

## **GET TRACKIN'!**

### **SKI FOR LIGHT RETURNS TO MICHIGAN IN 2013 FOR ITS 38<sup>th</sup> ANNUAL INTERNATIONAL WEEK!**

Ski for Light International will hold its 38<sup>th</sup> Annual Week at Shanty Creek Resorts in Bellaire, Michigan from Sunday, January 27 to Sunday, February 3, 2013. The event draws some 300 visually and mobility-impaired skiers and sighted, experienced guides together for a week of learning, sharing and friendship on the snow.

“I am ecstatic that we are returning to our state,” declares 2013 Event Chair and lifelong Michigander Deb Wiese. “We are in full planning mode to make sure this is a stellar event for all.”

Shanty Creek Resorts is just 45 minutes from Traverse City. Acclaimed as the best family outdoor resort in the Midwest, it sits on 4,500 acres and boasts a wide range of winter sports facilities, including a 30-kilometer network of groomed cross-country trails. Attendees will be staying at the Lakeview Hotel & Resort in Summit Village, at the heart of Shanty Creek’s three entertainment and recreation complexes.

Founded in 1975 and based on a similar program in Norway, Ski for Light promotes an active lifestyle among visually- and mobility-impaired adults through the vehicle of cross-country skiing. Each visually- or mobility-impaired participant is paired with an instructor/guide for a week of learning, laughing, skiing and sharing. Many leave the event with a strong sense of family and return year after year to see old friends and make new ones.

The disabled participants and guides who attend each Ski for Light week come from all over the U.S. and from several foreign countries. Many come to Ski for Light with a desire to become more physically active and to find recreational opportunities that are lacking at home. Through the process of learning how to cross- country ski, most discover that they can accomplish much more than others have told them, and much more than they themselves believed. They leave Ski for Light with a sense of accomplishment and motivation that carries over to every aspect of their lives.

**“I was very impressed and moved by how willing all the SFL folks were to work together,” said first-time blind skier Krista Erickson, who attended the 2012 International Week in Utah.**

And the learning doesn’t stop once you get home, agrees first-timer Heather Berg of Vermont:

**“After spending a whole week skiing and socializing with like-minded folks my spirits were**

(more)

**lifted higher than I could ever have imagined. SFL provided many opportunities to expand and push the boundaries of my body, mind and spirit.”**

The volunteer guides who attend Ski for Light are a very special group of people. They pay the same event fees as disabled skiers in order to share a favorite activity with someone who may otherwise not have the opportunity to participate. Most guides discover that in the process of giving of themselves they are getting as much or more back in return. Many return to participate, year after year.

If you have never before attended what many have called the experience of a lifetime, please consider Ski for Light's 2013 International Event. Additional information can be found at [www.sfl.org](http://www.sfl.org). Visually-impaired individuals interested in attending can contact Visually Impaired Participant Application Coordinator Lynda Boose at (906) 370-7541 or [lboose@up.net](mailto:lboose@up.net). Mobility impaired individuals can contact Mobility Impaired Participant Application Coordinator Dianne Brunswick at (602) 504-3521 or [dmbrunswick@msn.com](mailto:dmbrunswick@msn.com).

To be a guide, no experience with visually-or mobility-impaired people is necessary. Instructor/guides should be intermediate level classic cross-country skiers who are capable of safely managing their own speed and direction while at the same time communicating with their skiing partner. SFL holds an intensive one-day training session with seasoned skiers and guides. Prospective guides can contact Guide Coordinator Brenda Seeger at [SeegerB@hotmail.com](mailto:SeegerB@hotmail.com) or (218) 416-0453.

The experience of a lifetime awaits you!

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