

2009 Sawtooth Challenge MTB Race

Overall Results for - MALES - 8 Mile Race

Place	Bib#	Name	City/State	Age	Net Time	Pace
1	72	Bartol, Dave	Grand Marais, MN	>19	0:47:50.2	6:19/MPH
2	247	Velaski, Carson	Shafer, MN	11-19	0:59:08.0	5:00/MPH
3	67	Thornton, Fredrick	Grand Marais, MN	>19	1:01:05.2	4:84/MPH
4	70	Meekis, Kai	Thunder Bay, ONT	<11	1:19:09.2	3:74/MPH
5	69	Eisenbeis, Tuli	Minneapolis, MN	<11	1:19:13.1	3:73/MPH
6	68	Haataja, Saul	Calumet, MI	<11	1:21:46.6	3:62/MPH
7	71	Ogillvie-Burke, J C	Dryden, ONT	11-19	1:24:06.9	3:52/MPH

Overall Results for - MALES - 18 Mile Race

Place	Bib#	Name	City/State	Age	Net Time	Pace
1	244	Schow, Pete	Minneapolis, MN	35-49	1:40:50.9	6:60/MPH
2	242	Shinkle, Nick	Mt. Iron, MN	20-34	1:44:04.5	6:40/MPH
3	248	Joynes, Jim	Duluth, MN	35-49	1:45:36.5	6:30/MPH
4	246	Velaski, Keith	Shafer, MN	35-49	1:52:43.8	5:91/MPH
5	240	Haataja, Hendrick	Calumet, MI	<20	1:57:00.4	5:69/MPH
6	245	Porter, Dennis	Bloomington, MN	35-49	2:06:11.9	5:27/MPH
7	233	Zgrych, John	Thunder Bay, ONT	35-49	2:11:08.2	5:08/MPH
8	243	Kennedy, Tim	Grand Marais, MN	50+	2:12:06.3	5:04/MPH
9	239	Haataja, Grant	Calumet, MI	<20	2:20:36.6	4:73/MPH
10	251	Mooy, Rod	Aurora, ONT	35-49	2:23:01.1	4:65/MPH
11	65	Schnobrich, Sebastian	Grand Marais, MN	<20	2:31:14.9	4:40/MPH
12	66	Carlson, Rhett	Apple Valley, MN	<20	2:31:15.0	4:40/MPH
13	241	Dahlquist, Scott	Virginia, MN	50+	2:31:59.7	4:38/MPH
14	236	Olgilvie, Curt	Thunder Bay, ONT	20-34	2:33:09.7	4:35/MPH
15	234	Trumper, Mark	Stillwater, MN	35-49	2:43:27.6	4:07/MPH
	238	Lansink, Mark	Hutchinson, MN	35-49	DNF	
	250	Lane, Bill	Tofte, MN	50+	DNF	

Overall Results for - FEMALES - 18 Mile Race

Place	Bib#	Name	City/State	Age	Net Time	Pace
1	271	Guenther, Jan	Mound, MN	50+	2:07:42.5	5:21/MPH
2	232	Peterson, Lynn	Burnsville, MN	35-49	2:11:47.8	5:05/MPH
3	249	Tesch, Kate	Superior, WI	20-34	2:19:00.3	4:79/MPH
	252	Doornwaard, Kate	Thunder Bay, ONT	20-34	DNF	

Overall Results for - MALES - 24 Mile Race

Place	Bib#	Name	City/State	Age	Net Time	Pace
1	278	Tesch, Joshua	Superior, WI	20-34	2:12:03.2	6:72/MPH
2	272	Anikin, Nikolai	Duluth, MN	20-34	2:12:32.7	6:70/MPH
3	280	Loosen, Ted	Minneapolis, MN	20-34	2:14:32.9	6:60/MPH
4	275	Sandberg, John	Prior Lake, MN	35-49	2:19:55.3	6:34/MPH
5	237	Patak, Curt	Minneapolis, MN	---	2:26:59.0	6:04/MPH
6	279	Wilhelmson, Mark	Duluth, MN	50+	2:29:11.4	5:95/MPH
7	277	Eisenbeis, Hans	Minneapolis, MN	35-49	2:34:33.8	5:74/MPH
8	231	McGrath, Tim	Grand Marais, MN	---	2:42:39.7	5:46/MPH
9	274	Swenson, Clint	Lakeville, MN	35-49	2:43:04.9	5:44/MPH
	273	Gunderson, Randy	Prior Lake, MN	35-49	DNF	

DNS = DID NOT START ***** *DNF* = DID NOT FINISH ***** *DISQ* = DISQUALIFIED



Staff photos/Laurie Johnson

The starting lineup of the Sawtooth Mountain Challenge in downtown Grand Marais on Sunday, August 23. The race leads bicyclists up a 600-foot vertical climb to Pincushion Mountain. Especially impressive were the young boys in the under 11 years group!



Dave Bartol of Grand Marais was the first finisher in the 8-mile race.



Pete Schow of Minneapolis was first in the men's 18-mile race.



Jan Guenther of Mound, MN was all smiles in the women's 18-mile race.



The top three finishers in the men's 24-mile race hung together through several laps. They are (L-R) Nikolai Anikin, Duluth, 2nd place; Joshua Tesch, Superior, WI, 1st place; and Ted Loosen, Minneapolis, 3rd place.

COOK COUNTY COMMUNITY EDUCATION

SEPTEMBER CLASSES & ACTIVITIES

DRIVER'S EDUCATION

Students should be at least 14 1/2 years old. Sign up for Fall Session is in the Community Education Office. There must be at least eight students signed up for each session for the class to go. For any further questions, please call instructor Bob Brandt at 387-1544 or 370-8606.

FALL SESSION: Mon., Oct. 5 - Thu., Oct. 29, 3:15 - 5:30 pm, \$300

SPRING SESSION: Mon., March 1 - Thu., March 25, 2010, 3:15 - 5:30 pm, \$300

SUMMER SESSION: Mon., June 14 - Friday, June 18, 2010, 9 am - 4 pm, \$300

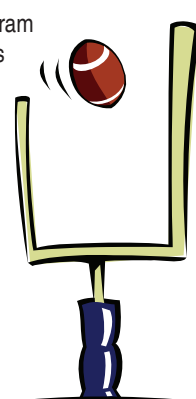


FLAG FOOTBALL FUN BEGINS SEPTEMBER 14

Flag Football Fun is a 6 week fall recreation program through Community Education. Coached by Chris Rauzi and Chris Goettl with the help of volunteer parents and the support of the CCHS Varsity Football team. A percentage of the registration fees goes to the Cook County Viking Football Activity Fund..

GAMES & PRACTICES:

Mon., Sept. 14 through Oct. 14
3:15 - 5 pm
\$30
Little League Field



EARLY CHILDHOOD FAMILY EDUCATION

ECFE FALL CLASSES

SEPTEMBER 28 - NOVEMBER 20
8 WEEK SESSION
Watch your mail the week of September 7th for the brochure/registration form. If you are not on our mailing list, please call 387-2000 and we will get you on it.
No Phone Registrations

ECFE OPEN GYM

BEGINS SEPTEMBER 28
TUESDAY & THURSDAY AT 9:15 - 10:45AM
\$2 for 3 or fewer children/time;
\$5 for 4 or more children/time or
Open Gym Pass for \$20 - good for the entire year.

AFTER SCHOOL LOUNGE

After School Lounge will start the week of September 21. It runs Monday- Thursday from 3:15 - 5:15 pm. It is open for all youth grades 3rd - 8th grade. Youth should meet at Ms. Blake's office. Pick up is at the log cabin by the Community Center.
QUESTIONS? CALL ILENA AT 387-2000 X 331

ADULT CLASSES

KALEIDOSCOPE CREATIONS

Create your own world of beauty and millions of dazzling patterns using optical-quality front surface mirrors aligned to achieve an exquisite, ever changing design. This art piece also features individually turned solid hardwood rings, eyepiece and matching stand, which have been pre sanded for easy completion in one session. The barrels are of real wood veneer, with one of several detailed inlays, to accent your completed work of art. Prices for the kaleidoscope kits range from \$30 to \$45 payable to the instructor at class. Please bring a shoe box and scissors to class. Dean Franssell has been teaching kaleidoscope workshops for 18 years. He designs and creates all the wooden kaleidoscope kits. Dean has a teaching degree from the U of M and resides in Hamel, MN.
Thu., Oct. 1, 6 - 9 pm, \$25 + kit fee, ACA - Elem. Art Rm, Dean Franssell

PRE-NATAL YOGA

This five week session is designed for pregnant women to increase strength and flexibility in preparation for childbirth and to breathe, relax and connect with baby. Participants will need to bring a yoga mat, 2 pillows, a blanket and a small towel to class. Yoga mats available for \$20. min: 5
Tue., Sept. 15 - Oct. 13, 6:45 - 7:45 pm, \$30, JM Conference Center, Margo Furcht, PT



UPPER SHORE FITNESS CENTER

HOURS...
MONDAY - FRIDAY: 6-9AM & 2:30-7:30PM
SATURDAY: 9AM-1PM; SUNDAY: NOON-4PM

GOLDENMOVES - Begins September 10th

Get moving and stay fit through your golden years with this class that promotes strength, range of motion, coordination, balance and relaxation. Exercises are performed to music in sitting and standing using a variety of resistance tools.
Mon. & Thu., 10 - 11 am, Fitness Center, Margo Furcht, PT

YOGAMOVES - Begins September 10th

Participants will benefit from increased flexibility, core stability, strength, and balance and experience improved body awareness and relaxation in this flowing style of Yoga. Please bring your own mat. Mats available for \$20
Mon. & Thu., 6:15 - 7:15 am, HS Gym, Margo Furcht, PT
Tue., 5:30 - 6:30 pm, Cafeteria, Margo Furcht, PT

STABILITY BALL CLASS - Begins September 14th

Participants will increase overall strength, core stability and flexibility using a stability ball in this functional fitness class. Balls provided or for purchase \$20.
Mon. & Thu., 5:30 - 6:30 pm, Cafeteria, Chris Angelo, CPT

FITNESS CLASS FEES...

MEMBERS: FREE
NON-MEMBERS: \$3/PERSON/TIME OR
PUNCH CARD 10 CLASSES FOR \$30

THANK YOU!

A GIANT thank you to our Summer Kids Camp staff: Ilena, Laurel, Courtney, Kari, Hiedi, Brandon, Annette, Becky, Andra, Parker, Slenga, Johnny Jacobsen, Ashley Berglund, and Bryan Lack. All your hard work made it a great summer at SUMMER KIDS CAMP! And thank you parents and community contributors for your support. Also, a giant THANKS to the ISD#166 custodial staff for their work and flexibility with us - Mike, Tom, Margie, Nick, Kay and Diane.

WWW.COOKCOUNTYSCHOOLS.ORG/COOKCOUNTY/CMED

TO REGISTER FOR A CLASS, CALL (218)387-2000 - FAX: (218)387-1327 - COMED@USD166.K12.MN.US