

# 2006 Eagle River Masters

## Summer Session

Welcome to the 2005-06 Eagle River Master Summer training. This group will meet Tuesday's, Thursday's at 6:15pm, and some Saturday's at 7:30am starting from May 30th-August 31

The Eagle River Masters is for all abilities. We will work on areas of sports conditioning to complement winter skiing and overall general fitness.

Correspondence and updates will be through e-mails and our website but anyone is welcome to call me at anytime. (907) 229-6427. I will be posting a final schedule, what to wear and or bring and any new information on the web, with a reminder e-mail.

For updates and information, please visit our website:  
[alaskanordicracing.org](http://alaskanordicracing.org)

Tuesday, May 30  
Meeting Place, Chugiak High School  
6:15pm

Schedules will contain meeting locations and the plan for the day.

Coaches: Daryl Farrens: Summer Masters Head Coach  
Joey Caterinichio: Summer assistant  
Lisa Dale: Summer assistant

If you are interested in learning more about Alaska Nordic Racing additional information is available.

We look forward to training with you.

Joey Caterinichio: Program Coordinator  
[joeycat@pobox.alaska.net](mailto:joeycat@pobox.alaska.net)  
(907) 229-6427

2006 Summer  
Eagle River Masters  
Sign Up/Information Sheet

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_home \_\_\_\_\_ wk \_\_\_\_\_ cell \_\_\_\_\_

E-mail: \_\_\_\_\_

Ability: \_\_\_\_\_

Goals for joining: \_\_\_\_\_

\_\_\_\_\_

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**Summer Session**

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|--------------------------|-------------------------|---------------------|-----------------|
| <input type="checkbox"/> | <b>May 30-August 31</b> | <b>35 sessions:</b> | <b>\$250.00</b> |
| <input type="checkbox"/> | <b>May-June only:</b>   | <b>11 sessions:</b> | <b>\$95.00</b>  |
| <input type="checkbox"/> | <b>July only:</b>       | <b>11 sessions:</b> | <b>\$95.00</b>  |
| <input type="checkbox"/> | <b>August only:</b>     | <b>14 sessions:</b> | <b>\$120.00</b> |

**Please make checks payable to ERNTC**

**Uniforms and training jackets are available upon request at any time.  
Please allow 3 weeks for delivery.**

**Note: You will also need to be a member of the ERNSC**