

Kirkwood XC Center races forward in '05-06

KIRKWOOD, Calif. - The Kirkwood Cross Country & Snowshoe Center (KCCSC) has added classes, state-of-the-art equipment and clinics this season to enhance the winter experience for all visitors.

Both cross country skiing and snowshoeing are fun, alternative ways to get outside and get fit - without a hefty price tag.

This season, Kirkwood pass holders can upgrade their season pass to include unlimited access to the KCCSC (including access on holidays) for just \$49.

The KCCSC, headquartered adjacent to the historic Kirkwood Inn, boasts 80 kilometers of groomed trails that cover a breathtaking 4,000 acres of terrain. Trails climb to within a few feet of the Sierra Crest, affording expansive views of the Kirkwood Valley and the surrounding High Sierra. Other trails meander through serene meadows, along scenic ridgelines and beneath volcanic lava cliffs.

Expanded grooming capability means all 80 kilometers of Kirkwood's trails can be groomed daily.

Traditionally open by Thanksgiving, the KCCSC hosts races, clinics and guided experiences all season long. The first cross country race of the season will take place on Dec. 4.

Skiers can jump start their season with an easy 10km race around Kirkwood Meadow.

The event is open to all ability levels of racer, beginner through comp-itive.

The first Full Moon Snowshoe Trek will be on Dec. 10. Each month, visitors can join a guided trek through forest and meadows for an ethereal view of moonlit snow - howling is encouraged.

The trek begins at 6 p.m. and reservations are required.

Debbi Waldear, eight-time World Masters Champion and winner of the Great American Ski Chase, will conduct the first ski skate clinic of the season on Dec. 11. Ski skating is fabulous exercise and a fun way to explore the winter landscape. Last season, Waldear was working with the U.S. Ski Team coaches. She will bring new techniques to help skaters learn more natural, centered methods for ski skating.

Waldear will also conduct a special "Echo to Kirkwood" clinic to help participants properly prepare their strategy and equipment for the annual 13-mile tour of the Tahoe backcountry from Echo Summit to the KCCSC.

She will also review effective techniques and training programs for all who wish to participate.

A daily class has been added to the schedule at the KCCSC - the Snowshoe Skills Training and Guided Tour will be offered at noon.

This introductory class covers equipment use and technique as well as the opportunity to hike on the trails with a guide. Snowshoeing is an easy way for just about anyone to get outside in the winter and enjoy the snow, trees, wildlife and sun.

The Kirkwood Cross Country & Snowshoe Center has upgraded its inventory of both rental and retail equipment. New technology by Rossignol, Salomon, Tubbs, MSR, and Evo makes the learning experience quick and fun.

Innovative skis are available in beginner packages for both classic skiers and skate skiers. Lightweight, adjustable-length snowshoes and metal-edge backcountry skis mean that the KCCSC is truly a headquarters for outdoor winter fun.

A full KCCSC season pass is available all-season long for just \$199.

Dogs are allowed on select trails

with a pooch pass, just \$20 for the season.

Trails are open daily until 5 p.m.

For more information on the Kirkwood Cross Country & Snowshoe Center and its many programs, log onto www.kirkwood.com or call the KCCSC at (209) 258-7248.

Wintertime: Fit or fat?

Winter's shorter days and cooler temperatures combined with holiday goodies and a seasonal surge in appetite can lead to weight gain. Exercise is crucial to avoid becoming victims of "America's overweight epidemic," as described by the U.S. Surgeon General.

Cross country skiing helps battle winter weight gain. Cross country skiing incinerates calories.

According to research published in October, 2002 in the "The Journal of American Medical Association", 61 percent of U.S. adults are overweight and 30 percent are obese.

Americans simply consume calories at an ever increasing rate while exercising less.

Calories are convenient and cheap. There is a burger and fries waiting nearby. Opportunities for exercise disappear from daily life as technology

advances. Families drive to work, school, and shopping. At work, there is no need to even walk to the file cabinet when files are right on the computer. Only 30 percent of people in the U.S. do any regular exercise

Researchers have gleaned a surprisingly simple set of principles common to successful dieters - those who have managed to take weight off and keep it off.

Weight Maintainers secrets are:

1). Dieting doesn't work without exercise. Successful weight maintainers exercise enough to burn 2800 calories per week.

2). They eat low-fat, high carbohydrate diets.

3). They eat breakfast.

4). They monitor weight and adjust their plan as needed.

Cross country skiing burns an average of 650 calories per hour. For comparison, fitness cycling averages 540 while exercise walking works out to 450 calories per hour (Larger people and/or more intensity burns more calories).

Cross country skiing burns more calories because more muscles are working. Cross country skiing floods the body with a feeling of well being, greatly improving one's mood.

This feeling of well-being encourages people to ski again. The scenery

changes every outing - something that never happens in the fitness center. Snow itself is soft, lessening impact on the joints. Cross country skiing can be done from age 5 to over age 80. Cross country skiing uses natural movements. It does not require special skills to get started and has a short learning curve.

There are over 200 cross country ski areas in North America.

Many are within an hour's drive of northern urban centers.

These centers provide packed and groomed trails which help guide the skis and allow skis to glide freely.

Most cross country ski areas have ski rentals and instruction as well as snowshoe trails and rentals.

Even indoor workouts will go better when the goal is to vacation at a cross country ski resort.

To find out more go to www.xcski.org.

Caltrans Driving Tip

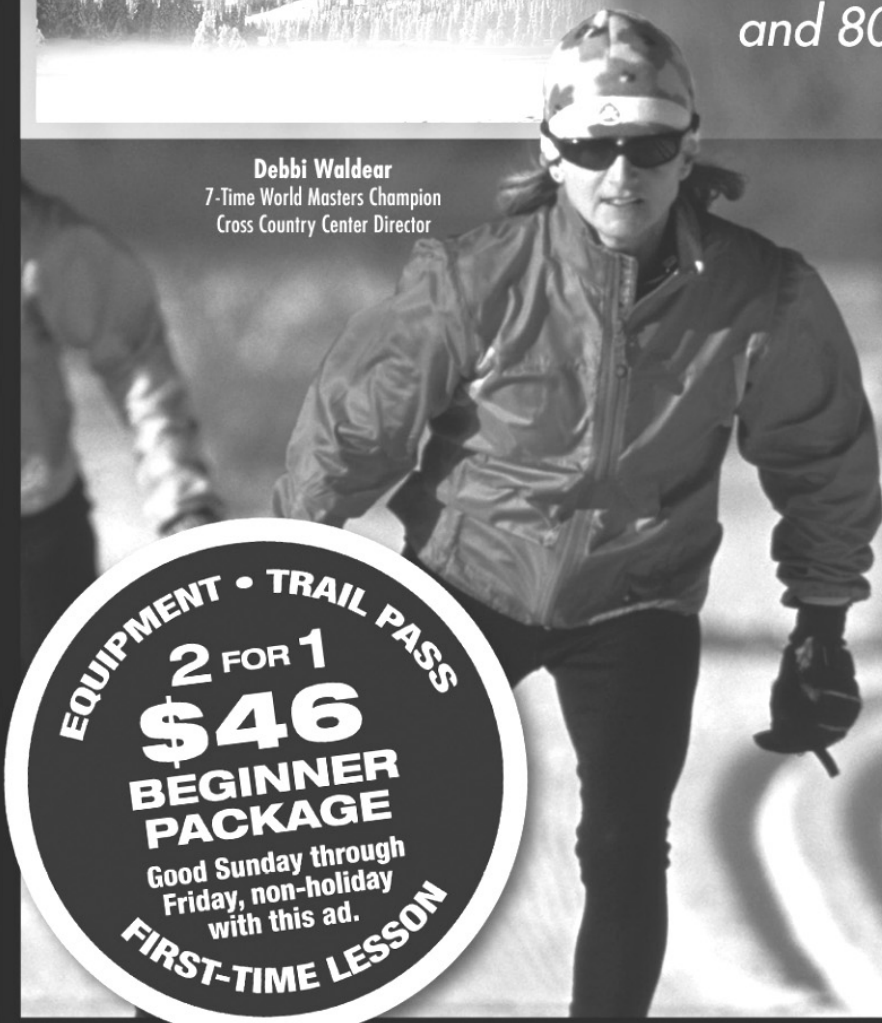
Keep your windshield and windows clear during winter driving. You may want to stop at a safe turnout to use a snow brush, scraper or de-icer to clear your windshield for maximum driving visibility.

KIRKWOOD CROSS COUNTRY & SNOWSHOE CENTER



Above all the rest.
with a Base Elevation of 7,800'
and 80k of Groomed Track

Debbi Waldear
7-Time World Masters Champion
Cross Country Center Director



- Beautiful High Sierra Scenery
- Skating and Snowshoe Lanes
- 3 Interconnecting Trail Systems
- Daylodge, Retail & Rentals
- Cozy Nook with Fireplace
- Lessons: Intro, Skate, Snowshoe

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Kirkwood Cross Country
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