



CXC/Salomon Super Fit Program coming this weekend to Ski Hut (east), Duluth, MN and Finn SISU, Lauderdale, MN

November 30 - December 2

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

SKI HUT (east), DULUTH, MN

CXC EXCITEMENT TEAM

Yuriy Gusev - CXC Team founder (Friday and Saturday)

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

Waylon Manske - CXC Team member

FRIDAY

9am to 7pm - CXC 3D Ski Flex Mat

9am to 7pm - Measure yourself against other skiers on "SKI ERG"

SATURDAY

9am to 5pm - CXC 3D Ski Flex Mat

9am to 5pm - Measure yourself against other skiers on "SKI ERG"

SUNDAY

9am to 10:30am - Free "Get your Nordic On!" Dryland Technique Clinic (meet at the store)

9am to 10:30am - USSA Level 100 Coaches Certification Technique Clinic (have to e-mail Gus Kaeding to sign up at gus.kaeding@cxcskiing.org)

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

11am to 5 pm - Measure yourself against other skiers on "SKI ERG"

4pm to 5pm - Glide & Kick Waxing Seminar / CXC Wax Room DVD Presentation

Important Note:

- Sale prices on all Nordic products throughout the weekend

- Prizes for the top male and female Ski Erg Challenge

Ski Hut (east)

1032 E 4th St

Duluth, Minnesota

(218) 724-8525



FINN SISU, LOUDERDALE, MN

CXC EXCITEMENT TEAM

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

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

Yuriy Gusev - CXC Team founder (Sunday)

FRIDAY:

10am to 5pm - CXC/Salomon 3D Flex Table Testing

SATURDAY:

8am to 9:30am - Free "Get your Nordic On!" Dryland and Rollerski Technique Clinic

8am to 9:30am - USSA Level 100 Coaches Certification Technique Clinic (have to e-mail Gus Kaeding to sign up at gus.kaeding@cxcskiing.org)

10am to 4pm - CXC/Salomon 3D Flex Table Testing

SUNDAY:

12am to 4pm - CXC/Salomon 3D Flex Table Testing

Important Note:

- Sale prices on all Salomon Nordic products throughout the weekend

Finn Sisu
2436 Larpenteur Avenue,
Lauderdale, MN
(651) 645-2443