

ISSS Presents
**CROSS-COUNTRY (Nordic) SKI
TRIP**

SATURDAY, JANUARY 31, 2009



Is the Buffalo winter getting you down? The trick to living in snow country is to get out and enjoy the snow! Come cross-country skiing with us at a local cross-country ski resort. Enjoy the beauty of the winter landscape, and the peace and quiet of the countryside. Come ski with us!

Check-in for the buses will begin at 9:00 a.m. at Flint Loop, North Campus. **THE BUS WILL DEPART PROMPTLY AT 9:15 A.M.** Do not be late or you will miss the bus (no refunds will be given)!

Since you will get warm from skiing, you should wear layered clothing (light jacket, sweater, long underwear, pants) and bring a hat and gloves. Waterproof gloves with a warm lining are necessary. Corduroy, wool, or waterproof pants are best as the snow can be easily brushed off. We do not recommend cotton clothing (e.g. jeans) as cotton gets wet easily, dries slowly and makes you feel colder. **DRESS FOR THE WEATHER!**

The cost of the trip is \$10 for transportation and \$23 for trail fee, equipment (skis, boots, poles) rental and group lesson. Lunch is not included in the trip cost. You can buy lunch in the resort's restaurant or bring your lunch and eat it anywhere except the restaurant.

Please return the form below with \$10.00 (**cash only**) to 210 Talbert Hall **BEFORE 3:00 P.M. on WEDNESDAY, JANUARY 28.** Because we must order a bus, the \$10 fee is nonrefundable. If you decide not to attend, you can find a replacement. You will need to pay \$23 to the ski resort when we arrive. **Please bring exact change for them.**



Cross-Country Skiing with ISSS on 01/31/2009

Return to 210 Talbert BEFORE 3:00 P.M., WEDNESDAY, JANUARY 28

NAME: _____

ADDRESS: _____

TELEPHONE: _____ E-MAIL ADDRESS: _____

HEIGHT: _____ GENDER (Male or Female): _____
(in feet and inches)

SHOE SIZE: _____
(European or American sizes)