

**Rochester Nordic Ski Team**  
**2024 Cross Country Ski Weekend Trip**

Friday, January 5<sup>th</sup> – Sunday, January 7<sup>th</sup>

Heartwood Resort  
Trego, WI

Join the RNST for an awesome weekend with your ski team buddies

**Lots of Things to Do**

**Great Trails for Cross Country Skiing**

**3 coaching sessions**  
**5K time trial**

**We'll also be traveling to the Birkie trail for skiing!**

Snowshoeing  
Broomball  
Tubing  
Six Meals  
Saturday night variety show

**and even more cross country skiing!**

Trip cost is \$250

Price includes lodging for two nights, coach bus transportation, six meals at the resort, and cross country ski passes.

Boys and girls will be in separate cabins with a chaperone in each cabin.

Leave Friday at 7 AM – Return Sunday at 6 PM

The more skiers we have, the more fun we'll have.

For more information on the Heartwood Resort, take a peek at

[www.heartwoodresort.com](http://www.heartwoodresort.com)

Online registration is available at [www.rasc-mn.org/ski-camp](http://www.rasc-mn.org/ski-camp).