

**CROSS  
COUNTRY  
CANADA  
HEROES &  
MENTORS  
DAY**



women on skis presents:

**HEROES & MENTORS DAY**

-KAMVIEW NORDIC SKI CENTRE, THUNDER BAY, ONTARIO-

**SUNDAY MARCH 7, 2010**

the day after the Sleeping Giant Loppet

**10:00AM - 1:00 PM**

You might be tired after the Sleeping Giant Loppet, but hopefully you can find some energy to come out to Kamview Nordic Ski Centre on Sunday March 7, 2010 at 10:00am. Former National (National Training Development Centre/National Ski Team) racers Becky (Laakso) Puiras and Kerrie Fabius are hosting a Heroes and Mentors ski event for girls ages 13-19.

This is a CCC program (sponsored by CP-Canadian Pacific Rail) that enables young girls to spend time with older female ski racers as role models in an informal training/social setting. This program is open to all skiing girls (a little younger or older than ages 13-19 are also welcome). We encourage all levels of skiers to come.

Kerrie and Becky will lead a fun ski including technique and drills starting at Kamview Nordic Centre, followed by an indoor session with snacks and draw prizes. The Sleeping Giant Loppet age group awards will be at 1:00, so we will be there to cheer for our friends and family as they get their prizes. Come ready to ski and bring a change of clothes for afterwards.

*Email: [kerrie\\_fabs@hotmail.com](mailto:kerrie_fabs@hotmail.com) or [btpuiras@gmail.com](mailto:btpuiras@gmail.com)  
or call 807-251-6434 with any questions and to confirm your attendance (so we have an idea of how many people to expect).*

**Hope to see you there!**

*Our goal is to encourage young women to continue to ski and race well beyond their teen years and to have fun doing so!*

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