

# St. Cloud Nordic News

Volume 19 April 2011

Issue 2

The Newsletter of the Nordic Ski Club of Central Minnesota

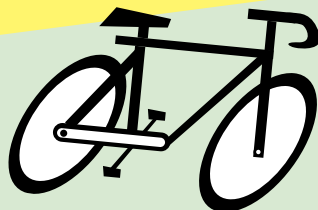


Goodbye,  
Winter...



Spring and Summer, Here we Come!

Bike,



Hike,



& more ...

Summer  
Outings  
Calendar  
Inside

# Nordic Ski Club of Central MN – Summer Outings – 2011

*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**

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 Wednesday 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 Roseanne Schoemehl at 249-5187.

## **April 30, Saturday: BIRD WATCHING AT RIVERSIDE PARK / TALAHI WOODS**

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 28, 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 4, Saturday: MAYOR'S BIKE RIDE**

Come show your support for building the Lake Wobegon Trail from St. Joe to downtown St. Cloud. 9:00 AM start at the St. Cloud city hall. Ride 5 miles to River's Edge Park in Waite Park. Hear from community leaders and enjoy free snacks and refreshments. No sign up, no registration fee. Invite some friends - it is all FREE. For additional information call Michelle Musser at 252-7568.

## **June 11-12, Saturday - Sunday: WINERY BIKE TOUR**

Distance biked each day will be approximately 40 miles. We will visit wineries near Kimball and Spicer. There will be a few more miles as we go from the Glacial Ridge Winery in Spicer to the motel and then to the Murder Mystery dinner (for those who want to participate in it). Participants are responsible for making their own motel and Mystery dinner tour reservations. Apparently sometimes there are discounted tickets at [groupon.com](http://groupon.com) or [valueconnection.com](http://valueconnection.com) for Spicer Castle Murder Mystery dinner.

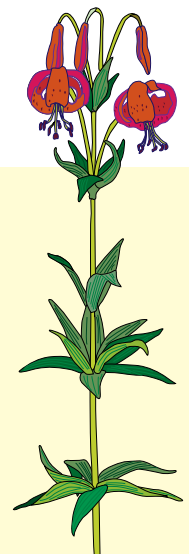
Motel we'll be staying at: Lake View Motel 320-796-2224. No AARP rate. Rooms have one queen and 1 dbl in ea room for \$61.00/ night. The hotel management said they could cancel reservations with 24 hr notice (new owners).

Spicer Castle: 800-821-6675 or 320-796-5870. Price for the Murder Mystery Dinner is \$59 + tax and gratuity. This includes a 5 course meal and participation in the murder mystery. Both the Castle and the motel advised that we make reservations SOON as that is the beginning of their "high season". Call trip leaders for specific details about starting time, place, etc. Trip leaders not responsible for weather, bad roads or motel conditions.

For more information contact Pat M. at 253-0229 or Cindy R at 224-1104.

## **June 11, 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](http://www.lakewobegontrails.com)



# Summer Outings – 2011 – Nordic Ski Club of Central MN

## June 18, 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.

## July 7-12, Thursday - Tuesday: 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 7th, spend 3 or 4 nights on the trail and return no later than July 12th. 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.

## July 23, Saturday: SAUK RIVER CANOEING - COLD SPRING TO ST. CLOUD

Spend an afternoon canoeing on the Sauk River. We will put in at Frogtown Park in Cold Spring around 1:00 PM and canoe to Anton's in Saint Cloud, where we will have supper. Canoeing distance is approximately 16 miles. (Hey, it's not so bad, it's all downhill.) Please call trip leaders at least a couple of days ahead of time in order to allow for planning of car and boat shuttling. Trip organizers: Steve Zinsli (253-2018) and James Bryer (253-7787)

## Aug 6, Saturday: BIKE TO BREAKFAST - WAITE PARK TO CLEARWATER

Who would like to eat some fritter bread or French toast at the Clearwater Truck Stop on a mid-summer morning instead of puttin' up with ol' man winter? Let's bike 18 miles one way to the Clearwater Truck Stop and refresh ourselves with some good eats and bike home. Let's start at 7:30 AM at my house (121 7th Avenue North, Waite Park), bike to Cindy Robertson's house and pedal away to Clearwater. See you when it's warmer... will it be warmer???? Call Linda Christen at 320-259-5787

## Aug 13, Saturday: A SUPERIOR DAYHIKE

This day hike is a 7.5 mile (or 4.3) trek on the SHT in the Duluth area. After dodging all the road construction, we'll meet at the Spirit Mountain trailhead then shuttle to the Munger trailhead. Those wanting a shorter hike can leave a car at the Magney Snively trailhead. We'll hike from Munger over Ely's Peak and the Bardon Peak area and end with a hike up Spirit Mountain. Pack a lunch to bring on the trail. Trip organizer: Roger Sorensen (290-6217 or r.Sorensen@charter.net)

## Aug 27, Saturday: CANOE THE CHAIN OF LAKES - RICHMOND TO COLDSPRING

We will put in on Long Lake (south of Richmond) and canoe through nine lakes on the Horseshoe Chain, ending at Lion's Park on the Sauk River in the town of Cold Spring. Plan on having canoes in the water and starting to paddle around 10:00 AM. We will have lunch at an establishment in Cold Spring when we arrive there. Canoeing distance is approximately ten miles. Call trip organizers at least two days ahead of time in order to allow time to plan the logistics of boat/car shuttles. Trip organizers: Steve Zinsli (253-2018) and Roger Sorensen (290-6217 or r.Sorensen@charter.net)

## Late August -- Early 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've done this twice now) Rick Walter and Denis McGuiness, as we set out on an all day adventure to Mallard Lake, just north of Mille Lacs Lake. This outing will take place sometime in late August or early 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.



# LAKE WOBEGON TRAIL COMPLETION

Would You Like to be Part of  
Completing the Saintly Seven?  
(from St. Joe to the Mississippi River)



We have a \$5,000.00 challenge grant that was initiated through the Central MN Community Foundation for this purpose.

Go to: [www.givemn.org](http://www.givemn.org) ; type in Lake Wobegon and select: Lake Wobegon: Build it from St Joseph to the Mississippi River OR [www.lakewobegontrail.com](http://www.lakewobegontrail.com) and follow link on right.

FACT: In 1994 the idea of the trail was born through the Albany Jaycees and fund-raising begin in 1995.



Let's finish the Saintly Seven!

## A Special Thank You to our Trail Groomers

Dear ski club members: We grooming coordinators would like to send a special thank you to all of our volunteer groomers who labored in the white vinyards this past winter. Thanks especially to Joe Teff and Mat Stone who did a major part of the coordinating and grooming. Mat was kind enough to allow us to store the new Kubato in his backyard for the winter and head up the training in of new volunteers and the continuing education of our returnees. Joe is kind enough to allow us to store that Kubato in his storage shed free from mice and weather. We are taking good care of our equipment and want to continue that. A special thanks to Brian Amo (for all his years with Youth Ski League also) Kris and Kyia Anderson, Dan Fark, Tom Rentz (for all his great "behind the scenes work" ), Mike Schroden and Ben from Revolution, and Bob Skow (our Apollo, VA groomer), for their stellar grooming contributions all winter. This was one of our best snow years and we might just get another good one next year.

We have applied for a DNR matching grant for next year for a bigger tracked vehicle to replace the piston bully and bombardier which we sold. We could be getting an 80 horse tracked Kubato which we tested on our hills at the prison. It looked good to all who were there. This is another enclosed cab for our aging groomers! It will be able to pull our ginzu groomer and a bigger ginzu quite easily. We have our fingers crossed. If our grant-in-aid money comes through we should be able to swing it. We may have to do a small fundraiser, but I am sure we are up to it if need be. St. John's wants us to groom out there next season. We are still discussing this. Stay in shape and have a great summer. Remember, skiers are made in the summer! Rogo - for the grooming committee



**4<sup>th</sup> Annual  
Sons of Norway Barneløpet**  
(Children's Nordic Fun Ski Event)

The Fourth Annual Sons of Norway Barneløpet was held Sunday, January 23, 2011, at Riverside Park in St. Cloud. This free, fun children's ski event was hosted by three lodges: Trollheim 1-511 of St. Cloud, Vennekretsen 1-559 of Anoka, and Fjell-Syn 1-667, Mounds View. Each lodge played a vital, active, and visible role. A total of 110 children skied and were treated to hot chocolate, cookies (brought by members of each lodge), and sandwiches. Each child also received an Olympic-style medallion, their own colorful race bib, and a participant's bag with several useful coupons and items, i.e. pairs of ski ties from Subway of Waite Park, Viking for Kids magazine, etc. Free skis, boots, and poles were available from the Minnesota Youth Ski League for those without equipment. Free adult ski lessons were provided by instructors from the Nordic Ski Club of Central Minnesota. Demonstrations of Norwegian treats and samples were given out of vaffler, krumkake, rosettes, and sandbakkels adding to the festivities along with the presence of the Viking Age Club from St. Paul. Sons of Norway was visible through publicity and signage before, during, and after the Barneløpet resulting in great exposure and a very positive image conveyed of Sons of Norway. Four people signed up as new members, with the possibility of two others. District One Sports Director Marilyn Severson attended and handed out medallions to each happy skier crossing the finish line. *Submitted by Tolly Vollen, Claudia Bomier: Co-Chairpersons*



## COACH'S CORNER



### 2010-2011 Local High School Nordic Skiing

#### Tech HS Highlights

28 skiers: 16 boys, 12 girls (18 from Tech, 10 from South)

- Boys team: Places 1st in 10 Invite meets  
Places 12th out of 72 schools at Giants Ridge (Mesabi) Invite in January  
Places 1st (tie) at Central Lakes Conference Championships in February  
Places 2nd at Section 2 Meet; advances 5 boys to State Meet in February  
State Meet:
  - Nick Proell 15th (out of 119)
  - Sam Anderson 36th
  - Chris Rouw 43rd
  - Karl Christensen 76th
  - Elliot Busta 105th

2) Captains Sam Anderson, Elliot Busta, and Kaela Kopp volunteer at MN Youth Ski League lessons Sunday afternoons @ Riverside Park.

See <http://techski.pbworks.com>

Ion Senchea, Head Coach  
Phil Deger, Assistant Coach

#### Cathedral/Sartell HS Team Results

Date	Opponent
Thu 12/02/2010	Tech
Girls 7 <sup>th</sup> out of 11 teams; Boys 8 <sup>th</sup> out of 10 teams	
Tue 12/07/2010	Apollo
Girls 2 <sup>nd</sup> out of 8 teams; Boys 8 <sup>th</sup> out of 9 teams	
Tue 12/14/2010	Cathedral/Sartell
Girls 2 <sup>nd</sup> out of 8 teams; Boys 5 <sup>th</sup> out of 8 teams	
Tue 12/21/2010	Willmar
Girls 1 <sup>st</sup> out of 6 teams; Boys incomplete team score	
Tue 1/4/2011	Mora
Girls 2 <sup>nd</sup> out of 4 teams; Boys 2 <sup>nd</sup> out of 5 teams	
Sat 1/8/2011	Mesabi Invite
Girls 27 <sup>th</sup> out of 54 teams; Boys 57 <sup>th</sup> out of 72 teams	
Thu 1/13/2011	Graystone
Girls 2 <sup>nd</sup> out of 8 teams; Boys 5 <sup>th</sup> out of 8 teams	
Mon 1/17/2011	Little Falls
Girls 5 <sup>th</sup> out of 16 teams; Boys 11 <sup>th</sup> out of 16 teams	
Tues 1/25/2011	St. Johns Prep Muti
Girls 1 <sup>st</sup> out of 7 teams; Boys 5 <sup>th</sup> out of 7 teams	
Thu 2/10/2011	Section meet
Girls 3 <sup>rd</sup> out of 10 teams; Boys 7 <sup>th</sup> out of 10 teams	

**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 in St. Cloud.*

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