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Ski for Light 2018 On the Snowy Range

The 43rd annual Ski for Light International Week will take place from Sunday January 21 through Sunday January 28, 2018 in California's Sierra Nevada mountains. Participants will ski at the Tahoe Donner Cross Country Ski Area in Truckee, California. One of the top cross-country ski areas in North America, Tahoe Donner has a 100 km trail system with terrain for all ability levels, and an average annual snowfall of 360 inches. The name Sierra Nevada itself, in fact, means "snowy range."

Participants will stay at the Nugget Casino Resort in Sparks, Nevada. The Nugget is a large convention and resort hotel containing 1,400 rooms in two 28-story towers, with a 24-hour casino between the two towers on the ground level.

Ski for Light, Inc. is an all-volunteer, non-profit organization founded in 1975. Each year Ski for Light conducts a week-long event where blind and mobility-impaired adults are taught the basics of cross-country skiing. The event attracts upwards of 250 participants and guides. During the week each disabled skier is paired for the entire week with an experienced, sighted, cross-country skier who acts as ski instructor and on-snow guide.

The visually- and mobility-impaired adults 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. Many leave Ski for Light with a sense of accomplishment and motivation that carries over to every aspect of their lives.

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 get as much or more back in return. Many return to participate, year after year.

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.

If you have never before attended what many have called the experience of a lifetime, please consider Ski for Light's 2018 International Event. Additional information can be found at www.sfl.org and Facebook.



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