

# Crescent Race Workshop

**\$55** *each*

Workshops are offered by FRENCH-SWISS SKI COLLEGE at Appalachian Ski Mtn. The \$55 price includes Slope Ticket, Workshop and Crescent Development Race Handicap.

December 6, 2009

*Please call or email to let us know if you plan to attend. Fees will be collected at registration the morning of the Workshop at the French-Swiss Ski College Desk, lower level of the lodge at Appalachian Ski Mtn.*

Get Ready To Race – Run gates, receive individual feedback, participate in fun races. Run more gates.

Gates, Gates, Gates – Gates, gates and more gates, timed runs and mock races. Emphasis on running courses, not instruction.

## **CRESCENT RACE WORKSHOP SCHEDULE**

- 9:00 a.m. Sign in at the French-Swiss Ski College Desk, lower level of the lodge at Appalachian Ski Mtn., pay fees at this time
- Fill out Race Disclaimer  
Receive Race Bib
- 9:45 a.m. Meet at the " Ski School Meets Here" sign in front of the lodge
- 10-12:00 p.m. First Session  
Running Gates  
Race Instruction
- 12:00-1:00 p.m. Lunch on your own
- 1-3:00 p.m. Second Session  
Timed Runs  
Practice Running Courses

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