

President's Perspective

In the midst of a hot day in the middle of summer, when the best thing to do is take a cool dip in a pool somewhere.... Turn your thoughts to skiing! Some of you might be saying - What?!

But as many of you know, that is exactly what Scott Smith is going to do in late August - he is going further than thoughts - he's going to x-c ski race in the Kangaroo Loppet in beautiful Australia - how cool is that!!? ☺

A number of us in the club have been enjoying various organized bike rides this summer - I've seen Carol, Linda, Larry, Heide, Denis, Brian, Donna, Rich & Terry out there, at one ride or another! For those we haven't seen - we miss you! You have another chance though, when Jim Adams leads his 6th annual Wine & Bike Tour over in southern Michigan, the last weekend of August.

For those of you who are already roller-skiing - good for you! You all have a jump on the rest of us. If anyone wants a chance to try roller-skiing (again or for the first time), let me know and we'll arrange another roller-ski day, for one or more!

For some great articles on x-c skiing - check out the MiniSkinny newsletter from www.skinnyski.com they also feature other sport & exercise related articles in the mix. Very fun and informative.

September is right around the corner, (since we're somehow into August already...) and Sept. 16th is our first club meeting of the season - hope to see you there, if not before!

Happy Trails!
Kathy Siegrist