

President's Perspective

Thanks to our V.P. - Larry Zurawski for saving the November program. As many of you know, who were at last month's meeting, Chad McGrath could not be there, due to unexpected work commitments. Chad apologizes and hopes to give his presentation to us before the end of our season. Larry polled the audience for reports of ski trails that surround Lake Superior and there was quite a lot of good input. The classic ski portion of the Dan Clausen instructional video we watched, was very informative and is a video in the club "library". Plus, Scott Smith demonstrated the "exercise ball" - what kind of exercises you can do and he explained the key benefits to skiing – increasing balance and core strength. Thanks Scott!

What are your plans this winter...? Check out our trip calendar, it offers something for everyone. Week log trips are: U.P. (Upper Peninsula) Ironwood, MI trip – January 18-23, and MapleLag (Callaway, MN) – February 7-14. We're supposed to have good snow here in the Midwest this winter, including the Chicago area! Northwest Wisconsin (Spooner/Hayward area) had 6 inches of snow earlier last week just prior to Thanksgiving... Many other areas up north have reported snow also. Whether or not you're a fan of ski racing, check out www.birkie.com for the latest info on the American Birkebeiner Ski Marathon Race.

No matter what your skiing ability, consider taking a lesson or two this winter. It will improve your technique. And improving your classic or skating technique, translates to a better, more efficient and fun x-c ski experience! Check out Minocqua Winter Park, (Minocqua, WI) they offer top-notch instruction in both classic and skate skiing - www.skiwp.org Plus, we have many people in the club willing to help others on the trail.

Whatever your plans, I hope it includes some ski dates with fellow club members – a fun time is guaranteed!

Happy Trails,
Kathy Siegrist