

Crescent Race Workshop

\$60 *each*

Workshops are offered by FRENCH-SWISS SKI COLLEGE at Appalachian Ski Mtn. The \$60 price includes Slope Ticket, Workshop and Crescent Development Race Handicap.

December 5, 2010

Please call or email to let us know if you plan to attend. Fees will be collected at registration the morning of the Workshop at the French-Swiss Ski College Desk, lower level of the lodge at Appalachian Ski Mtn.

Get Ready To Race – Run gates, receive individual feedback, participate in fun races. Run more gates.

Gates, Gates, Gates – Gates, gates and more gates, timed runs and mock races. Emphasis on running courses, not instruction.

CRESCENT RACE WORKSHOP SCHEDULE

- 9:00 a.m. Sign in at the French-Swiss Ski College Desk, lower level of the lodge at Appalachian Ski Mtn., pay fees at this time
- Fill out Race Disclaimer
Receive Race Bib
- 9:45 a.m. Meet at the "Ski School Meets Here" sign in front of the lodge
- 10-12:00 p.m. First Session
Running Gates
Race Instruction
- 12:00-1:00 p.m. Lunch on your own
- 1-3:00 p.m. Second Session
Timed Runs
Practice Running Courses