SNOW MOUNTAIN RANCH

FEBRUARY 5-12, 2017

GRANBY, COLORADO

YMCA OF THE ROCKIES

SKI FOR LIGHT, INC.®

SKI FOR LIGHT 2017

"I would be [traveling alone], with strangers! And I was going to ski through the Rocky Mountains and trust an unknown guide to lead me around cliffs and away from moose? ***What was I thinking?*** *Well, I was thinking that this was a calling for me. It was a life lesson in continuing to be who I want to be."*

—New SFL board member Melinda Hollands, reflecting on her first event, in Granby, Colorado, in 2015; pictured above with guide Lew Lasher at SFL 2016, in her home state of Michigan.

CONTENTS

Welcome Letters	2
Event Committee	4
Corporate Sponsors	5
Sons of Norway	6
Program Schedule	10
Friends of Ski for Light	16

FROM THE EVENT CHAIR

On behalf of the entire 2017 Event Planning Committee, I would like to welcome you to a sure-to-be spectacular week of skiing, sharing, and learning. It takes a village of dedicated volunteers working together for more than a year to plan and execute each SFL event, and this one was no exception.

We return to our Colorado roots: the first Ski for Light was held 42 years ago in Frisco. Snow Mountain Ranch has become one of our favorite venues, thanks to the warmth and hospitality of the staff and the predictably great trail conditions that make it so easy to fall in love with cross-country skiing.

As we look to the future, we strive to bring new and engaging activities to SFL week. This year we are pleased to offer the sport of biathlon to our visually and mobility-impaired participants and guides. This exciting addition is the result of a generous gift from one of our longtime Norwegian friends and a newly established partnership with the U.S. Association of Blind Athletes.

I hope all participants here find comfort and familiarity in established SFL traditions while embracing new opportunities and extending a warm hand of greeting to newcomers, continuing the circle of skiing, sharing, and learning.

—Heather Berg, 2017 Event Chair

Heather Berg with veteran guide (and fellow Vermonter) David Fisk at SFL 2014, held in Anchorage, Alaska.

PRESIDENT'S LETTER

It is my pleasure, as Ski for Light president, to welcome everyone to Snow Mountain Ranch on behalf of the SFL Board, event chair Heather Berg, and the entire Planning Committee.

The 2016 event, held in Bellaire, Michigan, on the beautiful grounds of Shanty Creek Resorts, provided us with excellent skiing as we enjoyed the wonderful hospitality of the resort staff. Despite an East Coast blizzard that delayed some arrivals, a post-event survey was overwhelmingly positive.

We first skied at Snow Mountain Ranch in 1992, and this is our tenth year of skiing at this magnificent venue. By staying on site, we'll be able to maximize our time on the snow. More than 250 of us have gathered, making this one of our largest events in recent years. In addition to many longtime attendees, we warmly welcome a near record number of first-time skiers and guides.

Over our forty-two-year history, Ski for Light has been guided by a philosophy of "equality and participation by all" in every aspect of governance and event management. As Ski for Light's president, I am extremely proud of this tradition and grateful to past and present members of our board of directors for establishing and maintaining this commitment. In today's complex environment of operating a not-for-profit corporation, it is noteworthy that SFL continues to thrive as an all-volunteer organization. This is possible because of the generosity of our donors, volunteers, and sponsors. We thank you, and we pledge to keep working, so everyone can keep skiing, sharing, and learning.

—Scott McCall, Ski for Light President

Above, Scott McCall (left) with guide and good friend Ken Leghorn at SFL 2016.

2017 EVENT COMMITTEE

An event like this doesn't just happen; it takes months of work by many dedicated volunteers. Ready to share your own time and talents? Talk with us.

Event Chair: Heather Berg
Vice-Chair: Nancy Milsteadt
Announcer: Judy Dixon
Evening Programs: Joleen Widmark
Finances: Brenda Seeger
First Aid: Carl Heine
Foreign Delegations: Marion Elmquist
Guide Training: Amy Brannan and Bob Hartt
Guide Applications: Lars Johanson
Hotel Functions: Cara Barnes
Hotel Staff Orientation: Wendy David
Housing and Registration: Joan Holcombe
Information Room, Special Formats: Judy Dixon
Local Liason/Volunteers: Alan and Karen Sommerfeld
Meals: Krista Erickson
MIP Program: Dianne Brunswick and Nicole Haley
Other Attendees: Krista Erickson
Outdoor Special Activities: Rich Milsteadt
Program Journal: Julie York Coppens
Publicity and Public Relations: Dave Wilkinson
Race/Rally: Nancy Milsteadt
Raffle and Silent Auction: Judy Dixon
Sales Room: Jeanne Mackenzie and Renee Abernathy
Ski Equipment: John Elliott
Ski Site and Trails: John Elliott
Special Interest Sessions: Sheila Styron
Transportation: Tim Byas
VIP Applications: Tim McCorcle
Website and Database Management: Larry Showalter
SMR Liaison: Marie Huston

CORPORATE SPONSORS

Our thanks go to the following companies that have provided products or services to support Ski for Light 2017. Many of these companies have stood behind us for years—and we're grateful. Be sure to browse the Sales Room and Silent Auction for some fantastic gear to take home, and do think of our friends when you're shopping for your next adventure.

JanSport
Acorn
Blue Ridge Chair
Borton Overseas
Chums
Clif Bar
Cocoons/Live Eyewear
Columbia
Crazy Creek
Dansko
Darn Tough Socks
Eagle Creek
EnerPlex
Farm to Feet
Fjallraven
Fox River Mills
Haiku
HeatMax/Grabbers
Injinji
Kavu
Klean Kanteen
Leki
Mountainsmith
Native Eyewear
Nite Ize
Olly Dog
Patagonia
Peet Shoe Dryers
Ruffwear
Spyderco Knives
Turtle Fur
Zuke's

The 2016 SFL Ridderrenn team — from left, Sheila Styron, Lars Johanson, Rich Milsteadt, and Denise Avant — sport their smashing new Patagonia jackets.

SONS OF NORWAY

Sons of Norway is a fraternal benefit society whose mission includes the promotion and preservation of Norwegian culture and heritage. Based in Minneapolis, it is the largest Norwegian organization outside of Norway, with approximately 60,000 members and 400 local lodges.

Sons of Norway members and lodges have played a major role in the evolution of Ski for Light. In the very beginning, back in 1975, the Sons of Norway Foundation worked in concert with Olav Pedersen and others to bring the idea of Ridderrennet to America. Sons of Norway members and leaders such as Bjarne Eikevik worked tirelessly during the years that followed to make sure the idea took root.

Over the years countless Sons of Norway members have supported SFL by participating as guides, and many local lodges, plus the Sons of Norway Foundation and headquarters staff, have provided significant financial and other support to our activities. Ski for Light thanks the Sons of Norway for all they do for us! Here are the local lodges that have provided recent financial support to Ski for Light.

Oslo Lodge 1- 002 - Minneapolis, MN
Synnove Nordkap Lodge 1-008 - St. Paul, MN
Terje Viken Lodge 1-017 - Two Harbors, MN
Sagatun Lodge 1-018 - Brainerd, MN
Haarfager Lodge 1-040 - Virginia, MN
Kristiania Lodge 1-047 - Rochester, MN
Fedraheimen Lodge 1-059 - Willmar, MN
Gjoa Lodge 1-065 - Sioux Falls, SD
Mjosen Lodge 1-175 - Glenwood, MN
Granlund Lodge 1-240 - Fosston, MN
Viking Lodge 1-463 - Watertown, SD
Kong Sverre Lodge 1-482 - Story City, IA
Vikingland Lodge 1-495 - Detroit Lakes, MN

Deaf/blind athlete Harold Vik (left) demonstrates the Norwegian spirit at SFL 2016 in Michigan. Off the snow, the 73-year-old Vik shared the story of his astounding recovery from a cycling accident in 2014, when an American motorist struck his tandem bike, causing multiple fractures—but leaving his love for sport unbroken.

Nordic Lodge 1-502 - Forest City, IA
Valdres Lodge 1-503 - Decorah, IA
Fjordland Lodge 1-508 - Brookings, SD
Elvidal Lodge 1-509 - Granite Falls, MN
Trollheim Lodge 1-511 - Saint Cloud, MN
Runic Vennskap Lodge 1-530 - Alexandria, MN
Vennelag Lodge 1-546 - Lindstrom, MN
Solglimt Lodge 1-547 - Cedar Falls, IA
Restauration Lodge 1-548 - Cedar Rapids, IA
Solskinn Lodge 1-550 - Huron, SD
Vennskap Lodge 1-554 - Canby, MN
Lauris Norstad Lodge 1-558 - Red Wing, MN
Nordstjernen Lodge 1-563 - Grand Rapids, MN
Norskfodt Lodge 1-590 - Morris, MN
Marsteinen Lodge 1-596 - Des Moines, IA
Hjemkomst Lodge 1-599 - Hastings, MN
Vestland Lodge 1-601 - Minnetonka, MN
Norsota Lodge 1-602 - Lakeville, MN
Skogvannet Lodge 1-658 - Walker, MN
Harald Haarfager Lodge 2-011 - Coeur D'Alene, ID
Grieg Lodge 2-015 - Portland, OR
Fedrelandet Lodge 2-023 - Petersburg, AK
Olympic Lodge 2-037 - Port Angeles, WA
Roald Lodge 2-039 - Klamath Falls, OR
Odin Lodge 2-041 - Yakima, WA
Poulsbo Lodge 2-044 - Poulsbo, WA

Bernt Balchen Lodge 2-046 - Anchorage, AK
Fjeldheim Lodge 2-047 - Bend, OR
Hovedstad Lodge 2-094 - Olympia, WA
Epledalen Lodge 2-096 - Wenatchee, WA
Arctic Viking Lodge 2-117 – Fairbanks, AK
Elvedalen Lodge 2-129 - Lewiston, ID
Edmonds Lodge 2-130 - Edmonds, WA
Vesterdalen Lodge 2-131 - Kent/Auburn, WA
Fredriksten Lodge 3-125 - Philadelphia, PA
Brooklyn Lodge 3-243 - Brooklyn, NY
Norge Lodge 3-337 - East Williston, NY
Nor Bu Lodge 3-427 - Rockaway, NJ
Hudson Valley Lodge 3-432 - Kingston, NY
Pleasant Point Lodge 3-439 - Point Pleasant, NJ
Noreg Lodge 3-466 - Marlboro, NJ
Lauderdale Lodge 3-475 - Ft. Lauderdale, FL
Troll Lodge 3-476 - Mahopac, NY
Tampa Bay Lodge 3-515 - Tampa, FL
Hampton Roads Lodge 3-522 - Norfolk, VA
Suncoast Lodge 3-562 - Clearwater, FL
Fram Lodge 3-564 - Freehold, NY
Bernt Balchen Lodge 3-566 - Rowland, PA
Norsemen Lodge 3-572 - Oneonta, NY
Bondelandet Lodge 3-612 - Lancaster, PA
Lillehammer Lodge 3-636 - Manhattan, NY
Blaa Fjell Lodge 3-646 - Bedford, VA
Gyda Varden Lodge 4-021 - Grand Forks, ND
Kringen Lodge 4-025 - Fargo, ND
Thor Lodge 4-067 - Minot, ND
Sverdrup Lodge 4-107 - Bismarck, ND
Lodsen Lodge 4-138 - Great Falls, MT
Heim Lodge 4-178 - Devils Lake, ND
Wergeland Lodge 4-247 - Jamestown, ND
Enighed Lodge 4-307 - Watford City, ND
Mollargutten Lodge 4-478 - Maddock, ND
Ueland Lodge 4-480 - Cooperstown, ND

Sidney Lodge 4-489 - Sidney, MT
Jotunheim Lodge 4-499 - Billings, MT
Normont Lodge 4-507 - Cut Bank, MT
Hovedstad Lodge 4-528 - Helena, MT
Fjelldal Lodge 4-543 - Bozeman, MT
Dalen Lodge 4-553 - Glasgow, MT
Smaa Fjell Lodge 4-557 - Hettinger, ND
Bitterrootdalen Lodge 4-656 - Hamilton, MT
Loven Lodge 5-029 - Eau Claire, WI
Valkyrien Lodge 5-053 - Woodville, WI
Fosselyngen Lodge 5-082 - Milwaukee, WI
Jotunheimen Lodge 5-286 - Viroqua, WI
Nordkap Lodge 5-378 – Detroit, MI
Trollhaugen Lodge 5-417 - Chicago, IL
Polar Star Lodge 5-472 - Aurora, IL
Samhold Lodge 5-473 - Pontiac, MI
Sonja Henie Lodge 5-490 - Lansing, MI
H R Holand Lodge 5-549 - Sturgeon Bay, WI
Christian Radich Lodge 5-568 - Suttons Bay, MI
Elvesund Lodge 5-593 - Riverside, IL
Askeladden Lodge 5-610 - Kalamazoo, MI
Nordlandet Lodge 5-620 - Minocqua/Woodruf, WI
Vennligfolk Lodge 5-627 - Stevens Point, WI
Edvard Grieg Lodge 5-657 - Cincinnati, OH
Fram Lodge 6-013 - Eureka, CA
Roald Amundsen Lodge 6-048 - Sacramento, CA
Nordahl Grieg Lodge 6-052 - San Jose, CA
Stein Fjell Lodge 6-114 - Loveland, CO
Vesterheim Lodge 6-118 - Boulder, CO
Desert Fjord Lodge 6-133 - Scottsdale, AZ
Sol Byer Lodge 6-134 - Sun City, AZ
Vestafjell Lodge 6-146 - Grand Junction, CO
Vegas Viking Lodge 6-152 - Las Vegas, NV
Vigeland Lodge 6-155 - Redwood City, CA
Desert Troll Lodge 6-165 - Henderson, NV

PROGRAM SCHEDULE

Here's a day-by-day rundown of meals, skiing, important meetings and activities for the week. Most hotel events are in Indian Peaks lodge (**IP**); events in Silver Sage or Aspenbrook are indicated with an **SS** or **AB**, respectively. Please listen for more detailed program information and for any changes to the schedule during the twice-daily announcements, 8 a.m. during breakfast and 7 p.m. during dinner. SFL volunteers are ready to assist you throughout the week in the Information and Sales Rooms (Navajo, IP).

FRIDAY, 2/3

7:30 a.m.
Breakfast
Commons

8:30 a.m.
Board Meeting
Apache (IP)

12-1 p.m.
Lunch
Commons

1 p.m.
Board Meeting
Apache (IP)

6:30 p.m.
Dinner
Commons

7:30 p.m.
Guide Trainers Meeting
Apache (IP)

Above: John Amundson, Dianne Brunswick, and Barbara Howie on Race Day 2016.

PROGRAM SCHEDULE

SATURDAY, 2/4

7:30 a.m.
Breakfast
Commons

8:30 a.m.
Work Volunteers Meeting
Navajo (Information Room, IP)

9 a.m.
Guide Trainers depart for Ski Area
Indian Peaks Lobby

12-1 p.m.
Lunch
Commons

3 p.m.
Guide Trainers return from Ski Area

4-6 p.m.
Registration and Check-In
Indian Peaks Lobby

Baggage Claim Area
Apache (IP)

6:30 p.m.
Dinner
Commons

7:30 p.m.
Guide Training
Shoshone (IP)

SUNDAY, 2/5

7:30 a.m.
Breakfast
Commons

8:30 a.m.
Work Volunteers Meeting
Navajo (Information Room, IP)

9 a.m.
Guide Training Group departs for Ski Area

12-1 p.m.
Lunch
Commons

2 p.m.
Local Volunteer Orientation
Shoshone (IP)

3-6 p.m.
Registration and Check-In
Indian Peaks Lobby

Baggage Claim Area
Apache (IP)

Hospitality
Shoshone (IP)

3:30 p.m.
Guide Training Group returns from Ski Area

4-5 p.m.
Guide Trainers Meeting

PROGRAM SCHEDULE

6:30 p.m.
Dinner
Commons

7:15 p.m.
Participant Introductions and Guide Assignments

MONDAY, 2/6

6:45 a.m.
Stretching
Apache (IP)

7:30 a.m.
Breakfast
Commons

8:15 a.m.
Alumni Guide Meeting
Commons, Northwest corner

9-10 a.m.
Depart for Ski Area

10:30 a.m.
Beginner/Novice XC Ski Techniques
Legett Building

11:30 a.m.-1 p.m.
Lunch
Nordic Center

1:30 p.m.
Beginner/Novice XC Techniques
Ski Area

1:30-4 p.m.
Return to Lodges

4:30 p.m.
First- and Second-year Guides Meeting
Northstar 1 and 2 (AB)

4:30 p.m.
First-time Participants Meeting
Apache (IP)

5:30-6:30 p.m.
Welcome Reception
Shoshone and Tips and Tails Saloon (IP)

6:30 p.m.
Dinner
Commons

7:15 p.m.
MIP Overview and Guide Introductions

9 p.m.
Dance
Apache and Shoshone (IP)

TUESDAY, 2/7

6:45 a.m.
Stretching
Apache (IP)

7:30 a.m.
Breakfast
Commons

PROGRAM SCHEDULE

Sheri Richardson and guide Rich Mah take a break from snowplow practice.

8:15 a.m.
All Participants Meeting
Commons, Northwest corner

9-10 a.m.
Depart for Ski Area

10:30 a.m.
Technique Session:
Intro to Snowplow
Ski Area

11:30 a.m.-1 p.m.
Lunch
Nordic Center

Beginning at 1 p.m.
Biathlon Instruction
Telluride 1 and 2 (AB)

1:30-4 p.m.
Return to Lodges

5:15-6:15p.m.
Special Interest Sessions
Northstar 1, Northstar 2 (AB), Lulu City 1, Lulu City 2 (SS)

6:30 p.m.
Dinner
Commons

8 pm.
Wild West Night
Apache and Shoshone (IP)

WEDNESDAY, 2/8

6:45 a.m.
Stretching
Apache (IP)

7:30 a.m.
Breakfast
Commons

8:15 a.m.
All Guides Meeting
Commons, Northwest corner

9-10 a.m.
Depart for Ski Area

10 a.m.-4 p.m.
Biathlon Experience
Ski Area

10:30 a.m.
Technique Session:
Intermediate Snowplow
Ski Area

PROGRAM SCHEDULE

11:30 a.m.-1 p.m.
Lunch
Nordic Center

1:30-4 p.m.
Return to Lodges

4 p.m.
Silent Auction Preview begins
Apache and Shoshone (IP)

5:15-6:15 p.m.
Special Interest Sessions
Northstar 2 (AB), Telluride 2 (AB), Lulu City 1 and 2 (SS)

6:30 p.m.
Dinner
Commons

9 p.m.
Silent Auction Closes

THURSDAY, 2/9

6:45 a.m.
Stretching
Apache (IP)

7:30 a.m.
Breakfast
Commons

8:15 a.m.
All Participants Meeting
Commons, Northwest corner

9-10 a.m.
Depart for Ski Area

10 a.m.-4 p.m.
Biathlon Experience
Ski Area

10:30 a.m.
Technique Session:
Intermediate Diagonal Stride
Ski Area

11:30 a.m.-1 p.m.
Lunch
Nordic Center

1:30-4 p.m.
Return to Lodges

5:15-6:15 p.m.
Special Interest Sessions
Northstar 2 (AB), Telluride 1, (AB), Telluride 2 (AB)

6:30 p.m.
Dinner
Commons

8 p.m.
Game Night
Apache and Shoshone (IP)

FRIDAY, 2/10

6:45 a.m.
Stretching
Apache (IP)

7:30 a.m.
Breakfast
Commons

PROGRAM SCHEDULE

8:15 a.m.
All Guides Meeting
Commons, Northwest corner

9-10 a.m.
Depart for Ski Area

11:30 a.m.-1 p.m.
Lunch
Nordic Center

1:30-4 p.m.
Return to Lodges

4:30 p.m.
Guide Trainers Meeting
Apache (IP)

5:15-6:15 p.m.
Special Interest Sessions
Northstar 2 (AB), Telluride 1 (AB), Telluride 2 (AB)

6:30 p.m.
Dinner
Commons

8 p.m.
Norway Night

SATURDAY, 2/11

6:45 a.m.
Stretching
Apache (IP)

7:30 a.m.
Breakfast
Commons

8:45-9:30 a.m.
Depart for Ski Area

10 a.m.
Opening Ceremonies, followed by the Olav Pedersen Race and Rally

11:30 a.m.-1 p.m.
Lunch
Nordic Center

1:30-3 p.m.
Return to Lodges

5:30-6:30 p.m.
Social Hour
Shoshone and Tips and Tails Saloon (IP)

6:30 p.m.
Banquet and Awards
Commons

9 p.m.
Dance
Apache and Shoshone (IP)

SUNDAY, 2/12

Beginning at 5 a.m.
Continental Breakfast

Buses load and depart for Airport, TBA

10 a.m.
SMR Checkout

FRIENDS OF SKI FOR LIGHT

During the year we welcomed Joan Holcombe, pictured at right, as a new Life Member of Friends of Ski for Light. She joins 369 individuals or couples who previously became Life Members of Friends of Ski for Light by donating $400 or more to the SFL Endowment Fund, or because someone else donated that amount in their honor. For the complete roster of Life Members visit www.sfl.org/supporters. We thank all of them for their investment in the future of Ski for Light, and for their commitment to the program.

Eva Bergara and guide Lynn Cox celebrate a successful 5K Rally at SFL 2016.

LET'S DO IT AGAIN NEXT YEAR!

Check www.sfl.org and Like us on Facebook for details of the 2018 event.

Ski for Light thanks McConnell Design & Printing Co. of Winter Park for producing this year's Program Journal at a generous discount.

More than:

Vikings

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

SONS OF NORWAY

1455 W. Lake St., Minneapolis, MN 55408
(800) 945-8851, *www.sonsofnorway.com*

Not that they aren't great...but, being a Sons of Norway member is about so much more than bunads, lefse and Vikings.

Membership opens the door to a community of thousands of like-minded individuals with a passion for Norwegian heritage, culture, volunteerism and fellowship; and, those are just some of the benefits. Members also enjoy access to quality heritage programming, competitive financial products, philanthropic outreach opportunities, exclusive travel discounts and more.

To find out how you, too, can be part of the Sons of Norway community, call (800) 945-8851 or visit *sonsofnorway.com*.

More than:

Bunads

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

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JANSPORT
JANSPORT
THE ORIGINAL
SINCE 1967