

Dear Adaptive Athlete,

Thank you for making a reservation for the Northeast Adaptive Race Series at the Empire State Winter Games and the 2<sup>nd</sup> Annual Adirondack Adaptive Nordic Ski Camp being held on the weekend of February 2-5, 2011 in Lake Placid, NY.

A member of our organizing committee will be contacting you soon by email or phone to provide additional information about the event and answer any questions you may have.

In the meantime, this packet provides information about the event, including costs, logistics, and the tentative event schedule.

Your \$10 reservation fee confirms your spot on the roster and helps support the New England Nordic Ski Association, which provides coaching, logistical and equipment support for the event.

Scholarships are available to cover individual registration costs on a first-come, first served basis. Otherwise, registration costs must be paid in full when you check-in at the event.

We look forward to seeing you there!

Sincerely,

Josh Wilson & Jeff Erenstone  
Co-Chairs  
Adirondack Adaptive Partnership



### *About the event*

This unique 3-day event will bring together new and experienced adaptive Nordic skiers from all over the country for an adaptive Nordic skiing training camp and races at the Empire State Winter Games. The event is being organized by a partnership of local and regional organizations including Adirondack Adaptive Adventures, Mountain Orthotic and Prosthetic Services, U.S. Paralympic Nordic Team, Olympic Regional Development Authority, Northeast Passage, and the New England Nordic Ski Association.

The camp will be held at the [Olympic Training Center](#) and [Olympic Sports Complex at Mt. Van Hoevenberg](#) beginning on Friday, February 3, and will feature coaches from the U.S. Paralympic Nordic Team and training clinics for standing, sitting, and visually impaired skiers. All camp activities are designed for skiers with physical disabilities who are interested in learning new adaptive XC and biathlon training and competition techniques. Experienced Nordic skiers are encouraged to attend, however people of all skill levels are welcome and no previous cross country skiing experience is required.

In addition to the camp, adaptive biathlon and XC ski races will be held at the [Empire State Winter Games](#) and camp participants are invited to compete in sanctioned races over the weekend. In 2011 the first adaptive XC races were held during the Games, attracting 10 competitors from the Northeast region.

*Participants must choose from the following registration options:*

<b>Registration Options – ADK Adaptive Nordic Ski Camp &amp; Races</b>				
Options	Lodging	Trail Pass	Race Fee	Total Cost
<b>Full Camp – Feb 2-5</b> Includes 3 nights lodging and meals at Olympic Training Center. For athletes who want to participate in the opening ceremonies for Empire State Winter Games on Thursday night	\$135	\$15	\$15	<b>\$165</b>
<b>Weekend Only – Feb 3-5</b> Includes 2 nights lodging and meals at Olympic Training Center.	\$90	\$15	\$15	<b>\$125</b>
<b>Race Only – Feb 4-5</b> Includes trail pass and race fee for Northeast Adaptive Race Series biathlon and/or XC races at Empire State Winter Games. Lodging & meals <u>not</u> included.	n/a	\$15	\$15	<b>\$30</b>

## **Schedule**

### **Thursday, February 2**

Time TBD                      Empire State Games – Opening Ceremonies

### **Friday, February 3**

8:00am – 12:00pm      Athlete check-in @ Olympic Training Center (OTC)

8:00am – 12:00pm      Free time to explore Lake Placid

11:30am – 12:30pm      Lunch @ OTC (All Athletes & Coaches)

1:00pm – 4:00pm        XC & Biathlon Clinics @ Olympic Sports Complex (Van Ho)

5:00pm – 7:00pm        Dinner @ OTC (All Athletes & Coaches)

### **Saturday, February 4**

7:00am – 9:00am        Breakfast @ OTC (prepare bag lunch for the day)

9:00am – 9:30am        Travel to Olympic Sports Complex (Van Ho)

9:30am – 12:00am      XC & Biathlon Clinics (All Athletes)

12:00am – 1:00pm      Bag Lunch @ Van Ho

1:00pm – 2:00pm        Race Prep (All Athletes)

2:00pm – 3:30pm        Adaptive Biathlon races - Empire State Winter Games

4:00pm – 4:30pm        Travel to OTC

5:00pm – 7:00pm        Dinner @ OTC (All Athletes & Coaches)

7:00pm – 8:00pm        Wax for Sunday race

### **Sunday, February 27**

7:00am – 9:00am        Breakfast @ OTC (prepare bag lunch for the day)

9:00am – 9:30am        Travel to Van Ho

9:30am – 10:30am      Race Prep (All Athletes)

10:30am – 12:00pm     Adaptive XC races – Empire State Winter Games