

Roller Ski Clinic

Lead by Craftsbury Green Racing Project Athlete

MICHAELA KELLER-MILLER

Join us **Saturday, July 23rd** at **Long Lake Regional Park** from **8-10am**.

This free clinic is intended for intermediate to advanced roller skiers - it is not suitable for beginners or individuals new to roller skiing. We will be **skate skiing**, so bring your skate or combi roller skis.

Michaela will be leading skiers through various coordination and stability exercises, along with working on refining your technique. We will be skiing in the parking lot, as well as on the surrounding paved Rice Creek trails. Please bring your own **skate roller skis**, boots, poles, water bottle, and helmet, as we will not be providing equipment.

After the roller skiing has wrapped up, there will be time for questions and answers with Michaela. This would be a perfect opportunity to hear about her recent classic distance win at the Shoreline Sprints, and her second place finish in the skate sprint race! Or learn more about her race strategies, overcoming injury, what day to day training looks like for a Craftsbury athlete, how her ski career began, etc. - really the time is yours. There will also be a small raffle full of Finn Sisu and Marwe goodies! Additionally, some nutrition products will be provided by JoJe Bar and SaltStick!

Bring your friends and positive energy for a great morning of roller skiing!

Please register using the following link:

<https://www.eventbrite.com/e/skate-roller-ski-clinic-tickets-385912634077>



finnsisu



MARWE

Pro **Roller Skis**



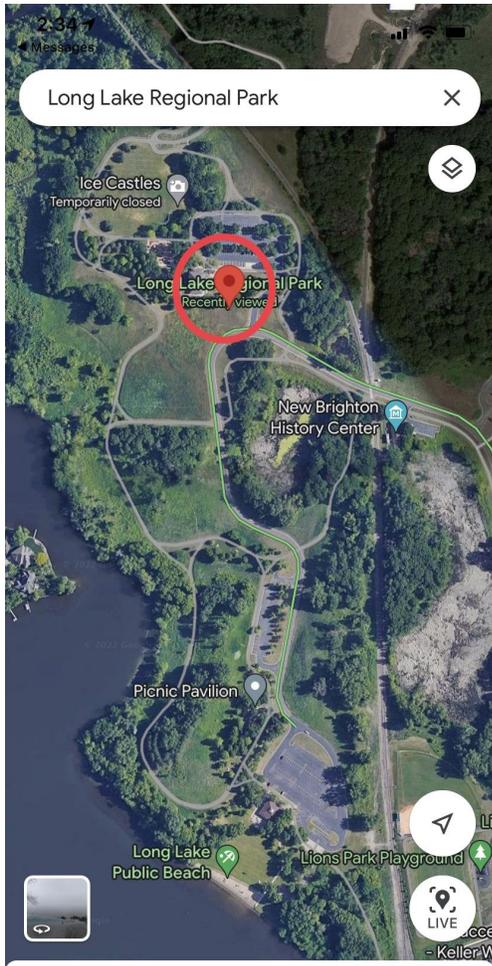
Craftsbury
**GREEN
RACING
PROJECT**

JoJé Bar
Simply the best tasting bar



Can't wait to see you there,
Michaela and the Finn Sisu Staff

We will be utilizing the parking lot at the Long Lake Regional Park, and meeting at the lot circled in red (google map link below image). Entrance to this parking lot is off of Old Highway 8 NW. We ask that you please park on the south side of the lot closest to the restroom building, as we will be using the rest of the parking lot for roller skiing.



Long Lake Regional Park

Long Lake Regional Park

<https://goo.gl/maps/n5eor4uAqBozZolu9>