

## 2010-2011 Nordic Events Calendar

### OCTOBER

- 2..... Trail Work Day I
- 9..... Trail Work Day II
- 16..... Trail Work Day III
- 23..... Trail Work Day IV

### NOVEMBER

- 6..... Ski Swap
- 11..... Annual Meeting and Potluck Dinner
- 20..... Opening Day
- 26-28 .9th Annual Thanksgiving Training Camp
- 27..... Silent Auction Dinner

### DECEMBER

- 2..... Learn to Skate Ski for Free!
- 10..... Business Sponsor Party at the Yurt
- 11..... Citizens Race: 10K Classic Race
- 18..... Citizens Race: 10K Skate Race
- 21..... Full Moon Solstice Yurt Dinner Party
- 26..... Christmas Brunch at the Yurt
- 31..... New Years Yurt Dinner Party

### JANUARY

- 6..... Learn to Skate Ski for Free!
- 8..... Citizens Race: 15K Skiathalon
- 15..... Citizens Race: 20K Classic
- 19..... Full Moon Yurt Dinner Tour
- 22..... Citizens Race: 20K Skate & Awards Party
- 30..... Brunch at the Yurt

### FEBRUARY

- 3..... Learn to Skate Ski for Free!
- 5..... Annual Alley Loop Nordic Marathon
- 11..... CBNC Volunteer Appreciation Party
- 13..... Brunch at the Yurt
- 18..... Full Moon Yurt Dinner Tour

### MARCH

- 3..... Learn to Skate Ski for Free!
- 5..... Super Tour
- 6-11 ...International Airline Ski Federation
- 13..... Brunch at the Yurt
- 18..... Full Moon Yurt Dinner Tour
- 19..... Junior Nordic Team Progressive Bonfire Dinner
- 26..... Elk Mountain Grand Traverse
- 31..... CBNC Staff Party

### APRIL

- 3 ..... CBNC Closing Day



# 2011 CRESTED BUTTE NORDIC

Thanksgiving Camp  
Friday - Saturday  
November 26th - 27th



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[www.DownTownCrestedButte.com](http://www.DownTownCrestedButte.com)

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# Classic

Friday  
Nov 26th

Beginning Clinics: \$40 • Intermediate/Advanced Clinics \$50

## Beginning Classic - 8:30-10:30 a.m.

Totally new to cross-country skiing? Or perhaps you've given it a try a couple times in the last few years? This is a starter clinic for people looking to get comfortable on cross-country skis and learn the basics of classic style Nordic skiing. Instructor: Laura Puckett

## Intermediate Classic - 8:30-10:30 a.m.

A clinic for people with a strong base in classic skiing looking to improve their technique, find their kick zone, and be efficient in their double-poling. Instructor: Ross Matlock / Includes video analysis

## Masters Classic Race - 8:30-10:30 a.m.

This clinic is for master skiers who race several times a year and want to improve technique and race fitness. Steady double-poling and uphill diagonal striding in classic is needed as we will work to improve use of these techniques in race situations. Roller skiing during the fall and sufficient fitness to ski 10K during the camp clinic will be helpful. While all abilities are welcome, you will want to be fit enough to work on these skills during the camp. Instructor: Murray Banks

LUNCH AT NORDIG CENTER: NOON, \$5

## Advanced Classic - 1:30-3:30 p.m.

**Advanced Classic:** For advanced classic skiers ready to take it to the next level. Participants will fine tune their classic racing technique and work on developing a more aggressive style. Instructor: Ingrid Butts / Includes video analysis

## Fit for Ski Season - 1:30-3:30 p.m.

Ski faster, stronger, effortlessly, and stay injury free. Active Isolated Stretching incorporates 2-second long stretches done repetitively which specifically targets exact muscles. Developed by a kinesiologist, AIS is used by Olympic athletes to week-end warriors. All proceeds on Friday's class goes to the Nordic Center. Instructor: Bill Smith / \$20

## Wax Clinic - 4:45-5:30 p.m. - FREE

**Sponsored by Fastwax:** Curious about the mysteries of waxing? Find out the proper ski waxing techniques at this fun and informative demonstrative clinic. Bryan Wickenhauser

# Skate

Saturday  
Nov 27th

Beginning Clinics: \$40 • Intermediate/Advanced Clinics \$50

## Beginning Skate - 8:30-10:30 a.m.

Skate skiing can be an awesome workout and a great way to enjoy winter, but it's sure hard to learn on your own. If you're totally new to skate skiing or need a refresher on the fundamentals, this clinic will teach the basics of skate skiing, from stance on skis to the V1 technique. Instructor: Laura Puckett

## Intermediate Skate - 8:30-10:30 a.m.

This clinic is for people that have a strong base in skate skiing, but are still learning the complexities of skate technique. Come learn about V2 and V2-alternate techniques, hill climbing and descending, as well as working on speed and strength. Instructor: Ross Matlock / Includes video analysis

## Advanced Skate - 8:30-10:30 a.m.

This clinic is for strong skiers ready to fine-tune your skills and jump-start your racing. Participants will benefit from video analysis to help them work their technique and develop a more aggressive style. Instructor: Ingrid Butts / Includes video analysis

LUNCH AT NORDIG CENTER: NOON, \$5

## Masters Skate Race - 1:30-3:30 p.m.

This clinic is for master skiers who race several times a year and want to improve technique and race fitness. Proficiency in V1, V2 and V2-alternate is needed as we will work to improve the use of these techniques in race situations. Roller skiing during the fall and sufficient fitness to ski 10K during the camp clinic will be helpful. While all abilities are welcome, you will want to be fit enough to work on these skills during the camp. Instructor: Murray Banks

## Women's Skate - 1:30-3:30 p.m.

Come learn from one of the most expert skiers in the valley in an all-women's setting. Ingrid Butts, a former Olympian and experienced coach, will help you fine tune your skate skiing technique and develop a more aggressive style. This clinic is for women who are intermediate to advanced skiers—comfortable on their skis and ready to step it up a notch. Instructor: Ingrid Butts.

# Ancillary

Events

## Movie Night

Friday Nov. 26th - 7 p.m. - \$10

*Fire on the Mountain* tells the heroic and gripping story of America's 10th Mountain Division during World War II from their training at Camp Hale in Colorado to their campaign in Europe. A highly specialized gathering of the world's finest skiers and mountain climbers, the 10th Mountain Division was a critical force in defeating the German army in Italy. *All proceeds benefit Crested Butte Nordic.*

## Nordic Dinner & Silent Auction

Saturday Nov. 27th - 6 p.m.

Come celebrate the weekend and the advent of the Nordic season with clinic participants and the Crested Butte Nordic community at our annual pasta dinner and silent auction. Enjoy delicious fare, libations, and good company while Duane Vandenbusche regales us with "The History of Skiing in Gunnison County," a funny and engaging presentation of how skiing developed where we live and play. Don't miss the opportunity to bid on great items such as skis, packs, lodging packages, gift certificates and more!

Location: Parish Hall

Cost: \$10.00 Adults/\$5.00 Kids under 12

*All proceeds benefit Crested Butte Nordic.*

## instructors:

### Ingrid Butts

Ingrid is a three time Olympian, two time Grand Traverse women's team champion, and the 1991 American Birkebeiner women's champion.

### Ross Matlock

Ross is a PSIA Nordic and Telemark examiner and Rossignol Technical Rep.

### Murray Banks

Murray is a Masters Nordic World Champion and a top finisher of the Ironman Triathlon World Championships.

### Laura Puckett

Laura is Crested Butte Nordic's assistant manager and instructor extraordinaire. She also was an age-class winner at the American Birkebeiner.

### Bill Smith

Bill has been involved with Nordic skiing and bodywork for over two decades. He has specifically studied active isolated stretching for over four years, and freely admits that, "It has changed my life."