

CMC Boulder Group - Intro to Ski Touring



Nordic Area lessons SUN Dec 17 , (Optional Sun 1/8)

Lecture: Wed Jan 4 Neptune Mountaineering 7pm (Ski Touring Gear)

Waxing for Ski touring (Jan Jan 11, 18, 25) Choose One.

Ski Touring Field Trips: Sat Jan 14, Sun Jan 15, Sat Jan 21. Choose at least one.

\$30.00 Cost does not include nordic area lift tickets

Date _____

Name _____ CMC Group & # _____

Email _____

Mailing Address _____

Telephone Home _____ Work _____

Will you be a CMC member in good standing through January 2012? Yes No

Will you be renting skis, boots or other equipment for this clinic? Yes No

A. Cross country skiing experience and gear:

1. Have you cross-country skied before? ____ If so:

a) For how many years? _____

b) How recently? _____

c) How many days/year do you ski? _____

d) List 3 places in Colorado where you have cross-country skied most recently (or if you have recently moved here, where you have skied in another state)

e) Have you skied:

on prepared tracks _____

on flat terrain using light touring gear _____

on unprepared tracks in backcountry _____

on variable terrain and can control speed and make some turns on downhills _____

2. If you own cross-country skis and/or boots, do you plan to use in the class:

a) do you have waxless skis? ____ metal edged skis? ____

b) describe your boots:

B. Downhill skiing experience

Do you downhill ski? ____ If so, can you control your speed with a snowplow? ____

Can you ski parallel with carved turns? ____

C. Backcountry experience

Are you comfortable being in the backcountry? _____

If no, explain any concerns: _____

D. Conditioning - Please help us understand your level of conditioning for cross-country skiing –

- 1. What do you do for aerobic conditioning? _____ How many times/week? _____
- 2. Please rate your fitness level on a scale of 1 to 5 with 1 being least fit and 5 being most fit ____
- 3. What were the hardest hikes you did last summer? _____
- 4. Did you do any backpacking last summer? _____
- 5. Do you lead CMC hikes? _____
- 6. How do you rate your balance? _____
- 7. Add any comments you would like us to know about your level of fitness or conditioning:

E. Health Concerns

Some health conditions can limit a person’s ability to cross-country ski or require special attention by instructors. These include problems with ankles, knees or joints, heart conditions, osteoporosis, circulatory problems such as Reynaud’s syndrome and Chillblains, asthma, diabetes, and hypoglycemia. If you have these conditions, please discuss with your medical professional whether you should take the class and what precautions are advisable and discuss them with your instructor(s) at the field trips.

F. Objectives: What are your objectives in taking this course: _____

Please give us other any comments that will help us place you in an instruction group that best meets your needs: _____

To Send Application: Please complete this application and email to bmswinter@cmcboulder.org. Once your application is accepted, you will receive an email with instructions on how to pay on-line.

For questions about this program, contact Cindy Gagnon at xcski@cmcboulder.org