

Sunday September 30th 8am Rollerski/ Pole Hike  
Clinic with Team Gregg

Presented by:

Timber Ford of Hayward  
w/ Free Yoga from Velō Cafe

**When:** 8 am Sharp, Sunday, September 30<sup>th</sup>

**Where:** Ideal Market in Cable, WI

**What:** 30 min Freestyle Rollerski Technique Clinic followed by an OD Rollerski or Pole Hike...Yoga optional afterwards.

**Cost:** Free (Thanks to Timber Ford of Hayward)

**Bring:** Helmet, Water Bottle, Skate Poles, Skate Boots, Skate Rollerskis, Running Shoes and Hiking Poles.

**Bonus:** This year we are also partnering with Velō Café in Hayward to offer a FREE Yoga Class at 10:30 AM – So if you are not up to 3.5 hours of skiing come join us for some stretching and relaxation!

**After:** Join us at the Velō café for some delicious food and drink (conversation included – food and drinks are on your own)

Join Olympian and 5x American Birkebeiner Champion Caitlin Gregg and Olympian Brian Gregg for a short Freestyle roller ski technique clinic on Sunday morning to shake out your legs from the Birkie Trail Run and Trek. Learn the latest on technique developments from a World Championship medalist. After the Clinic at 8:30 am join Brian for an over distance roller ski from Cable out Lake Owen Drive towards Drummond and back or join Caitlin for a pole hike/ jog on the North End Trails (we will drive over together after the 8AM Clinic).

## Update on Team Gregg:

Brian is working full-time but continues to train early in the morning and late evenings as he prepares for the 2019 World Championships and 2019 American Birkebeiner. Caitlin is 5.5 months pregnant (and is due Birkie 2019) but hasn't slowed down and is eyeing another Birkie win in 2020.

Below is a map of our route. The 8 am clinic is open to all abilities; those planning to join for the 8:30am over distance roller ski workout should be prepared to be self-sufficient. The over distance roller ski will be led by Brian and would be classified as a drop ride ;) Come get ready for the next American Birkebeiner with us for as little or as long as you like. We plan to ski for 3.5 hours and pole hike for 2 hours.

## Rollerski Route:

