



X-COUNTRY

Kirkwood events for 2005-06 season

Kirkwood Cross Country & Snowshoe Center has many events planned for the 2005-06 ski season. Here's a look at what's coming up.

Dec. 4 - Kirkwood Cross Country 10K Race: Easy 10km ski race, open to all level of skiers. Meet at 10 a.m., \$15/\$20 race day.

Dec. 10 - Full Moon Snowshoe Trek: Meet at the Kirkwood Cross Country & Snowshoe Center at 6 p.m. \$25 (plus \$6 for rental).

Dec. 11 - Ski Skate Clinic: Beginners to advanced welcome. 10 a.m. to noon, at the Kirkwood Cross Country & Snowshoe Center. Pre-registration \$30 (equipment rental \$10), registration on event day \$35.

Dec. 18 - Soup & Shoe: A fun guided snowshoe hike, providing great views of the High Sierra. \$30 (plus \$10 for snowshoe rental).

Jan. 14 - Full Moon Snowshoe Trek: Meet at the Kirkwood Cross Country & Snowshoe Center at 6 p.m. \$25 (plus \$6 for rental).

Jan. 22 - Soup & Shoe: A fun guided snowshoe hike, providing great views of the High Sierra. \$30 (plus \$10 for snowshoe rental).

Feb. 5 - Ski Skate Clinic: Beginners to advanced welcome. 10a.m. to noon, at the Kirkwood Cross Country & Snowshoe Center. Pre-registration \$30 (equipment rental \$10), registration on event day \$35.

Feb. 11 - Full Moon Snowshoe Trek: Meet at the Kirkwood Cross Country & Snowshoe Center at 6 p.m. \$25 (plus \$6 for rental).

Feb. 12 - Soup & Shoe: A fun guided snowshoe hike, providing great views of the High Sierra. \$30 (plus \$10 for snowshoe rental).

Feb. 26 - Echo to Kirkwood Clinic: This clinic will focus on training for the Echo to Kirkwood Tour and Race covering skills needed for this unique race course. 10 a.m. at the Kirkwood Cross Country & Snowshoe Center, \$25 (does not include trail pass). Reservations are required.

Mar. 5 - Soup & Shoe: A fun guided snowshoe hike, providing great views of the High Sierra. \$30 (plus \$10 for snowshoe rental).

Mar. 11 - Full Moon Snowshoe Trek: Meet at the Kirkwood Cross Country & Snowshoe Center at 6pm. \$25 (plus \$6 for rental).

Call (209) 258-7248 for more information on any of these events.

Mar. 12 - Echo to Kirkwood Tour and Race: This 13-mile point-to-point course is a Sierra classic. Beginning at Echo Summit the course crosses the Sierra Crest to finish at Kirkwood. For more information and to register, log on to <http://www.ednsp.org>.

XC ski tips from Spooner Lake

Spooner Lake Cross Country Ski Area works hard to make sure that your cross country ski experience is enjoyable and safe.

Your safety is also affected by your own common sense.

Spooner Lake's trails are groomed and tilled to insure you have the best possible skiing. However, conditions vary and grooming cannot prevent ice, inclement weather, fallen trees, bare spots and other obstacles from appearing on the trails.

Conditions vary with the weather and skier use. Remember, this is winter and you are in the mountains. Please be prepared.

Always watch for other skiers and grooming equipment.

Here are some tips from Spooner Lake's Max Jones to make your next cross country ski trip more enjoyable.

For more information on Spooner Lake Cross Country, visit www.spoonerlake.com, or call (775) 749-5349.

1. Skiing is generally best in the mornings on the freshly groomed trails.

2. Ski skate early on warm spring days.

3. Trails can be icy after 3 p.m. on a sunny day, especially on the return from Marlette Lake.

4. Dress with light layers that can be added or removed during the day. Temperature can vary drastically.

5. Bring plenty to drink and something to eat.

6. Use lots of sunscreen.

7. Wear dark glasses. Especially children.

8. Take a trail map. All junctions are marked with direction and distance to lodge.

9. Trails above Snow Valley are marked with bamboo, black poles with reflectors and blue reflective diamonds in trees.

10. Take a lesson. Take a lesson. Take a lesson.

11. If you are an occasional skier, take a downhill ski lesson.

For more Cross Country news, see Page 14

hike • fish • ski • bike • raft

kick-and-glide through forest glades, or across sweeping valley floors.

530-694-2203 or 800-423-9949

Sorensens

Your all season resort in the Sierra Nevada

Cozy log cabins

Country café serving 7 days per week

Over 100kms of mapped XC ski trails

XC ski and snow shoe rentals

Come stay at a historic resort in Sierra Nevada

ALL SEASON RESORT

Beautiful Hope Valley, California

Just 20 minutes South of Lake Tahoe

www.sorensensresort.com

SPOONER LAKE
Cross Country Skiing

Cross Country skiing as it should be...

Spectacular groomed trails

Overnight cabins
Snowshoeing
Nice rental gear

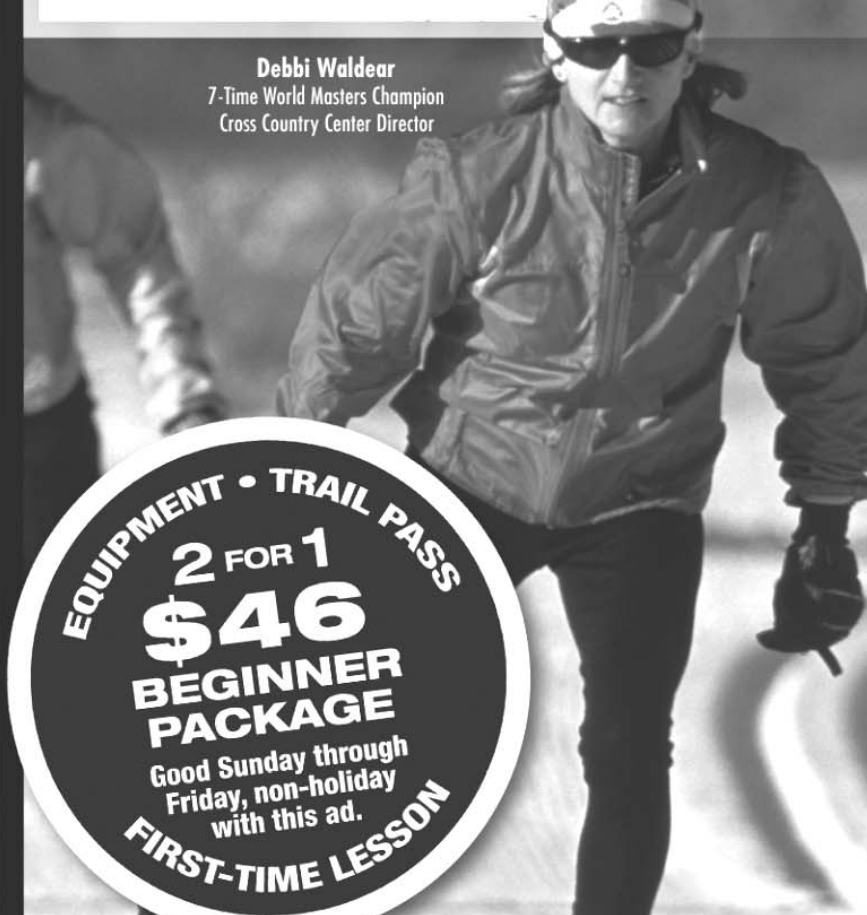
50 & 28 east side Lake Tahoe 775 749-5349 spoonerlake.com

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

EQUIPMENT • TRAIL PASS

2 FOR 1

\$46

BEGINNER PACKAGE

Good Sunday through Friday, non-holiday with this ad.

FIRST-TIME LESSON



Kirkwood Cross Country
Highway 88, Carson Pass