



Pole Hiking Clinic for Skiers and Non-Skiers

This clinic will show you how to use poles when hiking to improve safety and balance and reduce stress on knee joints. If you are a cross country skier you can also improve technique for both skate and classic and develop skiing endurance and strength. Both aspects, skiers and non-skiers, will be addressed.

Details: Non-Skiers if you are going to hike with poles you might as well get some benefits from them by doing things correctly

- We'll show you how to use straps correctly and proper pole length
- How to reduce stress on your knees and other joints both up and down hills
- Demonstrate proper arm, leg, and pole timing
- Safety/Stability aspects of hiking with poles

Details: Skiers, a common activity for skiers is to hike with poles.

Here's how to get the most from your activity

- Proper use of straps and proper length of poles
- Proper pole, leg and arm timing for skate and classic
- Reduce knee stress when going down hills
- Weight support with poles when going up hills
- Technique work for classic striding
- Technique work for skating
- Endurance and strength work for classic and skate
- Introduction to Dryland Training