



*Brainerd Nordic Ski Club*

# Lumberjack Jotter

December 2008

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## Ski swap sees large turnout, highest sales in three years

November 18 saw another good crowd shopping early for great deals on winter equipment as the BNSC's annual SKI SWAP kicked off the season for area X-C enthusiasts. The colder temps put many people in the mood to check out the equipment from both the public and area ski retailers. More than 125 eager buyers were lined up as the doors opened at 9:00. Many families and individuals know that the really 'good stuff' goes quickly and as usual, the buying was fast and furious for the first hour. By the close of the SWAP at 12:00, total sales were the highest we've had in the past three years! Undoubtedly, colder temps and a later SWAP encourage people to be thinking about the upcoming ski season. Let's hope that SWAP shoppers will be able to give their new equipment a good workout as we anticipate many snowfalls throughout this season.

Jeff and Nadine send out a tremendous "Thank You" to the many volunteers who gave of their time and talents to make this year's SWAP another success! Without the willingness of these volunteers, an event of this size would not run as smoothly as it does. Another thank you goes out to the custodial staff of Brainerd High School for helping with Friday night set up as well as all through Saturday. We are lucky to have such a convenient central location to host the Swap and we hope to continue at the Brainerd High School for many years to come.

Now, it's time to get ready for a season of skiing, ice skating, snowboarding...all of the wonderful outdoor activities that make this area such a great place to live, work, and PLAY! Remember to "think snow" and we'll see you on the trails!

*-Jeff DeVaney and Nadine Wittkopp, SWAP co-directors*

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## Long-running Lumberjack Jaunt set for January 25

One of the longest running cross country ski races in Minnesota is back for another year. Come join us on Sunday, January 25 at the Northland Arboretum for the Lumberjack Jaunt Ski Race. Bring your skis. Bring your Friends and Family. Be ready for a great day on skis!

We have events for the whole family: 1 km Kids Jaunt, 6 & 16 km Classical, and 6 & 16 km Skate Races. The day is completed with a meal and awards ceremony.

Check us out on the web at: [www.brainerdnordicskiclub.com/lumberjackjaunt](http://www.brainerdnordicskiclub.com/lumberjackjaunt).

Early registration deadlines are approaching fast, so hurry in and save some cash.

More information and registration forms can be found on the web.

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# Potluck and ski event postponed to January 17

Everyone is invited to join us for a ski and potluck on Wednesday, January 17<sup>th</sup>. The event was postponed from December due to the lack of early snowfall.

We will be meeting at Forest View at 3:00 p.m to ski. For those who have not been able to ski at Forest View, you'll find the trails a nice change of pace. The wide trails will allow for everyone to ski together or venture off on your own. This will be a great opportunity for members to meet each other and socialize.

After a nice ski at Forest View, everyone is invited back to Jeff DeVaney's house in Baxter. For those who are unable to make it to Forest View you're more than welcome to stop in for the potluck.



For those who are able to attend the potluck please bring an item by last name:

**A – I Hot dish**

**J – P Salad**

**Q – Z Snack or dessert**

Any questions please contact Chad at [chad\\_turcotte@yahoo.com](mailto:chad_turcotte@yahoo.com) or 839-1847.

I'm looking forward to seeing everyone out on the trails and at Jeff's!

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## Volunteers needed to help with Lumberjack Jaunt

The Lumberjack Jaunt is just around the corner. Come help one of the longest running ski races in Minnesota have another successful year!

While strongly encouraging people to ski the event, we are also in need of volunteers to make it an ongoing success. If you don't feel like taking a run at: 1) a long ski with friends, 2) a new personal best, 3) an age division championship, or 4) an overall race victory, please consider lending a hand to help make the event a success.

The Jaunt will be Sunday, January 25. Volunteers are needed from 10:00-2:00 on race day.

If you are interested, please email Josh at [dudajc@hotmail.com](mailto:dudajc@hotmail.com).

### ***Saw found at French***

When the High School Ski Team was out at French Rapids last weekend they found an orange handled saw with a blade guard. If you are missing that— please contact Mary Claire Ryan at 828 4104.

# Changes made to Arboretum trails due to lights display

Due to the light show and related traffic problems we experienced last year, there will be several trail revisions this year, at least until the light displays are removed and the steel stakes holding the guy wires have been pulled out.

First, a short link will be groomed at the end of the start area for the Lumberjack Jaunt to connect the two legs of the lighted trail. We will not be grooming the trail adjacent to the east/west light show road. That connection will not be groomed until the light show is done and we get adequate snow to cover up the driving area.

The lights have been turned off in the SE corner of the Arboretum. Last year we were not able to reclaim this area due to the traffic during the show, and due to remaining stakes after the displays were removed combined with the lack of sufficient snowfall to cover up the driving area. Accordingly, the BNSC board felt we shouldn't be paying for the lights. We will attempt to reclaim the area after the show if we have adequate snow, but will likely leave the lights off this year.



Thanks for your cooperation.

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## On the Web

News  
Trail information  
Grooming reports,  
Weather updates



[www.brainerdnordicskiclub.com](http://www.brainerdnordicskiclub.com)

# Ski tips, waxes & things

by Bill Meyer

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## Ski season gets underway across Upper Midwest

Snow! That magical ingredient that always seems missing this time of year. Some years more than others—but never early enough for the impatient skiers in the world. Last year we were fortunate in a way—we got enough to ski on around the 1<sup>st</sup> of Dec, but then suffered for many weeks regrooming the same snow, over and over.

Hopefully this year we will see a steady supply....and it can start at any time now!

There is great snow in Ironwood MI. Two of the top girls in the area, a dad and I took a trip after Thanksgiving to ABR—a cross country ski resort on the south edge of Ironwood. They had a foot or more and since we left have received another 6 inches. Lake effect snow. Better than a manmade system. But that is another option. Elm Creek and Bush Lake in the Cities, Riverside Park in St. Cloud, and Mt. Itasca Biathlon in Coleraine all make snow. So this weekend we will head out again—getting in those precious hours before the serious competition season starts.

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Hopefully, this year we will see a steady supply of snow, and it can start at any time now.

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Given that stability, Mt. Itasca Biathlon will host two race series before Christmas. On the 14<sup>th</sup> of Dec the MNCup series starts with MNCup #1, which incidentally will have a novice race as well; then on the 18<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> of Dec the NorAm Series which started up in Canmore Alberta and then moved to West Yellowstone this coming weekend will be at Mt. Itasca for NorAm #3. This is a series of high level biathlon races with Youth, Jr Senior and Masters classes. So the season is well underway!

Right after Christmas, Jenna Ruzich from Baxter, Raleigh Goessling from Esko, and a group from Grand Rapids will fly to Anchorage Alaska for the team trials for the US team for the Youth and Junior World Championships. This will be a 3 race event with the team chosen by virtue of each athlete's best two races on a percent back basis. High level events! The US team will again compete in this World level event held this year in Canmore Alberta. Usually 30 plus countries participate with teams.

The High School season will start tomorrow on manmade snow at Riverside with a sprint format race on a short course. Things are underway!

So what does the average skier do? Well, a trip to Michigan is certainly within reach. Some will get in on the local slopes that make snow.. usually for a small fee they will accommodate xc skiers during hours they are not real busy. Mt Itasca is open to the public when not being used for events—but that is not a place for novice skiers.

Roller skiing is the next best bet. Then one local skier is trying the CAT ski—a device approximating diagonal striding that can be used off road. Others are hill bounding—a great exercise that can be tailored to the level of exertion desired. From ski walking with poles on the flats to continuous VO2 workouts on a steep hill.

(continued on page 5)

# Ski tips, waxes & things *(continued)*

(from page 4)

Even double poling uphill. And many will run or even mtn bike yet-though those are not real specific to skiing..simply no upper body use there at all.

During our 3 days in Michigan the old adage became really apparent again—skiing is a full body exercise. The triceps are the weakest link, the lats are a close second. The upper body core is important—but the prime movers of the limbs are what are sore from poor conditioning. And even for the top level runners—the leg use is so different in skiing that most had sore legs also. Now add a 9# rifle to all that!!

The vast majority of those first hours on snow want to be easy skiing—just as that wants to be the vast majority of the training hours for the entire year. Build your balance, your specific muscle use, your coordination and that all important connection between the ski muscles, the nerves, the heart and the lungs.

After maybe 20hrs of skiing on actual snow with a few pickups or TH blocks up to say 5 min long with good recovery—you will be ready to do some harder work to add some frosting to the cake. You need the base first..then add the frosting. Once you start doing intensity work/races more than at most 2 times a week, your aerobic gains will diminish. Do too much and the aerobic capacity itself will diminish.

So you should have at least 15-20 hrs of ski time under your belt before you try to race. If not, the biggest casualty will be your skiing ability. It needs to be locked in solid before the adrenaline rush hits!! Scrambling in skiing is not a successful option.

Once you are into the race season, high school skier, biathlete, or masters skier, a race a week will provide most of the high intensity work you need. Maybe for the top athletes with a good base, one additional session a week well separated from the week's race will help. But keep in mind, most of the fitness is gained during the off season.

Probably the most important element of the weekly plan during the race season becomes the recovery. Recovery means allowing the body to rebound from the depressed state caused by the hard workout or race, and not only to regain what it lost, but to add that element of fitness and well being called supercompensation. This means you can gain from each event—but it happens on the recovery side—not the workout side. Doing more workouts/races without corresponding adequate recovery and supercompensation will not help your speed or fitness. In fact, it will drive you down. Illness becomes a big factor or simply a state of lethargy that you can't easily shake off.

In any case, the other major factor that needs to be present is fun! Fun from skiing well and knowing it. Fun from a good personal performance in an event. Fun from advancing to higher level teams and competition. Fun from associating with good athletes and outdoor oriented folks. Fun is what gets you out the door!

So again, in any case, enjoy it!

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To find out how the skiing is  
across Minnesota, including snow depths & trail  
conditions, check out the DNR Web site at  
[www.dnr.state.mn.us/snow\\_depth/index.html](http://www.dnr.state.mn.us/snow_depth/index.html)

# Board of Directors meeting minutes -- Dec. 8, 2008

Meeting called to order by President Chad Turcotte

Members present: Mark, Bill & Jean, Ray, Jeff, Nicole, Al , Chad .

1. Minutes from November meeting - Bill moved, Ray 2<sup>nd</sup>, motion passed.
2. Treasurers report – Ray moved to approve, Jeff 2<sup>nd</sup> – all in favor.
3. Ski Swap – Two items/checks could not be found for a customer. One of the checks, for \$45, had been located and returned to the person. The claim stub indicated it was valued at \$35. Bill moved that observe our policy, Al 2<sup>nd</sup>. The 15% fee for the person on other items that had been sold had been waived for the other \$45 item. All in favor – motion passed.

\$50 site and \$150 custodian

November 14 or 21, 2009 for ski swap

4. Equipment Status – New sled is at the Arb. Wiring the new sled was just under \$300. Chad will get the bill to Jean.
- 4' drag needs to be repaired as well as the tire on the small trailer.



5. Trail Status – There is a light display in the start area. All of the trails will be rolled within the next couple days.

6. Jotter – Kirsti needs any articles for the Jotter within the next two days. Articles for the next Jotter will be due by January 14<sup>th</sup>.

7. Other Business – Mark – Proposal regarding the land in Baxter and the BNSC involvement. Mark, Ray and Chad will draft a letter for the board to review at the January meeting.

8. Potluck at Jeff's will be postponed until January 17<sup>th</sup> 3 pm ski, 5 pm at Jeffs.

Next meeting January 12<sup>th</sup>.

9. Adjourned at 1930 hours

## **2008-09 BNSC Board members**

Dan Crusier, Jeff DeVaney, Josh Duda, Ray Griffin, Nicole Kellerman,  
Roger Landers, Bill Meyer, Jean Meyer, Kent Montgomery, Mary Claire  
Ryan, Mark Stadem, Al Steiff, Chad Turcotte, Nadine Wittkopp



### **Become a member of the Brainerd Nordic Ski Club!**

2008-09 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**

# 2009 Lumberjack Jaunt Entry Form

## Sunday, January 25, 2009

**Please Print**

Name: \_\_\_\_\_

Birthday: \_\_\_\_\_ Age on 1/25/09: \_\_\_\_\_

Phone:(\_\_\_\_\_)\_\_\_\_\_ Sex: M / F

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**Race Classification:**

\_\_\_\_ Freestyle    \_\_\_\_ Classical  
 \_\_\_\_ 1 km    \_\_\_\_ 6 km    \_\_\_\_ 16 km

**Entry Fees:**

Entry Received:	Prior to 12/22/08	Prior to 1/24/09	Race Day
<b>16 Km Events</b>	\$15.00	\$25.00	\$30.00
<b>6 Km Events</b>	\$10.00	\$15.00	\$20.00
<b>1 Km Kids Jaunt</b>	Free	Free	Free
<b>Extra Lunch</b>	\$5.00	\$5.00	\$5.00

*Family Rate: The first Two entries are full price, then any additional entries are 1/2 price. All Family entries must be received at the same time to qualify.*

Mail entry form payment to:

Brainerd Nordic Ski Club  
 P.O. Box 927  
 Brainerd, MN 56401

**ATHLETE'S RELEASE: ACKNOWLEDGEMENT AND ASSUMPTION OF RISK AND RELEASE**

I, \_\_\_\_\_, know that nordic skiing is an action sport carrying significant risk of personal injury, death, or property damage. I also know that there are natural, mechanical, and environmental conditions and risks which independently or in combination with my activities may cause property damage or severe/fatal injuries to me or others.

I agree that I alone am responsible for:(a) my safety while participating in competitive events and,(b) providing, maintaining, and utilizing that equipment necessary for the safe enjoyment of my participation in such events and specifically acknowledge that the following persons or entities including the ski area, the promoters, the sponsors, the organizers, the officials, and any agent, representative, officer, director, employee, member, or affiliate of any person or entity named above are not responsible for my safety. I specifically RELEASE and DISCHARGE, in advance, those parties from any liability whether they now be known or unknown.

I further agree to forever HOLD HARMLESS and INDEMNIFY all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury, or property damage, resulting in any way from my participating in competitive events or training for competitive events.

I currently have, and I agree to maintain throughout the time that I train and compete, valid medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

I agree that I will accept and abide by the rules and regulations of U.S.S.A. and any other rules and regulations imposed by the organizers of any particular competition. This Acknowledgement and Assumption of Risk and Release shall be binding upon my heirs and assigns.

**PHOTOGRAPHY RELEASE**

I hereby grant absolute right and permission to the Brainerd Nordic Ski Club to use Photographic portraits of me for illustration, promotion, or advertising purposes.

Name: \_\_\_\_\_

In Case of Emergency, Please Notify: \_\_\_\_\_ Phone: \_\_\_\_\_

SIGN HERE X \_\_\_\_\_ Date: \_\_\_\_\_

(If the athlete is less than 21 years of age and a resident of West Virginia, Alabama, Mississippi, Nebraska, Pennsylvania, or Wyoming, or less than 18 years of age and a resident of any other state, then a parent or guardian must sign below.)

This is to certify that, as parent/guardian of this participant, I do consent to his/her agreement to be bound by each of the terms and conditions identified above.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

**MUST BE SIGNED OR WILL NOT BE PROCESSED!**  
**NO REFUNDS OR TRANSFERS FOR ANY REASON, INCLUDING RACE CANCELLATION!**