

SIERRA LEAGUE SLALOM RACE TRAINING DAY
SATURDAY JANUARY 5TH, 2008
AT BOREAL

This training day is:

- An inexpensive opportunity for advanced racers to run gates and get tips.
- A chance for beginning and intermediate racers to get some race coaching and gate training at a very affordable price.
- A great way to ski on a busy weekend without bucking the crowds at the larger resorts. (Last year's training day was a huge success. Come join us)

TIME: Meet at 9:00-9:30 in cafeteria on the 2nd floor of the main lodge
Warm up & set course 9:30 to 10:00 a.m.
Training from 10:00 a.m. to 2:00 p.m. on the run called "Bonanza"

COACHING: by Sierra League S0 & S1 Class racers

COST:Adults 19-59 years old*

\$15 for Training

\$39 lift discounted ticket *

\$54 total with lift ticket

\$15 w/o lift ticket

*Ticket prices for Seniors 60-69 = \$25

Seniors over 70 = \$5

Children 5-12 = \$10

Children 13-18 = \$30

SIGN UP: Send email to plaud@cebridge.net or call Paul Laudenschlager at 530-582-9593 to get on the list. Then send check made out to "Sierra League" along with registration form below to: Paul Laudenschlager
12019 Ski Run Rd.
Truckee, CA 96161

PREREGISTRATION by mail must be received by: Thursday Jan 3rd.
(Late registration may be possible but call or email me first before coming.)

(If you have not filled out a Sierra League release form this year, please include with your registration. This form is available on the website at sierraleague.com)

BRING: Short Slalom skis, shin guards, pole guards & padded race gloves if you have them.

QUESTIONS: call: Paul Laudenschlager 530-582-9593

WEATHER CANCELLATION: If a storm comes in and this training has to be cancelled, I will email or call all people who have pre-registered.

Name: _____ Race Class (S0-S10) _____

Phone: _____ email: _____