

## **Johan "Big Yo" Strandmark - Limhamn, Sweden**

Johan has lived with Type I diabetes since he was 11 years old. Coupled with bad nerves and bad bone structure in his feet, Johan lost his left foot 4 years ago and his right foot this past summer. Johan started Alpine Racing in 2014 in Europe where he learned about the NSCD program through other Swedish racers and coaches. He came to Colorado, which is much further south, to train full time. “There is much more time to train here. There is so much more daylight.” Johan loves to compete because it makes him feel alive again. Back home in Sweden, Johan enjoys playing sled hockey when he isn’t working in the power industry. Johan had been training to compete for Sweden in the 2018 Paralympics in Pyeongchang but due to his recent foot amputation, he had to move his goal to the 2022 Paralympics in Beijing. But his main objective is to just have fun.