

# Himie Towle Memorial X-C Ski Frolic

Sponsored by  
Cary Medical Center &  
the Nordic Heritage Sport Club

**Sunday, March 14, 2010**

Nordic Heritage Center,  
Presque Isle/Fort Fairfield



## Registration

10:30 am - 12:30 pm

**\$20 family ■ \$10 adult ■ \$5 youth**

All registrations include a homemade soup lunch.

First 100 to register will receive a Ski Hat!

**The mass start event is Freestyle Cross-Country,**  
(classic track also available)

**Snowshoers can join the Frolic with a  
Scavenger Hunt on the Snowshoe Trails**

- **1st and 2nd place awards in 22 categories**
- **Special award for the overall female and male winners in the 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 (9-90)**
  - **Random prize drawings for everyone who registers**
  - **Prizes for Snowshoe Scavenger Hunt**
- **Proceeds to benefit youth programs at the Nordic Heritage Sport Club**

**Come Join Us For A Family Fun Filled Day  
Of Winter Recreation At The Frolic!!**