

Midwest Nordic Rendezvous



When: January 7 & 8, 2017
Guest Instructor: Greg Rhodes

Where: Timber Ridge Resort
4050 Hammond Rd. E
Traverse City, MI 49686

Greg Rhodes, a Minnesota native, grew up cross country skiing. He was All-American Nordic at Carleton College, and owns Endurance Athlete. He has a PhD in exercise physiology and is PSIA-certified in the areas of Nordic, Telemark, Alpine, and Snowboard. Greg has a passion for teaching and living an active lifestyle, and continues to compete in various endurance athletic events, including 13 Elite Wave Birkie Classic races. He is an instructor at the West Yellowstone Ski Festival and frequently speaks on nutrition, strength training, and current trends and skills in Nordic skiing. Join us for an on-snow clinic and/or a ski social with Greg Rhodes presenting, and MORE!

Schedule of Clinics & Events

Youth & Adult Programs

- Saturday January 7, 8:30 - 10:30am, All Area High School Skiers - Free
- Saturday January 7, 11 – Noon, Middle School Skiers (age 12 and up) - Free
- Saturday January 7, Noon-1pm, Adult Beginners - \$25 (includes trail pass but not equipment rental)

Skier Social and Presentation

- Saturday January 7, 5:30pm – 7:30pm, light meal and drinks provided or BYOB. Greg Rhodes presentation: Current Trends in Technique, Nutrition, and Training in Nordic Skiing.

MI Cup Team Clinics

Fees: Adult \$25/clinic or two clinics for \$40 (includes trail pass but not equipment rental)

- Sunday January 8, 8:00am -10:00am, Intermediate Classic
- Sunday January 8, 10:15am – 12:15pm, Intermediate Skate
- Sunday January 8, 1:00pm - 3:00pm, Advanced Classic
- Sunday January 8, 3:00 - 5pm, Advanced Skate

Name: _____ Age: _____ Phone: _____

MI Cup Team (if applicable): _____ E-mail: _____

Check the box for clinic choice(s). Early Registration is recommended.

Make checks payable to Vasa Ski Club & mail to Ella, c/o Timber Ridge (address above).

Please check e-mail frequently for possible schedule changes and current ski conditions.

For further information: amy68fly@yahoo.com

**Greg Rhodes, PSIA
National Team
Nordic Specialist**



January 6 -8, 2017
Traverse City, Michigan
Timber Ridge Nordic Center
Saturday: High School Skier Clinic &
Beginner Clinic
530pm Saturday Speaker
Presentation; open to all xc skiers
Sunday: Master Ski Clinics



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Fees: Adult \$25/Clinic or Two Clinics for \$40 (includes trail pass)
High School & Junior Skiers FREE