

Wausau Nordic Ski Club

JANUARY 2009



What is a Wausau Nordic Pace Setter?

You may have seen some pretty bright wind vests around with the logo of "Wausau Nordic Pace Setter" on them. Last year the board made a decision to give the vests as recognition awards rather than a gift certificate or merchandise (i.e. plaque/cup) that would only be seen in their own home. Recipients were announced during the club's Awards Night and listed in the October newsletter. If my memory serves me, Al Limberg came up with the idea which was supported by all the board members. The criteria used for selection was that the vests would go to "people who "give ongoing" service to the club" – not just recognition for past service. It's why you will see all the program coordinators wearing them, lead volunteers to major club activities, and board members. Consider working toward becoming a Wausau Nordic Pace Setter – we can always use people who are willing to serve and promote Nordic Skiing.

Italian Night

What is the February 25th Italian Night at 9 Mile?

6PM ski and then dinner or 6 PM dinner and then ski – what shall it be?

We will do Italian sausages on a bun, box/jug wines, and Spumoni ice cream for dessert. This is an ADULT Only CLUB MEMBER Event with an RSVP required, so we know how much food/wine to buy. We are also suppose to "Tour ski" that night! RSVP is by February 16th to the Marshall's anneski2@gmail.com or 845-0109. Anyone wishing to bring sides or hors d oeuvre please feel free to do so.

Remember the days we cross country skied leisurely with wool knickers and a wine skin? If not, you aren't very old!

Stretching Program Scheduled for February Club Meeting

Join us on Thursday, February 12th at our Chocolate Decadence Night for a stretching program by Dr. Jim Bleecker.

Dr. Jim will do a short introduction on the importance of stretching including what the research says and will then lead/demonstrate a stretch routine that will stretch every part of your body in 30 minutes. You are encouraged to bring a camping pad or exercise foam pad if you would like to get down on the floor and participate with him. He will also do a couple stretches using an exercise ball. Feel free to bring your ball if you want to do all the demonstrated routine. And remember we eat desserts AFTER the workout/demonstration. If you just want to observe – that's o.k. too - We won't make you feel guilty!

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2008-2008 Board Members

	HOME	WORK
Jeanne Alexejun (Media) jalexejun@charter.net	359-7578	848-2020
Perry Dau (Editor and Webmaster) perry@RevelSports.com	355-7529	297-7477
Denny Helke swedekraut@charter.net	359-0087	842-5651 x 3 2 8
Rachel Kresse Interim President gkresse@dwave.net	355-0821	
Dan Leider(Treasurer) danleider@securityrealty.com	446-2942	842-2121
Barb Maguire dbmag@verizon.net	675-4817	
Anne/Mike Marshall anneski2@gmail.com	845-0109	
Scott Anderson scottinwisco@yahoo.com	845-5121	

Newsletter and Communications
Perry Dau (Newsletter Editor and Web Master)
 355-7529
Perry@RevelSports.com
Rachel Kresse
 (Newsletter Assistant)
Jeanne Alexejun
 (Media)
 359-7578
jalexejun@charter.net

Website Contact
 Perry Dau
Perry@RevelSports.com The website name is
www.WausauNordic.com
CHECK IT OUT!
 It is updated often. Please submit updates, suggestions, and trail reports

Ski Programs at 9 Mile

The Wausau Nordic Ski Club held their first adult ski lesson on January 6, 2009. 110 people received ski instructions that evening, and another 30 people were unable to attend the lessons because there were no more skis, boots and poles available through the ski rental at Nine Mile Forest. Many of the instructors had 10 people in their groups, and most of the students requested classic ski lessons. The evening was beautiful, warm and clear, and the ski course was in excellent condition. Cider, hot chocolate, and cookies were served after the lessons, and the chalet was busy until after 9:00PM.

This was the largest number of interested adults attending the Tuesday night ski lessons that we have experienced. The parking lot was filled as it is during Badger State Winter Games, and there was a line going outside the chalet of people waiting to get in to register! Please consider helping with the lessons or attending the lessons yourself, as there are more lessons scheduled for January 20 and 27, 2009. We welcome your continued interest and help with our projects. Jeanne Alexejun

Car Pool Trips – How do they work?

We have 2 group ski outings left. The outings are scheduled for: February 14th to **Underdown/Chili** RSVP Denny 359-0087, and March 14th (Spring Delight) at **Minocqua Winter Park**, RSVP Rachel 355-0821. How these will work: If you are interested in participating, RSVP the person listed. If there is enough interest, participants will meet at the West back parking lot (behind the school) and will share rides/convoy to the destination. Coordinator will check with the destination to see if we can obtain a reduced trail fee pass if we bring a group (this will be their call, not ours). If there are no calls, or only a couple people wanting to participate, the coordinator retains the right to cancel the outing. Coordinator will decide if there is enough interest 7 days (1 week) prior to the scheduled date (i.e. you must call Denny by February 7th, and Rachel by March 7th) to register your interest! Will cancel if a low response.

“ABR” (ACTIVE BACK-
WOODS RETREAT)
DECEMBER 13TH 2008

2008 ANNUAL SKI TRIP

It all started off innocently enough. I thought I was pretty well-organized as I went grocery shopping after work and purchased the OJ, water, soda, bananas, oranges, apples and other incidentals. I went to the bakery and ordered the bagels and donuts for a 7:00 am pickup the next morning. Well, when I got home and started organizing everything and taking inventory I noticed a case of Mountain Dew was missing. I finally realized that when checking out at the store the bagger person had put the case of Dew on the bottom of the cart. I never put anything on the bottom of the grocery cart! As a matter of fact I hardly do any grocery shopping! I called the store to see if anyone had returned the case of pop I left on the cart. Duh.....some kid probably saw a grocery cart with a case of soda underneath and said to themselves “what kind of idiot would leave a full case of soda under the cart”!

Saturday rolls around and I pick up the bagels, donuts and another case of Mountain Dew and I'm off to the John Muir parking lot to meet the rest of the troops. I arrive shortly after 7:00 am and the bus is already there with people starting to load their gear. I use a bus company out of Spencer called Progressive Travel. They are an excellent group to work with and I've been using them ever since I've been leading the bus trips. If you want to know more about them contact me. Keith was our bus driver this year and you couldn't have asked for a better person. He was always ready to help with whatever needed to be done. Thanks Keith, excellent job!

We pulled out of the parking lot around 7:45 or so and headed north. Upon hitting Hwy 64 at Merrill we exited to pick up several people who lived in Merrill. Our meeting place was MacDonald's parking lot. Five minutes later with a bus load of 42 people we headed north. It was good to see a lot of familiar faces on the bus but it was also good to see some new ones. I would like to once again thank Jeff Hinueber for bringing the coffee and hot chocolate. Also thanks to David Borgemoen, Marty Hanneman, and Dan Leider for bringing refreshments for the trip back home!

Our bus arrived at ABR at approximately 10:00 am. For the last couple of years I tried to get a group picture outside of the bus before everyone disappears into the woods. Last year didn't work as it was too cold. This year the temps were more favorable and we finally got a group shot. Look for it on the website in a few days.

For those that haven't heard about ABR or for that matter know where it is, you are missing a good thing. This is one of the premier ski destinations in the UP. It is located in Ironwood, Michigan and is several miles away from Hurley. You know this is a popular spot as there were two other busses, one from the Twin Cities and the other from Milwaukee. It is also one of the first to open for cross-country skiing because of its location which receives a lot of lake effect snow. As I've mentioned in my other write ups, ABR is run by Eric and Angela Anderson. Eric, Angela and crew do an excellent job. The conditions of the tracks are as good as you can find anywhere, and were exceptionally good because of all the snow they have had. Eric just doesn't quit. Each year Eric continues to add to the trail system! Before everyone departed I told them to return by noon for lunch. Speaking of lunch it's always fun to see how people react when they have their first UP “Pasty” sandwich. For those that don't know, a pasty is a pastry crust with a meat and potato filling, or an all-vegetable filling. The lunch also included a homemade cookie and soda.

By 4:20 pm the bus was loaded and ready to head home. This year we ate at the Little Bohemia Restaurant in Manitowish Waters. The Restaurant was simply superb! It was decorated to the hilt for the holidays and the food was simply delicious. Everything about the Little Bohemia Restaurant was excellent! We will go back. Most of the group checked out the bullet holes from the famous gunfight involving John Dillinger and his band of outlaws! I highly recommend if you're heading up north, stop in and check it out for yourselves. And when you see Dan Leider, thank him for the Little Bohemia suggestion. It was a great idea!! It saved us about 45 minutes of driving.

Once again we had a great time. One thing about this club, if you are in it long enough you get to meet some pretty nice people. Ask someone that has gone on this trip and ask them what they thought. I think you'll get an answer that makes you wish you had been able to join us. Thanks to the 42 people that signed up for the trip! Spread the word! And maybe we'll see you next year! Happy skiing & Happy New Year! Denny Helke

NEW—Interactive calendar <http://wausaunordic.com/calendar.htm>

January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Winter Ski Camp	30 Winter Ski Camp	31 Winter Ski Camp	1	2	3
4 1p Snow Striders	5	6 5:15p Night Gliders 7p Free Adult Ski Lessons	7	8 5:15p Night Gliders	9	10 After Glow Trip
11 1p Snow Striders	12	13 5:15p Night Gliders 7p Free Adult Ski Lessons	14	15 5:15p Night Gliders	16	17 Snekkevik Ski Event
18 1p Snow Striders	19	20 5:15p Night Gliders 7p Free Adult Ski Lessons	21 10a Senior Skiers Cider & Cookies	22 5:15p Night Gliders 6p Weenie Roast	23	24 Badger State Games
25 1p Snow Striders	26	27 5:15p Night Gliders 7p Free Adult Ski Lessons	28	29 5:15p Night Gliders	30	31

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Feb 1	2	3	4	5	6	7
JOs CXC Super Tour 8		5:15p Night Gliders		5:15p Night Gliders		HS State Champ
8	9	10	11	12	13	14
		5:15p Night Gliders	10 Cookies & Cider 10 Senior Ski	5:15p Night Gliders 7p Club Meeting/ Choco		Hinder Binder Madison Sprints Underdown Outing
15	16	17	18	19	20	21
Madison Sprints		5:15p Night Gliders 6p Weenie Roast		Barnebirkie 5:15p Night Gliders	Jr Birkie	Birkie
22	23	24	25	26	27	28
		Conference Meet 5:15p Night Gliders	Italian Sausage	5:15p Night Gliders		Lakeland Loppet
Mar 1	2	3	4	5	6	7
		5:15p Night Gliders		5:15p Night Gliders		

Please note Race changes on the Calendar – **Badger State games is now on Jan 24th!**
Check out the calendar for all the events planned in February!

Hey Birkie Veterans - remember you can still sponsor a deserving HS athlete to ski the Korte for only \$60. Your contribution is TAX DEDUCTIBLE. Make your check payable to WINN (Wisconsin Nordic Network) and mail to WINN Anne Riendl 2907 Farmview CT Waukesha, WI 53188-4460. To participate in the program, a coach or advisor forwards the name of the skier that he/she selected to Phil Johnsrud at Iola who coordinates the list with the Birkie office. Wausau Nordic East & West received 5 scholarships last year to ski in the Korte!

Bulletin Board

Nine Mile now has a child's ski pulk for rent. A pulk is a sled with a seat, safety harness, and enclosed cover to protect the child. It has long poles that connect to the parent with a waist belt. Now the family can ski together. It can be rented for two hours for \$5.00. Take the kids out and enjoy the snow.

Anyone who would like to volunteer to be the historical keeper of old newsletters please contact Rachel Kresse or they will be dumped/destroyed!

Feature Articles Wanted!

The Wausau Nordic Ski Club Newsletter & Website belongs to YOU, it's members!

Let your voice be heard, by contributing any type of article of interest: whether it is humorous, motivational or maybe you have some helpful information. send or e-mail items to:
Perry Dau Perry@RevelSports.com

Wausau Skiers at the Senior Nationals held in Anchorage Alaska this year were:
Ben Hugus (West), Chris Bowler (Northern Michigan University), and Brit-tany Drengler (UW Green Bay)

The annual Ski Camp was held on December 29,30,31st in Houghton, MI Why go to ski camp? Because it's fun, you learn a lot, you meet skiers from other places and ski and race with them, you eat pasties, you have a chance to be coached by other coaches besides your own, you get to ski on pristine trails at Swede Town, race on a course used by the Senior Nationals and Junior Olympics at Michigan Tech, and you get to visit "Snow Country"! This year we went straight up and skied against 40 mile an hour wind gusts that had us at a standstill! After the gust, you could move forward again. The woods was less windy, but oh what an adventure in skiing. The second day was calm and kids were in lessons all day – both classic and skate. The third day was a 4 person relay on the MTU trails and then home for New Year's Eve. This year we had about 88 people participating (including coaches and athletes) from Peak Nordic, Ashwaubenon, Iola, Wausau, Minocqua, and Houghton/Calumet. If you are a parent who skis and joins us at camp (someone has to drive) you get to ski on the same trails the kids are on and join other adults for a couple evenings of dining and conversation. Anyone from the club is invited to share the great motel rates with the group for a few days.. I can tell you that you haven't seen PERFECT Grooming until you have been there. Talk with anyone who has gone and you'll be convinced to give it a try. Our measure of success is that people who go once continue to make it a part of their holiday week plans. Parents and kids leave already talking about "Next Year's" ski camp.

Give Ski Camp a try, you won't regret it!!!

A reminder to Senior Ski Team members and their parents: Wausau Nordic and Van Ert Ski Scholarship request letters are due to the Wausau Nordic Ski Board by February 15th. Scholarships will be announced at our Club Awards Night on March 10th. Criteria was outlined in the October Newsletter. Only Club members are eligible.

Wausau Nordic Ski Club

P.O. Box 1813
Wausau, WI 54402-1813



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WAUSAU NORDIC SKI CLUB

We, as Wausau Nordic Skiers, are volunteer-diverse people with a common interest in the sport of cross country skiing. We are both competitive racers and weekend social skiers - a complete spectrum of individuals consisting of families, singles, youths and seniors from all social spheres.

The Wausau Nordic Ski Club was formed in 1972 to establish, maintain and promote safe cross country skiing through projects contributing to growth and advancement of the sport.

Upcoming Ski Club Events

February 12th - Club Meeting (See Front Page for Details)

February 14th - Underdown Car Pool Trip

February 25th - Italian Ski Tour Night

MARCH 10th - Tuesday 6 PM: Awards Night and end of season Potluck.

March 14th - Minocqua Winter Park Car Pool Trip