



CXC/Salomon Super Fit Program coming this weekend to Fontana Sports, Madison, WI and Hoigaard's, St. Louis Park, MN

November 4, 5 and 6

http://www.facebook.com/cxcskiing?sk=app_117250678373906

HOIGAARD'S, ST. LOUIS PARK, MN

CXC Excitement Team:

Jason Cork - CXC Team coach (2011 USSA Coach of the Year Award)

Igor Badamshin - CXC Junior Development Team Coach (1994 Olympian)

Jennie Bender - CXC Team athlete (2012 Classic Birkie Winner)

Jessie Diggins - CXC Team and U.S. Ski Team member (2011 World Championships Team member)

Karl Nygren - CXC Team (2011 Classic Birkie Podium finisher)

Friday:

9:30am to 8pm - CXC 3D Ski Flex Mat and Salomon Flex Table

Measure yourself against other skiers on "SKI ERG" (simple double pole test will give you an idea where you will finish at the 2012 Birkie)

6pm - Glide & Kick Waxing Seminar / CXC Wax Room DVD Presentation

Saturday:

8am to 9:30am - Free "Get your Nordic On!" Dryland and Rollerski Technique Clinic for Intermediate and Advanced Skiers of Nordic" 8am to 9:30am - Dryland & Rollerski Technique Clinic - 8am to 9:30am

8am to 9:30am - USSA Level 100 Coaches Certification Technique Clinic (have to e-mail Jason Cork to sign up at jason.cork@cxcskiing.org)

9:30am to 6pm - CXC 3D Ski Flex Mat and Salomon Flex Table Testing

9:30am to 6pm - Measure yourself against other skiers on "SKI ERG" (simple double pole test will give you an idea where you will finish at the 2012 Birkie)

4pm - Glide & Kick Waxing Seminar / CXC Wax Room DVD Presentation

5pm - Coaches Appreciation Night

Sunday:

9am to 11am - Rollerski roll with CXC Team (meet at the store)

11am to 5pm - CXC 3D Ski Flex Mat and Salomon Flex Table Testing

11am to 5 pm - Measure yourself against other skiers on "SKI ERG" (simple double pole test will give you an idea where you will finish at the 2012 Birkie)

Important Note:

- Sale prices on Salomon products throughout the weekend
- Special coaches discount for the weekend
- Prizes for the top male and female Ski Erg Challenge

5425 Excelsior Boulevard
St. Louis Park, MN 55426
(952) 929-1351



FONTANA SPORTS (WEST SIDE), MADISON, WI

CXC Team is back at Fontana Sports with custom ski fitting equipment (CXC 3D Pressure Mapping System and Salomon Flex Table), clinics and more!

CXC TEAM:

Yuriy Gusev - CXC Team founder

Santi Ocariz - CXC Team athlete (top 15 U.S. National Championships)

Carolyn (Freeman) Ocariz - CXC Team athlete (top 15 U.S. National Championships)

Waylon Manske - CXC Team athlete (3rd ranked in USSA Central Division)

FRIDAY:

10am to 8pm - CXC 3D Ski Flex Mat and Salomon Flex Table Testing

10am to 8pm - Measure yourself against other skiers on "SKI ERG" (simple double pole test will give you an idea where you will finish at the 2012 Birkie)

6pm to 7pm - Glide & Kick Waxing Seminar / CXC Wax Room DVD Presentation

SATURDAY:

Important note: there will be random prizes from CXC and Salomon for all participants at the clinics! Demo Salomon boots and Sweenor Classic and Skate rollerksis (some rollerksis will be available to use for a clinic)

8am to 9:30am - Free "Get your Nordic On!" Dryland and Rollerski Technique Clinic for Intermediate and Advanced Skiers

8AM TO 9:30AM - Free "Taste of Nordic" Dryland & Rollerski Technique Clinic

8am to 9:30am - USSA Level 100 Coaches Certification Technique Clinic

10am to 8pm - CXC 3D Ski Flex Mat and Salomon Flex Table Testing

10am to 8pm - Measure yourself against other skiers on "SKI ERG" (simple double pole test will give you an idea where you will finish at the 2012 Birkie)

SUNDAY:

11am to 6pm - CXC 3D Ski Flex Mat and Salomon Flex Table Testing

11am to 6pm - Measure yourself against other skiers on "SKI ERG" (simple double pole test will give you an idea where you will finish at the 2012 Birkie)

Important Note:

- Sale prices on Salomon products throughout the weekend
- Prizes for the top male and female Ski Erg Challenge

231 Junction Road,
Madison, WI
(608) 833-9191