



February 26, 2008

Congratulations and many thanks to all the racers who participated in this past weekend's event: The 4th Annual Snow-Man 12K ski & 3K snowshoe Duathlon! The weather couldn't have been better. Loads of sunshine and mild temperatures enough to cheer up anyone. Race results are posted [on line](#) and there will be photos added to the website just as soon as I get them.

Our thanks also go out to all the volunteers and sponsors who helped to make this year's event a success! We truly appreciate all the dollars and prizes that our sponsors donate to our cause and the hours that our many volunteers have put in to make this event a reality. We wouldn't be able to do this without you. Hats off to you all!

2008 Snow-Man Sponsors:

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Wow, have we got snow or what? This winter has been fabulous for skiing and winter snow sports. Couldn't ask for more! But wait, it gets better.....

Snow, food, entertainment! Yes that's right folks, it's that time of year. This Saturday, March 1st from 11:00 am to 3:00 pm The Friends of Valley Spur will be hosting the 16th Annual Taste & Glide event. This fantastic ski & eat event is one you'll not want to miss. Trail side buffet tables with your favorites including cheeses, breads, cookies, and even chocolate covered strawberries can be found along the way. There are also hot foods and beverages in the lodge. Entertainment this year by Ross Allured.

The cost is \$18 for adults and \$10 for children under 12.

I would like to pass along some information to you all about a couple of events on Sunday, March 2, 2008 over in Ishpeming at the Hill Street X-C Ski Trail System that you might be interested in.

"The Guts Triathlon" - 10K Ski, 2K Snowshoe, 4 Mile Run

"The Gastric By-Pass Duathlon" - 5K Ski, 2K Snowshoe

Janet Koistenen, one of the event's organizers tells us:

"we try hard to make the event fun and keep it low key....for those who have fears of trying....not to worry...it's the most casual event you will ever do....hopefully, we won't get blasted with 24 inches of fresh snow the night before!!!! All of the funds will go toward the Hill Street grooming and maintenance fund...Glen, Carroll Jackson and others have put a great deal of time, money and love into keeping the trail system open...for winter and summer sports. They have purchased mowers, a snowmobile and built their own groomer....so that tells you how much they care...If you are up for a fun day in the snow, come on up!! After all, Ishpeming means "Heaven" and so how often do you get to do a race in heaven?????"

So after we've all filled our guts on Saturday at the Taste & Glide, here's a good way to help work it off on Sunday as well as help out the Hill Street system. I've attached their flyer for more information.

The season's far too short, so be sure to get out there and enjoy it while we still can. Hopefully we'll still have a few more weeks to get out on our skis and snowshoes.

Hope to see you at the Spur soon!

Donna Shields

"Editor"

Friends of Valley Spur Newsletter

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