

Spokane Nordic Calendar 2011-12

**unless noted, all events are at the Mt. Spokane Nordic Ski Area*

Dec 17	Great Scott Ski Race, Schweitzer Mtn. Resort
Dec 18	Lessons (by Ski Team) for all ages
Dec 31	Lessons (by Ski Team) for all ages
Jan 1	Lessons (by Ski Team) for all ages
Jan 7	Nordic Kids ski lessons
Jan 14	Nordic Kids ski lessons Adult ski lessons
Jan 21	Nordic Kids ski lessons Cougar Gulch Ski Race, Schweitzer Mtn. Resort
Jan 28	Nordic Kids ski lessons Adult ski lessons
Feb 4	Nordic Kids ski lessons Adult ski lessons
Feb 5	Souper Bowl
Feb 11	*no Nordic Kids ski lessons
Feb 12	Langlauf
Feb 18	*no Nordic Kids ski lessons Junior National Qualifier race preparation
Feb 19	Junior National Qualifier race
Mar 3	Nordic Kids potluck and games

Nordic Kids Ski Lessons

Nordic Kids ski lessons start January 7. Sign up your kid, tell a friend, and come volunteer! More information will be available soon at spokaneNordic.org for more info, or contact tliaboe@hotmail.com.

All-Ages Ski Lessons

The Spokane Nordic Ski Team will offer lessons on Dec. 18, Dec. 31 and Jan. 1. Lessons are available for all ages and skill levels, in both skate and classic technique. Donations to the ski team are welcome. To arrange times, contact George Bryant at selkirkxc@yahoo.com.

Adult Ski Lessons

New to cross-country, or looking to tweak those techniques? Adults ski lessons are available for SNSEF members at the Mt. Spokane ski area January 14, 28 and 4th. Times and costs will be available soon!

Sno-Park pass

As with previous years, you will need a Sno-Park pass to use the parking lot for the trails. The prices are again the same as last year; \$20 per day, or \$80 for the season (\$40 pass and \$40 special grooming permit). The passes are good for one vehicle only; you cannot transfer the pass between vehicles. This is still an excellent value compared to any other recreation and encourages carpooling. The Sno-Park pass is what pays for all the parking lot snow removal and all our grooming. State funds pay for Selkirk Lodge maintenance, rest rooms, etc. Of course Spokane Nordic helps groom, advocates for skiers at the local and state level, expands our trail system, teaches kids, works to obtain a new grooming machine, and more!

Directions to Mt. Spokane Nordic Ski Trails

Mt. Spokane State Park has one main entrance at the end of State Road 206, otherwise known as Mt. Spokane Park Drive, about 15 miles east of U.S. Hwy 2. The Park office is just inside the boundary on the left. This Nordic area is a little over 3 1/4 miles up the paved road from the main entrance. Follow the main road to the top where the summit road goes left (often gated and unrecognizable in winter) and the road to the alpine ski area goes straight and downhill. The road leading up to the Selkirk Lodge and Nordic Ski area is on the right, running through the snowmobile/hiker parking lot.



Spokane Nordic
Ski Education Foundation

The Spokane Nordic Ski Education Foundation is your very own non-profit group that works with the Mt. Spokane State Park on trail grooming, sponsors Spokane Nordic Kids and the Mt. Spokane Nordic Racing Team, makes facilities improvements and keeps an eye on the future of the Mount Spokane Nordic Area.

SPOKANE NORDIC SKI EDUCATION FOUNDATION

Membership and Donation Form

Spokane Nordic Ski Education Foundation **teaches** all ages how to Nordic (cross-country) ski, **develops and maintains** the Mt. Spokane Cross-Country Ski Park (in cooperation with Mt. Spokane State Park and other agencies), **hosts** ski competitions, and **informs** the community about cross-country ski developments.

SNSEF is member-funded. Your involvement promotes the Foundation's efforts and brings you into a vibrant community that celebrates health, fitness, family and the great outdoors. SNSEF members receive informative newsletters, are invited to special events, have opportunities for ski lessons, meet-up groups, and more!

Become a Member

Yes! I want to become a member of the Spokane Nordic Ski Education Foundation.

** Membership runs July - June*

___ 2011-12 membership: \$30 (include payment as directed below)

Name: _____	Additional family members: _____	Age (children) _____
Address: _____	_____	_____
_____	_____	_____
Phone: _____	_____	_____
Email: _____	_____	_____

Become a Donor

Yes! I want to support Spokane Nordic Ski Education Foundation (SNSEF) through:

___ New Trails and Grooming Fund: Help fund trail maintenance and upkeep of the grooming machine. Trail expansion is in the works!	\$ _____
___ Nordic Kids: Your support gives children and their parents the opportunity to learn, develop and enjoy cross-country skiing skill together. Parents and other adult volunteers lead groups of kids in fun activities designed to teach the fundamentals of skiing.	\$ _____
___ Racing Team: Support the Nordic racing team at Mt. Spokane. SNSEF hosts Junior Nationals trials for aspiring racers throughout the region.	\$ _____
___ Susie McDonald Fund Student Scholarship: Help provide ski lessons and equipment for families who need a little financial assistance.	\$ _____

Date: _____ Total SNSEF Contribution \$ _____

In signing and submitting this form, I recognize that cross-country skiing involves strenuous activities, is potentially hazardous, and involves inherent risk. I knowingly and voluntarily assume all responsibility and risk for my actions and my family's actions while cross-country skiing, during travel related to Spokane Nordic Ski Education Foundation (SNSEF) activities or during use of SNSEF facilities and equipment. This includes, but is not limited to, falls collisions, effects of weather, conditions of equipment and trails and other areas while skiing or participating in SNSEF activities. I hereby for myself, my heir, administrators, or anyone else who may bring claims on my or my family members' behalf, covenant not to sue, release and discharge the SNSEF, its Board and Committee members, and all related organizations or individuals, for any and all claims of liability for death, personal injury, or property damage arising from my or my family members' participation in SNSEF activities.

Member/ Donor Signature

Date Signed

Make check(s) out to SNSEF and mail your tax-deductible membership/donation with this form to: SNSEF and mail to PO Box 501, Spokane, WA, 99210.

*SNSEF is a non-profit, 501(C)(3) organization

Learn more about our programs online at www.spokaneNordic.org

Email questions about membership and contributions to info@spokaneNordic.org