

mid – december 2008



Nordic news



in brief...

- president's column
- chs nordic team update
- nordic kids program details

PRESIDENT'S COLUMN

ROY HOLM

WELCOME BACK NORDIC ENTHUSIASTS, BACK TO another season of skinny skiing. The politicians are busy promising change, but you will see some real changes on the trails and some new faces on the PCNSA board. A good portion of the area between Pahaska

and Sleeping Giant, at Sleeping Giant, and east of Sleeping Giant has been commercially logged. Look forward to some new scenery and trail re – routes. The board will miss retiring members Lani Snyder, Wendy Erickson, and Duane Feick. Lani was the PCNSA treasurer for many years and published the newsletter single handedly for nearly as many years. Wendy worked with the

Nordic kids program for several years, first as a parent helper and the last two years running the program. Duane searched for, applied for and secured grant funds for the many operational demands of the association. Thank you all for your dedication and time that was a

(continued p. 2)

- dec. 1 – 18
nordic kids pre-reg.
wambeke@wavecom.net
Wambeke's: 527-5152
- jan. 2 – 3
chs nordic ski meet
@ pcnsa ski trails
to help call: 272-6579
- calendar p. 6...



nordicskiclub.com

(president's column continued from p. 1)

benefit to us all. We wish you all well in your endeavours. New to the board are Ted and Ann Wambeke, Ernie McFarlane, and Quincy Sondeno. Ted and Ann are taking the reins of the Nordic kids program and have some great ideas to implement. Ernie has been helping with the grooming

the past few years. He has been involved in Nordic skiing for many years and helps coach at the annual clinic. Quincy, a former CHS Nordic skier, is a graphic designer and is going to be producing the newsletter along with other graphic assignments. Continuing

on the board will be Jan Hoar, Richard Becker, Shirley Bye-Jech, Werner Noesner, Sharon Miller, Don Frame, and Amy Tripe. This is a great group to manage the challenges of the association. Thank you all very much. Pray for snow, see you on the trails. ♦

PCNSA CUSTOMIZED APPAREL

LOOK FOR CUSTOM PCNSA apparel and accessories in the January newsletter. ♦



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Park County
NORDIC SKI
Association

P.O. Box 2123 • Cody, Wyoming 82414 • nordicskiclub.com

the mission of the park county nordic ski association

PCNSA is a grassroots, all volunteer organization. We groom a winter wonderland of more than 15 miles of classic, skate and snowshoe trails in the Shoshone National Forest near the East Entrance to Yellowstone National Park. We also sponsor Nordic ski clinics, races, moonlight ski and snowshoe outings, and many other special events. We prohibit discrimination of any kind in all of our programs and activities.

pcnsa board & contact info

- ♦ Roy Holm, *president* • (307.587.4878)
- ♦ Amy Tripe, *vice president* • (307.899.2204)
- ♦ Richard Becker, *trail grooming* • (307.587.3464)
- ♦ Don Frame, *trail grooming* • (307.587.2077)
- ♦ Shirley Bye-Jech, *secretary* • (307.527.5800)
- ♦ Sharon Miller, *website & treasurer* • (307.587.8674)
- ♦ Wambeke's, *nordic kids program* • (307.527.5152)
- ♦ Jan Hoar • (307.587.8077)
- ♦ Werner Noesner • (307.587.1160)
- ♦ Ernie McFarlane • (307.587.3839)
- ♦ Quincy Sondeno, *newsletter* • (307.587.9524)

CHS NORDIC SKI TEAM

MARTY STANNARD

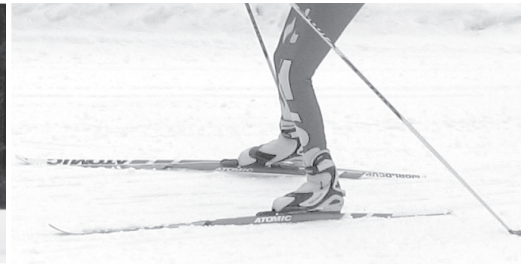
FOR THE FIRST TIME IN MANY YEARS, girl skiers (9) outnumber boys (7) on the CHS Nordic Ski Team this '08-'09 season. Official practice kicked off November 17th, so with two weeks and another great West Yellowstone Ski Festival behind us we are getting in the groove.

Many of the skiers' names will be familiar: Peterman (Christopher and Laura), Saville (Amy and Bonnie), Sierra Jech, Dan Latimer, Hubbard Coe, Katrina Pasek, Dutch Brangham, Donald Shelton, Eric

Maslak, Katrina Fillerup, Rachel Christensen, and Ashley Briesmeister are among the returning skiers along with new

skiers Thayne Balling and Krista Bronnberg. Krista, a 9th grader, is already showing great potential as an up-and-coming racer. We have been missing Sierra Jech at practice thus far and are anxiously anticipating a successful and timely recovery from knee surgery so she can be back out there gracefully, and passionately skiing again in her preparations for a shot at an individual state championship.

In addition, we have, to date, 2 CMS boys, Anthony Peterman and Ethan Lacey and 1 CMS girl, Shianne Rogers. I am hoping to recruit more CMS skiers to help develop and prepare them for the HS program. If you know of CMS students who would be candidates, encourage their parents to contact me at 272-6579. Some skiing experience would be helpful, but not necessary. A level of maturity necessary to participate with the HS team is a pre-requisite. While



CHS Nordic Meet 2008 (@Q. Sondeno)

the culture of the HS team is very positive and supportive, the coaching resources are limited. The physical demands are adjusted for the age group.

It was great to see several PCNSA

race officials) will take on the role of coordinating the race-helpers/officials. This coordinating role has been fine-tuned by Marge Becker and her crew for many years, so we will do our best to assume those duties at this season's

racers. The Beckers have plans, I believe, to spend time with their own kids and grandkids during the HS race dates this season, so if you were one of those race crew members in the past

and would like to participate again this year we will very gratefully accept the generosity of your time and expertise. There are numerous roles to fill in order to carry out quality races, some of which require little or no experience. Please contact me (272-6579) or Mr. Hult or Mrs. Tuten at the Activities Dept. (587-6110) if you are interested and available to help with the midday skate race (12:00 PM prep mtg) Friday 1/2/09 and or the classic race on Saturday AM (8:30 prep mtg) 1/3/09.

Good skiing and see you on the trails!
Marty Stannard, CHS Nordic Head Coach, 272-6579. ♦

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“The lack of snow on the Rendezvous trails did not prevent us from getting several quality and fun hours of skating and classic skiing...”

members at West Yellowstone where we took 12 CHS skiers this season. The lack of snow on the Rendezvous trails did not prevent us from getting several quality and fun hours of skating and classic skiing on the Plateau, in spite of the additional logistics.

We are all dancing for snow, especially since our HS races are early this year, on Jan 2nd and 3rd. Our talented and dedicated PCNSA groomers have already put in many pre- and early season hours/days preparing for another season of enviable skiing opportunities at our special Nordic ski venue. The CHS Activities Department and I will be extremely grateful for any and all volunteers who will provide assistance at the races again this season. Mr. Tony Hult, CHS Activities Director (with help from some veteran PCNSA

CHS NORDIC SKI TEAM: — CODY MEET —

- JANUARY 2ND – 3RD
- PCNSA SKI TRAILS
@ PAHASKA
- VOLUNTEER TO HELP,
CALL: 272-6579

NORDIC KIDS PROGRAM

TED & ANN WAMBEKE

WE ROLL INTO THE NEW SEASON with a few changes. First, Thank you to Wendy Erickson for her years of leading the kids' program. With sadness, we say good-bye to Wendy and her children as they venture in new winter opportunities. Ted and I will be taking the torch from Wendy to continue to develop the kids' program. Here's the scoop:

Program Description: Parents and children (ages 5 through middle school) join other families and improve their Nordic skiing skills. Kids will be divided into groups for the season based upon years of experience and age. A parent or guardian is required to stay with his/her child during the lesson to help facilitate the lesson and encourage the child. Families will be asked to bring a snack to share with other skiers and hot chocolate will be provided by the PCNSA.

Levels of Instruction: We will divide into two to three groups depending upon the number of instructors who volunteer. The newest skiers will learn basic skills through game activities and trail time. The intermediate group will include kids who have been in the program for a few years and are ready for a change but who may not be quite ready for the longer trails. This group will have a quick introduction to a specific skill and then will head out to practice this technique. The most advanced group will improve skills by getting out on the trails and skiing with their parents, coaches, and when available, Cody's very own, high school ski team!! Skills will be addressed on an individual basis by the coaches who will offer tips to these upper elementary and middle school age kids.

Instructors: Coaches will serve on a volunteer basis. There will be a

pre-season "coaches clinic" led by Meggin Becker on Saturday, January 10th at Pahaska. She will discuss and demonstrate philosophy and teaching techniques. PCNSA board members will assist in training parents to coach and to assist in coaching.

Program Dates and Times: 10:30 until noon, Saturdays starting January 17th through February 21st with the exception of President's weekend. Stay tuned for more details.

Location: Meet at Pahaska by the Warming Hut (with the exception of President's Day weekend)

Cost: 1) Members - \$10.00 per child or \$20.00 per family, 2) New Members - \$25.00 per child or \$50.00 per family - Entire kids' program registration fees will be deducted from Park County Nordic Ski Association Membership fee for this first year, 3) Non-Members - \$25.00 per child.

Pre-Registration: Forms available by e-mailing Ted and Ann at wambeke@wavecom.net

Registration Dates: Members may register early by e-mailing Ted and Ann Wambeke beginning December 1st through December 18th. If you are not on e-mail, you can call Ted and Ann at 527-5152. Depending upon space left in the program and number of coaches available, we will arrange a second registration period to be located at the recreation center. All participants will need to sign a release form on or before the first day of participation. ♦



Nordic Kids Program & Recreational Skiers(© J. Hoar)

PCNSA NORDIC KIDS PROGRAM

- **DATES/TIMES**

January 17th–February 21st*
10:30am – noon

*no practice President's Day Weekend

- **LOCATION**

Pahaska: Warming Hut

- **COST**

Members: \$10/child or \$20/family

New Members: \$25/child or \$50/family

Non-Members: \$25/child

- **PRE-REGISTRATION**

Forms available via email wambeke@wavecom.net & included on page 5

- **QUESTIONS?**

contact Ted or Ann:

email —

wambeke@wavecom.net

phone — 307.527.5152

JANUARY 2009



Park County

NORDIC SKI Association

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
✦				1	✦ 2	✦ 3
4	5	6	7	8	9	✦ ✦ 10
11	12	13	14	15	16	✦ 17
18	19	20	21	22	23	✦ 24
25	26	27	28	29	30	✦ 31

DECEMBER 1ST – 18TH: Parent Orientation & Sign-up for the Nordic Kids Program (*ref. p. 4*)

JANUARY 1ST – 2ND: CHS Nordic Ski Meet, *PCNSA Trails @ Pabaska*, (*ref. p. 3*)

JANUARY 10TH: Pre-season “coaches clinic” for Nordic Kids Program parents led by Meggin Becker, *PCNSA Trails @ Pabaska* (*ref. p. 4*)

— Adult Beginning Classic & Skate Clinics, *PCNSA Trails @ Pabaska*, please call 307.587.3464 to register

— Moonlight Ski & Snowshoe, *PCNSA Trails @ Pabaska*, **beginning @ 7pm**

JANUARY 17TH: Nordic Kids Program, *PCNSA Trails @ Pabaska*, **from @ 10:30am - 12:00pm**

JANUARY 24TH: Nordic Kids Program, *PCNSA Trails @ Pabaska*, **from @ 10:30am - 12:00pm**

JANUARY 31ST: Nordic Kids Program, *PCNSA Trails @ Pabaska*, **from @ 10:30am - 12:00pm**

**NEW
UPCOMING
EVENT**

FEBRUARY 28TH: Nordic Festival Day that includes skate and classic races (10k & 5k), kids races, and snowshoe relay, *Red Lodge Nordic Center (RLNC) in Red Lodge, MT*, **races @ 9:45am** (registration @ 9:00am),
...more in February newsletter

A huge thank you to all our generous and supportive sponsors. Without your contributions the great trail network we have would not be possible. We hope you enjoy skiing guilt-free and spread the word.

Karen Albrecht
 Richard & Marge Becker
 Ben & Pat Chapman*
 Marty Coe
 Shea Dimock
 Andrea Demasi & Meade Dominick
 Dennis & Ann Eckardt
 Don & Sherrie Frame
 Dave & Lynn Haas
 Jan & Lee Hermann*
 Jan & Gary Hoar
 Bob Hoffman
 Roy & Mina Holm
 Holm Blough & Co*
 Fred Hynek*
 Shirley & Gerald Jech

Donald Jensen
 Jennifer Jensen
 Barb Kneer
 Joyce Knopp
 Travis & Nikki Leck
 Steve & Rita Mainini
 Ernie & Mary McFarlane
 Debbie McMillan
 Karen & Lee Meador
 Ann & Doug & Sara McBane/McWhirter
 Bob Mees
 Sharon & Dan & Curtis Miller
 Werner & Pam Noesner
 Bob & Angela Coe – Pahaska Tepee*
 George & Ann Pasek*
 Scott & Gabrielle Peterman & Family

Edie Phillips
 Jackie Rosen
 Rex Sanders
 Jamie Schmeisser
 Tracy Sinner
 Quincy & Ole Sondeno
 Marty Stannard*
 Zann Liljegren Stevan Leger
 Douglas & Gale Sunderland
 Sandy & Bob Newsome – Sunlight Sports*
 Amy & Andy Tripe & Quick
 Jerry Wenger
 Russ Wenke
 Bonnie & Dick Williams
 Kathy & Tracy Wormald
 Henry & Sandy Yaple & Frost

** indicates a sponsor donated more than \$100 to the Park County Nordic Ski Association*

benefits of being a sponsor

- ◆ *Nordic ski report emailed to you as soon as trails are groomed*
- ◆ *Discounts on ski clinics and with the Nordic Kids Program*
- ◆ *Receive monthly Nordic News newsletter during ski months*
- ◆ *Free classified ads in the monthly Nordic News newsletter*
- ◆ *Ski GUILT-FREE all winter long on the region's best snow*
- ◆ *Share a fantastic past-time with some wonderfully interesting folks*

PCNSA PHOTO REQUEST

IF YOU TAKE PART IN ANY ACTIVITIES, from recreational skiing and ski clinics, to the CHS Nordic Team and the Nordic Kids Program, we would like your pictures. They would potentially be used for both the website and the newsletter to promote our great sport. We want to see *our* members in the PCNSA Nordic Newsletter and on the website. Please email medium resolution .jpg's, .tiff's, or .psd's to Quincy: walis38@yahoo.com. ◆



January 2008 Newsletter

PCNSA • P.O. BOX 2123 • Cody, Wyoming 82414



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PARK COUNTY NORDIC SKI ASSOCIATION

Membership Application

Fill out the contact info below & mail along with payment to PCNSA at P.O. BOX 2123, Cody, Wyoming 82414

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Individual Sponsor (\$40) • Family Sponsor (\$50) • Business Sponsor (\$100) • Corporate Sponsor (\$500)

Willing to lend a hand? All PCNSA members are invited to take an active role in the organization.
Please circle any of the following events that you would be willing to help with:

MOONLIGHT SKI • MOONLIGHT SNOWSHOE • NORDIC KIDS PROGRAM • SYLVAN PASS TRIP • SKI CLINICS

• CHS NORDIC SKI RACE • TRAIL GROOMING • OTHER: _____