

We're so glad you're signed up to attend the 11<sup>th</sup> Annual New England Women's XC Day at the Bethel Inn Nordic Center in Bethel, Maine.

We will have over 200 women on site for this event, so please make sure to read this email so that the day goes as smoothly as possible.

Looking forward to seeing you there!

### **Snow**

There is snow in Bethel! The crew at the Bethel Inn Nordic Center has been working around the clock to preserve the snow they have and make sure we have great conditions for our event.

### **Updates**

At this point we are 99.9% sure that we are going to be just fine for the event. In the case of Mother Nature's extreme wrath, we will post updates to the NENSA website on Saturday morning by 10am. THIS IS THE BEST AND MOST UP TO DATE INFORMATION ON THE EVENT.

### **What to Do When You Arrive**

Please drop your skis off at the Nordic Center. This area will be marked. Then proceed to park your car and head over to the Conference Center.

### **Parking**

Parking will be along the road and in the designated, marked areas. There will be signs!

### **Registration & Clinic Sign-Up**

Registration will start at 8:45. Please allow enough time to arrive, check-in, get into your gear, and sign up for clinics to be ready to be on snow at 10am!

You will be signing up for clinics on the day of the event. You can pick from Beginner Skate or Classic, Intermediate Skate or Classic, and Uphill/Downhill.

This will be held in the Conference Center, across the street from the Bethel Inn. Lunch and the wrap-up event will also be held at the Conference Center as well.

### **Storing of Gear**

There will be signs marking areas that you can store your gear. We will be storing it in the Conference Center in designated areas. Please make sure you keep your stuff in one of those areas!

### **Schedule of Events**

8:45-9:45 Registration at Bethel Inn Resort

10-4 **NENSA Expo:** Equipment suppliers, wax technicians, outfitters and clothiers from the ski industry will be on hand with goods to try and buy.

10-11:40 **Clinics:** Skating and Classic technique clinics for first timers, beginners and intermediate level skiers. Sign up for the clinic you want to participate in!

11:45-1:15 Lunch! Raffle drawing & short talk on equipment.

1:30-2:45 **Clinics:** Repeat of Clinics, sign up for the same one or for something different!

2:40-3:30 Fun wrap-up event, drawing of grand raffle prize and light refreshments.

### **Saturday Night**

The Bethel Inn will be offering a Saturday Night Social from 5:30-7:00 in the Tavern. Meeting up with your friends and connect with other women who will be attending the event! There will be light refreshments, a cash bar, and live entertainment following dinner from 8:30-close. Join us!

### **Wrap Up Event**

Please stay on Sunday afternoon for the wrap-up event. We will have a wax demonstration from Sabra Davison, SWIX Tech rep, massages from Jennifer O'Connor of Sustainable massage, hat sales, snacks, and a stretching session. Hope to see you there! We will also be announcing the winner of the grand raffle prize: a 2 night midweek getaway package at the Bethel Inn including breakfast and cross-country skiing!

### **Benefit Organization: REACH**

Founded in 1981, REACH (**Rape Education and Crisis Hotline**) is the sexual assault center that serves rural Oxford county and the towns of Harrison and Bridgton. Over the years its prevention efforts towards ending sexual violence have grown, while maintaining crisis intervention services. Services are available to young children, teens, women and men, free of charge and confidential. REACH

fundraises locally over 10% of its budget and receives funding through Federal and State monies, the United Way, and grants.

Primary crisis services include a 24-hour hotline; one to one support; medical, police and court accompaniment; and support groups. Prevention efforts include school, professional and community education and legislative reform. In 2006 REACH launched an "I Have A Voice" campaign in the schools, with programs available for grades K-12 and college classes. During the past school year REACH provided 275 programs to 3,300 students, school staff and parents.