

PROVO, UTAH



• SOLDIER HOLLOW •

SKI FOR LIGHT

50TH ANNIVERSARY

1975-2025



SONS of NORWAY

SONS OF NORWAY WISHES SKI FOR LIGHT A

HAPPY 50TH ANNIVERSARY!

Everyone is Velkommen!

Whether you're Norwegian or just curious about the Nordic way of life, we invite you to join Sons of Norway. You and your family will delight in learning about Norwegian heritage and culture, and experience the joy of belonging to an organization that serves our local communities. Plus, we can help you build a strong financial future for the generations to come.



The mission of Sons of Norway is to provide quality insurance and financial products to our members, to promote and preserve the heritage and culture of Norway, and to celebrate our relationship with Scandinavian and other countries.

Become A Sons of Norway Member Today!



SKI FOR LIGHT 2025: FOREVER GOLD



"Who would have thought such a wonderful program could change my life forever?"

—Scott Bertrand, SFL guide (and scrapbook keeper) since 1978



From top left: Scott Bertrand with Lynn Petersen (SFL 1978), Jean Parker (1983), Jamie Sanada (2018), Nancy McKinney Milsteadt, Marie Huston, and Kristen Johnson (2018).

W elcome to the
2025 Ski for Light
International

Event—a time for celebrating memories and making new ones. The Event Planning Committee has been working hard to provide a week packed with activity, from skiing at the spectacular Soldier Hollow

Nordic Center (home to the 2002 and 2034 Winter Olympics), to informative and fun afternoon and evening offerings here in the Provo Marriott Hotel & Conference Center. Now it's up to you to embrace these opportunities for skiing your personal best, sharing your experiences with old and new friends, and learning a few things about yourself and others.

I want to thank all 28 members of the 2025 Planning Committee, especially Nancy McKinney Milstead as the vice-chair. Nancy has always been there to hear my ideas, to pick up the balls I've dropped, to be my number-one supporter and cheerleader... all while nimbly carrying out her own significant responsibilities for this event. I also want to thank the Marriott staff—in particular, event manager Haley Amasiu, who's worked countless hours and patiently answered every question we sent her way for the past several months. There are so many more people who have cheerfully given their time and caring to achieve the quality event for which Ski for Light is so well known. You will meet and learn more about them as the week progresses.

Let's give a big cheer for the remarkable first fifty years of Ski for Light, and kickstart the next half-century with enthusiasm. Let the magic begin!

—Sheri Richardson, 2025 Event Chair, pictured with Richard Mah at SFL 2017



On behalf of the Ski for Light Board of Directors, let me add my warmest welcome to you all, as we gather amidst the spectacular Wasatch Mountains of Utah for this 50th Annual Ski for Light International Week. Yes, we've been doing this crazy thing since 1975! Not a typo!

Racking up *five decades* as a nonprofit organization, holding events all over the northern United States, introducing hundreds of adults with visual or mobility impairments to the sport of cross-country skiing, bringing thousands of people together to play in the winter outdoors... It's quite a track record. This year's tireless Event Planning Committee, led by Sheri Richardson and Nancy McKinney Milsteadt, have followed trails set by our Norwegian-American founders—a path refined by all the volunteer leaders who've served ever since that first "Race for Light" in Frisco, Colorado. We're also embracing new ideas, with many improvements suggested by attendees like yourself (keep that in mind when we come after you with our post-event survey). Listening, adapting, "making a good thing better," as Bjarne Eikevik and others used to say, has always been our M.O., so I hope you'll make this Golden Anniversary adventure all it can be, for yourself and for everyone around you. Above all: have *fun*.

Thank you for being a part of this very special week of *skiing, sharing, learning*. If we haven't yet met, I look forward to getting to know you, and to discovering what great gifts you'll bring to this one-of-a-kind organization, as we shape the future of Ski for Light together.

—Julie Coppens, *Ski for Light* President, pictured with visually impaired skier Greg Andrews at SFL 2023 in Granby.



Fifty years—*how?! With a lot of hard work by many dedicated volunteers, that's how. Got skills, and some time to help plan our next event? Consider joining us!*

Event Chair: Sheri Richardson

Vice-Chair: Nancy McKinney Milsteadt

Announcer: Audrey Farnum

Après-Ski Sessions: Lillian Goodman

Awards, Foreign Delegations: Marion Elmquist

Banquet Seating: Donna Paterson

Corporate Sponsors: David Fisichella

Evening Programs: Nancy Stevens, Kris Gaumer

Event Program, Publications: Julie Coppens

Finances: Tim McCorcle

First Aid: Carl Heine

Guide Training: Doug Powell, Scott Fischer

Guide Dog Care: Deni Elliott

Guide Applications: Peggy Malloy

Hotel Functions: Cara Barnes

Hotel Staff Orientation: Melinda Hollands, Karen Wood

Housing and Registration: Nancy McKinney Milsteadt

Info Room, Special Formats, Silent Auction: Judy Dixon

Local Volunteers: Karen Ishibashi, Erik Peters

Ski Site and Trails: Rich Milsteadt

Meals: Susan Zak

MIP Program: Ted Ellickson, Scott Bertrand

Other Attendee Applications: Lars Johanson

Race/Rally: Erik Peters

Sales Room: Lynn Cox, Lee Coleman

SalesForce Integration: Amy White

Ski Equipment: Tim Byas

Social Media, Publicity: Marie Huston, Julie Coppens

Technique Sessions: Betsy Fischer, Kathy Kelly

Transportation: Michael McCulloch

VIP Applications: Nino Pacini

4 Website and Database: Larry Showalter, Judy Dixon

Our thanks go to the following companies that have provided products or services to support Ski for Light 2025. Many of these companies have stood behind us for years—and we're grateful. Be sure to browse the Sales Room and Silent Auction for some fantastic gear and gifts to take home, do think of our friends when you're shopping for your next adventure... and if you have any contacts in the world of outdoor retail, hook us up?

Borton Overseas Travel
Dansko Shoes
Delaine & Co.
Haiku Bags
Kuhl Clothing
Lodge Cast Iron
Mel's Trading Post
Wallaroo Hat Company
Woods Hole Oceanographic
Institution

HaikuBox Bird
Identification
Ski 'N See
Mountainworks
Saami Ski Shop
Allred Skis
Utah Ski Gear
Guide Dog Foundation
Guiding Eyes for the Blind

This year we welcome Delaine & Co., creator of high-performance ski sweaters and accessories (pictured at right), as one of our newest corporate sponsors! Made in the USA from domestic and Italian merino wool, Delaine sweaters are made to last a lifetime—and several classic pieces, including their custom-designed “Utah” team sweaters for men and women with cozy matching beanies, will be up for bid in the Silent Auction. Don't sleep on these fabulous sweaters! But also don't outbid Julie Coppens.



Sons of Norway is a fraternal benefit society whose mission includes the promotion and preservation of Norwegian culture and heritage. Based in Minneapolis, it is the largest Norwegian organization outside of Norway, with approximately 60,000 members and 400 local lodges.

Sons of Norway members and lodges have played a major role in the evolution of Ski for Light. In the very beginning, back in 1975, the Sons of Norway

Foundation worked in concert with Olav Pedersen (pictured above) and others to bring the idea of Ridderrennet to America. Sons of Norway members and leaders such as Bjarne Eikevik worked tirelessly during the years that followed to make sure the idea took root. Over the years countless Sons of Norway members have participated and volunteered at SFL events, and many local lodges, plus the Sons of Norway Foundation and headquarters staff, have provided significant financial and other support of our activities. Ski for Light thanks the Sons of Norway for all they do for us! Here are the local lodges that have provided recent financial support to Ski for Light:

Synnove Nordkap Lodge 1-008 – St. Paul, MN

Nortun Lodge 1-016 – Duluth, MN



Above: Archival photo of Olav Pedersen and an unidentified mobility-impaired skier at an early Ski for Light event, courtesy of the Colorado Snowsports Museum. Olav is honored in the museum's Hall of Fame.

Sagatun Lodge 1-018 – Brainerd, MN
 Leif Erikson Lodge 1-032 – Vining, MN
 Haarfager Lodge 1-040 – Virginia, MN
 Kristiania Lodge 1-047 – Rochester, MN
 Normanna Lodge 1-052 – Albert Lea, MN
 Midnatsolen Lodge 1-058 – Hibbing, MN
 Fedraheimen Lodge 1-059 – Willmar, MN
 Mjosen Lodge 1-175 – Glenwood, MN
 Granlund Lodge 1-240 – Fosston, MN
 Kong Sverre Lodge 1-482 – Story City, IA
 King Olav V Lodge 1-483 – Canton, SD
 Bemidji Lodge 1-500 – Bemidji, MN
 Valdres Lodge 1-503 – Decorah, IA
 Fjordland Lodge 1-508 – Brookings, SD
 Elvidal Lodge 1-509 – Granite Falls, MN
 Stavanger Lodge 1-538 – Windom, MN
 Vennelag Lodge 1-546 – Lindstrom, MN
 Solglimt Lodge 1-547 – Cedar Falls, IA
 Restauration Lodge 1-548 – Cedar Rapids, IA
 Vennskap Lodge 1-554 – Canby, MN
 Elvesvingen Lodge 1-582 – Mankato, MN
 Norskfodt Lodge 1-590 – Morris, MN
 Marsteinen Lodge 1-596 – Des Moines, IA
 Vestland Lodge 1-601 – Minnetonka, MN
 Norsota Lodge 1-602 – Apple Valley, MN
 Elveby Lodge 1-604 – Omaha, NE
 Lillehammer Lodge 1-633 – Yankton, SD
 Storelva Lodge 1-655 – Davenport, IA
 Leif Erikson Lodge 2-001 – Seattle, WA
 Harald Haarfager Lodge 2-011 – Coeur D’Alene, ID
 Wergeland Lodge 2-021 – Bellingham, WA
 Breidablik Lodge 2-027 – Kelso, WA
 Oslo Lodge 2-035 – Bremerton, WA
 Olympic Lodge 2-037 – Port Angeles, WA
 Sonja Lodge 2-038 – Eugene, OR

Odin Lodge 2-041 – Yakima, WA
Poulsbo Lodge 2-044 – Poulsbo, WA
Bernt Balchen Lodge 2-046 – Anchorage, AK
Fjeldheim Lodge 2-047 – Bend, OR
Columbia Lodge 2-058 – Vancouver, WA
Epledalen Lodge 2-096 – Wenatchee, WA
Arctic Viking Lodge 2-117 – Fairbanks, AK
Elvedalen Lodge 2-129 – Lewiston, ID
Edmonds Lodge 2-130 – Edmonds, WA
Vesterdalen Lodge 2-131 – Kent/Auburn, WA
Fredheim Lodge 3-242 – Staten Island, Ny
Brooklyn Lodge 3-243 – Brooklyn, NY
North Carolina Vikings Lodge 3-675 – Raleigh, NC
Norden Lodge 3-407 – Huntington Station, NY
Nor Bu Lodge 3-427 – Rockaway, NJ
Washington Lodge 3-428 – Washington, DC
Pleasant Point Lodge 3-439 – Point Pleasant, NJ
Noreg Lodge 3-466 – Marlboro, NJ
Skaugum Lodge 3-468 – Stamford, CT
Troll Lodge 3-476 – Mahopac, NY
Norumbega Lodge 3-506 – Boston, MA
Gulfstream Lodge 3-514 – Port Saint Lucie, FL
Tampa Bay Lodge 3-515 – Tampa, FL
Hampton Roads Lodge 3-522 – Norfolk, VA
Suncoast Lodge 3-562 – Clearwater, FL
Bondelandet Lodge 3-612 – Lancaster, PA
Southern Star Lodge 3-630 – Myrtle Beach, SC
Blaa Fjell Lodge 3-646 – Bedford, VA
Gyda-Varden Lodge 4-021 – Grand Forks, ND
Kringen Lodge 4-025 – Fargo, ND
Thor Lodge 4-067 – Minot, ND
Sverdrup Lodge 4-107 – Bismarck, ND
Lodsen Lodge 4-138 – Great Falls, MT
Fedraheimen Lodge 4-140 – Kalispell, MT
Wergeland Lodge 4-247 – Jamestown, ND
Ueland Lodge 4-480 – Cooperstown, ND

Normont Lodge 4-507 – Cut Bank, MT
 Nordmanns Vis Lodge 4-542 – Polson, MT
 Dalen Lodge 4-553 – Glasgow, MT
 Smaa Fjell Lodge 4-557 – Hettinger, ND
 Bitterrootdalen Lodge 4-656 – Hamilton, MT
 Loven Lodge 5-029 – Eau Claire, WI
 Valkyrien Lodge 5-053 – Woodville, WI
 Idun Lodge 5-074 - Madison, WI
 Fosselyngen Lodge 5-082 – Milwaukee, WI
 Valhall Lodge 5-168 – Rockford, IL
 Trygvason Lodge 5-220 – Osseo, WI
 Dovre Lodge 5-353 – Chetek, WI
 Polar Star Lodge 5-472 – Aurora, IL
 Sognefjord Lodge 5-523 – Muskegon, MI
 Nordland Lodge 5-544 – Janesville, WI
 Elvedal Lodge 5-556 – Wisconsin Rapids, WI
 Christian Radich Lodge 5-568 – Suttons Bay, MI
 Elvesund Lodge 5-593 – Riverside, IL
 Scandiana Lodge 5-600 – Chesterton, IN
 Myrmarken Lodge 5-609 – Marshfield, WI
 Edvard Grieg Lodge 5-657 – Cincinnati, OH
 Vikings of the Smokies Lodge 5-677 – Knoxville, TN
 Roald Amundsen Lodge 6-048 – Sacramento, CA
 Nordahl Grieg Lodge 6-052 – San Jose, CA
 Solbakken Lodge 6-064 – Anaheim, CA
 Snowshoe Thompson Lodge 6-078 – Yuba City, CA
 Norseman Lodge 6-091 – Thousand Oaks, CA
 Vesterheim Lodge 6-118 – Boulder, CO
 Gulldalen Lodge 6-128 – Grass Valley, CA
 Desert Fjord Lodge 6-133 – Scottsdale, AZ
 Sol Byer Lodge 6-134 – Sun City, AZ
 Vestafjell Lodge 6-146 – Grand Junction, CO
 Vigeland Lodge 6-155 – Redwood City, CA
 Vinland Lodge 6-159 – Temecula, CA
 Fjellaldalen Lodge 6-162 – Denver, CO
 Storfjell Lodge 6-169 – Grand County, CO

PROGRAM SCHEDULE



Here's a day-by-day rundown of meals, skiing, important meetings and activities for the week. Please listen for more detailed program information and for any changes to the schedule during the twice-daily announcements, 8 a.m. during breakfast and 7 p.m. during dinner. SFL volunteers are ready to assist you throughout the week in the Information Room (Elm) and Sales Room (Juniper).

FRIDAY 1/24

7:30

Breakfast

Hotel Buffet (Slate Restaurant)

8:30 a.m.

Board Meeting

Birch

12 p.m.

Lunch

Aspen

1 p.m.

Board Meeting

Birch

6:30 p.m.

Dinner

Aspen

7:30 p.m.

Guide Trainers Meeting

Executive Boardroom

SATURDAY 1/25

7:30 a.m.

Breakfast

Aspen

8:30 a.m.

Boxed Lunch Pick-Up

Aspen

10 Above: Greg Cox instructs first-time visually impaired skier Lucas Rice at SFL 2024.

8:30 a.m.

Work Volunteers Meeting
Elm

9 a.m.

Guide Trainers bus loads,
departs for Ski Area
*North Lobby doors by Grand
Ballroom*

4-6 p.m.

Registration and Check-In
South Lobby; Baggage in Canyon

6:30 p.m.

Dinner
Aspen

7:30 p.m.

Guide Training
Birch

SUNDAY 1/26

7:30 a.m.

Breakfast
Aspen

8:30 a.m.

Boxed Lunch Pick-Up
Aspen

8:30 a.m.

Work Volunteers Meeting
Elm

9 a.m.

Guide Training bus loads,
departs for Ski Area
North Lobby doors by Ballroom

2-6 p.m.

Registration and Check-In
South Lobby; Baggage in Canyon

Hospitality

Aspen

6:30 p.m.

Dinner, followed by Participant
Introductions and Guide
Assignments
Grand Ballroom

8:30 p.m. (or immediately after
introductions)

Dog Walking Sign-Up
South Lobby

MIP Ski Fitting

Canyon

MONDAY 1/27

6:45 a.m.

Stretching
Aspen

7:30 a.m.

Breakfast
Grand Ballroom

8:15 a.m.

Alumni Guide Meeting
Grand Ballroom

8:30 a.m.

Dog Walking Sign Up
South Lobby

PROGRAM SCHEDULE

9-10 a.m.

Buses load, depart for Ski Area
North Lobby doors by Ballroom

10:30 a.m.-12:30 p.m.

Basic Ski Technique and Skill
Review Available-All Levels
Ski Area

11:30 a.m.-1:30 p.m.

Lunch
Nordic Center

1:30-4 p.m.

Buses load, depart for Hotel
Ski Area

4:30 p.m.

First- and Second-year Guides
Meeting
Amphitheater

4:30 p.m.

First-time VIP/MIP Participants
Meeting
Birch

5:30-6:30 p.m.

Welcome Reception
Canyon

6:30 p.m.

Dinner
Grand Ballroom

Followed by:

MIP Overview and Guide
Introductions; guest Luke
Bodensteiner speaks on Soldier
Hollow and the 2002 Olympics

9 p.m.

Sing-Along with Nancy Stevens
and Friends
Grand Ballroom

TUESDAY 1/28

6:45 a.m.

Stretching
Aspen

7:30 a.m.

Breakfast
Grand Ballroom

8:15 a.m.

VIP/MIP Participants Meeting
Grand Ballroom

9-10 a.m.

Buses load, depart for Ski Area
North Lobby doors by Ballroom

10:30 a.m.-12:30 p.m.

Basic Ski Technique and Skill
Review Available-All Levels
Ski Area

11:30 a.m.-1:30 p.m.

Lunch
Nordic Center

1:30-2:30 p.m.

Uphill Downhill Technique
Ski Area

1:30-4 p.m.

Buses load, depart for Hotel

5:15-6:15 p.m.

Après-Ski Activities
*Amphitheater, Birch, Cedar,
Maple; details TBA*

6:30 p.m.

Dinner
Grand Ballroom

8 p.m.

Country Line & Partner Dancing
Aspen

WEDNESDAY 1/29

6:45 a.m.

Stretching
Aspen

7:30 a.m.

Breakfast
Grand Ballroom

8:15 a.m.

All Guides Meeting
Grand Ballroom

9-10 a.m.

Buses load, depart for Ski Area
North Lobby doors by Ballroom

10:30-11:30 a.m.

Uphill Downhill Technique
Ski Area

11:30 a.m.-1:30 p.m.

Lunch
Nordic Center

1:30-4 p.m.

Buses load, depart for Hotel

4 p.m.

Silent Auction Begins
Aspen

5:15-6:15 p.m.

Après-Ski Activities
*Amphitheater, Birch, Cedar,
Maple; details TBA*

6:30 p.m.

Dinner
Grand Ballroom

8:30 p.m.

Silent Auction Closing Begins
(by table, two at a time)
Aspen

THURSDAY 1/30

6:45 a.m.

Stretching
Aspen

7:30 a.m.

Breakfast
Grand Ballroom

8:15 a.m.

VIP/MIP Participants Meeting
Grand Ballroom

9-10 a.m.

Buses load, depart for Ski Area
North Lobby doors by Ballroom

10:30-11:30 a.m.

Uphill Downhill Technique
Ski Area

PROGRAM SCHEDULE

11:30 a.m.-1:30 p.m.

Lunch
Nordic Center

1:30-4 p.m.

Buses load, depart for Hotel

5 p.m.

Dinner for Mormon Tabernacle
Choir Attendees Only
Grand Ballroom

6:15 p.m.

Buses load, depart to MTC
Open Choir Rehearsal
North Lobby doors by Ballroom

6:30 p.m.

Dinner for those not attending
Mormon Tabernacle Choir
Grand Ballroom

7:30 p.m.

Provo Night Out
Depart from South Lobby

8 p.m.

Movie: "Rising Phoenix"
Amphitheater

Game Night
Birch

FRIDAY 1/31

6:45 a.m.

Stretching
Aspen

7:30 a.m.

Breakfast
Grand Ballroom

8:15 a.m.

All Guides Meeting
Grand Ballroom

9-10 a.m.

Buses load, depart for Ski Area
North Lobby doors by Ballroom

Friday Fun Day

Blast from the Past: 50 years of
SFL Fashion
Ski Area

11:30 a.m.-1:30 p.m.

Lunch
Nordic Center

1:30 p.m.

Guides' Race
Ski Area

1:30-4 p.m.

Buses load, depart for Hotel

4:30 p.m.

Guide Trainers Meeting
Executive Boardroom

5:15-6:15 p.m.

Après Ski Activities
*Amphitheater, Aspen, Birch,
Cedar; details TBA*

6:30 p.m.

Dinner and Norway Night
Grand Ballroom



9 p.m. (or immediately after Norway Night program)
Race/Rally Bib Distribution
South Lobby

SATURDAY 2/1

6:45 a.m.
Stretching
Aspen

7:30 a.m.
Breakfast
Grand Ballroom

9-9:30 a.m.
Buses load, depart for Ski Area
North Lobby doors by Ballroom

10:30 a.m.
Opening Ceremonies,
followed by the Olav Pedersen
Race/Rally
Ski Area

11:30 a.m.-1:30 p.m.
Lunch
Nordic Center

1:30-4 p.m.
Buses load, depart for Hotel
Ski Area

5:30-6:30 p.m.
Social Hour
North Lobby

6:30 p.m.
Banquet and Awards
Grand Ballroom

9 p.m.
Dance featuring the Gina Marie
Osmond Band
Canyon

SUNDAY 2/2

5:30-8:30 a.m.
Continental Breakfast
Grand Ballroom

Buses load, depart for Airport
North Lobby doors by Ballroom

12 p.m.
Hotel Checkout

*Above:
Last year's
"Mini-
Giant
Ski," with
Hodag
leading
the charge.*

Love Ski for Light? We know you do. Please consider making an investment in our future by becoming a Life Member of **Friends of Ski for Light**. Anyone who donates \$400 or more to the SFL Endowment Fund becomes a Friend for life. For the complete roster of 393 Life Members, please visit www.sfl.org/supporters; here are the generous individuals we welcomed in 2024:

- Erik Peters
- Melinda Hollands
- Louis and Vencka Peterson
- Donna Paterson
- Rolf Smeby
- Reginald George
- Bob Schurter
- Megan Schrauben
- Julie Coppins
- John Elliott
- Steve Brinker
- Gary Earnley
- Anthony Nelson

**SKI YOU
NEXT YEAR,
IN GRANBY!**

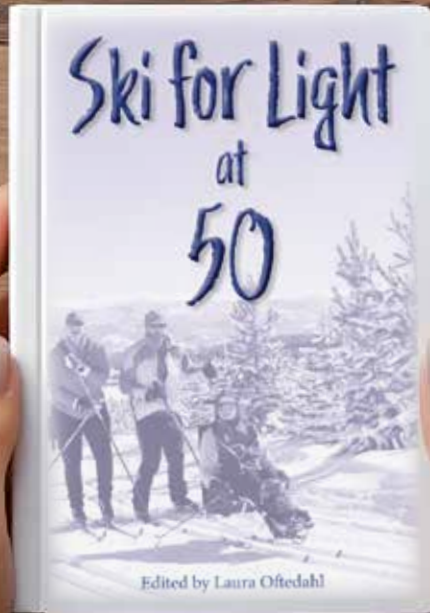
Make plans now to join our 51st International Event, Feb. 1-8, 2026, at Snow Mountain Ranch – YMCA of the Rockies.

More at www.sfl.org and on our Facebook page; applications go live in July.

Below, six happy friends at SFL 2024 in Rhineland, from left: Karen Burke, Nancy Benkoske, Audrey Farnum, Joan Holcombe, Stephanie Stegeman, and Lizzy Muhammad-Park.



It's here!



**Various formats
available**

Listen for announcements,
stop by the Info Room,
or visit www.SFL.org
for purchase details

“In this colorful collection of stories and pictures, the SFL community celebrates the people, the places, and the partnerships that have kept us all on track.”

- *Judy Dixon*

**Here are just a few of the generous local businesses
and organizations that helped make this year's
Ski for Light International Event possible:**

Explore Utah Valley
Sons of Norway Leif Erikson Lodge 6-83 Salt Lake City
Next Level Super Premium Dog Food
Intermountain Farm Association
IFA Country Store
Park Animal Hospital
Cloud Star Pet Treats
Guide Dogs for the Blind Puppy Raisers, Utah Chapter
University of Utah
North Star Printing

*Sincere thanks
from all of us
at Ski for Light!*

