



2016-17 Membership Application

I (We) do hereby apply for membership in Stowe Nordic. Membership is effective from July 1, 2016 through June 30, 2017 and authorizes all rights and privileges as offered by the club.

Name: _____ Birth Date: _____

Address: _____

Town: _____ State _____ ZIP _____

Phone: _____ Email: _____

Cell: _____ Secondary Email: _____

If family membership (must be student dependents under 22 and live in same household):

Spouse/Partner's Name: _____ Birth Date: _____

Child Name: _____ Birth Date: _____

Child Name: _____ Birth Date: _____

Child Name: _____ Birth Date: _____

STOWE NORDIC CLUB MEMBERSHIP DUES:

Individual Membership	\$30.00	\$ _____
Family Membership (spouse and dependents)	\$50.00	\$ _____

Help Stowe Nordic achieve its mission - We have several major projects currently under way:

- Last winter we upgraded to professional coaching to run our youth program for children age 5-14yrs. It was a great success, focused on developing young cross-country skiers' skill and passion for the sport from their first time on skis up to competing in local and regional competitions. These programs will be back and better than ever for the 2016-17 season!
- We have also expanded into summer programming with season long professionally led mountain bike and dryland/roller ski programs, plus a more casual weekly running group
- Working with Stowe Area Association to develop a nordic ski map that calls out the all the nordic skiing options in the Stowe area and their connection to the town's restaurants, hotels and shops
- Last winter we took over the grooming of the Stowe Rec Path and opened up new ski trails on town owned land (Mayo Farm) that are directly accessible from town center and local business locations.
- We are also expanding group ski & social events including monthly full moon skis and annual trips...last year to Quebec City to see the World Cup and ski at Mont-Sainte-Anne

With initiatives such as these Stowe Nordic is entering a new era. Our club is funded primarily through membership and event income, but to undertake projects like those above we need your support. Thank you for your membership, and please consider making an extra contribution to support club activities that are a great benefit to all skiers plus the local community.

Additional Tax Deductible Contribution to Stowe Nordic Foundation, Inc. \$ _____

Master's Training Program(information on back of form) \$150 per individual \$ _____

TOTAL AMOUNT DUE.....\$ _____

Check payable to: "Stowe Nordic" (Charitable Contribution to: "Stowe Nordic Foundation")

Mail to: Stowe Nordic, c/o Peg Lackey, 2359 Stowe Hollow Rd, Stowe, VT 05672

VOLUNTEERING: We will be requesting help for our major events and request that all our members volunteer - watch your email for more details.



Master's Training Program

Stowe Nordic has purposely kept the cost of these programs far below "market price" to encourage greater participation. If you value programs like these we request that you consider an extra tax deductible donation to the *Stowe Nordic Foundation* to help fund these programs and all our new initiatives.

Master's Training Program \$150 per individual

The new Stowe Nordic Masters program will be on Mondays at 4pm at the Mt. Mansfield Touring Center (Friday is not a good day because the races are generally Saturday and we don't want to train the day before the race). We will begin in the fall on Monday September 12 meeting weekly with dryland training and then as soon as snow flies ski training. You will alternate among three coaches for the program : Trina Hosmer, Dave Hosmer and Neal Graves who will each have a different focus for the training. Trina (the task master) will lead you in intervals. Dave will concentrate on technique and videoing. And Neal (who is young and energetic) will be doing strength, agility and other ski specific training. So a combination of the old and the young should liven up the program. The cost of the program will be \$150 for the year. Plus you must be a Stowe Nordic member (individuals \$30 or family \$50).