



Brainerd Nordic Ski Club

Lumberjack Jotter

February 2010

Full Moon ski planned for Saturday, February 27th

Come on out and join us. Email Mark Stadem at mbstadem@charter.net to get your name on the Full Moon List and receive updates on time and location. The Feb. 27th event will be held on an area trail system to be announced (away from the lights).

Six hardy souls ventured out on January's (the brightest of the year!) full moon. The temp hovered around 2 above, but the ski and fire and hot cocoa kept us all toasty. There's nothing like a ski in the woods on a full moon. This is for all ages and abilities.

See you on the trails!



Ski club to have booth at area health fair Feb. 27

The Brainerd Nordic Ski Club will have a booth at the First Annual Community Health Fair February 27th at the Westgate Mall in Brainerd between 9 AM – 2 PM.

The scope of this fair is to demonstrate to the community options that enhance and encourage a healthy life style. As the representative of the Nordic Skiing Sports in the Brainerd Lakes Area, we were invited to participate because of the benefits that this activity can add to a community's healthy life style.



We will be there to answer and assist those wanting information about the Nordic Sports and how they can make any element of the Nordic Sports, on any level, a part of and support a healthy outdoor life style.

This fair is sponsored by the Brainerd Lakes Health (BLH) system which is the not-for-profit health care network that includes St. Joseph's Medical Center, Brainerd Medical Clinic, and six regional family practice clinics along with Brainerd Community Action.

There are several health related activities planed during the fair for people of all ages.

President's Report

By Mark Stadem

February brings another busy month for the ski club. With the additional, and much needed inches, of fresh snow we are guaranteed to have good skiing in the coming weeks (as long as the grooming equipment holds out! Knock on wood).

And speaking of fresh snow I'd like to take this time to commend our new grooming foreman, Jason Kitzman and his "crew" for the great job they've done so far this season. Getting to know unfamiliar equipment is one thing, add to that the challenge of grooming for Nordic skiing, I'd have to say our grooming "crew" has done an outstanding job.

On the 27th of this month the ski club will have a booth at the 1st Annual Community Health Fair at the Westgate Mall between 9-2. See the article in this issue for more information.

A few hardy souls got together for our first Full Moon Saturday ski at the Larson Lake Trail system just east of Deerwood. Brian Pike groomed the trails a couple of days before and we had wonderful trails to ski on by the 'light of the moon'. We will have another Full Moon ski on the 27th of this month. At this writing a place and "exact" time has not been determined. If you'd like to be put on the "Full Moon Saturday" ski list send your email address to: mbstadem@charter.net and I'll send you updates.

The "Above & Beyond" equipment matching fund drive continues and by February 1st we were just over half way to reaching our goal of \$12,500.00! If each club member would contribute \$100.00 we could easily reach it. Please keep in mind that the club is responsible for the grooming on three trail systems and the funding we receive to get this done is obtained from a combination of DNR GIA funds (generated by the sale of MN Ski Pass, not General Revenue funds), club membership dues and grooming fee charges to ISD 181. This pays for the hiring of our grooming crew and operational costs contributed to grooming, including the electric bill for the lighted ski trail at the ARB. However, it doesn't go nearly far enough to cover the costs to replace worn our equipment. The club also issues grants to young athletes in our area that contribute to participation program fees, new ski equipment and travel expenses to out of state events of national & international level. The BNSC is a 501(C)3 tax exempt organization.

In our last monthly BNSC board meeting (first Monday of the month at 6:30 at in the Northland Arboretum building, all members welcome) we voted unanimously to send a letter of support the MN Nordic Ski Association request to the state legislature to increase the MN Ski Pass fees. The fee increases are: daily- \$5 to \$6, Annual- \$15 to \$25, and the 3 year -\$40 - \$60. These fees are what provide the funds for all GIA trail maintenance and grooming. This impacts directly to the quality of trail grooming on these MN GIA trail systems in 'outstate' Minnesota.

In the clubs' latest trail improvement project plans are to pursue a grant to light the Forest View trail system. This would be at no cost to the school district or club and utilize elements of 'renewable' energy generation. More on this in the future. Stay tuned. **(continued page 4)**

To: *The Brainerd-area Nordic ski community*

BNSC's 'Above & Beyond' matching grant fund drive

The Brainerd Nordic Ski Club (BNSC) is asking the Brainerd Area Nordic Ski community to go "above & beyond" their usual membership donation and contribute towards the match of an 'Equipment Grant' to replace a lot of our aging and inefficient grooming equipment.

The ski club has three major missions. They are:

1. Providing excellent ski trail grooming,
2. Encouraging participation through organized youth skiing, ski classes (all ages), social events, competitions, and promoting skiing as a lifetime sport,
3. Supporting ski equipment grants to youth and grants to young athletes to help off set travel expenses for out-of-state National & International sponsored competitions.

The BNSC grooms the trails at the Northland Arboretum, Forestview Middle School and French Rapids.

Currently, a majority of the club's equipment is antiquated, inefficient and just plain worn out! The total cost of upgrading this equipment is approximately \$25,000. The club is currently applying for a 50% matching grant for the purchase of grooming equipment through a DNR capital purchase program using federal recreational trail funds.

With your financial assistance, the club needs to raise \$12,500 with pledges fulfilled by September 1st, 2010 as a match for a \$25,000 grant.

New equipment includes a 4 stroke (cleaner & more efficient) Skidoo Skandic SWT-V800 snow machine and state-of-the-art snow grooming equipment. The wider and more efficient grooming equipment will allow the operator to make fewer passes and prepare a better groomed trail.

The ski club views this equipment matching grant as an opportunity that would allow us to reserve much of the club's cash reserves to help meet the needs of our Nordic Ski Community rather than depleting those reserves on a major upgrade of equipment.

So as you prepare your skis in anticipation for that first run of the season on a freshly groomed trail, the Brainerd Nordic Ski Club welcomes your financial support in the matching grant fundraising drive.

Brainerd Nordic Ski Club "Above and Beyond"

Name (s): _____

Address: _____

Phone: _____

E-mail address: _____

Amount donated: _____

I wish to be an anonymous donor (yes or no).

Checks should be made payable to:

Brainerd Nordic Ski Club, Box 927, Brainerd MN 56401

Option: (or use BNSC's self addressed envelope) **BNSC is a 501(C)3 organization**

Thanks for your support!



President's report (continued)

(from page 2)

Benefits to becoming a member of the Brainerd Nordic Ski Club now include a 10% discount at Martin's Sport Shop in Nisswa on all waxes & waxing irons and a 10% discount on all every thing Nordic at Crosby's Cycle, Path & Paddle. Stop in either of these stores for all your Nordic needs and support our local business that supports our sport.

The clubs annual ski race, the Lumberjack Jaunt was a great success this year. The temps were much more "bearable" this year. Josh Duda, the races Race Director did an outstanding job of putting it all together. The addition of the "hot (or continuous)" pursuit formats in 6K and 16K were new to this years' race. I think they were well received and hopefully these formats will be on next years' roster.

One final word and 'why' if you ski on a groomed trail you should become a member of the Brainerd Nordic Ski Club. The ski club is made up of volunteers that share a passion for the Nordic Sports. Except for our Grooming Crew, there is no paid staff, but there is ALL the work that is part in part of making what happens in this communities' Nordic Ski Community happen. Your membership wither it be just the membership fee alone or getting involved at some level in club sponsored events is greatly needed. We need to hear from you!! What do you want to see the club doing? What more can the club offer or should offer?? Check out the clubs WEB site at: <http://www.brainerdnordicskiclub.com/>, or contact me at: mbstadem@charter.net to get more information about the ski club. There are copies of the Jotter available FREE at Martin's Sport Shop, Cycle, Path & Paddle and the Northland Arboretum plus membership envelopes on the kiosk at the ARB. Your membership is vital to the "legacy" of the Nordic Sports in the Brainerd Lakes Area.

Lumberjack Jaunt draws crowd of skiers

With wonderful weather, excellent trails, and a few new categories, the 2010 Lumberjack Jaunt Ski Race was a success! A good crowd of skiers and families were in attendance for the 36th annual event.

The traditional categories all had good showings, but the biggest story of the day were the two skiers daring enough to tackle the 6x6km Continuous Pursuit and six skiers brave enough to challenge the 16x16km Continuous Pursuit categories.

The new pursuit categories added an interesting dynamic to the event. Flying poles, changing boots and skis, and even a lawnchair in the exchange zone added to the excitement of the event. Thank you to all of the volunteers and sponsors who helped make this event possible! **See Lumberjack Jaunt results later in this issue.**

25% OFF
ALL NORDIC GEAR!

CYCLE, PATH &
PADDLE

Hwy 210 in Crosby
(across the street from
Serpent Park)

Finish the season with
something new.

Hours: Tue – Fri 10:00 – 5:30

Sat. 9 – 4:00

Ski tips, waxes & things

by Bill Meyer

Support from family, community essential to athletes

This month I would like to talk about two of my favorite subjects, Raleigh Goessling of Esko, and training in general.

First, our congratulations to Raleigh for winning the State High School Meet last week. He finished the morning skate 4 seconds up and added another 18 seconds during the classical event! Of course biathletes are not supposed to classical very well. Very nice job!

So what does it take to make a champion like Raleigh? Here are some of my thoughts on that:

Support

- A supportive family who worked really hard to put things together so Raleigh could have the opportunities needed to train and race.
- A supportive community. Three years ago after he was named to his first Youth and Junior Worlds team- the Cloquet/Esko/ Carlton community put on a ski race for him and gave him the proceeds to help pay his way to Germany.
- A supportive athletic program at Esko High School that encouraged him to pursue an individual sport, that allowed him time away from their programs to train and compete on his own, that had coaches that supported him and encouraged him to find coaching beyond what they could provide. Those coaches were simply satisfied that they had a great athletic role model that other athletes could look up to. This type of a program looks at athletic ability as most teachers do in the classroom when they encourage a top student to expand their horizons and go for achievements outside the classroom setting.
- The biathlon program that Raleigh chose provided state level coaching, help with expenses, a statewide, national and eventually an international program and a ladder to success that came one step at a time. USSA also has similar programs available.

The Athlete:

- Raleigh is a unique individual. He has a lot of natural talent, is very focused on skiing and biathlon, and is willing to dedicate a lot of time to training. He studies world cup videos to ingrain good technique into his skiing. He constantly is trying to improve his technique. He trains according to an individualized plan set out for an entire year at a time that allows him some flexibility for how he feels daily, weather, and other things that crop up. He will do about 550 hours of training this year plus shooting time.
- He trains very carefully according the effort called for by the training plan using a heartrate monitor to determine his training zones. 65% of his training is at a conversational level. The top 5% is up near his max HR. But a lot is spent in the Threshold Zone just below his lactate threshold.

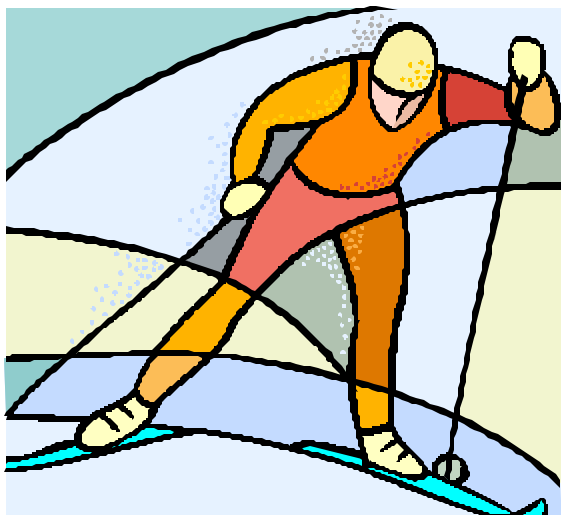
(continued on page 6)

Ski training has to consist of building balance, coordination, agility, strength, aerobic capacity, technique on skis, stamina, anaerobic capacity and your power.

Ski tips, waxes & things *(continued)*

(from page 5)

- At 140 pounds and about 5 feet 6 inches in height, he can't match strides with the 6 foot 2 inch guys that often find their way to running and skiing. He is a good, but not great runner. He's also a good but not great biker. But with natural quickness, a lot of strength built up through training and strength work, and his dedication to applying that through top technique. Raleigh can match most on skis. He was also the number one pick in the Youth Class at the US Youth and Junior Worlds Trials this year.
- His technique has developed to where he can V2 most hills including the double climb at Mt Itasca and where he needs to V1 will normally use a modified jump V1 that is highly effective. This on hills like coming up the waterfall at Mt Itasca. He gets videoed frequently and is very focused on the small changes that will allow use of higher levels of technique on difficult terrain.
- He has developed a pre race and post race strategy that works for him. Long warmups and cooldowns after every race. Recovery time after every hard workout or race before taking it up the next cycle of hard training. Now this got interrupted to some degree this year before his Section meet. He arrived home from Sweden where the YJR Worlds were held, at 1:30 in the morning before his section meet, got up at 6:00 and drove to Giants Ridge, waxed his skis and tested a couple of pairs, warmed up, raced the skate race at 10:00 and won by 20 seconds, took a cooldown ski, ate, warmed up again, raced the classical and added 20 more seconds to his winning time. He took another cooldown and headed home. Slept pretty much all the next day.



- Understands good nutrition and hydration. After he got back to Esko after the section meet, his mother says he ate “most of a 9”x13” pan of shepherd’s pie.” He also is very careful to keep hydrated. You will rarely see him without a fanny pack water carrier.

So again, our congratulations to a top athlete!

So what is training?

Ski training has to consist of building balance, coordination, agility, strength, aerobic capacity, technique on skis, stamina, anaerobic capacity, and your power. If you are a biathlete, you need to add rifle handling and safety, range procedure, accuracy in prone and standing, ability to shoot well with a high heartrate, and the technical knowledge about wind, light and temperature.

Focus on just one or two of these and you will not excel at the sport. Yet each individual has their strengths and weaknesses. In fact if you ran a bunch of untrained individuals in a 5km race—those with the best balance, coordination, natural strength plus some things like limb length ratios etc will come out on top. Call them the “natural athletes”. But if the natural athletes don’t train—some who finished behind them can do some specific things—personalized to them alone—that will allow them to beat that “natural athlete”. Then if we add the maturing factor into the equation—often someone will mature into being a better athlete..a more natural one..without any specific training. So early success in athletics might come from any number of sources.

(continued on page 7)

Ski tips, waxes & things *(continued)*

(from page 6)

But if any individual really wants to excel—they need to train. Then each year they need to train longer and harder than the past year or they will be trying to improve on the merits of their maturation only. Some will still be better consistently than others—but if the personal goal is to max out their capability—and if they focus on improving their Personal Records {PR's} each individual can go a long long way. It has been said improvements in the aerobic area will continue with good training for 12 yrs after puberty—then flatten out. Strength will increase for years. VO2 will improve up to around age 20-22 then flatten out. Endurance sport athletes usually peak in their early to late 30's. Training!

Training needs to be a lifestyle—not a seasonal thing. The best time for good strength training for a skier is in the spring—with fall being a close second. This then must be maintained throughout the ski season with periodic workouts. Ski skills are most easily learned on roller skis in the summer. And again on snow in November. Ski specific training is best on roller skis and skis-or hill bounding with poles at your local ski area.

Yet a mix of activities is also important. Lifting is an opportunity to get the body in balance. Any sport will tend to favor one side or front vs back. Incidentally, core strength is important to skiing and health in general, but doesn't completely provide the strength platform needed for skiing. Those arm, shoulder and leg muscles all need to be trained. So it is sometimes good to get off the skis or roller skis for a month or two and concentrate on running, canoeing, or biking. But in the end, time on skis is critical..

Volume of training is another critical factor. Long distances at a slow pace build up the slowtwitch system to allow a later increase in intensity without burning the body too radically. A slow buildup of volume over the years has been found to work the best—10-15% per year more than the previous year. Generally complete depletion of the cell's glycogen works the best—so workouts of 1 ½ to 2 hours and up are called for. And much of this needs to be specific to skiing. You train your running muscles when running..[and certainly not your upper body muscles]..and your skiing muscles when skiing.

Intensity in training works the fast twitch muscles—and improves the lactate tolerance when close to the biggest races of the year. A measure amount of intensity is built into every good program. But in the overall volume scheme of things—the combination of Threshold, Race Pace and Races should not exceed about 12% for a fairly well trained athlete. The rest is strength and distance work.

And finally recovery. Recover is when the body rebuilds itself after a workout. Sleep, food, hydration, and mental relaxation all help. When done properly, the body recovers to where it started before the workouts, then continues to recover into what is called “supercompensation.”. That is when you actually get better!

Enjoy

MARTIN'S MID-WINTER SALE

40 to 50% OFF ALL NORDIC & ALPINE BOOTS AND SKIS

Downtown Nisswa

Going on now!

Open: M-F 9-5:30, Sat 9-5:00

Athletes compete in Nisswa biathlon games

The Nisswa Games on Feb 14th came off without a hitch, except for a brutal northwest wind of about 20mph ripping across the range. Ten hearty souls participated, broken down into 4 x 2 person experienced athletes and a novice team. A lot of parents helped. Clint Baker did the grooming, Mark Stadem ran the range, Charlie Merhar helped on Saturday getting the targets painted and paper onto the boards and Frank and Joy brought up some food. Thanks to all of you!

Teams were designed to be as even as I could guess them based on previously observed shooting skills. The novice boys were kept in prone on the standing target, but used normal range procedure thanks to John Gould's coaching in Duluth.

In the first event, the Alaska Russian Drill, 15 rounds were allowed to each athlete on the shooting mat and they took turns taking a single hand loaded shot at first the prone target, then the standing. Alternating until the targets were all down. They had to get out of position and ski around the picnic table to tag their partner after each shot.

In the second event, one person from each team skied a 0.5km loop then shoot relay style 5 rds from a magazine plus 3 more handloaded if need be, did a short penalty loop or two if needed and tagged off the partner who did the same and who tagged off the first to shoot standing who tagged off the second to do standing. When the penalties were done for the second shooter after standing the race was over.

For the third event, the team had to ski together, doing a sprint race, first one shooting normally then the other on the same shooting point- and including doing their own plus their partners penalties, and finish together.

It was a 3km race course and 150 meter penalty loop.

Team Number	First Event	Second Event	Third Event	Total points
1] Jenna Ruzich				
Ethan Fairbanks	1st 50 pts	1st 50 pt	4th 31 pts	131
4] CJ Merhar				
Joe Fairbanks	2nd 40 pts	4th 31 pts	1st 50 pts	121
3] Ty Hadrits				
Luke Isreal	4th 31 pts	2nd 40 pts	2nd 40 pts	111
4] Zean Baker				
Carolyn Lucca	3rd 35 pts	3rd 35 pts	3rd 35 pts	105
Chris Lucca				
Tony Lucca Novice class—				1st place

A short awards/ food intake/Men's 10km sprint on NBC gathering was held over at Meyer's after the race.

Good fun!

2009-2010 BNSC Board members

Mark Stadem (president), Roger Landers (vice president), Kent Montgomery (secretary), Jean Meyer (treasurer), Josh Duda, Chad Turcotte, Ray Griffin, Mary Claire Ryan, Nicole Kellerman, Dan Cruser, Bill Meyer, Jeff DeVaney, Al Steiff and Nadine Wittkopp.



Become a member of the Brainerd Nordic Ski Club!

2009-2010 Membership

Individual \$15

Family \$35

Club Sponsor \$75

High School Student \$3

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Please send membership and payments to:

Brainerd Nordic Ski Club

PO Box 927

Brainerd, MN 56401



2010 Lumberjack Jaunt Ski Race

Hosted by the Brainerd Nordic Ski Club

11am Race Start

Women's 16 x 16 km Pursuit

No Participants

Men's 16 x 16 km Pursuit

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	209	Pursuit	20-29	M	Erik	Solberg	28	Eagan	1:31:05
2	231	Pursuit	30-39	M	Owen	Baird	37	Brainerd	1:32:20
3	205	Pursuit	60+	M	Robert	Skow	62	St Cloud	1:42:27
4	210	Pursuit	30-39	M	Dan	McKean	32	Bemidji	1:50:06
5	204	Pursuit	50-59	M	Bill	LaFerriere	52	St Cloud	1:52:46
6	216	Pursuit	30-39	M	Eric	Storbakken	38	Brainerd	2:03:14

Men's 16 km Classic

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	281	Classic	50-59	M	Jim	Smith	54	Forest Lake	1:00:34
2	279	Classic	50-59	M	Patrick	Gromatka	52	Alexandria	1:06:39
3	167	Classic	60+	M	Daniel	New	65	Alexandria	1:13:48
4	180	Classic	50-59	F	Deb	Roberts	58	Nisswa	1:14:55
5	280	Classic	50-59	M	Daniel	McHahon	55	Shorview	1:19:55
6	282	Classic	45-49	M	John	Nelson	47	Brainerd	1:33:30

Women's 16 km Classic

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	180	Classic	50-59	F	Deb	Roberts	58	Nisswa	1:14:55



Gary Duda
Construction, LLC





2010 Lumberjack Jaunt Ski Race

Hosted by the Brainerd Nordic Ski Club

11:30 AM Start

Women's 6x6 km Pursuit

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	83	Pursuit	40-49	F	Becky	Stadem	49	Baxter	1:16:40

Men's 6x6 km Pursuit

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	27	Pursuit	60+	M	Lowell	Johnson	61	Fort Ripley	0:54:02

Women's 6 km Classic

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	44	Classic	50-59	F	Coleen	Belgum	58	Remer	0:30:34
2	46	Classic	18-19	F	Gretchen	Weis	18	Bemidji	0:37:28
3	48	Classic	60+	F	Shirley	:Lintner	64	Brainerd	0:57:12
4	82	Classic	60+	F	Jeanne	Larson	61	Brainerd	0:57:12
5	45	Skate	30-39	F	Heidi	Johnson	36	Duluth	1:05:07
6	39	Classic	<15	F	Anna	Burch	14	Remer	1:17:21
7	42	Classic	<15	F	Hannah	Daugherty	13	Remer	1:19:28
8	43	Classic	<15	F	Sara	Spartz	14	Longville	1:24:29
9	41	Classic	<15	F	Alexandra	Burch	13	Remer	1:25:04

Men's 6 km Classic

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	47	Classic	20-22	M	Tom	Sederquist	21	Moorhead	0:21:44
2	89	Classic	40-49	M	Bryan	Pike	47	Brainerd	0:24:27
3	49	Classic	60+	M	John	Bonde	67	Brainerd	0:36:11
4	49	Classic	20-22	M	Tom	Soderquist	21	Moorhead	0:36:11
5	49	Classic	50-59	M	Michael	Bender	59	Crosby	0:41:07



**Gary Duda
Construction, LLC**





2010 Lumberjack Jaunt Ski Race

Hosted by the Brainerd Nordic Ski Club

Noon Start

Men's 6km Skate

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	96	Skate	20-24	M	Derrek	Matson	24	Baxter	0:17:42
2	48	Skate	20-22	M	Mike	Reponen	22	Moorhead	0:17:47
3	99	Skate	<15	M	Robby	Pike	11	Brainerd	0:23:42
4	4	Skate	<15	M	Evan	Storbakken		Brainerd	0:33:24

Women's 6km Skate

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	97	Skate	<15	F	Sarah	Fairbanks	15	Brainerd	0:19:57



**Gary Duda
Construction, LLC**





2010 Lumberjack Jaunt Ski Race

Hosted by the Brainerd Nordic Ski Club

Men's 16 km Skate

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	222	Skate	30-34	M	Paul	Olson	30	Andover	0:40:47
2	225	Skate	35-39	M	Tim	Dirks	38	Brainerd	0:44:25
3	211	Skate	18-19	M	Jeremy	Rapp	19	Alexandria	0:49:37
4	208	Skate	45-49	M	James	O'Hearn	46	Baxter	0:51:42
5	214	Skate	60+	M	Kalo	Aslagson	61	Starbuck	0:55:14
6	212	Skate	50-59	M	George	Odio	54	Alexandria	0:55:38
7	218	Skate	25-29	M	Adam	Caughy	27	Marshall	0:56:19
8	206	Skate	50-59	M	Hal	Leland	50	Baxter	0:58:19
9	223	Skate	25-29	M	Drew	Stattine	25	Andover	1:07:49
10	221	Skate	50-59	M	Joe	Stattine	58	Brainerd	1:29:00
11	213	Skate	50-59	M	Keith	Bruger	54	Morris	DNF

Women's 16 km Skate

Place	Bib	Race	Class	Sex	First Name	Last Name	Age	From	Time
1	217	Skate	40-44	F	Molly	Weyrens	41	St Cloud	0:52:44
2	203	Skate	30-34	F	Beth	Barrett	34	Coon Rapids	0:54:49
3	215	Skate	17-18	F	Kaitlin	Bakker	17	Bemidji	0:55:27
4	207	Skate	25-29	F	Becky	O'Hearn	27	Baxter	1:00:07
5	220	Skate	30-34	F	Erika	Olson	30	Andover	1:09:38
6	219	Skate	50-59	F	Mary Claire	Ryan	58	Brainerd	1:10:32
7	226	Skate	50-59	F	Diane	Meyer	53	Brainerd	1:13:57
8	224	Skate	50-59	F	Laura	Beilke	50	Baxter	1:20:24



CLUB SPONSORS



PLACE YOUR AD HERE



Jenny Smith

PROPRIETOR

LOCATION:

115 3rd Avenue SW, Crosby, MN 56441

TELEPHONE:

(218) 545-4545

FAX:

(218) 545-4546

EMAIL:

info@cyclepathpaddle.com

www.cyclepathpaddle.com



For All your Outdoor Fun!
Bicycles Skis Skates Boards
Canoes Kayaks (Rentals Too!)
Archery Pro Shop & Indoor Range

FITZHARRIS SKI & SPORT

**CENTRAL MINNESOTA'S
LARGEST SNOWBOARD & SKI SHOP!**

*Best Selection! Best Price!
Complete Leasing Programs!*

Mon - Fri 10-8 Sat 9-5 Sun 12-4

105 7th Ave S Downtown, St Cloud 56301 **320-251-2844**