

IF I CAN DO THIS, I CAN DO ANYTHING

SKI FOR LIGHT



There's a little bit of
Norway in all of us



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.sonsofnorway.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.



**SONS of
NORWAY**

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

SKI FOR LIGHT 2020



“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.”



SKI FOR LIGHT

45th Anniversary 1975-2020

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FROM THE EVENT CHAIR

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*



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

2020 EVENT COMMITTEE

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

CORPORATE SPONSORS

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



The 2019 SFL Ridderrenn 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

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.*

SONS OF NORWAY



Odin Lodge 1-368 - Webster, SD
Kong Sverre Lodge 1-482 - Story City, IA
Vikingsland 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

SONS OF NORWAY

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
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
Noreg 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
Kringen 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

SONS OF NORWAY

Nordmanns Vis Lodge 4-542 - Polson, 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
Dovre Lodge 5-353 - Chetek, WI
Nordkap Lodge 5-378 - Detroit, MI
Polar Star Lodge 5-472 - Aurora, IL
Samhold Lodge 5-473 - Pontiac, MI
Sognefjord Lodge 5-523 - Muskegon, MI
Cleng Peerson Lodge 5-525 - Ottawa, IL
Christian Radich Lodge 5-568 - Suttons Bay, MI
Elvesund Lodge 5-593 - Riverside, IL
Askeladden Lodge 5-610 - Kalamazoo, MI
Circle City Lodge 5-614 - Carmel, IN
Edvard Grieg Lodge 5-657 - Cincinnati, OH
Vikings of the Smokies Lodge 5-677 - Knoxville, TN
Ulabrand Lodge 6-024 - San Pedro, CA
Roald Amundsen Lodge 6-048 - Sacramento, CA
Garborg Lodge 6-056 - Modesto, CA
Snowshoe Thompson Lodge 6-078 - Yuba City, CA
Norseman Lodge 6-091 - Thousand Oaks, CA
Stein Fjell Lodge 6-114 - Loveland, CO
Vesterheim Lodge 6-118 - Boulder, CO
Sol Byer Lodge 6-134 - Sun City,
AZ
Vestafjell Lodge 6-146 -
Grand Junction, CO
Overtro Fjell Lodge 6-153 -
Mesa, AZ
Desert Troll Lodge 6-165 -
Henderson, NV
Nordic Pines Lodge 6-167 -
Flagstaff, AZ

*Longtime SFL guide
Nils Kristiansen
(pictured here in
disguise) is a member
of Fjeldheim Lodge
2-047 in Bend,
Oregon.*



PROGRAM SCHEDULE



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

PROGRAM SCHEDULE

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

SUNDAY 2/9

7:30 a.m.

Breakfast

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 Training Group departs for Ski Area

Terrace door

Noon-11 p.m.

Sit-ski fitting

Seminole

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

9 p.m.

Ski rental pick-up

Teton

PROGRAM SCHEDULE

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

Wyoming Theatre

4:30 p.m.

First-time VIP and MIP
Participants Meeting

Teton

5:30-6:30 p.m.

Welcome Reception

Terrace Reception Area

6:30 p.m.

Dinner

7:30 p.m.

MIP Overview; MIP and VIP
Skier Introductions

9-11 p.m.

Dance with DeeJay

*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!*



PROGRAM SCHEDULE

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

5:15-6:15p.m.

Special Interest Sessions:

Topics TBA

Natrona and Wyoming Theatre

6:30 p.m.

Dinner

8 pm.

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

PROGRAM SCHEDULE

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
(Off-site Special Interest
Session; preregistration required)
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

PROGRAM SCHEDULE

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

SATURDAY 2/15

6:45 a.m.

Stretching
Teton

7:30 a.m.

Breakfast

8:45-9:30 a.m.

Depart for Ski Area

10 a.m.

Opening Ceremonies;
Olav Pedersen Race/Rally



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

SUNDAY 2/16

Beginning at 4 a.m.

Continental Breakfast
South Grand Ballroom

Airport shuttles load and depart
Terrace door

11 a.m.

Ramkota Checkout

FRIENDS FOR LIFE



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.

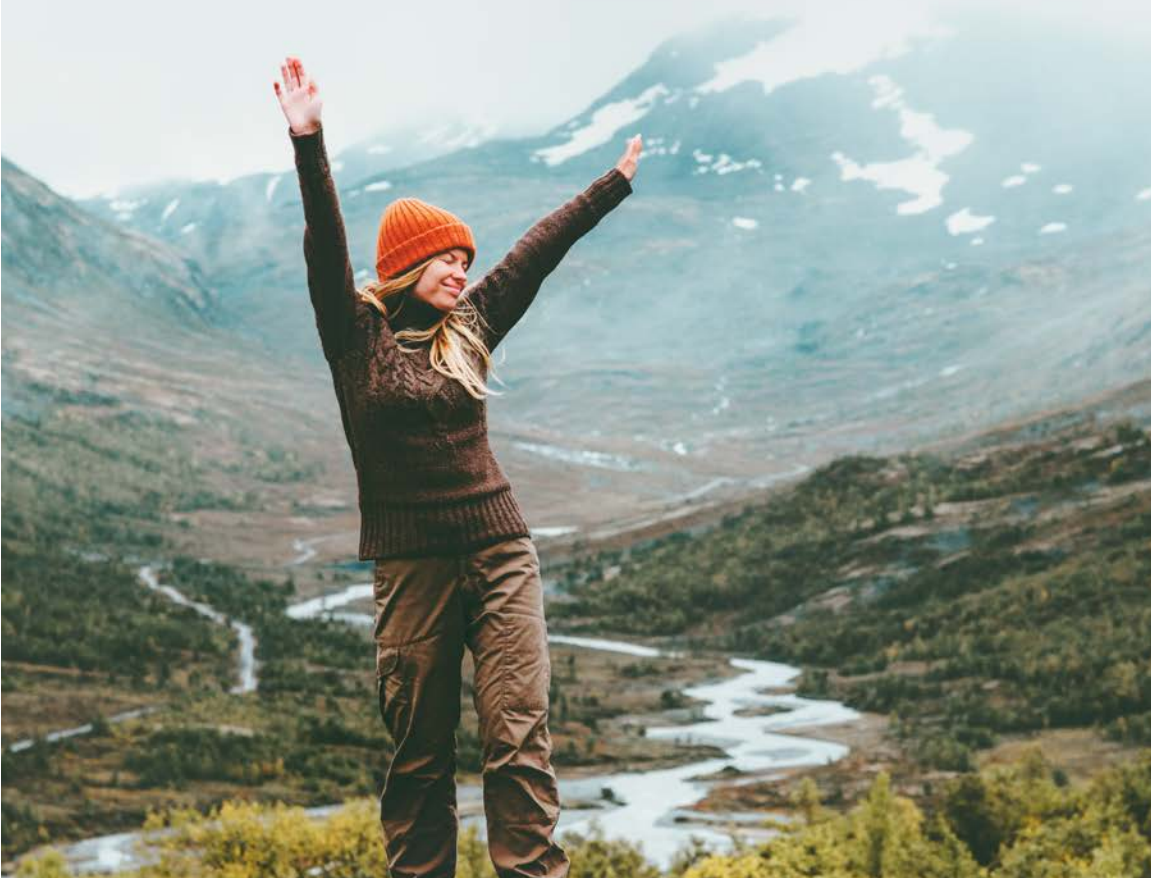


45 YEARS OLD ALREADY? DANG, WE LOOK GOOD!

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.

Everyone is **Velkommen**



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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**SONS of
NORWAY**

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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.

