



SKI DE SHE

CAMP SCHEDULE

DERKSEN GREAT HALL | CABLE, WI

FRIDAY, JAN 19 - SUNDAY, JAN 21

2024

slumberland
50th BIRKIE EST 1973
Ski. Run. Bike. Live!

FRIDAY

1:00 pm - **Welcome & Check-in**

1:30 pm - **On Snow Sessions**

3:30 pm - **Warm-up & Snack!**

- Change clothes and re-energize

4:00 pm - **Evening Workshops**

- #1: Welcome to Ski de She! - Kristy Maki, ABSF Event Director
- #2: Changing the Clothing Game: Dressing for Distance - Abby Drach
- #3: Gear for Every Wave - Nichole Bathe
- #4: Race Strategy for every Age and Stage - Jennie Bender

6:00 pm - **Dinner with Friends!**

- Dinner provided by Lakewoods Resort & Lodge

6:30 pm - **Wax and Wine Tasting!**

- Wine provided by Clarity Wine Shop
- Waxing Clinic - Jan Guenther & Cindy Swift

7:30 pm - **Close for the Day**

SATURDAY

8:00 am - **Breakfast and Pep-talk**

- Provided by Backroads Coffee and Vibes Bakery
- Pep-talk with Holly Brooks

9:00 am - **On Snow Warm-up and Wax Prep**

9:00 am - **20k Classic**

- Sponsored by Backroads Coffee and Vibes Bakery

11:00 am - **10k & 5k Freestyle**

- Sponsored by Riverbrook Bike and Ski

11:00 am - **Post Race Party Begins!**

- Hydrate, refuel, and recover
- Tatterstall Happy Hour!

11:30 am - **20k Classic Award Ceremony with Holly Brooks**

12:15 pm - **30k Skate**

- Sponsored by Gear West

12:30 pm - **10k & 5k Award Ceremony with Holly Brooks**

2:30 pm - **30k Award Ceremony with Jan Guenther**

3:00 pm - **Stretching and Post-Race Reflection**

3:30 pm - **Afternoon Workshops**

- #1: Oh, the Places Skiing Can Take You! - Kim Rudd
- #2: Three Tiny Exercises Everyone Should Do (and why they are relevant to skiing!) - Dr. Cara Battles
- #3: Fuel a Faster Ski - Julie Shobe
- #4: Five Keys to Mastering your Menopause and Beyond - Sara Larson

5:30 pm - **Close for the day**

SUNDAY

8:00 am - **Sunshine Yoga**

- Hayward Fitness Fanatics

9:00 am - **Breakfast & Coffee**

- Provided by Backroads Coffee

9:30 am - **Holly Brooks Keynote**

10:30 am - **Coaches Q&A**

11:00 am - **On Snow Session**

- Over distance ski
- Specific skill sessions

1:00 pm - **Goodbyes**

