



St. Cloud Nordic News

Volume 20 September 2011

Issue 1

The Newsletter of the Nordic Ski Club of Central Minnesota

NORDIC SKI CLUB

ANNUAL MEMBERSHIP MEETING

**Monday,
October 3rd, 7 pm
University Lutheran Church
390 4th Ave South, St. Cloud**



**Winter
Outings
Calendar
Inside**

Visit us on the web at: www.nordicskiclubcentralmn.org or on Facebook: *Nordic Ski Club of Central MN*

A Snail's Life: Five Days on the SHT

In early July, five of us - Roger, Joanie, James, Roseann, and Staci - strapped our homes on our backs and set off for a 28 mile hike on the Superior Hiking Trail. Our original plan was to enter at Crosby-Manitou SP and exit at Temperance River SP, but the state shutdown and state park closures forced a change. Instead, we started at the Sonju Lake Road trailhead and let out the barking dogs at the Temperance River trailhead.

The first day's hike was a short one, just 2 ½ miles in from the trailhead on easy trail paralleling the peaceful rushing of the Baptism River, to the Blesner Creek campsite, set in a beautiful cedar grove at the confluence of creek and river. Some overnight rain gave us a bit of a late start the next day while we let our tents dry. The second day's hike was more challenging, 7.2 miles taking us into Crosby-Manitou and down the steep gorge of the Manitou River then up to the wonderful views from Horseshoe Ridge. After lunch we continued on through upsy-downsy forested ridgeline trail to the Horseshoe Ridge campsite - a quiet, peaceful site a short distance off the trail.

One of my Hiking Mantras is "Into each hike, some rain must fall." The next morning we woke at 5:45 to the distant rumble of thunder. You never saw 5 people up to break camp so quickly. With as much gear packed up as possible, the rain started just as we were eating breakfast, huddled under the rain fly. But the end of the trail wasn't getting any closer standing there, so we set off in the rain, one foot in front of the other. The rain had mostly let up by noon but with wet trees dripping the rest of the day it didn't make much difference. Seven miles later, our sodden, muddy crew pulled into Sugarloaf Pond campsite, which turned out to be a popular place. A crew of Y-camp girls, with whom we had crossed paths a couple times, pulled in an hour later. Soon after, another party stopped in, saw how full the site was a moved on. And at dusk the mosquitos moved in. Yay! Oh - and James and I spent some time at the beaver pond getting Mr. & Mrs. Beaver to do tailslaps.

The next morning was bright, clear, and sunny. We made a late start again after letting as much gear dry as possible. But it turned into a humid, sometimes muddy slog of a day after the previous day's rain. Aah, the joys of working your way around those big muddy patches! But, we worked our way. The day's reward was a nice little bog boardwalk out to Alfred's Pond, with pitcher plants and bog orchids growing in profusion. And that ribbonlike leech swimming in the water. This day's hike, 6.4 miles, ended at the spacious and wooded Fredenberg Creek campsite. We each practically had our own "room" to set up tent in. After some quality time playing in the creek and having a bit of cleaning up (Ah! Clean hair!) and extensive, detailed planning of the next day's feeding agenda on the drive home, we were again joined by the Y-camp girls, who were from Camp Manito-Wish in Wisconsin on a 2-week leadership experience hike - quite an experience for that group! Overnight the wind started whipping up in the trees, not serious, but it gives

one pause to think what would happen should a tree or branch fall onto a tent. As it turned out, that wind was the very northern tip of the storm that hammered Sauk Center.

The morning of our last trail day was again clear and sunny as we bid farewell to the Y-camp group and set out on this 5-mile hike to the van. After a pleasant hike along the Cross River and scouting out the four Cross River campsites, we made our way up the last ridge... and up, and up... no, really, this HAS to start going downhill soon! And then it did, for the long downhill hike to Roseann's waiting van. Ah! Bare feet! Ah! Clean clothes! Ah! Air conditioning. And so, with another section of the SHT done, we set out for home.

- Roger Sorensen





BE A CROSS-COUNTY SKI PATROL VOLUNTEER at:

- Quarry Park & Nature Preserve
- Warner Lake County Park
- Mississippi River County Park
- Kraemer Lake County Park

Experienced cross-country skiers... Stearns County has an easy volunteer opportunity for you! Be a ski patrol volunteer at one of the beautiful county parks, help other skiers, report trail conditions and help make skiing more enjoyable for everyone. The ski patrol will operate from December, 2011 until February; 2012. Go to the Stearns County web site www.co.stearns.mn.us for the latest information. Call 654-4726 or send an email to parkinfo@co.stearns.mn.us if you have a question.

Calling All Spring (Prairie) Chickens!

Before the grass is green, before the frost has melted out of the deep prairie sod, the greater prairie chickens are booming away on their lek... We'd like to see who is interested in an overnight trip to prairie country to watch the Prairie Chickens strut their stuff in the early dawn. There are a number of organizations (see <http://www.prairiechicken.org>) that run viewing blinds. We haven't made specific plans yet, but if you're interested, contact Steve Zinsli (253-2018) or Roger Sorensen (290-6217). Once we know who's interested, we'll work on dates and viewing blind reservations.



Newsletter Schedule and Themes

Fall issue: Announce club annual meeting, fall trail clearing events, other fall events, Summer Outings reports/articles; Winter Outings schedule

Deadline for Submissions: Sept. 1

Winter issue: MN Ski Pass info, Letter from President, Graystone and Moonlight Ski announcements, entry forms

Deadline for Submissions: Nov. 15

Spring issue: Winter Outings reports, Summer Outings schedule

Deadline for Submissions: March 15

Email info to:
Bill Gorcica at bill@billgorcica.com

PLEASE ATTEND THE SKI CLUB'S ANNUAL MEMBERSHIP MEETING

This important get-together will be held on Monday, October 3rd at 7pm in the downstairs meeting room of the University Lutheran Church in downtown St. Cloud on the edge of the SCSU campus.

AND... REMEMBER TO RENEW YOUR SKI CLUB MEMBERSHIP.

Simply complete the membership form on the back of this newsletter and mail it in...

(or bring it to the annual meeting on Oct. 3rd).

Remember to bring your checkbook!

Thanks for supporting the Nordic Ski Club of Central Minnesota.

2011/2012 WINTER OUTINGS CALENDAR



Waxless Wednesdays: Evening Skiing at Quarry Park

Join us for an easy hour or so of skiing around the lighted trails of Quarry Park each Wednesday night in January and February if snow conditions allow for skiing. We will meet at 6:30 PM at the trailhead parking lot.

Call Carl and Diane Bublitz: 259-1939

Saturday, December 17: Go-Where-It-Snows

Lets head out for a day trip to where snow conditions are best. Our plan is to ski about 1-2 hours in the early afternoon within the St. Cloud area.

Call Carl Bublitz at 259-1939

Friday, January 6: Moonlight Ski At Quarry Park

Come to Quarry Park & Nature Preserve for some outdoor fun. The annual Moonlight Ski will take place on January 6, from 6 PM to 9 PM. The 4.2 miles of easy to moderate groomed trails at Quarry Park are lighted and offer a beautiful setting for an evening of fun. Skiers of all abilities are welcome. In addition to an evening of free skiing (no vehicle pass required at Quarry Park on this day) there will also be FREE hot chocolate, cider and snacks. Other fun activities planned for the evening include a cross-country ski poker run, bonfire and a drawing. Free ski rentals may be available for the evening.

Contact Stearns County Parks (654-4726) after 12/1/11 for information about possible free ski rentals.

Saturday, January 7: Mora Vasaloppet Public Ski Area

It was on the trails in this wooded area about 12 miles north of Mora that the world renown Mora Vasaloppet Ski Race was born. (Portions of the trail system are still used for the race.) There are about 30 km of trails, ranging from beginner to intermediate, groomed for both classic and skate skiing.

Call trip leader Steve Zinsli (work: 320-308-3242, home: 320-253-2018)

Saturday, January 14: Wild River State Park

A one day outing to Wild River State Park, MN, 70 miles east of Saint Cloud. 48 k of trails, classic and skate, visitor center with rest rooms. Plan to leave 9:30 AM, subject to change depending on temperature and snow conditions, State ski pass required. Restaurant stop on return trip likely.

For information and car pooling – Jeff Koshiol 253 5641

Friday, January 20 – Sunday, January 22: Buckhorn on Caribou

www.buckhornoncaribou.com

The beautiful resort is located 23 miles north of Grand Rapids and only 5 minutes from the Suomi Hills and Amen Lake trails. Each luxurious cabin has a fully stocked kitchen (including wine glasses), fireplace, sauna, washer/dryer, dishwasher AND all the linens are provided. We currently have cabin #7 reserved. Group meals for breakfasts and Sat night dinner. Estimated cost for the weekend is ~\$80--110/person -- depends on the number of people that sign up. Cabin has 4 bedrooms and can sleep up to 12 people.

Contact Cindy Robertson at 224-1104 for more info.

(over for more outings)



Membership Form

Annual Membership Fee: \$20

Membership includes a ski hat which can be picked up at Revolution Sports in St. Cloud.

Name(s) _____

Address _____

City / State / Zipcode _____

Phone Number _____

Email _____

Make check payable to:

Nordic Ski Club of Central MN

Mail to:

Laurie Leitch
1938 29th St. South
St. Cloud, MN 56301

I am interested in volunteering for the following activities...

- Organizing Outings
- Mailings/Newsletters
- Moonlight Ski
- Youth Ski Program
- Ski Race
- Quarry Park Ski Patrol
- Trail Work
- Ski Swap
- Check here if this is a renewal membership.
- Check here if you do *not* want your name & phone listed in the membership roster.



Join Today!

2011/2012 WINTER OUTINGS CALENDAR



Saturday, January 28: Lantern Loppet - Mora

An annual tradition sponsored by the Mora Ski Club, the Lantern Loppet offers the beauty and camaraderie of a night ski – a leisurely three-mile loop punctuated by bonfires, warming huts, hot chocolate, cookies, and conversation. Not much moon that night, so having a few headlamps among us for the walk from the road to the trail might be a good idea. Let's meet at Freddie's restaurant in Mora (on highway 23) at 5 pm for bite or two beforehand. Or be there by 6 pm, if you want to skip the food.

Call James Bryer or Joanie Robinson at 320-253-7787 for more information or to sign up.

Sunday, January 29: Ski Woodland Hills

We will ski this area near Elk River - plenty of hills and woods. After we will eat at a restaurant in Elk River. Call Pat McNeal 253-0229 for time and meeting place.

Saturday, February 4: French Rapids

Wide, woody, well-groomed trails (for both skate and classic skiing), with hills and thrills and scenic views of the winding Mississippi, this trip to the Brainerd area offers 16 km of challenging trails and promises excitement, beauty and memories to share. A Minnesota Ski Pass is required. Let's plan to leave the Copper Lantern parking lot at 10 am. (Feel free to arrive sooner if you'd like to do coffee and/or breakfast there.) After skiing to our hearts' content, we'll stop at the Black and White Café in Little Falls for late lunch/early dinner.

Call James Bryer or Joanie Robinson at 320-253-7787 for more information or to sign up.

Saturday, February 11: Crow Wing/Aikin County Reconnaissance

This will be an exploratory day. There are at least 7 different Nordic ski trails in the Brainerd, Crosby, Deerwood and Aikin area. We'll be checking out one or two of them that may be new areas to many in the club. It's all a surprise really :-)

Call Cindy Robertson for more details: 320-224-1104

Friday, February 17 thru Monday, February 20: Pine Pointe / Camp Du Nord

This weekend of skiing in the Boundary Waters has been a club favorite for many years. Pine Pointe/Du Nord is located about 15 miles north of Ely. We arrive Friday evening and stay till Monday morning (President's Day Holiday). We have reserved only one cabin this year, Greenstone, which has a capacity of 11 people. Breakfast and Dinner preparations will be a group effort. Cost is \$125 per person. (There is also an option to arrive a day early and stay Thursday night at no extra cost.)

Call trip leader Steve Zinsli (work: 320-308-3242, home: 320-253-2018)

(over for more outings)



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



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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:
Laurie Leitch
1938 29th St. South
St. Cloud, MN 56301

Ski Club Board thru Sept 2012

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
Expires '13	Bruce (Harv) Busta	
Expires '13	Dan Fark	
Expires '13	Julia Olson	255-1223

Officers & Coordinators

President	Heidi Harlander	253-0285
President-Elect		
Secretary		
Treasurer	Phil Rogosheske (temp)	252-7291
MN Youth Ski League		
Membership	Laurie Leitch	656-9165
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