

Paralympic Team Norway



Team and Media Guide



Norwegian Paralympic Committee

NORWAY IN 100 SECONDS



Photo: CATHRINE WESSEL/Det kongelige slott

*High Protector of Sport for the Disabled
Princess Märtha Louise*

Area (total):

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

Population (06.01.2010)..... 4.852.606

Main cities (01.01.09)

Oslo	575.475
Bergen	252.051
Trondheim	168.257
Stavanger	121.610
Kristiansand	80.109
Fredrikstad	72.260
Tromsø	66.513
Drammen	61.405
Sarpsborg	51.723

Life expectancy: Men: 78,3 Women: 82,9

Length of common frontiers:	2.542 km
- Sweden	1.619 km
- Finland	727 km
- Russia	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	362 km ²
Longest river: Glomma	600 km
Highest waterfall: Skykkjedalsfossen	300 m
Highest mountain: Galdhøpiggen	2.469 m
Largest glacier: Jostedalbreen	487 km ²
Longest fjord: Sognefjorden	204 km

Prime Minister: Jens Stoltenberg

Monetary unit:

NOK (Krone)..... 02.02.10: 1 CAD = 5.51 NOK – 1 EUR = 8.15 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 organization 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. (© IPC)



IPC VISION, MOTTO, SYMBOL



Vision

To Enable Paralympic Athletes to Achieve Sporting Excellence and Inspire and Excite the World.

Each word in the vision has a clear meaning in defining the ultimate aim of the IPC:

- To enable: this is the primary role of the IPC as an organization – to create the conditions for athlete empowerment through self-determination.
- Paralympic athletes: the primary focus of IPC's activities, in the context of Paralympic athletes, is the development of all athletes, from initiation to elite level.
- To achieve sporting excellence: the goal of the IPC as a sports centred organization.
- To inspire and excite the world: the external result is our contribution to a better world for all people with a disability. To achieve this, relations with external organizations and the promotion of the Paralympic Movement as a whole are of prime importance.

Motto

The spirit of every Paralympic athlete is uncompromising – every day exceeding what others had thought was possible by pushing themselves to the limit. With the motto 'Spirit in Motion' the IPC has captured what the Paralympic Movement is trying to achieve: enabling athletes from all background to unite on a single stage, inspiring and exciting the world with their performances.

Symbol

The new Paralympic Symbol (logo) was launched in 2003. It is a symbol in motion, with three Agitos (from the Latin meaning 'I move') encircling a centre point, emphasizing the role that the IPC has of bringing athletes from all corners of the world together and enabling them to compete. It also emphasizes the fact that Paralympic athletes are constantly inspiring and exciting the world with their performances – always moving forward and never giving up. The new Paralympic Symbol consists of three elements in red, blue and green – the three colours that are most widely represented in national flags around the world.

The previous symbol incorporated the Tae-Geuk, which is a traditional Korean decorative motif. Tae-Geuks were first used in a symbol at the 1988 Paralympic Games in Seoul, Korea. At that time, the symbol consisted of five Tae-Geuks in a configuration and in colours similar to the Olympic Rings, ie, blue, black, red, yellow, and green.

In 1991, the International Olympic Committee (IOC) requested that the IPC modify its symbol, if the symbol was to be used for marketing purposes. The IOC Marketing Department considered the symbol with five Tae-Geuks too similar to the five Olympic Rings, and hence a point of potential confusion for the IOC Sponsorship Programme. The configuration of five Tae-Geuks was allowed to be used at the 1994 Paralympic Winter Games in Lillehammer, Norway. A Paralympic Symbol with three Tae-Geuks was officially launched on at worldwide level at the 1994 World Championships for IPC Sports and 'Mind Body, Spirit' was adopted as the Paralympic motto, which has now been replaced by the motto 'Spirit in Motion'.

The Tae-Geuks were in limited use until the Closing Ceremony of the ATHENS 2004 Paralympic Games. When handing over the flag to Beijing, a flag with the new symbol was used. From then on, the old symbol is no longer in use. (© IPC)

Dear Olympic competitors,



The 10th Paralympic Games in Vancouver 2010 is soon to begin. Paralympic Games started in 1976 as "Handicap Olympics". There has been a tremendous development in organizing and sport in these young years. Calgary 1988 was planned to organize the both Games. This very important integration step was first implemented in Albertville 1992.

Modern top-level athletics, and our own philosophy about how we want our identity and culture to be, is also rooted in much of the same ideology that appears in the foundation pillars of the Olympic Ideal. Among other things, through the development of the all-round individual and utilisation of the individual's maximum potential in order to achieve the highest level of performance – the State of Performance – the constant state that characterises a top-level competitor's very existence.

At the last meeting in Trysil of the entire Olympic and Paralympic teams for Vancouver, we attached our goals and values to the Native American "dream catcher" symbol and the symbol for the whole of mankind – the balance between the physical, mental, emotional and spiritual. These are important elements to have with you for optimizing your performance we achieve in this important Games.

We have a strong and good feeling that we have done our utmost to be as prepared as possible for the Games. Some have faced challenges and not everything has gone smoothly. But the effort is characterised by the systematic hard work that the individual competitor, trainers and support personnel have put in. It has generated considerable energy and created expectations of good experiences and great performances. We have come to Vancouver from the best starting point possible, and the trick now is to unleash this in the most exciting and entertaining competition of them all.

Norway participate in the four sports Sledgehockey, Wheelchaircurling, Cross Country and Biathlon.

We are 27 competitors and 24 trainers and support personnel who have all participated in defining our common goal. We will fight for at least five medals with at least one in teamsport Sledgehockey and Wheelchaircurling. But remember, it is not only we the team who have expectations but also the Norwegian people. This is a good feeling of support to have on board.

We know that it is now up to each and every one of us to perform, but the knowledge that we are many competing together makes us stronger.

Together for great performances.

We are ready – let the Games begin

Cato Zahl Pedersen

Chef de Mission

Team Paralympic Norway

SPORTS HISTORY

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	1657 athletes
1980	Arnhem	42 nations	1973 athletes
1984	Stoke New York	41 nations 45 nations	1100 athletes 1800 athletes
1988	Seoul	61 nations	3013 athletes
1992	Barcelona	82 nations	3021 athletes
1996	Athens	103 nations	3195 athletes
2000	Sydney	122 nations	3843 athletes
2004	Athen	136 nations	3806 athletes
2008	Beijing	146 nations	3951 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
2006	Turin	38 nations	474 athletes



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Live Høidahl

Abbreviations:

PG: Paralympic Games

WCh: World Championship

ECh: European Championship

NCh: Norwegian Championship

Norway has participated in the Paralympic Games since the beginning.

Summer Games:

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
2008 Beijing.....	1 gold	3 silver	3 bronze	7

Total number of medals in Winter Games:

251 (88 gold – 93 silver – 76 bronze)

Winter Games:

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
2006 Turin.....	1 gold	1 silver	3 bronze	5

Total number of medals in Winter Games:

275 (119 gold – 85 silver – 71 bronze)

Medals Distribution Torino 2006

20 events – 4 sports

Nation:		Gold:	Silver	Bronze	Total
1. Russia		13	13	7	33
2. Ukraine		7	9	9	25
3. Germany		8	5	5	18
4. France		7	2	6	15
5. Austria		3	4	7	14
6. Canada		5	3	5	13
7. United States		7	2	3	12
8. Japan		2	5	2	9
9. Belarus		1	6	2	9
10. Italy		2	2	4	8
11. Norway		1	1	3	5
12. Poland		2	0	0	2
13. Slovakia		0	1	1	2
14. Switzerland		0	1	1	2
15. Spain		0	1	1	2
16. Australia		0	1	1	2
17. Great Britain		0	1	0	1
18. Czech Republic		0	1	0	1
19. Sweden		0	0	1	1
Total:		58	58	58	174

Note:

38 NPC – 474 athletes

NORWEGIAN OLYMPIC AND PARALYMPIC COMMITTEE AND AND CONFEDERATION OF SPORTS



Paule, Tove
Born: 11.01.51 – Kongsberg
Residence: Drammen
President NOC
President Norwegian Olympic and
Paralympic Committee and
Confederation of Sports



Andersen, Inge
Born: 22.05.64 – Bergen
Residence: Vetre
General Secretary NOC
General Secretary Norwegian Olympic
and Paralympic Committee and
Confederation of Sports

FEDERATION PRESIDENTS



Bøygard, Tore
Born: 24.08.52 – Ål in Hallindal
Residence: Ål in Hallingdal
Norwegian Biathlon Association



Ramsfjell, Bent Ånund
Born: 30.11.67 – Oslo
Residence: Asker
Norwegian Curling Association



Libæk, Ole-Jacob
Born: 08.12.37 – Oslo
Residence: Oslo
Norwegian Ice Hockey Association



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

NORWEGIAN PARALYMPIC TEAM

DIRECTOR/MANAGER



Aambø, Jarle
Born: 26.03.60 – Tingvoll
Residence: Fjellhamar
Director/Manager of Elite Sport Programme
4th as Chef de Mission in Olympic Games
6^h as Team Official in Olympic Games
Three Olympic Games as coach alpine skiing (1988, 1992, 1994)

CHEF DE MISSION



Zahl Pedersen, Cato
Born: 12.01.59 – Drøbak
Residence: Nesodden
Chef de Mission
2nd PG as Chef de Mission
6 Summer and Winter Paralympic Games as athlete – 13 gold medals and 1 silver in athletics, cross country and alpine skiing



Sommerfeldt, Bjørn Sigurd
Born: 29.05.83 – Drammen
Residence: Oslo
Deputy Chef de Mission
1st Paralympic as Deputy Chef de Mission

STAFF



Brekke, Monica Viker
Born: 02.05.67 – Oslo
Residence: Oslo
Ass. Village Manager
1st Paralympic as Ass. Village Manager



Bævre, Halvor
Born: 08.07.45 – Bærum
Residence: Østre Toten
MD, Chief Medical Officer
2nd Paralympic as MD, Chief Medical Officer



Hansen, Torger
Born: 17.06.50 – Oslo
Residence: Oslo
Physiotherapist
3rd Paralympic as Physiotherapist



Abrahamsen, Frank
Born: 18.12.73 – Tønsberg
Residence: Oslo
Sports Psychologist
3rd Paralympic as Sports Psychologist
2 Olympic Games as Sports Psychologist



Bjørnland, Lars Otto
Born: 14.11.54 – Sarpsborg
Residence: Sarpsborg
Press Attaché
3rd Paralympic as Press Attaché
8 Olympic Games as Press Attaché



ICE SLEDGE HOCKEY



UBC THUNDERBIRD ARENA

Elevation: 8 m – **Gross Capacity:** 6,000 – **Distance from:** PLV Vancouver: 12 km, PLV Whistler: 115 km

ICE SLEDGE HOCKEY

Ice Sledge Hockey is the Paralympic version of Ice Hockey. Since its debut on the Paralympic Programme at the Lillehammer 1994 Winter Paralympics, it has quickly become one of the largest attractions for spectators at the Winter Paralympics. It is fast-paced, highly physical and played by male athletes with a physical disability in the lower part of the body. Instead of skates, players use two-blade sledges that allow the puck to pass beneath. Players use two sticks, which have a spike-end for pushing and a blade-end for shooting. Responding to the request of the nations widely and regularly practising the sport of Ice Sledge Hockey, the IPC in 2009 approved an entry provision to allow qualified teams for the Vancouver 2010 Paralympic Winter Games

to enter female athletes to their roster should they wish.

Ice Sledge Hockey is practiced by athletes around 15 countries and is governed by the IPC with co-ordination by the IPC Ice Sledge Hockey Technical Committee. It follows the rules of the International Ice Hockey Federation (IIHF) with modifications. For more detailed information on the sport, please visit the official website at www.ipc-icesledge-hockey.org. (© IPC)





Nyholt, Kent
Born: 30.06.71 – Oslo
Residence: Flateby
Manager
 4th Paralympic as Manager
 Also Ass. Chef de Mission in Torino
 2006



Haglund, Morten
Born: 17.08.74 – Oslo
Residence: Oslo
Head Coach
 5th Paralympic as Head Coach



Kingston, George
Born: 20.08.39 – Biggar, CAN
Residence: Palm Springs - USA
Ass. Coach
 1st Paralympic as Ass. Coach for Norway



Dahlstrøm, Frank
Born: 05.08.67 – Drøbak
Residence: Oslo
Ass. Coach
 1st Paralympic



Pettersen, Thomas
Born: 22.08.80 – Oslo
Residence: Oslo
Video Analysis
 1st Paralympic



Bjørsvik, Jan
Born: 01.06.64 – Arendal
Residence: Oslo
Equipment
 2nd Paralympic



ICE SLEDGE HOCKEY



Johannsson, Thony
Born: 26.05.63 – Vastrum, SWE
Residence: Oslo
Equipment:
1st Paralympic



Nilsen, Hanne
Born: 29.12.79 – Mo i Rana
Residence: Oslo
Physiotherapist
1st Paralympic

ATHLETES



Photo: STIAN K. ELTON/www.stankelton.no

1 JOHANSEN, ROGER

Club: Oslo Sledge Hockey Club
Born: 04.02.73 – Sandnessjøen
Residence: Leirfjord
Height: 173 cm
Civil Status: In a relationship

Hobbies: Fishing, hunting, music
Greatest sport moment: Gold in WCh 2004

Languages spoken: Norwegian and English

Previous results:

PG: 2002 – Gold, 2006 – Silver

WCh: 2004 – Gold, 2008 – Silver, 2009 – Silver

ECh: 2007 – Gold



19 KISSINGER, DENG

Club: Oslo Sledge Hockey Club
Born: 31.05.79 – Kahrtum – Sudan

Residence: Oslo

Height: 198 cm

Civil Status: Single

Occupation: Student

Hobbies: Basketball, table tennis, reading

Favourite music: Hip hop, RNB

Favourite film: Avatar

Favourite book genre: The Secret

Favourite food: Meat

Greatest sport moment: WCh 2009 – Silver medal

Sports idol: Michael Jordan, Lual Deng

Languages spoken: Arabic, Norwegian, English

Previous results:

WCh: 2009 – Silver



3 PEDERSEN, ROLF EINAR

Club: Oslo Sledge Hockey Club
Born: 04.11.69 – Sandefjord
Residence: Lørenskog
Height: 186 cm
Civil Status: Married
Occupation: Professional athlete
Hobbies: Sports
Favourite music: Mike Oldfield
Favourite film: The Godfather
Favourite book genre: Crime
Favourite food: Sushi
Greatest sport moment: WCh 2004 – GOLD!
Sports idol: Diego Maradona
Languages spoken: Norwegian and English
Previous results:
PG: 1988 – Silver and Bronze medal in Ice Sledge, 1992 – Gold in Biathlon relay, 2002 – Silver in Ice Sledge Hockey, 2006 – Silver in Ice Sledge Hockey
WCh: 2004 – Gold, 2008 – Silver, 2009 – Silver
ECh: 2007 – Gold



4 ROVELSTAD, TOMMY

Club: Oslo Sledge Hockey Club
Born: 08.11.71 – Oslo

Residence: Oslo
Height: 190 cm
Civil Status: Married
Occupation: Manager Telenor Open Mind
Favourite food: Japanese
Sports idol: Eric Cantona
Languages spoken: Norwegian and English
Previous results:
PG: 1998 – Gold, 2002 – Silver, 2006 – Silver
WCh: 2000 – Silver, 2004 – Gold, 2008 – Silver, 2009 – Silver
ECh: 2007 – Gold



7 HAGEN, ESKIL

Club: Oslo Sledge Hockey Club
Born: 13.06.70 – Lillehammer
Residence: Flateby
Height: 187 cm
Civil Status: Partner with Shauna, one daughter Gabriella
Occupation: Salesmen
Hobbies: Hockey
Favourite music: Rock
Favourite film: Many films
Favourite book genre: Action
Favourite food: Steak
Greatest sport moment: Paralympic Games in 1998
Languages spoken: Norwegian and English
Previous results:
PG: 1994 – Silver, 1998 – Gold, 2002 – Silver, 2006 – Silver
WCh: 1996 – Silver, 2000 – Silver, 2004 – Gold, 2008 – Silver, 2009 – Silver
ECh: 2007 – Gold



8 VEE, STIG TORE

Club: Rosenborg Sledge Hockey Club
Born: 16.12.63 – Levanger
Residence: Trondheim
Height: 186 cm
Civil Status: Single
Occupation: Technician
Hobbies: Airbrushing, Harley Davidson, VW Beetle, scale modeling, music
Favourite music: Hard rock, Iron Maiden
Favourite book genre: Crime
Sports idol: Eskil Hagen
Languages spoken: Norwegian and English
Previous results:
PG: 1998 – Gold, 2002 – Silver, 2006 – Silver
WCh: 2000 – Silver, 2004 – Gold, 2008 – Silver, 2009 – Silver
ECh: 2007 – Gold



9 VÆRNES, MORTEN

Club: Rosenborg Sledge Hockey Club
Born: 06.12.81 – Trondheim
Residence: Oslo
Height: 175 cm
Civil Status: Single
Occupation: IT Consultant
Hobbies: Exercise, music, music

Favourite music: Metallica, Disturbed, Jay-Z

Favourite film: The Matrix

Favourite book genre: Crime

Favourite food: Sushi

Greatest sport moment: Participating in Paralympic Games in Torino 2006

Sports idol: Steven Gerrard

Languages spoken: Norwegian and English

Previous results:

PG: 2006 – Silver

WCh: 2004 – Gold, 2008 – Silver, 2009 – Silver

ECh: 2007 – Gold



11 BJØRNSTAD, HELGE

Club: Oslo Sledge Hockey Club
Born: 14.10.71 – Oslo
Residence: Bærum

Height: 179 cm

Civil Status: Married

Occupation: Orthopedic Technician

Hobbies: Golf, skiing

Favourite music: Listen to all kind of music

Favourite film: Action

Favourite book genre: Crime

Favourite food: Pizza or a good steak

Greatest sport moment: It is hard to pick out one special. Maybe mat first gold in Paralympic Games in 1992, gold in 1996 and the gold medal in Ice Sledge Hockey in 1998

Sports idol: Johnny Weissmüller, Lance Armstrong and Kjetil Andre Aamodt

Languages spoken: Norwegian and English

Previous results:

PG: 1988 Summer – 3 x 4th in swimming, 1992 Summer: 2 Gold and 1 Silver in swimming, 1994 Winter –



Silver in Ice Sledge Hockey, 1996 Summer – 2 Gold and 1 Silver in swimming, 1998 Winter – Gold in Ice Sledge Hockey, 2002 – Silver in – Ice Sledge Hockey, 2006 – Silver in Ice Sledge Hockey

WCh: 1990 – 2 Silver and 1 Silver in swimming, 1994 – 3 Gold and 1 Bronze in swimming, 1996, 2000, 2007, 2009 – Silver in Ice Sledge Hockey

ECh: 1991 – 3 Gold and 1 Silver in swimming, 1995 – 3 Gold, 2 Silver and 1 Bronze in swimming, 2007 – Gold I Ice Sledge Hockey

Others: “Egeberg Ærespris” in 2009 – The highest award in Norway for top international results in two different sports or more. It has been awarded to 48 athletes since 1918 and he is the second disabled athlete who has received this award.



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RØYNE, KJELL VIDAR

Club: Oslo Sledge Hockey Club

Born: 01.08.70 – Tønsberg

Residence: Tønsberg

Height: 190 cm

Civil Status: Married

Occupation: Computer Technician

Favourite music: U2

Favourite film: Die Hard

Favourite book genre: Crime

Favourite food: Burger

Greatest sport moment: Paralympic Games in Lillehammer 1994

Languages spoken: Norwegian and English

Previous results:

PG: 1994 – Silver, 2006 – Silver

WCh: 1991 – Bronze, 1992 – Silver, 2004 – Gold, 2008 – Silver, 2009 –

Silver

ECh: 2007 – Gold



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NORDSTOGA, KNUT ANDRE

Club: Oslo Sledge Hockey Club

Born: 18.02.83 – Oslo

Residence: Oslo

Height: 160 cm

Hobbies: Skiing

Favourite music: Metallica

Favourite book genre: Science fiction

Favourite food: Pizza

Greatest sport moment: Paralympic Games in Torino 2006

Languages spoken: Norwegian and English

Previous results:

PG: 2002 – Alpine Skiing DH/13 – GS/10 – SL/10, 2002: Silver in Ice Sledge Hockey, 2006 – Silver in Ice Sledge Hockey

WCh: 2004 – Gold, 2008 – Silver, 2009 – Silver

ECh: 2007 – Gold



17 JOHANSEN, LOYD REMI

Club: Oslo Sledge Hockey Club
Born: 25.07.87 – Sarpsborg
Residence: Oslo
Height: 172 cm
Civil Status: Girlfriend
Hobbies: Sport
Favourite music: Hans Petter Moen
Favourite film: Kickboxer with Van Damme and Rush Hour
Greatest sport moment: WCh 2009 against USA I the preliminary round. Victory 2-1 and I had one goal and one assist. We had a great WCh.
Sports idol: David Beckham and Tommy Rovelstad
Languages spoken: Norwegian and English
Previous results:
PG: 2006 – Silver
WCh: 2008 – Silver, 2009 – Silver
ECh: 2007 – Gold



21 AUSTEVOLL, OLE BJARTE

Club: Bergen Sledge Hockey Club
Born: 06.08.70 – Bergen
Residence: Austevoll
Height: 184 cm
Civil Status: Married

Occupation: Maritime teacher
Hobbies: Skiing
Favourite book genre: W. Smith
Favourite food: Sea food
Greatest sport moment: WCh in 2009
Languages spoken: Norwegian and English
Previous results:
WCh: 2009 – Silver



22 BAKKE, AUDUN

Club: Oslo Sledge Hockey Club
Born: 05.11.88 – Oslo
Residence: Oslo
Height: 166 cm
Civil Status: Single
Occupation: Student
Hobbies: Gaming, anime
Favourite music: Heavy metal
Favourite film: Lord of the Rings
Favourite book genre: Fantasy
Favourite food: Homemade pizza
Languages spoken: Norwegian and English
Previous results:
WCh: 2008 – Silver, 2009 – Silver
ECh: 2007 – Gold

**85****JACOBSEN, THOMAS****Club:** Oslo Sledge Hockey Club**Born:** 04.11.87 – Fredrikstad**Residence:** Oslo**Height:** 170 cm**Civil Status:** Single**Occupation:** Student**Hobbies:** Hiking, camping, traveling**Favourite film:** Braveheart**Favourite book genre:** Crime**Favourite food:** Thai**Greatest sport moment:** Scoring two goals in my first international tournament**Sports idol:** Tommy Rovelstad and Rolf Einar Pedersen**Languages spoken:** Norwegian , English and Swedish**Previous results:****PG:** Debutant



NORDIC SKIING



WHISTLER PARALYMPIC PARK

Elevation: Highest point: 890 m. **Stadium:** 870 m – **Gross Capacity:** 6,000 – **Distance from:** PLV Whistler: 15 km, PLV Vancouver: 117 km, Whistler Paralympic Celebration Plaza: 23 km

BIATHLON

Biathlon for athletes with a physical disability was introduced in Innsbruck, Austria, in 1988. At the Paralympic Winter Games in 1992, athletes with a visual impairment were also able to compete in the sport. The competition is open to athletes with a physical disability and blindness/visual impairment. The most important success factor lies in the capability of alternating the skills of physical endurance and shooting accuracy during the competition. Athletes with blindness/visual impairment are assisted by acoustic signals, which depending on signal intensity, indicate when the athlete is on target.

The sport is governed by the IPC with co-ordination by the IPC Nordic Skiing Technical Committee following the modified rules

of the International Biathlon Union (IBU).

For more detailed information on Biathlon, please visit the official website at www.ipc-nordicskiing.org.





WHISTLER PARALYMPIC PARK

Elevation: Highest point: 920 m, Stadium: 860 m – **Gross Capacity:** 6,000 – **Distance from:** PLV Whistler: 15 km, PLV Vancouver: 117 km, Whistler Paralympic Celebration Plaza: 23 km

CROSS COUNTRY SKIING

Cross-Country Skiing appeared at the 1976 Winter Games in Örnköldsvik, Sweden, for the first time. The competition is open to athletes with a physical disability and blindness/visual impairment. Depending on functional disability, a competitor uses a sit-ski, a chair equipped with a pair of skis. Athletes with blindness/visual impairment compete in the event with a sighted guide. Male and female athletes compete in short distance, middle distance and long distance (rang-

ing from 2.5km to 20km) or participate in a team relay using classical or free techniques. Cross Country Skiing is governed by the IPC with co-ordination by the IPC Nordic Skiing Technical Committee following modified rules of the International Ski Federation (FIS) and is currently practiced by athletes in more than 25 countries. For more detailed information on Biathlon, please visit the official website at www.ipc-nordicskiing.org. (© IPC)



NORDIC SKIING



Gulbrandsen, Stein Morten
Born: 12.09.74 – Lenvik
Residence: Finnsnes
Head Coach
2nd PG as Head Coach



Gjelland, Egil
Born: 12.11.73 – Voss
Residence: Eikelandsosen
Coach
1st Paralympic Games



Ulset, John Ola
Born: 16.09.80 – Molde
Residence: Tingvoll
Coach
1st Paralympic Games



Tormodsgard, Steinar
Born: 26.04.46 – Ål
Residence: Ål
Technical Personnel
4th Paralympic Games



Thomassen, Fredrik
Born: 24.04.77 – Narvik
Residence: Silsand
Technical Personnel
2nd Paralympic Games



Pedersen, Roy
Born: 08.12.62 – Nidelv
Residence: Bjugn
Technical Personnel
2nd Paralympic Games

Losnegard, Thomas
Born: 21.03.82 – Tromsø



Residence: Oslo
 Athlete Guide
 2nd Paralympic Games

ATHLETES



ULSET, NILS ERIK

(Biathlon and Cross-Country)
Club: Tingvoll IL
Born: 16.07.83 – Kristiansund
Residence: Tingvoll
Height: 178 cm
Civil Status: Single
Occupation: Student
Hobbies: Free riding, mountain biking, music
Favourite music: Nickelback, Breaking Benjamin and AC/DC
Favourite film: The Crow
Favourite food: Spicy
Greatest sport moment: Gold in Paralympic Games in 2002
Sports idol: Ole Einar Bjørndalen and Mark Abma
Languages spoken: Norwegian, English and some German
Previous results:
PG: 2002 – 2 x Gold, 2006 – 2 x Bronze
WCh: 2003 – Bronze, 2005 – Silver and Bronze, 2009 – 3 x Gold and 1 Bronze



LARSEN, TRYGVE S. TOSKEDAL

(Biathlon and Cross-Country)
Club: Avaldsnes IL
Born: 01.04.72 – Avaldsnes
Residence: Elverum
Height: 170 cm
Civil Status: In a relationship
Occupation: Student
Hobbies: Guitar, golf
Favourite music: Rock
Favourite film: Gladiator
Favourite food: Beef
Languages spoken: Norwegian and English
Previous results:
WCh: 2009 – Silver Relay
ECh: 2007 – Gold in Ice Sledge Hockey



LILLEBERG, SVEIN

Club: IL Leik
Born: 12.11.58 – Trondheim
Residence: Trondheim
Height: 173 cm
Civil Status: Married – four children
Occupation: Accounter
Hobbies: Cars, family
Favourite food: Pizza
Greatest sport moment: Relay (Gold) in Paralympic Games in 1988
Sports idol: Oddvar Brå



NORDIC SKIING

Languages spoken: Norwegian and English

Previous results:

PG: 4 Gold and 7 Silver from 1984 to 2006

WCh: 7 Gold from 1982 to 2009



DAHLE, VEGARD

Club: Byåsen IL

Born: 21.12.90 – Oslo

Residence: Trondheim

Height: 186 cm

Civil Status: Girlfriend

Occupation: Student

Hobbies: Girlfriend/friends, music, computer

Favourite music: Rock, Pop

Favourite film: Lost in Translation

Favourite book genre: Crime

Favourite food: Taco

Greatest sport moment: Silver in Relay in WCh 2009

Sports idol: Some fellow students in Heimdal VGS (Magnus Moholt and Ronny Fredrik Ansnes)

Languages spoken: Norwegian, English and some German

Previous results:

WCh: 2009 – Silver in Relay, 4th in Classic Sprint, 7th in 10 km Free, 8th in 20 km Classic



HAUGEN, KJARTAN NESBAKKEN

Club: Nidelv IL

Born: 06.03.74 – Trondheim

Residence: Bærum

Height: 190 cm

Civil Status: Married

Occupation: SW developer

Hobbies: Music

Favourite music: Pink Floyd

Favourite film: Pulp Fiction

Favourite book genre: Detective fiction

Favourite food: Asian

Greatest sport moment: Gold in Relay in Paralympic Games 2006

Sports idol: Vegard Ulvang

Languages spoken: Norwegian and English

Previous results:

PG: 1998 – Silver (Short distance), Bronze (Relay), 2002 – Gold (Short distance), Bronze (Relay), 2006 – Gold (Relay)

WCh: 2001 – Gold, 2003 – Gold and Silver, 2005 – Gold, 2009 – Gold

Other: 5 times overall winner in World Cup (2001 – 2007), Wasaloppet 2007: 250th place – 11 minutes behind the winner



FLO, HELGE

Club: Hodr
Born: 17.12.66 – Nordfjordeid
Residence: Oslo
Height: 180 cm
Civil Status: Single
Occupation: Physiotherapist
Hobbies: Fishing, outdoor life
Favourite music: Rock
Favourite film: Fleksnes
Favourite food: Crab, lobster
Sports idol: Bjørn Dæhli
Languages spoken: Norwegian and English
Previous results:
PG: 1998 – Bronze, 2002 – Gold, 2006 – Bronze
WCh: 1996 – Bronze, 2000 – Silver



FAGERHØI, PER

Club: IBK
Born: 21.04.54 – Drammen
Residence: Krokstadelva
Height: 178 cm
Civil Status: Married
Occupation: Carpenter
Hobbies: Outdoor life
Favourite music: Good old classics
Favourite book genre: Hunting and outdoor life books
Favourite food: Everything

Sports idol: Bjørn Dæhli
Languages spoken: Norwegian



VESTBØSTAD, MARIANN MARTHINSEN

Club: Loddefjord IL
Born: 09.09.84 – Stord
Residence: Bergen
Height: 160 cm
Civil Status: Married
Occupation: Student
Hobbies: Sports (swimming and kayak), creative hobbies
Favourite music: U2, aha
Favourite film: The Green Mile, The Diary
Favourite book genre: The Bible, the books of Francine Rivers
Favourite food: Homemade pizza
Greatest sport moment: Bronze medal in swimming
Sports idol: Anders Olsson (swimming)
Languages spoken: Norwegian and English
Previous results:
PG: 2004 – 4th place in Swimming (100 m backstroke), 2008 – Bronze in Swimming (100 m backstroke)
WCh: 2006 – Silver in Swimming (100 m backstroke), 2009 – Gold in Swimming (100 m backstroke)
ECh: 2009 – Silver (100 m backstroke)



WHEELCHAIR CURLING



VANCOUVER PARALYMPIC CENTRE

Elevation: 74 m – **Gross Capacity:** 5,600 – **Distance from:** PLV Vancouver: 3.7 km, PLV Whistler: 119 km

WHEELCHAIR CURLING

Wheelchair 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 had its debut at the Torino 2006 Paralympic Winter Games. The sport is open to male and female athletes with a physical disability in the lower part of the body. This includes athletes with significant impairments in lower

leg/gait function (eg, spinal injury, cerebral palsy, multiple sclerosis, double leg amputation, etc), who 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 – no sweeping. In 2009, Wheelchair Curling is practiced by athletes in over 20 countries.

For more detailed information on Wheelchair Curling, please visit the WCF website at www.worldcurling.org. (© IPC)





Christensen, Per
Born: 01.11.55 – Frederiksberg, DEN
Residence: Kastrup, DEN
Head Coach
 1st PG as Head Coach for Norway



Rasmussen, Espen
Born: 05.04.76 – Halden
Residence: Halden
Physiotherapist
 1st PG as Physiotherapist

ATHLETES



LORENTSEN, RUNE H.
Club: Halden Curling Club
Born: 08.10.61 – Tromsø
Residence: Sarpsborg

Height: 184 cm
Civil Status: Married
Hobbies: Fishing
Favourite music: I like all kind of music
Favourite food: Pizza
Greatest sport moment: Gold medals in the WCh in 2007 and 2008
Languages spoken: Norwegian and English
Previous results:
PG: 2006 – Silver
WCh: 2005 – 5th place, 2007 – Gold, 2008 – Gold, 2009 – 7th place
ECh: 1995 – Bronze in Team Table Tennis, 1999 – Bronze in Team Table Tennis



STORDAHL, JOSTEIN

Club: Halden Curling Club
Born: 20.05.66 – Sarpsborg
Residence: Skjeberg
Height: 172 cm
Civil Status: In a relationship
Occupation: Coin dealer
Hobbies: Music, film, sailing
Favourite music: Pink Floyd
Favourite film: Lord of the Rings
Favourite book genre: Fiction
Favourite food: Fish
Greatest sport moment: Gold medals in the WCh in 2007 and 2008
Languages spoken: Norwegian and English
Previous results:
PG: 2000 – 7th place in Sailing, 2004 – 11th place in Sailing, 2008 – 4th place in Sailing
WCh: 2007 – Gold in Wheelchair Curling, 2008 – Gold in Wheelchair Curling



WHEELCHAIR CURLING



SKOGSTAD, GEIR ARNE

Club: Trondheim Curling Club
Born: 09.12.73 – Trondheim
Residence: Klæbu
Height: 178 cm
Civil Status: Married to Marit, one child (Tiril Helene 5 years)
Occupation: Self Management advisor at Center for patient education and counseling, St. Olavs Hospital
Hobbies: Curling, ice sledge hockey, fishing, outdoor life
Favourite music: Various
Favourite book genre: Crime, World War II history
Greatest sport moment: Gold medals in the WCh in 2007 and 2008
Languages spoken: Norwegian and English
Previous results:
PG: 2002 – Silver in Ice Sledge Hockey, 2006 – Silver in Wheelchair Curling
WCh: 2000 – Silver in Ice Sledge Hockey, 2004 – Gold in Ice Sledge Hockey, 2004 – 12th place in Wheelchair Curling, 2005 – 5th place in Wheelchair Curling, 2007 – Gold in Wheelchair Curling, 2008 – Gold in Wheelchair Curling, 2009 – 7th place in Wheelchair Curling
ECh: 1999 – Silver in Ice Sledge Hockey



TYSTAD, LENE

Club: Trondheim Curling Club
Born: 15.06.71 – Trondheim
Residence: Trondheim
Height: 175 cm
Civil Status: Single
Occupation: Bankier
Hobbies: Books, films
Favourite music: Rock
Favourite film: Thriller
Favourite book genre: Crime
Languages spoken: Norwegian
Previous results:
PG: 1998 – 2 Gold in Ice Sledge Racing
WCh: 2008 – Gold in Wheelchair Curling, 2009 – 7th place in Wheelchair Curling



SAMDAL, ANNE METTE

Club: Trondheim Curling Club

Born: 25.05.75 – Trondheim

Residence: Trondheim

Height: 155 cm

Civil Status: Single

Occupation: Social worker

Favourite music: Pop, Rnb

Favourite book genre: Crime

Favourite food: Salomon

Greatest sport moment: Gold medal
in WCh in 2007

Languages spoken: Norwegian and
English

Previous results:

PG: 1998 – Bronze in Ice Sledge Rac-
ing, 2006 – 4th place in Wheelchair
Curling

WCh: 2004 – 12th place, 2005 – 5th
place, 2007 – Gold, 2008 – Gold,
2009 – 7th place

BEST OF NORWAY



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 world-wide.

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 lunch-time 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 Hafrsfjord 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

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 to its high percentage of non-saturated fatty acids. Many Norwegians start their day with a dessert spoon of cod-liver oil to keep healthy and in good form. Not very popular with the kids due to its somewhat special flavour....

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.

BEST OF NORWAY



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:	Broon 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

VANCOUVER, BC, CANADA
VANCOUVER, C.-B., CANADA



BRITISH COLUMBIA
COLOMBIE-BRITANNIQUE

- Whistler
- Vancouver

Victoria •





USA
ÉTATS-UNIS




VANCOUVER PARALYMPIC VENUES








CITY VENUES

-  Ice Sledge Hockey
-  Wheelchair Curling

WHISTLER VENUES

-  Alpine Skiing
-  Biathlon
-  Cross-Country Skiing

NON-COMPETITION VENUES

-  Airport
-  International Broadcast Centre
-  Opening Ceremony (Vancouver) / Closing Ceremony (Whistler)
-  Paralympic Village
-  Press Centre



NORSK TIPPING

norsk-tipping.no



**CLOTHES/EQUIPMENTS/GIFTS
TO THE NORWEGIAN PARALYMPIC TEAM**

Phenix
Dahle
Dressmann
Giro
Vivekes
X Bionic
X Socks

