



**FOR IMMEDIATE RELEASE**  
**City of Duluth Parks and Recreation Division**

---

411 West First Street, Duluth, Minnesota 55802  
218-730-4309 | [www.duluthmn.gov](http://www.duluthmn.gov) | Kathleen Bergen, Parks and Recreation Division Mgr.

For more information contact Amy Norris, Public Information Coordinator 218-730-4312

**DATE: 12/31/2013**

**SUBJECT: Make Plans to Attend Winter Trails Day on Saturday, January 11th**

**BY: Amy Norris, Public Information Coordinator**

---

## **Make Plans to Attend Winter Trails Day on Saturday, January 11th**

The public is invited to attend Winter Trails Day at Spirit Mountain Nordic Center. This event is part of the National Winter Trails Day celebration, which offers children and adults new to snow sports the chance to try cross country skiing for free, and to discover the great fitness and social benefits with this fun winter sport.

We encourage all those interested in trying out cross-country skiing to attend! Here are the details:

- Location: Spirit Mountain Nordic Chalet – 9525 West Skyline Parkway (about 1/2 mile past the downhill area)
- Time: Lessons at 10:00am and 12:30pm, Chalet open 9:00am – 4:00pm
- The event is free and open to all, but you must register by January 10th for one of the two time slots.
- What to bring? Ski equipment, if you have it. Free rentals will be available
- Instruction will be offered in classic skiing (diagonal stride) which is the technique we recommend learning first.

Already know how to ski? Come check out the Spirit XC trails and have some hot chocolate and granola bars around a bonfire — bring the whole family!

Register for the lessons online through the DXC website [www.duluthxc.com](http://www.duluthxc.com). If you aren't taking lessons, there is no need to register.

###