



NORDIC SKI CLUB

A Note from the President

Do you know that when you put on your cross-country skis you are doing the best thing you can possibly do for your body (and your mind)? Studies consistently show that VO₂ max, maximum oxygen uptake or aerobic capacity is very high in Nordic skiers; in fact, some of the highest levels ever recorded have been in elite Nordic skiers, especially diagonal stride classic skiers who are using more upper body muscles. Even recreational and non-competitive skiers get the benefit of good aerobic conditioning. Throw in a few hills and those benefits increase even more.

Perceived exertion is how hard you feel your body is working. For the person who is tuned into their body, there is a good correlation between perceived exertion and heart rate. However, it is not unusual that cross-country skiers will underestimate their perceived exertion, which is great because it means that you are getting even more of a workout than you think you are. Maybe it's because you are in a beautiful environment and/or in a peaceful frame of mind. In any case, good for you!

Be sure to join us at Quarry Park on Friday, January 3 from 6-10 for the Moonlight Ski, a community gathering and celebration of skiing on the 4.2 miles of groomed and lit trails sponsored by Stearns County Parks in partnership with our club. Hot cider and coffee will be available along with bonfires for warming. Snow block tools will be given to the first 20 kids who come into the shelter building. Club members are asked to please bring along snacks to share.

The future of skiing depends on continued involvement of young skiers and their families filling the boots of all of us boomers when we're no longer able to get on the trails. Besides school programs, we are fortunate to have an active Minnesota Youth Ski League program under the direction of Nick Snavelly. The program will begin in January and will be held at Riverside Park; if you are interested in volunteering, give Nick a call.

Please buy your ski pass! Support the maintenance and grooming of our local trails.

Gary Strandemo



Gary and Barb Strandemo

In This Issue

- Barnelopot Children's Ski Event
- Skiing in the Elementary Schools
- Moonlight Ski 2014
- Skiing in Stearns County Parks
- Minnesota Youth Ski League
- Grooming Report
- Minnesota Nordic Ski Association

7th Annual Sons of Norway Baneløpet

(Children's Nordic Fun Ski Event)

Don't Miss It - Sunday, January 26, 2014

The 7th Annual Sons of Norway Baneløpet is scheduled for Sunday, January 26, 2014 at Riverside Park SE. Children ages 3-13 are welcome at this free non-competitive skiing event. Volunteers are always welcome to help in various jobs. The Nordic Ski Club of Central Minnesota is one of many sponsors. The snow-making done by the club has made it possible to hold this event during a couple of low/no snow years. For more information, contact Tolly Vollen at 252-6230 or tkvollen65@charter.net



Skiing in the Elementary Schools?!

Lincoln Elementary School in St. Cloud offers a 2 - 4 week cross country ski program for students in grades 3 - 5 during their regular Physical Education class time. Students are taught all the basics such as: proper winter clothes for outdoor exercise, how to put their own equipment on, how to carry their own skis and most fun, how to ski! Many of our students come from warm climates and have never experienced the joys of gliding through a snowy woods or zooming down a big hill. Students tend to either love or hate this experience but if we can make it through three lessons they get the hang of skiing. They love the challenge of going down the big pile of snow as well as skiing around the playground equipment. We try to end our winter sports unit with a day trip over to Riverside Park where they can ski, sled and snowshoe. And for the kids that really love skiing, we try to go out after school and end with.....hot chocolate and cookies!

We are fortunate that the St. Cloud School District has invested in ski equipment for our elementary schools. Other keys to a successful cross country program at this level are having plenty of adults and/or mentors to assist, good snow, proper sized equipment, adequate space with some hills and lots of encouragement. Offering activities for all the different ability levels will make or break your program.

This ski unit requires plenty of extra work but is well worth it when I see former students on the Nordic Ski Teams at the high school level. Or when a student says those magic words: this is the funnest thing I have ever done! Happy ski trails this winter.

Sue Wielinski

Be a Cross-Country Ski Patrol Volunteer

Take advantage of a special opportunity to volunteer for Stearns County Parks while getting one of those special "gifts that keep on giving". Volunteer for Stearns County Ski Patrol at least twice and receive a complimentary annual pass for Quarry Park. Ski patrols can be done during daylight hours at Mississippi River County Park, Warner Lake and Wildwood or at night at Quarry Park. To sign up go to the Stearns County Web site and select the Recreation tab then the Ski Patrol tab. Complete the on line training, sign up for a couple patrols and a Quarry Park parking pass will be mailed to your address. The ski patrol helps Stearns County Parks keep track of trail conditions while improving the safety for all users.



Moonlight Ski 2014

Friday, Jan. 3, 6-10 pm
Quarry Park



4.2 miles of lit CX-Ski trail (*Hiking if snow is not adequate*) • Heated indoor gathering area • Snacks and hot drinks • Free admission to Quarry Park • Winter camping 'Hot Tent' demo • Door prizes • Free ski rental at Fitzharris Ski & Sport and Revolution Cycle & Ski (*Rental for Friday only - advance "in-person" reservations required*) • 'Hot Tent' demo from skipulk.com • Information on MN Youth Ski League • Free Admission - participants often bring a snack to share • *First 20 kids (ages 10 and under) get a free Snow Block Maker!!* • Welcome the season with a large BONFIRE • *Brought to you by Stearns County Parks & Nordic Ski Club of Central MN*

Ski Trails in Stearns County Parks

The greater St. Cloud Area has some wonderful cross-county skiing opportunities that are provided through both government agencies and local volunteer groups such as the Nordic Ski Club. While the St. Cloud metro trails of: Riverside Park and the Correctional Facility are the most well-known; the trails provided by Stearns County Parks provide diverse opportunities throughout the county.

At all of the county's groomed trails, a secondary walking trail is also packed by snowmobile to encourage walkers to stay off of the groomed ski trails. A \$16 annual or \$5 daily parking pass is required for people who want to take advantage of the Quarry Park system and a State of Minnesota Ski Pass is required for the Wildwood ski trails, but skiers do not need a pass for all other county parks.

The most popular county trails are the 4.5 miles at Quarry Park. These trails are on gentle terrain and boast a unique lighting system of low wattage lamps that light the way without destroying the ambiance of the moon and stars. 2 miles of these trails have a double classical track and 2.5 miles have a single classical track with a narrow skating lane.

On the eastern edge of the county, Warner Lake County Park (near Clearwater) provides 3.5 miles of groomed classical ski trails. The trails range from easy to difficult and have great views of upland oak forest as well as a lake, pine plantation and small meadows.

On the Northern edge of the county, Mississippi River Park (seven miles north of Sartell) has 2.5 miles of easy groomed classical trails with views of the Mississippi River lowland forests, savannas and grasslands.

The hilliest of the Stearns County ski offerings is the Wildwood Trail system on the shores of Kraemer Lake near St. Joseph. This 4 mile classically groomed system has rolling hills and views of oak forests, wetlands and Kraemer Lake.

All of the counties groomed systems are groomed by dedicated county employees with excellent skills and the resources needed to rejuvenate old icy conditions. Due to scheduling constraints, grooming at county parks is generally rotated between the parks during weekdays, so ski enthusiasts should check the web site for conditions. (Stearns County/Recreation/Trails & Conditions). Because our trails are generally groomed over a gravel base, we do require about 6" of snow base before we can safely start grooming without kicking up gravel into the tracks.

If you prefer to ski in your own trail there are additional opportunities throughout the Stearns Park System. The new Rockville County Park has 4 miles of trails that would be appropriate for ungroomed skiing with views of the Sauk River and prairies. The 450 acre Scientific and Natural Area (SNA) south of the developed Quarry Park also provides miles of ungroomed opportunities for the more adventurous.

Central Minnesota Youth Ski Club

Meetings/Lessons Schedule & Location

The Central Minnesota Youth Ski Club 2014 season will be held eight Sundays from January 5, 2014 to March 2, 2014 based out of the Riverside Park warming shelter from 1:45 p.m. to 4:00 p.m. (except on Sunday, January 26, 2014 for the Sons of Norway Barnalopet, a youth fun cross country ski "race" at Riverside Park that we attend that weekend instead).

Sunday, January 5, 2014
Sunday, January 12, 2014
Sunday, January 19, 2014
Sunday, January 26, 2014
(The Youth Ski Club does not meet this week; instead attend the Sons of Norway Barnalopet.)
Sunday, February 2, 2014
Sunday, February 9, 2014
Sunday, February 16, 2014
Sunday, February 23, 2014
Sunday, March 2, 2014

We meet at the Riverside Park Warming shelter,
1725 Kilian Blvd. SE,
Saint Cloud, MN 56304.
It is located on the SE side of St. Cloud, across the river from St. Cloud State University.

Typical ski club session:

We're here to cross country (nordic) ski and have fun! We ski and play games on the snow. This is a very friendly, family oriented program focused on children ages 4 to 13 years old that is built around kids having fun while learning skills and techniques needed to become better cross country skiers.

We meet each Sunday at 1:45 p.m. to get have the kids get their skis on and at 2:00 p.m. we divide into six groups based on age, comfort level, and skill level. Younger groups ski near the trail head and take advantage of small, snow-covered inclines to get used to being on skis. Older kids venture off about the park with a coach. Coaches have curriculum loaded with ideas and strategies for teaching young skiers. Half-way through the session, we meet back at the shelter for a snack, warm-up and a restroom break. Then, back on the ski trails until 4:00 p.m.

Youth are encouraged to provide their own cross country ski equipment. If you are having a hard time finding ski equipment, please contact Nicholas Snavelly, Central Minnesota Youth Ski Club Coordinator, at stcloud@mysl.org to see what additional options may be available. For the second time this upcoming 2014 ski season, the Central Minnesota Youth Ski Club will have traditional classic cross country ski sets available for rent at a cost of \$35 and skate ski sets available for rent at a cost of \$70 for the ski season. In order to take advantage of these low rental rates, youth skiers must be members of the Central Minnesota Youth Ski Club. This is the direct result of the ski binding donations that were received this past year, which provided the Central Minnesota Youth Ski Club currently with 30 set of skis. When registering youth for the Central Minnesota Youth Ski Club, there is an option to add a ski rental before you pay your membership dues. Arrangements must be made with Nicholas Snavelly to ensure ski rentals are still available, as well as ensure the proper ski set size is available for the child. Visit <http://mysl.org/sites/upgrade.mysl.org/files/Kids%20equipment%20sizing.pdf> to determine the ski set your child needs.

Think Snow!

Sincerely,
Nicholas Snavelly
Central Minnesota Youth Ski Club Coordinator
stcloud@mysl.org
763-232-4921
<http://www.mysl.org/club/central-mn-youth-ski-club>



Minnesota Nordic Ski Association (MNSA) Board Report

Minnesota Nordic Ski Association (MNSA) is a statewide organization that advises the Minnesota DNR in the selection and funding of cross-country ski trails in the state. Saint Cloud is fortunate to have 2 representatives, Tolly Vollen and Gary Strandemo, on the board, so local skiers can be assured that their interests are being served. In fact, the Saint Cloud area has been one of the largest recipients of funding the past several sessions. That funding is directed to our local ski club which is then responsible for trail maintenance and grooming.

If you see the brown sign at the trailhead that says "Ski Pass Required Here", then you know that those trails receive Grant-in-Aid funding from the DNR and you should purchase a ski pass if you want to ski there and are 16 years of age and older. The two trail systems in our immediate area that receive Grant-in-Aid funding are Greystone and Wildwood. The ski pass can be purchased at any of 1750 licensing outlets throughout the state, including bait shops and most state parks; they can also be purchased online or by telephone, all of this information available at the Minnesota DNR website. The cost is \$6 for a daily pass or \$20 for a season pass.

My own feeling is that all Minnesota skiers should purchase a pass each year whether skiing on GIA trails or not and even if it is not a good snow year. This is your chance to support cross-country skiing in the state and locally, as all money comes back to our local trails. The pass also allows you to ski at other GIA trails, including State Parks, throughout the state. So buy that pass!

Groomer Grist



Snowmaking started early this year. The weather was cooperating the week before Thanksgiving and the groomers were anxious to try out the new snowgun. City parks department said go for it and away we went. There is a swath of snow above the hill at Riverside that the ski teams and others have been skiing on. During the next cold spell, our snowmakers will do the valley down below the hill and then connect it to the upper loop making a nice big loop to ski on.

We owe a big thanks to our snowmakers: Joe Teff, Mike Spaude, Rick Sovada, Sean and Bob Skow, Dan Fark, and the ski team parents who helped out. We appreciate you and your spirit. We are fortunate to have many volunteers willing to step up when needed! Hopefully mother nature will step up to the plate shortly!

What's new in the way of equipment this year? We secured a 75-25 DNR grant. That means they paid 75% and we pay 25%. Those are the kind of grants we love to get! With that grant we are getting a new Bearcat

snowmobile, a ginzu groomer to go with it plus a set of wheels to transport the groomer from one place to another. We also will get a tracksetter to be pulled behind the groomer. With the rest of the money in the grant we will get a flail mower which will cut the time to mow our trails in half - the mower has a 10ft diameter instead of the old 5. Yippee!

Also new this year and not part of the above grant, are a new snowgun and associated hoses. We are using SCSU's air compressor for free instead of having to rent a generator. This is much safer, enables us to shoot snow under the trees easier, and takes the pressure off the snowmakers to get done in a certain time because we were renting the generator.

Thanks again to all our volunteers. We look forward to another great season of skiing!

Phil Rogosheske - grooming committee & treasurer





NORDIC SKI CLUB of Central MN

Nordic Ski Club Membership Form

Renewal Membership (enter new information only)

Name(s) _____

Address _____

City / State / Zipcode _____

Phone Number _____

Email _____

Household (\$20 annually) Student (\$5 annually)

I/we do not want to be listed in the membership roster.
 I/we do not want to receive email reminders about outings and events.

Sign me up for e-newsletters only!

Make check out to:
Nordic Ski Club of Central MN
 Mail to:
Laurie Leitch - 1938 29th St. South - St. Cloud, MN 56301

Free Ski Buff with
 each Membership!



"Find Us on Facebook"

The ski club has a Facebook page. If you haven't found us yet, take a moment to visit <https://www.facebook.com/CentralMNNordicSkiClub>. You do NOT have to be on Facebook in order to view the page.

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



Ski Club Board thru Sept 2015

Expires '14	Carl Bublitz	259-1939
Expires '14	Jeremy Frost	230-6392
Expires '14	Gary Strandemo	255-9125
Expires '15	Justin Quinn	253-3496
Expires '15	Heidi Harlander	253-0285
Expires '15	Khia Anderson	310-2686

Officers & Coordinators

President	Gary Strandemo	255-9125
President-Elect	Justin Quinn	253-3496
Secretary		
Treasurer	Phil Rogosheske	252-7291
MN Youth Ski League	Nick Snavely stcloud@mynsl.org	763-232-4921
Membership	Laurie Leitch	293-9500
Newsletter	Bill Gorcica	293-5349
	Julie Olson	255-1223
	Laurie Leitch	293-9500
Outings	Steve Zinsli	253-2018
Trail Grooming	Phil Rogosheske	252-7291
Coordinator	Bob Skow	253-2919
Webmaster	Roger Sorenson	290-6217
Trail Supervisor	Phil Rogosheske	252-7291

Newsletter Submissions Welcomed for February/March 2014 Issue

Please send items for the next newsletter to Laurie Leitch at lleitch@charter.net, or Bill Gorcica at bill@billgorcica.com. Photos, stories, and news items are appreciated.

Deadline: February 7th

www.nordicskiclubcentralmn.org