

NENSA XC Ski Bingo: Maine

Play on your skis!!

Name: _____

	 Slalom ski	 Log your ski activities	 Make and Pack a Snack	 Backcountry ski
One ski balance challenge	Teach someone something about skiing		 ID a tree on your ski	 Ski to the high point
 Ski with just arms/poles	 Harris Farm	Free Choice XC Area 	 Ski and draw your loop	 Ski with a household member
 Make ice cream while you ski	 Ski somewhere new	Obstacle course	 Night ski	
Build a ski jump	 Ski with just legs	 Ski to a special destination	 quarry road trails waterville maine	 ID a wild animal on your ski

L.L.Bean



Cross Country Ski Areas Association

Rules of the Game

1. Must be under 14 years of age to play.
2. Game runs from December 1, 2020 to March 31, 2021.
3. Get "Bingo" by completing the activities and skiing at the Centers in a full row, column, or diagonal.
4. Document your activities and the Ski Centers you skied at with photos and mark your Bingo card.
5. Fill out the Bingo entry form at www.nensa.net/xc-ski-bingo once you've completed Bingo. You will include your activity and Ski Center photos and a picture of your marked Bingo card.
6. Follow all Maine COVID-19 Regulations: www.maine.gov/covid19/
7. Get outside and HAVE FUN!!!
8. Direct any questions to kait@nensa.net

What can you win?

Every few weeks we will raffle off **LL Bean US Ski Team Pom Hats** and **\$20 LL Bean gifts cards** to players who completed Bingo. Players can submit more than one Bingo throughout the season if each one is unique.



Bingo Card Ski Center Details:

Inland Woods + Trails – Bethel – www.woodsandtrails.org/winter-activities

Harris Farm – Dayton – www.harrisfarm.com/x-c-skiing

Nordic Heritage Center – Presque Isle – www.nordicheritagecenter.org

Quarry Road Trails – Waterville – www.quarryroad.org

Sugarloaf – Carrabassett Valley – www.sugarloaf.com/activities/cross-country-skiing

Free Choice XC Area – ski at your local spot or try somewhere new – <https://xcski.org/find-a-ski-area/>



Bingo Card Activity Details:

Backcountry ski: Ski off groomed trails. Could even be in your backyard!

Build a ski jump: Build a jump and have fun skiing off it.

ID a tree on your ski: Go for a ski, find a cool tree, and identify what kind of tree it is.

ID a wild animal on your ski: Go for a ski, look for a wild animal, and identify the animal.

Log your ski activities: Keep a log for one week of all your ski activities (i.e. where you went, what you did, how long you skied, anything special about your ski, etc.)

Make and pack a snack: Make a tasty snack at home and eat it during or after your ski.

Make ice cream while you ski: Mix ice and rock salt in a larger (sealable) container attached to a rope. Put ½ C heavy cream, ½ C whole milk, ¼ C sugar, ¼ tsp salt, and 1 tsp vanilla in a smaller (sealable) container and then nestle that container in the larger container, attach it to your waist with the rope, and ski around dragging the container behind you until you have ice cream!

Night ski: Ski after dark with light from the moon or a headlamp.

Obstacle course: Build an obstacle course (bicycle bumps, jumps, slalom etc.) and then have fun skiing it.

One ski balance challenge: Ski down a hill with only one ski without putting your other foot down (try it on both sides).

Ski and draw your loop: Ski your favorite loop, take mental note of special features, and then draw a map of your loop.

Ski somewhere new: Ski somewhere new to you (i.e. ski center, trail, public land etc.)

Ski to a special destination: Can be a neat feature, hilltop, or any spot that's special to you.

Ski to the high point: Ski to the highest point possible at the location where you are skiing.

Ski with a household member

Ski with just arms/poles: Ski at least 10 minutes with just your arms/poles.

Ski with just legs: Ski at least 10 minutes with just your legs.

Slalom ski: Set up a slalom course on a downhill and ski it. Can set up two parallel slalom courses and "race" a household member.

Teach someone something about skiing