

Wausau Nordic Ski Club

NOVEMBER, 2008



TRAIL WORKERS Prepare Trails!

This year there were several unofficial days of trail clean-up and maintenance in September and October prior to the official one on October 25th. Many rocks got the heave- ho, trees were trimmed, and brush was cut back. The 25th was grey, but not raining, so workers stayed dry and warm while they worked. It was a disappointing turn out considering the majority of club members check the Trail Maintenance box as something they want to volunteer for. Thanks to the members who did show up, worked very hard, and helped prepare the trail for the coming ski season. The group of members who cut brush and maintenance trails on unofficial days are led by John Howard and Jim Adams, who do this type of work year around. A BIG THANK YOU to these very dedicated skiers who improve the trails for all of us!

EAT, DRINK, AND SOCIALIZE

The clubs 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 2nd**, 6:00 PM at Nine Mile Chalet. Please bring an item that corresponds with the 1st letter of your Last Name: ***Note I have rotated the order of what to bring by request of those who are bored always being assigned the same thing!

- 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!

BUSS TRIP TO ACTIVE BACKWOODS RETREAT, December 13th, 2008

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 **\$34.00 for adults** and **\$18.00 for anyone under 18** years of age. **Non ski club member are \$39.00 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 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

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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

Ski Wax Fund Raiser

Have you ever wondered what it is like to have ski wax that repels dirt and water, lasts for 50 to 100 kilometers, allows you to glide with ease while others have no glide? This is your opportunity to experience good ski wax for your classic or skate skis and help the Wausau East/West Cross Country Ski Teams purchase waxes.

In the past the coaching staff has helped high school skiers prepare skis for races, using race wax from their own wax boxes. To raise funds for ski wax, David Borgemoen, an Assistant Coach for the Wausau East/West Cross Country Ski Team, and Club Member is offering the Wausau Nordic Club members the chance to win a "high end" wax job for one pair of classic and one pair of skate skis. The wax job is good for this ski season.

(Continued on page 4)

Ski Programs at 9 Mile

Children's "Snow Striders" Sundays in January, 1:00 PM to 3:00 PM

For children in 4th grade and younger. Children age 6 and under must be accompanied by an adult while skiing. Focus is on **FUN** and learning to ski. Final meeting is a bonfire cookout 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 **Todd Craig @ 355-8080**

Free Adult Lessons To all adults in the community! Tuesday Nights

January 6 - January 27 at 7:00 - 8:00 p.m.
 (Cookies & Hot Cider after skiing)
 Trail pass is FREE
 Ski rentals are Free & available on a first come basis. No pre-Registration is needed, No children please. Questions, call

John Beatty
 355-1271
JUST DO IT!

NIGHT GLIDERS

Registration is closed, we have reached out limit of 30 skiers.

(refer to alendar for December practice dates)

5:15-6:30 p.m.
GREG KRESSE
 355-0821

Kortelopet

Sponsorship Program

Just want to tell you about a program that helps young athletes participate in the Kortelopet. (I will remind you again in the January newsletter, but this may help you to get thinking about it). As anyone who has skied the Birkie or Korte knows, the cost of entry increases each month until right before the race when it is around \$100. Many of our young skiers do not come from ski families and know nothing about the Korte until late in the season when the cost is prohibitive. Three years ago a TAX DEDUCTIBLE program was started where you can sponsor a junior skier for a donation of \$60 made payable to WINN (Wisconsin Nordic Network) and mailed to WINN % Anne Riendl, 2907 Farm View CT, Waukesha, WI 53188-4460. To participate in the program, a coach or advisor forwards the name of the selected skier to Phil Johnsrud at Iola who coordinates the list with the Birkie office. Last year 5 East/ West skiers received scholarships: Adam Martin, Mark Punzenberger, Hailey Feltz, Chris Nichols and Zack Trulen. If you love skiing – this may be another way to support and share your passion.

PS: The Wausau Nordic Ski Club Contributed money to support a Korte Skier all three years – your membership dollars at work!

Training Tip of the Month

For the casual or recreational skier that is looking to improve their skiing experience this winter it is time to start. If you have been relatively inactive these past few months now is a good time to step it up with a little more activity. Nordic Walking is an excellent activity that incorporates the entire body and is a ski specific activity. Nordic Walking utilizes specialized poles that take walking to a whole new level. Incorporating the poles increases the effectiveness of a typical walking program by increasing the use of the core and upper body muscles as well as by increasing calories burned and increasing your heart rate. If you are ready to ramp it up a bit bring your poles along for a hike up the trails on Rib Mountain.

Strength training is also very important with core strength being vital. Both classic and skate techniques incorporate the same basic motion of a crunch. (This is a mini sit-up type exercise when lying on your back). It is the source of your power as you compress on your poles. This is the same movement while on skies only with the power driven through your poles. Exercise routines for this include crunches but also include sit-ups, side sit-ups, leg lifts, and bridges to name a few.

The following is an example of a very general, intermediate training plan. The activity, duration, and intensity would be adjusted to your fitness and general conditioning. It's a good idea to check with your doctor if it has been some time since you have been active.

- Day 1 Rest (a great way to start)
- Day 2 Easy distance training (25-40 min)
of biking, running, swimming, Nordic walking, etc.
- Day 3 Strength training and an easy 20 minutes of activity
- Day 4 Higher intensity training, including hills (20-30 min)
of biking, running, Nordic walking, etc.
- Day 5 Rest
- Day 6 Strength training and stretching and recreational activity
- Day 7 General aerobic activity over distance for an hour or more,
Run, Nordic Walk, Roller Ski. (Long/Slow)

Remember to warm-up and cool down sufficiently each day. This is essential for injury prevention. Be careful if you are out in traffic, daylight is very limited this time of the year. Wear bright, reflective clothes and face the traffic.

By Perry Dau ~ Revel in your passion!

 ★ *Instructor/Coaches Training* ★

★ We had 21 Club members who instruct/coach attend a 2 ½ hour seminar with
 ★ Bryan Fish. The presentation was on what it takes to create a ski community and
 ★ other aspects of cross-country skiing as well as technique training. Members
 ★ signed up to view CXC Academy prior to the seminar to get us all on the same
 ★ page. The group felt it was a very worth while endeavor and chose to spend an-
 ★ other evening together viewing the USSA Ski Techniques CD. This session was
 ★ open to any club member that wished to attend (communicated through the email
 ★ addresses (see bulletin board item –“Why we need your email address on file”) .
 ★ Anyone interested in improving their technique should check out
 ★ www.cxcacademy.com/indexwelcome.htm.
 ★

Marathon County Ski Pass Prices for the 2008-09 Season

This year prices have increased, so your discount for club membership is especially important. What you need to be aware of is that your ski club membership discount is only good for purchases made BEFORE November 30th. These are the new prices:

Before Nov 30:

Adult Single \$80 (with club discount price is \$75)
 Seniors (over 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 (over 60) \$60 (NO club Discount)
 Family \$180 (NO club discount)
 Youth (12 years thru high school) \$50 (NO club discount)

****NEW this Year – Seniors will now pay a \$5 Trail Fee on Wednesdays. It is no longer free.

SNEKKEVIK SKI RACE

The Snek will again be a dual technique opportunity for adults on January 17th 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 (also at www.WausauNordic.com). 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 only – No adult age division awards. New this year will be a noncompetitive/ untimed tour (shorter course) for those not interested in racing, but would like to participate and be eligible for the merchandise drawings. This is a shared fundraiser for both the East/West High School Teams and the Wausau Nordic Ski Club, so please consider participating on some level – race, tour, volunteer!

(Continued from page 2)

The fee is \$5.00 for the chance to win. It will be offer at the December Pot Luck Ski Club Meeting. All proceeds will go to purchase ski wax for the Wausau East / West High School XCS Team. Please support this worthy cause.

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 29th, through the 31st. I have reserved 20 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 \$63.00 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. The area also has downhill skiing and plenty of snowshoeing. If you have skills in 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 13TH, 2008

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)**

1. Arrive at John Muir Parking lot at 7:15 AM. Pack gear on bus and be on the road before 7:45 or so.
2. Arrive at **ABR** at approx. 10:00 AM. Ski, Snowshoe or whatever till noon and then break for lunch.
Lunch and refreshments to be provided for by the **WAUSAU NORDIC SKI CLUB**.
3. Leave **ABR** at approx. 4:15 PM and arrive at the "**LITTLE BOHEMIA RESTAURANT**" in **MANI-TOWISH WATERS** at approximately 5-5:15 PM. Supper is at your own expense. Separate checks.
4. Leave for home after supper and arrive in Wausau at Approx. 9:00 PM.

COST: \$34.00 FOR ADULTS \$18.00 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 \$39.00 adults, \$25.00, 18 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 HOME PHONE: 359-0087 CELL 574-4444
MOSINEE, WI 54455 E-MAIL swedekraut@charter.net

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

NAME _____ HOME PHONE _____

NAME _____ HOME PHONE _____

Optional E-Mail Address _____ For notification purposes only!

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

December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2 6p Club Meeting Pot Luck	3	4 5:15p Night Gliders	5	6
7	8	9 5:15p Night Gliders	10	11 5:15p Night Gliders	12	13 ABR Buss Trip
14	15	16 5:15p Night Gliders	17	18 5:15p Night Gliders	19	20
21	22	23	24	25 Christmas	26	27
28	29 Winter Ski Camp	30 Winter Ski Camp	31 Winter Ski Camp	1	2	3

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

Please note Race changes on the Calendar – **Badger State games is now on Jan 24th!**

Shepherd & Schaller is pleased to offer a new service that skiers have craved locally for years – hot box waxing! Shepherd & Schaller has the latest Swix Hot Box up and running. Check them out!

Lifetime Members: Remember to sign the membership form. Thanks

Welcome to the 24 new club members who have so far joined the club!!!!



CONGRATULATIONS! The winner of the Marathon County Season Ski Pas for early membership registration was - Elizabeth Barr

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

Memberships forms (if you haven't yet renewed) at www.wausaunordic.com or contact gkresse@dwave.net

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CLUB DRAWING FOR \$50 CASH PRIZE for attending club meeting will be given out on December 2nd^h. Only club members are eligible to win. Club members should be sure to sign in (one name per line) upon arrival to the club meeting. The drawing will take place and be announced after the potluck dinner.

Bulletin Board

Watch for details in the next newsletter on trips to Under-down and After Glow

Classifieds on the web. No luck or missed the ski swap? Send your classified information to Perry@RevelSports.com and I'll post it on the web for others.



wausaunordic.com/Classifieds.htm

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

While many articles include information you "old" members may have heard before, our potential and new members need to learn about the basic endeavors our club supports, so please forgive any redundancy.

The Night Gliders were VERY successful in their 50/50 raffle conducted at the Swap. A total of \$370 worth of tickets were sold and Chris Kent was the winner of \$185 of it. The Night Gliders will use the other half to help purchase additional skis for the program. Chris Kent is a former Wausau resident now living in Shawano.

Thanks to our GREAT Night Glider ticket sellers: Zach & Noah Tesch, Sydney Brown, and Luke & Cheryl Gallagher.

Assisting them were parents: Scott Tesch, Taunya Brown, and Dave Gallagher.

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Why the Club Needs Your Email Address:
▪ Email addresses are important – We use them to alert members of important information between newsletters,(i.e. used this summer to alert members about the opportunity to buy club jackets and to alert members about the USSA Ski Techniques Video Night for Club Members), 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!

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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

THANKS to all who helped make the SWAP a success – we will debrief how it went in our next newsletter

Wausau Nordic Ski Club

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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 week-end 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

DECEMBER – TUESDAY THE 2nd 6 PM: Join us for our wonderful POTLUCK DINNER and an update of club activities. At the end of the meeting there will be a Wax Clinic for beginners by Dave Borgemoen

SATURDAY 12/13 — ABR Bus trip

JANUARY – No Formal Meeting, but check out the calendar for full month of events!

FEBRUARY – Thursday the 12th 7PM; It's chocolate night again or any other dessert you want to bring and share. Program will be announced in January Newsletter. Check out the Italian Ski Tour Night on the 25th

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