

KARITRAA



SKI DE SHE

CAMP SCHEDULE

DERKSEN GREAT HALL | CABLE, WI
FRIDAY, JAN 17 - SUNDAY, JAN 19
2025

slumberland

BIRKIE

Ski. Run. Bike. Live!

FRIDAY

1:00 pm - **Welcome & Check-in**

1:30 pm - **On Snow Sessions**

3:30 pm - **Warm-up & Snack!**

- Change clothes and re-energize

4:00 pm - **Evening Workshops**

- **Kari Traa's Story of the Rose**
 - Taylor Murphy, Head of North America Marketing, Kari Traa
- **Dressing for Distance**
 - Abby Drach, Kuvetta
- **Eat Well, Ski Well: Practical Nutrition for Active Women**
 - Alex Larson, RD, LD
- **Sleep Strategies with Slumberland**
 - Rebecca Schmidt, Slumberland Furniture
- **Empower. Embrace. Embody.**
 - Louise Droessler, ABSF Development Director

6:00 pm - **Dinner & Drinks with Friends!**

- Dinner provided by Lakewoods Resort & Lodge
- Wine provided by Clarity Wine Shop

6:30 pm - **Wax Clinic**

- Waxing Clinic - Jan Guenther & Cindy Swift

7:30 pm - **Close for the Day**

SATURDAY

8:00 am - **Breakfast and Pep-talk**

- Provided by Backroads Coffee and Vibes Bakery
- Pep-talk with Keynote Speaker

8:30 am - **On Snow Warm-up and Wax Prep**

9:00 am - **20k Classic**

- Sponsored by Backroads Coffee

10:15 am - **10k & 5k Freestyle**

- Sponsored by Riverbrook Bike and Ski

11:00 am - **30k Skate**

- Sponsored by Gear West

10:30 am - **Post Race Party Begins!**

- Hydrate, refuel, and recover
- Tatterstall Happy Hour!

11:30 am - **20k Award Ceremony**

11:45 am - **10k & 5k Award Ceremony**

1:00 pm - **30k Award Ceremony**

3:00 pm - **Afternoon Workshops**

- **Making Menopause Make Sense**
 - Sara Larson, Life Coach
- **Balancing Work, Family, and Training as a Female Athlete**
 - Kim Rudd, Endurance Adventures
- **Ski Fitting & Selection**
 - Nichole Bathe, Madshus
- **Team Birkie**
 - Julie Ensrud, Nichole Bathe
- **Balance & Biomechanics: Improving your Stability on Skis**
 - Molly Schull, DPT, OCS, Tamarack Health

5:30 pm - **Close for the day**

SUNDAY

8:00 am - **Sunshine Yoga**

- Nicole Nathan, Hayward Fitness Fanatics

9:00 am - **Breakfast & Coffee**

- Provided by Backroads Coffee

9:30 am - **Keynote Presentation**

10:30 am - **Coaches Q&A**

11:00 am - **On Snow Session**

- Over distance ski
- Specific skill sessions

1:00 pm - **Goodbyes**

