

Cross-Country Skiing in Maine: From Recreation to Racing



**-Free-
Public Invited**



November 9, 2010

Curtis Memorial Library, Brunswick



Coach Nathan Alsobrook

Want a new approach to winter in Maine this year? Nathan Alsobrook, Head Coach of the Bowdoin Nordic Ski Team, will talk about cross-country skiing in Maine including the equipment you need, the techniques to get you started, recommended trails for your ability level, and how you can ski faster with less effort. Drawing on his background as a competitive Nordic racer and professional coach helping young athletes reach their potential, Nathan will share the secrets of how to relish winter and get the most out of Nordic skiing. On November 9th, Coach Alsobrook will talk in the Morrell Room of the Curtis Memorial Library, 23 Pleasant Street, in Brunswick, Maine. A potluck dinner will begin at 6 pm; the presentation at 7 pm. Bring a potluck item to share and your own dinnerware (plate, utensils etc.). Drinks will be available. Parking is free in the municipal lot off Union St.

For more information, go to AMCMaine.org or email Education Chair John Mullens at education@amcmaine.org

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6pm Potluck, 7pm Nathan Alsobrook**

