

U.S. Paralympics Nordic  
Midwest Adaptive Nordic Festival  
Hyland Park, Bloomington, MN  
December 27 & 28th



**Who:** Any interested person in Paralympic sit, standing or visually impaired cross country skiing. ALL ages welcome!

**When:**

- Sit skiers: December 27<sup>th</sup> 10am – 3pm
- Standing skiers: December 28<sup>th</sup> 10am- 3pm

Interested in coming both days? That is a possibility!  
Email BethAnn for more information

**Where:** Hyland Park Visitor's Center – Jan's building; 10145 Bush Lake Rd. Bloomington, MN 55438. NOTE: we will be based out of Jan's building, located in the back parking lot of the visitor's center.



**What:** The goal of this clinic is to introduce those that are interested in Paralympic Adaptive Cross Country skiing and provide an opportunity to try out equipment, ski with other adaptive athletes and learn about more opportunities to enjoy this awesome sport, and, of course, to have fun!

- Lunch is included
- Free hat for all volunteers and participants
- We will provide equipment – but if you have your own please bring it.

**Why:** Because haven't you always wanted to learn how to cross country ski? This is a perfect opportunity to try it out!

**Registration:** There is NO cost to this clinic, but it is requested that you register ahead of time so we can be sure to have enough volunteers and equipment for everyone.

**Register here:**

<https://www.zapevent.com/reg/personalinfo/15265>

**Contact BethAnn Chamberlain with any questions:**

[Bethann.chamberlain@gmail.com](mailto:Bethann.chamberlain@gmail.com) ; 720-627-9290

\*Volunteers Needed – please contact BethAnn if you are interested in helping out at this event. –Thanks!

**Daily Schedule:**

**10 AM Welcome, introduction & equipment fitting**

**11AM On snow skiing! Basic skills development, exploration , video of technique**

**12PM Lunch, video review, program opportunities & Q & A on Paralympic Nordic**

**1PM More Skiing – games, skill development, exploration**

**3PM Clean up, return equipment**