



## A Note from the Club President

Snow may not have blanketed Central MN yet, but the Ski Club has been busy. The Grooming Committee has purchased new equipment to help maintain our trails at a high level. Be sure to thank those who work tirelessly on trail maintenance throughout the year including grooming during the winter months. The Outings Group has planned numerous events ranging from Waxless Wednesdays in Quarry Park to full-weekend excursions. If you're new to the organization outings are a great way to meet other cross-country skiers while exploring a variety of trails. Numerous members enjoy testing themselves at various ski races and the club is a great way to connect to those interested in racing. The Minnesota Youth Ski League (MYSL) will be offering instruction to kids in January and February; connect your children with the MYSL and/or assist with the program.

Numerous volunteer opportunities are available for Ski Club members so please offer your time and share your passion for Nordic skiing with others. Stearns County Parks is organizing the Moonlight Ski for January 6th; Ski Club volunteers will help to ensure a wonderful evening for all including bringing and sharing goodies with those participating in the event. Ski Club members are also needed to assist with the Barneloppet (children's ski event hosted by the Sons of Norway) on January 22nd. The St. Cloud YMCA is organizing the first Family Snow Games for February 11th; Ski Club members are needed to assist with the cross-country skiing portion including teaching others how to ski.

The Nordic Ski Club of Central MN has much to offer that I hope you'll take advantage of throughout the year. I also hope to see you giving of your time and energy to help the club continue to build and nurture interest in Nordic skiing throughout the area. To learn more about the Club's activities and how to get involved just read on!

See you on the trails! – Heidi Harlander

## Moonlight Ski

**January 6, 2012 – Friday**

**6 PM to 10 PM**

**Quarry Park & Nature Preserve**

You and your friends are invited for some FREE outdoor fun and food. This year's moonlight ski will feature:

**4.2 miles of lighted/groomed cross-country ski trails**

**Heated warming building**

**Free drinks and food**

**A Tibetan Yak**

**Bonfire**

**Ski poker run with prizes**

**Free admission to Quarry Park & Nature Preserve**

This event is open to skiers of all ages and abilities. The groomed classic and skate cross-country ski trails at Quarry Park provide easy trails and a few moderate hills. The trails are scenic and sheltered from the wind.

Prize awarding events will be part of this year's moonlight ski. The Nordic Ski Club of Central MN will be presenting \$25 gift certificates to Revolution Ski & Bike, Scheels and Fitzharris Ski & Sport. There will be prizes for the ski poker run (Ski poker run event time 7:30 to 8:30 PM) and a general prize drawing. You must be present at 9 PM to be eligible for the prizes.

A limited number of free ski rentals are available from Fitzharris Ski & Sport (251-2844) and Revolution Ski & Bike (251-2453). Advance reservation required.



## Focus on Kids!

### Central Minnesota Youth Ski League (MYSL) – Saint Cloud

During the winter of 2012, Central Minnesota Youth Ski League members will meet on Sundays, from January 1st, 2012 to February 26th, 2011, from 2:00 p.m. to 4:00 pm., except on Sunday, January 22, 2012 (Sons of Norway Barnaloppet) where we will attend this event instead. Additional details below.

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.

You may register online (highly preferred) now at <http://mysl.org/registration-guide>. There is an early season registration discount for club memberships until December 15, 2011. Also, there is a cap of three club memberships per family. There is no charge for additional memberships. Discounts will display upon checkout.

#### Typical Ski League Session

We're here to cross county (nordic) ski and have fun! We ski and play games on skis and in the snow. This is a very friendly, family oriented program focused on kids 4 to 13 years old. We divide into six groups based on age, comfort level, and skill level. Younger groups ski close to 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 restroom break. Then back on the trail until 4:00 p.m.

You must provide your own cross country ski equipment. If you are having a hard time finding ski equipment, please contact Nicholas Snavely at [stcloud@mysl.org](mailto:stcloud@mysl.org) to see what additional options may be available.

The first day is a bit chaotic, but there are volunteers to help with registration instruction and getting you started. If you have a 4- to 6-year-old child, one parent will be required to assist that child during their class. Older skiers also require a parent/guardian present while attending. Just to be clear, don't plan on dropping your child off and picking them up after each session, since parents/guardians are expected to participate in some fashion, such as helping in the shelter or assisting with coaching. No experience is necessary, as we have activity plan booklets for each level available for review before each session. Once again, I stress that this is a very friendly, family oriented program that is built around the kids having fun while also learning skills and techniques needed to become better cross country skiers.

Make sure your skiers are dressed appropriately for the weather conditions! Dress in layers. A dry, warm skier is a happy skier. We will not meet unless conditions permit a safe and enjoyable activity. If the coordinator feels that the ski conditions are not safe, the meeting will be canceled for that week. If the temperature is below -10 F, (or below zero with any significant wind), the event will be canceled. Cancellations will be posted on the Central Minnesota Youth Ski League website. Parents are encouraged to use their own discretion in any other circumstances.

#### Volunteer Opportunities

**We need you!** The Central Minnesota Youth Ski League is an all-volunteer organization. We depend on parents and other volunteers to coach, encourage and help organize our children, and we expect at least one adult volunteer from each family registered. With your participation, we can create a great winter experience for our kids. Volunteer activities include:

**Coaching:** – Coaching is one of the most important and enjoyable ways you can volunteer. While the Club is fortunate to have some of its coaches returning this year, we need more adult coaches to keep our coach-to-skier ratio high. Anyone can coach – you don't need to be an expert skier to volunteer. MYSL has an excellent week-by-week curriculum, which includes many games on skis. Please contact the Coordinator if you can make this valuable contribution.

**Junior Coaching:** - In addition, junior coaches have made a real contribution to the Club. If you are a high school skier and would be willing to serve as a junior coach, we need you!

Junior Coaches should register online at <http://mysl.org/registration-guide> once they have confirmed with Nicholas Snavely, Central Minnesota Youth Ski League Coordinator, that they will be an assistant coach. There is no charge to register as a Junior Coach and a parent needs to sign the online waiver.

**A Coaches/Assistant Coaches meeting** will be held Wednesday, December 7, 2011 at 6:00 p.m. to get ready for this upcoming 2012 Central Minnesota Youth Ski League season. Spread the word and let others know as well, particularly those that plan to be a volunteer assistant coach. We'll meet at my (Nicholas Snavely's) house (1/2 block from Riverside Park, at 805 17th Street SE, Saint Cloud, MN 56304. (White house with fire hydrant on corner)

**A Minnesota Youth Ski League One Day Coaches Training** will be held on Saturday, December 10, 2011 from 1:30 p.m. to 5:00 p.m. at Wirth Park, Minneapolis. The Central Minnesota Youth Ski League Coordinator will be attending and those interested in coaching are welcome to attend. The training is for new and experienced leaders and coaches. Personal technique coaching and game examples, as well as classroom discussion will be provided. Attendees should bring their cross country skis and can register online for this event at <http://mysl.org/registration-guide>.

**Coordinating** – The Club also needs volunteers to coordinate snacks and drinks for after skiing, to serve as attendants in the shelter, Handing out bibs, sorting skiers into ski groups, and to plan the end of season potluck and other logistics. Please contact the Coordinator.

**Encouraging** – The Club encourages parents to ski with their kids – they love to see you doing the same thing and being able to show you what they can do! We encourage you to ski with your child's level and to help with games and exercises. You may learn how to coach!

**Leading a Special Ski Day** - Help prepare a fun activity for the kids to enjoy during the class, such as a treasure hunt, face painting, a destination ski to find a special treat, ski acrobatics, or anything you can think of. A fun activity is a great way to teach skiing without the kids knowing they are being taught.

**Photographer** - We'd like to capture pictures of our skiers for sharing at our end-of-year potluck. Are you tech-savvy and able to organize a slide show?

**Assisting with fundraising efforts** to cover the warming shelter rental, as well as raising funds for additional needs such as obtaining grants and donations for youth skis/boots/poles for youth needing cross country ski equipment.

**Questions? Comments? Want to volunteer or coach?** Please contact Central Minnesota Youth Ski League Coordinator Nicholas Snavely at (763) 232-4921 or [stcloud@mysl.org](mailto:stcloud@mysl.org)

#### Upcoming Kids' Cross Country Ski Events

MYSL SuperCarnival, Junior Loppet (MNYSS) and Minne-Loppet

When: Saturday, February 4, 2012 from 1:30 to 3:30 p.m. & Sunday, February 5, 2012 from 11:00 a.m. to 1:00 p.m.

SuperCarnival is both Saturday and Sunday! As part of the City of Lakes Loppet weekend in Minneapolis. Ski games, obstacles, hot cocoa, fun, prizes, free!

Also on Saturday:

Junior Loppet 2:30 p.m. Expanded age groups! See web site for fees and distances. MNYSS points for this race only.

Minne-Loppet 3:30 p.m. (free if you preregister)

More information and registration available at <http://www.cityoflakesloppet.com/>

Mora Miniloppet

When: Saturday, February 11, 2012 at 12:00 p.m. (Noon)

The Mora Miniloppet, held on Saturday afternoon, offers children 13 years old and younger a chance to participate in the excitement of skiing a 1.5K, 4K or 7K course and cross the finish line in downtown Mora. They will hear the ringing of the bells in the bell tower signaling the finish is near. All skiers receive completion medals.

Register now at <http://www.vasaloppet.org/uploads/2012MiniloppetForm.pdf> with additional information at <http://www.vasaloppet.org/races.php>



# 5<sup>th</sup> Annual Sons of Norway Baneløpet

(Children's Nordic Fun Ski Event)

The Fifth Annual Sons of Norway Baneløpet will be held Sunday, January 22, 2012, at 1:00 p.m. at Riverside Park SE. Registration begins at 11:30 a.m. along with free adult ski lessons at that time. The Baneløpet is free for children 3-13 and each participant gets an Olympic style keepsake medal and a colorful bib. If you would like to volunteer in any capacity, including giving adult beginning ski lessons, call Nick at 763-232-4921 or Tolly at (320) 252-6230. Free ski equipment for children, while supplies last, provided by Minnesota Youth Ski League. Riverside Park warming shelter is located at 1725 Kilian Blvd. SE, Saint Cloud, MN 56304 on the SE side of St. Cloud, across the river from Saint Cloud State University.

Also, several of us "old timers" remember Kenneth Malmstrom, who passed away recently at the age of 99 at Country Manor in Sartell. I gave this short tribute to him at his funeral held November 11 at Country Manor.



## Remembering Ken Malmstrom

by Tolly Vollen

My memories of Ken Malmstrom center a lot on skiing. He said that his first skis were made by his father out of barrel staves when Ken was 9 or 10 years old. He skied a great deal as a youth growing up in the Brainerd area--cross country, downhill, and jumping.

About 30-35 years ago, Ken worked on the ski club's trails in the Avon area every fall. He helped make blueberry soup served at the feed stations for the citizen race, the TTT (Torger Tokle Tour). That soup originated in Sweden and Norway and is served to skiers at a feed station at the Mora Vasaloppet. Ken braved the cold weather at the TTT and at the Sons of Norway skiathons and helped man the feed stations for those intrepid skiers requiring nourishment.

Ken was a member of the local Sons of Norway Trollheim Lodge for 35 years. He was proud of that and would be an eager and attentive listener at an annual program given at Country Manor. Just last year he helped make lefse and a picture of him doing that was published in the Viking magazine. He like to reminisce about his skiing and his equipment used many years ago.

Ken had a fantastic memory! When arriving for a visit with him, he would instantly call out your name every time.



## Molly Weyrens – Apollo Coach Profile

Molly Weyrens has been x-c skiing since the 6th grade when she got involved with the Bill Koch Youth Ski League. She went on to ski at St. Cloud Cathedral High School under the coaching powerhouse, Marty Tabor! She has coached at the high school and college level in cross-country, x-c skiing and golf. She still skis competitively at various races in Minnesota.

Molly enjoys filling her days with meaningful conversation, learning and outdoor adventure. Along with her head coaching duties for St. Cloud Apollo High School, she is currently the coordinator of Youth Ministry and Social Concerns at the Church of Saint Joseph in St. Joseph, MN. Within the next year, she will complete her Master of Divinity degree from the St. John's School of Theology and looks forward to continued adventures and laughter with good people along the trail.

## Coaching Team – Cathedral, Sartell, and Sauk Rapids-Rice

Coach Joe Teff returns as head coach. Mike Schroeden again is an assistant coach, along with Bob Gerten and Jane Fark. Our team has grown this year to 42 skiers, many of them are out for their first season. Almost all of the varsity skiers return this year, in hopes of a successful season! Our season started out with rollerskiing and rollerskating, but we are hoping for snow for practice and races. We're looking forward to becoming a strong team, racing, and going to Christmas ski camp over break. Yay skiing!



Jeremy Frost and Family

## Jeremy Frost – SCSU Coach Profile

Jeremy Frost begins his tenth full season as Head Coach of the Huskies' Nordic Ski team in 2011-12. Frost also served as the Interim Head coach in 2001-02 and as a graduate assistant coach in the 1999-00 and 2000-01 seasons.

Frost attended Blaine High School and competed in soccer, nordic skiing, cross-country running, and track. As a college athlete, he competed in nordic skiing and track.

Frost is a 1998 graduate of the University of Minnesota-Duluth with a degree in Exercise Science, and a 2001 graduate of St. Cloud State University with a Master's degree in Exercise Physiology.

In addition to serving as the Head Coach this season, Frost is an Assistant Professor in the Kinesiology department at SCSU. While at SCSU, Frost has taught Anatomy/Kinesiology, Human Physiology, Exercise Physiology, Nutrition, Wellness, and Lifelong Health and Fitness courses.

Frost lives in St. Cloud with his wife (Annah), son (Eli), and daughter (Nina).



### Ski Lindbergh State Park - January 28th

The Central Minnesota Bicycle Club has had a great first year and we are now looking forward to starting the ski season, as many bike club members also ski in the winter. I would like to extend an invitation to you and members of the Nordic Ski Club of Minnesota to join us for a ski/potluck get-together at Lindbergh State Park on January 28, 2012. For more details go to [www.cmnbikeclub.com](http://www.cmnbikeclub.com) and scroll down to 'CMBSki at Lindbergh State Park'. Please visit the website under "about" where you will find a "contact CMBC" option (or find our facebook group) and RSVP so we get an idea of approximately how many people we can expect. I hope to see many of you there and, please, contact me with any questions you may have. – Jan Lasar

### Plaza Park Bank Family Snow Games

**Saturday, February 11th, 2012**

**9:00am-1:00pm**

**Riverside Park, St. Cloud**

Cost:

\$5 for Individuals

\$10 for Families

Schedule:

Snow Game Activities: 9:00am-1:00pm

At the Top of EVERY HOUR.... We will give away Door Prizes!!

Event Details:

This is a family friendly event that everyone can participate in! Activities will include sledding, cross country skiing and snow shoeing.

There will also be plenty of snacks and warm beverages located inside the shelter.

Visit [www.scymca.com](http://www.scymca.com) for more details on this and other upcoming Bernick's Family Fitness Series events.

The Family Snow Games is the first event of the family snow games. The focus of the series is to get families to try new things and be active. Bernick's is the primary sponsor of the whole series, as well as Leighton Broadcasting and the St. Cloud Times.

### The Friendship Tour

**When: Friday, February 10, 2012 at 7:00 p.m.**

No registration required, free to all. Participating in the Friendship Tour on Friday evening offers families and touring skiers an opportunity to experience the Vasaloppet in Mora, MN without racing in one of the five Sunday events. The 2K Friendship Tour (about one mile) begins at 7 p.m. at the Vasaloppet Nordic Center and ends at the gazebo in the city's Library Park. After a music-filled start at the Nordic Center, skiers will be guided by lanternlight to Mora Lake. At the shore of Lake Mora candlelight will illuminate the trail across the lake and up the hill past the Belltower and to the finish. Snacks, hot chocolate, warm blueberry sport drink will be served at the finish. More information at <http://www.vasaloppet.org/races.php>

### Donations Needed for Youth Ski Bindings

The MN Youth Ski League (MYSL) is a great program that introduces kids to Nordic skiing. Here in Central MN we're fortunate to have a strong MYSL program.

MYSL has obtained 150 pair of new youth skis that are in need of bindings which cost \$25 per set. Ski Club members are working on writing proposals to help cover the cost of the bindings, but we anticipate that more dollars will be needed.

To support MYSL tax-deductible donations of any amount can be sent to the Central Minnesota Community Foundation (indicate Nordic Ski Club - Youth Ski Bindings on the memo line of your check). For each \$25 raised a pair of bindings will be purchased. In addition, for every 5 bindings we put on 5 pair of skis, we get to keep one set of skis, boots, and poles for St. Cloud kids.

Central Minnesota Community Foundation  
101 7th Ave. South  
St. Cloud, MN 56301

If you have questions about MYSL or want to get involved with youth skiing please contact the Central MN Youth Ski League Coordinator Nick Snavelly ([stcloud@mysl.org](mailto:stcloud@mysl.org)).



# NORDIC SKI CLUB WINTER OUTINGS

### 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*

### Friday, January 6: Moonlight Ski At Quarry Park

Come to Quarry Park & Nature Preserve for some outdoor fun. 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.  
*Contact Stearns County Parks (654-4726) for more information*

### 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](http://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 to learn if space is available*

### 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*

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



### Membership Form

Household Membership Fee: \$20  
 Student Membership Fee: \$5 (high school or college)

*Membership includes a ski club hat  
 (you'll get an ecoupon for a hat when you join)*

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zipcode \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

I am interested in volunteering for the following activities...  
 (circle your options)

|                   |                        |
|-------------------|------------------------|
| Trail Work        | Quarry Park Ski Patrol |
| Leading an Outing | Mailings/Newsletters   |
| Moonlight Ski     | CN MNYouth Ski League  |

- 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 '12 | Mike Schroden      | 230-4738 |
| Expires' 12 | James Bryer        | 253-7787 |
| Expires '12 | Roger Sorensen     | 290-6217 |
| Expires '13 | Bruce (Harv) Busta | 259-8004 |
| Expires '13 | Dan Fark           | 252-1599 |
| Expires '13 | Julia Olson        | 255-1223 |
| Expires '14 | Carl Publitz       | 259-1939 |
| Expires '14 | Jeremy Frost       | 230-6392 |
| Expires '14 | Gary Strandemo     | 255-9125 |

### Officers & Coordinators

|                     |                                   |              |
|---------------------|-----------------------------------|--------------|
| President           | Heidi Harlander                   | 253-0285     |
| President-Elect     | open                              |              |
| Secretary           | Julia Olson                       | 255-1223     |
| Treasurer           | Phil Rogosheske                   | 252-7291     |
| MN Youth Ski League | Nick Snavelly<br>stcloud@mysl.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 Sorensen                    | 290-6217     |
| Trail Supervisor    | Phil Rogosheske                   | 252-7291     |

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