

# CRESTED BUTTE NORDIC MASTERS COMMUNITY PROGRAM GUIDE | WINTER 2023-2024



**Nordic Programming for Adults of all Skill Levels**





# WELCOME

*The Crested Butte Nordic Masters Community Program is nordic programming for adults of all skill levels.* Masters is for all adult skiers, from beginners to experts, who want to learn to ski better, have more fun, or both. We offer personalized coaching in small-group settings (7 students maximum per instructor) so you can improve technique and fitness with stimulating drills, video, fast skiing, fun, and camaraderie.

Technique courses are 60 minutes and will be 3 weeks in length with your choice of our popular 2 days/week course, 1 day/week course, or 8 week-long courses in Skate Level 2 and Classic Level 1.

New for the 23/24 season, we'll be offering four additional courses. Check out Mom's Power Hour, Silver Gliders, Adult Biathlon, and Afterwork Performance Group.





# COURSE OFFERINGS

## MASTERS LEVEL 1

### Classic

**This course will improve your ability to:**

- Ski green trails without walking
- Safely control your speed on downhills
- Ski up moderate hills
- Continuously ski the Town Ranch Loop

**Who should join?**

- No experience necessary
- Classic skiers looking to do more than “ski walk”
- Classic skiers who struggle going up or down hills
- Skiers who participated in our Classic for Free lessons and want to take the next step

**Classic Level 1 - 8-week course:** This course meets once a week with a new technique/skill being delivered each week. Participants will be asked to work on the new skill between sessions and return to the next session ready to add another layer of skill.

### Skate

**This course will improve your ability to:**

- Skate on green trails
- Safely control your speed on downhills
- Skate up moderate hills
- Continuously skate the Town Ranch loop

**Who should join?**

- Skate skiing experience is not necessary
- We recommend some experience on skis
- Skate skiers who struggle or lack experience on uphill/downhill terrain
- Skiers who participated in our Skate for Free lessons and want to take the next step

## MASTERS LEVEL 2

### Classic

**This course will improve your ability to:**

- Ski on blue trails
- Manage speed and direction (turn) on downhills
- Ski up intermediate hills
- Hockey stop (look cool!)
- Learn kick double pole and transition between techniques
- Continuously ski the Ruthie’s West Loop

**Who should join?**

- Classic skiers with experience and the ability to ski green trails in CB
- Classic skiers who participated in the level 1 or 2 Classic program last season

### Skate

**This course will improve your ability to:**

- Skate on blue trails
- Manage speed and direction (turn) on downhills
- Skate up intermediate hills
- Hockey stop (look cool!)
- Learn V2 and transition between techniques
- Continuously ski the Ruthie’s West Loop

**Who should join?**

- Skate skiers with experience and the ability to ski green trails in CB
- Skate skiers who participated in the level 1 or 2 skate program last season

**Skate L2 - 8-week course:** This course meets once a week with a new technique/skill being delivered each week. Participants will be asked to work on the new skill between sessions and return to the next session ready to add another layer of skill.

# MASTERS LEVEL 3

## Classic

**This course will improve your ability to:**

- Adjust tempo and ski with glide on any trail
- Optimize speed and direction on downhill
- Transition efficiently between all techniques, diagonal stride, kick double pole, double pole
- Continuously ski the Ruthie's East Loop

**Who should join?**

- Classic skiers with the ability to confidently ski green and blue trails in CB
- Classic skiers who participated in the level 2 or 3 classic programs last season
- Training group 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 are required

## Skate

**This course will improve your ability to:**

- Adjust the tempo and skate on any trail
- Optimize speed and direction on downhill
- Transition efficiently between all techniques, V1, V2, V2A, Free Skate
- Continuously skate the Ruthie's East Loop

**Who should join?**

- Skate skiers with the ability to confidently ski green and blue trails in CB
- Skate skiers who participated in the level 2 or 3 skate program last season
- Training group skiers who want to dedicate time to improving efficiency and technique
- Skiers should be able to ski 5K in an hour





## SILVER GLIDERS

### **This course is suitable for:**

- “Senior skiers” who want to find similar ability people to ski with, have fun on snow, improve their skills, and are not interested in ripping it up or racing
- This is especially for those who find the word “masters” intimidating

### **Who should join?**

- Classic skiers with experience and the ability to ski green and blue trails in CB

## MOM'S POWER HOUR

### **This course will improve your ability to:**

- Skate up intermediate hills comfortably with support from your fellow skiers
- Ski with the group and receive light coaching tips on varied terrain while having fun with your friends
- Manage speed and direction (turn) on downhills
- Hockey stop (look cool!)

### **Who should join?**

- Skate skiers with experience and the ability to ski green trails in CB
- Skate skiers who participated in level 1 or 2 skate program last season

## ADULT BIATHLON

### **This course will introduce you to the fun sport of Biathlon:**

- Athletes will learn key skills like marksmanship, controlling heart rate, and other unique aspects of the sport

### **Who should join?**

- Skate skiers with experience and ability to ski blue trails in CB
- Participants must be at least a Masters Community Level 2 Skate skier

## PERFORMANCE GROUP

The focus each session will be skiing 10km or more, often with specific intervals in a coaching environment that is fine-tuning technique on the move. This group of strong skiers is looking for high-quality workouts and having fun with other like-minded skiers. Many skiers will be working towards the goal of racing the Alley Loop, so we will work on progression and discussion prepping for the race in early February.

Performance Group will meet at Noon for a 75-minute session, one or two days/week for 8 weeks. There will be an additional 3-week February session to keep your training going for Spring competitions.

### **Who should join?**

- Past participants in the Masters Performance Group
- Skiers with experience and the ability to ski ANY trail in CB
- Skiers who have completed the level 3 classic or level 3 skate program - Classic and Skaters welcome
- Skiers planning to race the 21K or 42K Alley Loop, or train for other ski marathons (ex. the American Birkie, Frisco Gold Rush, Vasaloppet etc...)



# WHICH COURSE SHOULD I JOIN?

HAVE YOU EVER CROSS-COUNTRY SKIED BEFORE?

YES

NO

L1 CLASSIC  
L1 SKATE

ARE YOU SKIING GREEN TRAILS WITH CONFIDENCE?

YES

NO

DO YOU SKI USING V2 AND/OR KICK DOUBLE POLE TECHNIQUES?

YES

NO

L2 CLASSIC  
L2 SKATE

ARE YOU SKIING BLUE TRAILS WITH CONFIDENCE?

YES

NO

ARE YOU LOOKING TO REFINE AND POLISH YOUR TECHNIQUE?

YES

NO

DO YOU WANT  
TO DO INTERVALS FOR  
RACE TRAINING?

YES

PERFORMANCE  
GROUP

ARE YOU TOTALLY DIALED IN TECHNIQUE AND WANT TO LEARN HOW TO  
OPTIMIZE SPEED AND POWER AND ENHANCE VERSATILITY ON ALL TERRAIN?

YES

NO

L3 CLASSIC  
L3 SKATE

PERFORMANCE  
GROUP



# 23/24 WINTER SCHEDULE

## 3 Week Course Session Dates - 1 or 2 Days/Week

Session 1: 12/5/23 - 12/23/23 | Session 2: 1/2/24 - 1/20/24 | Session 3: 2/6/24 - 2/24/24

COURSE	2 DAY/WEEK	1 DAY/WEEK
Classic L1		Wednesday - 10:30 am
Classic L2	Tuesday & Thursday - 10:30 am	Saturday - 10:30 am
Classic L3	Wednesday & Friday - Noon	
Skate L1	Wednesday & Friday - Noon	Thursday - Noon OR Saturday - 10:30 am
Skate L2	Tuesday & Thursday - Noon	Saturday - Noon
Skate L3	Tuesday & Thursday - 10:30 am	Friday - 10:30 am
Silver Gliders		Thursday - Noon
Mom's Power Hour		Tuesday - Noon OR Friday - Noon
Adult Biathlon		Wednesday - 4:30 pm January and February





## 8 Week Courses Session Dates

### Classic Level 1 and Skate Level 2 - 1 Day/Week on Fridays

**Session Dates:** 12/8/23 - 2/2/24 (no classes holiday week 12/26/23 - 12/30/23)

Classic L1: Friday - 10:30 am

Skate L2: Friday - Noon

### Performance Group - 1 or 2 Days/Week

**Session 1:** 12/5/23 - 2/1/24 (no classes holiday week 12/26/23 - 12/30/23)

**February Session:** 2/6/24 - 2/22/24 (Keep your training going for Spring competitions)

Performance Group: Tuesday and/or Thursday - Noon - 1:15 pm

\*1 day/week students, please commit to Tuesday OR Thursday. We cannot switch days.\*

### Afterwork Performance Group - 1 Day/Week on Wednesdays

**Session Dates:** 12/6/23 - 1/31/24 (no classes holiday week 12/26/23 - 12/30/23)

Afterwork Performance Group: Wednesday - 4:30 pm

## Pricing

1 day/week - 3 classes

Level 1, 2, 3: \$90 (3 classes)

2 days/week - 3 week session

Levels 1, 2, 3: \$180 for each course (6 classes)

1 day/week - 8 week session

Level 1 Classic/Level 2 Skate: \$240 for 8 week course (8 classes)

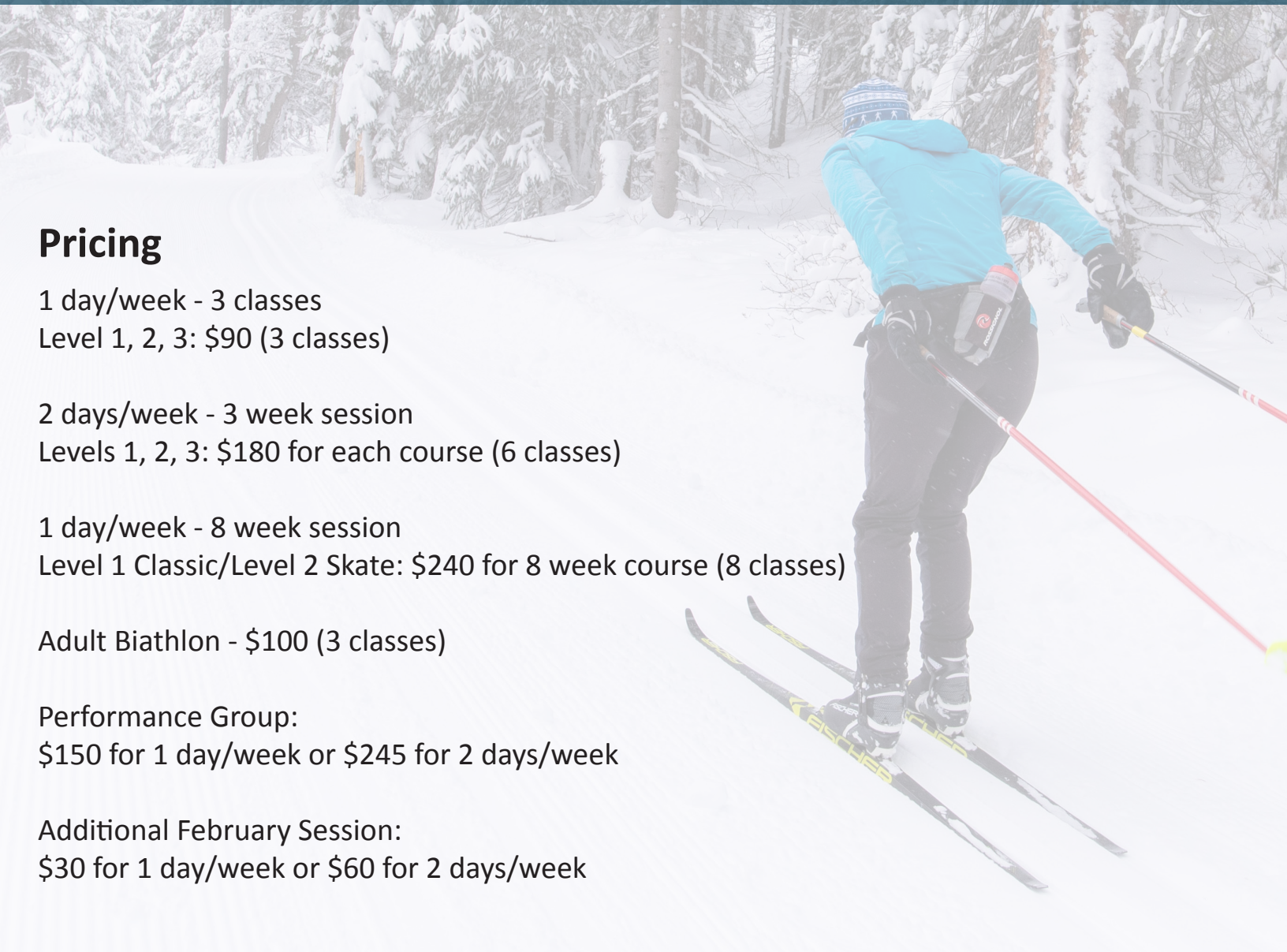
Adult Biathlon - \$100 (3 classes)

Performance Group:

\$150 for 1 day/week or \$245 for 2 days/week

Additional February Session:

\$30 for 1 day/week or \$60 for 2 days/week





# GET MORE OUT OF WINTER

**BE HEALTHIER | BE HAPPIER | SKI MORE**  
**JOIN OUR MASTERS COMMUNITY!**

**REGISTER ONLINE:**

September 7th

[cbnordic.org/masterscommunity](http://cbnordic.org/masterscommunity)

**QUESTIONS:**

Contact Joellen Fonken, Programs Manager

[joellen@cbnordic.org](mailto:joellen@cbnordic.org)







PART OF WHO WE ARE,  
IS WHERE WE ARE.

PROMOTING LOCAL BUSINESSES  
AND SUPPORTING THE COMMUNITY  
WE ALL LOVE!

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