## JANUARY 5, FREE CLINIC 7 PM // JANUARY 12, 2KM & 5KM RACES 7 PM **CROSS COUNTRY CLASSIC & SKATE TECHNIQUES**

**ONLY FOR THE FAIRER SEX** AGES 7 AND UP

PRE-RACE COACHING SESSION PROVIDED!

powntown Noracific FOR BOTH EXPERIENCED AND **1ST TIME SKIERS** 

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## RACE FEE: \$10 LOCATION: Windsor Park Nordic Centre, 10 Des Meurons - 204.253.9236 **REGISTRATION:** See downtownnordic.blogspot.ca