



**7th Annual Great Lakes
Mono-Ski Madness**
Spirit Mountain Ski Area, Duluth, Minn.
Feb. 24-26, 2010
8:30 a.m.-4:30 p.m.

This amazing event brings together skiers and instructors from across the Midwest to work with mono-skiers to advance their skiing abilities.

Clinics topics may include:

- teaching mono-skiing to mono-skiers
- movement analysis
- personal skiing development
- race techniques
- race day on Friday

Each day is followed by group movement analysis through video footage of skiers filmed that day. The mono camp closes with a Friday night banquet. The event is open to intermediate and advanced mono-skiers.

Cost:

\$60 per day (includes daily lift tickets, clinic instruction, water park party Thur., video analysis and a ticket to the Friday night banquet)
\$15 for each additional banquet ticket – must be reserved by Feb. 15.

Lodging:

Edgewater, 800-777-7925 (location of the banquet)
AmericInn, Proctor, 800-960-2767
Country Inn, 800-456-4000
Duluth Visitor and Convention, 800-438-5884

For more information, please contact Eric at Courage Center Duluth, 218-726-4762 or e-mail eric.larson@CourageCenter.org

Sponsored by:

- The Miller Dwan Foundation
- MN Chapter of the Paralyzed Veterans of America
- Adaptive Adventures
- Spirit Mountain
- Courage Center Duluth



**7th Annual Great Lakes Mono Ski Madness, Mono-Ski Camp
Feb. 24-26, 2010, Spirit Mountain, Duluth, Minn.**

Name: _____ Date of Birth _____

Parent's Names: _____
(if under 18 years of age)

Address _____

City/State/Zip _____

Phone (Home) _____ Work _____ Cell _____

Email: _____

In case of emergency contact:

Name _____ Phone _____

Weight _____ Height _____ Disability _____

Mobility: Ambulatory _____ Wheelchair _____

Previous Ski Experience

Years _____ Level of Skier: Beginner Intermediate Advanced

Type of Mono Ski Used _____

Do you have your own equipment? Yes No

If no, please contact Courage Center Duluth as soon as possible
218-726-4834 or jamie.tupper@couragecenter.org

Days Attending Wednesday Thursday Friday

Do you plan on attending the banquet? Yes No

Number of additional banquet tickets (\$15 each) _____ Must be reserved by Feb. 15th

Mono Camp Pricing (Includes lift ticket and 1 Banquet Ticket):

1 Day \$60 2 Days \$120 3 Days \$180

Make checks payable to **Courage Center Duluth**. Amount Enclosed _____
Print and mail this form with your payment to:

Courage Center Duluth
200 Ordean Building
424 W. Superior St.
Duluth, MN 55802

Contact: Eric Larson 218-726-4762 eric.larson@CourageCenter.org