



# MBSEF ALPINE NORDIC CROSSOVER 2019

Is your child looking for a great way to improve his or her skiing or snowboarding? How about a top finish in the 2019 May Day races? Try mixing Nordic 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 - Nordic skiing - to call their own.

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

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

Session I - Classic  
\$ for 2 sessions  
1:30-3:00pm Sunday March 4  
1:20-4:30 Wednesday March 7  
Get ready for the Oregon 4-Way Championships!

Session II - Skate  
\$75 Sundays 1:30-3:00pm for 3 sessions  
Meet at the Nordic Center March 31, April 7, 14  
Get ready for May Day Race and Pole Pedal Paddle!

Athletes meet at the Mt. Bachelor Nordic Center for Sunday Session I Classic. Meet at the MBSEF office Session I Wednesday for 1:20pm departure in MBSEF van. Van returns back to MBSEF office at 4:30pm Wed.

Session II Skate Sundays meet at the Mt. Bachelor Nordic Center.

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, sign up online, email MBSEF at [mbsef@mbsef.org](mailto:mbsef@mbsef.org), call 541-388-0002, or fill out and send in the following:

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ d.o.b. \_\_\_\_\_

Circle One:    Session I Classic 1 Sunday/1 Wednesday        Session II Skate Sundays

Payment Information (Circle One)    Visa        MC        Check # \_\_\_\_\_

Credit Card # \_\_\_\_\_ Sec. Code \_\_\_\_\_ Exp Date \_\_\_\_\_

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