

A scenic winter landscape featuring a well-groomed cross-country ski trail that leads from the foreground into a snow-covered field. In the background, a small village with traditional wooden houses and a church with a tall steeple is visible. Beyond the village, snow-capped mountains rise against a clear blue sky. A few people can be seen in the distance, enjoying the snowy environment.

# Welcome to Everett Cross Country Ski Class

A scenic winter landscape featuring a snow-covered field in the foreground, a small village with a prominent church steeple in the middle ground, and snow-capped mountains in the background under a clear blue sky.

# Welcome to Everett Cross Country Ski Class

Course Coordinator:

Rachel Shafer    206-890-8881



Lecture Coordinator: Stacey Sambrook

A scenic view of a snowy mountain landscape. In the foreground, a wide, snow-covered path leads towards a small village. The village features several buildings, including a prominent church with a tall spire. In the background, majestic snow-capped mountains rise against a clear blue sky. A few people can be seen in the distance, enjoying the winter scenery.

# Mission:

Inspire people of all ages and abilities to learn, develop, and grow in the sport of cross country skiing.

Provide opportunities for beginners to advanced skiers to engage in exhilarating and health-promoting fun for while experiencing the natural beauty of the outdoors.

# Who Are We?

- Volunteers who love to share and have fun
- Passionate about building a supportive, welcoming ski community



# Goals?

- Be safe
- Have fun
- Learn to ski

A background image of a snowy mountain landscape. A path of snow leads from the foreground towards a small village in the distance. In the background, there are snow-capped mountains under a clear blue sky. A few people and a red vehicle are visible in the middle ground on the right side.

# Your Responsibilities:

- Come prepared for learning
- Ask questions (no silly questions)
- Speak up if you are uncomfortable
  - Cold, hungry, tired, confused, etc.
- Be safe
- Have FUN!!

# Introductions:

At your table

- Name
- Favorite activity or something fun about yourself
- Write name on your student booklet
- Write name on your name tag



# Graduation Requirements:

- Attend lecture and 3 field trips
- 1 club ski trip
- Low Impact Recreation Course
- Avalanche Awareness Course



## Test your Low Impact Recreation Skills eLearning Course

Rolling Enrollment: Fri, Mar 6, 2020 - Sun, Dec 31, 2023

No Prerequisites

AVAILABILITY:

**1452**  
participants

Registration closes Dec 31

The Mountaineers Branch  
LEADER: Conor Marshall



## Avalanche Awareness

Rolling Enrollment: Thu, Jan 4, 2024 - Tue, Dec 31, 2024

No Prerequisites

AVAILABILITY:

**9564**  
participants

Registration closes Dec 31

The Mountaineers Branch  
LEADER: Becca Polglase

# Manage Registration:

## CROSS-COUNTRY SKIING COURSE

### Nordic (CrossCountry) Ski Course

*Learn to travel safely and efficiently on cross-country skis both on and off track. The course covers equipment, conditioning, preparation, diagonal stride, uphill techniques, and downhill speed control. We do not cover racing or skating.*

- ▶ Tue, Jan 6, 2026 - Wed, Apr 1, 2026
- ▶ Committee: [Everett Nordic Skiing Program](#)
- ▶ Members: \$180.00 Guests: \$260.00
- ▶ [Apply for a scholarship](#)
- ▶ Availability: FULL, 13 on waitlist (45 capacity)
- ▶ [Cancellation & Refund Policy](#)

The Everett Branch offers a Nordic (Cross-Country) Ski Course each year during January and February. This course is designed for beginners, but experienced skiers are welcome to join us, brush up on technique, make new friends and skiing partners. The course is also well-suited for lift skiers that want a change of pace and an escape from the crowds.



## REGISTRATION STATUS

RACHEL SHAFER  
Role: Leader

Status: Registered

[Manage registration](#)

| Course Requirements                        | Roster  | Required Equipment                          | Course Materials |
|--|---|---|------------------|
| COURSE ACTIVITY                            | DATE  | AVAILABILITY                                |                  |
| <b>Nordic Lecture</b>                      |   |   |                  |
| <a href="#">Seattle Program Center</a>     | Tue, Jan 6, 2026<br><a href="#">Registration closes Jan 4</a>   | 0 participants<br>1 instructor on waitlist  |                  |
| <b>Field Trip #1</b>                       |   |   |                  |
| <a href="#">Kahler Glen Golf Course</a>    | Sat, Jan 17, 2026<br><a href="#">Registration closes Jan 16</a> | 0 participants<br>4 instructors on waitlist |                  |
| <b>Field Trip #2</b>                       |   |   |                  |
| <a href="#">Stevens Pass Nordic Center</a> | Sat, Jan 24, 2026<br><a href="#">Registration closes Jan 22</a> | 0 participants<br>6 instructors on waitlist |                  |
| <b>Field Trip #3</b>                       |   |   |                  |
| <a href="#">Erling Stordahl</a>            | Sat, Feb 7, 2026<br><a href="#">Registration closes Feb 5</a>   | 0 participants<br>9 instructors on waitlist |                  |
| <b>Social Ski</b>                          |   |   |                  |
| <a href="#">Cabin Creek</a>                | Sun, Feb 22, 2026<br><a href="#">Registration closes Feb 20</a> | 2 participants<br>1 instructor              |                  |

1) Nina and Chris

# Course Materials:

## CROSS-COUNTRY SKIING COURSE

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Role: Leader

Status: Registered

[Manage registration](#)

Course Requirements

Roster

Required Equipment

Course Materials

COURSE ACTIVITY

DATE

AVAILABILITY

LEADER

Course Requirements

Roster

Required Equipment

Course Materials

NAME/DESCRIPTION

[Nordic Ski Class Information.docx](#)

[2025 Lecture Syllabus.docx.pdf](#)

[2025 Field Trip Information.docx.pdf](#)

[Field Trip Directions and Maps.docx](#)

[Winter Recreation Essentials.pdf](#)

[2025 Nordic Ski Rentals-Everett Mountaineers.pdf](#)

[Classic xc equipment overview.pptx](#)

[Recommended online nordic ski shops\\_.docx](#)

[Tips and Resources for Learning to Classic Cross Country Ski.docx](#)

[2024 Mountaineer Cross Country Ski Guide.docx](#)

[2022 Cross Country Ski Lecture PPT.pptx](#)

# Stations:

- Skis

Kevin Crandall, Bill Coady

- Boots and Poles

Dana and Dennis Miller

- Clothing, winter hazards

Nina Kilham, Chris Opie

- 10 essentials food, first aid

Nick Jones, Mathias Ricken

## Table Mentors:

- Brian Collins
- Christine Antles
- Dominique Blachon
- Emma Agosta
- Felicia Wibowo
- Juan Pablo Cornejo
- Katy Clark
- Marta Johnson
- Michelle song
- Nancy Jordan
- Peder Digre
- Steve LeBrun




# Clothing and More Presentation:

Presenters:

- Beth Crispin
- Chris Opie
- Rin Stone



An aerial, black and white photograph of a dense forest of evergreen trees heavily laden with snow. A narrow, winding path or road cuts through the center of the forest, creating a sense of depth and movement. The trees are packed closely together, their branches and needles completely covered in a thick layer of white snow. The overall atmosphere is serene and quiet, typical of a winter day in a mountainous region.

# ING, TO ESSENT IALS & HYPOT HERMIA

EVERETT CROSS COUNTRY SKI COURSE –  
JANUARY 2021

RIN STONE, BETH CRISPIN, CHRIS OPIE

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# CLOTHING

EVERETT CROSS COUNTRY SKI  
COURSE - JANUARY 2021

RIN STONE

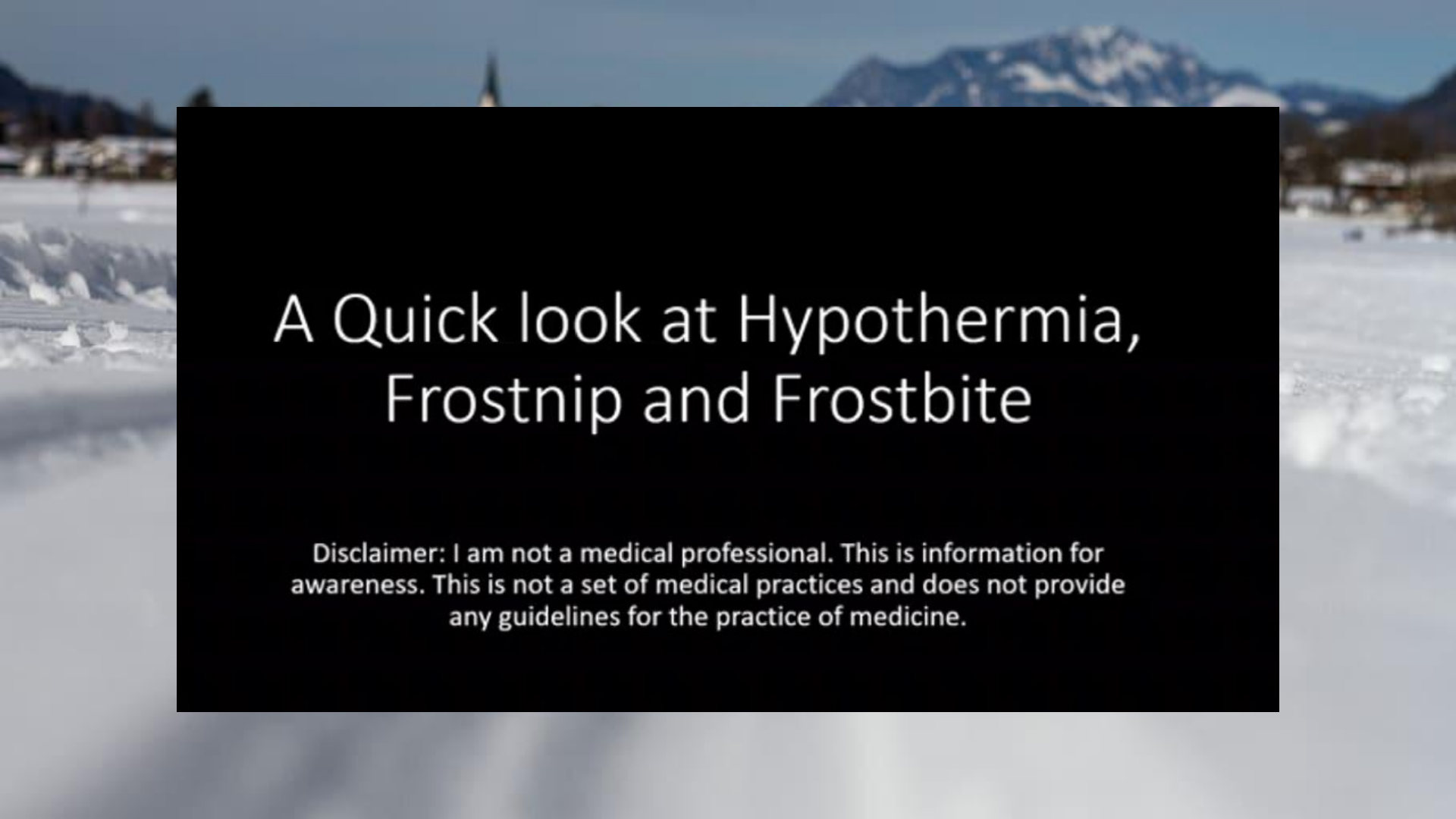






# Ten Essentials

Everett Nordic Ski Class 2020

A scenic background image of a winter landscape. In the foreground, there is a snow-covered field with some small ice formations. In the middle ground, a small village with a prominent church spire is visible. In the background, there are large, snow-capped mountains under a clear blue sky.

# A Quick look at Hypothermia, Frostnip and Frostbite

Disclaimer: I am not a medical professional. This is information for awareness. This is not a set of medical practices and does not provide any guidelines for the practice of medicine.



Clothing: <https://www.youtube.com/watch?v=CsBLy86dcpo>

10 Essentials: <https://youtu.be/gH4FxmqqZEO>

Hypothermia: <https://youtu.be/YW2J9WleAM0>



# Clothing and More Lecture:



# Skis, Boots, Poles:

A wide-angle photograph of a snowy mountain landscape. In the foreground, a well-trodden ski track leads from the bottom center towards the middle ground. The snow is bright white with some shadows and small ice chunks. In the middle ground, a small village with several buildings, including a prominent red one, is visible. A few people are scattered in the distance. The background features large, snow-covered mountains under a clear blue sky.

Presenter:

- Erik Tuvey

# Skis, Boots, Poles:



Break



# Field Trips

A wide-angle photograph of a snowy mountain landscape. A path of packed snow leads from the foreground towards the background, flanked by deep snowdrifts. In the distance, there are small buildings, a red vehicle, and a person walking. The background features more snow-covered mountains under a clear blue sky.

## Field Trip Information


- Skill Surveys
- Parking and Trail Passes
- Rental Information
- Communication Plan



# Field Trips:



# Signing up for Ski Trips:

Search...  Rachel [DONATE](#)

**ACTIVITIES** COURSES CONSERVATION VOLUNTEER

## ACTIVITIES > FIND ACTIVITIES

Search

Leader, keywords, etc. 

- ☐ all items  
☐ in current results

I want to go...

- ☐ Avalanche Safety (9)
- ☐ Backcountry Skiing (18)
- ☐ Backpacking (27)
- ☐ Bikepacking (1)
- ☐ Climbing (86)
- ☒ Cross-country Skiing (19)
- ☐ Day Hiking (67)
- ☐ Downhill Skiing & Snowboarding (10)
- ☐ Exploring Nature (6)
- ☐ Family (9)
- ☐ First Aid (3)
- ☐ Global Adventures (11)
- ☐ Navigation (3)


## ACTIVITIES

search results

[LOOKING FOR EVENTS? ►](#)

[LOOKING FOR COURSES? ►](#)

current search

Cross-country Skiing (19) 

[x Remove all](#) 

[List](#)

[Map](#)

19 results



### Cross-country Ski - Cabin Creek

CROSS-COUNTRY SKIING TRIP

Come cross country ski on the winter solstice.

Difficulty: G-XC 3 Intermediate Groomed

[Wed, Dec 21, 2022](#)

No Prerequisites

AVAILABILITY:

**0**  
participants

[Registration closed Dec 19](#)

Everett Branch

LEADER: Louise Suhr



### New Cross Country Ski Leader Seminar - Online Classroom

CROSS-COUNTRY SKIING SEMINAR

This 2.5 hour evening seminar provides experienced cross-co...

[Wed, Dec 21, 2022](#)

No Prerequisites

AVAILABILITY:

**13**  
participants **0**  
leaders

[Registration closed Dec 19](#)

Foothills Branch

LEADER: John Gilbert



### Cross-country Ski - Erling Stordahl

CROSS-COUNTRY SKIING TRIP

This trip starts from the Crystal Springs Snopark and include...

Difficulty: G-XC 2 Advanced Beginner Groomed

[Fri Dec 23, 2022](#)

AVAILABILITY:

**0**  
participants **0**  
leaders

[Registration closes Dec 21](#)

Foothills Branch

A background image of a snowy mountain landscape. A road or path leads into the distance, flanked by snow-covered fields. In the far distance, a person is walking, and a red vehicle is visible. Snow-capped mountains are in the background under a clear blue sky.

Set up carpools if interested

Clean up chairs and tables