



**American  
SkiBike  
Association**

## About the American SkiBike Association & Your Membership

**The American SkiBike Association (ASA)  
is a 501c3 non-profit organization.**

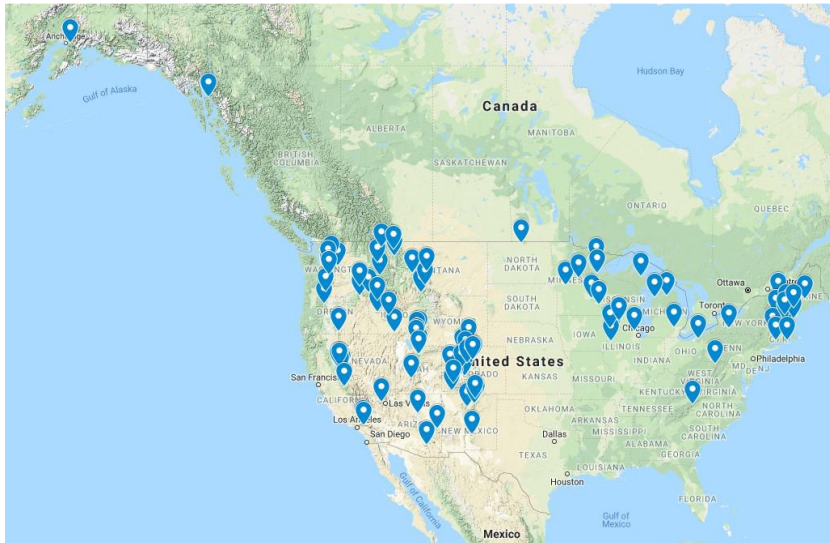
*Our mission is to grow the sport of SkiBiking through education, promotion and SkiBiking events and competitions. We exist to increase access to ski areas for adaptive and non-adaptive participants and to be a resource for information and education about our sport.*

### **Joining the ASA is easy**

*Sign up at [AmericanSkiBike.com](http://AmericanSkiBike.com) to become a member for just \$25.00 per year. Your tax-deductible donation helps a group of all volunteer Board members and Representatives fulfill our goals creating awareness of the sport and opening up more resorts to ride! Just in the past few seasons, we have seen our list of SkiBike Friendly resorts increase to over 113 resorts across the USA.*

### **Where Can I ride?**

*Through the efforts of our team of Board members, Representatives and members, we have*



*grown the list of SkiBike Friendly Resorts from just a few to almost one third of the resorts in the USA. We have resorts in Canada also. For a current list of SkiBike Friendly USA resorts go to the Resort Map and full listing at [AmericanSkiBike.com](http://AmericanSkiBike.com)*

### **Why are Ski Areas joining us and welcoming SkiBiking?**

*It is easy to learn (easier than skiing or snowboarding).  
It appeals to all ages and from beginner to expert.  
It diversifies their offerings...think tubing, snow shoeing.  
It keeps Baby Boomers on the slopes.  
It gets families together and out enjoying the resort.  
It is a low joint impact equipment option.  
It makes good financial sense... More lift tickets sold!*





## Common SkiBiking Questions

### **What is a SkiBike?**

*Ski Bikes are bicycle like devices engineered with skis instead of wheels to use the force of gravity to descend the slopes.*

### **How do they stop?**

*Just like skiing or snowboarding; by using pressuring and edging to control the ski boards and skidding the skis across the hill or turning slightly uphill to stop.*

### **Is it difficult to learn?**

*Due to their stable design, the learning curve is faster than skiing or snowboarding. Generally, within a few runs, you will master the basics and be progressing and enjoying your ride in no time. Able and disabled riders alike enjoy SkiBikes. Adaptive programs for skiers with disabilities have used SkiBikes for decades. Many resorts now offer SkiBike lessons - ask your local resort's Ski School, or contact the ASA for info.*

### **Is it strenuous?**

*It is a much more balanced workout than skiing or snowboarding. You have the ability to sit or stand depending on the bike style and there is much less stress on your legs, knees, and back. The fatigue factor is considerably less.*

### **How do SkiBikes ride the chairlift?**

*It is easier than you think! SkiBikes are not as heavy as a mountain bike. Depending on the style of bike, you carry the bike on the chairlift with you. Manufacturers have specific recommendations, but with most, you simply rest it either on your lap or at your side. You get in the lift line as normal and approach and exit the chair on foot or with footskis as you would skiing. Always check with the ski area and manufacturer for their specific loading guidelines.*

### **What Types of SkiBikes are Available today?**

#### **Type I - Classic**

*The original look and design from the European originators of the sport. Also known in the 60s and 70s as a Skibob, this type of SkiBike has a low center of gravity and is designed to be ridden sitting down. It is generally used with footskis for additional balance & edging.*





## Type II - Freestyle



Freestyle SkiBikes are a newer style that has emerged from the North American market that resemble Mountain Bikes. They are most often ridden without footskis, with a downhill Mountain Bike inspired riding technique. Like Mountain Bikes, Freestyle bikes can be ridden either standing up or sitting down and have footpegs or foot rests. Many models have fully adjustable front and rear suspensions.

## Type III - Trike or 3-Ski

3-Ski SkiBikes are a trike design that have recently emerged in popularity. They use three skis in their design. One ski is forward connected to the steering handlebars while the rider stands on the rear two skis. They are ridden standing up and usually have front suspension



# A Brief History

SkiBiking has been around since the mid-1800s in Europe as a means of transportation. It wasn't until the explosion of ski resorts and skiing as a sport in the 1950's that modern SkiBiking emerged. Then it was called SkiBobbing. With the rapid increase in number of ski areas in the 1950s, 60s and 70s, the popularity of the sport continued to grow in Europe. Organized competition began in Austria in 1954. The Federacion Internacional de Skibob (FISB) was formed in 1961, the first World Championship was held in 1967. SkiBiking has remained a popular winter sport in Europe. In America SkiBiking enjoyed a period of popularity in the 1960's-mid 70s. The 1990's began the modern renaissance of SkiBiking in America. In 2001 the American SkiBike Association was formed and in 2013 the ASA received our tax exempt non-profit status. SkiBiking is currently seeing fabulous growth with great new products and innovations every season.



**Come Join the Fun!**

5 Dunswood Place, Sacramento, CA 95835

Phone: 719-320-7103

E-mail: [info@americanskibike.com](mailto:info@americanskibike.com)