

PRESS RELEASE

NEW: Kicksled expands in Montreal

Montreal, December 26, 2008 - After a successful first year at Mount-Royal park, kicksleds are now available at three other parks in the Montreal region:

- **Parc national des Iles-de-Boucherville**
- **Parc national d'Oka**
- **Parc-nature du Bois-de-Liesse**

You can use the kicksleds on their numerous walking trails.

Still little known in North America, the Nordic Kicksled has been around for more than 100 years in Scandinavian countries. Several million kicksleds have been sold across Europe. Each winter, they reappear in cities and villages. The kicksled is used for shopping, going to school, family outings or getting into shape.

As aerobic as cross-country skiing, the kicksled is simple to use and lots of fun with no special maintenance and no additional equipment required. The technique is very easy to master. Users simply need to propel the kicksled with one leg, similar to the technique used for scooters, on packed snow or ice surfaces. Young children may be easily transported on the small seat attached to the front of the kicksled or they can help push the kicksled from behind the seat by using the footrests installed for this purpose. Kicksledding is an ideal family activity that is entirely environmentally-friendly - no air or noise pollution is produced from its use.

Kicksleds are available for purchase at : www.goSlide.ca. Demos are available for journalists.

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