

Full Moon Cross Country Skiing at Adams Farm Winter 2010

Friday January 1, 2010, Saturday January 30 & Saturday February 28 7:00-9:00
PM

(See the Winter 2010 Walpole Recreation Bulletin for registration information.)

<http://www.walpolerec.com/info/default.aspx>

General Information Bulletin

Thank you for your interest in joining the Walpole Recreation Department and the Friends of Adams Farm for cross-country skiing at Adams Farm. Past ski outings have been a great success, and we hope you can join us for this year's outings as well. This bulletin is intended to answer any general questions that may arise related to the ski outings planned for this winter. If you have further questions, please contact the Walpole Recreation Department M-F 9-5 PM at 508-660-7353. The leader for these ski outings is Gary Riggott, 508-668-6273, and you can contact me if you like.

What We Plan to do on These Outings:

- We will park in the Adams Farm lot at 999 North Street Walpole 02081 and leave 15 minutes after the planned start time.
- We will ski along the main (Blue) trail to the big field. This is approximately $\frac{3}{4}$ mile. This may take about 45 min.
- We will take a break for snacks and water. Full Moon Skiers can participate in Celestial Trivia, with new questions for 2010. Prizes for the winners!
- We will ski around the perimeter of the big field then follow the Blue Trail through the woods back to the Barn. This will be about 1 mile and take about an hour.
- The leader will point out things of interest at Adams Farm, and also answer any cross-country skiing technique or equipment-related questions as best as I can.

Note: **Snowshoers are welcome to join us!!** We go at a pretty slow pace.

How to Dress:

- The best way to dress for cross-country skiing would be to dress like you are going for a cold weather jog, **not like you're going downhill skiing**. This means don't wear a heavy jacket.

Rule number 1 for cross-country skiing; **do not wear cotton next to your skin!** Wear a synthetic Tee-shirt (long or short sleeve) that will wick the perspiration away from your skin. This material could be polypropylene, Spandex, Reebok's "Hydromove" or Nike's

“Cool-Max”. If your skin gets wet in the winter, it is not only uncomfortable but potentially dangerous.

- Rule number 2 for cross-country skiing...**wear layers!** A versatile choice of clothing would be:
 - o a synthetic undergarment
 - o a cotton tee shirt (long sleeve) or two, depending on the temperature. The cotton will absorb your perspiration, but at least it will not be next to your skin.
 - o a light windbreaker.
- For longer ski outings on your own, you may wish to bring a knapsack with an extra shirt inside a Ziploc bag. You'll find that your back will get sweaty. If your spare shirt is not kept inside a waterproof container like a Ziploc, you may find that it is wet from your sweat when you go to put it on.

What to Bring for these outings:

- A snack
- Drinking water

A Word about Coyotes:

- After the front-page article in the Walpole Times ran in 2003, the leader contacted Walpole Animal Control Officer John Spillane about the safety of cross-country skiing in regard to coyotes, especially at night.
- John felt that the danger to humans from coyotes was extremely small. In his experience, coyotes run away from humans, especially adults (unless they are rabid-then they may approach).
- For small animals and unattended small children, the risks are greater. However, no one will be left unattended during these ski outings. And **pets are not allowed during these outings**. If you want to bring your pet cross-country skiing, they'd probably love it. However, the Rec. Department asks that you to not bring your pet along for these outings.

Where to Obtain Cross-Country Ski Equipment (purchase and rental):

- Replay Sports, Walpole 508-668-9990. A used kids package (boots, poles, skis, bindings) is around \$75. A new kid's package is about \$120. A new adult package is about \$200, a used adult package is about \$90.
- Natick Outdoor Store, 38 North Ave., Natick. 800-856-7992 or 508-653-9400. A kid's package (kids 50-80 lbs., max shoe size=5) is about \$150. An adult package is about \$200.
- Weston Ski Touring Center, 200 Park Road, Weston. 781-891-6575, or <http://www.paddleboston.com/skitrack/skitrack.php> These folks have the latest equipment available to rent. For an adult the price is \$28/day, for a child \$14/day. This is the cheapest way to try out equipment and see if you'll like cross-country skiing enough to make a purchase. This facility makes their own snow, and has a groomed, lighted track for cross-country skiing. It is located very close to the junction of the Mass. Pike and Rte. 128. If you have an interest in XC skiing, it is worth checking this place out.
- Current prices may vary-use these figures as an estimate.

Inclement Weather Policy:

- These ski outings will be rescheduled held if there is no snow, or if heavy rain is forecast. These are the only conditions that will stop me (us) from skiing. If there is any question about the weather, the leader will contact everyone that has pre-registered for the outings. If you have not pre-registered, you can contact Gary Riggott at the number above.
- If cloud cover is forecast, this may block some moonlight during the Full Moon Ski. But as we saw last year, enough ambient light gets reflected from the snow that there is still enough light to ski safely. Your eyes adjust to the dull light after a few minutes outside.
- If an event is cancelled due to weather, you may contact the Walpole Rec. Department to see about getting your registration fee refunded.

If you'd like a copy of this document sent to you, please contact Gary Riggott at 508-668-6273 or email at: riggottg@mtl.mit.edu