



## Press Release For Immediate Release

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The Minnesota Nordic Ski Association (MNSA) is honoring Muriel Gilman (Bemidji) and Dave Johnson (Duluth) as the 2023 Minnesota Nordic Skiing Lifetime Achievement Award recipients. They will be honored at the Minnesota Nordic Skiing Lifetime Achievement Awards banquet on Sunday, April 2 starting at 1:30 pm at the Mora Vasaloppet Nordic Center. The award is given annually to individuals who have contributed significantly, for many years, to the advancement of cross country skiing in the state of Minnesota. Muriel and Dave have both made very significant contributions, over the decades, to Minnesota Nordic skiing and are very deserving of this honor. In addition to the two Lifetime honorees MNSA will also be honoring four individuals, who have passed away, with the Minnesota Nordic Skiing Lifetime Achievement Legacy Award. Also being recognized are 2023 Nordic skiers in the following categories: Minnesota High School Pursuit Individual Champions, Minnesota High School Team Sprint Champions, Minnesota Based Collegiate High Achievers, Minnesota Based Biathlon High Achievers, and Minnesota Master Skiers. Award winners are noted below:

### 2023 Minnesota Nordic Skiing Lifetime Achievement Award

Dave Johnson

Muriel Gilman

### 2023 Minnesota Nordic Skiing Lifetime Achievement Legacy Award

Phil Zink

John Dyste

John Schmitt

Norman Kragseth

### 2023 Minnesota High School Individual Pursuit Champions

Zoe Devine

Benon Brattebo

### 2023 Minnesota High School Team Sprint Champions

Liesl Cope-Schaeffer and Greta Hendrickson

James Kyes and Colin Willemsen

### 2023 Minnesota Based Collegiate High Achievers

Linnea Urban

Joe Lynch

### 2023 Minnesota Based Biathlon High Achievers

Evelyn Hudrlik

Jack Cashman

2023 Minnesota Master Skiers  
Dana Siskind  
David Siskind

**The awards ceremony will be held Sunday, April 2 at:**

Mora Vasaloppet Nordic Center

401 Nordic Center Drive

Mora, MN 55051

The schedule is:

1:30 PM – Social - with refreshments

2:00 PM - Keynote Speech by Deb Diggins (Jessie's mom!) followed by awards presentation

Note: Most likely there will still be skiable snow on the Vasaloppet ski trails, so folks could bring their skis and go for an April ski following the banquet!

The public is invited to attend the free banquet. However, for planning purposes, we are asking folks to RSVP to [bruce.slinkman@northhomes.org](mailto:bruce.slinkman@northhomes.org) if they are planning to attend the banquet for planning purposes.