

## ***Pre Season Nordic Warm-up Series at Great Glen Trails Outdoor Center***

***Pinkham Notch, NH*** — Ski season is just around the corner, and for most of us, our bodies simply aren't ready for the demands of Nordic skiing. Our bikes and kayaks have been stowed in the garage, and physical activities have mainly consisted of eating pumpkin pie and turkey dinners, and cruising the outlets doing Christmas shopping. Without some preparation, that first day on the trails is going to hurt.

But don't fear. The team at Great Glen Trails has designed a pre-season program to transform mere mortals into Nordic meisters, and help them regain their mid-season coordination, balance and fitness. Lead by Sue Wemyss, Great Glen's Ski School Director, these weekly sessions will be held on Tuesdays, December 5, 12 and 19 from 10:00 to 11:30 AM. An optional ski wax clinic will be held before each session from 9:00 to 9:45 AM, to make sure your skis are as prepared as your body.

Sue has been teaching skiers of all ages and abilities for over 25 years, and was herself a member of the U.S. Ski Team, and competed in the 1984 Winter Olympics in cross country skiing. She continues to keep abreast of the latest training techniques, and looks forward to the opportunity to share her knowledge and love of the sport with you. Join her for this three-part Nordic warm-up series, and your body will thank you when the snow flies.

If there is adequate snow, the sessions will be held on skis. If not, sessions will be held on foot, using ski simulation movements and challenges. The classes will focus on balance and agility drills, ski-specific strength exercises, flexibility exercises and ski technique instruction.

The details:

**WHEN:** Tuesdays, December 5, 12 and 19 from 10:00 to 11:30 AM

**WHERE:** Great Glen Trails Outdoor Center, Route 16, Pinkham Notch, Gorham, New Hampshire

**FOR WHOM:** Men and women, ages 18 and up

**CLASS SIZE:** Minimum of 5 people, maximum of 12

**REGISTRATION:** E-mail [sue@mt-washington.com](mailto:sue@mt-washington.com); call 603-466-3988; or, stop by our base lodge during open hours (weekends).

**COST:** Three weeks for \$60, or single sessions for \$25. Includes a trail pass for that day at Great Glen Trails. Season pass holder prices are \$40 for three weeks, or \$15 per session.

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*Located at the base of Mount Washington, Great Glen Trails Outdoor Center, opened in 1994, is one of New Hampshire's premier Nordic ski areas, with 45 kilometers of trails for skiing, snowshoeing and fat biking. During the summer months, the Outdoor Center focuses on human-powered outdoor activities including kayaking, biking, hiking and trail running.*