

Dear Ski Participant:

We are looking forward to spending a magical weekend with you at Izaak Walton in Essex. Registered? Please fill out the form on page 2 and return it to brendalouwinkler@gmail.com as soon as possible! Not registered yet? Call Brenda Winkler 406-730-2177.

****December Ski Weekend Important Reminder****
12:45 p.m. Meet on snow ready to ski-trackside at the Inn.
We will walk over the bridge together.

****February Women's Ski Weekend Important Reminder****
9:00 a.m. Sharp! Day 1 Registration/Meeting

Signal Room (across from entrance to Izaak Walton Inn)

This meeting is the only thing that we request you to participate in over the weekend. You will get your ski and yoga time assignment and we want to be sure we have you registered and in the right ski lesson according to your ability. We will get to know a little about you and you will find out more about your instructors and the fabulous weekend we have planned. Please be on time as ski and yoga sessions begin immediately following the meeting. Please let us know if you can't make it to this meeting.

Please help us design the best possible weekend for you by answering the self-evaluation form questions on the next page. One form must be completed for each participant and e-mailed to brendalouwinkler@gmail.com. If you signed up a friend, please pass this on to them.

Skate and Classic Skis Rental and Sales: If you do not have your own skate equipment, we recommend renting prior to your arrival in Essex. However, Izaak Walton Inn does have classical and a limited number of skate rental gear available at on a first come/first served basis. Glacier Cyclery and Nordic <http://glaciercyclery.com>, (406) 862-6446 in Whitefish and Rocky Mountain Outfitter <http://rockymountainoutfitter.com> (406) 752-2446 in Kalispell have a selection of both skate and classical gear for rent or purchase.

Additional reminders

- Wax your skis for the weekend conditions or bring them to Glacier Cyclery and Nordic or Rocky Mountain Outfitter for waxing. Or, at a minimum, bring a rub on glide wax if you do not wax your own skis.
- February event: Bring your own Yoga Mat (extras' are available if you do not have one)
- February event: Bring a headlamp for the guided night ski.
- Bring a bathing suit for the new hot tub and the sauna.
- Suitable ski clothing (cotton not recommended). Be prepared for all types of weather and dress in layers, fanny pack and water bottle, snacks for trail and in between meals.
- Bring hand warmers and toe warmers if you need them. IWI does have some for sale and Costco sells them by the box. Open them before you get out on the snow. Once you are cold it is already to late and you will be uncomfortable.

Self-Evaluation Form for Izaak Walton Inn Ski Weekends

Please fill out this form, scan and email back to me OR send me an email summarizing your responses. (EXAMPLE for summarizing in an email: Brenda Winkler; brendalouwinkler@gmail.com; 406-730-2177; December Co-Ed Ski Weekend; I am an advanced+ skier/citizen racer and my ski goal this season is to increase my V2 speed on slight uphill; no injuries; Intermediate +)

Name: _____

e-mail: _____ Phone: _____

1) Which event are you registered for? Please circle all that apply.

a. December Co-Ed Ski Weekend with Movement Analysis.

b. February Women's Ski Weekend

2) **Ski experience and goals for the season.**

Please describe your athletic ability/training, ski experience and your ski goals for this weekend/season. Also let us know if you have any injuries/conditions we should be aware of?

3) **Skate Ski Group Lesson Placement.** Read the descriptions below, and make a self-assessment as to where believe you would best fit. Then circle your "level" of ability.

Beginner	Advanced beginner	Intermediate	Intermediate +
I have never been on skis, have never skate skied, or have skate skied 5 times or less. I have classical skied but never skate skied.	I have skate skied some on my own, but have never had or have had minimal instruction/ lessons. I can ski 5km on varied terrain, but only use one technique. I can ski up short rises and hills but have difficulty. Downhill control is challenging.	I am comfortable on skate skis, but I am looking to fine tune and improve my skills to be a more efficient skier. I am knowledgeable of V1, V2, V2A but I could use help on technique and transitions. I can ski most terrain without difficulty, and can ski 10km.	I ski often, and regularly ski 10+km on varied terrain. I am knowledgeable and can perform V1, V2 & V2A, but I am looking to improve my technique, efficiency, speed, and gain power.