

Elk River Nordic Team: 2013-2014 Winter Trip Information

Lodging: Camp Jorn YMCA camp in Manitowish, Wisconsin (www.campjorn.org)

YMCA Camps

28 Red Feather Road, Manitowish Waters, WI 54545

Emergency phone numbers: 715-543-8808 Camp Jorn, ask for the Elk River Nordic Team and they will get us the message.
(612) 501-1792 Coach K's cell Phone
If there is an emergency – also try sending Coach K text or e-mail, she will have access –
Kirstin.kaye@gmail.com

Schedule for 12/27 – 12/30

Dec. 27th, Friday

Load at 6:00, leave at 6:30am from high school, meet behind the school near the ski locker room

Eat bag lunch on the way up

Stop to ski at ABR in Ironwood MI

Have your ski clothes on or in your carry on. (If wearing your ski clothes have dry clothes in your carry-on)

Luggage will not be unloaded until Camp Jorn

Ski, change, and back on the road again.

Arrive at Camp Jorn around 4:30 for tour, dinner, and fun

Dec. 28th-29th, Saturday-Sunday

Breakfast and Dinner at Camp

Sat: All Day skiing (plus night ski) at Minocqua Winter Park (snow conditions?? or ABR)

Sun: All Day skiing MWP, (plus Time Trial, skate and classic pursuit) (snow conditions?? or ABR)

Video Analysis

Evening activities at camp, (Saturday: Late day for night skiing. Sunday: skits at camp)

Dec. 30th, Monday

Breakfast, pack bag lunches/snacks

****Pack up and head to Birkie Trail, drop kids at north end, ski to 00.** or back at ABR/MWP...snow dependent**

Snacks at 00/ABR/MWP, skiing until 4:00 with dinner made for on the bus ride home.

We should return to the school around 7:30pm on the 30th

What to bring: Note - you must be able to CARRY your ski bag, carry on and luggage in one trip. Pack smart. We will be providing food so don't feel the need to bring too many snacks! ;-) Pack ski essentials. Talk to your friends and see if you can divvy up other things.

1. **Need lunch the first day**
2. Pillow/blanket/sleeping bag*
3. Towel
4. Casual/Travel/Lounge clothes
5. Toiletries (Toothbrush/Soap/Shampoo/etc)
6. **Headlamp** (preferred for night skiing) or flashlight.
7. Warm clothing for skiing (Several sets as we will be skiing twice a day and dry clothes are necessary!!)
A second set of gloves and another hat.
9. **Race suit**
10. Camera
11. **Any leftover holiday goodies your family can spare (Should go to the trailer for packing)**
12. Healthy snack food (Fruit, granola bars, graham crackers...)
13. Ski boots/Skis/Poles/Ski Bag (Both classic and skate) Put your name on everything!
14. Kick Wax Fanny, will be provided by team but it will be your responsibility: Don't lose it!!!
15. Water Bottle on belt, belly pack or small backpack to carry snack, trail map
16. Winter boots, winter jacket, extra socks
17. **Bag lunch for the first day**
18. Games to play/Movies (PG-13 or under!)
19. **Race Suit**
20. **Bag lunch for the first day!!**

**Goals: Distance, distance, and more distance. Keep track of your Kilometers individually and as your "team".
Always ski with a partner. Have fun!**

Tentative Schedule: 2013-2014

27th

6:00 am Meet at High School/Load
6:30 am Leave High School
Lunch on Bus
11:30 am Arrive at ABR (Active Backwoods Retreat, Ironwood, MI)
12:00-3:30 Ski at ABR (Skate to start, finish classic)
3:30/4:00 pm Depart for Camp Jorn
By 5:00 Arrive at Camp Jorn (Manitowish Waters, WI), unpack, move-in
6:30/7 Dinner

28th

7:00 am Breakfast
8:10 am Loaded and pulling out
-12:30 Classic Ski at Minocqua Winter Park (Minocqua, WI) or ABR (Ironwood, MI)
12:30-1:30 Lunch at trails
1:30 Back on the Trails-Skate
6:00 Bus loaded and pulling out
7:30 Dinner

29th

7:00 am Breakfast
8:10 am Loaded and pulling out
-10:30 Ski at Minocqua Winter Park (Minocqua, WI) or ABR (Ironwood, MI)
11:00 Time Trial (Skate)
12:30-1:30 Lunch at trails
1:30 Back on the Trails-Classic warm-up and Pursuit Style Time Trial
4:30 Load Bus for Camp
7:30 Dinner
9:30 Skits/Entertainment

30th

6:00 am Load trailer and eat Breakfast/Pack bag lunch
8:10 On the road: Birkie Trail – (Drop at North End Cabin Trail, Cable, WI)
-1:30 Skate Ski (Lunch on the trail)
If at Birkie - Check in at 00 (Birkie Trail, Seeley, WI)
1:30-4:30 Classic Ski
4:30 Set up dinner to take on the bus
5:00 (or earlier) Loaded on bus and pulling out for home

Times will be weather dependent and adjusted if the weather looks iffy for the way home.