipt of payment.

Make up classes are allowed in other sessions with coach permission based on space.

Email [karenbtraining@gmail.com](mailto:karenbtraining@gmail.com) to reserve your spot. Then mail this signed registration form and a check (payable to Karen Bebchuk) at 15519 60<sup>th</sup> Ave N, Plymouth, MN 55446

### **WAIVER AND RELEASE OF LIABILITY**

**Identification of Risk.** I, \_\_\_\_\_, know that physical training for cross country skiing, running, biking, general fitness or strength involves risk of injury or property damage, which includes serious injury, including permanent disability and death. I understand that these injuries might result not only from my actions, but the actions, inactions, or negligence of others.

**Assumption of Risk.** I agree that I am responsible for my health and safety while training for and participating in cross country skiing, running, biking, general fitness and strength training, including any other sports or exercises I may participate in to further my training. I assume all risks, both known and unknown, connected with my participation. I understand that any physical training program should only be undertaken after a full examination by, and receipt of permission from, my doctor.

**Waiver.** Being aware of the risks and willing to assume them, I waive, release, and hold Karen Bebchuk, KarenB Training or SAC LLC, and owners/lessors of used premises from all claims for liability, injury, loss, wrongful death or property damage connected with my training plan and program and the exercises and sports that I undertake in order to further my training. I intend for this waiver and release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns.

**Insurance.** I currently have, and agree to maintain throughout the time I participate, sufficient medical and accident insurance. I understand that this is my responsibility and release any one else from providing it for me.

**I have read this agreement and waiver carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.**

X \_\_\_\_\_ Date \_\_\_\_\_

**KarenB Training**  
Private and small group training for XC ski, strength and fitness  
cell: 612-210-1601 [karenbebchuk@gmail.com](mailto:karenbebchuk@gmail.com)