



FOR IMMEDIATE RELEASE

WOLVERINE SKI TRAILS RECEIVES DONATION FROM SISU SKI FEST

Ironwood, Michigan – SISU Ski Fest is pleased to announce a donation of \$500 to Wolverine Ski Trails.

Wolverine Ski Trails, www.wolverinenordic.com is a non-profit, tax-exempt organization with the mission to preserve and promote Nordic skiing and life long physical fitness on the Gogebic Range of the Western Upper Peninsula of Michigan and Northeastern Wisconsin.

Nordic skiing is considered a silent sport. Silent sports are defined as non-motorized outdoor activities that are human powered and aerobic based. Activities such as running, biking, rock climbing, snowshoeing, birding and paddle sports fall neatly into this definition. What few of us don't realize is that while we walk, ride and paddle we are participating in a rapidly growing set of activities known as "silent sports."

Many advocates of silent sports report that human powered activities can help remedy the negative effects of our sedentary lifestyles by getting us out of our automobiles and back on our feet; it feels good to move on the land under our own power.

It's not just tourists who use the trails at Wolverine, many local families who have lived and worked here for generations have embraced this growth by creating businesses to support silent sports, improving the economy of their families and their communities in the process.

As we learn more about the importance of healthy lifestyle choices and the impact of our carbon footprint on the planet, the idea of pursuing silent sports begins to make even more sense. SISU Ski Fest believes in this concept.

The 3rd Annual SISU Ski Fest will be held Jan. 13-14, 2012.

Visit www.sisuskifest.com for more information or to register and also become a volunteer.

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For more information about this race or to schedule an interview with Geneva Smiles Garvan, Race Director, please call Sandy Sharp, Race Administrator at 906-364-1296 or email Sandy at raceadministrator@sisuskifest.com