



The Northwoods Nordic Ski Club – November 2010 Newsletter

President's Report

It's hard to believe, but it's November 2010, and another Nordic Ski Season is upon us. For those who may not know, I was elected President of the Northwood Nordic Ski Club at the Spring meeting in May. For me, it is a return to a position I held with this same organization from 1987-1989. Through the years the Club has maintained strong and active membership with ample community support. As some of you may remember, we started with a trail system at the Camp Tesomas Boy Scout Camp many years back, but we now have many trails from which to choose. The Northwood Ski Trail (which crosses the Northwood Golf Course and adjoining private property) has become the Club's primary trail. This trail, which is maintained and groomed by volunteers, has seen much Club-sponsored activity in recent years including the 2007 High School State Championship Meet and our annual Hodag Nordic Challenge. In this regard, I would note that one of the primary areas of interest and emphasis for the Ski Club from its inception has been to provide encouragement and support for the junior high and high school Nordic teams. Many of our teams have been recognized through the years for the dedication and expertise of the coaching staff as well as the caliber of the student athletes. Your membership dollars go a long way towards supporting these student athletes, many of whom have been State Champions. The club appreciates the support of all its members.

This year has seen some additional trail work at the Northwood Ski Trail and new prominent trail signage, highlights found in Robin's trail report. As always we appreciate the support of the Northwood Golf Course, the City of Rhinelander, and private landowners who permit access to their property. In addition, I want to especially thank the volunteer groomers who often put in long, late-night hours grooming the trail.

We also enjoy many other outstanding trails in the Rhinelander area, including the Washburn and Nose

Lake Ski Trails (groomed by the County), the McNaughton Ski Trail (groomed by the DNR), the Community Ski Trail near the High School (groomed by club volunteers), and the newer trails at CAVOC (groomed primarily by Dave Wall). In this newsletter you will find details for an upcoming ski swap sponsored by our Club to be held at CAVOC in early December. If we have snow, this will be a great opportunity to pick up equipment and try the trails.

The Junior High and High School Ski teams have begun their practice and training for the upcoming season. High School Coach Karen Cook (along with several assistants) and Junior High Coach Scott Bornberg have contributed many hours toward energizing these young skiers. Post this season's Nordic Ski Meet Race Schedule by your calendar and attend the meets to support these kids; in particular, the Hodag Nordic Challenge, held at the Northwood Ski Trail on Sunday, January 9th and the Rhinelander Relays Race held at the Community Trail on Tuesday, January 18th.

The Club will also sponsor the annual Candlelight Ski at the Community Trail on Thursday, Dec 30th. Also, plans are underway for our third annual Hey Jude event, commemorating Judy Swank's life and contributions, tentatively set for Sunday March 6, 2011. Watch for additional event details on www.hodagnordic.com.

The Northwood Ski Club and its events require many volunteer hours and significant community support. We have been blessed with both. Feel free to contact any of the Board members with input or comments about Nordic Ski activities: [Sue Lietz](#), [Deb Wall](#), [Gerry Van Harpen](#), [John Bassette](#), [Linda DeMill](#), [Ron Teclaw](#), [Jeff Tracy](#), [Shane Tulowitsky](#), [Roy Kelling](#), and [Robin Stafford](#).

Thanks to all, and Happy Trails! - [Chris Koepl](#)

Trail Report



This year's biggest change to our Northwood ski trails is along the Main Loop. Because we have always battled big snow drifts and a narrow trail along the 17th fairway, we cut a new 0.3 km section of trail through the woods between the fairways. This work started in the spring with members laying out the new route, in September a dozer operator cleared the trees, rocks and stumps and in early October members completed the trail by cutting roots, raking, picking rocks and cleaning up the woods edge. We scattered dormant seed and hope to see grass in the spring.

Another noticeable improvement will be new trail signing. We are currently in the process of installing all new signs along the trails. You will see new trail maps at each intersection, trail reassurance signs along the routes and other signs that will provide positive guidance to skiers. Additionally, our new maps include distances between most of the intersections and the complexity of each trail.

Currently all the trails have been picked of trees, limbs and rocks. They have been mowed, the trees along the sides have been limbed and we are only waiting for measurable snow.

This year we had a tremendous amount of help from our members on our trails. I would like to thank all that have helped. It is because of you that our trails continue to improve year after year.

- **Robin Stafford**

Coaches' Corner

The Rhinelander High School ski team started practice on Monday, Nov. 8th. The team captains, Annie Dobbins and Bailey Lieck, were excited to help organized the team and get it up and running. We have 14 team members. The girls' team have Bailey Lieck, a returning senior and Annie Dobbins, a

returning junior. They are followed by returning sophomores: Lindsey Lieck, Taylor Preul, Kiah Sexton, Claire Tracy, and Hillary Wall. New to the team are freshman Daria Katchko from the James Williams Middle School (JWMS) nordic program and sophomore Kathryn Pamperin from the Three Lakes High School. Kathryn comes with a great running background and although she's new to cross country skiing, she has experience in alpine skiing. We are looking forward to having Kathryn as a member of our team. We, once again, are a co-op team allowing skiers from other schools who do not have enough to field a team to ski with us.

The boys' team has returning sophomores Tadd Schmidt and Aaron Bowen, along with freshman Ryan Barr, Lou Bassette and Drew Stafford. We are glad to have Aaron back this year. He had to sit out last season due to an injury. The three freshman also come from the JWMS nordic program and are ready to compete at the next level.

I expect both boys' and girls' teams to compete well this year and to improve on last year's results.

I am very excited over this team. They are a very committed group of athletes wanting to excel in the sport both individually and as a team.

- **Coach Karen Cook**

The Junior Hodag Ski Team this year is off to a fast start. The team started to practice in early November. Team members have been running hard and dryland training for upcoming ski meets.

This years team is an experienced bunch, consisting of nine 8th grade students and two students in 7th grade. Please come out and cheer on your entire Hodag Nordic team this year.

Thank You – **Coach Scott Bornberg**

www.hodagnordic.com

Rhinelanders Nordic Ski Team Race Schedule

GrandView Challenge	Wolverine, Ironwood, MI	Dec 11 and 12
JOQ Sprints	Greenwood Hills Golf Course, Wausau, WI	Dec 18 (Saturday)
Lakeland Invite	Winter Park, Minocqua, WI	Dec 21 (Tuesday)
Iola Classic	Iola Winter Sports Club, Iola, WI	Jan 8 (Saturday)
Hodag Nordic Challenge	Northwood Ski Trail, Rhinelanders, WI	Jan 9 (Sunday)
Snekkevik	Nine Mile State Forest, Wausau, WI	Jan 15 (Saturday)
Rhinelanders Relays	High school Community Trails, Rhinelanders, WI	Jan 18 (Tuesday)
Houghton Races	Houghton, MI AND/OR	Jan 29 (Saturday)
Norseman Challenge	Iola Winter Sports Club, Iola, WI	Jan 30 (Sunday)
State Championships	Nine Mile State Forest, Wausau, WI	Febr 12
State Sprint Championships	Capital Square, Madison, WI	Febr 18, 19, 20

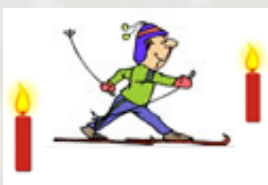
Club Activities Calendar 2010 - 2011

Northwoods Ski Swap	Sunday, December 5, 2010	CAVOC Center, 11 to 2 p.m.
Candlelight Ski	Thursday, December 30, 2010	Community Ski Trail, 6 to 8 p.m. – FREE admission
Hodag Nordic Challenge	Sunday, January 9, 2011	Northwoods Nordic Ski Trail, Freestyle ski race for High School and Middle School athletes
Rhinelanders Relays	Tuesday, January 18, 2011	Community Ski Trail, 1K Freestyle sprint race for High School and Middle School athletes.
Hey Jude Ski	Sunday, March 6, 2011	Northwoods Nordic Ski Trail, mark your calendar!

Candlelight Ski

The 8th annual candlelight ski (or hike, in case of no snow) will be **December 30th** from 6 pm to 8 pm at the Rhinelanders Community Ski Trail located across from the high school. Admission is FREE. Mel's Ski Shop will have skis available for people interested in trying out the sport of cross country skiing. RHS skiers will be on hand to help beginner skiers with instruction and demonstration of technique. All skiers are invited and we hope this date will bring RHS alumni skiers and their families out for an evening ski. Catch up with old friends at the campfire. Hot cider and cookies served.

- **Gerry Van Harpen**, questions? 715-362-1025



Swap your old Nordic Skis

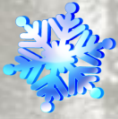
Our first Northwoods Nordic Ski Swap will be held Sunday, **December 5th** at the CAVOC Center east of Rhinelanders on South Shore Drive. Bring your Nordic skis, boots, poles, etc. and check in equipment between 9:00 and 10:30 am. The sale will start at 11:00 am and finish at 2:00 pm. The proceeds will be used for the High school and Middle school Nordic ski programs. This could be another great way to see the new trail system at CAVOC, the Rhinelanders School District outdoor classroom named after our late Ced Vig (Ced A. Vig Outdoors Classroom). If we have snow, you can try out your different equipment!

A map to the CAVOC Trail system can be found at www.HodagNordic.com

- **Jeff Tracy**, questions? 715-362-6107

The Northwoods Nordic Ski Club Membership Form

Please consider becoming a member to support our club activities and the trails system.



Mail your check and membership form to:
Northwoods Nordic Ski Club
P.O. Box 105
Rhinelander, WI 54501



Name _____

Street Address _____

City, State, Zip _____

Phone _____ email _____

We do not and will not provide any of the above personal information to anyone. It is used for club records only. We will not share your email address. It will be used only for club mailings and announcements which will help reduce the club's use of paper.

You also have an opportunity to contribute to the Judy Swank Memorial Scholarship Fund that awards a \$1000 post secondary school scholarship to a Rhinelander High School Nordic Ski Team graduate.

Suggested Membership Levels:

Membership level	Amount Enclosed
\$25 Regular Membership	
\$50 Friend of Northwoods Nordic Ski Club	
\$150 Sponsor of a high school team skier	
Judy Swank Scholarship Contribution	
Total	

Would you like to have your name included on the club membership list published on our Website www.hodagnordic.com ? Yes No

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