

Wausau Nordic Ski Club

NOVEMBER, 2010



Youth Donations Appreciated
 Thanks to everyone who added extra dollars for "Youth Donations" when they sent in their membership form. Last year's \$420 was designated by the Board to go to the Snow Strider program for some more skating skis, better poles, and/or small performance boots as the County only provides no wax skis (previously the club added 6 pair of small children's skating skis to the inventory). This year's funds will give the youth programs additional equipment buying power so thanks again!!

EAT, DRINK, AND SOCIALIZE

The club's Annual Potluck Ski Club Meeting in December always has great food and offers you the chance to catch up on the latest happenings with old ski friends and WELCOME newcomers. This year it is scheduled for **TUESDAY, DECEMBER 7th 6:00 PM** at Nine Mile Chalet. Please bring an item that corresponds with the 1st letter of your Last Name: ***Note I have not rotated the order of what to bring from last year. Your attendance is needed so we have enough of each food group! Plus it's a fun night get together!

- A-G Main Dish
- H-L Desserts
- M-P Hors d'oeuvre
- R-Z Salads/other side dishes

Beverages, plates, napkins and silverware, provided by the ski club

We need all letters represented – we've been known to devour everything in sight!

Large numbers expected! A GROUP EMAIL Reminder will be sent out

BUSS TRIP TO ACTIVE BACKWOODS RETREAT, December 11th, 2010

For the past decade plus a few years I've been taking a group of cross country skiers on a day bus trip to *Active Backwoods Retreat* in Ironwood, MI. *ABR* is just a few miles south of Ironwood and usually has an abundance of snow mostly created by the lake effect from Lake Superior. Last year I had a full bus of 50+ people that went, and I trust if you asked them they would tell you that they had a great time! The cost is **\$40.00 for adults** and **\$20.00 for anyone under 18 years of age**. **Non ski club member are \$45.00 and \$25.00 for 18 years of age and under**. The sign-up flyer will be in this newsletter, web site, ski swap and at the first meeting. *I will not take cash*. I need to leave a paper trail for accounting purposes plus the fact that I will have forgotten who has paid me!! If you have to cancel you will not be refunded the money. Try to find a replacement if you can not make it.

As most of you know, the cost includes the bus transportation, trail fees and noon lunch. All you have to do is show up, ski for a couple of hours, eat lunch, ski some more, watch a movie, relax, have supper, and then watch the rest of the movie. This year we will again be eating supper in **Manitowish Waters at the Little Bohemia Restaurant**. The restaurant is known for fine dining and memorable times since the 1920's. Anyone remember Dillinger?? I am looking forward to seeing everyone again! Don't wait too long to sign up, you might not get on. Denny Helke

Trip leader

Table of Contents

CLUB PROGRAMS	2	EDUCATION	6
TRAIL NEWS	3	CLUB CALENDAR	7
YOUTH & RACES	4	CLUB BULLETIN BOARD	8
BUS TRIP	5		

WAUSAU NORDIC SKI CLUB

2010-11 Board Members

	HOME	WORK
Jeanne Alexejun (Media) jalalexjun@charter.net	359-7578	848-2020
Scott Anderson scottinwisco@yahoo.com	845-5121	
Mary Calmes momcalmes@yahoo.com	536-7613	
Perry Dau (Editor and Webmaster) perry@RevelSports.com	355-7529	297-7477
Rachel Kresse Interim President gkresse@dwave.net	355-0821	
Jay Sween(Treasurer) jay.d.sween@gmail.com	218-5219	330.0026
Barb Maguire dbmag@verizon.net	675-4817	
Anne/Mike Marshall anneski2@gmail.com	845-0109	
Tom Wald tomwaldmd@gmail.com	571-5102	

Newsletter and Communications

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

Wausau Nordic Skiers Carry Legacy to College
A number of years ago, Wausau (post high school skiers) reactivated the Nordic Ski Club at UW-Eau Claire which is now going strong. This year Hailey Punke started a Nordic Program at Luther College in Iowa. Here is her blip on her accomplishment that she sent me:
The town of Decorah is filled with ski trails, but there is no organized ski club at Luther. Nordic skiing really benefited me in high school, by bringing me into a community I felt comfortable in, along with improving my overall fitness. That is my goal at Luther, to provide students with the chance to try skiing, and form a community around it. Since Nordic skiing is such a positive and healthy sport, the administration at Luther were eager to assist me in getting a club started. As soon as the snow falls, hopefully there will be a plethora of people out on the trails.
Hailey Punke

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



Buy your season pass now if you didn't get it at the Swap. PRICES GO UP AFTER NOVEMBER 30TH FOR MARATHON COUNTY SKI PASSES. CLUB DISCOUNTS ALSO EXPIRE NOVEMBER 30TH.

Ski Programs at 9 Mile

Children's "Snow Strider"

4 Sundays in January
9th, 16th, 23rd, & 30th
1:00 PM to 3:00 PM
For children 6 to 10 years old. Focus is on FUN and learning to ski. Final meeting is a bonfire cook-out and special activities. We have 30 pairs of skis, boots, and poles to be used free of charge for those who don't have equipment, on a first come, first served basis. \$10 for club members, \$15 for non-members. To register call SCOTT ANDERSON at 845-5121

Free Adult Lessons

To all adults in the community! Tuesday Nights

Jan 4th through the 25th
7:00-8:00 PM
(cookies & hot cider after skiing)
Trail Pass is FREE, Ski rentals are FREE & available on a first come basis
No Pre-Registration needed, No children Please
Questions call
John Beatty
355-1271
JUST DO IT!

NIGHT GLIDERS

"Night Glider Program is filled for the season"

Tuesday and Thursday evenings; 5:15-6:30 p.m.

(refer to calendar for Nov/Dec practice dates)

GREG KRESSE
355-0821

New Club Members

Record number of new club members this year presently stands at 33!! To “old Members” I would ask that you please introduce yourself and welcome these new members. To new members I would ask that you attend some of the functions of the club this season, i.e. pot luck dinner, waxing clinic, international night, etc. or volunteer for some of the events i.e. JO Qualifier, Snekevick, BSG, etc.. Taking part in some of these activities is the best way to make new ski friends and enjoy the social aspects of the club

Trail Work

Thanks to the people who helped out on the “official” ski trail clean-up day October 23rd. It was a bit damp and only the committed showed up, but thanks also to the people who walked the trails post wind storm days and cleaned up branches and fallen trees. It was much appreciated and the trails look great and are ready for snow!

Safety Alert

Nine Mile is a multi-use Recreation Area, therefore the Marathon County Park and Recreation policy on the ski area during the fire arms deer seasons is as follows;

- 1. The ski area will not officially open during any fire arms season.
- 2. Usable snow will be groomed and/or packed during the firearms season.
- 3. The chalet will not be opened or staffed during the firearms season.
- 4. Trail lights will be turned on for night skiing and all skiers will be encouraged to wear Blaze Orange clothing.

This policy was adopted in the fall of 2008.



Marathon County Ski Pass Prices for the 2010-11 Season

Before Nov 30:

- ★ Adult Single \$80 (with club discount price is \$75)
- ★ Seniors (60+) \$60 (with club discount \$55)
- ★ Family \$170 (with club discount price is \$160)
- ★ Youth (12 years old thru high school) \$45 (NO club discount)
- ★ Children UNDER 12 always ski free

After Nov 30:

- ★ Adult Single \$85 (NO club discount)
- ★ Seniors (60+) \$60 (NO club Discount)
- ★ Family \$180 (NO club discount)
- ★ Youth (12 years thru high school) \$50 (NO club discount)
- ★ Seniors - \$7 Trail Fee on Wednesdays
- ★ Snow Shoe Pass - \$30 (Before & after November 30th – no club discount)



Junior Olympic Skiers Organize Dryland

Ashlee Marshall, Matt & Chris Nichols, Adam Martin, Paul Dau, Emily Gilles and other HS skiers/helpers organized dryland training for our Night Gliders this year on Sunday afternoons starting at the end of September. They had great weather for most practices and Great turnout by the Night Gliders. There was lots of fun had by all. Nice show of Leadership guys and a big Thank You!!!

Junior Olympic Qualifying Sprint Races will be held for the second year in Wausau this December 18th & 19th. The races are at the Greenwood Hills Golf Course. This is sponsored by the Central Cross Country Ski Association (CXC) and Knicker Nordic/John Hugus. Details can be found at www.knickernordic.org Volunteers will again be needed for the 2 day event.

SNEKKEVIK SKI RACE

The Snek will again be a dual technique opportunity for adults on January 15th this year. The race will have **both 12K classic and skate races** for adults (spaced in order that those who like to ski longer distances can do both if they desire). The Snek will continue to be a classic only race for the middle school (3.5K) and high school teams (6K). The December newsletter will give you more details and also include the Snekkevik race form. We will hold a drawing for merchandise after the race for all registered skiers, and age/class awards for the middle school and high school kids, as well as the adult first place finishers in both the skate and classical races. This year some lucky participant has the chance to win a mountain bike donated by Rib Mountain Cycles! Lunch will be available too. No tour this year, but there will be a free 1K children's event with ribbons and cookies for all participants. Please consider participating on some level – race or volunteer!

Junior Olympic Qualifying Nordic Sprint Races will once again be held in Wausau this December. This is quite exciting for spectators as they can view the whole event. This will be held at Greenwood Hills Golf Course on Saturday, December 18th and 19th. This is sponsored by the Central Cross Country Ski Association (CXC) and is due in large part to the efforts of **John Hugus** to bring a Junior Olympics Qualifier to Wausau. Volunteers wanted, contact **Robin Gilles** 432-5792 www.knickernordic.org

WINTER SKI CAMP

Winter Ski Camp for High School Skiers will again take place in Houghton MI during Christmas vacation. (Middle School kids by invitation). Ski camp runs from Monday, December 28th, through the 30th. Rachel Kresse has reserved 15 rooms at the Super 8 (virtually a mile downhill from the MTU trails). Swede Trails are in Calumet 11 miles away. We will get a special flat room rate of \$65 plus tax. Just call 1-906-482-2240 and tell them you are part of the Wausau Nordic Ski group to get the room rate. Rooms will only be held until November 27th, after that they are released to the general public. Adults will not have a formal program so you are free to ski on your own and with your friends on your own schedule. Area also provides downhill skiing and plenty of snowshoeing. If you have skills around helping others to ski better, Contact Greg 355-0821 as we can always use some help with the kids.

DECEMBER BUS TRIP

When: Saturday, December 11th, 2010

Where: Active backwoods retreat, Michigan

Hello Skiers: Another trip is in the works. We will use the same format as in previous trips. We will again be going to ABR (Active Backwoods Retreat) in Ironwood, MI.

Arrive at John Muir Parking lot at 7:15 AM.

Pack gear on bus and be on the road before 7:45 or so.

Arrive at ABR at approx. 10:00 AM.

Ski, Snowshoe or whatever till noon and then break for lunch.

Lunch and refreshments will be provided for by the Wausau Nordic Ski Club.

Leave ABR at approx. 4:15 PM and arrive at the "little bohemia restaurant" in Manitowish waters at approximately 5-5:15 PM. Supper is at your own expense. Separate checks.

Leave for home after supper and arrive in Wausau at Approx. 9:00 PM.

COST: \$40.00 FOR ADULTS \$20.00 FOR ANYONE UNDER 18 YEARS. PRICE INCLUDES THE BUS RIDE, MORNING MUNCHIES, LUNCH AND REFRESHMENT, AND TRAIL PASS. THERE IS NOTHING CHEAPER!!!! Non Ski Club Member \$45.00 adults, \$25.00 for 18 years old and under.

IF YOU CANCEL YOUR RESERVATION AND CAN'T FIND A REPLACEMENT, THERE WILL BE NO REFUND.

I CAN ONLY TAKE 48 PEOPLE ON THIS TRIP. DON'T BE LATE IN SIGNING UP.

SEND PAYMENT MADE OUT TO WAUSAU NORDIC SKI CLUB CHECKS ONLY PLEASE, NO CASH!!!! SEND TO:

DENNIS HELKE

**2065 RONALD STREET
MOSINEE, WI 54455**

HOME PHONE: 715-359-0087

E-MAIL swedekraut@charter.net

CELL 715-574-4444

YES I CAN ATTEND. ENCLOSED IS MY CHECK. PLEASE, PLEASE, PRINT!!

**NAME _____
PHONE _____**

HOME

**NAME _____
PHONE _____**

HOME

E-Mail Address _____

For notification purposes only!

Wax Clinic

Wax Clinic Night At Nine Mile December 9th 6:30-8:30 PM
(we are having 2 demonstrations at the same time:

The Basic Ski Care is being done by Perry Dau **“Keep it simple!”** and is geared toward parents of high school and middle school skiers, students, and anyone who is just entering the sport. It is meant to give basic instruction on cleaning, scraping, glide waxing, and kick waxing with a limited supply of tools, waxes, and time.

The other section is the **“Advanced Waxing”** demo by John Hugus & Dave Borgemoen. We will cover race type waxing and different techniques for using scrapers, brushes, rillers, irons, waxes, etc. Some questions we will answer: How does one determine when to use various tools? Is there a right or wrong technique using the tools? We will display the array of tools/waxes available and hopefully answer higher level waxing questions from the participants. “John Hugus will cover glide waxing and structure and Dave Borgemoen will cover kick waxing”

Waxes will be available for purchase at the clinic.

★ Skiers Education Night was a GREAT SUCCESS! ★
★ Thirty-nine skiers attended the presentation by Yuriy ★
★ Gusev from CXC. Anyone interested in ski pro- ★
★ grams should go to www.cxcskiing.org to check out ★
★ the training DVD that was used in the presentation. ★

Interactive calendar

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

December

7th Pot Luck Dinner, 9 Mile Chalet 6 PM

9th Wax clinic , 9 Mile Chalet 6 PM

11th ABR Buss Trip

January

Tuesdays Adult Lessons 7PM.

NEW THIS YEAR

Wednesday Night at 7PM is being designated as Masters Ski Training Night. Remember the term “Masters” designates age category (30+) not expertise!! Make it whatever you want it to be. Get together to work-out with your racing buddies or just ski with your friends. Meet in chalet and go from there!

Thursday, December 2	5:15pm Night Glidder
Tuesday, December 7	5:15pm Night Glidder 6:00pm Potluck Dinner
Thursday, December 9	5:15pm Night Glidder 6:30pm Wax Clinic
Saturday, December 11	JOQ - Wolverine ABR Buss Trip
Sunday, December 12	JOQ - Wolverine
Tuesday, December 14	5:15pm Night Glidder
Thursday, December 16	5:15pm Night Glidder
Saturday, December 18	JOQ Wausau
Sunday, December 19	JOQ Wausau
Tuesday, December 21	5:15pm Night Glidder
Tuesday, December 28	Ski Camp
Wednesday, December 29	Ski Camp
Thursday, December 30	Ski Camp
Tuesday, January 4, 2011	5:15pm Night Glidder 7:00pm Free Adult Lessons
Thursday, January 6, 2011	5:15pm Night Glidder
Sunday, January 9, 2011	1:00pm Snow Striders

Snow Striders

In 2010, the Snow Striders experienced a great deal of growth with over 75 participants. Fortunately, several participants had their own equipment, and were able to join the fun. Again this year, we are anticipating a large group of children to participate in this program that provides an introduction to cross country skiing at the Nine Mile Forest.

The emphasis of this program is to introduce basic cross country ski technique, and increase balance and agility on snow through games and activities on skis. Due to limits in the amount of available equipment, this is a “first come, first serve” program. You are encouraged to submit your registration prior to the start date.

Program dates are January 9th, 16th, 23rd, and the 30th from 1:00 to 3:00 p.m. If you have any questions please contact Scott Anderson @ 715.845.5121 THINK SNOW!!

THANKS to all who helped make the SWAP a success – we haven't debriefed with Alpine yet. We will let you know how it went in our next newsletter, but from all indications it was a record sale year!



Lifetime Members:
Remember to sign the membership form. *Thanks*

Look for the December 11th ABR Bus Trip Information and Registration form in this issue



LAST CALL for reservations for the SKI Camp in Houghton, MI at the Super 8 (1-906-482-2240) On-hold Wausau Nordic Rooms are being released to the general public on November 27th.

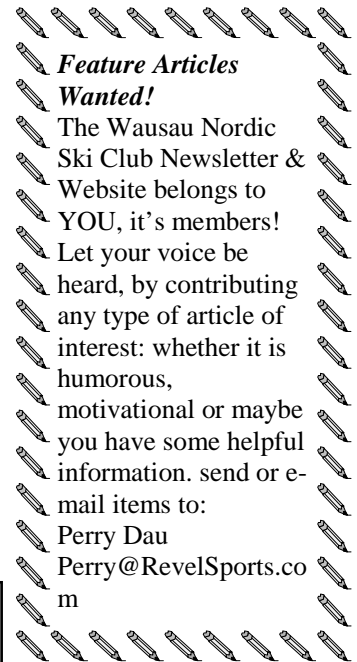
CONGRATULATIONS!

The winners of the Marathon County Season Ski Pass for early membership registration were Brad and Karen Bodner.

Buy your season pass now if you didn't get it at the Swap.

PRICES GO UP AFTER NOVEMBER 30TH FOR MARATHON COUNTY SKI PASSES. CLUB DISCOUNTS ALSO EXPIRE NOVEMBER 30TH.

Why the Club Needs Your Email Address: Email addresses are important – We use them to alert members of important information between newsletters, and we use them to develop the volunteer work lists for the Swap, the Snek, and BSG – It sure beats making 50 + phone calls. If you didn't share it with us when you filled out your membership form, please consider doing so. Don't miss out!



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

Bulletin Board

Share your experience - Contribute an article

Membership forms (if you haven't yet renewed) get your form at our website at wausaunordic.com

50/50 Raffle winner (pulled by new Night Gliders Caroline McDonald and Danielle Krigbaum) was Dave Barrett from St Paul MN. He was visiting the Kresse's and worked the Swap both Friday night & Saturday. The take was \$147.00! He said the Swap was great fun and that was before he won the money. Dave also spent his dollars on both alpine and Nordic equipment for his sons.

Wax Clinic Night At Nine Mile December 9th 6:30-8:30 PM

We are having 2 demonstrations, Beginner and Advanced



Thank you Ski Patrol!

The Board always welcomes additional working members. Contact any board member with your interest!

Wausau Nordic Ski Club

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



Non profit Org.
U.S.Postage
Paid
Wausau, WI
Permit No 150

WAUSAU NORDIC SKI CLUB

Upcoming Ski Club Events

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.

DECEMBER – TUESDAY the 7th at 6 PM: Join us for our wonderful POTLUCK DINNER and overview of the season. Also THURSDAY the 9th at 6:30 PM at 9 Mile, Waxing Clinic for Beginners and Advanced (simultaneous demos)

JANUARY – No Formal Meeting, but check out the calendar for full month of events including our International Night Social!

FEBRUARY – Thursday the 17th 7PM; Chocolate, Fruit, Cheese, and Wine. World Loppet Skier Panel.

MARCH – Tuesday the 8th 6 PM: Club Awards Night and end of season Potluck. Tuesday the 17th will be the Night Gliders Awards Night