



# Willow River Nordic

Newsletter

Early Winter, 2006

## New Winter Trails Map

Skiers have noticed that over the years Willow River's ski trails and map didn't always mesh. Hopefully, that has changed with the development of a new winter trails map. The map includes new trails that were missing on the older maps and accurate distance markings.

Wally Milbrath was responsible for the cartography and field work while Dave and Rita Thofern produced the text in collaboration with park staff.

## Ski Trail Signs Updated

Skiers will notice new trail signs at the park that were purchased with a generous grant from the park's friends group, the OWLS. In addition to helping skiers find their way in the park, the new signs are much easier to install in the fall and remove in the spring.

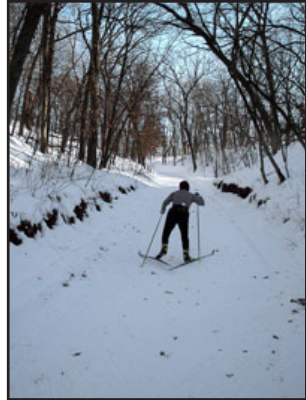
Willow River Nordic members volunteered many hours to paint and install posts, design and install the signs.

## Park Trails Improved

Erosion is an ongoing problem at Willow River, especially on the hills. The roller-coaster Brown Trail has been especially prone to washing out. This summer the Brown Trail and parts of the Yellow Trail were graded and filled. Not only will skiers find these trails more fun to ski but grooming will also be improved.

## Winter Fest

A family fun event, Winter Fest, is scheduled for Saturday, January 13, 10:00–4:00. Activities include ski tours, wax clinics, sledding, ice skating and more. We need your help to make this event a big success. Contact the park office or e-mail [willowrivernordic@gmail.com](mailto:willowrivernordic@gmail.com) if you can volunteer.



## Early Season Cross-Country Ski Training

Serious cross-country skiers begin to prepare for skiing even before there is snow on the ground. A small group meets weekly at the Willow River State Park Nature Center to tone up for the upcoming ski season.

This group will be engaging in "dry-land" training until the trails can be groomed for skiing. They do ski-specific strength work, stretching and hill climbing. Muscle groups such as the body core and abdomen, the shoulders and triceps, hip and glutes, and large leg muscles are targeted. They also work on balance, poling technique and timing exercises, preparing for the ski season. Sturdy trail shoes, gloves, poles, nutrition and headlights are the essential gear needed.

On-snow training will prepare the group for classic and skate skiing. The workout group will participate in sessions that include hill-climbing repeats on the hilly park trails and speed work drills. If you haven't experienced night skiing, with or without a headlight, you are missing one of the very best ways to enjoy a cold winter evening. This is an excellent way to keep in shape whether you cross-country ski race or just like to get out and get in a good workout.

The training group meets each Wednesday, 5:30–7:00 pm at the Willow State Park Nature Center from October through February. New participants are invited to join. Some experience is helpful but not necessary. All ski equipment, clothing, headlights and nutrition are responsibility of participant skiers.

The sessions are free to OWLS members; a small donation is encouraged for others.

Please call the Willow River State Park office at 715-386-5931 for sign-up and information, or, email [nancy.stewart@dnr.ste.wi.us](mailto:nancy.stewart@dnr.ste.wi.us).

### Willow River Nordic

*"A volunteer group dedicated to enhancing cross-country skiing at Willow River State Park"*

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