



FUN AND FITNESS ON THE SNOW

An estimated 5.2 million Americans participate in cross country skiing while reaping the rewards of being active during the winter months.

Nordic Ski Club promotes the benefits of cross country skiing on mind, body and soul

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Many winter sports enthusiasts are firm in their belief that snow skis are meant to travel in one direction only – downhill.

But members of the Black Hills Nordic Ski Club use their skinny skis to take them wherever the trail may lead.

The club's winter playground is located at Big Hills XC Trails seven miles southwest of Spearfish where its

members have frolicked in the snow since the 1970s. Early prospectors named the area after they encountered steep grades in their pursuit of gold and fortune, but these days people flock to Big Hill for fitness and fun.

With more than 1,200 Facebook followers, the group invites not only cross country skiers to enjoy the 13.6 miles of trails but also skate skiers, fat bikers, snow shoers and even snow man makers.

Immediate past president Josh Wangeman explains there are an

estimated 5.2 million Nordic skiing enthusiasts throughout the country who seek both physical and mental health restoration along the trails.

After spending his day teaching science to his eighth graders at Spearfish Middle School, Wangeman likes to unwind in the woods.

"I've found that it's a good way to escape the crowds and participate in the wonders of nature," he said. "It's a great sport if you're looking to find some solace, enjoy the outdoors and get a good workout at the same time."

Wangeman, who also enjoys swimming and cross country running, fell into the sport after joining the National Guard six years ago. He began training for the biathlon, a competition where skiers travel from check point to check point with a .22 caliber rifle and shoot at targets. He has represented the Guard at competitions in Minnesota, Wyoming, Vermont and Utah.

Like many outdoor activities, cross country skiing has seen a significant surge in interest in the past year. One of the top attractions of the sport is that the cost of entry is relatively small. For instance, a quality mountain bike can cost thousands of dollars and other pastimes require a substantial financial investment for equipment, gear, fees and more.

"You can find some used gear and get everything you need for around \$100, or \$300 for new equipment," he said. "Trail access is free and you'll be outdoors getting some great exercise. As far as learning the technique, it's a straightforward process that's almost as simple as walking."

Wangeman said skiing across the snowy terrain can be a cinch compared to the work that's required to keep the trails maintained. Members of the Nordic Ski Club join forces with the Grooming Alliance of



Cross country skiers receive both the mental and physical health benefits of a sport that's economical to pursue.

Spearfish and log hundreds of hours of labor and donate hundreds of dollars each season to keep the pathways well-groomed for all to share. Some trails are designated for snow shoeing and fat biking only. Volunteers have also built a warming shelter in a meadow that's situated among the five loop trails where skiers can take a break from the wind and cold.

Aside from the Big Hills XC Trails, the Black Hills National Forest area has other sites suitable for cross country skiing. The Eagle Cliff Network is located 15 miles southwest of Lead and offers 20 miles of trails that cross open meadows and meander through Ponderosa pine forests. Half the trails are rated "difficult."

Bear Mountain is situated 10 miles

southwest of Hill City and features rocky ridges, abundant wildlife and scenic overlooks along its 16-mile trail system.

Additional pathways in the area can be found at Beaver Creek, Bear Butte State Park, Custer State Park and portions of the Centennial and Mickelson Trails.

Here are a few helpful tips for those who are thinking about taking to the wintry trails:

1. Start your day right with a hot beverage.
2. Pack well, and don't forget gloves, hat and extra socks. Layer, layer, layer.
3. Choose the right place to ski with good grooming and a reasonable and amount of flat terrain.
4. Consider taking lessons to

Cross country skiing sites

These state parks offer trails for cross-country skiers to enjoy:

- Adams Homestead and Nature Preserve
- Beaver Creek Nature Area
- Big Sioux Recreation Area
- George S. Mickelson Trail
- Hartford Beach State Park
- LaFramboise Island Nature Area
- Lake Herman State Park
- Lake Poinsett Recreation Area
- Newton Hills State Park
- Oakwood Lakes State Park
- Pelican Lake Recreation Area
- Richmond Lake Recreation Area
- Sica Hollow State Park
- Walker's Point Recreation Area



Volunteers keep the trails groomed for cross country skiing at Big Hill and also constructed a warming shelter, a popular site on cold and windy winter days.

improve your form.

5. Be prepared to fall. Acquiring balance takes time.

6. Keep your energy up with a ready snack such as a granola bar or an apple.

7. Have fun. Explore a bit and lose yourself in the rhythm of the sport.

8. Don't forget to look around you, and keep an eye out for wildlife or scenic vistas.

9. Reward yourself! You worked hard and did something adventurous.