



**Minnesota Nordic Ski Association**



## **2020 Minnesota Nordic Skiing Lifetime Achievement Awards**

**2020 Minnesota Nordic Skiing  
High School, Collegiate, Biathlon,  
and Master Skier Recognitions**

**April 2020  
Vasaloppet Nordic Center, Mora, MN**

# Minnesota Nordic Skiing Lifetime Achievement Awards Program

***\* Due to the coronavirus, this program was not held \****

## **2020 Minnesota High School, Collegiate, Biathlon, and Master Skier Recognitions**

Minnesota High School Nordic Individual  
Champions:

Molly Moening, Henry Snider

Minnesota Based Nordic Collegiate  
High Achievers:

Emma Stertz, Tamer Mische-Richter

Minnesota Based Biathlon High Achievers:

Amanda Kautzer, Sam Stertz

Minnesota Nordic Master Skiers:

Nancy Bauer, Odd Osland

## **Recognition of past Lifetime Award Recipients**

2006 Glen Johnstone  
2007 Norm Oakvik  
2008 Mike Marciniak, Anne Ryken  
2009 Lars Kindem, George Hovland  
2010 Bob O'Hara, Pat Lanin  
2011 Bjorn Lasserude  
2012 Jack Jeffery  
2013 John Filander  
2014 Emily Lanin, Bill Simpson  
2015 Avho Taipale  
2016 Bob Montebello  
2017 Bonnie Fuller-Kask, Larry Myers  
2018 Bruce Adelman, Darby Nelson  
2019 Glenn A. Fuller, Roland Ring-Jarvi

## **Recognition of Lifetime Legacy Award Recipients**

2016 Nikolai Anikin  
2016 Robin Baker  
2016 Charlie Banks  
2016 John Burton  
2016 Earle Dickinson  
2016 Tim Knopp  
2016 Jinny McWethy  
2016 Brother Charles Rademacher  
2016 Toni St. Pierre  
2016 Al Waverek  
2016 Don Wolter

## **2020 Lifetime Achievement Awards - Paula Anderson and Gary Larson**

## **MINNESOTA NORDIC SKI ASSOCIATION**

Having formed in 2001 as a nonprofit organization dedicated to promoting and advancing the sport of cross country/nordic skiing in Minnesota, the Minnesota Nordic Ski Association (MNSA) is now in its 19th year of operation. MNSA's founding and primary focus throughout its history is to serve as the liaison organization between the Minnesota Department of Natural Resources (DNR) Grant-In-Aid (GIA) Ski Pass Program and ski clubs, trail organizations, cities, counties, and state parks that rely on GIA funding to maintain, improve, and groom the 93 public ski trails in the ski pass system. MNSA has had numerous accomplishments over 19 years that has led to the improvement and enhancement of the Ski GIA program. In 2006 MNSA established the annual Minnesota Nordic Skiing Lifetime Award to recognize individuals who have contributed significantly to the advancement of Nordic skiing in Minnesota. In 2017 the award categories were expanded to include the Minnesota State High School individual champions, Minnesota Biathlon high achievers, Minnesota based Collegiate high achievers, and Minnesota Master skiers. Individuals, ski clubs, trail and race organizations, and ski retail interests are invited to join MNSA to help further the advancement of Nordic skiing in Minnesota.

## **Current Ski Club / Ski Organization Membership in MNSA**

- Bemidji Area X-C Ski Club
- Brainerd Ski Club
- Itascaur Club, Park Rapids
- Lake Country Nordic Ski Association, Cass County
- Nordic Ski Club-Central MN, St. Cloud
- Norpine Trail Association, Lutsen
- North Star Ski Touring Club
- Northern Lights Nordic Ski Club, Grand Rapids
- Sugarbush Trail Association, Tofte

## **Current MNSA Board**

Tolly Vollen, Bruce Slinkman,  
Molly Weyrens, Neil Franz, Darby Nelson,  
Ken Jorgenson, Greg Fangel,  
Bob O'Hara, Greg Boomer Moritko,  
Arne Stefferud, Kent Montgomery



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# 2020 MINNESOTA NORDIC SKIING LIFETIME ACHIEVEMENT AWARD

## Paula Anderson

When I was in high school Bill Koch won a Silver medal at the Olympics and cross-country skiing became a popular sport. My parents bought us all cross-country skis and I was able to experience not only the physical challenge of the sport but also the connections it gives one to the natural world. Little did I know that these experiences would help determine and direct the choices I have made over the course of my life.

The process of becoming a Nordic skier for me has been a gradual one. I was lucky enough to benefit from Title IX and participated in Varsity tennis, swimming and track throughout most of high school and college. Nordic ski teams didn't exist at my high school or college in those days, but I continued to ski for fun and to get out in the woods. I grew up in Bloomington, MN and went to college at Bemidji State University, a decision I made based solely on the fact that it was located as far north as you could go and still be in Minnesota. My first citizen ski race was "Snowjourn" which I think was one of the first citizen races in Minnesota, held in Bemidji every year. My swim coach was never very happy with me for participating...I guess it kind of messed up the training plan mid-season or something...I didn't get it then, I do now! I majored in Biology and got a teaching certificate (just in case) and have continued citizen ski racing.



I ended up loving teaching and taught for 5 years before having children, then started teaching again in 2011. We moved to Ely in 1990 and in 1995 my husband and I and Bo DeRemee started a MYSL chapter in our town. It grew quickly and in 1997 Bo approached me about starting a girl's high school Nordic ski team. We started a club team the first year made up of 10 girls from the c.c. running team. The next year 20 girls and 5 boys joined and we were given varsity status by the school board. The third year our numbers were 40+ and this year we had 63 skiers out of a total school population of about 325 students, gr. 6-12. Clearly Nordic skiing is a natural fit for Ely! We were unfunded from 1997-2018 and raised \$25,000 per year through various fundraisers. In 2018 the school started paying coaches' salaries. We still raise \$25,000 each year.

I became head coach in 2004. We were lucky in our early years to be blessed with some very talented athletes. We've qualified one or more athletes to the State Meet each year since 2000. Qualifying athletes to the State Meet gives other athletes perspective on what it takes to "make it to State". Without that perspective it may seem unattainable. Our number one focus on the Ely Nordic Ski team is all about process and team building and having fun; however, a healthy competitive atmosphere needs to be cultivated and embedded into the day to day experience as well, one where skiers and coaches stay realistic but still believe that ANYTHING is possible. We've been very fortunate to have athletes willing to put in the hours and hours of hard work needed in order to make the impossible possible and then watch younger skiers step up and model that process again and again.

In 2010 both Ely boys and girls won the Section meet. This was the first time for the boys and only the third time for the girls. Only one team went to State back then, and getting past Duluth East was very, very difficult! It was one of the highlights of the program and the entire town was elated (remember, Ely is a very small town and winters are very long...skiing is a BIG deal here!). We went into the State meet with no team goals whatsoever, just happy to be there. As it happened, the boys won the State Meet that year and the girls were third. I still don't really know what happened, Ely boys just managed to be fastest on that particular day. It was the first time I realized that anything is possible. In 2017 the impossible happened again, Ely girls won the State Meet and Erin Bianco won the individual title. Again I was reminded that anything is possible. These days we try to stay realistic and to orient our coaching towards process and having fun, but we also remain open to the possibility of the impossible happening. I am extremely lucky to live in a place where snow falls and stays, an entire community supports its ski team and lots of young people still want to learn how to become the best skiers they can possibly be. For the huge impact that Paula has had in guiding small town Ely to Minnesota High School Nordic Champions, proving that anything is possible, Paula is truly deserving of the Minnesota Nordic Skiing Lifetime Achievement Award!

# 2020 MINNESOTA NORDIC SKIING LIFETIME ACHIEVEMENT AWARD

## Gary Larson



I grew up in Hopkins, MN. I started out alpine skiing and racing in high school, college, and United States Ski Association events. After two years of alpine skiing in Utah I then returned home to seriously take up cross country skiing. I moved to Duluth in 1978 in search of better snow. That same year I was hired by the University of Minnesota Duluth (UMD) to be the varsity Nordic coach and spent 4 years building the team. This led to a 3-year coaching position on the US Ski Team. I was then hired to help develop the Nordic Program at the new Giants Ridge Ski Area and moved to the Iron Range. I was involved in organizing many events there including: three World Cups, Olympic tryouts, Senior Nationals, Junior Olympics, Masters Nationals, North American Championships, MN High School Nordic State Meet, Mesabi East Invitational, and countless others. I was hired by the Salt Lake Organizing Committee as Chief of Course for the 2002 Winter Olympics and Paralympics in Salt Lake. I became certified as an International Ski

Federation (FIS) Technical Delegate and served at events in Japan, across Canada, and in the US. In 2002 our family moved back to Duluth. Several years later when I retired I was hired by the city of Duluth to develop a Cross Country Ski Trail Master Plan. I was involved in organizing several events at Telemark, WI. including the International Paralympic Committee (IPC) Nordic World Championships, which included duties at the 2014 Paralympics in Sochi Russia, two IPC Nordic World Cups and the US Junior XC Nationals.

Most recently I've been deeply involved in the Duluth Grand Avenue Nordic Center (GANC) project with planning and design, working daily with contractors. I served as Chief of Competition for our first Central Cross County Skiing Junior National Qualifying race held in December, 2019. I will continue to be involved in the GANC project. For all of Gary's tremendous contributions and leadership roles to the sport of Nordic skiing, Gary is truly deserving of the Minnesota Nordic Skiing Lifetime Achievement Award!!

### **Gary Larson Nordic Skiing Leadership Roles:**

1978 -1981 UMD Nordic Ski Coach

1981 US Ski Team Regional Development Coach

1982-1984 - US Ski Team Coach

1983 World Cups: Anchorage, Alaska; Labrador City, Newfoundland, Canada

1984 World Cup Falun, Sweden

1984 World Junior Championships, Trondheim, Norway

1984-1997 - Giants Ridge – Nordic Director; Events held: 3 World Cups (1 XC, 2 Nordic Combined), Olympic Tryouts, Senior Nationals, Junior Nationals, Master Nationals, North American Championships, High School Nordic State Meet, Mesabi East Invitational

1999-2002 - Salt Lake Winter Olympics/Paralympics, Salt Lake City, Utah – Chief of Course

2012-2015 - City of Duluth Cross Country Ski Trail Master Plan – Consultant

2012-2013 -International Paralympic Committee (IPC) Nordic World Cup, Telemark, WI – Chief of Competition

2014 - Paralympics, Sochi, Russia, Cross Country and Biathlon – Jury Member

2015 - IPC Nordic World Championships, Telemark, WI – Chief of Competition

2015 to Present – Duluth Grand Avenue Nordic Center – Design and implementation

2016 - Junior Nationals, Telemark, WI – Chief of Competition

2019 - GANC CXC Junior National Qualifier – Chief of Competition

## 2020 MINNESOTA BASED BIATHLON HIGH ACHIEVERS:

### Amanda Kautzer

Amanda Kautzer started Nordic skiing in 7th grade with the Benilde-St. Margaret's (St. Louis Park) Nordic Ski team. In 9th grade she began training with Loppet Nordic Racing and qualified for her first Junior Nationals competition held in Fairbanks, AK. In 2014 she won the Junior Nationals Classic Sprint held in Stowe, VT. Amanda qualified for the Minnesota State High School Nordic Ski Meet her freshman, sophomore, and junior years.

In 2015 Amanda decided to switch her Nordic skiing focus to biathlon. And it turned out to be a very successful switch. In 2015 she qualified for the Youth and Junior World Championships (YJWC) held in Minsk, Belarus. In 2016, as a high school senior, Amanda qualified for both the YJWC and Youth Olympic Games (YOG). She competed in Romania for the YJWC events in Norway for the YOG events which prevented her from competing in the Minnesota State Nordic Ski Meet. In 2017 she competed in the International Biathlon Union (IBU) Junior Cup events held in Slovenia, IBU Open European Junior Championships in Czech Republic, IBU YJWC in Slovakia, and at Swedish Nationals with Sollefteå Skidgymnasium.

In 2016, Amanda elected to attend Michigan Technological University and ski with their highly respected Nordic Ski Team. In 2018 and 2019 she qualified for the NCAA Nordic Championships. This past year, Amanda qualified for the NCAA Championships in cross country running, the Nordic U23 World Championships in Germany, and the Nordic NCAA Championships in Bozeman, MT. Amanda is also the Captain of the Michigan Tech Nordic Varsity Ski and Cross Country running teams.

Amanda stated "I've done a lot of reflecting this Spring as my collegiate ski season abruptly ended, because of the Coronavirus, after the best and worst season I've had in my career. By far the biggest takeaway I have from my last 10 years of skiing is that there is absolutely no way I could have done any of this on my own. I have had truly incredible coaches that have made me a faster skier, but also a better person. I am so thankful to have had coaches like Carl Shaffer, Piotr Bednarski, Bill Meyer, and Jim Wander, who want the best for me, whether that be through getting great results or just being happy to be outside skiing."



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### Sam Stertz



Sam Stertz lives in Grand Rapids and trains for biathlon at Mt. Itasca in Coleraine. He is a Junior at Grand Rapids High School. Sam also skis for the high school team at Grand Rapids, runs cross country, and runs track in the spring. In addition, Sam competed in USSA Junior National Qualifiers races. In December 2019, Sam qualified for the US Youth World Championship team in biathlon, snagging the last spot out of four for the U19 division. The championships took place in Lenzerheide, Switzerland from January 21 through February 3, 2020. Sam placed 55th in the 12.5km individual race, hitting 16/20 targets. In the 10km Sprint, he cleaned all 10 targets and finished in 21st place! This placing qualified him for the pursuit and also a spot on the US Junior Biathlon National Team for the 2020-2021 season. He finished

44th in pursuit with two tough standing shoots, hitting 13/20. Sam returned to Minnesota just in time for sections and state for high school skiing. He qualified for state and finished in 17th at the meet. He also qualified for and raced at Junior Nationals in Truckee, CA. Sam plans on training this summer with the coaching of Vlad Cervenka and US Junior National Team coach, Tim Burke. Sam's parents are Craig and Theresa Stertz.



## 2020 MINNESOTA HIGH SCHOOL NORDIC INDIVIDUAL PURSUIT CHAMPIONS:

### Molly Moening

Molly Moening comes from a skiing family. Her older sisters Erin and Maeve are also Nordic ski racers, and her father is the high school team coach at St. Paul Highland Park High School. With credentials like that it should not be surprising that Molly had a terrific day at the 2020 Minnesota State High School Nordic Meet on February 14. Molly began the day with a solid second place performance in the Freestyle leg, 12 seconds behind Libby Tuttle, a senior from Stillwater, and nearly 30 seconds ahead of the third-place finisher. At the start of the classic race in the afternoon, Molly was wearing a pair of skis that still bore the name of her older sister Erin- a good omen. With Tuttle just ahead of her at the start, Molly knew she had to get to the climb first. She did. "I caught her right before the uphill, and my skis were amazing and I was gliding up the hill." Those amazing skis were a credit to her father Brad, who doubles as her wax tech. Molly, a high school sophomore, completed the classic leg more than 64 seconds ahead of Tuttle, earning her the individual state championship and leading her St. Paul Highland Park ski team to their first state Nordic ski championship ever.



In March Molly competed in the Junior Nationals at Truckee, CA. On the first day of racing, Molly finished 6th in the classic interval start which earned her All-American status for U16. Two days later she competed in the skate sprints finishing 5th in the A Finals and another All-American designation. Unfortunately, the coronavirus concerns caused the remaining races to be cancelled. Molly is the daughter of Brad and Eileen Moening and is looking forward to her remaining two high school ski seasons.

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### Henry Snider



6/10ths of a second. That was Henry Snider's margin of victory in the 2020 Minnesota State High School Nordic Meet skiing for Mounds Park Academy. After placing fourth in the freestyle leg in the morning, Henry knew what he had to do. The freestyle winner, Roger Anderson of Robbinsdale Armstrong, entered the classic course first with a 12 second advantage, but Snider caught him after the first kilometer. After another two kilometers of even skiing, Snider pulled away to a 20 meter lead. However, Anderson was not finished. In fact, he regained the lead coming down the final hill, forcing Snider to respond. "I got right behind him, slung shot past him on the last corner and was able to beat him to the line," Snider said. Snider won with a pursuit time of 28 minutes, 24.2 seconds, six-tenths of a second better than Anderson.

This win was a tremendous climax to a high school career that nearly wasn't. Three years ago Snider was involved in a horrible accident could have ended his racing before it really began. While on a ski outing with his family over Christmas break, Snider fell and slid head first into a tree. He was rushed to a local hospital, then one in Duluth, and finally Minnesota Children's Hospital near his home in St. Paul. He suffered a severe concussion and brain trauma, resulting in surgery, the loss of 40 pounds and a month of school missed. The following year Snider transferred to Mounds Park Academy where he resumed his high school career, finishing 56th in the state meet in 2018 and 6th place last year.

After the state meet Snider competed in the Junior Nationals where he raced in the skate sprint and the classic individual start before the meet was cancelled due to the coronavirus. Next year Henry will attend Michigan Tech where he intends to study engineering and continue his running and skiing career. Henry is the son of Steve and Chrissy Snider.

## 2020 MINNESOTA BASED NORDIC COLLEGIATE HIGH ACHIEVERS:

### Emma Stertz

After being recognized as a Minnesota Biathlon High Achiever in 2018, Emma Stertz is back as a Minnesota Based Collegiate High Achiever. Emma, the daughter of Craig and Theresa Stertz of Grand Rapids, has been skiing since before she could walk. Emma skied for the Grand Rapids High School Nordic Ski Team of which her father, Craig, has been the coach since she was in 5th grade. Emma competed in the MSHSL State Nordic Skiing meet since 9th grade and finished 6th in the 2018 pursuit. She also competed in the State Cross-Country Running meet and runs track-and-field.



After taking a gap year racing and training with family friends in Finland, Emma returned to the States and enrolled at the College of St. Scholastica in Duluth where she is pursuing a degree in Social Studies Secondary Education while continuing to run cross country and ski. As a first year Saint, Emma scored in 6 of the 7 Central Collegiate Ski Association races she competed in this year. Her top result was 11th place in the 15km mass start at Mt. Itasca in January. Emma qualified for XC Junior Nationals in Truckee, CA where she finished 15th in the sprint on March 11th.

Emma continues to compete in biathlon and was invited to her third International Biathlon Union Youth and Junior Championship in Lenzerheide Switzerland in January. Her best result was 52nd place in the Sprint competition where she hit all 10 targets for the first time and qualified for the pursuit race the next day.

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### Tamer Mische-Richter



For the third year running, Tamer Mische-Richter was the highest ranked male Minnesota high school based Nordic skier competing on a Minnesota NCAA Nordic ski team. Tamer is a native of Bloomington and was a 2015 graduate of John F. Kennedy High School, and is the son of Theresa Mische and John Richter. Tamer began racing on the Kennedy team in 7th grade, and continued for 6 years. During his high school career Tamer was Section Champion twice; was selected All-Conference 4 times; and qualified for the State Meet 3 times. Tamer placed 5th in the State Meet during both his Junior and Senior years earning him All-State recognition.

Now in his third year at the College of St. Scholastica, Tamer is pursuing a degree in Environmental Studies and Sustainability. In addition to Nordic skiing under Coach Maria Stuber, Tamer also runs cross country under the direction of Coach Chad Salmela. This winter Tamer placed 13th overall in the Central Collegiate Ski Association with a season best finish of 7th in the Mt. Itasca classic race in January. His strong showing in the points racing season resulted in his selection as one of the Central Region qualifiers to the NCAA Skiing Championships in Bozeman, MT in March. Tamer was able to participate in the 10K freestyle on March 12 before the remaining races were cancelled due to the coronavirus pandemic. With one more year of eligibility in front of him at the College of St. Scholastica, Tamer is looking forward to many more great performances and accomplishing his goal of being named an NCAA All-American.

## 2020 MINNESOTA NORDIC MASTER SKIERS:

### Nancy Bauer

When hearing of Nancy Bauer's life story, the threads of community, service and fun are interwoven in an amazing display! Nancy and her husband Bill decided to give Nordic skiing a try in 1971 and have been heavily involved with a sport they love ever since. Their sons also developed a love for the sport early on. Their son John, as many of us know, went on to represent the USA in 3 Olympic Games! Obviously, the support Bill and Nancy offered played a large role in that success and the success of many skiers through the years.

Nancy and Bill helped to start, and volunteered for many years, with the youth ski league in their community. In fact Nancy still wears a costume at the Barnebirkie to entertain and cheer on the young skiers! She also coached the Anoka High School Nordic team. She was also heavily involved with United States Ski Association (USSA) events and served on the Board of Directors and as President of the Central Cross Country Skiing of the USSA. From the ski trail to the board room Nancy has been a strong advocate for Nordic skiing.

Her accomplishments as a skier are many. She has competed in all of the larger races including the American Birkiebeiner, Norwegian Birkiebeiner, and Swedish Vasaloppet. She has also been a strong supporter of smaller races close to home. Nancy's international accomplishments are quite impressive. She has skied in the World Masters Championships in various countries including France, Germany, Norway and Finland. She shared that her favorite memory was skiing in the World Championships in Trolheim, Norway. The crowds were 10 people deep! Nancy also is a triathlete and recently won her age group (70-74) for the Winter Triathlon National Championships!

From all of her experiences with skiing she has learned to appreciate nature and people in deeper ways. She continues to look for ways to give back and include more people in the world of skiing. She and Bill have a place near "OO", on the Birkie Trail and she has been part of a group called "Ski and Tea" which brings together women at all different levels to learn technique, ski, and socialize once a week during the winter. How lucky the ski community is to have a friend of skiing like Nancy whose legacy will long be remembered by countless skiers.



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### Odd Osland

Odd Osland was born in 1941 in Southwest Norway, the eldest of 6 children in a small farming family. He recalls getting his first skis at age 5- Splitkneis with Kandahar wire bindings. In his teens, a Sunday highlight was skiing up Urdalsnipa Mountain with a lunch and some hot chocolate. In 1955, perhaps encouraged by some young ladies, Odd headed down confidently, but failed to negotiate a pile of rocks, breaking his leg. Fortunately, there was a doctor in the party who arranged for an evacuation and transport to the hospital.

Odd immigrated to the US in 1970. A few years later he purchased a new pair of Bonna skis at Burger Brothers and started citizen racing, memorably the VJC, and skied with friends in the Hennepin County parks. By 1990, Odd graduated to a pair of Epoke 900's and entered his first of many American Birkebeieners. He recalls a "Pre-Birke" in the early 90's when he lined up in the middle of the lake on a very cold Saturday morning. He skied well, and learned afterwards that he had won his age class. This was the true start of his racing career. Not long thereafter, Odd began his long friendship with Bjorn Lasserud and Dick Hedenstrom which spanned the next 20 years.

In 2008, Odd competed in his first Master's World Cup in McCall Idaho (MWC). Since then, he has participated in 3 MWC's in Europe, as well as the event at Wirth Park in 2018. Odd had planned to race at the MWC in Cogne, Italy this past March, however it was cancelled as a result of the pandemic.

Now nearing 80, Odd continues to expand his skiing interests. In 2017 he traveled to his hometown of Sandnes, Norway to compete in the citizens rollerski race in their annual "Blinkfestivalen". This was such a great experience that he returned to compete again in the following two years.

While Odd is not always the winner, he loves to participate- "just being part of the excitement of competing and to be with fit and like-minded people is what keeps me retuning to the start line." As for the future, Odd says "I'll keep racing until I'm 90 and then reassess."

