



April-May 2024

Year-Round Recreation Since 1971

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Monthly Meeting And Events -

At April 19 Nordic Meeting, Celebrate Progress & the Future
Friday, April 19, 2024, 6:00 pm

Groundbreaking for a new, larger lodge at Lapham Peak State Forest was held in March. The Nordic Ski Club of Milwaukee has contributed to the lodge, as have individual club members. We'll get an update on the Lapham Lodge construction at our club's end-of-the-season meeting April 19. And despite the warmest Wisconsin winter on record, the snowmaking project at Lapham Peak provided snow for ski lessons, ski races and just-for-fun cross-country skiing. Learn how important snowmaking was to skiers. Turning our focus to next winter, Program Committee Chair Paul Keber will talk about our ski trip planning. And you'll also get a preview of NSCM spring and summer events. The club will provide free pizza (if you sign up in advance). There will be a cash bar.

WHAT: Nordic Ski Club of Milwaukee season-ending meeting

WHEN: Friday, April 19, 6:00 to 10:00 pm

WHERE: Elks Lodge 400, 2301 Springdale Rd, Waukesha

Coming Up:

Rock River GSP Paddling Trip
Sunday, June 9

Port Washington Bike Ride
Monday June 10

Contact Us:

Email nordicskiclub.mke@gmail.com

For membership information, call Pat Doornek 414-906-0629

ENTER: from lower level back parking lot

FOOD: Pizza (including vegetarian choices). Cash bar.

SIGN UP: Food is free if you [register online](#) by April 17

Horicon National Wildlife Refuge Hike

Tuesday, April 16, 10:00 am

Want to experience a National Wildlife Refuge and to unplug from the stresses of daily life and reconnect with our natural surroundings? On Tuesday, April 16th at 10:00 am, NSCM will have the opportunity to hike and go through the Horicon Marsh Education and Visitor Center.

Liz Herzmann, Wildlife Conservation Educator-Wildlife Management is willing to spend a few hours explaining the history of the largest freshwater cattail marsh in the United States. It is a critical rest stop for thousands of migrating ducks and Canadian geese. We will enjoy opportunities for wildlife observation, photography, hiking, tours, and lunch.

Three visitor centers and numerous trails and other outdoor facilities are available. Within the Visitor Center, they have a short over-view movie and an interactive exhibit educational area. They have a \$2 fee for this. Then a boardwalk to hike anywhere from 3-5 miles. If anyone cannot or not want to walk that far, they can drive to the Palmatory shelter for our picnic. The shelter is a beautiful setting for lunch overlooking metal art and the Marsh.

With interest, we may opt to drive to Ledge Park (10 minutes away) which has rock out-cropping and a one-mile trail to hike. After this you may want to bring a cooler and experience LeRoy Meats. This, too, is optional and has all fresh meats for sale in a local community.

What to bring: \$2 Cash for the interactive exhibit, dress for the outdoors, your picnic lunch to eat at the overlook and shelter, and a smile to enjoy the day! Any questions and R.S.V.P. to Elly Miller 262-313-7280 by April 10th.

Directions from Milwaukee: Hwy 41 North to Hwy 33 to Hwy 28 East. (Approximately 1 hour and 10 minutes.)

Horicon Marsh Education and Visitor Center, N7725 Highway 28,
Horicon, WI

<https://horiconmarsh.org/visit/explorium>

Meet by the Parking area of the Life Size Mammoth! Hope to see you there!

World T'ai Chi Day in Waukesha

Saturday April 27, 9:00 - 11:00 am

Waukesha Parks, Recreation & Forestry invites you to this free public T'ai Chi celebration with special guest and master instructor Bob Goodwin. No experience necessary!

Schuetze Rec Center-Activity Room, 1120 Baxter St, Waukesha, WI

Contact person: Kayleen Kauffman, 262-501-9280.

Nordic Officers

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Renee Couture
and Ellen Riley

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Paula Brookmire

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Send Articles to:
[newsletter](#)
@nordicskiclub.org

Facebook Chair:

Mitchell Park to Fox Brook Park Hike

Sunday, April 28, 1:00 pm

Mitchell Park in Brookfield is home to the Wilson Center for the Arts, a playground, a dog park and plenty of green space. It makes a nice starting point for an afternoon hike to nearby Fox Brook Park. A paved path across from Mitchell leads to a boardwalk (if the water isn't too high) past an archery park to Fox Brook Park. The paved path at Fox Brook takes you around a small lake.

Restrooms are available at Fox Brook, but not always at Mitchell Park. At the moment there is no Wilson Center performance on April 28, the day of our hike. So we can park free either in the Wilson Center lot or in the lot at the dog park next door, where we will meet at 1:00 pm. Mitchell Park's address is 19900 River Rd, Brookfield, and you can get to it easily from W Capitol Dr (just west of Brookfield Rd), where you turn south on Mitchell Park Rd.

This is an easy hike that probably won't take more than an hour one way. If you want to hike only one way, we will have at least one car at Fox Brook Park, 2925 N Barker Rd, Brookfield; Barker Road ends at Capitol Drive. You need a Waukesha County Parks permit to enter and park at Fox Brook. We can have another car or two at Mitchell Park (free parking).

Please call hike leader Paula Brookmire beforehand to let her know how long you want to hike and if you need a ride back to Mitchell Park: 414-491-4636 (cell/text) or 414-527-0040 (home landline). Paula will do the hike only one way, from Mitchell to Fox Brook. There also are restaurants nearby if a group wants lunch beforehand or dine afterward or visit Kopps Custard on Brookfield Road at Bluemound Road.

New Berlin Trail Bike Ride and Mama D's

Saturday, May 11, 9:30 am

It's time to wake up those lazy sit bones! Dust off your bicycle, lube the chain, and fill up those water bottles! Join fellow Nordics for a you-set-the-pace 30 mile out and back pedal on the New Berlin/Glacial Drumlin bike trail. The trail is a mix of mostly flat terrain with an occasional, gradual incline/decline as it passes along and through natural areas as well as winds through urban Waukesha. An added perk on this spring ride, expect the loud and energetic spring peepers' mating calls lining the route.

Topping off this enjoyable ride, we'll stop halfway for coffee or lunch at the charming Mama D's in Wales.

Circle the date in your calendar: Saturday, May 11, 2024. Park at the "splash pool" at Greenfield County Park in West Allis. Ride starts at 9:30 am. Please let ride leader, Jane Stoltz (1jnstoltz@gmail.com or, cell: 414-378-1691) know by May 9th if you plan to attend.

Waubedonia to Grafton Milwaukee River GSP Paddling Trip

Sunday, May 12, 10:00 am

Join the Glacier State Paddlers for a fun day canoeing on the Milwaukee River from Waubedonia to Grafton. The trip will start on the Milwaukee River in Waubedonia Park west of Fredonia. You can get there by taking Hwy 57 north to Fredonia and going west about 1 mile on Cty A and Cty H. We leave at 10:00 am to shuttle vehicles from the start before beginning the trip, so please arrive before then. The trip distance is about 13 miles. A shorter 6-mile trip to Ehlers park is available. Please bring a bag lunch and beverage for the trip and gloves to protect

Ellen Riley
ellenriley612@gmail.com

Facebook Link:
<https://www.facebook.com/Nordic-Ski-Club-of-Milwaukee-NSCM-111282934088979/>

Membership Chair:
Pat Doornek
414-906-0629

New memberships or renewal forms may be mailed to:
Pat Doornek
3463 N. Newhall St.
Milwaukee, WI 53211

Contact Us:

Volunteers

The Nordic Ski Club runs on volunteers. Please contact Renee Couture at acoutrr@att.net if you are interested in learning more.

Club Membership

Membership Renewals due Oct. 1. Renew online. Then pay through PayPal or mail check to Pat Doornek.
Dues -
Individual \$25
Household \$35
Must be a current member to book ski trips at member rate.

Web Tips

Adjust your profile settings so that fellow Nordic Members can see your name, address and phone numbers. Select "Members Only" to protect the information from the general public. That is the default for new members. Go to www.nordicskiclub.org and login to your profile. The

your hands. Call GSP trip leader and Nordic member David Rosenberg at 414-975-2298 to reserve a spot on the trip and to get additional trip details. Identify yourself as a Nordic Ski Club member.

Grafton to Thiensville Milwaukee River GSP Paddling Trip

Sunday, May 19, 10:00 am

Join the Glacier State Paddlers for a fun day canoeing or kayaking on the Milwaukee River from Grafton to Thiensville. The first half of this 10-mile trip will have some twisty turns, and the second half will be easy.

The trip will start at Lime Kiln Park just south of Grafton and will end at Village Park in Thiensville. You can get to the start by taking the Hwy 60 Grafton exit off I-43. Turn left and go west 1.5 miles, then turn left on Hwy 57 (Wisconsin Ave). After 1.75 miles, turn left on W Falls Rd and after 0.25 miles turn right on Green Bay Rd and the park which will be a short distance from there. We leave at 10:00 am to shuttle vehicles from the start before beginning the trip, so please arrive before then. The trip should take a little over 3 hours. Please bring a bag lunch and beverage for the trip and gloves to protect your hands. Call GSP trip leader and Nordic member David Rosenberg at 414-975-2298 to reserve a spot on the trip and to get additional trip details. Identify yourself as a Nordic Ski Club member.

Hartland Trail Walk & Talk

Tuesday, May 21, 3:30 - 7:30 pm

Hartland Public Library, 110 E Park Ave, Hartland, WI

This event is a 3 part adventure.

Part One: Meet at the Hartland Public Library at 3:30 for an out-and-back hike along the Ice Age Trail.

Part Two: Dinner out in Hartland, an Ice Age Trail community.

Part Three, at 6:30, a talk at Hartland Public Library by photographer & journalist Cameron Gillie, about his book "Around Wisco: Hiking the IAT." He'll discuss the people, places, photography and publishing that were part of his hiking experience.

Event leader: Kayleen Kauffman, 262-501-9280.

Bike the Bugline Trail

Friday, May 31, 9:30 am

Opportunity knocks for all bicyclists on Friday, May 31, 2024! Join fellow Nordics for a ride on Waukesha County's "Bugline" starting in Menomonee Falls.

The "Bugline", a converted Milwaukee Road right-of-way, is paved and 15.6 miles in length. The trail route itself is variable: mostly tree lined as it passes through quiet, small communities, including Lannon, Sussex and North Lake, and, beware, at times, crosses busy, intersecting rural roads. It's an ideal pedal to ease into the bike season as the terrain tends to be flat with gradual inclines/declines, and one hefty hill after you're warmed up.

login is in the upper right-hand corner. From there, the Member Tab will appear on the menu. Full instructions are located on that page in a PDF file.

Add Photos To The Nordic Website

As a member of the Nordics, you may upload photos to your personal photo album or to the public albums. Simply log-in so all member privileges are available. Then the upload and edit buttons are visible for you to add to the fun. Need help? katiebivens@gmail.com

If you are interested in leading a Nordic Event, or have a great idea for a member event, please contact a member of the Program Committee or Paul Keber, pkeber@milwpc.com

This “no cue sheet,” out-and back-ride starts promptly at 9:30 am. We’ll be meeting at the southwest corner of the Village Bowl parking lot (N86W18330 Main Street, Menomonee Falls, WI). Approximate length of the ride is 30 miles. If interested, there is a map online. There will be an optional, outdoor lunch stop on the way back at the tasty Loca Latte in Sussex.

Contact Jane Stoltz (1jinstoltz@gmail.com, or phone 414-378-1791) by May 29th if you plan to join in.

2024 Election Results from the Club's Online Annual Meeting

Thanks for helping keep our cross-country ski club running by voting in March. For five years the Nordic Ski Club of Milwaukee has been conducting our annual meeting and elections online, via email, instead of in person. What started as a response to the dangers of the Covid-19 pandemic has become a much quicker way to hold our annual meeting and board elections.

By holding the election online over 11 days, members can vote at their convenience, the simple process takes only minutes, and we get a better response. This also allows us to provide written announcements, recognitions of volunteers, a treasurer's report and other news that would take place at an in-person annual meeting.

Balloting ran March 13 through 23, 2024. A total of 69 votes were cast. Besides approving the minutes of the March 25, 2023, annual meeting, NSCM members re-elected four current board members who were running for two-year terms starting March 23, 2024: Paula Brookmire, Dorothy Riesing, Ellen Riley and Mary Wozniak. They will join the five board members whose two-year terms continue through March 2025: Julie Amundson, Renee Couture, Carol Doebler, Stephen Fabina, and David Rosenberg.

The new board will choose its officers at its April 8, 2024, board meeting. Current club officers are Carol Doebler, president; Renee Couture, vice president; Ellen Riley, vice president; Pam Gestwicki, treasurer; Dave Herrewig, assistant treasurer; and Paula Brookmire, secretary. Note that the Nordic Ski Club has staggered elections. This year four people were elected to the nine-member board; next year five people will be elected. This keeps continuity and stability so we don't lose all board members at once.

Ski Trips & Poor Snow in 2024

The Nordic Ski Club of Milwaukee had an ambitious lineup of bus and plane ski trips for the 2023-2024 winter season. We planned trips to Keweenaw Peninsula in Michigan, Valley Spur (Munising, MI), Minocqua, ABR (near Ironwood, MI) and Vermont.

Then we experienced Wisconsin's warmest winter on record. One by one, each trip had to be cancelled, mainly due to lack of snow--even in Vermont. This season made history for the club, which rarely cancels one trip much less five. And it left Wisconsin's northern communities and Michigan's Upper Peninsula reeling.

Even the American Birkebeiner cross-country ski race had to make snow to survive. Race officials asked for help from an expert who makes and grooms snow for Lapham Peak State Forest in southeastern Wisconsin, Keith Adelmeyer (also known as Beattle). He spent two weeks up in northwestern Wisconsin digging into huge "whales" of snow, spreading it over a 10k race course, and grooming it for skiing. That's what he does on a regular basis at Lapham Peak in winter. Our club, by the way, has been a longtime supporter of Lapham's snowmaking project.

So what does this mean for the future of cross-country skiing in Wisconsin? To run any kind of regular youth ski lessons or XC ski races, you need consistent snow. Snowmaking seems the way of the future. Those who saw this 15 or 20 years ago now look like prophets. John McCarthy is one. He has been one of the driving forces behind snowmaking at Lapham Peak. A longtime member of the Nordic Ski Club of Milwaukee and a civil engineer, John helped engineer the reservoir pond and water-piping system that makes snowmaking possible. And he's been involved in all aspects of snowmaking.

Meanwhile, the Nordic Ski Club of Milwaukee has been leading bus ski trips up north for more than 50 years. In the last decade, however, trips have attracted fewer participants and we reduced the number of bus trips from five to four about nine years ago. Paul Keber, our program committee chair, says we'll probably plan only three bus trips next winter (2024-2025) to: Keweenaw Peninsula, Minocqua and ABR Trails (near Ironwood, MI). "We will skip the bus trip in early March since snow conditions have been unpredictable the past few years with warmer temperatures," said Keber.

Weather is fickle, of course, and we could still have large snowstorms. We like to think we'll be ready. My skis are just a few feet away from my car so that I can toss them in quickly.

Hey, Wisconsin has had snowstorms in April, even May. The NSCM board also has talked about having a special snow-dance meeting next December (and that's not completely in jest).
-- *Paula Brookmire*

Birkebeiner 50th Anniversary 2024

The 50th anniversary of the Birkebeiner XC Ski Marathon this year was an event like no other. Due to no natural snow, the races were held on laps of a 10 km man-made snow loop that started and ended at the Birkebeiner start line near the former Telemark Lodge.

The races were spread out from Wednesday, February 21 through Sunday, February 25. Open events were held on Wednesday and Thursday (both warm weather days), Korteloppet races were held on Friday (temps in the low 20's), Birke skate races were held on Saturday (around 9 degrees for the 7:00 am 1st wave start followed by the 2nd wave, 20 degrees for the 10:30 elite women racers start followed by the elite men start, and 32 degrees for the 1:00 pm 3rd wave start followed by remaining waves).

Birkie classic races were held on Sunday (another warm weather day). It was 50 degrees for the Junior Birkie races on Thursday afternoon! Only the Elite Birkie Skate racers did 5 laps (50 km) while other Birkie racers did 3 laps (30 km) and Korteloppet racers did 2 laps (20 km).

World Cup racer Jessie Diggins, who took 3rd place in the 10 km World Cup race in Minneapolis the previous weekend of the US, thrilled the large spectator crowd by winning the Birkie Elite Women's race, while Gus Schumacher of the US did likewise for the Birkie Elite Men's race after winning the gold medal in the 10 km World Cup race in Minneapolis.

Congratulations to all Nordics who finished either the 30 km Skate Birkebeiner or the 20 km Korteloppet races! Classic racers are indicated by ©.

Times listed below are for club members. My apologies to any member who was accidentally omitted. -- *Paul Keber*

Birkebeiner Times

Michael Dix 2:45:23 (Wednesday Open Skate)

Robert Garner 2:15:27 (Thursday Open Skate)

Mary Lou Geralts 2:23:42 (Thursday Open Skate)

John McCarthy 2:54:02 (Saturday Skate)

Korteloppet Times

Debbie Kania © 2:22:21 (Friday Classic)



Beattle with grooming equipment. Photo from Sawyer County Record

How the 2024 Birkie Was Saved

As told by Beattle to Joanne Ziarek

“Beattle to the rescue!” proclaimed an article in the Sawyer County Record in early February of 2024. Here are some of the details from Beattle about how a very dedicated group of truckers, local contractors, and heavy equipment operators under the direction of Ben Popp and Jim Sokup made it all happen.

Beattle (Keith Adelmeyer) credits Ben Popp, Executive Director of the ABSF and Jim Sokup, Trails and Facilities Director, with being the driving force to develop contingency plans for the 2024 Birkie when it became apparent there wouldn’t be enough natural snow to hold the traditional race from Telemark to Hayward. Jim Sokup, as head of grooming and trails, laid out the entire course over varied winding and hilly terrain through woods and on the golf course. They started making snow at Telemark around January 10th during the cold spell and worked for about 10 days stockpiling two mountains of snow called “whales.” This amounted to a total of approximately 30,000 cubic feet of snow stored in two different areas at Telemark, each the size of a football field, and each about 30 feet high.

Late in January, Ben Popp gave an interview on Minnesota Public Radio that Beattle heard and he was inspired to call Ben and ask if he needed any help. Ben welcomed Beattle’s offer as he knew of Beattle’s work as the lead groomer for the trails at Lapham Peak.

Beattle headed up to the Telemark area on February 9th to join the rest of the crew, working 10-hour days for 9 days in a row. They used back hoes and two large snowcats to push the mountain of snow to the front-end loaders that continuously loaded 13 trucks that moved about 1500 truckloads of snow on to the winding course. Then the snow had to be leveled, packed, and groomed for skiing by a team of 4 snowcats, which provided a 10.34 km course, 25 feet wide, and 12-18 inches deep. After one day off, Beattle was one of four snowcat operators who prepared the trails for the 10,000 plus skiers.

On February 20th, Ernie St. Germaine skied his record 50th Birkie as the only original founder to ski every single race, now at age 76. Beattle had the privilege of meeting him that day.

Beattle skied his own race on Thursday and took a much-needed vacation to Florida after that, still marveling at how everything came together to provide a unique and memorable 50th American Birkebeiner race for 10,000 skiers spread out over five days on a 10 km course.



Loading trucks from the whales of machine-made snow

Birkie 2024, A Volunteer's Perspective

By now you will have heard many inspiring stories about how the ABSF managed to pull off the amazing feat of producing the 50th Birkebeiner Race over five days in a winter with very little natural snow. So many people worked together, including lots of volunteers, to meet the challenges of this unique Birkie week that left everyone who attended with a very memorable, once-in-a-lifetime experience.

In a normal year there are 7 aid stations with captains along the 50K trail, but this year there were only two aid stations along the 10K loop with the captains working together to organize support for the skiers for all five days of the event. My choice was to work on Saturday from 10 - 3 during the busiest, most exciting time, to hand out energy drink made of maple syrup and grape juice to the skiers at the start line aid station, about 0.6 km from the start.

Our tables were on the snow on the north side of the ski trail, very close to the edge. We had colored flags advertising Energy, Water, and Food which we handed out while standing several feet apart in front of the tables. We volunteers, wearing red hats & orange vests, held out our hand with one of the items and shouted out "Energy, Water, Bananas..." so that skiers could aim for what they wanted, and grab as they passed. Both Rita and Paul Keber volunteered for afternoon shifts at this start line aid station on Friday for the Kortelopet and again on Saturday

for the Birkie skate race.

The elite skiers started at 10:30 am and, as expected, flew right past us on their first lap, with much cheering & beating of drums & ringing of bells every time they came past, sometimes grabbing a drink. It was very exciting to see Jessie Diggins ski past us five times in the women's elite group, which finished around 12:30. Jessie went on to win her first Birkie, and then on March 17 of this year she won her second World Cup in Sweden cementing her place as the world's best cross-country skier, male or female. How lucky the Birkie was that Jessie's schedule allowed her to ski there this year, and how exciting it was for all of the spectators to see world-class athletes skiing in person. It was simply thrilling! The link below shows elite skiers flying past the aid station.

https://youtu.be/GcqbLp5iW1U?si=jKzfv4YXBM_2jT0



Elite women skiers race past the aid station

Starting at 1:00, waves of hundreds of skiers started every five minutes and we all cheered as the faster skier waves passed the aid station on their first lap. As the later waves started coming, many of the skiers surprised us by stopping at our station right away on their first lap, having skied less than 1 km, and we got to see many of the same people as they made their second and third laps. There was so much excitement and cheerful banter with the skiers that the time just flew by. By the second or third lap many skiers had purple drink on their gloves, and the snow near the tables was mostly purple too. Volunteers with rakes continuously raked the cups off the trail, though many skiers actually tried to toss their empty cups into the trash containers as they passed. Everyone was in a good mood!

It was a challenge, once the trail got crowded, to catch the eye of a skier heading my way and hand over a cup of liquid without spilling, sometimes having to step over skis out and back as so many skiers wanted a drink. There were many "grabbing" techniques by the skiers, either using 1 or 2 fingers on the rim, or one hand still connected to a pole, or both hands cupped with poles dangling, and it was really a challenge with the fast skiers who barely slowed down to grab a cup as they sped past without spilling. Having done this for a couple years before, I had learned the technique that worked best for me was to hold the rim of the cup between thumb and forefinger. I've found this works to accommodate all the "grabbing" techniques, and with speeding skiers you just face them with the cup held out, and continue to turn with them as they pass and grab it out of your hand, almost like a quick dance move. We wore rubber gloves over glove liners to be more sanitary and to keep our own gloves dry.

Without exception, all of the skiers were polite and thankful, and it was so much fun to be out there helping. It was 15 degrees when my shift started, and in the low 30's when it ended, so the later skiers often wanted water instead of energy drink. From about 1:30 - 3:30 the pace was so hectic and crowded as many of the waves had merged, and the people filling the cups could

barely keep up with those of us handing them out.

I think everyone will remember their experiences during Birkie week 2024 for a long time as it was so unique and very exciting. Maybe you'll want to participate in some way next year, when there's bound to be more snow!! -- Joanne Ziarek

Click on the link below to watch a video of more than 100 Birkie skiers wipe on on the icy Bauer Hill, aka Carnage Hill.

<https://www.youtube.com/watch?v=9Biache2hVI>



2024 shortened Birkebeiner course using all machine-made snow

The Nordic Ski Club of Milwaukee (NSCM) continues to follow recommendations by the Centers for Disease Control and Wisconsin authorities regarding Covid-19 safety. Know that your participation in any event is at your own risk. Before attending any NSCM outing or event, please check with the event leader. Use good judgment and continue to keep us all safe.

**Nordic Ski Club of Milwaukee Inc. (NSCM)
is a membership-based outing association
active year-round since 1971.**