

# Norwegian Paralympic Team



## Media Guide



## NORWAY IN 100 SECONDS



High Protector of  
Sport for the Disabled

**Princess Märtha Louise**

### Area (total):

Norway .....	385.155 km <sup>2</sup>
– Svalbard .....	61.020 km <sup>2</sup>
– Jan Mayen.....	377 km <sup>2</sup>
Norway (not incl. Svalbard and Jan Mayen) .....	323.758 km <sup>2</sup>
Bouvet Island .....	49 km <sup>2</sup>
Peter Island .....	156 km <sup>2</sup>
Queen Maud Land .....	

**Population (01.01.05) .....**4.606.363

### Main cities (01.01.03)

Oslo .....	521.886
Bergen.....	237.430
Trondheim .....	154.351
Stavanger .....	112.405
Kristiansand .....	75.280
Fredrikstad .....	61.897

**Life expectancy:** .....Men: 76,4 Women: 81,5

### Length of common frontiers:.....

– Sweden.....	2.542 km
– Finland.....	1.619 km
– Russia .....	727 km
– Shortest distance north/south .....	196 km
– Shortest distance north/south .....	1.752 km
Length of the continental coastline .....	21.465 km
– Not incl. Fjords and bays .....	2.650 km
Greatest width of the country.....	430 km
Least width of the country.....	6,3 km

**Largest lake:** Mjøsa .....

**Longest river:** Glomma .....

**Highest waterfall:** Skykkjedalsfossen .....

**Highest mountain:** Galdhøpiggen .....

**Largest glacier:** Jostedalbreen .....

**Longest fjord:** Sognefjorden .....

**Prime Minister:** Jens Stoltenberg

**Head of state:** H.M. King Harald V and H.M. Queen Sonja

**Monetary unit: NOK (Krone)**

25.01.06: 1 EUR = 8,03 NOK

## It began as a dream



The Paralympic movement began as a dream of the English neurosurgeon Sir Ludwig Guttman. He wanted to provide athletes with disabilities the opportunity to compete at an international level equivalent to that of nondisabled athletes i.e. an Olympics for athletes with disabilities.

Originally started in 1948 as rehabilitation for injured Second World War Veterans, the Paralympic Games were formally held for the first time in Rome with 400 athletes representing 23 countries.

The word "Paralympic" is commonly thought to have been taken from the word "Paraplegic", but the fact is that "Para" is a Latin prefix for "with", making the words' literal translation "With Olympic". The Paralympic Games have been parallel to the Olympic Games since inception.

Rome, Italy, hosted the first Paralympic Summer Games in 1960. The 1988 Paralympic Summer Games in Seoul clearly shifted the Games from a "rehabilitation" model to one of sport and athletic competition. This is also when the city hosting the Olympic Summer Games also hosted the Paralympic Summer Games.

Created in 1989, the International Paralympic Committee, IPC, coordinates and develops the Paralympic Games. The organisation has headquarters in Bonn, and Mr. Philip Craven from Great Britain serves as president. The IPC awards the Paralympics to a host city; determines the sports, disciplines and events included in the programme; invites NPCs to participate in each Paralympics; establishes a medical code for Paralympic participants that includes the testing of banned substances; administers the sale of worldwide Paralympic marketing rights; and oversees the activities of the Organising Committees of the Paralympics.



## Ambitions to be among the best

In Norway, we are actively working to integrate all disabled athletes into ordinary athletics on the same premises athletes without a disability. Our goal is one sport, where everyone can practice their activity independent of if they have a disability or not.

Norway has long traditions with sport for disabled. Our goal has always been to arrange for every athlete to be able to do sports, despite their disability. We are proud of that we for many years have been one of the leading countries in the world in regards to organize sports for disabled. This has resulted in many excellent performances in prior Paralympic Games. However, the past years the competition has become stronger, but we still have ambitions to be among the best.

The Paralympic Games is the goal and climax for our athletes. The results of many years of training and preparations will disengage. Some will succeed and experience how great it is to be standing on the podium, while others will have to watch the ceremony. This is how sport is; brutal in its reality. However, we feel well prepared and believe we have god reasons to have high expectations to our athletes.

The interest in Norway is great and many will follow the results anxiously. Unfortunately, we are not spoiled with coverage from the media, but we greatly appreciate that Norwegian Broadcasting Corporation is broadcasting from Turin.

For the Norwegian Paralympic Committee, I am honoured to welcome our high protector Princess Märtha Louise, representatives from the Ministry of Culture and Church Affairs and our sponsors to exciting days in Turin.

### **Odd-Roar Thorsen**

President

Norwegian Paralympic Committee



## Well prepared and very optimistic

The Norwegian Paralympic Team is well prepared for 10 days of difficult competitions at a high international level. The athletes and team leaders are looking forward to this year's Paralympic Games in Turin. With 29 athletes, the goal is to win 10 medals. Since the last Paralympics, two excellent athletes have stopped competing – Ragnhild Myklebust and Siw Westengen, both of whom have won many medals.

The Ice Sledge Hockey team, which is the current 2004 world champion team, is hoping to win a gold medal. Wheelchair curling is new on this year's programme. The Norwegian team achieved a strong 5th place in last year's World Championships and may win a medal this time. Asle Tangvik is a strong candidate to win a medal for Alpine skiing. Kjartan Haugen, Nils Eik Ulseth, Andreas Hustveit and Tone Gravvold have all achieved good cross-country skiing results so far this season. Norway also has several other skiers that we hope will do well. However, the entire team is dependent on everyone finding their form and keeping healthy.

Norway was previously among the best nations in the Paralympic Games, but over the past few years more and more nations have done better than Norway. The reasons for this may be that many people make a very serious commitment to these Games and spend a lot of money on them. So far, Norway has had limited funds for a top-level commitment and several sports are also struggling to recruit athletes. In order for improvements to take place, it is also important that more sports get trainers who have the chance to follow the athletes up more closely.

The individual sports associations have now assumed responsibility for disabled athletes and it is here that the foundation for future results will be laid. Olympiatoppen's task is to make "the best better" – irrespective of whether they are disabled or not. This is why we want to have a close dialogue with the individual associations in order to pave the way for good efforts. So far, the organisational changes have been positive but there is still a lot to do before full integration has been achieved. We are facing many challenges, especially in relation to the female athletes.

The members of the Norwegian team in Turin are well prepared and very optimistic. We hope the sports interested public will have some exciting days in front of their TV screens. The Norwegian Broadcasting Corporation (NRK) has not covered Paralympic Games more widely since the Paralympic Games at Lillehammer in 1994.

**Ingrid Bahr**  
Chef de Mission

## Paralympic Summer Games

1960	Rome	23 nations	400 athletes
1964	Tokyo	21 nations	357 athletes
1968	Tel Aviv	29 nations	750 athletes
1972	Heidelberg	43 nations	984 athletes
1976	Toronto	38 nations	1 657 athletes
1980	Arnhem	42 nations	1 973 athletes
1984	Stoke New York	41 nations	1 100 athletes
1988	Seoul	61 nations	3 013 athletes
1992	Barcelona	82 nations	3 021 athletes
1996	Atlanta	103 nations	3 195 athletes
2000	Sydney	122 nations	3 843 athletes
2004	Athen	136 nations	3 806 athletes

## Paralympic Winter Games

1976	Örnsköldsvik	17 nations	250+ athletes
1980	Geilo	18 nations	350 athletes
1984	innsbruck	21 nations	457 athletes
1988	Innsbruck	22 nations	397 athletes
1992	Albertville	24 nations	475 athletes
1994	Lillehammer	31 nations	492 athletes
1998	Nagano	32 nations	571 athletes
2002	Salt Lake City	36 nations	416 athletes

**The Media Guide of the Norwegian Paralympic Team in Athens 2004 is published by the Norwegian Paralympic Committee to assist the international media representatives.**

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**Norway has participated in the Paralympic Games since the beginning.**

<b>Summer Games:</b>				<b>Total</b>
1960 Rome	1 gold	4 silver	4 bronze	9
1964 Tokyo	-	-	-	-
1968 Tel Aviv	5 gold	3 silver	1 bronze	9
1972 Heidelberg	1 gold	5 silver	5 bronze	11
1976 Toronto	9 gold	6 silver	4 bronze	19
1980 Arnhem	11 gold	11 silver	7 bronze	29
1984 Stoke/New York	22 gold	24 silver	20 bronze	66
1988 Seoul	11 gold	11 silver	13 bronze	35
1992 Barcelona	13 gold	12 silver	7 bronze	32
1996 Atlanta	9 gold	7 silver	4 bronze	20
2000 Sydney	2 gold	6 silver	7 bronze	15
2004 Athens	3 gold	1 silver	1 bronze	5

**Total number of medals in Winter Games:**

250 (87 gold – 90 silver – 73 bronze)

<b>Winter Games:</b>				<b>Total</b>
1976 Örnsköldsvik	5 gold	3 silver	2 bronze	10
1980 Geilo	11 gold	7 silver	4 bronze	22
1984 Innsbruck	15 gold	14 silver	12 bronze	41
1988 Innsbruck	25 gold	21 silver	14 bronze	60
1992 Albertville	5 gold	5 silver	4 bronze	14
1994 Lillehammer	29 gold	22 silver	13 bronze	64
1998 Nagano	18 gold	9 silver	13 bronze	40
2002 Salt Lake City	10 gold	3 silver	6 bronze	19

**Total number of medals in Winter Games:**

270 (118 gold – 84 silver – 68 bronze)

## NORWEGIAN PARALYMPIC COMMITTEE



**Thorsen, Odd Roar**  
**Born:** 10.08.53 – Jenvaker  
**Residence:** Bærum  
**President NPC**



**Oftedal, Hilde**  
**Born:** 02.04.52 – Kristiansand  
**Residence:** Oslo  
**General Secretary NPC**

## FEDERATION PRESIDENTS



**Tveit, Morten**  
**Born:** 08.01.62 – Ringsaker  
**Residence:** Bekkestua  
**Norwegian Curling Association**



**Seeberg, Sverre K.**  
**Born:** 03.12.50 – Oslo  
**Residence:** Oslo  
**Norwegian Ski Association**



**Ruud, Bjørn**  
**Born:** 04.09.49 - Sør-Odal  
**Residence:** Kranby, Lier  
**Norwegian Ice Hockey Association**



## NORWEGIAN PARALYMPIC TEAM



**Bahr, Ingrid**

**Born:** 23.06.63 – Førde

**Residence:** Oslo

**Head Coach**

1st Paralympic as Chef de Mission

1 Paralympic as Ass. Chef de Mission



**Nyholt, Kent R.**

**Born:** 30.06.71 – Oslo

**Residence:** Flateby

**Ass. Chef de Mission/Manager**

1st Paralympic as Ass. Chef de Mission

3rd Paralympic as Manager for the Ice Sledge Hockey Team



**Lium, Guro**

**Born:** 04.12.74 – Oslo

**Residence:** Oslo

**Adm. personnel**

1st Paralympic as Team Official



**Bjørnland, Lars Otto**

**Born:** 14.11.54 - Sarpsborg

**Residence:** Sarpsborg

**Press Attaché**

1st Paralympic as Press Attaché

6 Olympic Games as Press Attaché

## NORWEGIAN PARALYMPIC TEAM - MEDICAL OFFICERS



**Orosco, Leandro**  
**Born:** 29.07.49 – Villa Clara, Cuba  
**Residence:** Oslo  
**MD, Director of Medical Staff**  
2nd Paralympic as Medical Staff



**Engh, Lisette**  
**Born:** 07.03.64 – Hamar  
**Residence:** Hamar  
**Physiotherapist**  
1st Paralympic as Physiotherapist



**Hansen, Torgor**  
**Born:** 17.06.50 – Oslo  
**Residence:** Oslo  
**Physiotherapist**  
1st Paralympic as Physiotherapist



**Rørvik, Hogne**  
**Born:** 19.04.58 – Ålesund  
**Residence:** Sandefjord  
**Physiotherapist**  
1st Paralympic as Physiotherapist

## SPORTS PSYCHOLOGIST



**Abrahamsen, Frank**  
**Born:** 18.12.73 – Tønsberg  
**Residence:** Sandefjord  
**Sports Psychologist**  
1st Paralympic as Sports Psychologist



SESTRIERE BORGATA

- Venue: Alpine skiing – downhill (men), combined downhill (men), super-G (men)
- Location: 106 km from Paralympic Village Turin • Altitude: Base 1886 m, summit 2800 m
- Average snow depth in February: 87 cm • Average temperature in February – max/min: 3,9°C/-4,8°C • Gross capacity: 8.540

## Alpine skiing

Athletes in Alpine Skiing events must combine speed and agility while flying down slopes at speeds of up to or more than 100km/h. There are four competitions on the Paralympic programme just as in Olympic competition: Downhill, Super-G, Giant Slalom and Slalom.

Paralympic competition accommodates male and female athletes with a physical disability such as spinal injury, cerebral palsy, amputation, les autres conditions, visual impairments. Athletes compete based on their functional ability, allowing athletes with different disabilities to compete against each other.

Alpine Skiing is governed by the IPC through the International Paralympic Alpine Skiing Committee (IPASC) and the rules of the Federation International de Ski (FIS) are used for Paralympic Winter Games, with only a few exceptions.

Blind skiers are guided through the course by sighted guides using voice signals to indicate the course to follow. Athletes with physical disabilities use equipment that is adapted to their needs including single ski, sit-ski or orthopaedic aids.

Two Alpine Skiing events (Slalom and Giant Slalom) were introduced at the first Paralympic Winter Games in Örnköldsvik, Sweden, in 1976, today athletes with a disability compete in all four disciplines. Alpine Skiing is currently practiced by athletes in 35 countries and is steadily growing. (© IPC)



## ALPINE SKIING



### **Aambø, Stig K.**

**Born:** 10.10.64 - Drøbak

**Residence:** Molde

**Head Coach**

1<sup>st</sup> Paralympic as Head Coach



### **Berg, Ole**

**Born:** 27.09.65 - Kongsberg

**Residence:** Hemsedal

**Coach**

1<sup>st</sup> Paralympic as Coach

## ATHLETES



### **Pettersen, Daniel**

**Club:** -

**Born:** 07.02.88 – Tønsberg

**Residence:** Tolvsrød

**Height:** 173 cm **Weight:** 65 kg

**Classification:** LW 12-2

**Civil Status:** -

**Occupation:** Student

**Hobbies:** Bass guitar

**Languages spoken:** English, Norwegian

**Comments:** Debut in 2001

### **Paralympic Experience:**

-



### **Tangvik, Asle**

**Club:** Trønder-Lyn

**Born:** 03.10.75 – Trondheim

**Residence:** Trondheim

**Height:** 183 cm **Weight:** 68 kg

**Classification:** LW 2

**Civil Status:** Single

**Occupation:** Skier

**Hobbies:** Free skiing, Jibbing,  
Music, Tattoos

**Languages spoken:** English, Norwegian

**Comments:** World Cup debut 1993

### **Paralympic Experience:**

1994: GS/8

1998: SG/4 – GS/4

2002: SG/5 – GS/3



TORINO ESPOSIZIONI

• Venue: Ice Sledge Hockey • Location: Turin City • Gross capacity: 4.320

## Ice Sledge Hockey



Ice Sledge Hockey is the Paralympic version of Ice Hockey and, since its debut in the Paralympic programme in the Lillehammer 1994 Paralympics, it is quickly becoming one of the biggest attractions for spectators at the Paralympic Winter Games.

It is fast-paced, highly physical

and played by male athletes with a physical disability in the lower part of the body. Ice Sledge Hockey is practiced by athletes in about 10 countries and is governed by the IPC through the International Paralympic Ice Hockey Committee.

It follows the rules of the International Ice Hockey Federation (IIHF) with a few modifications. Instead of skates, players use two-blade sledges that allow the puck to pass beneath. They also have sticks with a spike-end for pushing and a blade-end for shooting. (© IPC)



## ICE SLEDGE HOCKEY



**Haglund, Morten**

**Born:** 17.08.74 - Oslo

**Residence:** Oslo

**Head Coach**

4th Paralympic as Head Coach



**Olsvik, Robert**

**Born:** 23.02.70 - Trondheim

**Residence:** Trondheim

**Coach**

2nd Paralympic as Coach



**Bjørsvik, Jan A.**

**Born:** 01.06.64 - Arendal

**Residence:** Oslo

**Coach**

1st Paralympic as Coach



**Kristiansen, Eivind**

**Born:** 08.07.74 - Oslo

**Residence:** Rasta

**Coach**

2nd Paralympic as Coach



## ATHLETES



### **Bjørnstad, Helge**

**Club:** Oslo Sledge Hockey Club

**Born:** 14.10.71 – Oslo

**Residence:** Østerås

**Height:** 160 cm **Weight:** 63 kg

**Civil Status:** Cohabitant

**Occupation:** Orthopedy technician

**Hobbies:** Golf

**Languages spoken:** English, Norwegian

### **Paralympic Experience:**

1988 Summer: 4 x 4th in swimming

1992 Summer: 2 gold and 1 silver in swimming

1994 Winter: Ice Sledge Hockey/2

1996 Summer: 2 gold and 1 silver in swimming

1998 Winter: Ice Sledge Hockey/1

2002 Winter: Ice Sledge Hockey: 2



### **Hagen Eskil**

**Club:** Oslo Sledge Hockey Club

**Born:** 13.06.70 – Lillehammer

**Residence:** Oslo

**Height:** 187 cm **Weight:** 97 kg

**Civil Status:** Single

**Occupation:** IT Manager

**Hobbies:** Own sport

**Languages spoken:** English,

Norwegian

**Comments:** Debut in 1993

### **Paralympic Experience:**

1994: 2

1998: 1

2002: 2

### **World Championship:**

2000: 2

2004: 4



## ICE SLEDGE HOCKEY



### **Haglund, Atle**

**Club:** Oslo Sledge Hockey Club

**Born:** 10.04.64 – Hønefoss

**Residence:** Røyse

**Height:** 109 cm **Weight:** 72 kg

**Civil Status:** Cohabitant

**Occupation:** Salesman

**Hobbies:** Kids, training, traveling

**Languages spoken:** English,  
Norwegian

**Comments:** Debut in 1978

### **Paralympic Experience:**

1984: Ice Sledge 1000m/1 – Ice Sledge 500 m/2

1988: Ice Sledge 1500 m/3

1994: Ice Sledge 1000 m /1 – Ice Sledge 1500 m /1 – Ice  
Sledge Hockey/2

1998: Ice Sledge Hockey/1

2002: Ice Sledge Hockey/2

### **World Championship:**

1986: 5 gold in ice sledge



### **Johansen, Loyd Remi**

**Club:** Oslo Sledge Hockey Club

**Born:** 25.07.87 – Sarpsborg

**Residence:** Skiptvedt

**Height:** 170 cm **Weight:** 65 kg

**Civil Status:** Single

**Occupation:** Student

**Hobbies:** Ice sledge hockey,  
cross country, physical activities

**Languages spoken:** English, Norwegian

**Comments:** Debut in 2005

### **Paralympic Experience:**

-



**Johansen, Roger****Club:** Rosenborg**Born:** 04.02.73 – Sandnessjøen**Residence:** Trondheim**Height:** 173 cm **Weight:** 65 kg**Civil Status:** Single**Occupation:** -**Hobbies:** Fishing**Languages spoken:** English,  
Norwegian**Comments:** Debut in 1996**Paralympic Experience:**

2002: 2

**World Championship:**

2004: 1

**Korbu Nilsen, Kjetil****Club:** Oslo Sledge Hockey Club**Born:** 23.07.71 – Kongsberg**Residence:** Kongsberg**Height:** 184 cm **Weight:** 84 kg**Civil Status:** Married – 3 daughters**Occupation:** Project manager/head of  
physical training**Hobbies:** Sports and training**Languages spoken:** English,  
Norwegian**Comments:** Debut Paralympic in 1994**Paralympic Experience:**

1994: 2

1998: 1

2002: 2

**World Championship:**

1996: 2

2004: 1



## ICE SLEDGE HOCKEY



### **Nordstoga, Knut Andre**

**Club:** Oslo Sledge Hockey Club

**Born:** 18.02.83 – Oslo

**Residence:** Oslo

**Height:** 160 cm **Weight:** 63 kg

**Civil Status:** Cohabitant

**Occupation:** Activator in hospital

**Hobbies:** Alpine skiing, computers, music

**Languages spoken:** English, German, Norwegian

**Comments:** Debut alpine skiing in 1998 and ice sledge hockey in 2003

### **Paralympic Experience:**

2002: Alpine skiing DH/13 – GS/10 – SL/10

### **World Championship:**

2004: 1



### **Pedersen, Rolf Einar**

**Club:** Oslo Sledge Hockey Club

**Born:** 04.11.69 – Sandefjord

**Residence:** Fetsund

**Height:** 186 cm **Weight:** 96 kg

**Civil Status:** Single

**Occupation:** Sports salesman

**Hobbies:** Sports, training

**Languages spoken:** English, Norwegian

**Comments:** Debut in 1987

### **Paralympic Experience:**

1988: Silver and bronze medal in Ice Sledge

1992: Gold in Biathlon relay

2002: Ice Sledge Hockey/2

### **World Championship:**

2004: 1

**Rovelstad, Tommy****Club:** Oslo Sledge Hockey Club**Born:** 08.11.72 – Oslo**Residence:** Oslo**Height:** 190 cm **Weight:** 120 kg**Civil Status:** Girlfriend**Occupation:** Military**Hobbies:** Soccer, sledgehockey**Languages spoken:** English, Norwegian**Comments:** Debut in 1996**Paralympic Experience:**

1998: Ice Sledge Hockey/1

2002: Ice Sledge Hockey/2

**World Championship:**

2000: 2

2004: 1

**Røyne, Kjell Vidar****Club:** Oslo Sledge Hockey Club**Born:** 01.08.70 – Tønsberg**Residence:** Barkåker**Height:** 190 cm **Weight:** 110 kg**Civil Status:** Married**Occupation:** Youth support**Hobbies:** Alpine skiing, bungeejumping, computers**Languages spoken:** English, Norwegian**Comments:** Debut in 1990**Paralympic Experience:**

1994: Ice Sledge Hockey/2

**World Championship:**

1991: 3

1992: 2

2004: 1



## ICE SLEDGE HOCKEY



### **Siqveland, Johan**

**Club:** Oslo Sledge Hockey Club

**Born:** 08.01.74 – Stavanger

**Residence:** Oslo

**Height:** 188 cm **Weight:** 85 kg

**Civil Status:** Girlfriend

**Occupation:** Clinical psychologist

**Hobbies:** Reading, traveling

**Languages spoken:** English,  
Norwegian

**Comments:** Debut in 1999

### **Paralympic Experience:**

1992 Summer: 2 gold and 1 silver in swimming

2002: Ice Sledge Hockey/2

### **World Championship:**

1994: 2 gold and 1 silver in swimming

2004: Ice Sledge Hockey/1



### **Svee, Stig Tore**

**Club:** Rosenborg

**Born:** 16.12.63 – Levanger

**Residence:** Trondheim

**Height:** 186 cm **Weight:** 68 kg

**Civil Status:** Single

**Occupation:** Technician

**Hobbies:** Scale models, airbrush,  
vw beetle, ice hockey

**Languages spoken:** English,  
Norwegian

**Comments:** Debut in 1998

### **Paralympic Experience:**

1998: 1

2002: 2

### **World Championship:**

2000: 2

2004: 1

**Vik, Arne****Club:** Oslo Sledge Hockey Club**Born:** 16.03.61 – Ålesund**Residence:** Skedsmokorset**Height:** 173 cm **Weight:** 57 kg**Civil Status:** Married**Occupation:** Salesman**Hobbies:** Am-car**Languages spoken:** English,  
Norwegian**Comments:** Debut in 1996**Paralympic Experience:**

1998: 1

2002: 2

**World Championship:**

2004: 1

**Værnes, Morten****Club:** Rosenborg**Born:** 06.12.81 – Trondheim**Residence:** Trondheim**Height:** 175 cm **Weight:** 68 kg**Civil Status:** Single**Occupation:** Pension and life insurance**Hobbies:** Music, movies, poker**Languages spoken:** English,  
Norwegian**Comments:** Debut in 2000**Paralympic Experience:**

-

**World Championship:**

2004: 1



## NORDIC SKIING

### PRAGELATO PLAN



• Venue: Cross-country • Location: 86 from Paralympic Village Turin • Altitude: 1538 – 1614 m • Average snow depth in February: 52 cm • Average temperature in February – max/min: 6,2°C/-3,3°C • Gross capacity: 8.116

## Nordic Skiing



Nordic Skiing competitions are open to athletes with a physical disability (sit-ski and standing classes) and visually impaired athletes (who compete with a sighted guide).

The Paralympic Winter Games competition involves two disciplines, Cross-Country and Biathlon. Male and female

individuals may compete in short distance, middle distance, long distance and Biathlon events or participate in a team relay using classical or free techniques.

Cross-Country appeared at the 1976 Winter Games in Örnköldsvik, Sweden, but Biathlon was not introduced until Lillehammer in 1994. Nordic Skiing is governed by the IPC through the International Paralympic Nordic Skiing Committee following modified rules of the Fédération Internationale de Ski (FIS) and the International Biathlon Union (IBU) and is practiced by athletes in 24 countries. (© IPC)



**Gulbrandsen, Stein-Morten**

**Born:** 12.09.73 - Lenvik

**Residence:** Søreisa

**Head Coach**

1st Paralympic as Head Coach



**Losnegard, Thomas**

**Born:** 21.03.82 – Tromsø

**Residence:** Oslo

**Assistant Coach**

1st Paralympic as Assistant Coach



**Thomassen, Fredrik**

**Born:** 24.04.77 – Narvik

**Residence:** Silsand

**Personal Assistant**

1st Paralympic as Personal Assistant



**Lemme, Birger**

**Born:** 20.04.61 – Bergen

**Residence:** Darbu

**Personal Assistant**

1st Paralympic as Personal Assistant



## NORDIC SKIING



**Haugland, Stian**

**Born:** 07.07.85 – Haugesund

**Residence:** Hønefoss

**Personal Assistant**

1st Paralympic as Personal Assistant



**Pedersen, Roy**

**Born:** 08.12.62 – Norderhov

**Residence:** Bjugn

**Waxing Personnel**

1st Paralympic as waxing personnel



**Tormodsgard, Steinar**

**Born:** 26.04.46 – Ål

**Residence:** Ål

**Waxing Personnel**

3rd Paralympic as waxing personnel





## ATHLETES – WOMAN



### Gravvold, Tone

Cross Country and Biathlon

**Club:** Surnadal IL

**Born:** 19.06.77 – Ringerike

**Residence:** Oslo

**Height:** 164 cm **Weight:** 58 kg

**Classification:** B2

**Civil Status:** Cohabite

**Occupation:** Psychologist

**Hobbies:** Friends, reading, training

**Languages spoken:** English,

Norwegian

**Comments:** Debut in 1993

### Paralympic Experience:

1994: 5 km F/1 – 15 km C/3

1998: 5 km F/1 – team relay/1 – 15 km C/3

2000: Cycling – sprint, track/5

2002: Team relay/1 – 7,5 km biathlon/2 – 5 km C/3

2004: Cycling – time trial/2 – road race/5 – 3000 m pursuit,

track/4 – 1000 m track/5

### World Championship:

1996: 5 km F/1 – 5 km C/1

2000: Team relay/1 – 5 km C/2 – 10 km C/3 – 15 km F/3

### European Championship:

1997: Team relay/1 – 5 km F/1 – 5 km C/2 – 15 km C/2

2001: 5 km F/1 – 10 km F/1

2005: Cycling – time trial/1 – road race/3

## MEN



### Flo, Helge

**Club:** Hodr

**Born:** 17.12.66 – Nordfjordeid

**Residence:** Oslo

**Height:** 179 cm **Weight:** 72 kg

**Classification:** B1

**Civil Status:** Single

**Occupation:** Physiotherapist

**Hobbies:** Fishing, outdoor life

**Languages spoken:** English,

Norwegian

**Comments:** Debut in 1996

### Paralympic Experience:

1998: 5 km C/3

2002: 5 km C/1



## NORDIC SKIING



### **Haugen, Kjartan**

**Club:** Nidelv IL

**Born:** 06.03.75 – Trondheim

**Residence:** Bærum

**Height:** 189 cm **Weight:** 80 kg

**Classification:** LW4

**Civil Status:** Engaged

**Occupation:** Computer engineer

**Hobbies:** Music

**Languages spoken:** English,  
Norwegian

**Comments:** Debut in 1996

### **Paralympic Experience:**

1998: 5 km /2 – team relay/3

2002: 5 km/1 – team relay/3

### **World Championship:**

2001: 5 km /1

2003: 20 km/1 – 10 km/2

2005: 5 km/1



### **Henriksen, Karl-Einar**

**Club:** Trysilgutten IL

**Born:** 30.04.64 – Andenes

**Residence:** Østby

**Height:** 176 cm **Weight:** 64 kg

**Classification:** LW11.5

**Civil Status:** Cohabite, 2 children

**Occupation:** -

**Hobbies:** Computer, fishing, gardening

**Languages spoken:** English,  
German, Norwegian

**Comments:** Debut in 1995

### **Paralympic Experience:**

1998: 10 km /1 – 15 km /1 – 5 km /3

2002: Team relay/3

### **World Championship:**

1996: 10 km /1

### **European championship:**

1997: 2 silver

2001: 2 silver

**Hustveit, Andreas**

Cross Country and Biathlon

**Club:** Trysilgutten IL**Born:** 03.01.79 – Haugesund**Residence:** Ølen**Height:** 180 cm **Weight:** 74 kg**Classification:** LW8**Civil Status:** Cohabite**Occupation:** Trainer in health studio**Hobbies:** Hunting**Languages spoken:** English,  
Norwegian**Comments:** Debut in 1993**Paralympic Experience:**

1998: 10 F/2 – biathlon 7,5 km/3

2002: 5 km C/1 – 10 km F/2 – team relay/3

**Lilleberg, Svein****Club:** Leik**Born:** 12.11.58 – Trondheim**Residence:** Heimdal**Height:** 173 cm **Weight:** 64 kg**Classification:** LW4**Civil Status:** Married, 4 children**Occupation:** Accountant**Hobbies:** Family, cars**Languages spoken:** English,  
Norwegian**Comments:** Debut in 1982**Paralympic Experience:**

1984: 1 gold – 1 silver

1988: Gold in team relay, 2 silver

1992: Gold in team relay – 1 silver

1994: Gold in team relay – 3 silver

1998: 6th place

**World Championship:**

1982: 2 gold

1986: 3 gold

1990: 1 gold – gold in team relay



## NORDIC SKIING



### **Sørhaug, Ragnar**

**Club:** Andebu IL

**Born:** 22.07.56 – Tønsberg

**Residence:** Andebu

**Height:** 167 cm **Weight:** 61 kg

**Classification:** B2

**Civil Status:** Married

**Occupation:** -

**Hobbies:** Horese, skiing

**Languages spoken:** English,  
Norwegian

**Comments:** Debut in 2004

### **Paralympic Experience:**

-

### **Previous result:**

2004: Norwegian Championship/3



### **Ulset, Nils Erik**

Cross Country and Biathlon

**Club:** Tingvoll IL

**Born:** 16.07.83 – Kristiansund

**Residence:** Tingvoll

**Height:** 178 cm **Weight:** 69 kg

**Classification:** LW3

**Civil Status:** Single

**Occupation:** Student

**Hobbies:** Hunting

**Languages spoken:** English,  
Norwegian

**Comments:** Debut in 2002

### **Paralympic Experience:**

2002: 2 gold in cross country – 7th in biathlon



PINEROLO PALAGHIACCIO

- Venue: Curling • Location: 36 from Olympic Village Turin
- Gross capacity: 2.982

## Wheelchair Curling



Curling is a game of great skill and strategy. The first World Cup in Curling for wheelchair players was held in January 2000 in Crans-Montana, Switzerland.

Wheelchair Curling will have its debut at the Torino 2006 Paralympic Games. The sport is generally open to individuals who

are non-ambulant or can only walk short distances. This includes athletes with significant impairments in lower leg/gait function ie, spinal injury, cerebral palsy, multiple sclerosis, double leg amputation etc, who usually require a wheelchair for daily mobility.

Each team must be comprised of male and female players. It is governed by and played according to the rules of the World Curling Federation (WCF), with only one modification for wheelchair users - no sweeping - and is practised by athletes in 16 countries. (© IPC)



## WHEELCHAIR CURLING



**Claussen, Camilla**

**Born:** 30.10.74 - Trondheim

**Residence:** Trondheim

**Head Coach**

1st Paralympic as Head Coach



**Hognestad, Thoralf N.**

**Born:** 02.10.62 – Stavanger

**Residence:** Krokstadelva

**Assistant Coach**

1st Paralympic as Assistant Coach



**Rødsjø, Vegar**

**Born:** 18.11.84 - Trondheim

**Residence:** Bjugn

**Personal Assistant**

1st Paralympic as Personal Assistant



## ATHLETES



### **Skogstad, Geir Arne**

**Club:** Trondheim Curling Klubb

**Born:** 09.12.73 – Trondheim

**Residence:** Trondheim

**Height:** 178 cm **Weight:** 75 kg

**Civil Status:** Married, 1 children

**Occupation:** Coach

**Hobbies:** Curling, ice sledge hockey, fishing/outdoor life

**Languages spoken:** English, Norwegian

**Comments:** Debut in 1998

### **Paralympic Experience:**

2002: Ice sledge hockey/2

### **World Championship:**

2000: Ice sledge hockey/2

2004: Ice sledge hockey/1

2005: Wheelchair curling/5

European Championship:

1999: Ice sledge hockey/2



### **Lorentsen, Rune**

**Club:** Halden Curling Klubb

**Born:** 08.10.61 – Tromsø

**Residence:** Sarpsborg

**Height:** 184 cm **Weight:** 85 kg

**Civil Status:** Married, 3 children

**Occupation:** Rehabilitation consultant

**Hobbies:** Fishing

**Languages spoken:** English, Norwegian

**Comments:** 2005

### **Paralympic Experience:**

-

### **World Championship:**

2005: 5

### **European Championship:**

1997: Bronze (team) in table tennis

1999: Gold (team) in table tennis



## WHEELCHAIR CURLING



### **Tystad, Lene**

**Club:** Trondheim Curling Klubb

**Born:** 25.05.75 – Trondheim

**Residence:** Trondheim

**Height:** 155 cm **Weight:** 65 kg

**Civil Status:** Single

**Occupation:** Unemployed

**Hobbies:** Ice sledge hockey

**Languages spoken:** English,  
Norwegian

**Comments:** 2004

### **Paralympic Experience:**

-

### **World Championship:**

2004: 12

2005: 5



### **Johansen, Paul Aksel**

**Club:** Trondheim Curling Klubb

**Born:** 25.10.79 – Ørland

**Residence:** Bjugn

**Height:** 190 cm **Weight:** 90 kg

**Civil Status:** -

**Occupation:** Graphic design

**Hobbies:** Fishing

**Languages spoken:** English,  
Norwegian

**Comments:** 2004

### **Paralympic Experience:**

-

### **World Championship:**

2005: 5



### **Fissum, Trine**

**Club:** Trondheim Curling Klubb

**Born:** 18.04.70 – Trondheim

**Residence:** Trondheim

**Height:** 155 cm **Weight:** 65 kg

**Civil Status:** Single

**Occupation:** Bachelor

**Hobbies:** Art, politics, sport

**Languages spoken:** English,  
Norwegian

**Comments:** 2003

### **Paralympic Experience:**

-

### **World Championship:**

2005: 5



**17.mai-tog:** May 17th is Norway's National Day, and celebrates the adoption of the Constitution on the same date in 1814. May 17th is a major event in Norway, and almost all Norwegians take part in the celebrations. All Norwegian school-children take part in Constitution Day parades, all of them dressed in their own local version of the national costume or their Sunday best. The forest of Norwegian flags leaves little doubt it's Norway's Constitution day that's being celebrated. Tourists from all over the world stream into Oslo to see the Children's Parade.



**Binders:** A small twist of metal wire – better known to you as a paper clip. Invented by the Norwegian Johan Vaaler in 1899. In use worldwide.

**Brunost:** A sweet, brown cheese made from cow's milk and /or goat's milk. Originally made in the mountain dairy farms, it's now found on most Norwegian breakfast tables, and is used by hundreds of thousands of people daily as a filling for their lunchtime sandwiches. More than a quarter of all cheese eaten in Norway is Brunost!

**Bunad:** National costume with it's origins in peasant clothing. The various regions and districts in Norway have their own versions, and the designs indicate family or geographical ties. Almost everyone who has one wears their 'Bunad' on May 17th, Constitution Day.

**Harald Hårfagre:** According to the history books Harald Fairhair was the first King over a united Norway. (Approx. 865-933). The Viking Chieftain who united Norway at the Battle of Hafsrfjord near Stavanger in around 885. It is claimed that all those who have claimed the throne of Norway since are descendants of Harald Fairhair. Fairhair named Eirik Blodøks – the famous Eirik The Red – as his heir to the Throne of Norway.

**Hardingfele:** A uniquely Norwegian form of violin or fiddle with eight strings, four above and four under. The Harding Fiddle dates from around 1650, and quickly spread throughout the Norwegian valleys, gaining popularity as a folk music instrument. The fiddle can be tuned in 30 different ways.

**Lofot-fisket:** An annual fisheries event from February to April for Cod and Spring Cod in the Vestfjord at Lofoten in the County of Nordland. The Vestfjord has been the most stable spawning grounds for Spring Cod for time beyond memory, and has therefore been a winter fairy tale for fishermen for more centuries than the history books can count. The Lofot Fisheries are the basis for a number of both small and large fishing boats along the coastline of Norway.

## BEST OF NORWAY

**Lusekofte:** A knitted pullover with its origins in Setesdalen in Norway. Mainly used by men since the mid-1800's. The pullover is usually "Sheep-wool-black" with a white pattern. The pattern is the "lice". Around 1920, tourists began to notice this uniquely Norwegian garment, and since then it has been one of the popular purchases made by tourists in Norway.

**Midnattsol:** Norway is often called «The Land of the Midnight Sun». The Midnight Sun literally means that the sun never dips under the horizon, as is the case in Northern Norway during a period in the summer. There is daylight for a full 24 hours and the sun never sets. This phenomena attracts many tourist to Norway's Northern Regions. In strong contrast is the winter darkness, where the sun never shows her face, and the days are as dark as the nights.



**Ostehøvel:** A Norwegian invention in use all over the world. A tool for slicing cheese, invented by the furniture-maker Thor Bjørklund from the Olympic Town of Lillehammer. He patented the cheese slicer in 1925 and started production in 1927. Since then, his cheese slicer has enjoyed world-wide success that we Norwegians are proud of!

**Smalahove:** A traditional Norwegian dish originating from the villages and hamlets of the West Country. 'Smale' is a dialect word for sheep, and "Smalahove" means sheep's head. The head is singed and/or smoked prior to boiling before being served with boiled potatoes and mashed swede. Not all Norwegian's find the dish so very appealing, with the sheep staring up at you from your plate...

**Thor Heyerdahl:** Norwegian ethnographer and zoologist, who has carried out much research into the origins of the peoples of Polynesia. Heyerdahl believed that Polynesia was settled by peoples from America and not from south-east Asia as was the common theory at the time. To prove that American Indians could have sailed the Pacific he carried through the famous Kon-Tiki expedition in 1947. The film of the expedition was awarded the Oscar for best documentary in 1951. Heyerdahl is also famous for the Ra, Ra II and Tigris expeditions.

**Tran:** Norwegian health drink based on liver-oil from mainly cod or saithe. 'Tran', or cod-liver oil, was traditionally used both as lamp-oil and as nature's medicine against a number of debilitating illnesses. Nowadays, it is highly valued due

**Tørrfisk:** Fisk that is not salted, but dried naturally in the wind- you may have met it as Stockfish or Bacalao. Dried either on special frames or direct on the rocks. Smells VERY strong, Is re-hydrated prior to cooking. One of the oldest fish products in Norway and has been of great importance to the coastal regions. Exported in great quantities to among other countries Portugal - Bacalao.

**Vikingskip:** Norwegian/Nordic vessel from the Viking Era and early middle ages. The ships were used by the Vikings in both war and peace, in the latter as trading vessels. The Vikings were Nordic traders who carried out both trading missions and raids in West and Eastern Europe between 800-1050. The best known Viking Ships, The Gokstad, Tune and Oseberg can all be seen at the Viking Ship Museum at Bygdøy in Oslo.



### How to pronounce it:

**17.mai-tog:** Sitt-enda mei tawg

**Binders:** Bin-durs

**Brunost:** Broom oost

**Bunad:** Buu nadd

**Harald Hårfagre:** Harald haw-fargra

**Hardingfele:** Harding fea-la

**Lofot-fisket:** Loaf-fott fiska

**Lusekofte:** Loose a koffta

**Midnattsol:** Mid natt sool

**Ostehøvel:** Oost-a hoevell

**Smalahove:** Smahla-hovva

**Thor Heyerdahl:** Tor Hei-a-dal

**Tran:** Trahn

**Tørrfisk:** Toerr-fis

**Vikingskip:** Veeking ship

SPONSORS





# Torino 2006 - IX Paralympic Winter Games Competition Schedule, March 10-19 2006

## PROGRAMME

MARCH		FRI 10	SAT 11	SUN 12	MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18	SUN 19
		Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
TORINO		Opening Ceremony 18:00									Closing Ceremony 20:00
<b>INDOOR VENUES</b>											
TORINO ESPOSIZIONE	Ice Sledge Hockey	Ice Sledge Hockey Tournament 9:30 CAN - GBR 11:00 NOR - USA 17:00 NOR - ITA 20:30 SWE - JPN	Ice Sledge Hockey Tournament 9:30 NOR - GBR 11:00 CAN - USA 17:00 ITA - CAN 20:30 JPN - USA	Ice Sledge Hockey Tournament 9:30 JPN - GER 11:00 USA - SWE 17:00 SWE - USA 20:30 CAN - NOR	Ice Sledge Hockey Play Off 11:00 - B4 20:30 Game B3 - A4	Ice Sledge Hockey Semi-final 1 11:00 Game A1 - B2 Semi-final 2 20:30 Game B1 - A2	Ice Sledge Hockey 11:00 7th-8th Game 20:30 5th-6th Game Final Gold 20:30 - 22:50	Ice Sledge Hockey	Ice Sledge Hockey	Ice Sledge Hockey	Ice Sledge Hockey
PINEROLO PALAGHIACCIO	Wheelchair Curling	Wheelchair Curling Round Robin 11:00-13:30 16:00-18:30	Wheelchair Curling Round Robin 11:00-13:30 16:00-18:30	Wheelchair Curling Round Robin 11:00-13:30 16:00-18:30	Wheelchair Curling Round Robin 11:00-13:30 16:00-18:30	Wheelchair Curling Round Robin 11:00-13:30 16:00-18:30	Wheelchair Curling Round Robin 11:00-13:30 16:00-18:30	Wheelchair Curling Tea-breakers 11:00-13:30 Tea-breakers 16:00-18:30	Wheelchair Curling Semi-final 1 11:00-13:30 Final Bronze 11:00-13:30	Wheelchair Curling	Wheelchair Curling
SESTRIERE BORGATA	Alpine Skiing	Alpine Skiing M/W (LW 1-9) 11:00-13:35	Alpine Skiing M/W (LW 1-9) 11:00-13:35	Alpine Skiing M/W (LW 1-9) 11:00-13:55	Alpine Skiing M/W (LW 1-9) 11:00-13:35	Alpine Skiing M/W (LW 1-9) 11:00-13:55	Alpine Skiing M/W (LW 1-9) 11:00-13:35	Alpine Skiing M/W (LW 1-9) 10:00-12:00 13:00-15:35	Alpine Skiing M/W (LW 1-9) 10:00-12:00 13:00-15:35	Alpine Skiing M/W (LW 1-9) 10:00-12:00 13:00-15:35	Alpine Skiing M/W (LW 10-12 & B1-3) 10:00-12:00 13:00-15:35
PRAGELATO PLAN	Biatlon	Biatlon Long Distances M 12.5 km (d8) W 12.5 km (LW 2-9 & B1-3) W 7.5 km (d8) 10:00-15:50	Biatlon Short Distances M 7.5 km (d8) W 7.5 km (d8) 10:00-15:15	Biatlon	Biatlon	Biatlon	Biatlon	Biatlon	Biatlon	Biatlon	Biatlon
PRAGELATO PLAN	Cross-Country Skiing	Cross-Country Skiing M 5 km (d8) (free) W 5 km (LW 2-9 & B1-3) W 2.5 km (LW 10-12) 10:00-13:55	Cross-Country Skiing M 5 km (d8) (free) W 5 km (LW 2-9 & B1-3) W 2.5 km (LW 10-12) 10:00-13:55	Cross-Country Skiing M 10 km (d8) W 10 km (LW 2-9 & B1-3) W 5 km (LW 10-12) 10:00-14:25	Cross-Country Skiing M 10 km (d8) W 10 km (LW 2-9 & B1-3) W 5 km (LW 10-12) 10:00-14:25	Cross-Country Skiing M 15 km (LW 10-12) W 15 km (LW 10-12) 9:00-10:55	Cross-Country Skiing M 15 km (LW 10-12) W 15 km (LW 10-12) 9:00-10:55	Cross-Country Skiing M 15 km (LW 10-12) W 15 km (LW 10-12) 9:00-10:55	Cross-Country Skiing M 15 km (LW 10-12) W 15 km (LW 10-12) 9:00-10:55	Cross-Country Skiing M 15 km (LW 10-12) W 15 km (LW 10-12) 9:00-10:55	Cross-Country Skiing M 20 km (LW 2-9 & B1-3) W 20 km (LW 2-9 & B1-3) 10:00-13:10
Daily Medals Award Event			8	10	2	10	6	2	6	6	8

B 1-3 Visually Impaired Classes

LW 10-12 Sit Ski Classes

Medal Ceremony on Field of Play

## PIEDMONT REGION



## PARALYMPIC COMPETITION VENUE



## TORINO DOWNTOWN





# IN MEMORY OF



**PETTER MONSRUD**  
18.02.1981 – 04.12.2005



**CHRISTER A. GUSTAVSEN**  
19.03.1989 – 04.12.2005



**Norwegian Organization for the Disabled**