**Introduction to Skate Skiing Clinic**

March, 15th and 17th 2021 | Students: $20, Faculty/Staff/Alumni: $25

Monday, March 15th

5pm – Meet at OA and gear up for skate skiing

5:30pm – Head to Birch Hill and start skiing

7pm – Finish day 1 of clinic and drive back to UAF

Wednesday, March 17th

5pm – Meet at OA and grab skating gear

5:30pm – Head to campus trails and start skiing

7pm – Finish day 2 of clinic and head back to OA

Trip description:

Do you want to learn how to skate ski? Come out with us on this two part skate skiing clinic. We supply the skate skiing gear and start you out on the right track with this fun style of cross country skiing. Skate skiing is fun and fast, but can be frustratingly difficult without a few pointers as you begin to learn. You will work hard so wear athletic outdoor clothing and bring a puffy to put on after if you are sweaty.

Pack list:

**Skate Skis, Boots and Poles**

Synthetic or wool long underwear tops and bottoms

Softshell jacket or wind jacket

Light fleece shirt

Puffy coat for after skiing

Synthetic pants that block some wind

Warm winter gloves or mitts

Warm (wool or synthetic) socks

Thin wool or fleece hat

Neck gaiter or facemask

Snacks and water

**Items in Bold Face are available from Outdoor Adventures for free use on our trips!**

Refund Policy:

Payment in full is required to sign up for a trip. A 100% refund is available if you notify the Outdoor Adventures Office of the cancellation more than two weeks (14 days) before the first day of the trip. Cancellation one week to 3 days (13 to 3 days) before the trip entitles the participant to a 50% refund. No refund is provided if the participant does not show up or cancels 2 days prior to the trip.

Safety and Risk Management:

Due to the nature of outdoor travel there are certain inherent risks in all of Outdoor Adventure’s trips. Acceptable risks include but are not limited to; hiking or skiing over rough uneven terrain with a backpack on, hiking or skiing up and down steep inclines with rough or icy surfaces, natural and manmade hazards (such as trees, rocks, power poles, fences, and equipment), other skiers on the trails, wildlife on the trails, having wet feet and clothing in the winter. Conditions may include below freezing temperatures, snowstorms, rain, sleet and high winds. Driving risks may include slick roads, poor visibility and wildlife. Alaska is a wild place - you need to take ultimate responsibility for your own safety as only you can. For your protection we require you to carry health insurance. You can purchase insurance for $2.60/day from the University (ask for details). All info is subject to change due to safety, weather, current conditions, etc.!