LOCALNEWS

Another win for Anderson

BY EMILY GEDDE
Staff Writer

Ryan Anderson knows how to train a successful team of sled dogs. His number of wins this season seems to prove it.

Ryan Anderson

The musher from Ray was the first to cross the finish line of the WolfTrack Classic Sled Dog Race in Ely Sunday with a team of yearlings making their competitive race debut.

"They've been pretty awesome since October," Anderson said of the team which consists mostly of 16-month old dogs.

The musher is three for three in wins this season. Aside from the WolfTrack victory, he took first place at the John Beargrease Sled Dog Marathon in January and first in the U.P. 200 last week in Michigan.

Anderson said the dogs in his main team were at home Sunday recovering and resting before they compete in the final race of their season March 13 in the Hudson Bay Quest at Churchill, Manitoba.

"I knew I wanted the (WolfTrack Classic) to be the first race for the yearlings," he said. "It's a good experience for them. I didn't plan on taking my main team to this race."

Introducing dogs to race life and watching them finally realize what months and miles of training is about is rewarding, Anderson said. He laughed as he recalled loading the dogs in the truck Saturday.

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>
> **Ryan Anderson**
> Musher

"They were a little stressed out," he said. "They have spent very little or no time in the truck before. They weren't sure what to make of it."

He said the stress wore off a little, and his four-legged teammates got revved up when they arrived at a race scene and fed off the excitement in the air. It wasn't until they get home and unloaded, however, that the light bulb turned on.

"Then they got it," he said. "They realized they didn't have to live in the truck and that is what this is all about it. When it clicks, it's really neat to see."

The team completed Sunday's 66-mile WolfTrack at an average pace of 11.8 miles per hour, making Anderson's team the fastest at the event.

"It's a straight shot and a neat trail," he said. "The route is similar to what we train on at home. They handled everything well."

Enjoying the race: Couple competes in Birkie

BY EMILY GEDDE
Staff Writer

When Anna Dehler visited with her patients at Essentia Health Monday morning, she admitted she was a little sore.

The nurse practitioner at the International Falls clinic spent the weekend alongside her husband, Tom, competing in the 2015 American Birkebeiner, known as the Birkie, the largest and one of the longest cross-country ski races in North America.

"This year was more challenging for the both of us physically because we weren't in as good of shape as we were five years ago," Dehler said of the race.

The Birkie features two premier events – the 54-kilometer (34 miles) classic, of which the Dehlers competed in, and the 50-kilometer (31 miles) freestyle race from Cable to Hayward, Wis. Each year, about 10,000 skiers compete in the Birkie, along with the 26-kilometer Kortelopet and 12-kilometer Prince Hakkon events.

Although she has raced competitively before, this was her first time suiting up for the Birkie, Dehler said. The couple has been out of the competitive racing scene for the past five years, she added.

"I have done five Kortelopet races and this year was my first time doing the full Birkebeiner," she said. "Tom has done three Birkies, so this was his fourth."

Dehler placed 789th overall with a time of 4 hours and 49 minutes and Tom placed 483rd overall with a finish time of 4 hours and 16 minutes.

"After being competitive skiers at one point, it is a great challenge to become satisfied with your performance when you know how much better you were at one point," she said. "This is something I have struggled with since college, but I have really worked hard at being able to enjoy the experience and the atmosphere of the racing event rather than focus on the end result or place."

CONTRIBUTED PHOTO

Tom and Anna Dehler smile for a photo at Saturday's American Birkebeiner race in Wisconsin. The couple set a goal of finishing the largest cross-country ski race in America in less than five hours while at the same time having fun, and were able to accomplish both goals. Anna is a nurse practitioner at Essentia Health in International Falls and Tom works as an accountant in Bemidji.

Match making

It was the sport of skiing that brought Dehler and her husband together. Both began strapping on skis at a young age and met while competing on a ski team in college.

The sport, Dehler said, serves as an easy stress reliever for her.

"I love being able to get out and enjoy the woods," she said. "It is an adventure to explore new trails and visit old ones."

And while the tranquility of skiing is settling, so is the competitive side, Dehler said. In 2010, she competed in the Kortelopet and finished in sixth place for women, 29th overall. Tom's best place was 12th overall for the classic Birkie in 2006, she said.

"We were very competitive," Dehler said. "After college, we took a five-year break from ski racing, but continued to ski for fun."

Even though the intent over the last five years has been to ski for fun, Dehler said there is still friendly competition between the two.

"We like to be competitive with each other and also push each other to be the best we can," she said. "When we are out for a ski, usually one of us will start skiing fast and say, 'Race ya,' and we will sprint for a few seconds. It is fun."

Training at ease

Preparing in Borderland for last weekend's race was easy. The Tilson Creek Ski Trails are some of her favorites, she said.

"(The trails) are great for beginners through advanced skiers," she said. "The scenery is beautiful and the trails are really well maintained. I think people tend to overlook what is right in their backyard."

As the couple eases back into racing competitively, Dehler said there will still be room for new goals and enjoying the sport.

"It was more fun racing without the pressure or expectations," she said. "Before racing this year's Birkie, we set goals of finishing in under five hours and the goal of enjoying the experience of the race along the way."

More information

Aside from the Dehlers, other Borderland residents also competed in last weekend's races:

- David Kettula placed 1,471 overall in the 51-kilometer Birkebeiner skate.
- Anthony Stone placed 483 overall in the 24-kilometer Kortelopet skate.
- Carolann Stone placed 482 overall in the 24-kilometer Kortelopet skate.
- Teresa Stone placed 1249 overall in the 55-kilometer Birkebeiner classic.

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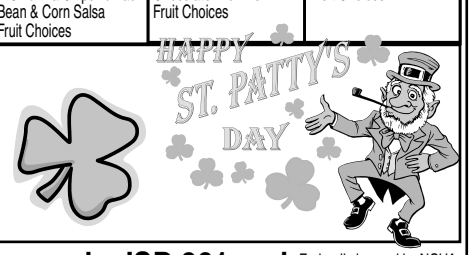
ISD 361—MARCH 2015

ELEMENTARY MENU

INTERNATIONAL FALLS SCHOOLS

Mon	Tue	Wed	Thu	Fri
2 Breakfast Waffles w/Syrup Or WG Cereal Choice	3 Breakfast Bagel w/toppings Or WG Cereal Choice	4 Breakfast Bacon Scramble Breakfast Pizza Or WG Cereal Choice	5 Breakfast Pancakes w/syrup Or WG Cereal Choice	6 Breakfast Cinni Minis Or WG Cereal Choice
Lunch French Toast Sticks & Sausages Hash Browns Tomato Juice Fruit Choices	**Lunch** Nachos w/Tortilla Chips Shredded Lettuce Squash Black Bean & Corn Salsa Refried Beans Fruit Choices	**Lunch** Fish Nuggets Mashed Potatoes Dinner roll Veggies w/Hummus Fruit Choices	**Lunch** Mandarin Orange Chicken Brown Rice Steamed Broccoli Romaine Salad Fruit Choices	**Lunch** Grilled Cheese Tomato Soup Green Beans Fruit Choices
9 Breakfast Trix Yogurt/Nutrigrain Bar Or WG Cereal Choice	10 Breakfast Tony's Sausage Breakfast Pizza Or WG Cereal	11 Breakfast Breakfast Sundae/Graham Crackers Or WG Cereal Choice	12 Breakfast Apple Frudel & Cheese Stick Or WG Cereal Choice	13 Breakfast
Lunch Pig in a Blanket Potato Wedges Broccoli w/Cheese Jello w/Fruit Fruit Choices	**Lunch** Chicken Pattie on a Bun Romaine Lettuce/Tomato Slice Spanish Rice Steamed Carrots Fruit Choices	**Lunch** Spaghetti w/Meat Sauce Garden Spinach Salad Garlic Breadstick Fruit Choices	**Lunch** Taco Soup Tortilla Chips & Salsa Refried Beans Breadstick Fruit Choices	NO SCHOOL
16 Breakfast Oatmeal Breakfast Round Or WG Cereal Choice	17 Breakfast Pancake/Sausage on a Stick Or WG Cereal Choice	18 Breakfast Breakfast Pizza Or WG Cereal Choice	19 Breakfast Muffin & Hard-Boiled Egg Or WG Cereal Choice	20 Breakfast Breakfast Bake w/Salsa & Toast Or WG Cereal Choice
Lunch Hamburger w/Lettuce & Tomato Sweet Potato Fries Rice Crispy Bar Fruit Choices	**Lunch** Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Fruit Choices	**Lunch** Assorted Deli Sandwiches Baked Beans Celery & Cucumber Sticks Snickerdoodle cookie Fruit Choices	**Lunch** Cheese Pizza Slice Green Beans Baby Carrots & Dip Fruit Choices	**Lunch** Macaroni & Cheese/Meatballs Peas Fresh Veggie Cup Dinner Roll & Jelly Fruit Choices
23 Breakfast Yogurt Choice w/Toast Or WG Cereal Choice	24 Breakfast French Toast Sticks Or WG Cereal Choice	25 Breakfast Egg & Cheese Biscuit Sandwich Or WG Cereal Choice	26 Breakfast Cereal Bar/String Cheese Or WG Cereal Choice	27 Breakfast Mini Maple Pancakes/Sausage Or WG Cereal Choice
Lunch Deli Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fruit Choices Chocolate Chip Cookie	**Lunch** Chicken Pattie on a Bun Oven French Fries Green Beans Fruit Choices	**Lunch** Hard Shell Taco Shredded Lettuce & Tomato Refried Beans WG Tortilla Chips w/Black Bean & Corn Salsa Fruit Choices	**Lunch** Italian Dunkers Green Pepper Strips & Fresh Baby Carrots Chocolate Brownie Fruit Choices	**Lunch** Cheese Pizza Slice Tossed Romaine Salad Steamed Carrots Fruit Choices
30 Breakfast Waffles w/Syrup Or WG Cereal Choice	31 Breakfast Bagel w/toppings Or WG Cereal Choice			
Lunch Corn Dog Lettuce & Tomato Salad Whole Kernel Corn Chips & Salsa Fruit Choices	**Lunch** Stromboli Garden Spinach Salad Fresh Carrots Fruit Choices			



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