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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

American Birkebeiner in Cable & Hayward, Wisconsin

By Sandy Saylor – WisconsinGuide Magazine

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The silence of the northwoods awakens as the American Birkebeiner, also known as the Birkie, comes to the area. This is the largest cross-country ski marathon in North America. Participating skiers come from all across the United States and from more than 20 foreign countries. The 51-kilometer race starts near the active town of Cable and trails through the woods of northwestern Wisconsin to finish on the Main Street of Hayward. This prestigious event is only one cross-country ski race out of fourteen to be recognized by the World Loppet organization. The World Loppet only acknowledges the best race and no more than one cross-country ski race per country. Other countries include Japan, Switzerland, Sweden, Norway, France, Estonia, Germany, Austria, Finland, Italy, Canada and the Czech Republic.

The American Birkebeiner was started 31 years ago, but the legend goes back to 1206 - almost 800 years ago! Civil War was raging in Norway. An infant prince and heir to the throne, Haakon Haakonsson, was in danger and in hiding. Two brave Birkebeiner warriors rescued the prince and skied 55 kilometers to safety. The prince was later crowned the King of Norway and the Civil War ended. The early meaning of Birkebeiner was birch legging, which described the warrior's footwear. Today Birkebeiner has come to translate into a person of strong diversity and never intimidated by trial and hardship.

Training starts way before the falling of the first snowflake. Strength and speed is needed to compete in this athletic challenge. Off-season biking and running help ease into the transition. Understanding the strategy of drafting is also effective. This buddy system works as two or three skiers' ski in single file. As they work together, switching places, this lets each other rest slightly, reduces wind resistance and also speeds your skis. Because as the skier in front skis over the snow, the snow heats up a little and a small layer of water is generated which will reduce the friction of the skis. Good techniques are important so that precious energy is not wasted on unnecessary movement.

Purchasing the proper equipment from cross-country skis to clothing is essential. Lightweight cross-country skis with good grip, glide and stability are the popular points contestants look for when

choosing their skis. The choice of clothing is based on the concept of layers. It maybe cold at the start of the race, but how much you heat up depends mostly on our unpredictable Wisconsin weather. Don't forget facial protection –

Sunglasses or goggles! They help shield the glare from the sun reflecting off the snow and minimize the distraction of blustery winds and blowing snow. The Birkie Trail will be dotted with rest stations offering warm drinks, medical attention, and needed waxes.

The celebrating festivities begin Thursday, February 19 with the opening ceremony and continue throughout the weekend. Activities feature the Winter Sport Expo, Ski Fair - On Snow Demo, Children's Snowshoe Nature Hike, seminars and endless family fun. Other races held in conjunction with this exciting event are Sons of Norway/Swiss Miss Barnebirkie (the world's largest children's cross country ski race), Cheqtel 10K (entire family fun), Junior Birkie 3K (ages 10–15) and Kortelopet 23K (ends at Telemark Resort). Visiting elite skiers and all outdoor enthusiasts are sure to have a great

time!

For more on Where to go & What to do in Wisconsin, check out <http://www.WisconsinGuide.com>

None

Wisconsin Casinos

By Adel Awwad

Wisconsin is a favorite Midwest locale, because of its blend of outdoor and indoor activities that are fun for just about anybody. This large state boasts the city of Milwaukee, the beauty of the Great Lakes and Green Bay, and is the home of the National Football League's Green Bay Packers. Finally, Wisconsin is also home to a bevy of casinos. There are at least ten different Wisconsin casinos within the state and each boasts its own slate of amenities.

The Bad River Lodge & Casino, located in Odanah, features slot machines, table games, video poker and more. This Wisconsin casino is on the Bad River Chippewa Reservation and boasts a restaurant and a hotel.

The Ho–Chunk Casino, located in Baraboo, is similar to the Bad River Casino. It also features a smattering of table games, video poker and slot machines. This Wisconsin casino is run by the Ho–Chunk tribe and features a bingo hall, which is a profitable amenity. This is one of the several Wisconsin casinos that offer dining and hotel accommodations. The Rainbow Casino, located in Nekoosa, is similar to this facility with offerings of video poker, table games and slots. It is also a Ho–Chunk Casino, as is the Majestic Pines Casino Bingo & Hotel, located in Black River Falls.

The Oneida Bingo & Casino is located in Green Bay. This is one of the larger Wisconsin casinos, referring to itself as the largest facility in the entire state. This Wisconsin casino is actually made of two different complexes – one of which is referred to as the "old" casino and one that is called the "new"

casino. This mega-casino features dining and entertainment options as well as a separate "poker room" where numerous tournaments are held year-round.

The St. Croix Casino & Hotel, located in Turtle Lake, is owned and operated by the St. Croix Tribe. This large facility is open all night, seven days a week and features more than 1,000 slot machines. There are also table games, with poker being a specialty of this Wisconsin casino. Dining and assorted entertainment is also an option at this Wisconsin casino.

There are a number of other Wisconsin casinos that are scattered around the state. Many feature numerous amenities and most are own by Native American tribes that inhabit lands around the Wisconsin casinos. However different each one of them is, they are great places to dine, gamble and just have a good time.

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