

Free Community Cross Country Ski Clinic Offered Sat. Jan. 11

Area skiers will have the opportunity to get their cross country ski technique tuned up on **Saturday, January 11th at Mt. Ashwabay, from 10:00-11:30am.** With about a month until the Book Across the Bay, the 4-H CANSKI (Chequamegon Area Nordic Ski Club) will provide a ski technique clinic free to the community.

Participants can work on either skate or classic technique, with pointers on going farther and faster with less effort and personalized coaching tips. This clinic is for skiers of all ages - those that will ski "The Book" as well as those that simply want to improve their confidence on skis. There is no charge for the clinic, but a donation for trail use is suggested.

Bring your own skis or rent at Ashwabay.

For more information contact Doug Liphart at the Extension Ashland County Office 715-682-7017.



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