

President's Perspective

What are YOU doing this summer? We had a great turn out for the rollerski clinic on May 16th - 15 of us braved the pavement on little wheels, to see if we could roll along and ski and stay upright at the same time. Not always easy, but a lot of fun to give it a whirl. (Sylvia Matthes, from Australia who was our Nordic Fox down-under contingent in the Birkie, wanted to try roller skiing so much, that she extended her stay here so she could join us. She did great on the Aero Skate skis.)

So I must admit, x-c ski goals and Birkie fever have a hold on me (I have Scott Smith to thank for that, and it also helps to be in a bit better shape for skiing, etc. too!) All the really good skiers say biking is great cross-training for skiing and hey, biking just happens to be a lot of fun too. I realized I can't just ride horses & mules and do Pilates to be in good shape for skiing. There has to be more. Carol B. led some great bike rides last year, along the I&M canal and I had the fortunate opportunity late last summer, to dust my bike off, inflate the tires, drag out my old biking attire (a bit retro... eh Scott?) and what a wonderful time I had. Biking with friends is the best. So thanks Carol, for getting me back out there! And thanks to Rich Scott, who put me in touch with a used bike for sale last month, I now have a wonderful road bike that is a dream to ride!

Between biking, rollerskiing (and still riding horses & mules of course) and low impact ways to strengthen my body, I'm sure my Birkie time can improve next year. But not only that, with all of this improvement in general fitness, I know I can enjoy x-c skiing so much more too. Hey, anything is possible with even a little hard work!

So come join the Nordic Foxes on some of our outings planned for this summer - there's something for those of you who already enjoy activities to stay in shape for all of your sports, as well as for those who just want to get out there!

Happy Trails,
Kathy Siegrist