

**Rochester Nordic Ski Team**  
**2022 Cross Country Ski Weekend Trip**

Friday, January 7<sup>th</sup> – Sunday, January 9<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  
Game room with billiards and ping pong

**and even more cross country skiing!**

Trip cost is \$230

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

Leave Friday at 7 AM – Return Sunday at 7 PM

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

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

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

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

**NOTE: ALL PERSONS ATTENDING THE SKI CAMP MUST BE VACCINATED**