

# SISU Nordic Foundation



Photo from: Adirondack Daily Enterprise

**-When:** Wednesdays Nov 30, 2011 - Feb 15, 2012

**Where:** Battle Creek, (2300 Upper Afton Road, Maplewood / St. Paul)

**Sponsored by:** Sisu Nordic Foundation, CXC Skiing

**Contact:** Greg Rhodes: [greg@enduranceathlete.com](mailto:greg@enduranceathlete.com)

(612-599 8004)

## Adaptive Nordic Skiing Program

**Who:** Open to individuals of any age with lower and upper extremity deficient, adults and children with physical disabilities (spina bifida, congenital/birth deficiencies, s/p amputation), visual impaired individuals, children, adults, and prospective interested volunteers.

**About Adaptive Ski Program:** Participants will have an opportunity to learn about cross country skiing and biathlon through an interactive program of skiing technique and training for competition. Activities will include dryland training (exercises that simulates the cross country ski motion), Ski Erg, snow skiing on a variety of terrain (flat to very challenging) on a sit-ski. All skills and training will be beneficial to athletes looking for a winter outdoor recreational activity or those looking to train for adaptive ski races.

**Specifics:** 10 week program help on Wednesday evenings from Nov. 30, 2011 till Feb. 15, 2012 at Battle Creek Park. Participants will have the opportunity to participate in an adaptive ski race during the Tour do Twin Cities Nordic Ski Minne-Tour and/or the American Birkebeiner (Cable-Hayward, WI) in February.

**About Adaptive Nordic Skiing:** Adaptive Cross Country Skiing is available for individuals with physical disabilities and blindness/visual impairment. Depending on functional disability, a participant uses a sit-ski, a chair equipped with a pair of skis. Individuals with blindness/visual impairment participate in the event with a sighted guide.

### Program Highlights:

- Specific adaptive equipment provided
- Coaching focused on adaptive athletes
- Preparation for adaptive Cross Country Ski races on January 28th, 2012
- Warming facilities located at ski head

