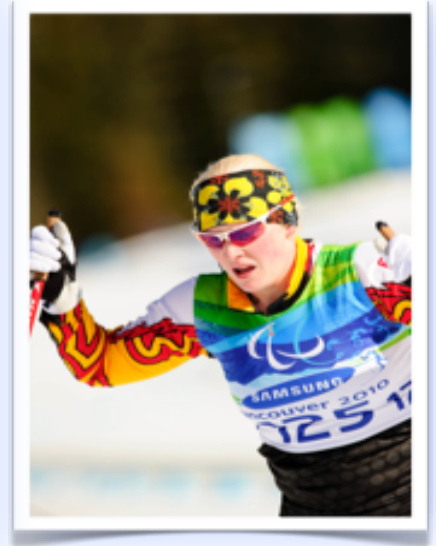
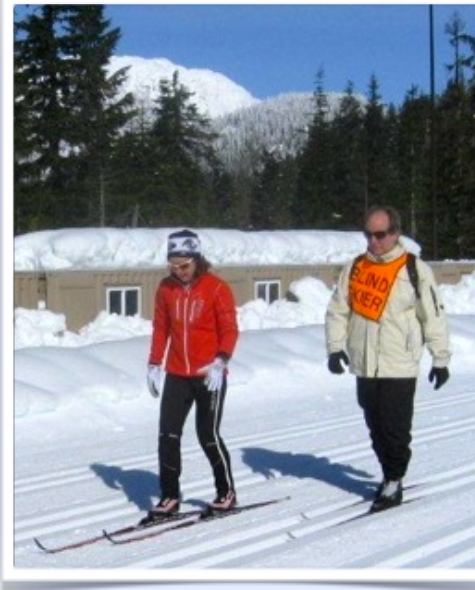


2013 Skiing Is Believing

Nordic Racers Introductory Adaptive Cross-Country Ski Clinic



In 2010, five members of the Nordic Racers adaptive ski program competed in the 2010 Vancouver Paralympic Games in cross-country skiing and biathlon. Having successfully reached their goal of racing at the Paralympics, our team has now turned their energy towards a new challenge — introducing more people with a physical disability to the sport! We have planned a series of ski clinics during the 2012 - 2013 ski season where our Paralympians, their coaches, and others will teach people with physical disabilities and their friends and family to ski. Wheelchair users, amputees, people who are blind or visually impaired and people with cerebral palsy are just a few examples of the physical disabilities we can accommodate in our program.

Where: Whistler Olympic Park in the Callaghan Valley just south of Whistler.

When: January 5th, February 9th, and March 16th, 2013 (all are Saturdays).

Registration deadlines: December 24th, February 2nd and March 9th at 6pm.

Who: Individuals with physical disabilities and one friend or family member.

Cost: \$25 per person per clinic. This fee covers transportation, equipment and coaching.

Is this program suitable for you? These are our minimum mobility standards:

- **Wheelchair users:** Able to transfer with minimal assistance and have enough upper body strength to move your own bodyweight in a sled. Support staff do not push or tow athletes in our programs. This program is designed for individuals who spend most of their time in a manual chair (not a power chair).
- **Standing skiers:** Able to stand and walk at least 400m with or without walking aids such as a cane or crutches but without assistance from another person.

We recommend you visit our website at www.nordicracers.bc/paranordic.html for more details and to watch videos about adaptive cross-country skiing.

To register: Email adaptive@nordicracers.ca with your name and phone number before the deadlines above. We'll call you back!