

GEAR WEST SKI AND RUN
PRESENTS
THE ROAD TO THE BEST (in XC skiing!)
Olympic Hopeful Caitlin Compton and CXC Skiing

Come to the **Gear West Grand Opening and Pig Out Sale (Sept. 13th-16th)** on **Saturday, Sept.15** for discussions on ski training, racing, and what it takes to get faster in cross-country skiing. Olympic Biathlon hopeful Caitlin Compton, Matt Liebesch and CXC skiers will be on hand at Gear West to talk and answer questions with junior and master skiers on dryland training, if anything is new and different in ski technique and XC ski racing.

Friday's schedule:

5:30 - 6:30 pm - Group Run with Chad Giese - 6 Time Mora Vasaloppet Champion Chad Giese from the Salomon Factory Team will lead a group run.

6:30 pm - Scavenger Hunt - Race throughout the Gear West store and find your own free Salomon Factory Team gear hidden in the racks.

Saturday's schedule:

1-1:50 pm- **Junior's Discussion** on how to ski faster while being a full time student, and how to keep the training motivation going through high school, college and beyond.

2-2:50 pm- **Master's Discussion** on how to incorporate strength without increasing training hours and how to train for speed with a busy schedule.

Don't Forget!

AWESOME deals on all xc ski items, running shoes, clothing and fun other stuff-- at the *Gear West Pig Out Sale!*

Custom Ski Fitting available **Friday Evening** and **ALL DAY Saturday:**

- Chat with **Director of Swix, Steve Poulin** on the latest from Swix waxes and poles.
- Have skis selected and fit by **Salomon Factory Team Director, Andy Gerlach.**
- Have skis selected and fit by **Fischer's Director of Racing**
- Have skis selected and fit by **reps from Rossignol and Atomic.**