

Wausau Nordic Ski Club

FEBRUARY/MARCH 2009



Thank You
to all the
Badger
State
Games
Concession
Volunteers.
I heard you
were busy
every min-
ute feeding
all the ath-
letes. This
is a major
fund raiser
for the club
and we are
still looking
for a lead
person.
Anyone
with an in-
terest
please con-
tact Dan
Leider.

LAST CLUB MEETING FOR THE SEASON! ANNUAL AWARDS AND POTLUCK NIGHT is MARCH 10th!!!

Come join us at Nine Mile on Tuesday, **March 10h** for the last Bash of the season.

6:00 Dinner

7:15 Program –

Club Awards

High School Scholarship Presentations

Night Glider Recognition

You won't want to miss out on this evening of fun, food, and friends. The club will be providing a variety of meats (brats, hot dogs, turkey), buns/bread, and beverages. We ask that you bring an item that corresponds with the 1st letter of your last name:

R-Z **Hors d'oeuvres**
H-P **Salads/Vegetables/ Side Dishes**
A-G **Desserts**

A board member will be calling you for your RSVP so we know how much food and beverages will be needed. Looking forward to seeing everyone to wrap up the season.

A BIG Thank You to all the folks who volunteered to work the Snekkevik this year and help make it a very successful Club Race. John Beatty will be taking over as Race Director next year. Please give him the same support you have so graciously given us over the past years. Greg/Rachel

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www.WausauNordic.com
CHECK IT OUT!
 It is updated often. Please submit updates, suggestions, and trail reports

Wow! What a great season of Adult Ski Lessons. Our super volunteer group of twenty instructors gave 292 lessons this year. The early snow had people enthused about Nordic skiing and it showed on the first week of lessons when we had a line of students out the entry door. Unfortunately, we had to turn people away for a lack of rental equipment. A lack of equipment was a factor on three of the four weeks. Only the second week when it was about 10 below zero did we have a lower attendance. The hot chocolate, cider, and cookies that the ski club provided proved popular and gave students and instructors a chance to visit. We received many compliments on our lessons and the quality of the instructors. While most students came for one beginner lesson, an increasing number came back week after week and some took both skate and classical lessons. The counties chalet and grooming staff was also very accommodating of our busy Tuesday nights. It continues to be gratifying to see students at Nine Mile practicing what they learned. Thanks again to everyone and enjoy the snow. John Beatty

Ski Programs at 9 Mile

We had a total of 53 snow striders throughout the 4 weeks with a weekly attendance of 35-45 kids. We had a blast and had a great sunny 35 degree day for our weinie roast finale. A special thanks from Sarah and I to all of the volunteer coaches who helped out. I purchased 7 pairs of skate skis with bindings from Mel's compliments of the generous Birkie foundation grant we received this year. The skis came at the end of this year's program. I was able to get them all waxed up and ready to go for a few of the kids to try out. They will be put to good use by the kids next year.

Thanks, Todd Craig

Wausau Nordic Ski Club welcomes our newest Board Members

Scott Anderson

Scott and his family relocated to Wausau 18 months ago from Missoula, Montana. Scott is an avid XC Skier who prefers to kick and glide. He has skied several Birkies and various races throughout the West. The Yellowstone Rendevous and the Boulder Mountain Tour in Idaho are his favorites. His wife Angel assists with the the Snow Striders program, and his two children, Victor (9) and Bergen (6) ski regularly. While in Montana, Scott served on the Missoula Nordic ski Club board as co-race director. He also assisted with a K's for kids program, and the Sons of Norway Barnebirkie. Scott looks forward to becoming more involved with the Wausau Nordic Ski Club, and is especially looking forward to future involvement with the Night Gliders program, as well as Adult lessons. Scott also coaches youth hockey as part of the Marathon County Youth Hockey Association.

Tom Wald

Tom started cross-country skiing when he was 12 years old in the early 1970's: a self-taught classic skier (no coaches or ski teams/clubs). He and his friends had to break their own trails on golf courses in the Twin Cities, as there were no groomers or designated ski trails. Sometimes he misses his old wood skis made in Norway.

Tom rediscovered skiing when he moved to Wausau in 1995. He learned to skate ski (through the Ski Club) after a disastrous first Birkebeiner on old classic skis in 1996, finishing in 7 hrs. 38 min. He has completed 12 Birkies since, now a fifth-waver.

Tom has helped with Night Gliders and the High School teams over the years. He enjoys the social aspects of the club, especially after participating in his first Ski Club bus trip this winter. He is excited about the nearly full parking lot at Nine-Mile on Tuesday nights and will work to ensure it continues.

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- JACKETS: Anyone interested in getting a VO Max Wausau Nordic Club
- Jacket – contact Rachel to get on an “interest list”. They only accept orders of
- 12 jackets minimum. We were able to hook in with High School orders this
- year since Ski Club members had a split of 6 wanting red/black and 6 wanting
- blue/yellow. Don’t know if we will be that lucky this year. The cost this year
- was \$115. Ask anyone who has one and they will tell you they are worth it, es-
- pecially with the cold skiing we have done this year

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Congratulations to Ben Hugus!

Who captured the boys State High School Cross Country Ski Championship Title in Minocqua on Saturday, February 7th and the State Classic Sprint title in Madison on February 15th..

The Wausau West Boys came in 2nd when they lost the Team State Championship title by ONE point to Peak Nordic.

Wausau East boys took 6th place and Newman Marawood was 10th. Wausau West Girls were in a tie breaker with Peak Nordic and took 3rd. Wausau East girls were 7th. Top 10 finishers were Hailey Feltz and Ashlee Marshall from Wausau West, Ben Hugus, Matt Nichols, and Chris Nichols from Wausau West, and Mark Punzenberger from Wausau East. All results can be viewed at itiming.com

JUNIOR OLYMPICS

Two Wausau athletes will be going to Junior Olympics in Truckee, CA this year. Ben Hugus, who repeats from last year, and Ashlee Marshall who will be going for the first time, were named to the Junior Olympics Midwest Team on February 2nd. They had to earn enough points at Junior Olympic qualifying races in order to secure a berth on the team. This is no small feat as the Midwest is very competitive. We wish them well. Ski hard and have fun. Junior Olympics is the week of March 9-14th if you are interesting in following the results, you can access through www.cxcskiing.org

Other High School athletes who competed at the Junior Olympic (JO) Qualifying races were: Mark Hugus, Matt Nichols, Chris Nichols, Adam Martin, Hailey Feltz, Megan Marshall, and Krista Maguire.

Night Gliders

We have had a great Night Glider season (5th-8th grade skiers). Biggest group ever of 30 participants. We have been skiing since December and only missed a couple of nights due to the cold. This is one tough group of skiers! We will continue until the snow goes away as spring is a great time to learn balance skills and be playful in the light and warm temps. They say skiers are born in spring and summer as we build toward the next year. We want to thank all the volunteer coaches and coach dads who are instrumental in managing this large of a group. Coach Sween and Coach Cavanaugh have been exceptional this year along with Sue and Mark Parman and many "dad" helper/coaches. They are a fun group and never come to practice without their enthusiasm! This year we had 3 middle school boys and 2 girls participate at the State Meet in Minocqua. We hope to see the whole group in it next year when the State High School and Middle School State Championships come to Wausau for 2010 & 2011. Thanks again to all the parents who support the program by getting the kids there!

Perspective on the past - Dreams can come true.

Some of you are well aware of my Norwegian heritage and the passion I have for Nordic Skiing. I've always wanted to ski a race in it's most traditional form. Wooden skis, three pin binning, bamboo poles, pine tar skies buffed to a glossy sheen, along with wearing authentic Norwegian clothing of wool knickers, thigh high hand knit socks, hat, and an original Norwegian sweater.

All of the items are somewhat hard to come by. The beautiful wood skies are no longer being made and the classic clothing is very difficult to find. I began keeping my eyes open for wood skies and bamboo poles a few year ago at the Ski Swap. I found many wooden skies, but in a fragile, non ski able condition. Eventually I obtained a few pair, made some repairs, pine tarred them and I was closer to my dream.

My next quest was to find my clothing. Searching the internet I was able to fine WWII era army green knickers, none of which were my size. My only option was to contact my Norwegian relatives. I told them of my quest with hopes that they could help me out.

During my visit to Norway I had the opportunity to ski the Norwegian Birkebeiner. After that race my cousin and Aunt presented me with a sweater that was worn during the Lillehammer Olympics. I had my sweater. A dream come true!

Last summer my Norwegian family came to visit and presented me with wool knickers, hand knit socks, hat and gloves that my 79 year old aunt knitted. This was such a thrill to receive this gift. By the way she is also a remarkable skier. Again a dream come true!

The equipment and clothing now obtained, what race would I ski? I pondered my decision and thought why not the Snekevick Classic! I went directly to the wax room. The waxing and buffing began until the skies had this beautiful sheen.

The day was snowing in the morning and temp of below zero. I put on my Norwegian finest and traveled to Nine Mile. I got to the start line and positioned myself at the back of the field. The horn blew and away we went. Thoughts of my dream flashed before me. I looked up, and the majority of the field of skiers have turned the corner of Main Street. I had gone fifty feet, as the field have skied away from me. I quickly thought "double pole.... I have no glide." I then realized this was going to be a long race and a workout I had not imagined.

The snow continued to fall. My clothing accumulating a coat of snow. I realized I am experiencing a warmth I had not felt before. Having no glide, I thought, I have to diagonal stride every step of the way, uphill, flats and downhill. I then reminded myself of the fantastic experience I am having. I forgot the temp was below zero, the tracks filled in with new fallen snow, and I didn't really care that I had no glide. I was filled with a sense of tranquility and accomplishment.

My respect for those who have skied before me is profound. I am proud to have met my challenge, and completing my goal. My dream came true.

Live your dreams.
David Borgemoen

Interactive calendar <http://wausaunordic.com/calendar.htm>

February 2009

22	23	24	25	26	27	28
		Conference Meeting 5:15pm Night Gl	Italian Sausage 5:15pm Night Gl	5:15pm Night Gl		Lakeland Loppet

March 2009

Sun	Mnn	Tue	Wed	Thu	Fri	Sat
Mar 1	2	3	4	5	6	7
		5:15pm Night Gl		5:15pm Night Gl		
8	9	10	11	12	13	14
		Last Club Meeting		5:15pm Night Gl		Minocqua Winter

Do you carefully store your skis for the summer? This year the Wausau Nordic Ski Club will offer a “**Spring Ski Wax**” night. All skis should have a coat of storage wax applied to them to preserve the ski base over the summer. On **March 26**, the club will offer you the chance to bring your skis to Nine Mile chalet where we will prep the skis and apply a coat of wax to them. If you do not have a wax iron, this is a great opportunity to get some wax ironed into your skis. To be prepared with enough wax, please call 355-1271 and let John Beatty know how many pairs of skis you want waxed. We will have brushes, wax benches, and irons to prepare your skis for you until next season. We will begin at 7:00 p.m., and the fee is \$5.00 per pair of skis. There will also be scrapers and polish brushes available for purchase, if you wish to scrape your own skis next fall.

I hope you are enjoying the plentiful snow and great skiing we have at Nine Mile. While we are excited about skiing it is important to remember that Nine Mile as we know it would not exist without the continued support of the Wausau Nordic Ski Club members. The lights, the improved trails, Badger State Games, the growing ski teams, nothing would be available to enjoy without the efforts of ski club members over the years. Thank you. However, if we want to keep everything going, we will need to speak up. “The squeaky wheel gets the grease”. First, recruit more people to try skiing and recruit new club members. Be active in the clubs activities. Second, contact your county board supervisor and let them know “silent “ sports are important to you. Third, I suggest we encourage our schools to include cross country skiing in their curriculum of life sports. Let’s keep the enthusiasm of this winter going for years to come. John Beatty

The March 10th Awards meeting will count as our club's annual report meeting.

Bulletin Board

Nine Mile now has a child's **ski pulk** for rent. A pulk is a sled with a seat, safety harness, and enclosed cover to protect the child. It has long poles that connect to the parent with a waist belt. Now the family can ski together. It can be rented for two hours for \$5.00. Take the kids out and enjoy the snow.

Feature Articles Wanted!
 The Wausau Nordic Ski Club Newsletter & Website belongs to YOU, it's members!
 Let your voice be heard, by contributing any type of article of interest: whether it is humorous, motivational or maybe you have some helpful information. send or e-mail items to:
 Perry Dau Perry@RevelSports.com

March 7th is the deadline to RSVP for a Saturday March 14th Minocqua Road Trip

Anyone for “**CRUST SKIING**”?

Adults too should not give up skiing too early as March is such a great month of fast snow and comfortable temps – there is also crust skiing where you go cross country over swamps and bogs and have to finish your work-out before the sun slushes the snow. Ask Greg or me about it – Minocqua has great crust skiing over the bogs and off the Lake Marie Trail. Sometimes just going on farmer's fields around here is a hoot. If you haven't done it - you have missed a great ski experience.

WINN Scholarships to ski the Korteloppet at the Birkie this year went to: Matt Nichols, Morgan Stamp, and Allison McDonald from West, Krista Maguire and Adam Sorenson from East, and Steve Wenzel from Wausau Newman-Marawood.

Wausau Nordic Ski Club

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WAUSAU NORDIC SKI CLUB

We, as Wausau Nordic Skiers, are volunteer-diverse people with a common interest in the sport of cross country skiing. We are both competitive racers and weekend social skiers - a complete spectrum of individuals consisting of families, singles, youths and seniors from all social spheres.

The Wausau Nordic Ski Club was formed in 1972 to establish, maintain and promote safe cross country skiing through projects contributing to growth and advancement of the sport.

Upcoming Ski Club Events

MARCH 10th - Tuesday 6 PM: Awards Night and end of season Potluck.

March 14th - Minocqua Winter Park Car Pool Trip

March 26th - Spring Ski Wax Night