



1455 West Lake Street, Minneapolis, MN 55408-2648
(612) 827-3232
www.sfl.org

Media Inquiries: Marie Huston
(970) 531-8652, mtn9000girl@aol.com

Ski for Light Goes For Gold in Celebration of Golden Anniversary

Active adults from across the U.S. and around the world will go for gold as Ski for Light, Inc. (SFL) celebrates its 50th anniversary at Soldier Hollow, January 26 through February 2, 2025. Ski for Light, an all-volunteer, non-profit organization founded in 1975, hosts an annual, week-long event where adults with visual or mobility impairments learn the basics of cross-country skiing.

Participants will stay at the Provo Marriott Hotel & Conference Center, and ski on expertly groomed trails at Soldier Hollow, near Midway, Utah. Nestled within Wasatch Mountain State Park, Soldier Hollow was the site of the 2002 Olympic Nordic events and Salt Lake City is under consideration to host the 2034 winter games.

Each visually or mobility impaired participant is paired with an instructor guide for a week of skiing, sharing and learning. Ski for Light is based on a Norwegian program called the Ridderrenn. "It started as an intercultural effort with a great idea," says visually impaired participant Judy Dixon, who has attended every event since 1977. "Over the years, it has grown and changed but the great idea has remained firm--we're all about skiing."

"I enjoy teaching one on one, and some of my beginners are still coming back," says 40-year veteran guide Jean Larson. "I think the reason it has lasted 50 years is because of the quality of the volunteer leadership."

First year participant Lucas Rice enthusiastically sums up his experience; "For me, Ski for Light was very freeing and adventurous. While coworkers of mine answered emails, made phone calls, and went through their daily schedule, I was skiing. I am already looking forward to Ski for Light 2025."

For SFL 2025 Event Chair Sheri Richardson, there's no better setting for a golden anniversary than the storied Olympic trails of Soldier Hollow. "In addition to the amazing location, we are planning a fun-filled week of new activities and past reminiscences," Richardson says. "Come and catch up with old friends while we all make new ones, and help us set tracks for the next fifty years of Ski for Light."

Join the celebration by participating as a skier, a guide or a volunteer. Applications and additional information will be available in the summer at www.sfl.org; meanwhile, join our community on Facebook (Ski for Light, Inc.), and check out our YouTube channel (Ski for Light International).



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