

Balance

Volume 4, Issue 3

April/May 2014

City of Winona Wellness

And The Winner is... Keith!

By Deb Beckman, Benefits

In and Around Winona

- Farmers Market Returns for the season on May 3. For 2014 it will be on Saturday's only.
- May 17 from 10 AM to 2 PM Touch a Truck and Play in the Street at 3rd and Center. Three blocks of fun for kids. Street will be closed and filled with games and activities and a big truck!

Find out more about these and other activities in and around Winona at Live Well Winona. <http://www.livewellwinona.org/>

Inside this issue:

Eric Engrav Helps Regional BMX Racing	2
Firefighter 5K Raises \$2,340 for Charity	4
Library E Books and Magazines	4
Employee Celebrations	5
Park Rec Promotes Summer Fun	6
Time to Prep the Garden	7

On April 22, in the late afternoon the East Rec was ready for the highly anticipated rematch of Keith and Harp. Harp won the first game against Keith to claim winner of the winning bracket. Keith fought through the losing bracket to win and set the rematch. About 10 chairs are set up on both sides of the table awaiting spectators. Pom-poms are fashioned with crepe paper at the front desk. Harp is pacing a little and making small talk. Former and current employees were there for support including former sporting official Cliff Kanz, now 83, who played some table tennis with Tim Ambuhl, a current recreation supervisor. The clock is nearing 4 PM when Keith enters with

his wife.

Brad Barrientos had lost to Keith in the previous round, he approaches Keith and asks if he would like to warm up. They volley for a few minutes and then Brad gives a few volleys back that Keith can "hammer on."

The game starts and the volleys are quick and short. Keith, like a basketball player who wipes shoes on socks to keep grip, did the same by wiping his shoes on his pants. He looked as if he had been walking on a dusty road before the game was done. Keith won the match 21 to 11.

The rematch was held on April 29. Again, 20 some people came to watch the winner take all match.

Both were warming up against each other which seemed to help them draw in their



Keith Nelson takes first place and Dave Harkness second in the Employee Table Tennis Tournament. Keith won the final match 21-15



focus. The initial half game to determine server and table side preference went to extra points and was won by Keith.

Distractions were around the room. Several kids hanging out at the Rec were watching. Harp was quick to ask one of them to stop bouncing a basketball. Despite the noise, the players were focused and this was evident in the longer volleys throughout the game. The crowd applauded at least twice for the fantastic saves by both players. The score favored Keith 21 to 15 but does not reflect the effort and wonderful skill of both.

Thank you to all of the participants. We hope to bring another type of tournament your way soon.



Keith and Dave Harkness playing on April 22.

Eric Engrav Lends Talents to Local BMX Racing

Edited by Deb Beckman, Benefits

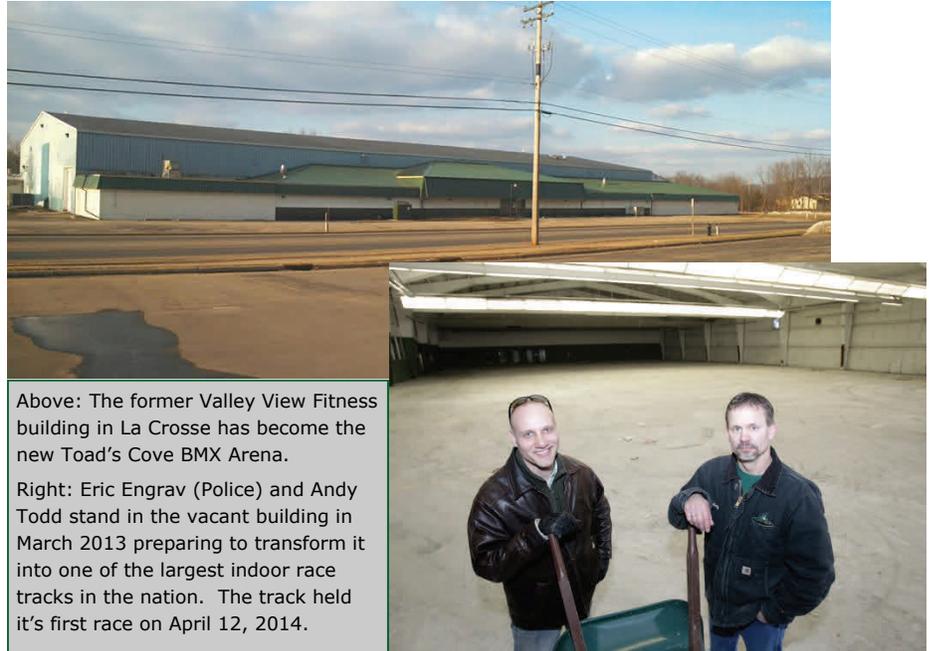
When Toad's Cove BMX started operation about seven years ago in Centerville, WI, it didn't take much to reel Eric Engrav back into the sport he loved as a kid. When Andy Todd announced he was going to open an indoor arena in La Crosse, Eric signed on to help with the project. Talking with Eric you can feel the passion he has for the sport. Eric was kind enough to respond to my inquiries by email after we had crossed paths at, where else, a bike shop. Below are his responses. The pictures were taken from The Toad's Cove Facebook page.

Deb: Could you provide a short summary of what BMX racing is?

Eric: BMX racing is bicycle motocross. It all began in the early 1970's when children started emulating their motorcycle racing heroes on their bicycles. Vacant lots and any other unused parcels of land soon became make-shift race tracks. Scot Breithaupt of California is widely recognized as the father of BMX. He was the first to assist the kids in holding organized races. As a teenager himself, he rented a vacant lot and brought his old motorcycle racing trophies to give the kids. His racing location was called B.U.M.S. (Bicycle United Motocross Society). He is a living legend and we all owe him a debt of gratitude. Soon more and more kids of all ages experienced the BMX phenomenon and it spread across the USA. Sanctioning bodies were organized to lend structure to the growing sport. The ABA and NBL were two of the earliest. Today we have USA BMX, which has done a terrific job of managing points, events, and growing membership.

D: Special bikes are used, could you tell me more?

E The earliest BMX bikes were the brain child of creative kids. Often times a Schwinn Stingray was reconfigured with a smaller seat, taller bars, and stripped of all its fenders and safety equipment. Lots of the early successful BMX companies



Above: The former Valley View Fitness building in La Crosse has become the new Toad's Cove BMX Arena.

Right: Eric Engrav (Police) and Andy Todd stand in the vacant building in March 2013 preparing to transform it into one of the largest indoor race tracks in the nation. The track held it's first race on April 12, 2014.

were started in the garages of BMX parents by dads who modified their kids bikes. Today's BMX bikes are purpose-built racing machines made of much lighter materials with better frame geometry. A modern BMX bike will handle, stop, start, and accelerate better than the bikes of old. This is often times

attributed to the use of lightweight materials, such as aluminum and carbon fiber for frames and forks. The bike's single-speed gearing is easily changed by a simple sprocket or chainring swap to accommodate larger or smaller tracks. BMX bikes are commonly found in 20" and 24" wheel sizes. The 24" wheeled bikes are referred to as cruisers. Cruisers are popular with many age groups, but have a real foothold with the older

racers. Some find them more comfortable and controllable given their larger, roomier size. A quality new BMX bike can cost as little as \$400 or as much as \$2,000, depending on materials, components, and manufacturer. That old BMX bike from

your youth hanging in the garage can likely be dusted off and made to work just fine, too.

D: Who participates in BMX? How far away do people come to race?

E: Everyone participates in BMX! There are racing classes for everyone of every skill level. BMX Strider racing is a class of two-wheeled bikes without pedals. The youngest of our racers push themselves along the track using their feet. The class is very entertaining and introduces the kids to friendly competition and physical fitness. USA BMX has active racers well into their 60's. Racers are placed in classes by their age and skill level. A first-time 8 year old racer will be placed in the 8 Novice class. He or she will remain there until they have a certain amount of wins. At that time they will graduate to 8 Intermediate and remain there until a number of wins moves them to 8 Expert. Some people race because they enjoy seeing friends and making new friends. Others race to chase the points, earning valuable points at each race they attend. At the end of the year the points are calculated and this will determine your plate number for the following year. The more points you acquire, the lower the number you will have the next season (and bragging rights). Other people race for the love of the sport. At

Continued on next page

BMX Continued from Page 2

44 years old, I have recently raced against people I raced against 30 years ago. It is not uncommon to see moms, dads, and grandparents give it a try.

D: How did you become involved with BMX racing? Do you or did you race yourself? Your kids?

E: I started racing in the mid-1970's. I enjoyed racing in Rochester, Albert Lea, Austin, MN, and occasionally at an indoor facility in the metro area. I think all my friends raced to some extent during this time, and if our parents couldn't get us to the track somebody else's mom did. Marlene Kohner of Winona is famous for jamming a 1/2 dozen or more BMX bikes into her old red Suburban and hauling kids to the races. She is a true BMX mom. Around the late 1980's BMX racing started to decline in our area. BMX freestyle riding became more popular and several kids stayed home from the tracks to ride their wooden ramps and learn tricks. My mother reluctantly allowed me to build a large 1/2 pipe ramp in our back yard around 1986. After a 25 year absence, I returned to BMX racing when Toad's Cove BMX in Centerville, WI, opened approximately seven years ago. The style of race track had changed, but the fun and good people were just as I remembered. My oldest son raced a few seasons and has now fell in love with basketball, so he is taking some time off the bike. He is proud to have moved to Intermediate and won a large state championship race. My youngest son is still racing weekly. His best memory is having won a Redline Cup qualifier race, receiving a trophy nearly as big as he is. I still hold a license and enjoy racing cruiser class when I can. My main focus now is helping the Todd family get the new indoor facility running at its best.

D: I see there are many people (track directors) involved in this. You are listed as the track coach/system trainer; what does that mean, what do you do?

E: As the system trainer I try to accomplish many things, but my first priority is the safety of our racers. I like to spend time with the new families and riders to help them understand what is expected of them in regards to the integrity of their bicycle, their own personal safety equipment, and how we function as a facility to ensure safe, fun racing. Many new-comers will have a kickstand on their bike, reflectors on their wheels, and handlebar ends poking through the grips. None of these are allowed by USA BMX rules and need to be remedied before they can practice or race. I look over a lot of bikes, making friendly suggestions for better performance while making necessary

safety corrections. Young kids tend to want to sit down on their bike seat while racing. This is never a good idea, and they soon discover it's difficult to ride the track or maintain the best control. Seats should be lowered to a point where they are really only acting as a reference point to tell your butt it's getting close to the spinning tire. It always surprises me that some of the best racers want nothing to do with maintaining their bikes. Sometimes they come see me for cable changes and the occasional adjustment of this or that. On the other hand, it's neat to see how capable and mechanically inclined some of the young people are. From time to time I find myself lending an ear to help resolve a dispute regarding a perceived illegal action on the track, such as a questionable pass, etc. Toad's Cove is run by a group of like-minded individuals that have a common goal. Each corner worker, starting gate attendant, registration attendant, and scorer is in their position because they have shown the aptitude for the job. Many are BMX parents and/or veteran racers themselves.

D: I noticed there is an outdoor Toad's Cove racing area by Centerville. Are you part of that as well?

The Centerville, WI, location was the Todd family's original racing facility behind their Centerville BP Station. It ceased operation when the indoor facility opened. The outdoor track was a great place full of memories for many racers.

D: What is the goal of Toad's Cove Arena? What clientele are you looking for? Why an indoor arena?

E: Toad's Cove Arena BMX strives to be a family-friendly, bicycle sports facility with something for everyone to enjoy. Good seating allows for spectators to enjoy an evening of racing with refreshments and light food items just down the hall if desired. A large, professionally built track offers riders of all skill levels a challenging course. We are nearing completion of a R/C car track located in a separate room inside the arena. This will give local remote control car enthusiasts a great venue to enjoy their sport, too. Toad's Cove Arena BMX is looking to attract racers of every skill level. We are always glad to see the seasoned veteran racers show up, as well as the 1st time racer. The vacant Valley View Racquet and Fitness complex was chosen to be the new BMX facility for many reasons. It's a great location, centrally located in the Midwest. Along with spill-over parking



Top: Toad's Cove in demolition stage in March 2013.
Bottom: Toad's Cove on opening day, April 12, 2014

at the adjacent church, we have parking for nearly 500 vehicles. The indoor facility has alleviated the worries of rain, excessive heat, and snow cancellations.

D: What lead you to invest so much time in this new venture?

E: The Todd family are some of the finest people I have ever met, their family and community values are of the highest caliber. They are willing to listen to ideas from their track directors and run their facility in a professional manner. It was an easy decision to get involved with their operation.

D: The building is huge. Could you describe the work it took to transform it to a racing venue?

E: The Toad's Cove Arena race track is one of the largest in the nation. Several dozen truck loads of dirt were hauled in from area sites to construct the track. Before track work began, a year of renovation was necessary. Multiple tennis and racquetball courts, an in-ground pool, and a weight room had to be removed. Materials were repurposed whenever possible, donating wood and other materials to people interested in recycling or reusing it. My first time in the building was without heat or electricity. There was a room that obviously had been used by transients or other trespassers to sleep, party, and likely engage in other activities. Concrete walls had been broken open and copper plumbing had been stolen. It's nice to walk through the building now and see how far it's come. A huge amount of work has been done by a long list of anxious volunteers and track staff.

Firefighter 5K Raises \$2,340 for Muscular Dystrophy

The Firefighter 5K held on April 19 put a face on Muscular Dystrophy for the local community. Guests of honor were MDA beneficiaries Addison Terrance and Nick Nelson. Muscular Dystrophy is a progressive weakness and degeneration in the skeletal muscles that support movement. Crossing the finish line were 121 runners. Many others supported the cause with donations and support for the event. Placing in the top spots were Pete Brueggen (Fire) who placed 1st overall and Anita Sobotta (PD) took 1st place for the women's division and

5th place overall. Colton Rasmussen, son of Jay (PD), took first in the 12 and under age division. Mark Allred (Fire) was the lead organizer of the event and said everything went very well. He was pleased with the turnout and especially the support of local fire departments. Local departments who participated in the two person challenge event with Winona were Rushford, Goodview, Minnesota City and Red Wing. Winona placed first in the race challenge which was scored by taking the top two finish times from each team.



Firefighters pose with persons afflicted by muscular dystrophy from our area. Front: Shaun Bartelson, Addison Terrance (MDA beneficiary), and Nick Nelson (MDA beneficiary) Back: Brad Bartelson, Andrew Lisson, and Pete Brueggen

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Your Winona Public Library card gives you 24/7 access to downloadable books and magazines and many other online resources. Simply visit www.cityofwinona.com/city-services/winona-public-library/

eBooks @ Your Library

Any patron with a valid Winona Public Library card is able to borrow eBooks and downloadable audiobooks free from your library through OverDrive at selco.lib.overdrive.com. eBooks are checked out through the OverDrive website with your library card.

- Borrow books for up to 21 days.
- Titles automatically expire at the end of the loan period.

- You can check out up to five items at a time and place requests on titles that are currently checked out.

Go to the website to register for upcoming classes or call 452-4860:

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The library's subscription to Zinio offers digital copies of popular magazines that library users can view online and/or download to compatible computers and devices (iPad, iPhone, Android, Kindle Fire, and more). The library currently subscribes to 45 titles.

With your Library Zinio Account:

<p>eBook Mobile App Class</p> <p>Thursday, May 1st, 6pm</p>	<p>eBooks for Classic Kindle</p> <p>Monday, May 5th, 5pm</p>
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- Read entire magazines online cover-to-cover as if you were reading the print version
- You can check out as many magazines as you want for as long as you want
- You never need to return digital magazines
- You never have overdue fees for digital magazines
- Every magazine in the library's Zinio digital magazine collection is always available
- Create virtual subscriptions to



magazines to be delivered to you as the latest issue is published

Be sure to also check the website for the upcoming Summer Reading Programs and other library events.

Welcome

Samantha TerBeest
Adult Services Librarian
February 18, 2014



Tyler Burke
Maintenance I—Street
February 18, 2014



Promotions

Jason Theusch
Assistant Fire Chief
March 29, 2014



Matt Lisowski
Fire Captain
April 5, 2014



Chris Mayer
Full Time Firefighter
April 12, 2014



Retirements

Don Dennis
Parking Control
April 4, 2014
42 Years



Steve Jasnoch
Supt. - Park Maint.
April 30, 2014
39 Years



Jim Multhaup
Assistant Fire Chief
April 30, 2014
34 years



April Anniversaries

Name	Years
Kathy Tulus, Library	35
Douglas Beeman, PM	34
Paul Martin, Water	25
Richard Koop Jr., Police	18
Natasha Kukowski, CD	17
ReVae Seitz, Library	15
Shawn Kohner, Fire	12
Joel Corcoran, Fire	12
Nichi McDonald, Police	8
Holly Hines, Park Rec	7
Chad Sommer, Bldg Maint	7
Kristy Steinfeldt, CD	7
Paul McKay, Police	1

May Anniversaries

Name	Years
Deborah Lilla, Library	38
Judith Bodway, City Mgr	30
Steven Carson, CD	30
Thomas Nelson, Eng	27
Maynard Johnson, PR	25
David Przybylski, Street	25
Christopher Stark, Police	19
Jayne Meier, CD	15
Elizabeth Beech, PM	15
Joshua Poepping, Bldg Mnt	9
Joshua Murphy, Police	8
Christopher Kramer, PM	6
Lydia Boysen, PR	2
Riley Stejskal, Bldg Maint	2
Anthony Wurst, Police	2

Key Log Rolling

By Tia Oplet, Intern, Park Rec

Coming this summer 2014 to Winona Park and Recreation is key log rolling. Logging is a big part of Winona's history being that the city is located along the Mississippi River. Lumberjacks would spin the logs to keep them rolling down the river. Key log rolling is similar to what the lumberjacks would do with the logs, but instead with a synthetic log for recreation usage. Come try out this challenging, but yet addicting new sport of log rolling. **Lessons will be available at the Bob Welch Aquatic Center, as well as open play at the Lake Lodge Recreation Center with a \$5 membership.**



Outdoor Recreation: Hike, Paddle and Bike for All Skill Levels!

By Zack McKinney, Recreation Coordinator



This summer at Lake Lodge Recreation Center we will be leading casual groups in for hiking, biking, and paddling adventures. All abilities are welcome to attend. Group events will be posted on our Facebook page and at Lake Lodge. If you are interested in joining these casual group outings contact us at recreation@ci.winona.mn.us or call the Park and Recreation Office at 507-457-8258.

Hike - We will explore Places like Prairie Island, Aghaming Park and Holzinger trails.

Paddle - We will take out Canoes and Kayaks and learn better paddling techniques together on Lake Winona.

Bike - We will go on Road Rides of varying difficulty and Mountain Bike rides at Bluff Side park on the Holzinger trails.

If you are a beginner looking for a way to get started in one of these activities or looking for someone to share your interest in the outdoors, come join us at Lake Lodge Recreation Center.

Make your Kid a Sweaty Kid This Summer

By Lydia Boysen, Recreation Program Coordinator

It has been said that "A sweaty kid is a happy kid," and "A family that plays together stays together". So, I'd like to offer a couple things that could help on both accounts, compliments of the Park & Recreation Department. © Under the "Sweaty Kid" category, we've got TeeBall! It's all about high fives, teamwork, and hot summer evenings! This program has been created for your little one to learn the skills and thrills of baseball/softball from the ground up. Each age category is designed to teach and refresh the basics and then move on to more details of the game. Also in the "Sweaty Kid" category is PLAY at the

Park! This program is a bundle of activity and fun that travels to different parks throughout the week. We hope to enhance your neighborhood and give you something enjoyable to do with your families and friends during this summer season.

This is just a snapshot of the bazillion things going on this summer through Park & Rec. All the program details can be found in our brochure at www.cityofwinona.com. Here's to a great summer!



Pool News

By Pam Pfister, Recreation Coordinator

The Bob Welch Aquatic Center is ready to be your destination for summer fun. The **Aquatic Center is scheduled to open Saturday, June 7 for the season**, with the first session of American Red Cross Learn to Swim **swimming lessons** beginning Monday, June 10. There are five sessions of group lessons during the summer. The Aquatic Center also offers private swimming lessons, for that added one on one time. Employee discount available for group lessons only. New this summer, the Aquatic Center will be offering **Log Rolling**



lessons. Log Rolling is open to all ages* and is a great activity for the family to participate in. Classes offered in June and July. Stop by during our preseason hours, June 2-6** from 4-8pm to try the Log out - you'll be glad you did. See you at the pool!

*Participants must have successfully completed level 1 of the Learn to Swim program.
**Pre-season hours subject to change.



City of Winona Wellness

Contact Deb Beckman at City Hall, Jay Rasmussen at PD or Andrea Heuser at PM with ideas, events and submissions for the newsletter.

City of Winona Wellness

To promote a culture of wellness through education, example and opportunities.

Committee Members:

- Michelle Alexander, Council
- Deb Beckman, Benefits
- Julie Fassbender, Park and Rec
- Andrea Heuser, Park Maintenance
- Mark Allred, Fire
- Jay Rasmussen, Police
- Josh Squires, Police
- Teresa Stevens, Library
- Chad Ubl, Community Service

My Health My Life

We are on the Intranet:
www.cityofwinona.com
 Click Intranet at the bottom of the home page

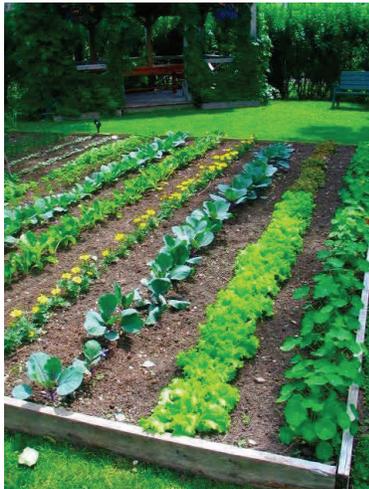
Time to Prep the Garden

By Michelle Alexander, Council

It is that wonderful time of year where we wait with bated breath for the first real hint of spring. For gardeners it is all in the soil. We are looking for that perfect consistency. When we grab the soil in our hand we want it to break into little clumps; no dust explosions in the face or rivers of water dripping from a mud pie in our hand.

My soil preparation involves weeding and tilling. Depending on where you live and the composition of your soil you may want to fertilize. Read packaging carefully to be sure that what you put in the soil is wholly organic.

If you are like me you have your vegetable patch all planned out and our waiting for just the right soil conditions to lay out the early crops. Cool-season vegetables are lettuce, cabbage, cauliflower, broccoli, and onions. These are hardy enough to handle a little late season frost.



For the rest of your vegetables you should wait until mid spring to be sure temperatures in the ground have reached appropriate levels; these include tomatoes, peppers and eggplant. Tender crops like cucumbers, pumpkins and watermelon may need some covering at night if the temperature dips.

Gardening is a great family or neighborhood activity and has the added bonus of being organic. You will know exactly where the food on your table came from.

For beginners the 10 easiest to grow Minnesota crops are green beans, tomatoes, peppers, lettuce, potatoes and herbs such as basil, dill, rosemary and thyme. Be careful when planting herbs; some are invasive.

For more advice or help planning a garden visit www.extension.umn.edu/garden

MAY IS BIKE MONTH

Bike to Work Week
May 12-16

Bike to Work Day
May 16.