

President's Perspective



Congratulations to all of the Nordic Foxes who completed the 2006 Birkie and Korte! We had quite a turnout this year. Conditions were tough with the cold temperatures and fresh snow, but everyone stepped up and accepted the challenge. A big THANK YOU goes out to all who came up and supported the skiers.

I owe special thanks to Heide and Michelle, who had a warm vehicle waiting when I dropped out at OO. I was skiing well and feeling strong up to the fire tower (the high point on the course at 13K). I stopped for a quick energy drink at the next aid station, and suddenly felt terrible. Not a typical bonk, since it happened so early in the race, but a bonk nonetheless. The best explanation I can come up with is that I was overtrained and my body was finally telling me to stop. But, I learned a lot from the experience and plan to come back strong next year.

We haven't seen snow in this area in a long time, but there's still a lot of great skiing Up North, so think about taking one more road trip before putting away your skis for the season.

We will elect next year's officers at the club meeting on March 16th, our last meeting of the season. Hope to see you there!

Larry