



MBSEF ALPINE NORDIC CROSSOVER 2011/2012

Is your child looking for a great way to improve his or her skiing or snowboarding? How about a top finish in the 2012 May Day races? Try mixing cross country skiing into the usual mountain routine by joining the MBSEF Alpine Nordic Crossover Team.

Many program participants have had top age class results in previous May Day Races at Mt. Bachelor and the popular Oregon 4-Way Championships at Mt. Hood with the skills they developed in the Crossover program. By the end of the Crossover program, your young skiers and riders will be able to navigate a variety of terrain more efficiently, explore different trails, and best of all they will have a new sport - cross country skiing - to call their own.

The Alpine Nordic Crossover Program is designed for any Alpine and Snowboard athletes. It is a non-competitive, fun-oriented program designed to familiarize skiers and riders with cross country skiing.

Crossover athletes will practice classic technique in Session I, and skate technique in Session II.

Session I - Classic

\$60

1:00-2:30pm

Tuesday Dec 20, Sunday Jan 8, 15, 29

Get ready for the Oregon 4-Way Championships!

Session II - Skate

\$120 (\$75 Sundays only, \$45 Wednesdays only)

Sundays 1:00-2:30pm March 4, 11, 25, April 8, 15

Wednesdays 3:30-6:00pm April 4, 11, 18

Get ready for May Day Race and Pole Pedal Paddle!

Athletes meet at the Mt. Bachelor Nordic Center Session I from 1:00 to 2:30 p.m., meet at the Mt. Bachelor Nordic Center Session II from 1:00-2:30 p.m. Sundays, and meet at MBSEF Session II on Wednesdays, van departs at 3:30 and returns at 6:00pm.

Participants are responsible for their own trail passes and equipment. Equipment rentals are available at Sunnyside Sports and the Mt. Bachelor Nordic Center.

To enroll, email MBSEF at mbsef@mbsef.org, call 541-388-0002, or fill out and mail the following:

Participant Name _____ Age _____ Phone _____

Address _____

Email _____

Circle One: Session I Session II Sun and Wed Session II Sun Only Session II Wed Only

Payment Information (Circle One) Visa MC Check # _____

Credit Card # _____ Sec. Code _____ Exp Date _____

MBSEF

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