

Roller Ski Accessories

SISU Co./Planet XC
8057 Lake Rd.
Stevens Point, WI 54482
Change Service Requested



Steel Catski: The first and only true all terrain ski. It is safe and is

the best all body workout ever invented. Get three times the workout in half the time. The Steel Catski will develop strength, cardio fitness and ski technique all at the same time and we guarantee it is with a 30 day money back guarantee. It will provide a safe and effective workout right out your back door. Several years of research and development went into developing the Steel Cats. The Steel Cats uses a harden steel wheel and quartz integrated base to increase kick in wet and frosty conditions. Besides working in wet and slippery conditions better. It is more stable and a little bit faster. The Steel Cats will let you train anytime, anywhere. They work on grass, sand, pavement and etc... They are design to simulate classical skiing up gradual hills. You can stride or kick double pole. The Steel CAT ski will teach you how to have a perfect weight shift. They will help you increase your tempo thus helping you ski with better kick and reduced effort. Comes in three different sizes, LT45, LT 55, LT 65 and LT 75. They are sized according to height and the amount of glide you want. Shorter skis work better on hilly terrain. The longer skis promote more glide and work better on flat terrain. Catski Length Height LT 45 4-4'8 122cm-157cm LT 55 4'8"-6'2" 142cm-188cm LT 65 6'2"-Taller 188 cm-Taller LT 75 6'2"-Taller 188cm-Taller #10-STEELCATSKI \$359.99



Testimonials

Chuck Wallin (Age group placer in Birkie) "Living in northern Illinois can be a challenge when racing against people who have real snow, but with the CAT ski I have the advantage because I can ski all the time. The CAT ski improved my classical technique which a snow ski or a roller ski cannot do as well. Thus, I have the edge now over the people that ski on snow up north. The CAT skis are the best device I ever used for ski training."



Mark Walters (Bemidji high school ski coach) "I added the CAT ski to my high school cross ski program training program. I really like them for the ski specific workout that they provide. Besides this the CAT ski is very safe, they are fun to use, and they work great in large group training situation . The CAT skis work great because I can keep my athletes safe by being on the ski trail instead of the roads. The icing on the cake is that they are a great workout that builds strength and endurance. As far as the technique goes they develop great technique in a short period of time. The CAT skis teach my athletes how to classical ski correctly. Our team had our best year of results to date and went on to State."
Jeff Loss (Age group placer in Birkie) "I was a skeptic at first and thought I would never enjoy this contraption, but after Cat skiing 3 times for 30 minutes I became hooked. I credit the CAT ski for taking at least 20 minutes off my Birkie time and I feel like I'm still improving."

Original Catskis (Classical All Terrain Ski) is the first true all terrain roller ski

The CAT ski will teach you how to have a perfect weight shift. They will help you increase your tempo thus helping you ski with better kick and reduced effort. Go to www.catskier.com to check out the videos on how they work. The CAT ski is available in 4 different length, LT 45, LT55 and LT65 and LT 75 #10-CATSKI \$359.99

A. Cat ski Bungie

The Bungie is the key to a enjoyable Cat ski. Be sure to have an extra one with you when you are out skiing.
#10-cabungie.....\$5.00 ea

B. Grippers

Be sure to check your grippers before going out Cat skiing because you do not want to lose a grip on your workout.
#10-grippers.....\$5.00 Each

C. Slider bearing kit

If your slider feels loose be sure to check your slider bearing. (kit includes 16 slider bearing with washers, nuts and bolts #10-catsliderkit.\$32.00

D. Cat Front wheel

Front guide wheel #10-10-catskifrontwheel\$7.50

E. Gripper Screws

Heavy duty screw to hold on the grippers #10-catscrew.....\$3.50

F. Ratcheted Wheels

Ratcheted #10-ratchetwheel.....\$28.50



Closeout Combi Boots

We have several models of combi boots on sale. We recommend Combi boots for Catsking and snow skiing due to there superior stability and durability. Most models have additional features include fixed heel strap, hinged stabilizer for stability and control in the ankle, and a heat-molded insole. Recommended binding: Salomon profile skate or classic binding. Specify sizes 3.5-13 (available in half sizes). #43-SCT.....\$99.00-\$159.00



TO ORDER CALL: 1-800-380-8412
website: www.planetxc.com

Prst Sid
US POSTAGE PAID
Wisc Rapids WI
PERMIT#98

CATSKI Clinics & Tour/Races

Instructor: Dale Niggemann

Enjoy the autumn colors and try out the Catski. We will be doing a series of clinics and tour/races.

New for 2009 Clinics (Learn the Cat 1 and Cat Alternate technique)

After testing and fine tuning, I am ready to teach you a new technique that will improve your classical as well as your skate technique. The Cat 1 is a hybrid of V1 and striding and the Cat Alternate is a hybrid of the V2 alternate. These new techniques will help you in both classical and skate technique at the same time. They will also add another level to your ski training.

- Try out the Classical All Terrain Roller CATSKI.
- Learn how to cross country ski with good technique in less than one hour.
- Easy to use for all abilities, if you can walk you can CATSKI.
- You will learn go down hills safely and easily.
- We will make you faster and 5-15% more efficient with essentially one simple drill and we can prove it.
- Skate skier improve by incorporating classical skiing in their training.
- We will look how maintaining momentum is crucial in ski technique.



CAT Ski World Championship

October 31, 2009

Stevens Point, Wisconsin

No need to fly to Europe or do endless qualifying races. All you need to do for this World Championships is fill out an entry form and you are ready to go. So, why not do the CATSKI world championships and see how you are progressing. All abilities are welcomed, even if you have never CATSkied before. If you don't have CATSkiis you may call and reserve a pair.



Pre-CAT Ski World Championship

October 3, 2009

Stevens Point, Wisconsin

Get ready for the World Championships by previewing the course and get tuned up with a Catski Clinic. This race/tour is design for all levels and abilities. We have a 3 km and 6 km course on the beautiful Standing Rocks ski course. Why wait for snow when you can ski today.

Other Catski Event

We are doing several Catski events so check below for a local one near you. If you have a ski club or ski team and cannot make it to one of our events we would be happy to try and set one up for you.

Sponsor/location	City	State	Date	Start Time	Location	Tel. Number	Contact Person	Mobile Phone	Cost
Birkie Trail Run Clinic	Hayward	WI	09/25/09	5:30pm-6:30pm	Fish Hatchery Lodge	+800-380-8412	Dale Niggemann	+800-380-8412	Free
Birkie Trail Run Demo	Hayward	WI	09/25/09	8am-3pm	Fish Hatchery Lodge	+800-380-8412	Dale Niggemann	+800-380-8412	Free
Gear West	Long Lake	MN	Even Wed 9/8/09-11/30/09	6:00pm-7:30pm	French Park group picnic shelter	1-952-473-0377	Stuart Thomas	+800-380-8412	\$5
Pre-Catski World Championships & Catski Clinic	Stevens Point	WI	10/3/09	10am-3pm	Standing Rocks Park	+800-380-8412	Dale Niggemann	+800-380-8412	Pre-Reg \$5 \$20
Madison Area Clinic	Madison	WI	10/10/09	5:30pm-7pm	Elver Park	+800-380-8412	Dale Niggemann	+800-380-8412	Pre-Reg \$5 \$20
Wisconsin Rapids Ski Club Clinic and Race	Wisconsin Rapids	WI	10/14/09	5:30 PM	Nepool Lake meet by lodge	+800-380-8412	Dale Niggemann	+800-380-8412	Free
Catski Clinic/Race & Roller Ski Race/Clinic	Dousman	WI	10/17/09	8am-3pm	Lapham Peak	1-414-335-0461	Joshua North	+800-380-8412	Pre-Reg \$5 \$20
Madison Area Clinic	Madison	WI	10/17/2009	5pm-6:30pm	Elver Park	+800-380-8412	Dale Niggemann	+800-380-8412	Pre-Reg \$5 \$20
Catski Clinic/Race	EauClaire	WI	10/18/09	2pm-4pm	Tower Ridge	1-715-579-0510	Ted Theyurl	+800-380-8412	Pre-Reg \$5 \$20
Catski World Championships & Catski Clinic	Stevens Point	WI	10/31/09	10am-3pm	Standing Rocks Park	+800-380-8412	Dale Niggemann	+800-380-8412	Pre-Reg \$5 \$20
Limestone Loopet Catski/Roller ski race	Warrenville	IL	11/07/09	8:30 am to 11:00am	Blackwell Forest Preserve	630-289-4872	Bob Richards	+800-380-8412	Call
Madison Area Clinic	Madison	WI	11/09/09	5:30pm-6:30pm 11/20 5pm-9pm 11/28 11/22 10am-9pm	Lussier Family Heritage Center	+800-380-8412	Dale Niggemann	+800-380-8412	\$5.00
Midwest Mountaineering	Minneapolis	MN	11/20/09-11/22/09		Midwest Mountaineering Expo	+800-380-8412	Dale Niggemann	+800-380-8412	Free

Approximate Schedule of Events for Clinics/Races

For directions to CAT ski clinics/Races and last minute schedule updates, go to <http://www.catskier.com> under events Email: sales@planetxc.com.

1 hour Clinic

Short Race/Tour

Distance: 1.5km-2km/Terrain: Gently rolling

Long Race/Tour

Distance: 2km-6km/Terrain: Gently rolling to Steep Terrain

Do not forget your RUNNING SHOES so you can learn the latest and greatest drills on core conditioning and strengthening

FIRST NAME _____ LAST NAME _____ ADDRESS _____
 CITY _____ STATE _____ ZIP _____ TELEPHONE _____ AGE _____ EMAIL _____
 PLEASE CIRCLE: SEX: M/F DO YOU NEED CAT SKIS? YES/NO DO YOU NEED SKI BOOTS? YES/NO SIZE SKI BOOTS? _____
 LOCATIONS OF RACES/CLINICS _____ / _____ / _____

NOTE: Pike Lake Event on Oct. 17th. Please Call Joshua North to register. Telephone 1-414-335-0461.

CatSkiers 18 years and under free (Please preregister to reserve equipment).

CAT SKI CLINIC & RACE	Preregister \$15.00/\$20.00 day of event X _____ = _____
CAT SKI SHORT RACE ONLY	\$15.00 race only X _____ = _____
CAT SKI LONG RACE ONLY	\$15.00 race only X _____ = _____
	TOTAL _____

Make check payable to Sisu Co. Send check and registration to SISU CO Inc, 8057 Lake Rd., Stevens Point, WI 54482 •Please bring your ski boots, ski poles, and running shoes. You may register day of clinics if the 20 person limit has not been reached. Preregister by mail, or by calling SISU Co. at 1-800-380-8412 or 1-(715)-570-8404. Rain Dates for people that have preregistered for clinics will be any of the other classes or races. However, you must call and reserve a spot at the camp you want to attend.

Check for schedule updates and last minute changes at www.catskier.com or email Dale Niggemann at sales@planetxc.com. I know that cat skiing, running or walking is potentially hazardous activities. I assume all risks associated with the event including, but not limited to falls, contact with other participants, the effects of the weather, the conditions of the course which may include rough terrain, all such risks being known and appreciated by me. Having read this waiver for myself and anyone entitled to act on my behalf. I waive and release SISU Co. Inc, all sponsors, their representatives and successors, all employees, and volunteers from all claims or liabilities of any kind out of my participation in this event.

Signature _____ Date _____

Guardian Signature, if participate is younger than 18 years old _____ Date _____