CROSS-COUNTRY SKI TRIP: January 26th, 2019

BACKGROUND: Ready for some great winter fitness? Interested in a scenic day in the mountains? Eager to escape from the city rain to a winter wonderland? Then come cross-country skiing on Saturday, January 26th, 2019. We will head to groomed trails in the Snoqualmie Summit area that are suitable for classic and skate skiing. The trip can accommodate beginners as well as experienced skiers, and the trip is open to middle and high school students. Check the Outdoor Program page on the school website for more information, or contact Jeff Blair at jeff.blair@northwestschool.org.

STUDENT RESPONSIBILITIES – *PLEASE READ CAREFULLY*:

To attend trips:

- Students **MUST** fill out the Student Sign Up form – found here: http://northwestschool.org/our-programs/outdoor-program/information-for-students-families

- Students **MUST** attend 2 meetings in the Feynman Classroom: on Friday, Jan. 31st from 9:35 – 10:05 am and Tuesday, Feb. 4th from 9:35 – 9:45 am
  - Students must communicate with trip leader before the meetings if they cannot make them – failure to do so may result in their removal from the trip roster. Please direct questions to the trip leader (contact info listed on the form below).

WHEN AND WHERE: Feb. 8th, Snoqualmie Pass

TRANSPORTATION: NWS Bus

ITINERARY: Departure at 8:30 AM (be at school by 8:15); return at 3:00 PM We will likely spend the day skiing on the groomed trail at Iron Horse State Park, near Hyak at Snoqualmie Summit (exit 54). The trail heads east along the south shore of Keechelus Lake and is a popular destination for both beginner and experienced skiers. The trail is relatively flat and has both a skating lane and classic tracks set. Map here. *Please arrange a prompt pick-up from the school, as a faculty member must remain with the student(s) until they are picked up.*

SUPERVISION AND CONTACT **Trip leader:** Jeff Blair at jeff.blair@northwestschool.org. **Additional faculty:** Sandy Nelson

COST: The trip fee is $10 to cover transportation costs and parking fees, plus equipment rental if needed (approx. $40 from REI). As always, financial aid is available.

**Need skis?** We will speak with you about rental during the meetings and you can indicate this on the parent permission form.