

NORTH COUNTRY INSTRUCTORS



CROSS-COUNTRY SKI INSTRUCTION AND
RELATED SERVICES

With the increasing growth & popularity of cross-country skiing, instruction & the dissemination of valuable information has become very important. Skiers of all ages, interests, and abilities are seeking ways to improve their skiing skills & knowledge, and to increase enjoyment of their sport.

The service we offer is an attempt to fill the need for quality instruction. Through private or group lessons, and through clinics taught by qualified people, skiers can reach new levels of confidence & greatly increase their enjoyment of this exhilarating & challenging sport.

We are people who are enthusiastic about cross-country skiing, and we want to share our enthusiasm with you! On the next page is a list of our qualifications, which will help you know us better.




✻ Soon we will complete (Dec. 1979) the Professional Ski Instructors of America "Associate" Certificate. We will attend an intensive seminar & on-snow session in late November where we will gain new teaching skills & learn the newest techniques to pass on to our students.

✻ We are knowledgeable of trends in ski equipment, waxing techniques, winter safety, nutrition, clothing & ski area facilities in the North Country. We have access to outstanding rental equipment.

✻ Dick has considerable experience in the planning, mapping, & construction of ski trail systems. He was a co-planner & developer of an extensive interlocking system in Walker, he did the cartography for a private system in Hubbard County, and did the official elevation mapping for the Minnesota Finlandia. He served as Trails Coordinator for the Finlandia during the summer of 1979, and worked on the Minnesota Heart Land Trail with the Minnesota D.N.R.

✻ We have attended numerous clinics in the last few years, both Club and USSA sponsor. These clinics have included information on both dry-land, off season training and on-snow techniques. We have taught clinics for local clubs, for skiers of all ages & levels of expertise.

✻ We are charter-members of North Country Competition Club, one of Minnesota's most-active cross-country ski organizations.


 We have been skiing for seven years: five of those years as "citizens racers", and for the past four as members of United States Ski Association - USSA - in their highly competitive & challenging Divisional and Nationally sanctioned races. During those years we have won these Regional & National honors:


Dick:

- 3 times in the top 10% of Vets I - USSA class at the 55km. American Birkebeiner, Telemark.
- 8th in Vets I - USSA, Minnesota Finlandia 100km, Bemidji - 1979

Raylene:

- "25% Club" - American Birkebeiner 55km. 1979 - Telemark
- 4th Overall - Women's Division "KORTLOPPET" 27.5 km. - 1975 Telemark
- 4th Overall - Women's Division, 2nd in Vets I - USSA class - Minnesota Finlandia 100 km. - 1979 - Bemidji
- 2nd - Vets I - USSA - Central Division Veterans Championship - 20 km. 1979 - Bemidji

 USSA Certified Officials - We are available as consultants to help you plan your area races, or to act as officials at the race.

 We have been actively involved in the organization & management of area & Regional Races, including:

- Epoke Cup Series
- Dannon Cup Series
- 1979 Central Division Championships - USSA - Veterans 20-30 km.

Through private and group lessons & clinics, adult education classes and college extension services, we wish to promote good skiing technique. We are especially interested in the development of young ski racers, and have prepared a special clinic presentation for young racer and their coaches. This presentation emphasizes good training techniques, waxing proper diet, and individual analysis of each individual skier's strengths & weak points - & how to improve them!

We hope we will have the opportunity to help you increase your skiing enjoyment! Costs and scheduling information can be obtained by contacting Dick & Raylene Kimball by letter or phone - our address is below.



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