

# 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: \_\_\_\_\_

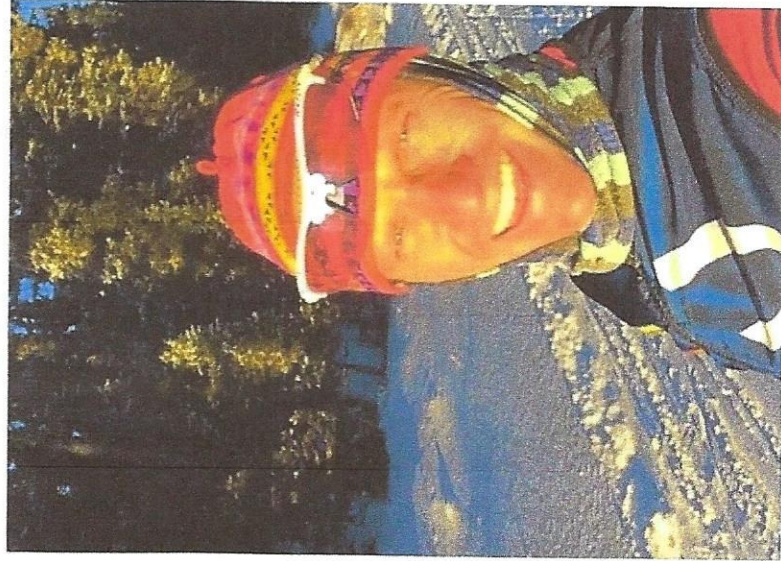
Check the box for clinic choice(s). Early Registration is recommended.  
Make checks payable to Vasa Ski Club & mail to Ella, c/o Timber Ridge (address above).  
Please check e-mail frequently for possible schedule changes and current ski conditions.

For further information: [amy68fly@yahoo.com](mailto: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**