



Hello Everyone,

I am excited to announce the 2016-2017 Team XC United. This is the 6th year of the team and I am feeling we are due for a good snow year! The team will again be open to all but ideally we are looking for members to have a moderate ability. The focus will be mostly technique driven but we will do some lactate testing and workout/pace as well.

Thinking snow,

Matt Liebsch mattliebsch01@gmail.com

Team Details: \$500 per season

- Focused technique sessions with video analysis, Our team channel <https://www.youtube.com/user/TeamXCUnited>
 - Sunday, October 23rd 4:00pm @Baker, horse trail parking lot
 - Sunday, October 30th Lactate Testing Day*
 - Sunday, November 6th 4:00pm @Elm Creek Visitor Center
 - Sunday, November 13th 4:00pm @Baker, horse trail parking lot
 - Sunday, December 4th 4:00pm @Elm or Hyland
 - Sunday, December 11th 4:00pm @Elm or Hyland
 - Sunday, December 18th 4:00pm @Elm Creek or French
 - Saturday, December 24th 8:30am, Team race day @Elm Creek
 - Sunday, January 15th Birkie Tour – team ski, some video
 - Sunday, January 22nd 4:00pm @Hyland or French
 - Sunday, January 29th 4:00pm @Baker or Elm Creek
 - Sunday, February 12th 4:00pm @Elm Creek
 - Sunday, February 19th 4:00pm @Hyland

Benefits:

- \$100 credit for service at Pioneer Midwest. Can be used for stone-grinding, hotbox or race wax service including the Birkie.
- Handpicked skis by Matt Liebsch at team pricing (10% off). Hardgoods at team pricing.
- 15% discount at Pioneer Midwest (Excludes sale/discounted items)
- Very special pricing on 2-3 select items per year
- Discount pricing on team branded apparel
 - We will be doing new uniforms from Mt. Borah and possibly new jackets. Special team pricing will be available on these items

***AGAIN THIS YEAR!** Lactate profile w video. Many on the team have expressed interest in knowing/checking their training zones. Planned date for this is October 30th in the afternoon and make up session is late afternoon/evening of November 1st.