



*Brainerd Nordic Ski Club*

# Lumberjack Jotter

March 2010

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## Annual club meeting and dinner planned for April 11th

On Sunday, April 11th at 5:00 p.m. the ski club will have its annual meeting and dinner. We are planning something new this year so keep your calendar open on that date and look for a special announcement.

All ski club members are invited. Details will be announced and sent out via e-mail and post.



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## Event gives youth a chance to experience skiing

The Brainerd Nordic Club and the Lakes Area Guys Network (LAGN) recently co-sponsored a X-C skiing event in support of area youth. On February 13, 6 boys put on skinny skis for the first time and had a great time learning about the fun of Nordic skiing.

A big thanks to Jeff Devaney, Nicole Kellerman, Mark Stadem, and Diane Meyer for helping to make this a successful experience for the boys.

LAGN is a newly formed community program operating under the auspices of Kinship Partners. Our goal is to provide group mentoring experiences for 7th and 8th grade boys from single parent homes. Each month LAGN hopes to offer two or more gatherings where boys and male volunteers from the community get together and have fun participating in a variety of activities.

To volunteer for LAGN activities, or for more information about LAGN, contact Lowell Johnson at 828-6233.



# President's Report

by Mark Stadem

The past two weeks we've watch the snow pack quickly disappear, see the trails lights shut off as we sit back and reluctantly consider prepping the skis for summer storage, or hold out doing it in anticipation for that "last" snow storm.

With that all in mind I continuously come back to the season that is closing and consider all that's gone "under the bridge". It started out with a lot on the plate and a lot added along the way. Some of our accomplishments have been a greater involvement in club activities by its members, increasing membership, a dividing and specialization of board activities that are set to ensure the clubs progress. This will be accomplished by a greater sharing of club responsibilities not just within the board, but including the clubs general membership, to the Nordic Ski Community.

I look forward to complete this summer and before the beginning of next season through the participation of the clubs board and membership a "Mission Statement" that encompasses the clubs goals and support of the Nordic sports in the Brainerd Lakes Area. This will be followed by updating the clubs By-Laws that will ensure a fulfillment of that mission.

We also end the season with the addition of several new members to the Board of Directors that emphasizes our commitment to this future. They will be elected and installed at our Annual April Banquet on April 11<sup>th</sup> (see add in this issue of the Jotter and announcement/invitation via Email). These new board members along with our current board are looking towards ski seasons to come and representing the diversity the Nordic Ski Community members comprise.

We will begin the next season with addition of newly purchased equipment thanks to the generous donations by many of our members to the "Above & Beyond" fund drive. The application process began this past fall for a federally matching grant for equipment to non-profits. The total cost for this new equipment will be \$25,000. This has been no small effort and the first one of this size ever attempted by our club. The addition of this equipment will ensure efficient trail grooming that will continue to add to our clubs reputation of excellently groomed trails on the three systems the BNSC maintains.

I'd like to end this report with a thank you to all how came out and stepped up to help with this seasons successes and especially to the Board of Directors for your dedication and hard work. Thanks you ... and stay tuned.

## *We have a winner!*

Wendy Przybylski of Breezy Point was the lucky draw for a Family Ski Club Membership. The names for the drawing were gathered at the First Annual Health Fair sponsored by The Brainerd Lakes Health (BLH) system at the Westgate Mall on Saturday, Feb. 27<sup>th</sup>. Look for us again at next years fair.

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!*



# Area biathletes compete at Camp Ripley

Monday, March 1<sup>st</sup>, Jenna Ruzich, 17, Baxter, won the Junior Women's division and was 2<sup>nd</sup> woman overall at the Chief National Guard Bureau – National Championships held at Camp Ripley. Ruzich missed 2 shots each in prone and standing, but finished the 7.5km course in 33:25. CJ Merhar, 15, Bemidji, was 3<sup>rd</sup> Junior man and 10<sup>th</sup> overall, missing only 1 shot in standing and finishing with a time of 39:27 on the 10km course which climbs the hill mass behind the range 11 times.

On Saturday, March 6<sup>th</sup>, MNBiathlon/NNW competed with 3 teams in the 3 x 7.5km Relay race.

Winning the event with a time of 1:14:18 and 6 penalties was the MnBia #1 team of Raleigh Goessling, Esko; Nick Proell, St Cloud; and Erik Rupert, Duluth, edging out the North Dakota team, 1:16:43 with 3 penalties. A composite team from Arizona was 3<sup>rd</sup> with 3 penalties in 1:17:29.

In 4th place with a time of 1:21:38 and 7 penalties was the MnBia #2 team of Zean Baker; Ty Hadrits; and Jake Dahlberg, Ely. In 5th place with a time of 1:32:21 and 10 penalties was the MNBia #3 team of CJ Merhar, Bemidji; Jenna Ruzich, and Joe Fairbanks, Duluth, barely edging out the Utah team, 1:32:56 and 10 penalties who took 6<sup>th</sup>.

A total of 21 Teams from N. Dakota, Utah, Alaska, Montana, Minnesota, Wyoming, Ohio, Oregon, Nevada, Illinois, Wisconsin, and Indiana along with civilian and composite teams competed in the National Championships.

On Sunday, in the MNCup #9, 11.5km Mass Start Biathlon race at Elk River, 3 NNW Biathletes competed. Zean Baker, 15, Nisswa was 4th in the Youth Men with 12 misses for 20 shots in 38:05. Ty Hadrits, 15, Brainerd, was 7th in YM with 8 misses and a 2 min time penalty in 40:19.

Jenna Ruzich, 17, Baxter, was 3rd in YWomen with 12 misses in 51:12.

Competition in Biathlon will continue on the 14<sup>th</sup> at Mt Itasca and US Nationals will be held the 18-21<sup>st</sup> at Fort Kent, Maine.

## BNSC says goodbye to longtime volunteer Jeff DeVaney

The Ski Club's Board of Directors says good bye to LONG time board member Jeff DeVaney as he takes a giant step in his career with a two posting in Kuwait.

Jeff has served on the BNSC's board since he said "moving to Brainerd in 1975 when the club was known as the 'Brainerd Ski Birds'". Jeff soon became president and changed the clubs name it to its present name. Jeff has also been instrumental each November with organizing one of two of the clubs principal fund raisers, the Ski Swap.

Nadine Wittkopp who has worked with Jeff these past several years on the Swap says of Jeff, "He was very organized and thorough. He's also just a great guy to work with - always pleasant and positive, common sensical and fun. So he better not stay abroad too long!"

Good luck Jeff and we'll miss you.

# Ski tips, waxes & things

by Bill Meyer

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## Spring is time to recover, prepare for next season

Temperatures are above freezing at night. After several beautiful weeks of below freezing at night with sunny 35-40 degree days. The angle of the sun is catching up to us and it is raining! The snow pack is soft, the surface is slushy and slow, bare patches are showing up, and we need to face the end of the ski season. Mt Itasca with its manmade snow will last a number of weeks yet, and often is good skiing into April. But those places are rare and not for everyone. Pretty challenging.

So the day will come when it is time to put the skis away for the season. First, be sure you clean them up and leave a coat of non-fluoro wax on them for the summer. Don't scrape them. It's good for the bases and keeps them from oxidizing. For the kick zone on classicals, clean off the old klister, leaves and dirt, then rub on a layer of extra blue for the summer. Mark the skis that are warped or beat up for grinding or get them in now to get the bases cleaned up and flattened again.

Once you are done skiing for the season, it is time to back off for a month or so – a recovery month. Let your body recuperate and it will likely get a bit stronger with the supercompensation effect. More important, your mind will go through a cycle of being glad the season is done to looking forward to the beginning of next season's training.

By mid-April, you should be ready to begin anew. But avoid the roller skis for 6 weeks or so to give your ski muscles a chance to really recover and, again, more important, to let your mind and body get back in balance. Skiing is great as it uses most muscles in the body, but often with bad technique it favors one side, and at best, doesn't really keep the body in fore and aft balance. Hip strength is an issue with many. Now is the time to work on that.

So in mid-April it is time to lift some weights. Especially if you are older than 40, you are losing strength constantly – strength you can improve or at least maintain with some lifting. Nothing exotic, but be sure you are using all the muscle groups on each side of the joints: hamstrings and quads; back muscles – lats and glutels included and abdominals; triceps and biceps. 8-12 reps and 3 sets are a good balance between endurance strength and muscle mass building. Core strength routines are great, but do not provide a complete strength program. In and of themselves, they will do little to improve next year's ski speed. Combined with limb strength, they are also a good focus.

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

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Balance drills are also really good this time of year. Jumping rope on one foot. Hopping on one foot. Things that force you to land and balance – then do them with your eyes closed. The lack of ability to stand on one ski at a time is one of the most limiting characteristics of poorer skiers. Complete weight shift, even if for only an instant, is a sign of an accomplished skier. Need to ride one ski at a time. Classical or skating.



It is also time during the coming month and on into the beginning of the training year to get your running and biking legs back, to do some swimming, hiking for enjoyment, canoeing, kayaking and any other fun activity you can think of that together works a balance of upper and lower body plus gently prodding the aerobic slow twitch muscle system.

Once we begin roller skiing in June, we work hard on technique [roller skis, once mastered, are the best place to learn to ski well] and we also start building up our endurance, base and specific strength [ski muscle specific]. Most of that is done at a conversational pace—

in fact most top biathletes and skiers spend 65- 70% or more of their training time at this intensity level, and another 10-15% doing strength work. Some effort in the intensity zone right below the lactate threshold [TH zone] is also good each week through the summer—but on an annual basis, the time spent in the TH zone and above including all the race time for the year should not exceed 12% for a well trained athlete.

For the most part—that zone where you go out and compete against your partner—called Level 2—is a poor choice—”keeping up” will do less for you than a longer slower workout at your own pace...or a faster, but still aerobic one normally done in blocks of 5 or 10 min with 5-10 min of BE between ups. And save the high lactate work for later in the summer—that will set you back for a few days—days better spent doing more volume work.

Training is where the athletes are made. Racing is using up the training base. So work hard, enjoy yourself, build up your base all year and reap the harvest next winter!!

Enjoy

## ***Wanted: Geeks on skis***

That's right, the ski club needs “computer geek” members that can help the club unlock the potential of its Web page. There is so much information that our members as well as visitors to our area desire about the trails, the club and its activities. The club's Web site can be the perfect form to express our passion for the sport and share it with other members of the Nordic ski community. Send Mark an email at: [mbstadem@charter.net](mailto:mbstadem@charter.net), or Josh at: [dudajc@hotmail.com](mailto:dudajc@hotmail.com). to find out how you can get involved and support your local Nordic ski club.

# Brainerd Nordic Ski Club Questionnaire

Are You a Member of the Ski Club: \_\_\_\_\_

Recreational Skier: \_\_\_\_\_ Citizen Racer: \_\_\_\_\_ High School Ski Program: \_\_\_\_\_

USSA Competitions: \_\_\_\_\_ Biathlon: \_\_\_\_\_ Back Country: \_\_\_\_\_

Classic Style: \_\_\_\_\_ Free (Skate) Style: \_\_\_\_\_ Both: \_\_\_\_\_

Would you like more ski lessons offered? \_\_\_\_\_ in either/both styles: C / F / B

What Trail Systems Do You Use? Forestview: \_\_\_\_\_ the ARB: \_\_\_\_\_ French Rapids: \_\_\_\_\_

Other: \_\_\_\_\_ Do You Use the Lighted Trail at the ARB? \_\_\_\_\_

Would you like more social activities? \_\_\_\_\_ What kind? \_\_\_\_\_

What could the Ski Club offer more of/comments? \_\_\_\_\_

Would you volunteer for/in a ski club activity? (check all that apply):

Fall Trail Prep: \_\_\_\_\_ Races: \_\_\_\_\_ Jotter Articles: \_\_\_\_\_ WEB Page: \_\_\_\_\_

Ski Lessons (lead or assist): \_\_\_\_\_ Grooming: \_\_\_\_\_ Ski Swap: \_\_\_\_\_

Marketing: \_\_\_\_\_ BNSC Board of Directors: \_\_\_\_\_ Position?: \_\_\_\_\_

Would you like more information on the club and its activities? \_\_\_\_\_

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

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

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

Comments: \_\_\_\_\_

Brainerd Nordic Ski Club  
PO BOX 927  
BRAINERD, MN 56401  
WEB Page: [www.brainerdnordicskiclub.com/](http://www.brainerdnordicskiclub.com/)  
Email: [info@brainerdnordicskiclub.com](mailto:info@brainerdnordicskiclub.com)

## CLUB SPONSORS



PLACE YOUR AD HERE



**Jenny Smith**

PROPRIETOR

**LOCATION:**

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**TELEPHONE:**

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**FAX:**

(218) 545-4546

**EMAIL:**

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## **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**