

Our recent weather has been very refreshing after the long, hot summer. I went for a long run this morning. It started with frost on the ground, and ended with bright sun and a warm southwest breeze. Leaves were falling all along the route. We've had several frosty mornings, and even a couple of freezes, so snow can't be that far off!

While we're waiting for the snow, we've had plenty of Nordic Fox club activities to keep us busy this fall: A bike and wine tour, wine tasting, glider rides, and dry land training. Thanks to all who hosted these events!

It's hard to believe that it's almost time for our third club meeting of the year. If you missed our October meeting, you missed a very entertaining presentation by Bob Friend. Thanks Bob! If you haven't made it to a meeting yet this season, we hope to see you on November 17.

It's time to start thinking about getting our ski equipment ready for the coming season. Are your boots and bindings in good shape? What about your poles? Have some gouges in your skis? If so, consider having them stone ground. Or maybe it's time to buy some new equipment?

Finally, think about your personal goals for the coming ski season, and come up with a plan to achieve them. If you need some guidance, club members are always more than willing to give free advice. If you're looking for a training partner, you need look no further than other club members who have similar goals.

Larry