

# Ski Clinic: Intro to Cross-Country Skiing

Join the club and learn to ski! Once a year ONC-PDX offers a ski clinic for beginning cross-country (Nordic) skiers; membership in ONC-PDX is required to attend this clinic. The clinic will cover what to wear to stay comfy while on the snow, what gear and gadgets to have with you on a ski tour, what kind of skis, poles, binding and poles to use, what trails will be fun when learning to ski, and much more. A handbook is included. This classroom clinic is held in Portland in the evening (location will be sent to those who sign up, scroll down for application and membership form).



## Join the club and learn to ski!

### Free lessons for ONC-PDX members

After attending the ski clinic members are offered free beginning ski lessons; two days (Saturdays or Sundays) of on-the-snow lessons on two consecutive weekends in early February. These lessons will cover beginning traditional skiing: diagonal stride, double pole, herringbone, side stepping, turning and downhill techniques. These lessons are geared for those who have never skied, who have skied only a few times, who would like to brush up on skills after not skiing for a while and/or who are switching from downhill to Nordic skiing.

### Registration

To sign up for the ski clinic download the application below and send it to the P.O. Box listed on that form along with your fee of \$20 (make checks out to ONC Portland Chapter). The deadline for signing up is noted on the form. Please choose preferred days (Saturdays or Sundays) for the ski lessons.

### Instructors

The instructors who teach are volunteers from ONC-PDX. They are experienced skiers who enjoy sharing the sport of Nordic skiing with beginners. Each class will have two instructors. Classes are limited to 10 students.

### About the lessons

We carpool (sharing expenses) to the lesson location and plan to be on the snow by 9 a.m., finishing by 3 p.m. (to miss the traffic home). Locations vary depending on the snow conditions.

### ONC-PDX membership

Membership (\$27 for single and \$33 for family) in ONC-PDX is required. A membership form is below the ski clinic application. Please send it to the club P.O. Box listed on that form.

### Info/Questions

For more info contact: Pam at [oncnewsletter@gmail.com](mailto:oncnewsletter@gmail.com)

# ONC-PDX Ski Clinic: Intro to Cross-Country Skiing Application Form

**January 20, 2015, 6:30 p.m. to 8:45 p.m. in Portland**

**Deadline: Application must be received by Saturday, January 17, 2015\***

Name: \_\_\_\_\_ Age: \_\_\_\_\_ ONC-PDX member:  Yes  No\*\*

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell/Work \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_ Phone \_\_\_\_\_

## **Tell us a little about your experience and physical condition.**

**Experience:**  Never been on skis  Some experience (skied 4-5 times)

Skied years ago (4-5 times)

Downhill skier, never been on cross-country skis

Other/Lessons: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Physical Condition:**  Fair (no regular activity, but in good health)

Average (aerobic activity 3 times per week)

Strong (aerobic activity 4 plus times per week)

Please let us know about any health issues: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **Free Ski Lessons**

**The clinic is a prerequisite for the ski lessons. ONC-PDX membership required.**

### **Preferred days for ski lessons:**

Saturdays, February 7 and 14

Sundays, February 8 and 15

Either

**\* Please send this form (one per person) and check for \$20 (payable to ONC Portland Chapter) to:  
Pam Rigor, P.O. Box 6403, Portland, OR 97228-6403.**

**\*\* Oregon Nordic Club membership required for ski clinic and lessons; send your membership form  
(below) to the club P.O. Box (listed on that form), do not send with this form. Thanks.**

# ONC Portland Chapter (ONC-PDX) Membership Form

Mail this form and your check (payable to **ONC Portland Chapter**) to: **ONC-PDX, P.O. Box 3906, Portland, OR 97208-3906**

Renewal **Annual renewal date: Sept. 1**  Single (\$27)  Family (\$33)  Paid by Paypal

New members joining between April and August will have a due date of September the following year!

The newsletter is sent by email. Want a paper newsletter? Check here:

|   |
|---|
| For official membership use only:<br>\$ _____ Check # _____ |
|---|

Name: (last) \_\_\_\_\_ (first) \_\_\_\_\_ age \_\_\_\_\_

Name: (last) \_\_\_\_\_ (first) \_\_\_\_\_ age \_\_\_\_\_

Name: (last) \_\_\_\_\_ (first) \_\_\_\_\_ age \_\_\_\_\_

Name: (last) \_\_\_\_\_ (first) \_\_\_\_\_ age \_\_\_\_\_

**Renewing members:** fill out contact info only if it has changed. Need more room? Please attach another form.

Street / mailing address \_\_\_\_\_ Apt/unit \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ - \_\_\_\_\_

Phone Hm \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_ Cell \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_

E-mail(s) (print clearly) \_\_\_\_\_

How did you hear about the Oregon Nordic Club? \_\_\_\_\_

**Privacy policy:** ONC will not give any info about you to anyone other than club members. Info is shared to help members find people with similar interests.

**Interested in volunteering? Please check as many as you would like:**

- |  |  |  |   |  |
|--|--|--|---|--|
| <input type="checkbox"/> Family activities | <input type="checkbox"/> Monthly program/event       | <input type="checkbox"/> Trail maintenance | <input type="checkbox"/> Ski instruction        | <input type="checkbox"/> Newsletter    |
| <input type="checkbox"/> Website           | <input type="checkbox"/> Publicity/social networking | <input type="checkbox"/> Overnight trips   | <input type="checkbox"/> Tilly Jane/ski shelter | <input type="checkbox"/> Nordic issues |
| <input type="checkbox"/> Annual ski fair   | <input type="checkbox"/> Day tours                   | <input type="checkbox"/> Membership        | <input type="checkbox"/> Volunteer recruitment  |  |

**Check activities of interest and if you are willing to lead or co-lead** (new to leading? Contact trip/tour coordinators):

| Activity               | Tour ratings (see day tours' policies for descriptions) |                          |                          |                          | Trip leadership          |                          |
|------------------------|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|                        | Novice  | Easy                     | Intermediate             | Advanced                 | Lead tour/trip           | Co-lead tour/trip        |
| Cross-country ski tour | <input type="checkbox"/>                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Backcountry/telemark   | <input type="checkbox"/>                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Snowshoe               | <input type="checkbox"/>                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bike                   | <input type="checkbox"/>                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hike                   | <input type="checkbox"/>                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Camp/backpack          | <input type="checkbox"/>                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Overnight ski trip     | <input type="checkbox"/>                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## Assumption of Risk and Liability Waiver

Outdoor adventures by their very nature are inherently dangerous and involve risks, including the risks of serious injury or death. I understand that participating in ONC's activities may expose me to certain risks and dangers including, but not limited to, the hazards of mountainous, aquatic and wilderness terrain, accidents, and forces of nature. I assert that my participation in ONC's activities is voluntary and that I assume all such risks. I understand that it is not possible to foresee all hazards of outdoor activities and that there may not be rescue or medical facilities necessary to treat injuries. In consideration of my being permitted to participate in ONC activities, I do hereby assume all the risks inherent in these activities, and agree to hold ONC, its officers, tour leaders, assistant leaders, instructors and members harmless from and against any and all liability for any reason, including but not limited to negligence.

By signing this Waiver and Release, I acknowledge that I have read and understand its entire content and agree to all its terms, and intend it to be a complete and unconditional release of all liability. I acknowledge and understand that this Waiver and Release legally prevents me, my heirs, assigns, or legal representatives from filing suit for damages resulting from injury, death, or any other reasons, against ONC, its officers, tour leaders, assistant leaders, instructors and members. If I am signing on behalf of a minor under age 18, I accept full responsibility for any and all damages incurred from that minor's participation in ONC activities.

**I have read and understand the above statements concerning the Oregon Nordic Club's programs.**

Each single member and family (household) member must sign. Parents or guardians please sign this form for members under 18 years of age.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_