

Cross-country skiing - **FLYING COACH**



It's really fun to do your laps on the extensive network of cross-country skiing or skating trails. Not tried it yet, but interested?

*Then the **FLYING COACH** is the right offer for you and even advanced skiers can benefit from the technique tips of the professional.*

Roland is on the cross-country skiing track once a week in Radstadt and twice a week in Altenmarkt (expected for the dates listed below)

Simply come to the starting point at the specified time, where a ½-hour taster training session with warm-up and balance units takes place at the beginning.

Then you try for yourself. Roland will also be on the move and you can talk to him at any time to get further tips. You can recognise the Flying Coach by his red jacket with the Flying coach logo.

Information on the Flying Coach offer:

Guide: *Roland Loipold, state-certified cross-country & biathlon coach*

DATES: *Start and end of the offer are weather dependent.*

in Radstadt: *probably always on Thursday from 3:00 pm to 4:30 pm (expected start date: 09.01.2024)*

Meeting point: *cross-country skiing center / entrance to the Tauernloipe (in front of Josef's restaurant).*

in Altenmarkt: *always on Tuesday and Thursday from 10:00 am to 11:30 am (expected start date: 19.12.2023)*

Meeting point: *cross-country skiing center „Rosnerfeld“ (Schulstraße 2)*

Service: *at the beginning, ½ an hour introduction, warm-up and balance units. Afterwards, the Flying Coach is on the trail for another hour and is happy to give individual tips on request.*

Price: *free of charge* **Weather:** *Cancellation in case of rain or storm.*

Equipment: *Cross-country skiing equipment to bring / Possibility of loan in Radstadt & Altenmarkt*

Contact: *for eventual individual trainings: Roland Loipold, Tel: +43 664 3428570, flyingcoach@sbq.at*