



Welcome to Nordic Info Night

We'll begin at 7:05!

Agenda



1. Basic program information
2. Class levels offered
3. Tuition and other costs
4. Nordic equipment
5. Questions? Type into the chat anytime, or email nordic@mazamas.org

What kind of skiing?

Nordic = Cross-country = XC

Free-heel flexible boots

Long skinny skis, designed to glide over long distances on mild terrain



Classic



Backcountry Nordic



Backcountry Ski Touring

*Alpine Touring (AT), aka Ski Mountaineering
Mazamas teaches this too!*

A background image showing the lower legs and skis of several people standing on a snowy mountain slope. The skis are various colors, including blue, red, and black. The snow is white and appears to be a mix of fresh powder and tracks.

Program Dates

Student orientation: **Thurs 1/8/26**, 7-8:30 in person @ MMC

Field sessions: 2 small group lessons and a makeup date/tour

- **Saturdays: 1/24, 1/31, 2/7**
- **Sundays: 1/25, 2/1, 2/8**
- **Wednesdays (Level 2 only): 1/28, 2/4, 2/11**

Registration: 10/30 - 12/4

Notification of acceptance by 12/9

Classic Program Levels

For
the  of
MOUNTAINS

Level 1	Level 2	Level 3
Have not XC-skied before Feel out of control on gentle hills	Took beginner class recently or returning to cross-country skiing after several years	Desire to increase skills and efficiency
Unable to demonstrate step turn, snow plow, and/or diagonal stride	Able to demonstrate, but have not mastered step turn, snow plow and diagonal stride	Mastered step turn, snow plow and diagonal stride Comfort with basic poling techniques
Unable to ski 2 miles on easy terrain without falling numerous times	Able to ski 2 miles on easy terrain without falling numerous times	Able to ski at least 3 miles on easy terrain without falling Desire to go on ski tours longer than 5 miles

Nordic Backcountry

For those who want to develop the skills and confidence to get off the beaten path. This class will emphasize winter backcountry navigation and negotiating difficult terrain with safety and comfort. Intermediate to advanced cross-country skills are required. Intermediate navigation (map/compass) is recommended.

- Essential prerequisite cross-country skills: efficient kick and glide, snowplow, step turn and kick turn.
- Fitness: outings are 4-6 hours, 7-10 miles, 1000-2000 ft of elevation gain, plus skill practice.
- Learning outcomes: backcountry navigation, safely skiing through dense trees, skiing steeper slopes, speed control on packed trails and introduction to advanced turning techniques.

This is Nordic backcountry not alpine (AT) backcountry, meaning: We will be skiing away from groomed tracks, roads, and trails, but limited to areas without avalanche exposure and we will be on Nordic BC equipment.



Tuition and Other Costs

Tuition: \$240 members, \$340 nonmembers

- This includes 2 days of small group instruction
- The 3rd session is scheduled as a backup date, or an optional ski tour
- There are some tuition-only scholarships available, note in your application if you need financial assistance

Tuition does not include

- Equipment
- Transportation - gas, OR sno-park pass \$25 annual, tire chains
- Groomed trail passes - Teacup Nordic \$25/day, 0-3 times
- Food

What to expect

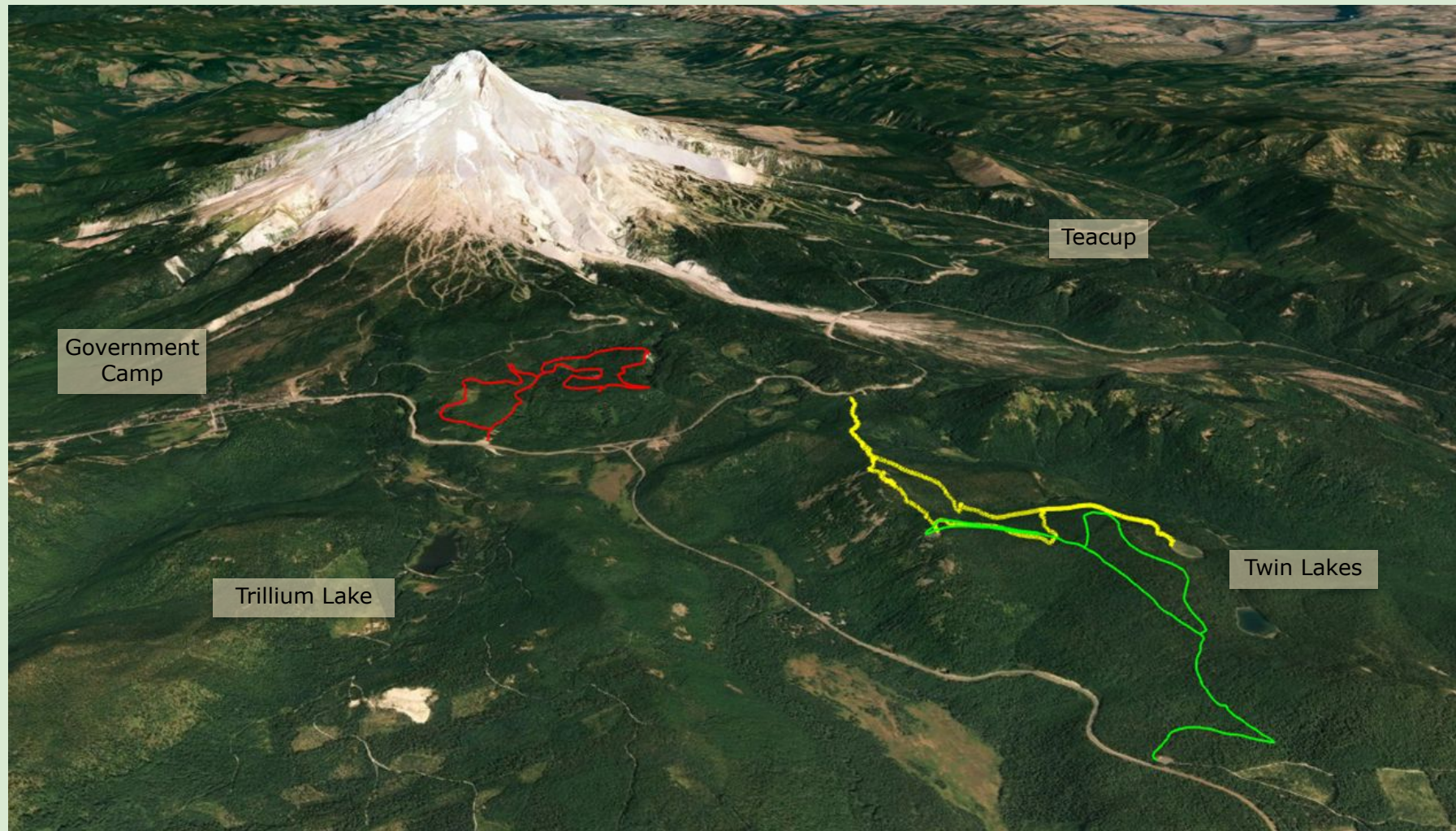
- Teams of 2-3 instructors with 8-10 students
- Our instructors are passionate volunteers with years to decades of experience
- Various field session locations in Mt Hood NF, mix of groomed and ungroomed terrain
- Class typically begins in the morning, break for lunch in the field, ending times vary



FAQ: Carpooling

- We understand that a snow-worthy vehicle and winter driving skills can be a barrier to participation.
- Carpooling is strongly encouraged! But not guaranteed.
- Each team has their own location, and start and end time for each field session.
- Carpooling within your team will be discussed at Student Orientation. *If you need a ride, say so!* Have the ability to get yourself and your equipment to an in-town meeting location to catch a ride up the mountain.
- The suggested gas donation to your driver for the ~120 mile round trip is \$16, max \$48 per car.





Government
Camp

Trillium Lake

Teacup

Twin Lakes

Nordic Equipment

- There are many reputable and helpful local outdoor shops where you can get Nordic skis, boots, and poles. For renting, we recommend Mountain Shop.
- Some shops rent for the whole season, a month, or just a weekend. Others do sales only. Some have discounts for Mazamas members.
 - Skis - primarily sized by your weight. You need enough force to press the patterned base of the ski into the snow to grip and propel yourself forward, but not too much so that you can't glide.
 - Boots - make sure they are compatible with your ski bindings
 - Poles - come to armpit-to-shoulder height
 - Climbing skins for backcountry only
- *Can I use the skis I already have??*

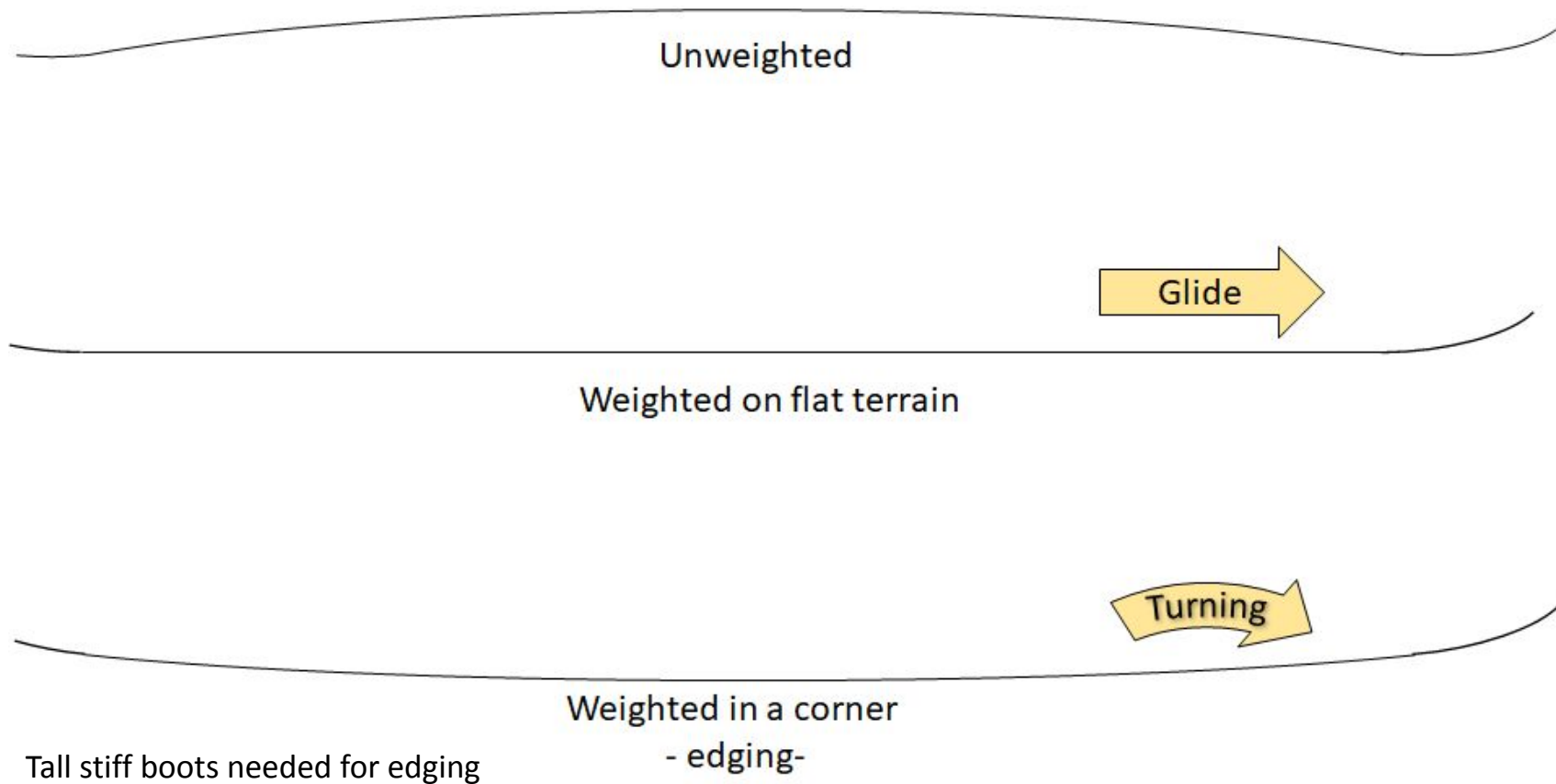
Ski Types



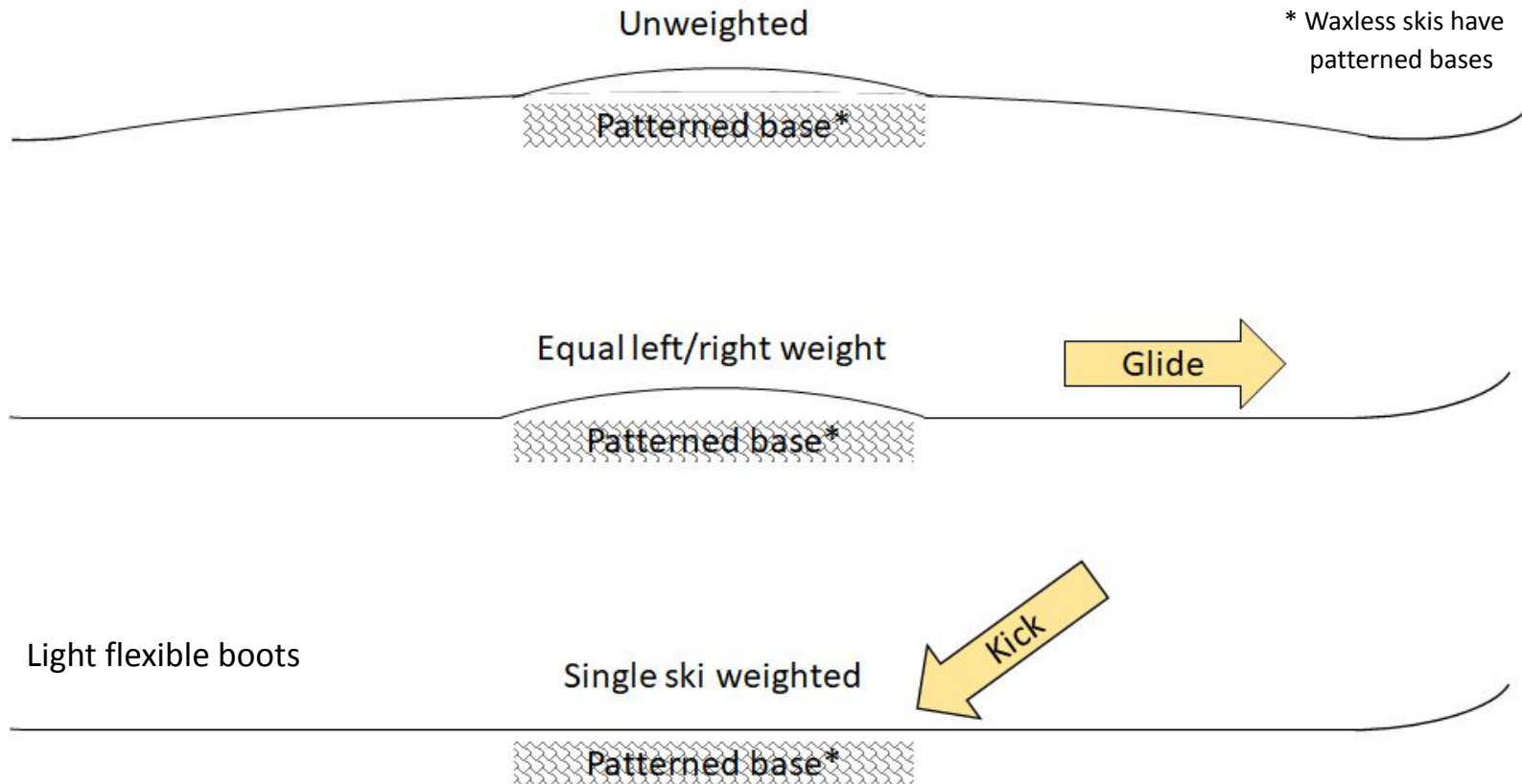
MAZAMAS

Ski Type	Camber	Side Cut	Edges	Width	Base
Downhill	Single	20+ mm/side	Metal	>100 mm	Smooth
Nordic Backcountry	Double – sort of	~5-10 mm/side	Metal	78-98 mm	Patterned
Nordic Track	Double	Negligible	Composite	<68 mm	Patterned

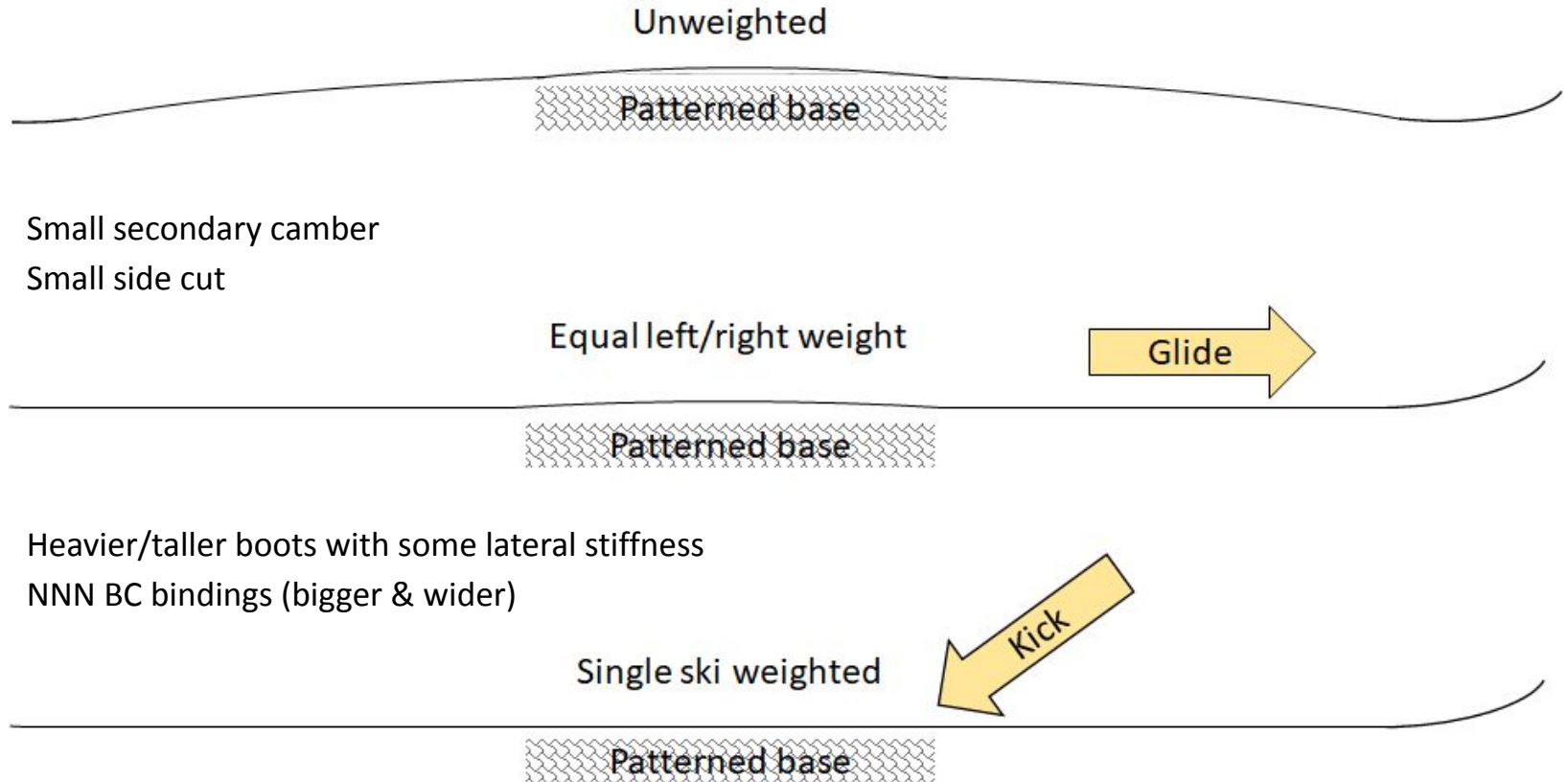
Downhill: Single Camber

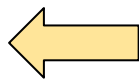


Nordic: Double camber



Nordic Backcountry: Double camber... sort of





Downhill

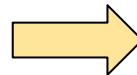
Wide

Significant side cut

Single camber

Designed to turn when on edge

Nordic Track



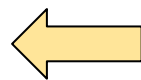
Narrow

Negligible side cut

Double camber

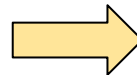
Designed to go straight & glide





Nordic Backcountry
Hybrid between downhill & track

Nordic Track



Narrow
Negligible side cut
Double camber
Designed to go straight & glide



Nordic Bindings



Nordic Track & Nordic BC Skis





Thank you for joining us tonight!

More Questions? Email
nordic@mazamas.org

