

# Itascatur Quarterly



Summer is here! Summer parties are in full swing, Headwaters 100 bike ride registration is open, fireflies are brightening the late evenings, runners, hikers and bikers are hitting the trails all around the state. This being Minnesota in June after plenty of rain, they are inevitably all hitting mosquitoes as well. Fortunately, there seems to be a good supply of bug spray: that critically important gear component for any outdoor activity.

So far, the temperatures around Park Rapids this June have been much cooler than last year and the trails are all open - so have at it everyone. Canoeists and kayakers are experiencing faster water this year, so check river levels before shoving off.

Congratulations Scott and Katy Frietag!!! Scott will be the club's new Bike Director, so members will hear updates from him regarding club biking events. A "shout-out" to Itascatur members: Neil King, who played an important role as Scott's biking coach, to Nick Jasmer and Brian Hobson who rode the first 20 miles out with Scott last July, to start the trip and the last 40 miles back on June 15 this year to finish, and to Renee Brauer and others who provided a great deal of organizational support to Freitag's, on behalf of the Itascatur Outdoor Activity Club .

Have a safe summer outdoors on the trails, waterways and roads everyone!  
Brita Sailer, Club President.

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Thanks to those of you who attended the annual meeting. The full minutes are posted on the Itascatur website: [www.itascatur.org](http://www.itascatur.org) under the Member Resources tab.

## ALSO IN THIS EMAIL DIGEST:

- Annual Meeting Overview
- Hubbard County Land Commissioner Cory Kimball's Program
- Officer Reports 2024
- Celebration Cycle with Scott Frietag
- Preparing for the 2024 Headwaters 100!

# MEMBERSHIP REPORT

Michaela Ahrendt

While there are about 144 registered members on our Itascatur membership list, many remain inactive or unaccounted for. Consequently we are working on ways to have a more accurate membership record, and discussed ways to manage membership, which may include charging a small annual membership fee. A membership committee has been formed to discuss these options and develop a plan for the future.

## WHAT A CELEBRATION!

The bike year really kicked in with Nevis residents, Scott and Katy Freitag's welcome home "Perimeter Bike Ride Finish Party" at Itasca State Park, on June 15. This celebrated the completion of their epic fundraiser ride "Miles for Money" raising awareness and \$400,000 for prostate cancer and Schizophrenia.

Scott, with the critical, equally epic, SAG support of his wife, Katy, rode just under 11,000 miles on their quest to raise money for these two causes. They departed from Itasca State Park a year ago, starting their trip around the perimeter of the United States, hitting all the coastal states, instead of riding straight across the country. This was a much longer, more complicated trip.

View Scott's Story on  
ESPN's Outside the Lines:  
If Time Was Running Out



**CONGRATULATIONS!**

**Scott is DONE! 11,000 miles -- 33 States!**



# PARKS PROGRAM

Cory Kimball, Hubbard County Land Commissioner

Cory highlighted the parks in Hubbard County, including Heartland Park, Lake George Community Park on Paine Lake, and Farris Park located in Farden Township, and shared the highlights of each park. He also spent quite a bit of time updating us on the plans and timeline for Deep Lake Park, the former site of Val Chatel Ski Lodge. At this time no work can be done at Val Chatel until an archeological survey has been completed, so the location is not accessible to the public. Members expressed hope that it would be available soon!

## SKI DIRECTOR'S REPORT

Neil King

As we all know, there was almost no skiing this winter. That lack of snow, however, did give us the opportunity to evaluate our grooming equipment and make some plans for the future. We are awaiting news regarding possible grant awards and have made plans for repairs and replacements that should take care of us well into the future. Stay tuned for more information!

We are in the process of mowing at Soaring Eagle now, and should be done by the end of this week. We will be looking for two new trail groomers this winter if you are interested please let me know at [neilkking@gmail.com](mailto:neilkking@gmail.com)

## OFFICER ELECTIONS

**The election of new officers and board members for the next year took place at the annual meeting.**

**THANK YOU** to those ending their terms of office:

Pam Stone, Treasurer  
Jolee Darnell, Secretary  
Richard Jarrett, Bike Director  
Joe Darnell, Member at Large

**Congratulations** to our new officers:

Maureen Peterson, Treasurer  
Amy Trottier, Secretary  
Scott Frietag, Bike Director

and thanks to our continuing officers:

Neil King, Ski Director  
Michaela Ahrendt, Membership Director  
Laurie Conzemius & Phil Sailer, Members at Large

Interested in volunteering?

Email Brita at  
[president@itascatur.org](mailto:president@itascatur.org).

Want to sign up to  
volunteer?

Do it here:

[https://forms.gle/egoADei9  
pjWvHwut7](https://forms.gle/egoADei9pjWvHwut7)



Register for the 2024  
Headwaters 100 Bike  
Event at:

[www.bikereg.com/headwaters100](http://www.bikereg.com/headwaters100)

**ITASCATUR.ORG**

# ITASCATUR BOARD



# MEMBERS



President: Brita Sailer [president@itascatur.org](mailto:president@itascatur.org)

Past President: Kristi York/Renee Brauer

Treasurer: Maureen Peterson [treasurer@itascatur.org](mailto:treasurer@itascatur.org)

Secretary: Amy Trottier [secretary@itascatur.org](mailto:secretary@itascatur.org)

Ski Director: Neil King [skidirector@itascatur.org](mailto:skidirector@itascatur.org)

Bike Director: Scott Frietag [bikedirector@itascatur.org](mailto:bikedirector@itascatur.org)

Membership Director: Michaela Ahrendt [membership@itascatur.org](mailto:membership@itascatur.org)

At Large Members:

Phil Sailer, Laurie Conzemius

Webmaster: [webmaster@itascatur.org](mailto:webmaster@itascatur.org)

## BIKE DIRECTOR'S REPORT

Rich Jarrett

Itascatur Outdoor Activity Club weekly coffee rides have begun. In addition, several members have been offering opportunities for women's rides, Headwaters 100 training rides, and other social bike riding events. We encourage members to join in when they can, and watch our Facebook page for regular updates. In the meantime, enjoy the ride!

## SNOWSHOE REPORT

Deane Johnson

The snowshoe trails at Soaring Eagle have remained very popular, and, besides snowshoeing, are great places to hike or walk your dog. A ski pass is not required, and some snowshoes are available for Itascatur members to borrow. It's exciting to report that Anike Kietzman will be creating signage for the snowshoe trails for her Eagle Scout Project!

## HEADWATERS 100 BIKE EVENT

This year's Headwaters 100 Bike Event is on September 28, 2024. This single day event boasts varying distances up to 100 miles over spectacular scenery. Registration has opened and we are planning for a great event! Please note that there are numerous volunteer opportunities related to the ride, both on the days leading up to it and on September 28th. Please help if you can. In addition, the best advertising for our ride is through our own membership. Spread the word and encourage the bike riders you know to join us for this beautiful fall ride!



Help us keep our membership roster up to date! To add or update your contact information, please complete this short form: <https://forms.gle/LXLeSLfF5Rd6Ga4BA> Thank you!!

If you received this newsletter in your email, and no longer want to continue your membership in Itascatur, please email: [webmaster@itascatur.org](mailto:webmaster@itascatur.org) and we will remove you from the list. Thank you!