



MASTERS  
COMMUNITY  
PROGRAMS

2018/2019 SEASON

Crested Butte Nordic is proud to offer SEVEN  
NEW PROGRAMS to help the local Masters  
Community ski faster and have more fun on  
our trails.

Never-ever skiers, poop-loop lappers, weekend  
warriors and veteran racers alike can learn  
from our PSIA Certified expert instructors in a  
welcoming, friendly, and encouraging  
environment. Make this the Winter you learn  
to cross-country ski better.

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# WHICH PROGRAM IS BEST FOR ME?

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## Level 1

Never-Ever: Those who have skied a few times in the past.

*"How do I put these boots into those binder things?"*

Recommended Programs - Learn to Ski for Free, Private Lessons.

## Level 2

Beginner: Skiers with some experience, minimal instruction or low fitness.

*"I can slide around on skis but want to learn how to do it right!"*

Recommended Programs - Level 2 Classic or Skate, Weekend Clinics, Womenski.

## Level 3

Intermediate: Skiers who have skied frequently, have had some coaching and know what to do, and want tips and skills to ski more efficiently and faster.

*"My friends are all faster than me and I want to be able to keep up. If I'm going to do this sport, I need to learn how to do it right! I'm thinking about doing a race or two."*

Recommended Programs - Level 3 Classic or Skate, Level 4 Performance, Clinics, Womenski.

## Level 4

Advanced: Those with high fitness who ski a lot, have had coaching in the past, race occasionally or frequently, and want to ski stronger, faster and with higher efficiency.

*"I love Nordic skiing and want to ski better. I have goals for racing and would like to race faster."*

Recommended Programs - Level 4 Performance, Level 3 Classic or Skate, Clinics, Womenski.

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## PROGRAM OFFERINGS

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### Masters Level 2 Skate

Learn to ski better with our progressive 6-week program. Our expert instructors will focus on the fundamentals of proper skating technique, enhancing your enjoyment and efficiency. After completing this course, you will have more confidence on your skis, ready to tackle any trail.



\$90 - 6 Week Program – 6 x 1-hour classes, meeting one day a week.

Three sessions available:

Early season: 11/26/18 to 1/5/19

Mid-Season: 1/7/19 to 2/16/19

Late Season: 2/18/19 to 3/30/19

Offered on: Tuesday, Thursday, Saturday 9 AM or  
Thursday Noon.

Who should join?

- Skiers with some experience being on skis, either downhill or classic style XC.
  - Skate skiing experience not necessary but recommended.
  - Skate skiers who struggle or lack experience on uphill/downhill terrain.
- Skiers who have attended our Skate for Free lessons and want to take the next step.

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### Masters Level 2 Classic

Move beyond walking on your skis and learn the art of classic skiing. Our expert instructors will focus on the fundamentals of proper classic technique, enhancing your enjoyment and efficiency, helping you glide like a champion. After completing this course, you will have more confidence on your skis and be ready to tackle any Nordic trail.

\$90 - 6 Week Program – 6 x 1-hour classes, meeting one day a week.

Three sessions available:

Early season: 11/26/18 to 1/5/19

Mid-Season: 1/7/19 to 2/16/19

Late Season: 2/18/19 to 3/30/19

Offered on Sunday 10 AM, Tuesday Noon, or Wednesday 9 AM.



Who should join?

- No experience necessary but you should be comfortable on skis with the ability to stop.
  - Classic skiers looking to do more than “ski walk”
  - Classic skiers who struggle going up or down hills.
  - Classic skiers looking to explore more difficult terrain.

## Masters Level 3 Skate

Take your Skate skiing to the next level with our advanced 6-week program. Our expert instructors will move beyond the fundamentals, focusing on developing speed and power in your skiing. After completing this course you will be more efficient and ready to ski farther and faster than you thought possible!



\$90 - 6 Week Program – 6 x 1-hour classes, meeting one day a week.  
Three sessions available:

Early season: 11/26/18 to 1/5/19

Mid-Season: 1/7/19 to 2/16/19

Late Season: 2/18/19 to 3/30/19

Offered on Wednesday or Saturday at 11 AM

Who should join?

- Skate skiers with experience and the ability to ski green and blue trails in CB.
  - Skate skiers who have completed the Level 2 skate program.
- Level 4 performance skaters who want to dedicate time to improving efficiency and technique.
  - Skiers should be able to ski 5K in an hour.

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## Masters Level 3 Classic

Take your skiing to the next level with our advanced 6-week program. Our expert instructors will move beyond the fundamentals, focusing on developing speed and power in your skiing. After completing this course you will be more efficient and ready to ski farther and faster than you thought possible!

\$90 - 6 Week Program – 6 x 1-hour classes, meeting one day a week.  
Three sessions available:

Early season: 11/26/18 to 1/5/19

Mid-Season: 1/7/19 to 2/16/19

Late Season: 2/18/19 to 3/30/19

Offered on Saturday at 10 AM



Who should join?

- Classic skiers with experience and the ability to ski green and blue trails in CB.
  - Classic skiers who have completed the Level 2 skate program.
- Level 4 performance skiers who want to dedicate time to improving efficiency and technique.
  - Skiers should be able to ski 5K in an hour.
  - Waxable classic skis or new “twin skin” style classic skis required.

## Masters Level 4 Performance Group

The original Masters Training group! Both Skate and Classic techniques will be utilized twice weekly on all of our trails. The focus of each day will be skiing 10+K, often with specific training intervals in a lightly coached environment. This is a group for strong skiers looking to ski fast and have fun with other like-minded local skiers. This program starts after Thanksgiving and runs through the Alley Loop Marathon, helping hone fitness and speed for our signature event. Weekly emails will include the location and training plan.



10 Week Program beginning 11/27/18

Offered on Tuesday and/or Thursday at Noon

\$125 – one day/week or \$200 for both.

Who should join?

- Past participants in the old Masters program who regularly skied with the faster groups.
- Skiers with experience and the ability to ski any trail in CB with confidence and speed.
- Skiers who have completed the Level 3 skate program.
- Skiers planning to race the 21K or 42K Alley Loop.

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## Womenski

Take some time for yourself and join a bunch of fun-loving women as you learn techniques and tips for classic and skate skiing. Both skate and classic styles will be covered. Everyone welcome, from beginners trying something new to those looking to take their technique to the next level. Each session will start with some light coaching from our expert instructors followed by skiing in a no-drop environment.

\$90 - 6 Week Program – 6 x 1-hour classes, meeting one day a week.

Three sessions available:

Early season: 11/26/18 to 1/5/19

Mid-Season: 1/7/19 to 2/16/19

Late Season: 2/18/19 to 3/30/19

Offered on Sunday 9 AM Skate, Wednesday 4 PM Skate, or

Friday Noon Classic



Who should join?

- Women looking for a fun group skiing environment
- Women who want to improve their skiing ability in a testosterone-free environment

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## *FREEDOM PASS*

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**Access to all programs, all season long**

\$400 or 4 monthly payments of \$100.

Want to attend more than one session each week? The Freedom Pass is a great value, giving you complete access to our group offerings at one low price for the season. Think of it as a membership to our on-snow gym.

This all-access pass is limited to the first 20 purchasers this season.

This is a great value for those looking to ski in our programs more than one day a week.

Example: You want to attend the Level 2 Skate on Tuesday, Level 2 Classic on Wednesday, and Womenski on Friday. Purchased individually, these programs would cost \$810 for the full winter season. The Freedom pass gives you all of these classes for one low price!

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## *GENERAL INFORMATION*

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Trail passes are required to participate in our programs. Each participant must bring his/her own skis, boots, and poles. For the Skate programs you will need skate-specific equipment. For the Classic programs, any type of classic cross-country ski setup will work (except Level 3&4). Rentals are available at the CB Nordic Center.

Masters Community Program participants can purchase new Fischer ski equipment at our Fit Night or purchase gently used gear at the annual CB Snowsports Ski Swap.

**Communication:** When you register for the program, you will be added to an email list. The Ski School will communicate weekly details to you through email, as well as any last-minute changes. (It's important that you do not unsubscribe to CB Nordic emails, as this is our main mode of communication in the winter.) If for some reason, you are not receiving emails from us, let us know!

**Cold Weather Training Policy:** We Crested Butties are hardier than most, able to handle any conditions Mother Nature throws our way. Generally, if the temperature is 5F or lower--especially if there is wind--a session may be canceled. Whenever possible, an email will be sent out notifying everyone as soon as it is determined to be too cold to ski.

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## OTHER CB NORDIC PROGRAMS

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**Weekend Clinics** – Saturdays and Sundays 9 AM to Noon. These weekend clinics offer an intensive learning experience, allowing you to make huge leaps in your skiing ability in a short period of time. Level 2 & 3 for classic and skate offered at various times, please check the calendar. Advanced registration is required, sign-up on our website or in-person at the Nordic Center. \$75

**Learn to ski for free** – Wednesdays at Noon in December, January, and February

This popular program is back, bigger and better than ever! Last season over 100 people took advantage of this free program to get an introduction to skate skiing. This Winter we are adding in some Classic ski days as well. This is the perfect start for anyone looking to learn the proper way to Nordic ski. No experience necessary. Registration is required. Limited to 2 sessions per person. Rental ski use during the class is FREE this year!

**Weekly coaches ski** – Every week one of our staff will lead an informal ski session on our trails and everyone is invited. The day and time will vary as well as the workout with information posted on our website and in our weekly communications. A great way to challenge yourself and get in some great skiing with other Masters. FREE

**Custom Programs** – Have a group of friends looking to learn to ski? None of our programs work with your schedule? Contact us at [skischool@cbnordic.org](mailto:skischool@cbnordic.org) and we will work with you to create a program to meet your goals whether for one day or the full season.

**Private Lessons** – Looking for some individual attention and focus on your skiing? Our Private Lessons are now 75 mins long and available 7 days a week. You can choose Classic or Skate style and additional guests to the lesson receive a discount. Advanced registration is required, sign-up on our website or in-person at the Nordic Center. \$65

**Masters Skimo** – Many of you shift gears to prepare for our skimo events post-Alley Loop. This spring, we're offering a Masters Skimo program designed to get you ready for the Gothic Mountain Tour and the Grand Traverse or just get you outside trying a new form of outdoor recreation with your friends. Visit our website for more details and registration.

**Citizens Race Series** – Our Citizens race series is back and bigger than ever with new events, a new points system and a season ending race/party/fundraiser at the yurt. Visit our website for more details, race dates and registration.