IF I CAN DO THIS, I CAN DO ANYTHING

SKI FOR LIGHT

CASPER, WYOMING

2020
We’re Sons of Norway.

Here at the largest Norwegian organization outside of Norway, we’re a community of people—men and women, young and old—united by a passion for our shared interests: Norwegian heritage and culture. Philanthropy. And building a solid financial future for our families and ourselves. We invite you to join us!

Sign up for membership today. Call (800) 945–8851 or visit www.sonofnorway.com

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

1455 W. Lake St., Minneapolis, MN 55408
(800) 945-8851, www.sonofnorway.com
“People think that we’re different because we can’t see, or we’re mobility-impaired. Well, we might do some things differently, but we’re all the same. We’re all equal… Some people look at us and say, ‘You can’t do that!’ Well, we can. I ski. Love it. Why don’t you try it?”

— First-time participant Michelle Curtis, from Epping, N.H. (right), with guide Joan Holcombe at SFL 2019, in Granby, Colorado. Michelle finished second in her age division in the 10K race, with a time of 1:44:56, and received the Jan Haug Award, a.k.a., “Rookie of the Year.”
On behalf of the entire SFL 2020 Planning Committee, I want to extend a warm welcome to everyone attending this International Event in Casper, Wyoming. More than three dozen people have been working hard throughout the past year to make this week a reality. We are all hoping that participation will be as much fun for you as the anticipation has been for us.

We gather in an all-new location—Ski for Light has never even been held in the state of Wyoming before. This has presented the planning committee with a unique set of opportunities and challenges. We have the opportunity to explore a new landscape and make many new friends. We are challenged to create trails that will work for us at a new skiing venue, and to come up with fresh ideas for activities on and off the snow. The staff and management of the hotel and ski area have been fabulous to work with, and they are very happy to have us here. But we are a unique group, and it’s our job to educate everyone about our program, its characteristics and its needs.

We are confident that this week will be memorable and unquestionably unique from all other SFL events in the past. Our evening programs will bring back the ever-popular talent show, and introduce a Western theme with two gifted local performers. I look forward to meeting each of you at some point. Even if I seem busy, please don’t hesitate to stop me and say hello. Remember, we are all volunteers working together—be safe, and have fun!

— Judy Dixon, 2020 Event Chair

FROM THE EVENT CHAIR
Welcome to Casper—our first adventure in Wyoming!—and welcome to the 45th annual Ski for Light International Week. Who could have imagined back in 1975, when Olav Pedersen, with the help of the Norwegian community and Sons of Norway, organized the first Race for Light in 1975 in Colorado, that we would still be a healthy and thriving event in 2020?

This week promises good skiing on plentiful snow. For the rest of our time together, Event Chair Judy Dixon and her Planning Committee have put together a wide range of Special Interest sessions, evening music, storytelling, dancing, a talent show, and other activities to enjoy. Wednesday’s Silent Auction, with a host of items donated by our folks and by our loyal corporate sponsors, is sure to be a highlight. Get ready for those thrilling bid-offs, and remember that every dollar you spend supports our program.

Did you know that Wyoming is called the Equality State? That’s because when it was still a territory, in 1869, it was the first in the nation to give women the right to vote. That said, still on the books is a law forbidding females from standing within five feet of a bar while drinking. I daresay it is a rarely enforced statute—but watch your step, ladies! There’s a lot of pioneer history associated with Casper, which you can explore during a Thursday afternoon field trip to the National Historic Trails Interpretive Center.

Have a great week of skiing. I hope to see you out there on the trails or around the hotel. It’s always so much fun to catch up with old friends, and I enjoy meeting and making new friends each year.

— Marion Elmquist, Ski for Light President
How does this amazing event happen, year after year? It’s magic... performed by hardworking volunteers. Join us!

Event Chair: Judy Dixon
Vice-Chair: John Amundson
Announcer: Nino Pacini
Banquet Seating: Cathie Sandell
Evening Programs: Marie Huston
Finances: Brenda Seeger
First Aid: Carl Heine
Foreign Delegations: Marion Elmquist
Corporate Sponsors: Renee Abernathy, Marion Elmquist
Guide Training: Eric Bleich, Rich Milsteadt
Guide Applications: Lars Johanson
Hotel Functions: Krista Erickson
Hotel Staff Orientation: Melinda Hollands, Karen Wood
Housing and Registration: Nancy McKinney Milsteadt
Information Room, Special Formats: Judy Dixon
Local Volunteers: Bonnie O’Day
Meals: Donna Permar
MIP Program: Nicole Haley
Mobile Website: Doug Wakefield
Other Attendee Applications: Brian Armbruster
Program Journal: Julie Coppens
Publicity: Melinda Hollands
Race/Rally: David Fisichella
Sales Room: Janice Koppang
Silent Auction: Bonnie Hartman
Ski Equipment: Marie Huston
Ski Site, Facilities and Trails: Mike Evelo
Special Interest Sessions: Karen Wood
Technique Sessions: Scott and Betsy Fischer
Transportation: Bob Hartt
VIP Applications: Tim McCorcle
Website and Database Management: Larry Showalter
Our thanks go to the following companies that have provided products or services to support Ski for Light 2020. 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 and gifts to take home, and do think of our friends when you’re shopping for your next adventure.

Big Agnes  
Black Diamond  
Blue Ridge Chair  
Borton Overseas  
Chums/Beyond Coastal  
CLIF Bar  
Columbia  
Crazy Creek  
Dansko  
Darn Tough Socks  
Energizer  
Farm to Feet  
Fjallraven  
Fox River Mills  
Garmin International  
Glerups  
Haiku  
JanSport  
Leki USA  
Mountainsmith  
Nite Ize  
Patagonia Pro  
PEET Shoe Dryers  
Spyderco Inc.  
Travelon  
Walleroo Hat Company  
Wigwam

The 2019 SFL Ridderrrenn team (from left, Daniel Beckman, Karen Wood, Joseph Yee, and Leslie Maclin) sporting their snazzy new spirit gear, including backpacks donated by JanSport.
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 of 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
Leif Erikson Lodge 1-032 - Vining, MN
Haarfager Lodge 1-040 - Virginia, MN
Kristiania Lodge 1-047 - Rochester, MN
Midnatsolen Lodge 1-058 - Hibbing, MN
Fedraheimen Lodge 1-059 - Willmar, MN
Mjosen Lodge 1-175 - Glenwood, MN
Granlund Lodge 1-240 - Fosston, MN
How many SFL guides and participants are also Sons (and daughters) of Norway? This many.

Odin Lodge 1-368 - Webster, SD
Kong Sverre Lodge 1-482 - Story City, IA
Vikingland Lodge 1-495 - Detroit Lakes, MN
Bemidji Lodge 1-500 - Bemidji, MN
Valdres Lodge 1-503 - Decorah, IA
Nor-Win Lodge 1-505 - Winona, MN
Fjordland Lodge 1-508 - Brookings, SD
Elvidal Lodge 1-509 - Granite Falls, MN
Trollheim Lodge 1-511 - Saint Cloud, MN
Vennelag Lodge 1-546 - Lindstrom, MN
Solglimt Lodge 1-547 - Cedar Falls, IA
Restauration Lodge 1-548 - Cedar Rapids, IA
Vennskap Lodge 1-554 - Canby, MN
Norskfodt Lodge 1-590 - Morris, MN
Vestland Lodge 1-601 - Minnetonka, 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
Svalbard Lodge 2-033 - Juneau, AK
Oslo Lodge 2-035 - Bremerton, WA
Sonja Lodge 2-038 - Eugene, OR
Odin Lodge 2-041 - Yakima, WA
Bernt Balchen Lodge 2-046 - Anchorage, AK
Fjeldheim Lodge 2-047 - Bend, OR
Columbia Lodge 2-058 - Vancouver, WA
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
Vesterdal en Lodge 2-131 - Kent/Auburn, WA
Fredriksten Lodge 3-125 - Philadelphia, PA
Fredheim Lodge 3-242 - Staten Island, NY
Brooklyn Lodge 3-243 - Brooklyn, NY
Nor Bu Lodge 3-427 - Rockaway, NJ
Washington Lodge 3-428 - Washington, DC
Hudson Valley Lodge 3-432 - Kingston, NY
Pleasant Point Lodge 3-439 - Point Pleasant, NJ
N oreg Lodge 3-466 - Marlboro, NJ
Skaugum Lodge 3-468 - Stamford, CT
Lauderdale Lodge 3-475 - Ft. Lauderdale, FL
Troll Lodge 3-476 - Mahopac, NY
Hampton Roads Lodge 3-522 - Norfolk, VA
Suncoast Lodge 3-562 - Clearwater, FL
Bernt Balchen Lodge 3-566 - Rowland, PA
Bondelandet Lodge 3-612 - Lancaster, PA
Gulf Coast Vikings Lodge 3-683 - Estero, FL
Blaa Fjell Lodge 3-646 - Bedford, VA
Gyda-Varden Lodge 4-021 - Grand Forks, ND
K ringen Lodge 4-025 - Fargo, ND
Thor Lodge 4-067 - Minot, ND
Bjarne Lodge 4-086 - Williston, ND
Sverdrup Lodge 4-107 - Bismarck, ND
Lodsen Lodge 4-138 - Great Falls, MT
Fedraheimen Lodge 4-140 - Kalispell, MT
Heim Lodge 4-178 - Devils Lake, ND
Wergeland Lodge 4-247 - Jamestown, ND
Enighed Lodge 4-307 - Watford City, ND
Nordlyset Lodge 4-488 - Bottineau, ND
Ueland Lodge 4-480 - Cooperstown, ND
Normont Lodge 4-507 - Cut Bank, MT
Longtime SFL guide Nils Kristiansen (pictured here in disguise) is a member of Fjeldheim Lodge 2-047 in Bend, Oregon.
Here's a day-by-day rundown of meals, skiing, important meetings and activities for the week. Most off-snow activities will take place in various meeting rooms (Natrona, Pathfinder, Remington’s, Seminoe, Teton and Wyoming Theatre), all located on the first floor of the Ramkota. 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. You can also access the daily schedule and other up-to-date information on the SFL mobile Site at www.sfl.org/mobile. SFL volunteers are ready to assist you throughout the week in the Information and Sales Rooms, both located in Remington’s.

**FRIDAY 2/7**

7:30 a.m.
Breakfast
South Grand Ballroom

8:30 a.m.
Board Meeting
Teton

12-1:30 p.m.
Lunch

1:30 p.m.
Board Meeting
Teton

6:30 p.m.
Dinner
South Grand Ballroom

7:30 p.m.
Guide Trainers Meeting
Natrona
SATURDAY 2/8

7:30 a.m.
Breakfast
South Grand Ballroom

8:15-9 a.m.
Boxed lunch pick-up
Terrace Reception Area

8:30 a.m.
Work Volunteers Meeting
Info Room (Remington’s)

9 a.m.
Guide Trainers depart for Ski Area
Terrace door

3 p.m.
Guide Trainers return to Hotel

4-6 p.m.
Registration and Check-In
Terrace Reception Area

6:30 p.m.
Dinner
South Grand Ballroom

7:30 p.m.
Guide Training
Wyoming Theatre

8:30 a.m.
Work Volunteers Meeting
Info Room (Remington’s)

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

Noon-11 p.m.
Sit-ski fitting
Seminoe

2-6 p.m.
Registration and Check-In
Terrace Reception Area

3-6 p.m.
Hospitality
North Grand Ballroom

4 p.m.
Guide Training Group returns to hotel

6:30 p.m.
Dinner
Grand Ballroom

7:30 p.m.
Guide and Other Attendee introductions; Guide-Skier pairs announced
Grand Ballroom

SUNDAY 2/9

7:30 a.m.
Breakfast

8:15-9 a.m.
Boxed lunch pick-up
Terrace Reception Area

9 p.m.
Ski rental pick-up
Teton
**MONDAY 2/10**

6:45 a.m.
Stretching
Teton

7:30-8:30 a.m.
Breakfast
Grand Ballroom

8:15 a.m.
All Guides Meeting

9-10 a.m.
Depart for Ski Area
Terrace door

10:30 a.m.
Technique Session: Intro to Equipment and Classic Skiing

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

1 p.m.
Technique Session: Classic Skiing for Beginners

2:30-4 p.m.
Return to Hotel

4:30 p.m.
First- and Second-year Guides Meeting
W yoming T h eatre

4:30 p.m.
First-time VIP and MIP Participants Meeting
Teton

5:30-6:30 p.m.
Welcome Reception
Terrace Reception A rea

6:30 p.m.
Dinner

7:30 p.m.
MIP Overview; MIP and VIP Skier Introductions

9-11 p.m.
Dance with Deejay

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**Deaf/blind skier**

Harald Vik takes aim in the biathlon, guided by Ivar Wigaard. The laser rifle emits an audio signal for targeting; Ivar conveys that information by tracing a finger along Harald’s back until the shot lines up precisely. Bullseye!
**TUESDAY 2/11**

6:45 a.m.  
Stretching  
Teton

7:30 a.m.  
Breakfast

8:15 a.m.  
All VIP/MIP Participants Meeting

9-10 a.m.  
Depart for Ski Area

10:30 a.m.  
Technique Session: Classic Skiing Basics

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

1 p.m.  
Technique Session: More Classic Skiing Basics

2:30-4 p.m.  
Return to Hotel

4-6 p.m.  
Talent Show Auditions  
Pathfinder

4:30 p.m.  
Midweek Board Meeting  
Teton

5:15-6:15 p.m.  
Special Interest Sessions:  
Topics TBA  
Natrona and Wyoming Theatre

6:30 p.m.  
Dinner

8 p.m.  
Western Night, featuring Cowboy Duo Andy Nelson and Brenn Hill

**WEDNESDAY 2/12**

6:45 a.m.  
Stretching  
Teton

7:30 a.m.  
Breakfast

8:30 a.m.  
All Guides Meeting

9-10 a.m.  
Depart for Ski Area

10 a.m.-3:30 p.m.  
Biathlon Practice

10:30 a.m.  
Technique Session: Uphill/Downhill

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

1 p.m.  
Technique Session: More Uphill/Downhill
2:30-4 p.m.
Return to Hotel

4 p.m.
Silent Auction Opens
Grand Ballroom

5:15-6:15 p.m.
Special Interest Sessions:
Topics TBA
Natrona, Teton, Wyoming Theatre

6:30 p.m.
Dinner

9 p.m.
Silent Auction Closes, followed by Dance with Deejay

THURSDAY 2/13

6:45 a.m.
Stretching
Teton

7:30 a.m.
Breakfast

8:15 a.m.
All VIP/MIP Participants Meeting

9-10 a.m.
Depart for Ski Area

10 a.m.-1 p.m.
Biathlon Practice

10:30 a.m.
Technique Sessions by Appointment

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

1 p.m.
Technique Sessions by Appointment

1:30 p.m.
Biathlon Competition

2:30-4 p.m.
Return to Hotel

4 p.m.
Depart for National Historic Trails Interpretive Center
(Ramkota Main Entrance

5:15-6:15 p.m.
Special Interest Sessions
Natrona, Teton

6:30 p.m.
Dinner

8 p.m.
Talent Show

FRIDAY 2/14

6:45 a.m.
Stretching
Teton

7:30 a.m.
Breakfast

8:15 a.m.
All Guides Meeting
9-10 a.m.
Depart for Ski Area

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

2:30 p.m.
Guides Race

2:30-4 p.m.
Return to Hotel

4:30 p.m.
Guide Trainers Meeting
Natrona

5:15-6:15 p.m.
Special Interest Sessions
Teton, Wyoming Theatre

6:30 p.m.
Dinner

8 p.m.
Norway Night

SUNDAY 2/16

7:30 a.m.
Breakfast

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

10 a.m.
Opening Ceremonies;
Olav Pedersen Race/Rally

11 a.m.
Ramkota Checkout

Kirsten Brugger and Sven Mogensen at
the finish line in Granby.

11:30 a.m.-2:30 p.m.
Lunch

2:30-4 p.m.
Return to Hotel

5:30-6:30 p.m.
Social Hour
Terrace Reception Area

6:30 p.m.
Banquet and Awards
Grand Ballroom

9-11 p.m.
Dance with Deejay

Beginning at 4 a.m.
Continental Breakfast
South Grand Ballroom

Airport shuttles load and depart
Terrace door

11 a.m.
Ramkota Checkout
Love Ski for Light? Please consider making an investment in the future of our organization by becoming a Life Member of Friends of Ski for Light. Anyone who donates $400 or more to the SFL Endowment Fund becomes a Friend for life. For the complete roster of 374 Life Members, visit www.sfl.org/supporters.

45 YEARS OLD ALREADY? DANG, WE LOOK GOOD!

Guess we’d better keep up this beauty routine. Check www.sfl.org and Like us on Facebook for details of the 2021 event!

From top left: Anthony Nelson and Tim Feldman; Tai Tomasi and Betsy Fischer. Ski for Light thanks The UPS Store of Casper for printing this year’s Program Journal at a generous discount.
Whether you’re Norwegian or just curious about the Nordic way of life, we invite you to join Sons of Norway. You and your family will delight in learning about Norwegian heritage and culture, and experience the joy of belonging to an organization that serves our local communities. Plus, we can help you build a strong financial future for the generations to come.

Sign up for membership today. Call 800-945-8851 or visit sonsofnorway.com.

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For the past 25 years, JanSport has equipped people to experience life’s adventures and by partnering with Ski for Light, we work together to enable adventure in the wilderness.