



FALL 2016

FOUNDATION

Minneapolis, Minnesota

MEMBER NEWSLETTER

NOTES FROM THE EXECUTIVE DIRECTOR

John Munger

It's hard to say how long it has been that we have been working toward the point we are at now. Did we start three years ago when we entered into a memorandum of understanding for the adventure and welcome center (now called the Trailhead)? Did we start four years ago when we crafted the first version of a Loppet - Park Board Agreement? Or was it 2010, when the Park Board initiated a Master Planning process for Wirth Park and we wrote "A Vision for Wirth" - where we laid out the basic idea of the Trailhead and the partnership with the Park Board? Maybe it was 2005, when we started working toward snowmaking in Wirth Park. Or 2002, when a newly inaugurated Mayor R.T. Rybak first called a meeting to talk about "silent sports" in Minneapolis. Or even before that, when a young Minneapolis lawyer used to dream of what Wirth Park could be as he skied on off-camber trails after a snowstorm. Suffice to say that the agreements that recently passed through the Park Board have been a long time coming.

So what do these agreements do? At their most basic, they create a robust public-private partnership between the Park Board and the Loppet Foundation. Each party brings its own strengths to the relationship.

The Park Board brings more than a century of stewardship and land management. They have guided the public process and the design phase of the Trailhead building and grounds. And they are investing in the final



MINNEAPOLIS INTERNS HELP MAINTAIN WIRTH TRAILS

Rachel Olzer

This summer the Loppet Foundation hosted five talented and eager high school students through the City of Minneapolis Step-Up Achieve program. Youssou, Daveion, Jamiya, Yahye, and Wilfredo (pictured above from left to right) were intrepid as they set off into the unknown wilderness of Theodore Wirth Park with their new leader.

Our first day on the job, we started by talking about the concept of the "wild". We then discussed how the concept of the "wilderness" as a designated space was a uniquely English word. There are no other words that quite resemble this idea in other languages. Yahye and Youssou taught me the concept of *فيري* or "barria". For them, this Arabic word most closely resembled the concept of the wild. While Wilfredo shared the word "el desierto" which literally translates to the desert, but for him the word resembled the "wild" land that he was most familiar with in Latin America.

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Mission Statement

We create a shared passion for year-round outdoor adventure in the Minneapolis area, focusing on underserved youth and families.

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LOPPET NORDIC RACING

LNR Coaches: See page 10 for complete list

ADVENTURES

Loppet Ski Club
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Mike Bash
Steve Casey

Junior Loppet Coaches
Mary Bolla
Mollie Gillberg
Andrew Magill
Chris Morley
Dave Mott
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www.loppet.org/membership

Our membership program has improved! Once you join or renew, you will get a full year of Loppet membership.

Notes from the Director Continued from page 1

product by re-aligning golf holes, building parking lots, and offering their expertise in managing public projects.

The Loppet Foundation brings a narrow focus on year-round outdoor activities and lifetime sports like cross country skiing, trail running, mountain biking and orienteering. We have great coaches who build skills and inspire. We have passionate volunteers who bring great events to our city and our region. We have long-term sponsors, donors, members and supporters, who have kept us afloat through warm and cold seasons. And we have a dedicated staff who forms the backbone for everything we do. Between our coaches, our volunteers, our supporters and our staff we have built a really important community - a community built around a passion for the outdoors and for celebrating the great public spaces stewarded by the Park Board.

But together, the Park Board and the Loppet Foundation, have been and can continue to be even greater than the sum of our parts. That's what these partnership agreements are all about. Together we have taught more than 10,000 youth to cross country ski, mountain bike, paddle and generally love the outdoors. More than 8,400 of those hail from North Minneapolis. Under

this agreement we will continue to grow our reach with students and their families.

Together we have gone from eight kilometers of marginal ski trails to a twenty-eight kilometer system that connects to another eight kilometers on the Chain of Lakes, with snowmaking and lights and a homologated (certified) trail for national and international events. Under these agreements we hope to improve the quality of the snowmaking and grooming, and bring even more national and international events to Minneapolis.

Since 2003, the Park Board has worked with the Minneapolis Off-Road Cycling Advocates (MOCA) to add some seven miles of mountain bike trails in the park, bringing thousands of people to the park and allowing us to run Adventure Camps and Trips for Kids programs for thousands of youth. Under this partnership we will build another 4.5 miles of mountain bike trails suitable for events and beginner level riding, with learning and skills areas. We will host events throughout the year on these trails, and high school, Junior Loppet and Trail Kids groups will be out every day.

Finally, under this partnership we will provide bigger and better learning areas for skiing and biking, and a building that will act as the jumping off point for outdoor activities throughout the year. And, if we continue to work really hard at it, we will provide at least one place where people of different ethnic and economic backgrounds can come together around a shared passion, in this case, around a shared passion for the outdoors. That is the power of this partnership and these agreements!

So what does the year ahead hold for the Foundation and the project? While it is difficult to set a timeline, as I sit here today this is what I anticipate:

Fall 2016

- Break ground on the Trailhead project. Expect to Complete sitework and utility work this fall.
- Loppet completes ski trail re-alignment to accommodate the Trailhead and adds trails for the 2018 Masters World Cup, adds mountain bike event trails and re-grades tubing hill and re-aligns tow ropes.
- Park Board and Loppet work together to upgrade snowmaking and grooming equipment, adding a "cooling tower" for snowmaking, additional snow guns and pumps, and additional snowmobiles and equipment.
- Fundraising continues for the Trailhead project.

Winter 2016-2017

- Loppet and Park Board work together to provide superior customer experience for winter recreation users throughout the Minneapolis system. Loppet is the primary operator of snowmaking at Wirth Park, and

the primary operator of grooming at Wirth, on the Chain of Lakes, and at Hiawatha and Columbia golf courses.

- Fundraising continues for the Trailhead project.

Spring 2017

- Construction continues on Trailhead project, re-alignment of golf courses, and new parking lots.
- Fundraising continues for the Trailhead project.

Fall 2017

- Construction on Trailhead building and surrounding area completed; Trailhead opens for business!
- Fundraising goals are hopefully met!

Hard to believe, but we are continuing to work on a few other things along the way . . .

- We are working to build our reserve of operating funds before the Trailhead opens, so that we can start off on the right foot.
- We are continuing to work with other clubs from throughout the region on TRAIL KIDS - our collective idea designed to get kids outside, off of their electronic devices, and learning the skills that they will need for a lifetime of passion for outdoor activity.
- Led by Eric Dayton and his North concept, we are working with other major winter events, like the St. Paul Winter Carnival and the U.S. Pond Hockey Championships to develop a two-week period every winter when the world comes to Minnesota to experience the joys of cold and snow.
- And, of course, our fantastic staff continues to inspire, with everyday activities, events and clinics, and with big community events that build community and help remind us all of the great opportunities that Minneapolis' founders left for us more than one hundred years ago when they preserved Minneapolis' best spaces for the public trust.

More than ever, we need your help to keep this project moving forward. We need your help to build our reserve. We need your help to reach our capital campaign goals so that we can complete the Trailhead project next year. And we need your participation, your volunteer time, your enthusiasm, and your ideas as we move into this next exciting phase of our journey together.

See you on the trails.



John
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LOPPET ADVENTURES



2016 ADVENTURE CAMP: BY THE NUMBERS!

Andy Harris

567 Campers	14 Bike tubes popped	0 Slip 'N Slide-related injuries
28 Counselors	193 Band-Aids applied	2 Local news segments made
179 Scholarships awarded	72 Girls-Only Week campers	567 Friendships forged
30 Canoes tipped "accidentally"	1 Slip 'N Slide created	100 trillion Memories

Yes, it was a record summer for Adventure Camp! Nearly 600 campers from all over the Twin Cities area canoed, biked, rollerskied, orienteered, played ultimate frisbee, captured flags, fell down, got dirty, and got back up with us. We deepened our relationship with Minne-Loppet schools, hosting campers from Bethune, Nellie Stone Johnson, Loring, Lucy Laney, Pillsbury, and Park Brook elementary schools. This is a great leadership development opportunity for counselors, 15 of whom are from North Minneapolis. Several more counselors joined the team and are learning the ropes as junior counselors. We beat the heat and the rain and we are looking forward to 2017. Thank you to everyone who made this summer an enormous success! A special thanks to the Pohlada Family Foundation for its support.

UCARE PADDLE PARTNERS (AND AGE GAP RELAYS!) BRING KIDS AND MENTORS TOGETHER

Andy Harris

A race is always more than a race. For some, it's a rite of passage ("My first ever triathlon!" or "My last race with my middle school Loppet team."). For others, it's a chance to take home hardware and bragging rights. But for just about everyone, a race is a chance to make connections - to meet members of the community outside and to get active together.

At this summer's UCare Tri-Loppet (see pictures on page 5), the community came out and got active in a big way. The Loppet Foundation's Paddle Partners program paired adults in the community with youth on our Junior Loppet Middle School teams to paddle the 7km canoe portion of the Tri-Loppet. This is how a "frequent-flier" on the Tri-Loppet podium, Craig Cardinal, came to form a team with Doua Thao, a North Minneapolis teen. Pairing up teams of adults with youth

is one way we work to introduce younger generations to a whole new sport. Our hope is that the younger racers might go on to think, "Hey, this is something I can be good at and do until I'm as old as that guy?"

Thanks to UCare and the participants, we can make these kinds of connections that shape young bodies and minds and change cultures.

The Paddle Partners program is a part of the Loppet Foundation's larger Age Gap Relay events. Once it gets too cold to paddle, we lace up our running shoes together in the fall. And in the winter we break out our skis. Our goal is to bring kids and adults together at just about every Loppet event on the calendar: from the Surly Brewing Co. Trail Loppet in September, to the City of Lakes Loppet Festival in February, to the City Trails Loppet in May.

Register for Age Gap Relays at www.loppet.org/age-gap-relays/. We are always looking for more participants!

LOPPET SKI CLUB

Mike Bash

The Loppet Ski Club is now beginning its 14th season! Originally led by Bobbi Huot, the Ski Club is now coached by Tom Anderson, Mike Rodning Bash, and Steve Casey, along with twelve other volunteer coaches.

The Ski Club welcomes everyone – at any level of experience from beginner to expert – to participate. The Club's skiers includes folks who have never skied before and are looking to learn, to those who have skied numerous Loppets and Birkies and are looking for a fun, supportive group to ski with. The skiing thrust of our program is perfecting efficiency and technique, but along the way, we've experienced community and friendships that have fostered a lifelong love of cross country skiing.

One Club member said, "Close friendships have been nurtured as we have supported each other through births and deaths, knee replacements, serious illnesses and life's challenges. It's a welcoming and supportive group – come join us!"



In the fall, there is a fall dryland training group held on Monday evenings beginning September 12, running through October 31. During the winter season, we meet Monday nights and Saturday mornings from November 7 (starting with dryland training) through mid-February. After the snow is gone, folks from the Club continue to meet to hike, bike and swim and there is usually always a Saturday morning hike. Occasional club trips for training and races are offered throughout the year.

Fun, technique, lots of skiing, guest coaches, speakers, video feedback, potlucks, and more. Come join us for a fun and supportive skiing experience together.

To join, go to the Loppet Ski Club webpage at: loppet.org/adult-adventures/skiing/.

To find out where we are and what we're doing, check out our Facebook page at: facebook.com/groups/loppetskiclub/.



Doua and Craig (center picture below) turned some heads with their speed. One commenter on Facebook said, "You two were fast! I can't believe you hadn't paddled together before the race!" Pictured below: (left) Jo Harbert and Henri Nguyen; (right) Kemari Williams and Spencer Davis.





Junior Loppet Teams: Summer Trips & Fall Preview

Allie Rykken

The three year-round Junior Loppet teams at Anwatin, Franklin and Northeast middle schools stayed busy this summer at the UCare Tri-Loppet, TRAIL KIDS Mountain Bike Series and weekend camping trips, amidst practices and visits to Loppet Adventure Camp.

While everyday mountain biking, trail exploration and frequent jumps into a lake (any lake) are all wonderful, the summer trips are always a highlight.

This summer, the Franklin and Northeast boys (pictured above on the left) traversed 25 miles by bike to Carver Park Reserve for a weekend of living on bikes, campfire food, canoeing, kayaking, swimming and fishing. There was even a visit to the Lowry Nature Center, a detour to Victoria for ice cream, ukulele songs, a knot tying demonstration, and paceline riding practice. All making for a pretty dreamy, idyllic summer weekend in Minnesota.

The Anwatin crew (pictured top center) indulged in a voyage up to Tettegouche State Park. On the way up, the team stopped at Duluth's Mission Creek mountain bike trails. On Day 2, they embarked on a point-to-point journey, on either rollerskis or bikes, from Gooseberry Falls to Beaver Bay on the Gitchi Gami trail, which overlooks Lake Superior. Then they hopped up to the Superior Hiking Trail in search of Bean and Bear Lakes near Silver Bay. The kids were worn out at the end of the day, but not too tired to skip jumping into Lake Superior and splashing around in the ocean-like waves. The next

morning, they hiked around Tettegouche and found High Falls and Two-Step Falls of the Baptism River. Before heading home they took one last swim in Lake Superior.

The Northeast and Franklin girls (pictured above right) took to camping at William O'Brien State Park -- where they were paid a surprise nighttime visit by a local raccoon family. From the park they paddled down the St. Croix river towards Marine on St. Croix. The recent rain had caused the river to swell so high that a few bridges along the way were a bit dodgy, but the girls came out with heads high and unbruised. They then hiked for 3 hours through Taylors Falls with their very own hand-painted walking sticks and enjoyed a classic camping experience, complete with a bonfire, s'mores, and scary stories. They wrapped up with a lunch field trip to Franconia Sculpture Park.

Looking ahead, the three teams are excited to gain some new teammates as school gets into full swing.

Teams will participate in the Fall TRAIL KIDS Adventure Running Series, including the Surly Brewing Co. Trail Loppet, as well as the Loppet Games event in mid-October.

Junior Loppet programs are supported by the Huelsmann Foundation, Otto Bremer Trust, UCare, James R. Thorpe Foundation, Target, the Cannon Family Foundation and North Memorial.

LOPPET STEWARDSHIP

Step-Up Trail Team Continued from page 1

For the majority of our summer the Loppet Trail Crew concentrated their efforts on erosion control in Eloise Butler. We spent a lot of time with shovels and rakes in-hand, building water bars.

As the trail crew leader, I learned a lot about what these youth were made of! Every day I was more and more impressed by their growing efforts to put in a full-day of work, work together, and manage to have fun while doing so. I rarely had to ask the youth to do anything- they seemed to always figure out what needed to be done and execute it without question! I realized pretty quickly that these were not your average 15-year-olds. These youth really were something special and we quickly grew a bond that I have come to cherish!

The youth soon learned that one of the perks of being a Loppet crew member, was joining in the adventure! Each youth was issued a Loppet mountain bike for riding throughout Theodore Wirth Park during work. When we weren't hard at work in Eloise Butler, we were shredding some trails elsewhere in the park. The crew absolutely LOVED riding their bikes. At the end of a gruelling week, we would often reward ourselves with a trail ride! In addition to developing their riding skills, they learned how to change a flat tire, service their breaks, and adjust their shifting. By the end of the summer, saying

goodbye to their trusty steeds was definitely a challenge.

Overall the summer was a great success! The Step-Up youth learned about jobs in Natural Resource Management and the Biological Sciences. Though the summer is over, I have continued to connect with Youssou, Daveion, Jamiya, Yahye, and Wilfredo, especially as they move into the new school year. As many of them consider applying for jobs I encourage them to seek positions in outdoor education and environmental management. Opportunities like the one they received with the Loppet Foundation, are helping shape representation in environmental leadership in the Twin Cities, and across the nation. As we continue to promote outdoor education and environmental preservation, we must consider the role that underrepresented minorities and youth play in driving these movements forward. Without them, we lose everything we have fought so hard to protect. Without us, they lose opportunities they may not even realize exist.



QBP MAKES MAJOR GIFT FOR WIRTH TRAILS

Lindsay Henning

We are thrilled to announce that we received a \$100,000 gift from Quality Bicycle Products (QBP). QBP's gift supports the capital campaign, and specifically helps us to add mountain bike event trails to Theodore Wirth Park. With their generous support, we will be able to add roughly 4.5 miles of trails suitable for mountain biking, fat tire riding, cyclocross, trail running, and hiking.

Adding to an already extensive network within the park, the trails will support existing youth programs and provide a more accessible venue for the quickly-growing local high school mountain bike league. The trails will be suitable for events, but also for everyday use by high school teams, Loppet programs, recreational bikers, runners, and fat tire bikers.

This is a historic gift for QBP and the owners Steve Flagg and Mary Henrickson.

Steve Flagg, founder and chairman of QBP, is excited about the construction of the Trailhead and surrounding park. "QBP was looking for a project to donate to that could benefit a community with mountain biking and outdoors as a central focus. It's fantastic that such a great opportunity that accomplishes so much just happened to be located near Downtown Minneapolis. It's unheard of to find a mountain bike park like this in an urban area that is not only accessible to students from ten nearby schools, but accessible via bike paths as well. This will be great for kids involved in National Interscholastic Cycling Association (NICA) and families throughout the city including our own QBP families," says Flagg.

Flagg is optimistic that the Trailhead and surrounding trails will show other cities that it is economically feasible to build a successful centrally-located urban mountain bike park. The easily accessible competitive events and opportunities provided to learn things like new sports, trail building, and just enjoying being outside will strengthen community, but most importantly says Flagg, "It aligns so well with our mission to get more butts on bikes, and for that, we couldn't be happier to help."

In recognition of QBP's generous gift, we will be naming segments of the trails in their honor. Thanks, QBP, for your leadership in the community and this project.

LOPPET EVENTS



FOR THE LOVE OF THE LOPPET

Lindsey Johnson

Editor's Note: As the leaves are turning, this crisp weather only leads me to think one thing: Winter is coming! Lindsey Johnson, events and operations coordinator, reflects on the beauty of the Loppet Festival.

In a few short months, I'll be going into my fifth Loppet festival weekend. Every year, like clockwork, I anticipate the weekend with great excitement. All my favorite people and favorite things come together in one weekend!



It started at midnight, in the middle of a closed off, snow covered Hennepin Ave. My love for the Loppet began with late night snow angels in the middle of a road. It was the end of my first day

of work that I had somehow stumbled into, little did I know that I would be hooked for the next four years...and probably forever.

But why snow angels? I swear that's not one of the 4,000 events we put on Loppet weekend. It was just a shared moment of pure joy and energy that came from who-knows-where at the end of a fun, but exhausting 17-hour day. But that's the beauty of the Loppet: It's about a weekend filled of events and races, but it's also so much more. It's about the people, community, enthusiasm and spirit, too. There's an energy around it all that's hard to describe, but that feeling is one of the reasons that I keep coming back for more.

Long days, nights, weeks and even months of hard work and preparation for three days of events. And then, all too soon, it's Sunday night and it's over -- just like that. After bundled-up crowds have gone home, I find myself frustrated at how quickly it all ends. But then I remind myself that just one event, like the Luminary Loppet, lasted at least one hour for the 9,000 or so winter enthusiasts who participated. And when I add up all of the hours with all those who participated, it equates to a whole lot of happiness. Knowing that so many people can all share the same love for winter in such a short period of time is what carries me over until the next year when the City of Lakes Loppet comes around.



REMEMBER TO

REGISTER

FOR YOUR FAVORITE

City Of Lakes Loppet Festival

Events Before The Next Price Hike

On November 30!

Register at cityoflakesloppet.com

VOLUNTEER HIGHLIGHT: THE DANIELS FAMILY

Nancy Nelson

At the Loppet Foundation we could not do what we do without the help of thousands - yes, thousands - of volunteers!

Nearly 2,000 volunteers are needed each year for the City of Lakes Loppet Festival and Luminary Loppet events alone. And the volunteering needs don't stop at the end of winter! There are also three warmer weather events that rely on volunteers: the City Trails Loppet, UCare Tri-Loppet and Surly Brewing Co. Trail Loppet.

Loppet volunteers do everything from marking trails, to paddling with Junior Loppet student athletes. They also serve as course marshals who keep participants on course, and they sell beer to thirsty race participants. (And, speaking of beer, a special shout-out goes to the Surly Gives a Damn crew who haul canoes and kayaks out of Brownie Lake and staffed the first water stop at the Tri-Loppet!)

It can never be said enough: We simply can't do it without the volunteers!

Every volunteer is wonderful and has their own reason for stepping up. And volunteer opportunities extend beyond events. Loppet volunteers are in North Minneapolis classrooms coaching the Minne-Loppet, and they serve as ambassadors at community events like the Midwest Mountaineering Outdoor Expo. They also aren't afraid of getting their hands dirty to help with clearing bike and ski trails in Theodore Wirth Park.

In addition to the donation of their time and talents, Loppet volunteers value the mission of the Loppet Foundation and help to create a passion for year-round outdoor activities.

Loppet volunteers all bring special talents which to help share the mission of the Foundation. We'd like to recognize **The Daniels Family: JD, Gwen and Pete**, (pictured right), who are all great examples of volunteers who go above and beyond to share their talents. JD has led the tree planting projects and volunteers for Trails Day. Gwen volunteers at nearly every Loppet event, even if it means standing outside monitoring the parking lot during the freezing cold Mayor's Challenge. And Pete stepped in to head-up the Ski-O events during Ski Festival weekend this year. We salute the Daniels for going above and beyond. Thanks Gwen, JD and Pete for all you do!

Like all of our volunteers, the Daniels family gives so much to help promote the mission of the Loppet Foundation and we could not do what we do without them and you!



TRAIN FOR THE 2018 MASTERS WORLD CUP

Chris Harvey

In late January 2018, the Loppet Foundation will host the Masters World Cup on the trails of Theodore Wirth Park Winter Recreation Area. The World Masters Cross-Country Ski Association awarded the bid to Minneapolis last fall and board members recently paid a visit to see the future hosting location.

The 2018 Masters World Cup is expected to bring over 1,000 cross-country ski competitors from around the world to the Twin Cities. In addition to the racers, there will be hundreds of family members, coaches and international media in attendance. This annual event is the unofficial world championships for male and female competitors over 30 years of age.

Loppet Nordic Racing has launched a new World Masters training and race team that is focused on for the 2018 Masters World Cup and 2017 National Masters. Both of those major events will be held by the Loppet at Theodore Wirth Park. The team is headed up by LNR coaches Piotr Bednarski and Chris Harvey. The team has been training together once per week. It's our goal to win or podium in every age group.

To stay up-to-date with the latest news around the eight-day competition visit www.loppet.org/mwc2018/.



If you'd like to learn more about volunteer opportunities email volunteer@loppet.org.

LOPPET NORDIC RACING



LNR OVERVIEW

Piotr Bednarski

This spring the LNR team welcomed Chris Harvey as the new Development Coach. Before taking on this new full-time position, Chris worked as a part-time coach for LNR while also working full-time as an environmental engineer and as the nordic coach at Burnsville High School. Chris has also been the Head Coach of the Midwest Junior National Team for the past two years. Chris' enthusiasm and coaching expertise were integral as our team rolled into the summer and we are looking forward to the coming winter with him onboard.

Earlier in July, half of the LNR junior men participated in a training camp that took place at Wolverine Village in Ironwood, Michigan. The group of 25 athletes and the coaches beat the heat after long days of workouts by jumping into the always-refreshing Lake Superior, as well as other local swimming spots. Camp highlights were a technique clinic and training presentation from Northern Michigan University's head coach, Sten Fjeldheim, and a 15-mile run in the Porcupine Mountains.

Another group of 26 athletes headed to Soldier Hollow, Utah for nine days of training while getting accustomed to racing and training at altitude. A highlight of the camp was the time trial with the Wasatch Nordic Club. The 9K and 13.5K Skate Time Trial took place on the 4.5-km loop at the 2002 Winter Olympic Venue at Soldier Hollow. The rollerski track is one of the toughest in the world. With warm up, race, and cool down, some of the skiers tallied 4,000 feet of vertical for the morning! The training camp was a great prep for the U.S. Senior Nationals, which will take place at Soldier Hollow in January 2017. The World Junior Championships will also be held at Soldier Hollow in February 2017, the first time since 1986 that they have been held in the U.S.

Both camps were made possible with the help of Team Gregg. Caitlin and Brian Gregg helped with cooking, driving, coaching throughout the summer. Their positive attitudes and generosity play a key role in coaching and mentoring with all of the LNR programs.

LNR Juniors capped off summer training with a 5-day training camp outside of Grand Marais. This camp was focused on high-volume training, including a number of point-to-point trail runs on the Superior Hiking Trail. This was a unique camp in that LNR was joined by two training groups from Thunder Bay, Ontario: the Thunder Bay National Development Center and Ontario Provincial Team. The camp kicked off with some friendly competition in the form of a 2.4 km double pole Time Trial up the Lutsen Mountain access road.

With the summer sessions wrapping up, we are gearing up for the fall and winter. Visit our website www.loppet.org/lnr-juniors/ to sign up for the fall training program, a training camp over MEA weekend, West Yellowstone, and winter training.

Adult Training

The LNR Adult spring programs kicked off in late April with the Women's Spring Brick Session with 20 athletes training with the always enthusiastic Kim Rudd. Caitlin Compton Gregg joined the women for the first session of the season as guest coach and lead strength. Each session provides some creative "Brick" workouts lead by head coach Kim Rudd and assistant coach Rosalie Lipfert. The workouts included a variety of mountain biking, trail running and strength training followed by yoga with the focus of the training for the UCare Tri-Loppet.

Looking ahead to fall and winter, the Adult LNR programs will begin filling up. Now is the time to register. With three levels of training, LNR Adult winter programs offer something for skiers age 20 and older of all abilities who are interested in racing and who want to improve their skills, racing times, and health.

LNR Coaches

Beckie Alexander
Devin Arenz
Karen Bebchuk
Jenny Beckman
Piotr Bednarski
Doug Boonstra

Phil Bowen
Drew Carlson
Lynne Cecil
BethAnn
Chamberlain
David Chamberlain
Paul Choudoir

Doug Debold
Alye Deroma
Kate Ellis
Mike Engels
Erik Fagerstrom
Brian Gregg
Caitlin Gregg

Leslie Hale
Chris Harvey
Cole Hendrickson
Drew Holbrook
Bert Jackson
Craig Jarvinen
Todd Johnson

Gene Kay
Greg Klave
Janna Krawczyk
Paul Krawczyk
Nicole Lepinski
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Kim Rudd
Jonathan Sanborn
Luke Skinner
Becky Wallace
Bonnie Weiskopf
Steve Yore

RIDERS ON THE STORM

Kasia Bednarski

Editor's Note: Kasia is a sophomore at Southwest High School and is a part of LNR Juniors.

the riders in their raincoats
pedaling in a paceline
the start gun still echoes in their ears
they plunge into the dark forest, disappear
then
shoot out again, mud flies
they ride
tall on heavy tires, frenzied pedals pumping

across the field
the spectators stand huddled
distant
veiled by the broken cloud
that cascades down around them
collapsing about their shoulders
enfolding them in the
wet white wind

it is quieter under the trees
a green canopy crowds out the grey above
tires slide around slick corners
chains crank and grind
mud coats their legs like scales
now they dive out of the green, into grey
silhouettes on a rain-washed watercolor
they ride out of sight.



RINGER ROLL ROLLERSKI RACE RECAP

Chris Harvey

The 10K Ringer Roll Rollerski Race took place August 12th at Baker Park in Medina. The annual race was started by LNR coach Reid Lutter in memory of Hopkins High School and MN Valley Ski Club coach Chris Ringsven. Over 100 competitors took part competing in either a 10K skate or classic. Top skate times of the day goes to Dan Rasmussen and Hannah Rudd. Top classic finishers were David DeJong and Kasia Bednarski. New this year was the addition of an agility course for skiers to test themselves on. Race results can be found at

www.loppet.org/lnr-events/results/ringer-roll/



LNR

TRAIL KIDS SUMMER CAMP ADVENTURES

Kim Rudd

Over 40 youth ages 7-13 finished their summer with many outdoor adventures at the TRAIL KIDS August Camp at Wirth Park.

Top Ten Highlights of the camp:

1. Competing in the TRAIL KIDS "Games" events that included long jump, medicine ball throw, uphill tire pull and agility course race.



2. Olympians Brian and Caitlin Gregg gave an inspiring talk and signed autographs on cards, bike helmets, shirts and water bottles.



3. Learning new orienteering skills from guest coach Michael Laraia who competes internationally in orienteering running and ski meets.

4. Completing a "TRAIL KIDS Eco Challenge" adventure that included rollerskiing, canoeing and mountain biking on various trails and lakes around Wirth Park.



5. Enjoying many large group games.

6. Learning new mountain bike skills such as attack position, handling any terrain, cornering, and descending/climbing skills.



7. Adventure Scavenger hunt trail run that ended with some sweet treats!

8. Rollerski and rollerblade agility course to work on cornering skills.

9. Climbing trees, playground fun, swimming and making new friends.

10. Incredible LNR Junior and adult TRAIL KIDS coaches making the camp a huge success!



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Twin Cities, MN
Permit No. 31307

2016-2017 Loppet Event Dates



City of Lakes Loppet Ski Festival

February 3-5, 2017

More events than you can dream of!



City Trails Loppet

Sunday, May 21, 2017

10K & 10 Mile Trail Runs



UCare Tri-Loppet

Summer 2017

7K Paddle, 5K Trail Run, 13K
Mountain Bike



Surly Brewing Co. Trail Loppet

September 23, 2017

5K, 13.1K & 13.1 Mile Trail Runs



DEC 26-30
2016

Ages
7-13

Cross Country Ski Camp at Theodore Wirth Park
Learn and improve your cross country ski skills at
this week of outdoor adventure!

WWW.LOPPET.ORG/CAMP