

A fun day of cross-country skiing for women...by women!

Enjoy a fun day on the snow at the Waterville Valley Nordic Center in Waterville Valley, NH. Experience cross-country ski clinics for every level of skier—from first-timers to seasoned masters! In addition to top-notch instruction, there will be wax demonstrations, a fantastic prize drawing and a fabulous lunch at the Waterville Valley conference center.

Clothing and equipment retailers will be on hand with items to try and buy. And, an optional, fun relay will be held with awards given for mother/daughter, sister/sister, relative/relative, friend/friend and oldies/oldies (minimum combined age 100) teams. Rental equipment will also be available for a nominal fee. Please note what you will need on the attached registration form.

Come as a group!

Last year we invited you to bring your ski group or club, and we put out a challenge to see who could bring the biggest group. During lunch we honored the winning Dairy Heirs (see photo below) who stole the show - all 18 of them - wearing bright pink shirts and matching smiles. All were relatives or friends of the Bancroft family just down the road, with three generations participating. But it was close - a Portland ME group numbered 17, and there were two other groups numbering a dozen. So gather your friends and family and be sure to write your group name down when you register, and come have fun with us - if you have the largest group, we'll put your photo in next year's brochure!

2009 winning club: The Dairy Heirs



Come for the weekend!

See the lodging packages below and check the Waterville Valley website www.waterville.com for other weekend events. Come on Saturday and ski the trails with your friends or family, enjoy the local restaurants, and take advantage of the special discount just for Women's Ski Day participants at the Nordic Center retail shop!



photo courtesy of Waterville Valley

Lodging

Town Square Condominiums

TEL: 888-462-9887 www.waterville.com (click on Lodging&Village and then on Town Square Condominiums)
Only steps away from the Waterville Nordic Center. Three-bedroom condo units sleep six people comfortably and offer full kitchens and large common rooms. **Women's Day Rate:** \$570 for 3-bedroom condo unit for Friday and Saturday nights; add Sunday for additional \$130. Saturday and Sunday nights \$480 (Two night minimum stay - but a real bargain if split between six people!). Rates include taxes and admission to the White Mountain Athletic Club.

Snowy Owl Inn

TEL: 603-236-8383 www.snowyowlinn.com
Just on the other side of Town Square with a restaurant open all day. **Women's Day Rate:** Two night stay in a Superior room with two double beds and traditional bath for \$124 per night; one night stay in a Superior room is \$139.50 (not including taxes). Two night stay in a Premium room with one queen and one double, bath with Jacuzzi, for \$148 per night; one night stay in Premium room is \$166.50 (not including taxes). Rates include Continental breakfast as well as indoor pool, sauna and fitness room. Mention that you are a part of Women's Ski Day for these rates.

Schedule of Events

8:45-9:45 am	Registration @ Waterville Nordic Center
10 am-4 pm	NENSA Expo: Equipment suppliers, outfitters, and clothiers from the ski industry will be on hand with goods to try out and try on
10-10:45 am	Clinics: Skating and classic technique clinics for first-timers, beginners and intermediate level skiers
11-11:45 am	Clinics
11:45-1:15 pm	Lunch break & prize drawing Presentations from special guests
1:30-2:15 pm	Clinics
2:30-3 pm	Fun, two-women relay teams of mother/daughter, sister/sister, relative/relative, friend/friend, oldies/oldies
3:15 pm	Awards

2010 New England Women's XC Ski Day sponsors:



Directions & Information:

Detailed directions and updated event information are available at NENSA's website at www.nensa.net (our event is listed in the main page 'TD Bank Major Events') and www.waterville.com.

Questions: Trina Hosmer 802-253-0810/
hosmer@oit.umass.edu
Anne Donaghy 603-448-4133/anne.donaghy@valley.net

REGISTRATION FORM

Use this form to register by mail or register online at www.nensa.net. Please review the Waiver and Release of Liability on the opposite side of this form and sign below before mailing.

Name _____

Club or Group Name _____

Address _____

City/State/Zip _____

Telephone _____ E-mail _____

Need to rent equipment: skate skis classic skis skate boots classic boots/Boot size: _____

Signature* _____ Printed Name _____ Date _____

2010 New England Women's XC Ski Day
Sunday, January 31, 2010

Registration Fee:

Register by 1/22/2010!
We have a limit of 200 participants; if we hit 200 before 1/22/10 we will have to close registration! \$25 for NENSA members (visit www.nensa.net to join NENSA); \$30 for non-members
Registration fee includes trail pass, delicious lunch and all ski clinics. (there is a separate \$15 charge to rent ski equipment)
Event limited to 200 participants - register early!

Please mail this completed registration form with check payable to NENSA to:

Event Directors
P.O. Box 104
Meriden, NH 03770

or better yet:
Register online at NENSA.net

*Parent/guardian signature required if registrant is under 18 years of age.

**New England Nordic Ski Association
Waiver and Release of Liability**

In consideration for the rights and privileges associated with membership in the New England Nordic Ski Association, I acknowledge and agree to be bound by the following:

1. Identification of Risks. I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, and coaching of activities in cross-country ski competitions and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inactions or negligence of myself or others.
2. Assumption of the Risk. I agree that I am responsible for my safety while participating in activities associated with NENSA, and that such responsibility includes participation only a) when I am both physically and psychologically prepared to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of a type and condition reasonably necessary to safely participate. I assume all risk connected with responsibility for any injury or loss connected with my participation.
3. Waiver. Aware of the risks and willing to assume them, I hereby release and agree to hold harmless the New England Nordic Ski Association (NENSA), its officers, directors, employees, agents, coaches, trainers, doctors, officials, volunteers, affiliates, event organizers, sponsors, owners of property and trails used by me (Released Parties) from loss, injury, or death to myself or to any other person, or other damage to person or property resulting from my participation in events and competition and any related activities including, without limitation activities in connection with sponsorship, organization or execution of any event and travel to and from such event, whether I may participate as an athlete, coach, volunteer, spectator, or in any other manner associated with NENSA. This release is intended as a waiver of any claim I may have whether based upon negligence, breach of warranty, contract or other legal theory, against any of the above Released Parties, accepting myself the full responsibility for any such loss, injury, death or damage which may result. I intend for this release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns. If any part of this agreement is determined to be unenforceable, all other parts shall be given full force and effect. This waiver does not release acts of gross negligence or willful and wanton misconduct of any party.
4. Insurance. I currently have, and agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

The Circle Program

The mission of the Circle Program is to provide socially and economically disadvantaged New Hampshire girls with the skills, courage and confidence they need to handle challenges in their lives. At-risk girls are offered a unique combination of resources in a fully subsidized two-year core program that includes year-round, one-to-one, adult mentoring and three weeks of residential curriculum-based summer camp. After two years, the girls may enter the Graduate Program with additional opportunities for mentoring and leadership training through high school.

The Circle Program has served 314 girls in 29 towns in central and northern New Hampshire. Though our prevention program is small, it is highly personalized with a long-term commitment to supporting and guiding each girl as she matures. Each year the need grows, and more girls are recommended by guidance counselors and social service agencies. We intend to find a way to double the number of at-risk girls served over the course of the next four years.

Using a Positive Youth Development approach, we measure outcomes that improve a girl's well-being while building her skills and assets through healthy relationships. The occurrence of long-term negative outcomes, deficits or individual risk behaviors is subsequently lowered through the promotion of positive outcomes that build character.

For more information, contact:
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The Circle Program
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2010 New England Women's XC Ski Day sponsors:



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New Gloucester, Maine 04260
www.nensa.net



2010 New England Women's XC Ski Day
is proudly sponsored by:



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2010
**New England
Women's XC Ski Day**



Thanks to Isis for the instructor apparel and sponsorship!

Sunday, January 31, 2010
Waterville Valley Nordic Center
Waterville Valley, New Hampshire
To benefit The Circle Program

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