

# BIRKIE PROGRAMMING SUMMER SCHEDULE



## Get Out There!

Please come enjoy these informal, **FREE**, expertly guided group workout sessions on some of the best trails around!



DATE	TIME	ACTIVITY	TRAIL / CITY
June 27	6:00 p.m.	<b>"Just for the Ladies" Dryland Clinic</b>	Out There Shop/City Park Rice Lake, WI
<i>*Feel free to bring a significant other of any kind who may be coming with you. They can do a road bike ride, so if that helps get you Out There, let us know! (Ride may include gravel sections.)</i>			
June 29	1-4 p.m.	<b>Nordic Walk and Trail Run</b> Birkie Ridge to Fire Tower and Back <i>Followed by River's Eatery for Pizza</i>	Birkie Ridge Seeley, WI
July 14	6:00 p.m.	<b>Family Dryland &amp; Soccer Night</b>	Spooner H.S. Spooner, WI
July 17	6:00 p.m.	<b>Nordic Walk and Trail Run</b>	Lowe's Creek Eau Claire, WI
August 9		<b>*Nordic Walk and Trail Run</b> Boedecker Loop and Back 1:00 — Nordic Walk 2:00 — Trail Run 3:00 — Swim at Silverthorn Lake 4:30 — Picnic Dinner and ABSF Annual Meeting at "OO"-- Everyone is Welcome. Come hear about future plans for the Birkie!	Birkie "OO" Seeley, WI

## TO SIGN UP:

Contact Bjorn or Kris Hansen at Out There Nordic Sports in Rice Lake, WI.

*Out There is known for its year-round workout and training series. Learn more at:*

**www.OutThereShop.com • info@outthereshop.com • 715-234.4505**