

Wausau Nordic Ski Club

JANUARY 2010



The SNEKKEVIK 2010

The Wausau Nordic Ski Club's annual Snekkevik Ski Race completed another year with huge attendance, fantastic racing weather, and a large group of helpful volunteers. Thanks to over forty volunteers led by John Burke's timing, Susie Kaz-Borgemeon's registration, and John Howard's "everything", participants seemed happy with the day. This year we had 316 racers skiing to fast times on a good course. The sun even came out to provide pleasant visiting weather after the races were finished. Many local skiers and club members had good race results against a high-quality race field.

Results: <http://www.performancetiming.com/results.asp>

Many thanks to the sponsors who came forward to help our race, including TOKO wax, Pepsi, Eastbay, Ministry Health Care, CoVantage Credit Union, Bone & Joint Clinic, Revel Sports www.RevelSports.com, River Valley Bank, and Redeye Brew Pub.

Thanks for playing.

John Beatty Race Director

Get your skis waxed! ~Fund Raiser~
By the Student Athletes of Wausau E/W Ski Team for uniforms
Details at 9-mile front desk

WANTED: New Board Member
Please contact an existing board member if interested.

Ski Camp December 28, 29, 30th at 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 stopped at the After Glow Resort in Phelps on the way up and enjoyed the beautiful fresh snow. There were about 72 kids plus numerous coaches (including college alumni who returned to help coach) and parents. The second day kids were in lessons all day - both classic and skate. The third day was a 4 person relay on the MTU trails. Participating teams

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2009-2010 Board Members

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 The website name is
www.WausauNordic.com
 CHECK IT OUT! It is updated often.
 Please submit updates, suggestions, and trail reports

Night Gliders received a donation of \$1000 from the Becker Law firm to purchase wind/warm-up pants. A BIG Thank You to Becker Law for their generous support of Nordic skiing across the whole state!

Ski Programs at 9 Mile

Record number of kids (58) attended first Sunday of Snow Striders!!!! Both Channel 9 and 7 covered the event! Scott Anderson, Coordinator was very busy!!!

Kudos to John Beatty, coordinator of the Free Adult Lessons on Tuesdays in January. A Record Number of 113 adults were served the first night by our club members who volunteer their time to give lessons.

(Continued from page 1)
 were: Peak Nordic, Ashwaubenon, Iola, Wausau, Newman/Marawood, 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. This year some skiers explored the new NARA Nature Park trails. There is a brand new chalet and their trails connect to the MTU trails. More than enough Ks for anyone! 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!!!

Trail Safety a Number 1 Issue

The following letter was sent to the Editor of the Daily Herald and the Marathon County Parks Department to help raise awareness of a safety issue on the 9 Mile trails. Please consider Kay's words and ask yourself if you have been guilty. Let's all try to do better.

This letter is to raise awareness of what I consider to be a growing safety issue on the ski trails at Nine-Mile Forest.

On 4 of the 5 occasions (2 at night) that I have skied at 9-Mile this year I have encountered a skier skiing at me the wrong way on a one-way trail. Surprisingly these skiers are not novice skiers who are unfamiliar with the trail system but experienced skiers who offer explanations why it's apparently OK that rules are for everyone but them i.e. they're looking for a friend, they're looping back to find a slower skiing parent, they're doing training reps on a certain trail terrain.

In addition to being unsafe -isn't the purpose of a one-way trail to avoid collisions?-I find this practice to be undoubtedly intimidating and disconcerting to novice, older, and my own current status, skiers coming off a recent injury ,as in "Oh No! there's a skier coming at me, what do I do?". Calls to the county parks department and comments to Wausau Nordic Ski Club members have gone unheeded.

In my experience I have found the local cross country ski community to be some of the friendliest people I have met. They are generous with their volunteer time and committed to teaching their sport to anyone who wants to learn. But a safety breach on 4 out of 5 times tells me that there's a problem somewhere. I hate to see the actions of a few blemish our previously top-notch ski area and the skiers who have done so much to support it.

Ski Safely!

Kay Meyer, Rib Mountain

2009 ANNUAL SKI TRIP
“ABR” (ACTIVE BACKWOODS RETREAT) DECEMBER 12TH 2009

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 donuts for a 7:00 am pickup the next morning.

Saturday rolls around and I pick up the donuts and another carton of orange juice because I left the one I bought in the refrigerator, 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.

We pulled out of the parking lot around 7:45 or so and headed north with 39 very anxious people looking forward to the days activities. 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. I think Jeff and his wife Mary have been on every trip. Jeff has also been the “coffee guy” for as long as we've been doing the bus trips. Also thanks to, Marty Hanneman, Tom Zehren and Dan Leider for bringing refreshments for the trip back home! Regarding forgetting things, when I saw Mary Atwell, I remember that I had forgotten to bring bagels! I apologized to Mary. Mary has to realize that as I get older, I forget things more easily!.

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 cross country 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 was another bus from Milwaukee. ABR is also one of the first to open for cross-country skiing because of its location which receives a lot of lake effect snow. This year was really touch and go regarding snow conditions. ABR only had about a 6 inch base 5 days before our trip. On Wednesday before the trip they received about 30” of snow. We lucked out as the conditions were very good. 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. Eric just doesn't quit. Each year Eric continues to add to the trail system! Before everyone departed for the ski trails, 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 is the second time our group has dined at the “Little Bohemia Restaurant” in Manistowish 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 continue to go back. Some of the group even checked out the bullet holes from the famous gunfight involving John Dillinger and his band of outlaws! I even got to talk with Johnny Depp and received a glossy 8” x 10” autographed picture of him in one of the back rooms! I highly recommend if you're heading up north, stop in and check it out for yourselves.

Once again we had a great time. One thing about this club, if you are in it long enough, you get to meet some very 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 39 people that signed up for the trip! Spread the word! And maybe we'll see you next year!

I'll leave you with one final thought that really struck home a couple of years ago. One of our more subdued members of our club (Jeff Martin) signed up for the trip. Unfortunately shortly before the trip, he had to cancel, and he sent me an e-mail; “Will you cancel if you don't reach 40-45 people? It figures, I sign up for the bus trip and we have sizable snow at Nine Mile for 2 weeks before the trip”..... **“Well, the bus trip is about more than just skiing.”**

What a great line! Happy skiing and have a great 2010! Denny Helke

To the Wausau Nordic Ski Club/Community, Letter of Gratitude

I know I'm not hitting all the right people with this e-mail, so please feel free to pass it along. The Lakeland skiers had a great time yesterday and while you were blessed with just about perfect weather for the event, I personally know how much effort goes into making something like the Snekkevik successful. I think the article by Parman for Silent Sports was in order and he can be as biased and hometown as he'd like in my opinion. Many good and growing things for cross country skiing are occurring in the state, but for my money the Wausau Nordic Ski Club is at the pinnacle.

You've pulled off a JOQ, arduous in nature, new in design, and well executed. You have the second oldest race in the state continuing a fine tradition. The BSG, while limping, is still a unique state event and again a draw on a volunteer pool. You have the High School Champs coming up (Thank you, thank you, thank you!) and we hope to get invited back to the southern conference race, something brought up by my kids, ad nauseam. You have great youth development at all levels and you even find time for social events. That fits my description of a wonderful program and community of skiers and volunteers who have the experience and enthusiasm to make good events happen. And they keep coming back for more! Right? Hats off to you and congratulations on the event and we look forward to the drive to Wausau, anytime.

Regards,
Ken Schoville

Lakeland Nordic Ski Coach (and race participant) Minocqua, WI

High School / Middle School Race Schedule

(Always subject to change based on snow conditions)

12/28,29,30	Ski Camp, Houghton, MI
01/09 12:00	Lakeland Invite, Minocqua Winter Park
1/10 11:00	Hodag Nordic Challenge Rhinelander
1/16 9:00	Snekkevik, 9 Mile
1/17 10:00	Iola Invite, Iola Winter Sports Center
1/26 4:30	City Meet, 9 Mile Wausau
1/31	Iola Norseman, Iola Winter Sports Center
2/06	Badger State Games, 9 Mile
2/13	WI HS State Championships, 9 Mile Wausau
2/20,21	Capital Sprints, Madison
3/02	Central Conference Meet, Iola Winter Sports Center
3/06	Lakeland Loppet, Minocqua Winter Park

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

FEBURARY – Club Meeting 18th Courtney Schaefer the DNR's Wildlife Biologist for Marathon County.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 1p Snow Striders	Feb 1	2 Groundhog Day 5:15p Night Gliders	3	4 5:15p Night Gliders	5	6
7	8 5:15p Night Gliders	9	10 5:15p Night Gliders	11 5:15p Night Gliders	12 Lincoln's Birthday	13
14 Valentine's Day	15 Presidents' Day	16 5:15p Night Gliders	17	18 5:15p Night Gliders 7p Nordic Ski Club Meeting	19	20
21	22 Washington's Birthday	23 5:15p Night Gliders	24	25 5:15p Night Gliders	26	27
28	Mar 1	2 5:15p Night Gliders	3	4 5:15p Night Gliders	5	6

This is a great Inspirational Story that Tom Wald would like to share. Nordic Skiers are the Best!

National Sportsmanship Award for Minneapolis South JD Millea

This news item isn't hot off the press -- it got lost in the swirl of football playoffs and other fall sports -- but Minneapolis South High School has received a national sportsmanship award.

The National Sportsmanship Awards are presented by the Citizenship Through Sports Alliance and the St. Louis Sports Commission. The awards were presented during a banquet in late November in St. Louis.

South was honored for how its Nordic ski team helped Minneapolis Southwest skier Libby Ellis qualify for the sectional meet. Here's the entry from the National Sportsmanship Award website:
 "The Nordic ski team from Southwest High School in Minneapolis was preparing for a sectional in February when the coaching staff recognized a serious problem. Libby Ellis, the team's best and the state's second-ranked skier, had not competed in enough races to qualify for sectionals. To compound the issue further, Ellis was in Norway. Tony Aspholm, the coach at South High School – Southwest's arch rival – learned about Ellis' dilemma and wanted to help. Aspholm organized his team quickly for an impromptu meet with Southwest. This was significant because Aspholm's South High team had competed earlier that same day. The last-minute competition would give Ellis the necessary number of races to compete in sectionals. There was still the problem of getting Ellis home from Norway. Ellis arrived in Newark at 2 p.m. only to find out her connection to Minneapolis had been cancelled. She finally landed in Minneapolis at 9:30 p.m. and immediately headed to Theodore Wirth Park. There, her Southwest High teammates and her opponents from South High stood ready. The competition began at 10:30 p.m. with a temperature of minus 4 degrees. The two teams completed the meet less than 12 hours prior to the start of sectionals. Ellis went on to win at sectionals and qualified for the state meet. Sacrifice is giving up something for something greater. In this case, the South and Southwest teams saw something great in Libby Ellis. Their sacrifice validated her victory; proving that even individual achievements require a team effort."

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 6 scholarships last year to ski in the Korte!

Remember to get your Badger State Games entry in for February 6th – Register on-line by January 31st at www.sportsinwisconsin.com

Check out what's happening at the WI High School/ Middle School State Championships at www.winordicski.org

Wausau Skiers at the Senior Nationals held in Anchorage Alaska this year were: Ben Huggus and Chris Bowler both skiing for Northern Michigan.

Bulletin Board

Check out Club Member Mark Parmen's article in the January issue of Silent Sports about the Snekkvik Ski Race. Nice Exposure for the club and the race.. Thanks Mark!!!

Ski Club Dollars at Work

- A few things your club dollars helped support to date:
- The Junior Olympic Sprints at Greenwood Hills
- The WI Cross Country Ski High School & Middle School State Championships
- A WINN Scholarship for a high school student to ski the Korteloppet
- A Gift to the Aspirus Comfort Care and Hospice Services in memory of long time member Sandy Bourquin
- \$1000 club match last spring with Marathon County Parks Department to add new skis to the rental area



Please contact any of the Board Members if you would like to help out by joining the board we have an open position.

Another Big Thank you to our Club Members who contributed a total of \$395 for youth programs.

A reminder to Senior Ski Team members and their parents: Wausau Nordic and Van Ert Ski Scholarship request letters are due (meaning they need to be in the PO Box) by February **12th** to be considered by the Wausau Nordic Ski Board. Scholarships will be announced at our Club Awards Night on March 8th. 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 – Thursday, February 18, 2010, 7 PM Wausau Nordic Ski Club Meeting will feature a guest speaker from the DNR. Her name is **Courtney Schaefer** and she is the DNR's Wildlife Biologist for Marathon County. She will be speaking on the winter wildlife of North central Wisconsin. She will have a power point presentation that will be roughly 45 minutes long. She will also bring some pelts (presumably from dead animals). She will also have a question and answer session. This is also Chocolate Decadence Night. (Bring Something Chocolatey to share)

MARCH – Awards Night and end of season Potluck.