



Summer Outings Abound

Greetings To All Outdoor Enthusiasts!

This year's summer outings lineup includes a variety of activities, including biking, hiking, and canoeing. *Tubes on Tuesday* replaces *Wheels on Wednesday* this year. Please join us sometime us for this weekly event. It's a great way to break up the workweek - an evening of leisurely biking and socializing - and we would love to see new faces. Kick off the season with a bird watch on May 1. Please consult the outings calendar on the next page for details and a full list of outings.

Sign up early and sign up often!

The Outings Committee has coordinated a variety of summer activities. Please join us for some warm weather fun in the sun.

SAFETY ALERT:

Helmets will be REQUIRED on all Nordic Ski Club bike outings, including *Tubes on Tuesday*. It is also suggested that life jackets be worn by canoeists on all canoe outings.

TUBES ON TUESDAY

Pump up those inner tubes and joins ski club friends for an easy social bicycle ride followed by coffee and conversation. Meet at the Lake Wobegon trail center in St. Joseph at 6:30 pm every Tuesday evening from May through the end of August. Routes will be chosen at the whims of whoever shows up for the ride that evening, but generally the length of the ride will be around 15 miles. For information contact Pat McNeal at 253-0229 or Roseanne Schoemehl at 249-5187.

May 1, Saturday: BIRD WATCHING AT RIVERSIDE PARK / TALAHI WOODS

What?! What do you mean 6:00 AM is too early to be up on a Saturday? That's when the birds are most active and bird watching is at its best. Well, all right, I will concede a little bit this year. We will meet at 7:00 AM in the parking lot by the Riverside Park Picnic Pavilion in St. Cloud. Hopefully the warbler migration will be in full swing. Bring your bird identification guide and a pair of binoculars if you have them. Call Steve Zinsli at 253-2018.

May 29, Saturday: ELM CREEK/MAPLE GROVE BIKE TRAILS

Bike the Elm Creek and Fish Lake bike trails. We'll bike between 20 to 30 miles with a variety of scenery. There are many options for a good meal after the ride. Call Pat McNeal for departure time and place at 253-0229.

June 5, Saturday: MAYOR'S BIKE RIDE

Come show your support for bicycle riding in the greater St. Cloud area. 9:00 AM start at the St. Cloud city hall. Ride 3? miles to River's Edge Park in Waite Park. Hear from community leaders and enjoy a free root beer float. No sign up, no registration fee. Invite some friends - it is all FREE. For additional information call Michelle Musser at 252-7568.

June 12, Saturday: CAMEL ROLL BIKE RIDE

A Sweet Ride on a Sweet Trail. The ride starts at the Albany city hall between 8 am and 10 am. Free sweet rolls and fruit. For more information or to register go to www.lakewobegontrails.com

June 16, Wednesday: WHEELING AND TUBING

Enjoy an in town scenic 15 mile ride and then inner tub the Sauk River. The bike ride starts at the Theismann's at 3207 Park Dr. St. Cloud at 6 PM. The bike route will be over the new Sauk Rapids bridge, down the east side of the river to the south end of the Beaver Islands Trail, then turn north to the end of the Scenic River Trail then back to Theismann's. For tubing - bring your swimsuit and an old pair of shoes. If you have an inner tube or snow tube bring it. We have a limited number of extra tubes. You should know how to swim or wear a lifejacket. Bring either a beverage or snack to share. Contact us at 656-1060 or Theismann@co.stearns.mn.us if you have questions.

June 19, Saturday: BIKING PAUL BUNYAN TRAIL

Join us as we venture north to Brainerd and bike a moderate (44 mile) roundtrip ride from the trailhead at Brainerd/Baxter to Pequot Lakes. We will have several rest stops along the route including lunch at a restaurant in Nisswa and an ice cream stop on the way back. Plan to meet at 8:30 AM for carpooling to the Brainerd/Baxter trailhead. Call Carl and Diane Bublitz for carpooling details 259-1939.

June 26, Saturday: BIKE TO BRUNCH

Join Cindy R. and Linda C. for a round trip ride of about 40 miles. We'll bike either to the Clearwater Truck Stop or Mom's Cafe in South Haven for a yummy brunch. Call Cindy: 224-1104 or Linda: 259-5787 for starting time and place, etc.

July 4, Sunday: WINE & CHEESE SOCIAL AND FIREWORKS

Join us on the Fourth Of July for an evening wine & cheese social followed by fireworks on the Mississippi. Steve will host the event in his front yard, which overlooks the Mississippi. Steve's home is at 711 5th Ave N in St. Cloud. Come any time after 7:00 PM. Bring a bottle of wine and/or cheese & crackers to share. Lawn chairs would also be a good thing to bring. At dusk we will watch St. Cloud's 4th Of July fireworks display across the river. Call Steve Zinsli at 253-2018.

July 8-13: BACKPACKING THE SUPERIOR HIKING TRAIL

On this backpacking trip we will hike the SHT from Finland Recreation Center to Temperance State Park. Participants can finalize the itinerary but tentatively we'd drive to the north shore and shuttle vehicles on the 8th, spends 3 or 4 nights on the trail and return no later than July 13th. Camping is at backcountry sites along the trail. You should provide your own pack and personal gear. Tents are typically shared as are costs for consumables & food. Trip leaders: Roger Sorensen, 290-6217, r.sorensen@charter.net and James Bryer 253-7787.

August 28, Saturday: DAYHIKE & PICNIC POTLUCK AT GLACIAL RIDGE STATE PARK

This state park features some easy trails, good for an afternoon of ambling through fields and woods while taking in the glacial features and pothole lakes in the park. Meet at the park by 1:00 for hiking. After we've worked up an appetite, it'll be picnic time, probably about 4:00. We'll adjust the menu and food arrangements depending on how many people come. Organizer: Roger Sorensen, 290-6217, r.sorensen@charter.net

Sept. ??: WILD RICE HARVESTING

If you've ever thought about harvesting your own wild rice, then this outing is for you. Join experienced ricers (well, okay, we did it last year for the first time) Rick Walter and Denis McInnes, as we set out on an all day adventure somewhere north of Mille Lacs Lake. This outing will take place sometime in September, depending on what dates the DNR sets for the ricing season. Each pair of participants will need a canoe, harvesting licenses, flail sticks, and a push pole (more information will be provided as we near the outing). Our goal will be to have enough rice (several hundred pounds) to take to a commercial processor. We will all split the finished product, and your holiday shopping will be done. Call Rick at 654-9048 for more information and to add your name to the list.

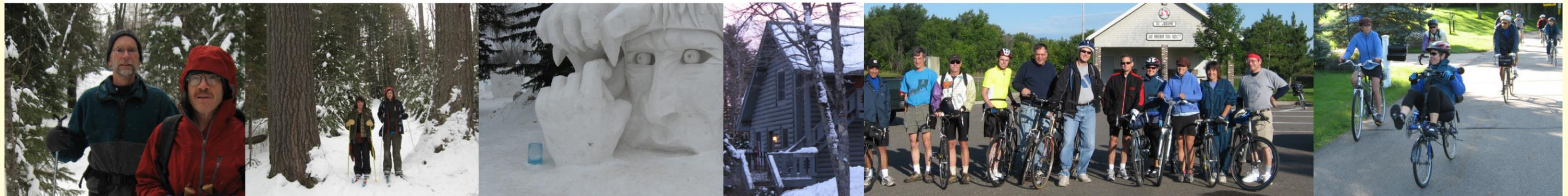
Saturday, September 25: REVOLUTION SINGLE TRACK ESCAPE

Sunday, September 26: PORK CHOP CHALLENGE CYCLOCROSS RACE

There is an event for all ages and abilities. Major sponsor is Revolution Cycle and Ski. It is held on the North Loop of the prison. The next day is the Pork Chop Challenge Cyclocross race put on by the Mid-Mn Cycling Club with help from our ski club. A few of our members help to set up the course each year. This is our agreement with the bike club. They help us on Sat. and we help them on Sun. The Cyclocross is at Riverside Park and is a festive occasion with a chili cook-off and other great food. This is a fun event to watch! Save that weekend and have a new and wondrous experience - Again Sept 25th and 26th - help out at one event or the other! 252-7291 for more info. -- Rogo

A big thank-you to the running club, bike club, and our ski club members who helped out at last September's mountain bike race (Revolution Single Track Escape). It keeps growing every year and has turned into the biggest fund-raiser we do all year for our trail grooming and maintaining equipment. We made close to \$3000.00 last year.

To have members of all three area sport clubs helping reinforces the idea that when we all help each other, we all help each other - we all grow and prosper. Hope to see you again next September.



Nordic Ski Club of Central Minnesota
1938 29th St. S.
St. Cloud, MN 56301



Membership Form

Annual Membership Fee: \$20

Membership includes a ski hat which can be picked up at Revolution Sports beginning October 1st.

Name(s) _____

Address _____

City / State / Zipcode _____

Phone Number _____

Email _____

I am interested in volunteering for the following activities...
(circle your options)

- | | |
|-------------------|------------------------|
| Trail Work | Ski Swap |
| Leading an Outing | Mailings/Newsletters |
| Candlelight Ski | Youth Ski Program |
| Ski Race | Quarry Park Ski Patrol |

- Check here if this is a renewal membership.
 Check here if you do not want your name & phone listed in the membership roster.

Make check payable to:

Nordic Ski Club of Central MN

Mail to:
Heidi Harlander
1200 Riverside Dr. SE
St. Cloud, MN 56304

Ski Club Board thru Sept 2012

Expires '10	John Harlander	253-0285
Expires '10	Bill Gorcica	656-9165
Expires '10	Cindy Robertson	224-1104
Expires '11	Jeremy Frost	230-6392
Expires '11	Heidi Harlander	253-0285
Expires '11	Ed Bouffard	253-4573
Expires '12	Mike Schroden	
Expires' 12	James Bryer	253-7787
Expires '12	Roger Sorenson	290-6217

Officers & Coordinators

President	Steve Zinsli	253-2018
President-Elect	open	
Secretary	open	
Treasurer	Phil Rogosheske (temp)	252-7291
MN Youth Ski League	Bryan Amo	
Membership	Heidi Harlander	253-0285
Newsletter	Bill Gorcica	656-9165
	Julie Olson	255-1223
	Laurie Leitch	656-9165
Outings	Steve Zinsli	253-2018
Trail Grooming	Phil Rogosheske	252-7291
Coordinator	Bob Skow	253-2919
Trail Guides	Ed Bouffard	253-4573
Trail Supervisor	Phil Rogosheske	252-7291

www.nordicskiclubcentralmn.org