

## **MASTERS XC GROUPS OVERVIEW**

Masters XC is made up of numerous different groups and abilities. The descriptions below are broad generalizations of what levels the groups ski and will vary depending on conditions, skill and as personal fitness improves.

As in Pre-COVID days, Masters will be able to move between teams and groups as appropriate for skill and fitness levels.

Levels are defined by trail rating:

- Green Trails: Level 1
- Blue Trails: Level 2
- Black Trails: Level 3

### **Skookum** (Skate Development) 4-6 teams

- Thursday & Sunday mornings
- Level 1, 2, & 3
  - 1 or 2 teams generally will ski Level 1

### **Thursdays in the Tracks** (Classic) 2 teams

- Thursday mornings/occasionally Sunday mornings
- Level 1 & 2

### **Classy Classics** (Classic) 2 teams

- Thursday mornings
- Level 2 & 3

### **Breathe Easy** (Skate) 1 team

- Thursday mornings
- Level 2 & 3

### **Grey Hounds** (Skate) 1 team

- Thursday mornings
- Level 2 & 3 (more kilometers and faster speeds)

### **Thursday Evenings** (Skate mostly) # of teams vary

- Level 1,2 & 3 with most time spent in Level 2 (based on lighted trails)
- Limited to 50 participants

### **Sunday Social Ski** (Skate & Classic)

- No instruction
- Objective is to build endurance & distance