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If you've ever tried this....



You might totally 'ROCK' at

this ->

Nordic Racers' Para-Nordic Skiing

Leo Sammarelli (Nordic Racers) Earns 2 Bronze Medals at US Para Nordic Nationals

BC Team para nordic athlete Leo Sammarelli of Vancouver attended the US Para Nordic National Championships recently and garnered some impressive results. He placed third in both the 5km Men's



sit-ski distance race and the Men's sit-ski sprint race. Leo has been competing in cross country skiing for the past two years and is a Nordig Canada NextGen team member.



We gratefully acknowledge financial support from our season's sponsor, MacDonald's Home Health Care. The program is entirely supported through contributions from individuals and companies like MacDonald's Home Health Care.

Nordic Racers Para Nordic offers instruction at all skill levels. We are looking for athletes (13 years and older) to participate in Para-Nordic Skiing is Believing events at Whistler Olympic Park. Come for a great day of outside fun. And maybe, just maybe, you might find yourself coming back for more!

Dates: Saturday January 13, Sunday February 18 and Saturday March 16

Where do Skiing is Believing events take place? Whistler Olympic Park, 15 minutes south of Whistler.

What is my cost? These events are **FREE for participants** with a disability.

Can I bring a friend? Yes! Please bring friends and family. This is a recreational program. Lots more fun when doing it together!!!

I'm not sure I can do this activity. Will I be able to get help setting myself up? Yes, we have certified coaches and trained volunteers who are keen to help you succeed.

If you have more questions, please send an email to <u>adaptive@nordicracers.ca</u> and we will do our best to answer your questions.