



**SUMMER OUTINGS  
INSIDE...**

## **Greetings To All Outdoor Enthusiasts!**

This year's summer outings lineup includes a variety of activities, including biking, hiking, and canoeing. Wheels on Wednesday is starting up again this month. 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. The first weekend excursion happens on May 30 with a bike ride at Elm Creek. Please consult the outings calendar on the next page for details and a full list of outings.

**Sign up early and sign up often!**

# Nordic Ski Club of Central MN – Summer Outings – 2009

*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 Wheels on Wednesdays. It is also suggested that life jackets be worn by canoeists on all canoe outings.

## **Wheels on Wednesday:**

An easy social ride followed by coffee and conversation. Meet at the Lake Wobegon trail center in St. Joseph at 6:30 pm every Wednesday evening from May through the end of August. Call Rosanne at 597-3276 for information.

## **Saturday, May 30: Bike at Elm Creek**

We will meet at the McDonalds at Clearwater Road and I94, then drive to Elm Creek Park from there. (Elm Creek is a county park near Maple Grove.) There are many options for biking in this area. We can stay within the park and bike 20 miles or do a small loop and connect with trails that loop around 10 lakes. This is not a rail trail so there are hills, curves, roller coaster bridges, floating bridges, forests, flower filled meadows, marshlands - variety galore and many restaurants to choose from for a meal. Contact Pat McNeal: 253-0229

## **Wednesday, June 17: Irish Ramble**

Meet at O'Brians Irish Pub Parking Lot in Rice at 6:30 and bike past potato fields, the Lakes of Kilarney, the Shrine of Knock, the Blarney Stone, and more. Sample Irish food and drink along the way and at the McNeal homestead. Contact Pat McNeal 253-0229

## **Saturday, June 20: 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. Call Carl and Diane Bublitz for carpooling details: 259-1939

## **Sunday, June 21: Summer Solstice Bike Ride**

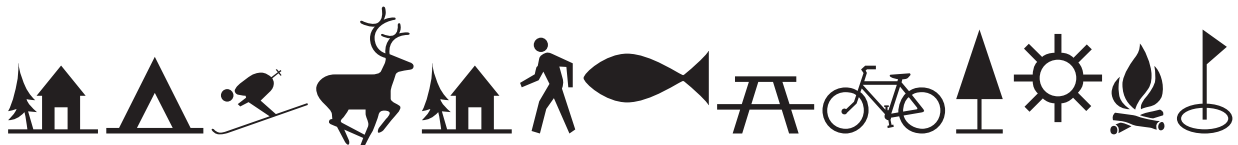
Meet at 4127 Wentworth Avenue in South Minneapolis at 9:30 AM. Bike lakes Harriet, Calhoun, and Isle, the Midtown Greenway, and the west bank of the Mississippi River to Se Salt for lunch. Return via Minnehaha Creek bikeway. Call Steve Williams at 259-7622 to RSVP before Saturday June 20. For directions and late RSVPs call Carol at 612-822-5282.

## **June 25-30: Backpacking the Superior Hiking Trail**

On this backpacking trip we will hike the SHT from Gooseberry Falls to Tettegouche. Participants can finalize the itinerary but tentatively we'd drive to the north shore and shuttle vehicles on the 25th, spend 3 or 4 nights on the trail and return no later than June 30th. Camping is at backcountry sites along the trail, though the first night could be at Gooseberry State Park, depending on timing. You should provide your own pack and personal gear. Tents are typically shared as are costs for consumables & food. Trip leader: Roger Sorensen, 290-6217, r.sorensen@charter.net

## **Saturday, July 4: Canoe, Wine & Cheese Social, and Fireworks**

Join us on the Fourth Of July for a morning canoe trip on the Sauk River, an evening wine & cheese social, and fireworks on the Mississippi. (You are welcome to participate in any or all of these events.) We will start with a canoe trip on the Sauk River from Rockville to St. Cloud. Plan on starting around 8:00 AM. Make sure to call Steve a day or two ahead of time so that we can coordinate details such as shuttling of vehicles. In the evening Steve will host a wine & cheese social in his front yard, which overlooks the Mississippi. 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. We will finish off with a viewing of St. Cloud's 4th Of July fireworks display. (Steve's yard is a great location for watching the fireworks.) Steve's home is at 711 5th Ave N in St. Cloud. Call Steve Zinsli at 253-2018



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## Saturday, July 11: SE Stearns Hill Swagger

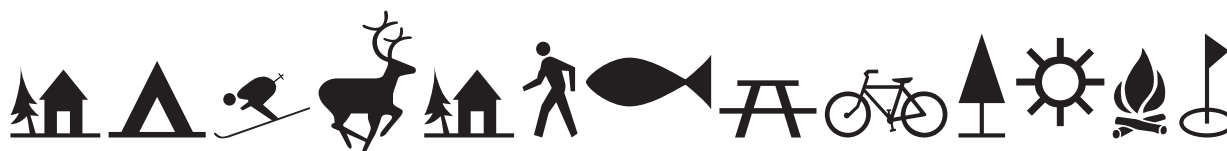
Enjoy a variety of rolling hills and winding roads along creeks, lakes and the countryside of southeastern Stearns County. Plan for approximately 30-40 miles. Hills not quite the caliber of the St Joe area but there are a few bun burners. Potluck lunch after the ride at Cindy Robertson's. Start about 9:00 AM. Call Cindy if planning to ride and for directions to the start: 224-1104.

## Saturday, July 18: Bike To Lunch

Meet at George & Rosanne's in Richmond at 9:30 AM and car pool to Paynesville. We will bike from Paynesville to Spicer (or possibly further if the weather is nice) and have lunch in Spicer. The ride will be on the Glacial Lakes Trail which was completed up to Paynesville last summer. A beautiful ride. Our address is 20695 Becker Lake Circle, Richmond. Call 320-597-3276 if you need directions.

## Saturday, August 29: 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



## Some Ski Club Highlights from Last Season







### Membership Form

Membership Type: Household (\$15)  
 Individual (\$10)  
 Student (\$5)

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 2010

Expires '09	Harry Forsyth	230-7757
Expires '09	Kathy Carlson	252-0204
Expires '09	Carl Bublitz	259-1939
Expires '10	John Harlander	253-0285
Expires '10	Bill Gorcica	656-9165

### 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](http://www.nordicskiclubcentralmn.org)