

# **Himie Towle Memorial** **X-C Ski Frolic**

Sponsored by:  
***Cary Medical Center***  
&  
***Nordic Heritage Sport Club***

**Sunday, March 8, 2009**

Nordic Heritage Center, Presque Isle/Fort Fairfield  
\$20 family, \$10 adult, \$5 youth, includes homemade soup lunch  
First 100 to register receive a *Frolic* long sleeve t-shirt

The mass-start event is freestyle cross-country (classic track also available)  
Snowshoers can join the *Frolic* with a poker run on the snowshoe trails

1<sup>st</sup> and 2<sup>nd</sup> place awards in 22 categories

Special award for the overall female and male winners in 7.5K Main Event

Aroostook Cup points awarded for the 7.5K event (14 and older)

Open touring division for all non-competitive recreational skiers (9 to 90)

Random prize drawings for everyone who registers

Cash prizes for best and worst hand in snowshoe poker run

Proceeds to benefit youth programs at the Nordic Heritage Sport Club

For more information, call Tom Towle (207) 472-3882

## **ORDER OF EVENTS**

Registration (Lodge)	10:30am-12:30pm
Snowshoe Poker run	anytime after registering
7 and under (200 Meter)	1:00pm
8 and 9 (400 Meter)	1:05pm
10 and 11 (800 Meter)	1:10pm
12 and 13 (2 Kilometer)	1:15pm
14 and older (7.5 Kilometer)	1:30pm
Open Touring/Recreation	1:31pm
Lunch (Lodge)	after races
Awards (Lodge)	3:00pm (approximately)

COME JOIN US FOR A FAMILY FUN FILLED DAY OF WINTER  
RECREATION AT THE

***FROLIC***