

SUMMER TRAINING SERIES

Robert Zacharcki leads a summer ski race training program on the last Saturday of each month June, 2010 through September, 2010 – with a bonus starter session in May, 2010. Called the **STS (Summer Training Series)**, workouts are done on a paved seven-mile trail mostly using inline skates; but can include running, poling, stretching and other exercises. The program will also use soft training poles and personal timing devices to time the runs.

NOTE: This program is not for novice skaters. You must be a proficient skater with all the proper safety gear in order to participate. Moraine State Park does not rent skates, so you must provide your own.

The group meets around 4:00 p.m. near the bicycle rental building on the North Shore Area of the lake. Cost for PSC members is \$20.00, which includes the four summer sessions and the bonus spring session. Robert's website has full details. Check it out at <http://www.skiexpert.net/Programs/SummerTrainingSeries/tabid/450/Default.aspx>.