

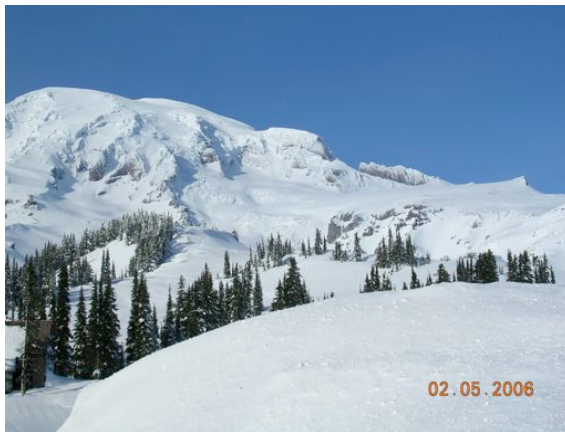
# The Mountaineers Tacoma Branch

www.tacomamountaineers.org

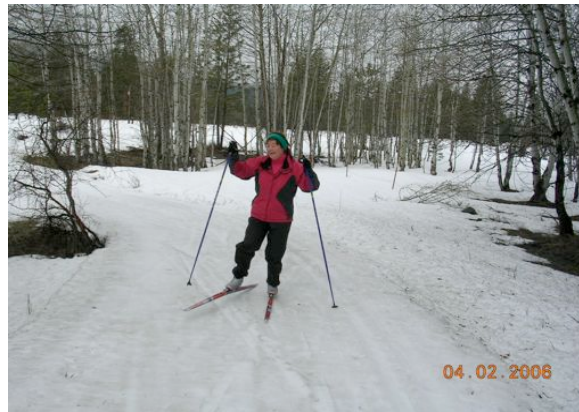
## 2010 Basic Cross-Country Skiing Course

Contact: Fred Ostmann  
[ostmann@wamail.net](mailto:ostmann@wamail.net)

Enjoy Our Northwest Winter Landscape



Kick And Glide In Winter Scenery



Winter Fun And Fitness



Enjoy Learning The Basics  
And Make New Friends



Kick And Glide To Happiness On New Snow.

Course Fee: \$55

### Lectures:

Thursday January 14 - location TBA:

- Equipment
- Clothing,
- 10 Essentials
- Conditioning
- Avalanche Awareness

Thursday January 21 - location TBA:

- Ski Technique
- Cold Related Injuries And First Aid
- Winter Driving
- Map And Compass

### Field Trips:

Saturday January 23,  
Location TBA

Saturday January 30,  
The Methow Valley

- 100 Miles Of Groomed Trail Adventure
- Develop And Practice New Skills.
- Enjoy The Company Of Friends.