



CXC/Salomon Super Fit Program coming this weekend to Bicycle Doctor, Dousman, WI and Joe's Ski Shop, St. Paul, MN

November 11, 12 and 13

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

BICYCLE DOCTOR, DOUSMAN, WI

CXC EXCITEMENT TEAM

Yuriy Gusev - CXC Team founder

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

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

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

FRIDAY

10am to 8pm - CXC 3D Ski Flex Mat

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 - 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 - Free "Taste of Nordic" Dryland & Rollerski Technique Clinic

8am to 9:30am - USSA Level 100 Coaches Certification Technique Clinic (have to e-mail Yuriy Gusev to sign up at yuriy.gusev@cxcskiing.org)

10am to 5pm - CXC 3D Ski Flex Mat

10am to 5pm - 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

9am to 11am - Rollerski roll from the store

11am to 5pm - CXC 3D Ski Flex Mat

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 all Nordic products throughout the weekend
- Prizes for the top male and female Ski Erg Challenge

105 North Main Street,
Dousman, WI 53118-8835
(262) 965-4144



JOE'S SKI SHOP, ST. PAUL, MN

CXC EXCITEMENT TEAM

Gus Kaeding - CXC Team coach (2008 Classic Birkie winner)

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 athlete (2011 Classic Birkie Podium finisher)

Caitlin (Compton) Gregg - CXC Team athlete (2011 Bikrie winner and 2010 Olympic Team member)

Brian Gregg - CXC Team athlete (Top 10 Birkie finisher and 2010 World Cup participant)

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SUNDAY:

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Joe's Ski Shop
33 East County Road B
St. Paul, MN 55117
1.888.468.6563