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January 20, 2010

FOR IMMEDIATE RELEASE

CONTACT: Lance Clark, Outdoor Recreation Programmer, at 234-6237

**SKATE DAY AT THE NORDIC CENTER**  
*Half-Price Rentals, Free Primer Lesson and Tune up Tips*

Saturday, January 23, 2010 is the third annual “Love to Skate Day” at the East Mink Creek Nordic Center. From 10:00 a.m. to 5:00 p.m., the Nordic Center will offer half-price skate ski rentals, free primer lessons and tune up tips to anyone interested.

Skate skiing is the faster cousin of classic skiing. It is the style most people think of when envisioning the Olympics. Skate skis do not have scales or grip wax to provide kick when going up hills. Conversely, they don’t have that same grip slowing the ski down.

“Love to Skate Day” is geared for first timers and newcomers. Anyone new to the sport or just wanting to dip a toe in will benefit greatly from a quick lesson. Although some people naturally pick up skating, most folks could benefit from some guidance and tips. Individuals don’t have to be an Olympic caliber athlete to enjoy a day on skate skis. It helps to have good balance and a basic level of fitness, but the point of skiing for most people is the exercise. It is possible to experience a significant improvement in technique and fitness during the first year

Anyone who already owns skate gear is welcome to stop by the rental center for a free basic wax clinic. Individuals can put a fresh layer of wax on their own equipment and head out. Technique tips and drills are also available to more experienced skaters looking to improve their style.

East Mink Creek Nordic Center trails are open 24 hours a day, 7 days a week through a fee box, and trail passes are \$6. Rentals are available Friday, Saturday and Sunday from 10:00 a.m. to 5:00 p.m. Ski skate lessons are always available by appointment for \$30 per hour. Lessons can be scheduled via email with Lance at [lclark@pocatello.us](mailto:lclark@pocatello.us).

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