**Jan 1, 2020**

**Happy New Year**

Just a few announcements and updates from the PWER Nordic Boosters.

**Pasta Parties:** We have several pasta parties coming up. A special thank you to all our host skiers and families.

Tuesday 1/7 – Elin, Erika, and Britt Harrison

Monday 1/13 – Aaron Mooreland

Sunday 1/19 – Mary Kenney

Wednesday 1/29 – Sean Schiferl

Monday 2/3 – Kendra Besser

The times and addresses are posted on the team calendar**. The skiers are asked to bring an item to contribute based on grade:**

* **7th/8th/9th grade skiers:  Green salad and/or fruit**
* **10th grade skiers:  Dessert**
* **11th grade skiers:  Drinks - white/choc milk, water, juice - no pop please**
* **12th grade skiers:  Bread**

**Pursuit Races:** Our race season really ramps up in January. We have three big all-day Pursuit style races coming up (MLK Race on 1/20, Conference Championship on 1/30, and Sections Race for Varsity on 2/4). For parents new to Nordic these are fun and exciting races to spectate. The skiers will race Classic in the morning and Skate in the afternoon. Their finish time/placement will be a combination of both events. They will race against the clock during the morning classic race. Then they will be staged based on their Classic finish time for the afternoon Skate race. The fastest classic skier will start first and then all the other skiers will be sent off the exact seconds/minutes they were behind in classic time. Thus, the second race becomes a true “pursuit” race.

Since the skiers race twice, the boosters will provide a spread of food to refuel between races. We will provide food to make sandwiches (deli meat, cheese, peanut butter/jelly), water/Gatorade, fruit and energy snacks. One item that is always a popular choice for a quick energy boost is a cold pancake with peanut butter or Nutella. We will also have a post-race treat (cookies/bars) after the final race. We need a few volunteers to make pancakes and cookies/bars for each of the races mentioned. You can just send the items in ziplock bags with your skier. You can use any pancake mix, though the Kodiak brand protein pancakes (regular and chocolate) is a good option for the skiers.

Please use this link to volunteer to provide pancakes or cookies/bars for one or more of the mentioned races:

<https://docs.google.com/spreadsheets/d/1C5GbuvFy-sebJ5GifpMUH00gMI2Ry9569DRwvpeDPCA/edit?folder=0ANQ9qfJOS6qYUk9PVA#gid=0>

*Please be aware that we do have skiers that are allergic to nuts (peanuts and tree nuts).*

Thank you. Please don’t hesitate to reach out to [mike.besser@comcast.net](mailto:mike.besser@comcast.net) with any questions, concerns or comments. Thank you for your continued support of our PWER Nordic Skiers!!