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November 2014

Lanesboro 2014 - By Cathy Hartle

We had a great group of 33 ULLRS in Lanesboro. I believe that all areas of the trails were sampled, as were wines in Spring Valley, and a new play preview (a bit long, from the reviews.) One trail section (Peterson to Rushford) was rough; we hear it is to be repaved next year. We again stayed at the very hospitable Green Gables, and food, games, and companionship abounded through our Happy Hours, breakfasts, and group dinner. The weather was generally good; a little rain early Monday that cleared up nicely. Many thanks to Mary (and Tom) Vande Hei who so ably arranged for the food! We had such a good time that we committed to doing it again next year – mark August 26-28, 2015 on your calendars!

These co-chairs had a successful division of labor: Mary V boiled dozens of eggs and had a tasty menu and Cathy H did all the paper work. THANK YOU!



First Doug L. and Patty F. balanced on bikes, then at Happy Hour they balanced the five Kiwis. Ahh, the Balanced Life of an ULLR!

The Pine-Tar Party—a time to hear the plans for winter activities—and you might suggest more for outdoor fun.

Date: Sunday, November 9; 4:30—7:30 PM

Host: Mary Ellen Gabel—please RSVP 612-789-7832

3213 Skycroft Dr. NE, Minneapolis 55418

Please bring \$1 and an appetizer, salad or dessert.



Oh No! The Aroma Pie Shop is closed Sundays & Mondays!

2014— The 19th Annual Stand-Still Parade where marchers stand still and the spectators move. Great fun!



ULLR Holiday Ball

Friday, December 5, 2014

Fort Snelling Officers Club,
Hwy. 5 at Post Road, St. Paul 55111
You all come!! Socialize, enjoy a delicious dinner and dance the night away. Guests are welcome.

Social begins at 5:00 pm

Dinner at 6:00 pm

Dancing 7:30 pm

Music by the Changing Times Band

Cost: \$44.00 per person payable to
ULLR Ski, Bike and Social Club

Send check (with meal choice) to Diane Erlandson
8200 West 33rd St., #302
St. Louis Park, MN, 55426
952-941-5184

Reservation deadline is November 30.

Dinner Choices:

Broiled Walleye with White Wine Sauce served with Rice Pilaf and vegetables.

Or Rosemary Roasted Pork Loin, Garlic Mashed Potatoes and vegetables.

(Vegetarian or Special Diet Dinner upon request.)

Dinner is served with Wild Field Green Salad with Toasted Walnuts and Raspberry Vinaigrette, Rolls, Coffee and Dessert.

CASH BAR.

ULLR Cancellation Policy Applies.

Please bring a new, unwrapped gift for "Toys for Tots."



2014 IMPORTANT CONTACTS
OFFICERS OF THE CLUB

President

Karen Gray: UllrPrez@ullr.org

Executive VP

Mary Ellen Gabel: ExecVP@ullr.org

Ski Program VP

Sharon Marini: SkiVP@ullr.org

Summer Programs VP

Patty Fitzgerald: SummerVP@ullr.org

Membership VP

Carol DeVore: MembershipVP@ullr.org

Treasurer

Carol Bush: Treasurer@ullr.org

Secretary

Judy Burich: Secretary@ullr.org

Past President/Advisor

Cheryl Rogers: PastPrez@ullr.org

PROGRAM COORDINATORS

Alpine

Barb Kolbe: See directory

Nordic

James Habeck: Nordic@ullr.org

Ski Racing

Brian Johnson: Racing@ullr.org

What's Cookin' Cashiers

Sherrri Mitchell & Pat Nelson:

Wccashier@ullr.org

What's Cookin' Supply Chairs

Jan & Jerry Swanberg:

WhatsCookin@ullr.org

What's Cookin' Beverage Chairs

Manfred Deutsch, Dale Evans, &

Bill Handsaker

Beverages@ullr.org

Biking

John Stiefel: Biking@ullr.org

Singles

Margie Seklund: Singles@ullr.org

Folding Parties

Nancy Sand: FoldingParty@ullr.org

General Meetings

Mary Ellen Gabel: ExecVP@ullr.org

MSC Representatives

Sharon Marini: SkiVP@ullr.org

Dolly Eastman MSCrep@ullr.org

ULLR Foundation President

Jerry Weiskopf: See Directory

COMMUNICATION

ULLR Webmaster

(JJ) Joe Coursolle: Webster@ullr.org

Nullr Editor & Designer

Margie Deutsch: Nullr@ullr.org

ULLRnet

Fran & Gary DeWell: Ullrnet@ullr.org

LETTER FROM THE PRESIDENT - By Karen Gray

Following the complaint-free, three-month trial period, your board voted to continue the newly formatted online Nullr only. The treasury is already looking much better.

Why did you become an ULLR? I conducted a survey at Harry's Café following our Ritter Farm hike on Sept. 27, 2014.

Bruce Warner saw Jerry Swanberg at a jazz festival in about 2008. Bruce had been a member of ULLRs back in the 1960s but when he got married, he dropped out because the unwritten rule at that time was that the club was only for singles. (How times have changed!) Jerry encouraged him to come on the ski trip to Mammoth, and that's how he rejoined. Many ski trips later, he is on his way to realizing his ski resort bucket list.

Wendy Campbell is a friend of Joyce Butler's. She was a guest at a few fun trial Singles' card and game nights before becoming a member in January, 2014. She is an active hiker, biker, cross country skier and lover of fun. Especially after the Nisswa trip, she recognized ULLRs as people with whom she could enjoy all of those things.

Sharon Marini was in Eileen Ronning's line dancing classes in about 2004. Sharon and Ken had just retired in Bloomington, learned how to ski and wanted to do more skiing. Eileen convinced her to give ULLRs a try. They went to a General Meeting, found a variety of activities for married and single, everyone was friendly and they joined.

Marty Wilkes researched ski clubs online in about 2000, and she and Dick tried a few. Smoking was a big turnoff at one other club. ULLRs were open and friendly; there was skiing and biking plus many social activities- always something new.

Nancy Sand was looking for a ski club online in 2008. It was the ULLR website that convinced her to try a picnic. The pictures online showed people having fun, in her age group, and they looked just like her. At the picnic, people were warm and welcoming, and she joined.

Karen Holmquist joined back in 1984 when there were 1,400 members and dances with big bands. She found many new skier friends.

Patty Fitzgerald joined back in 1994, newly divorced, used to ski; a friend was a member and convinced her to join. She was not a biker then but look at her now!

John Stiefel had belonged to Sitzmark in the '70s. After his divorce, he wanted to ski again. He found ULLRs to be the better age group for him, and he was impressed by how respectful ULLRs were of the presenters at the meeting he attended.

This is a sampling of why people became ULLRS. We are a much smaller group now. We have many couples who met in ULLRs and have stayed active. The singles are very active. We continue to bring friendship, a huge variety of activities and happiness to many people. See you at the next General Meeting on October 9 at the KC Hall. Bring a friend!

| | |
|---|---|
| ULLR Webmaster: JJ [Joe] Coursolle PO Box 201409, Bloomington 55420 Phone: 612-750-0927; | Nullr Editor: Margie Deutsch 8940 Northwood Pkwy., New Hope 55427 Phone: 763-545-5845; |
|---|---|



Ritter Farm Hike,

By Karen Gray

We couldn't have asked for a more beautiful day for a hike. On September 27, it was 80 degrees and sunny, and we experienced the natural environment of Ritter Farm Park in Lakeville, away from the maddening crowds. Seventeen of us hiked 3.57 miles in 1 hour & 37 minutes and used 425 calories. (What would we do without our electronic devices?) We chose from many trail options with several navigators and enjoyed lake views, woods (some color,) the hazards of an equestrian trail, and an archery range with fake deer, but no bald eagles. Then we relaxed at Harry's Café and had a pleasant lunch on their patio.

Midwest Sport/Ski Council (MSC)

Thanks to Dolly Eastman for her work organizing and staffing the MSC table at the Hoigaard's Tent Sale. Other ULLR members who took a 2-hour or more shift were: Manfred and Margie Deutsch and Carol DeVore.

The MSC Winter Carnival is at Giants Ridge

December 12-14, 2014

The trip price includes: 2 nights lodging in modern 1-4 bedroom condos with fully furnished kitchens; Round trip coach bus from Minneapolis; 2-day downhill ski lift ticket with Friday Lift Ticket at \$15 additional

Have fun at the: Live band and dancing Friday night; Saturday night shuttle to Biwabik; Saturday wine and cheese party on the hill; Two-course dinner banquet Saturday night; Indoor heated pool, large hot tub, exercise room

The price will vary depending on condo size and number of persons in the condo, the range being \$220-285 per person.

Sign-up: at the October or November ULLR General meeting. The deadline is December 1.

From Nov 21 to December 4th, \$50 is non-refundable Per Person; after December 5, \$100 is non-refundable PP.

Contact: Jerry Schuster, 952-888-0860—jeschus@usjet.net

ROBERT ROBINSON in CONCERT

Twin cities legend, Robert Robinson, will entertain with a selection of gospel and other uplifting music, and will give us a preview of music for the holiday season. Many say his music is soothing to the soul. [On the web at robertrobinsonmusic.com]



Date: FRIDAY, November 7, 2014

Time: Arrive by 11:45 AM for a noon luncheon; 1:00 PM - CONCERT

Place: Medina Entertainment Center on Highway 55

Includes: Meatloaf, garlic mashed potatoes, vegetable, cookie, tax and gratuity.

Cost: \$30 (by Oct. 15), \$35 after 10/15. NO Tickets will be sold at the door. Groups of 8 may reserve a table. Make check payable to "Strategies for Success"

Reservations: to Eileen Ronning, 763-416-4585

ULLR Cancellation and Communication Policies can be reviewed at www.ullr.org

Granite Peak in Wausau, Wisconsin.

ULLRs can ski, XC and downhill, or snowshoe

Dates: February 3 – 5, Tuesday -Thursday

Details: Two nights lodging, Tuesday evening pizza party, 2 breakfasts

Cost: \$112.00 per person for a king room, \$135.00 per person for a double queen room

Mail to: Diane Erlandson, 8200 W. 33rd Street, #302 St. Louis Park, MN 55426

Trip Chairs: Nancy Sand 952-435-5225, Diane Erlandson, 952-941-5184

What's Cookin' Picnics

By Margie Deutsch

One sign that the summer is over is when the What's Cookin' Picnics end. This was again a successful season. Average attendance was about 85 ULLRs and friends. The final picnic celebrated ULLRs who turn 70 this year. Admitting to this milestone were Vicki J, Joyce C and Eileen R. Thanks to ALL the picnic hosts and helpers. I especially thank Ray and Ginny Wilkinson who helped to peel, slice, dice, lift heavy pots, mix, stir, and taste the German potato salad and sauerkraut, and wash the pots and pans afterwards. (Sorry Ray, for your scald burns.) Also thanks to the beverage and supply folks for bringing their heavy cases, and to Patty Fitzgerald and the cashiers who kept everything running smoothly. See you next summer!



Recalling Past Events

sincere thanks to these ULLRs who organized and/or led an event in October. VOLUNTEER! Call a program coordinator with your idea.

2 – The last Thursday morning Biking
John Stiefel—*rained out*

3 – Nine Mile Creek Hike
Linda Heintz—*rained out*

4 – Elm Creek Ride
Bill Brechtel—*rained out*

6 – Milwaukee Historic Hike
John Stiefel & Patty Fitzgerald

A

8 – Arboretum Hike
Jim Habeck

9 – General Meeting
Mary Ellen Gabel

10 – Singles Card & Game Night
Char Strand

11 – Richard Anderson Hike
Patty Fitzgerald

14 – Pine Point Park Hike and/or Bike
Nancy Sand

17 – Salad Supper & Car Show
Ken & Sharon Marini

18 – MN Valley Refuge Hike
Joyce Butler

21 – ULLR Bridge
Kay Sommers

21 – Singles Dinner/Movie Night
Sherrie Mitchell

25 – Lake Maria Park Hike
Nancy Sand

29 – Fish Lake Hike
Pam Anderson & Barb Kolbe

30 – Last Thursday Happy Hour
Joy Knudson & Pam Anderson

RENEW YOUR MEMBERSHIP!

Memberships expire November 30th. To pay dues and receive your 2015 membership card, come to the next General Meeting; complete/sign an Application/Waiver form, and give it to the Membership VP with your dues (\$25).

Or, on the ULLR homepage, go to "Membership Information" and download the Application/Waiver Form. Print, complete and sign the form and mail it with \$25 per person dues payment to ULLR Ski, Bike & Social Club, PO Box 201409, Bloomington, MN 55420.

FOUNDATION NEWS By Jerry Weiskopf

The ULLR Foundation will be presenting a check for a grant to purchase exercise equipment to T. S. E., located in Vadnais Heights Minnesota. T.S.E. provides Training, Support and Employment for people with developmental and other intellectual disabilities. Some Foundation members will also be volunteering at "The Dawn of A Dream", a benefit for the Children's Cancer Research Fund.

Thanks to all the Foundations members who baked and sold treats at What's Cookin' and to those who provided items for the raffles.

See Warren Miller's film:
"No Turning Back"
at the State Theatre
805 Hennepin Avenue
Friday, October 24 at 8pm

A few group tickets (\$25) may still be available through Sitzmark. RSVP by buying your ticket online at <http://sitzmarkmn.org/skiing.html> or Contact Sally Hed, 612-554-0684.

ULLR Bridge

Thanks to Gwen Kline and Tom Larkin for hosting ULLR bridge on September 16. It was a beautiful day at their lovely home with eight people filling two tables. The winners were Carol Burgess, Karen Gray and Rosie Prietzel. On November 18, Bridge is at the home of Carol Burgess, RSVP: 763-404-1010. Please call Eileen Ronning, 763-416-4585, if you can host on December 17th.



Social & Cultural Calendar – 2014

More details and event flyers at www.ullr.org

October 17 – Friday - 5:00 PM
Salad-Supper Social & Car Show
Hosts: Ken & Sharon Marini
Phone: 952-893-7408

October 21 – Tuesday [noon]
ULLR Bridge
Host: Kay Sommers,
RSVP to Eileen Ronning
Phone: 763-416-4585 [E]

October 21 – Tuesday-5:45 PM
Singles' Dinner &/or Beverage & Movie Night
Contact: Sherrie Mitchell
Phone: 952-942-8898

October 30 – Thursday -3:30-6
All-ULLR "Last Thursday Happy Hour" at Jax Cafe,
1928 University Av. NE,
Minneapolis 55418 jaxcafe.com
Contacts: Joy Knudson & Pam Anderson
Phones: 952-240-8418 [J]
763-315-3772 [P]

November 7-Friday - 11:45 AM
Robert Robinson Concert
Medina Ballroom, Medina
Contact: Eileen Ronning
Phone: 763-416-4585

November 9– Sunday - 4:30 PM
Winter Kickoff Pine Tar Party
Host: Mary Ellen Gabel
Phone: 612-789-7832

November 13 – Thursday
General Meeting
(6 PM-socialize; 7 PM meeting)
General Meeting at KC Hall &

speaker from Hoigaards about newest products for snowshoeing and cross country skiing .
Contact: Mary Ellen Gabel
Phone: 612-789-7832

November 14– Friday -7PM
Singles' Card & Game Night
Host: Larry Johnson
Phone: 952-447-5833

November 18 Tuesday [noon]
ULLR Bridge
Host: Carol Burgess
Phone: 763-404-1010

November 18 – Tuesday- 5:45
Singles' Dinner &/or Beverage & Movie Night
Contact: Sherrie Mitchell
Phone: 952-942-8898

November 19– Wed.-11:00 AM
Swedish Institute Tour
[Optional: lunch afterwards]
Contact: Vicki Johnson
Phone: 763-205-9757

December 5-Friday-5:00 PM
Holiday Ball
Fort Snelling Officers Club
St. Paul 55111
Contacts: Sharon Marini, Mary Ellen Gabel and Diane Erlandson
Phone: 952-941-5184 [D]

December 19-Monday Help at the Toys for Tots Warehouse
(Look for the time and place in December at www.ullr.org)
Contact: Nancy Sand
Phone: 952-435-5225

ULLR SOCIAL - AND CAR SHOW SALAD-SUPPER



Show off your car or truck- whether it is old, new, classic, antique, or a clunker. "Just average" you say- well decorate it! Park your cars on both sides of 82nd Street by Marini's house.

Date: October 17 - Friday - 5:00 PM
Hosts: Ken & Sharon Marini
8201 York Av. S., Bloomington 55431

This is an all-salad supper. When you RSVP, Sharon will tell you which salads have not already been chosen. First callers get first choice! Each salad should serve 10 people. Hosts will provide: salsa & chips, water, coffee and dessert. BYOB

RSVP to Sharon at 952-893-7408
slmarini@comcast.net

NOVEMBER MEMBERSHIP SPOTLIGHT - By Carol DeVore,

[This information does not appear in the Online Nullr for security reasons.]

DIRECTORY CHANGES:

New address:

Carol Bush
Karen Clark

New e-mail:

Michele Larkin
Dan Rymer

New name:

Amy Barwick, now Amy Dickerson

(You will find this information in an e-mail sent to you by the web master, Joe Coursole.)

AMERICAN SWEDISH INSTITUTE TOUR

Start your holidays with a guided tour of Turnblad Mansion which is beautifully decorated for a Swedish family Christmas. Optional lunch will follow tour.

DATE: Wednesday, November 19

TIME: 11:00 AM in the lobby

2600 PARK AVENUE, MINNEAPOLIS, MN

COST: \$11, payable that day before the tour.

RSVP: VICKI JOHNSON,
vickiken1@comcast.net
or 763-205- 9757



Explore Minnesota Slopes: The 7th annual Ski & Snowboard Expo At the Mall of America October 17-19, Mall hours

Get great deals on passes & tickets from local and western ski areas.

Bring your grandkids- they can learn to snowboard at Burton's Riglet Park in the Mall Rotunda!

Hiking Calendar – 2014

October 11 – Saturday - 10:15

Richard Anderson Conservation Hike
Contact: Patty Fitzgerald
Phone: 952-470-5411

October 14 – Tuesday - 11:00

Pine Point Park Hike and/or Bike
Contact: Nancy Sand
Phone: 952-435-5225

October 18 – Saturday - 10:00

MN Valley Wild Life Refuge Hike
Contact: Joyce Butler
Phone: 952-941-6130

October 25 – Saturday - 10:15

Lake Maria State Park Hike
Contact: Nancy Sand
Phone: 952-435-5225

October 29 – Wednesday

Fish Lake Hike
Contacts: Pam Anderson and Barb Kolbe
Phone: 651-633-0936-Barb

November 1 – Saturday

Fort Snelling Hike
Contact: Carolyn Buswell and John Egan
Phone: 612-272-1932

November 8 – Saturday - 10:15

Lebanon Hills Park Hike
Contact: Nancy Sand
Phone: 952-435-5225

December 6 – Wednesday

French Park XC/SS/Hike
Contact: Jim Habeck
Phone: 763-559-5593

YOU WILL FIND DETAILS FOR THESE EVENTS AT www.ullr.org

SKIING 2015

It is time to start getting your ski equipment and yourself ready for another active skiing season. Put these dates on your calendar. More information will be in next month's Nullr.

December 12-14 Fri. - Sun.

MSC Trip to Giant's Ridge

January 1, 2015 - Thursday- Afton Alps

January 8 - Thursday - Welch Village

January 14 -Wednesday - Afton

January 22 - Thursday - Welch

January 27 - Tuesday - Mount Kato

January 29 -Thursday - Welch

February 3-5, 2015

Ski Granite Peak, Wausau, Wis.

February 22-28, 2015

Ski Beaver Creek/Vail

Find out more about this trip at www.ullr.org

The trip is full – but if you are interested, put your name on a waiting list. Call trip chairs, Pat Nelson, 952-893-1045 or Bruce Warner, 763-229-3377.

ULLR RACE TEAMS

By Brian Johnson

In spite of last year's brutal winter every member of both of the ULLR race teams will be back! But, we still have one opening on each team. It would be wonderful to find an ULLR to fill those spots. Starting in January we will again race Wednesday afternoons at Buck Hill and Sunday afternoons at Wild Mountain. The Sunday races have



www.skirebel.com

now been opened to all ages. If anyone has a child, grandchild, nephew or niece who wishes to race, we will make them very welcome.

Besides providing an opportunity for all club members who want to race, when we have had room on our team the race league has asked us if we would accept mature racers who needed a home. This is a neat experience. Over the years we have provided an opportunity for people who want to race but don't have a team. ULLR members always come first if there's an open spot on an ULLR team. But, it's not fair to the rest of the team if we don't have ten racers. Over the seven weeks of the season it's not possible for everyone to be there for every race (trips out West skiing etc.) and you need a minimum of six racers for scoring.

As always, you can contact me at 763-494-4622 or at my cabin 218-682-3030. My cell phone [763-370-6519] is mostly used at the cabin, but it always takes a message.

UPCOMING SINGLES EVENTS

[see detailed flyers on the website www.ullr.org]

ULLR Singles' Events are open to all single ULLRs. Please tell me if you have any suggestions for other activities. Thank you. Margie Seklund – 952-808-8141.

DINNER &/OR BEVERAGE & MOVIE NIGHTS

Dates: Tuesdays, October 21 and November 18
Order dinner by 6:00 PM or come for a beverage.

Contact: Sherrie Mitchell

Location: Big 10 Restaurant and Bar
1106 Main Street, Hopkins, MN 55343
www.big10restaurant.com

Movie after dinner: at the close-by Mann Hopkins Cinema Six Theater.
For a listing of movies call 952-931-7992 or go to www.manntheatresmn.com/locations
RSVP: Call Sherrie at 952-942-8898 or skibirds3@yahoo.com

SINGLES CARD/GAME NIGHTS

Bring a dish to share, beverage, and any games that you would like to play.

Date: Friday, November 14, 2014 – 7:00 PM

Host: Larry Johnson

Location: 13244 Virginia Terrace
Savage, MN 55378

RSVP: Call Larry at 952-447-5833

Date: Friday, December 12 – 6:00 PM

A Christmas Party Pot-luck

Host: Sally Chevalier

Location: 4108 Kerry Ct.,
Minnetonka 55345

RSVP: Call Sally at 952-935-7000; e-mail: salchevalier@yahoo.com



COME TO THE FALL GENERAL MEETING

Date: Thursday, November 13, 2014

Location: Marion Knights of Columbus Hall

1114 American Blvd., Bloomington 55420

[See map in the ULLR directory.]

Times: 6:00 PM Socializing

7:00 PM General Meeting

7:30 PM Program

The evening's speaker will be a Hoigaard's employee who will tell us about some of the new equipment for snowshoeing and cross country skiing.

Details: The KC Hall has a dining opportunity for ULLRs before the meeting. The dining room opens at 5:00 PM. Please contact Lisa at 952-888-1492 to reserve with the number of guests and arrival time. The cost of the meal and drinks are credited to the club to help defray the cost of the meeting room.

HOW TO CHOOSE SNOWSHOES

It is said, "If you can walk, you can snowshoe. Since you decide how fast and how far you go, snowshoeing is great exercise for anyone who wants to get out and enjoy the quiet beauty of winter. It's also easy and relatively inexpensive to get started snowshoeing, since the only equipment necessary is a pair of snowshoes and appropriate footwear (although adjustable poles and waterproof gaiters are recommended)."

What to buy: "First, choose the type of snowshoes based on what level of activity and type of terrain you'll be tackling most of the time." "Recreational snowshoes, which include models for beginners, are

"SNOWSHOES" Continued

suitable for anyone who plans on casual snowshoeing on easy to moderate terrain, such as packed trails, rolling hills, and firm snow." For hiking, "all-terrain snowshoes are more rugged than recreational models and work well for moderate day hikes both on- and off-trail."

"Many manufacturers offer women-specific snowshoes with lighter materials, bindings sized for women's footwear, and frames ergonomically shaped for a woman's gait and shorter stride."

"Snowshoes come in a variety of sizes and lengths. The larger a snowshoe's dimensions (length and width), the greater the amount of surface area underfoot, which is the key to not sinking into the snow. The more surface area your snowshoes have, the more flotation you have."

"What size snowshoes you choose depends on a combination of two factors—your weight and the snow conditions." "Dry, powdery snow requires more flotation, and thus larger snowshoes, than firm or packed down snow. If in doubt, choose the smallest model that will support you and your gear in the type of snow you'll typically meet."

"Aluminum frames are lighter and more durable than wood, and easier to maintain. Plastic frames are the lightest of all." "Bindings, which secure your footwear to the snowshoes with adjustable straps, should be easy to use so you can get snowshoes on and off without having to remove gloves or mittens in the cold. Bindings are either pivoting or fixed. Pivoting bindings allow for a more natural gait and an easier time climbing hills or kicking steps. Fixed bindings don't pivot very much, but make it easier to back up or step over obstacles, since the snowshoe's tail won't flop around. Most bindings will work with a wide variety of footwear, however some are designed specifically for larger mountaineering or ski boots, or to snugly fit running shoes. So make sure the bindings will work with your preferred footwear."

Information taken from a blog by Alicia MacLeay, <http://www.trailspace.com/articles/snowshoes.html>



Membership Form

Check # _____ Amt _____ Cash \$ _____

Please Print Clearly

(If this is a renewal indicate any changes since your last renewal;
Otherwise, just write "same" below your printed name and sign the waiver).

Name: _____ Phone: _____

Primary Address: _____

City: _____ State: _____ Zip: _____

Alternate Address: _____

City: _____ State: _____ Zip: _____

Alternate Months: _____ Alternate Phone: _____

Email: _____

*The Nullr newsletter is available online
at <http://ullr.org/NullrOnline.html>*

ULLR SKI, BIKE & SOCIAL CLUB WAIVER

In consideration of the right to participate in officially sponsored and sanctioned activities, I hereby release any and all sponsoring organizations, including but not limited to, the ULLR Ski, Bike & Social Club (the "Club"), all affiliated clubs and any person officially or unofficially connected with sanctioned racing competition, the hearing-impaired ski program, any Club trip or any sponsored activity whatsoever, from all liability whatsoever, whether the liability arises from bodily injury or death to myself or others, or damage to property owned by myself or others, arising from my participation in or presence at these activities.

I expressly agree that this release is intended to be as broad and inclusive as is permitted by the law of the state in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

I have read, understood, and voluntarily sign this release and waive all liability, and further agree that no oral representations or inducements apart from the foregoing written agreement have been made.

MEMBERSHIP FEES

Make check payable to:
ULLR Ski, Bike & Social Club

(please mark category)

- \$25.00 New Member
- \$25.00 Renewal

I'D LIKE TO PARTICIPATE IN:

(please check areas of interest)

- | | |
|--|--|
| <input type="checkbox"/> Downhill Ski Trips | <input type="checkbox"/> Hiking |
| <input type="checkbox"/> Cross-Country Ski Trips | <input type="checkbox"/> Snow Shoeing |
| <input type="checkbox"/> Ski Racing | <input type="checkbox"/> Summer Picnics |
| <input type="checkbox"/> Bike Outings | <input type="checkbox"/> Singles Events/Cultural |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Social Events |

I'D LIKE TO HELP WITH:

(please check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Downhill Ski Trips | <input type="checkbox"/> Summer Picnics |
| <input type="checkbox"/> Cross Country Ski Trips | <input type="checkbox"/> Cultural/Social Events |
| <input type="checkbox"/> Ski Racing | <input type="checkbox"/> Singles Events |
| <input type="checkbox"/> Bike Outings | <input type="checkbox"/> General Meetings |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Hospitality |
| <input type="checkbox"/> Hiking | <input type="checkbox"/> Public Relations |
| <input type="checkbox"/> Snow Shoeing | <input type="checkbox"/> Folding Parties |

Signature _____

Date: _____

If you are a new member, how did you find out about ULLR?

Internet MSC Friend/Member (name) _____

**Mail this form and your check to:
Membership, ULLR Ski, Bike & Social Club, PO Box 201409, Bloomington, MN 55420**