

ABR Ranks 2nd Place in USA Today Results for Best Cross-Country Ski Resorts in the Country!!!

THANK YOU FOR VOTING
FOR ABR TRAILS



2nd PLACE!

Final Rankings

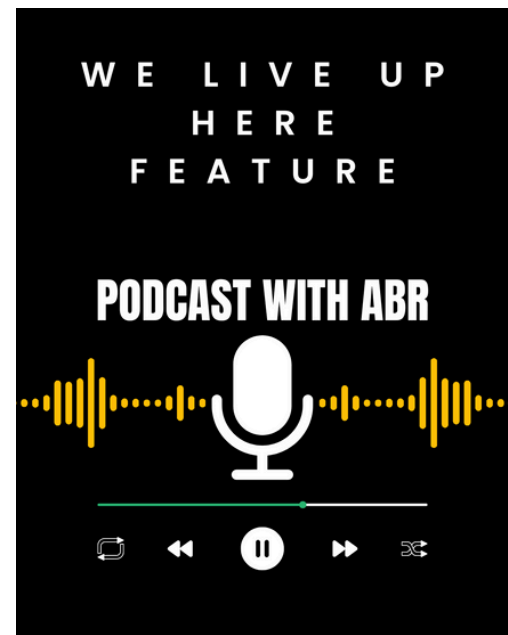
1. DEVIL'S THUMB RANCH - TABERNASH, COLORADO
2. ABR SKI TRAILS - IRONWOOD, MICHIGAN
3. TAHOE DONNER CROSS COUNTRY SKI CENTER - TRUCKEE, CALIFORNIA
4. MINOCQUA WINTER PARK - MINOCQUA, WISCONSIN
5. BOLTON VALLEY NORDIC CENTER - BOLTON, VERMONT

[SEE MORE](#)

WXPR - We Live Up Here Podcast Feature

CHECK OUT THIS PODCAST: ERIC AND JAY WERE INTERVIEWED BY KATIE THORESEN AT WXPR!

They spent decades building a successful Nordic ski center. Now, they're giving it away to preserve it for future generations. Click the link below to listen now.





Trailhead Connection

UPDATES FROM EXECUTIVE DIRECTOR JAY SWEEN

November is here and the ski season is almost upon us. In my second month, I continue to experience the deep dive in all aspects of cross country ski center operation - so many different things to learn.

Trail preparation continues. I had no idea how much trail clean-up occurs in late fall. Seemingly an endless supply of downed trees that somehow fall straight across the trail. There is also a significant effort this year with hanging or moving updated signage to reflect some changes that you will see on the trails this winter. These days cruising and working on the trail with Eric in the beautiful natural surroundings that make up ABR have been some of my favorites.

This past Saturday, we opened the ski shop and it was quite successful. I sold my first pair of skis and then my second, third, and fourth. Great to meet so many of our customers and feel the excitement of the impending ski season.

Our incredibly dedicated marketing team has been busy putting together materials to develop our brand. This work has helped get the word out and resulted in a second place win for ABR Trails in the USA Today top-10 poll! Thank you to all of you, our loyal customers, that helped in the effort with your votes. Perhaps next year we aim one notch higher.

Our amazing team has also released our new website, which I believe not only looks fantastic but is highly functional. You'll find all of our upcoming events, Foundation communication, and a fun section titled News that provides you with bite-sized stories from various authors in a blog-style format. Give it a look at abrtrails.com. Eric and I also had a great interview with the incredibly professional Katie Thoreson from WXP Radio, which resulted in a podcast story on [We Live Up Here](#). In addition to the recent podcast, we have also been humbled by the generous opportunities with other media outlets including [Silent Sports](#) and [Cross Country Skier](#) magazines. Surrounding all of this media attention, we have launched a campaign titled the Founders Circle. This is a huge opportunity for you to join our Founders, Eric and Angela in sustaining the legacy of ABR.

Finally, I was blessed to attend the MadNorSki vendor fair in Madison and got to discuss the vision of ABR Trails Foundation and the future of the ABR ski trail system with our friends in that community. Even got some time to workout with the great ski team that I was blessed to be a part of for the past decade.

There is definitely a growing buzz for the ski season. Be sure to join us for our Ski Season Kickoff and Cookies, details on the following page. Can't wait to see you on the trail - please don't hesitate to introduce yourself.

KICKOFF & COOKIES

Saturday, DECEMBER 14, 2024
Noon at ABR Trailhead

SPONSORED BY



Season Kickoff & Cookies Sponsored by the Anderson Bluffs and River Trails Foundation

JOIN US SATURDAY DECEMBER 14TH AT NOON

Join us for a festive kickoff to the cross country ski season! We'll have cookies, information about the Anderson Bluffs and River Trails Foundation, meet and greet with members of the Board of Directors, and a chance to mingle with other skiers. We'll also be announcing a new partnership with Jessie Diggins!

- Ribbon Cutting on Jessie Diggins' Honorary Trail with Jessie's parents, Deb and Clay
- Meet & Greet with Foundation Board of Directors
- Cookies & Conversation with the Skiing Community



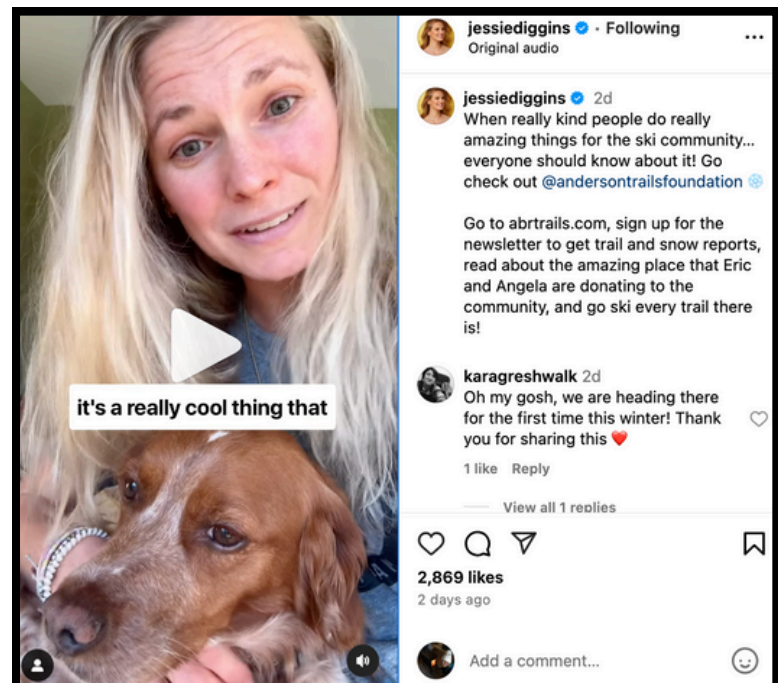
Please RSVP with the signup button to help us with a headcount. Open to the community.

Jessie Diggins Endorses the ABR Trails Foundation

JESSIE CREATED A VIDEO TO SHARE HER SUPPORT FOR THE ABR TRAILS FOUNDATION

A huge thank you goes out to Jessie for her love and support! [Check out her full video.](#)

"When really kind people do really amazing things for the ski community...everyone should know about it!"





Silent Sports Magazine Feature Article

BY CLAY DIGGINS: THE GIFT OF A LIFETIME – FOR YOU & FOREVER! THE UNIQUE HEARTS OF ABR’S ERIC ANDERSON & ANGELA SANTINI

Clay Diggins, an active member of our Board of Directors wrote a wonderful article about the ABR Trails Foundation which will be featured in the November issue of Silent Sports Magazine!

If you don’t already subscribe, or if you’d like to purchase a gift subscription, you can do so with this special offer from Silent Sports. The first 40 NEW subscribers will get the November issue which has Clay Diggins’ terrific ABR Foundation story plus 12 more copies, a total of 13, for the price of 12. Simply write ABR in the order notes box to receive this special offer.

A huge thank you goes out to our friends over at Silent Sports Magazine for including us and our Foundation story!



Cross Country Skier Magazine Feature

THE LEGACY OF MICHIGAN’S ABR NORDIC CENTER BY ALLISON SLAVICK

Many people dream about leaving their mark on the world; Eric Anderson and Angela Santini, owners of ABRNordic trail system in Ironwood, Michigan, are turning that dream into reality...continue reading here

Educational Feature



Finding Your Edge

HOW HORMESIS & SISU ENHANCE HAPPINESS & HUMAN FLOURISHING

AUTHORS: SUZANNE LEE & PETER PRYDE

While “happiness” is often equated with comfort and ease, research reveals that manageable challenges and mild stressors are crucial for fostering well-being and resilience. This principle, known as hormesis, demonstrates how controlled doses of physical, emotional, or cognitive stress can lead to increased strength, resilience, and overall happiness. Coupled with sisu—the Finnish concept of tenacity, courage, and perseverance—hormesis provides a practical framework for achieving enduring fulfillment and mental sturdiness.

HORMESIS AND ITS ORIGINS

Hormesis has its roots in toxicology, where it was observed that many substances are beneficial at low doses while harmful at higher levels. This principle was famously summarized by the 16th century physician Paracelsus as “the dose makes the poison.” In the mid-20th century, researchers confirmed that small amounts of certain toxins and stressors could stimulate adaptive responses, increasing resilience across various biological systems.

A well-known example of hormesis is exercise. Physical activity stresses the musculoskeletal and cardiovascular systems, prompting them to strengthen and adapt. Exercise has also been shown to immediately improve mood, reduce anxiety, and enhance cognition by releasing mood-boosting neurotransmitters like endorphins, serotonin, and dopamine. In the longer-term, regular exercise stimulates neurogenesis—the creation of new neurons—particularly in the hippocampus, which plays a key role in memory and emotional regulation.

SISU: APPLYING HORMESIS TO DAILY LIFE

Sisu aligns closely with the principles of hormesis, emphasizing pushing one’s limits to build inner and outer fortitude. The benefits of sisu-aligned practices—including sauna, cold plunges, and other stress-adaptive challenges—can be explained scientifically by hormesis. Engaging in these activities can help develop the capacity to handle physical and psychological stress in a more optimal manner.

Finnish
SISU

A SPECIAL STRENGTH AND PERSISTENT DETERMINATION TO CONTINUE AND OVERCOME IN THE MOMENT OF ADVERSITY; A QUALITY OF STOIC DETERMINATION, TENACITY OF PURPOSE, BRAVERY, GRIT, AND RESILIENCE.



Finding Your Edge (continued)

HOW HORMESIS & SISU ENHANCE HAPPINESS & HUMAN FLOURISHING

AUTHORS: SUZANNE LEE & PETER PRYDE

The annual SISU Ski Fest in Ironwood, MI, is a prime example of hormesis. Preparing for and participating in such an activity encourages individuals to engage with multiple manageable stressors. These, in turn, build stamina and adaptability, foster a sense of accomplishment and satisfaction, and contribute to long-term happiness.

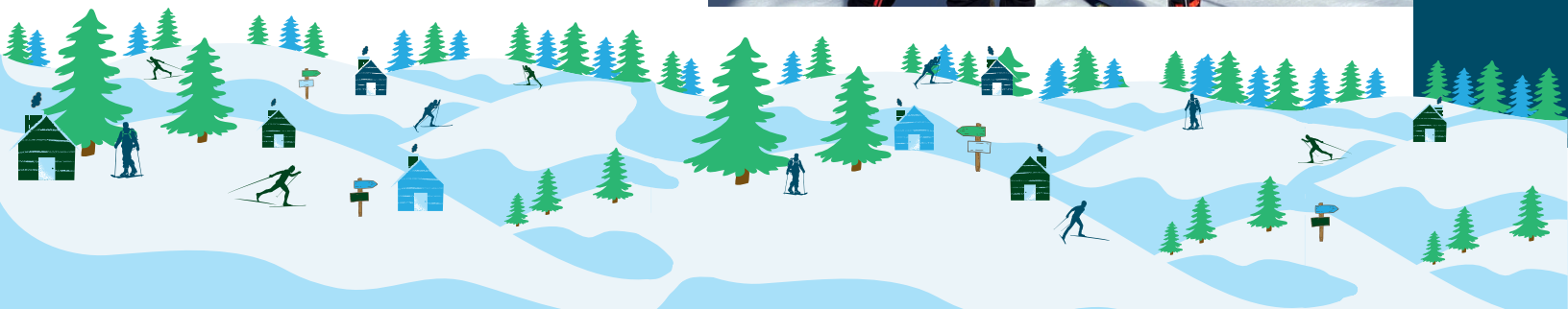
BALANCING CHALLENGE WITH MODERATION

While enduring challenges can boost resilience, a balanced approach is essential. Overextending oneself can lead to “toxicity,” manifesting as injury, burnout, or excessive mental and physical stress, which negates the positive effects of hormesis. Recognizing and self-monitoring personal limits is crucial for effectively harnessing hormesis and sisu. Gradually pushing boundaries while respecting personal limits enables individuals to leverage hormesis without risking harm.

CONCLUSION

Hormesis and sisu together offer a compelling framework for understanding how manageable stressors contribute to happiness and resilience. By embracing challenges in controlled ways, individuals can cultivate physical and emotional growth, leading to a more fulfilling, resilient, and happy life.

Suzanne and Peter are retired doctors and avid skiers. They moved to Ironwood for the skiing, the community, and the open-air life.





Create Your Nordic Legacy

BE A PART FROM THE START

Your support will not only preserve the trails you love but also create a lasting impact. Have your name, an honoree, or memorial etched permanently on the Founder's Circle wall at the trailhead, a symbol of your commitment to the future of ABR and create your own Nordic Legacy.

Support an organization that facilitates silent sports and offers meaningful experiences that benefit the wellbeing of the community. The Foundation will assume responsibility of ABR Trails in April 2025. Join the legacy for a limited time.

[LEARN MORE](#) 

Join & Place Your Name on the Founder's Circle Wall

Join the Legacy of the Founder's Circle



Gold
\$5,000



Silver
\$2,500



Bronze
\$1,000



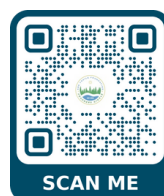
The Founder's Circle will help ensure the legacy of the ABR Trails Foundation for generations to come.



Our Founders

Eric Anderson & Angela Santini

[READ OR WATCH OUR FOUNDER'S STORY](#)



Forever Starts at ABR

AUTHORS: ALEX BRAULT & QUINN SCHOLLETT

My fiancé Quinn and I both grew up enjoying the beauty of ABR. Quinn's family has spent many winter days finding freshly groomed corduroy and have been active SISU participants over the years. My time gliding through the River Trail started as a member of the UW-Eau Claire Nordic Ski Club on our annual winter break trips and has turned into over a decade of making annual ski trips to enjoy the trails. Given our memories and experiences at this wonderful place, it seemed only fitting that it would become a special part of our story.

Throughout our time together, ABR has been a special place for us to make weekend trips. These trips were filled with long skis and endless laughter and are part of the core memories we have as a couple.

From the moment I knew I was going to propose, I knew I wanted it to be at ABR. I also knew I wanted the proposal to be a total surprise. As the calendar changed to fall last year, my plans started to come into focus. The universe though, as is sometimes the case, threw a curveball into my plans. In mid-November, I tore my ACL, meniscus, and severely sprained my MCL in my left knee. My ski season was done before it started. As I began my recovery in PT, I was undeterred in my plans, especially when I received confirmation from my PT that I'd likely be able to follow through with my proposal plans in late January/early February. We even added practiced knee bends to my rehab routine.

The secret proposal was set for the first weekend of February. With warm temps and snow melt predicted, plans were changed for the last weekend in January. On Sunday, January 28th, Quinn and her mom were out on the trails enjoying a post Noque ski. While they skied, I trekked through the snowshoe trails to find the best spot.

After skiing and saying goodbye to her mom, Quinn and I went for a walk on the snowshoe trails. Equipped with spiked yak tracks, poles and my locking brace, we slowly made our way down the Cabin Trail. As we approached an icy downhill, I told Quinn I needed to adjust my brace. While adjusting the brace, I mentioned I was getting warm and going to enjoy some of the snacks we had packed for our walk, which was my opportunity to take off my jacket and fish out the ring from its inner pocket. The next thing Quinn knew, I was on my knee asking her to spend the rest of her life with me. Her answer was a giddy "yes"! As we enjoyed the moment, I used my knee brace as a stand for my phone so we could recreate the moment and get pictures. Quinn was totally surprised. Even better, her mom had waited in the parking lot for us to walk back so we could share the news.





FOUNDER'S CIRCLE SUPPORTER



Yes, I want to become a Founder's Circle supporter and help us ensure Anderson Bluffs & River Trails Foundation's future legacy as the Midwest's premier Nordic ski destination.

Please call 906-262-0122 or email us at giving@abrtrails.com to discuss your giving.

Checks can be mailed to: ABR Trails Foundation
E5299 West Pioneer Road, Ironwood, MI 49938

Please include the following information with your check:



Please Select Your Donation Level: ___ Bronze \$1,000 ___ Silver \$2,500 ___ Gold \$5,000

First and Last Name(s): -----

Street Address: -----

City: _____ State: _____ Postal Code: _____

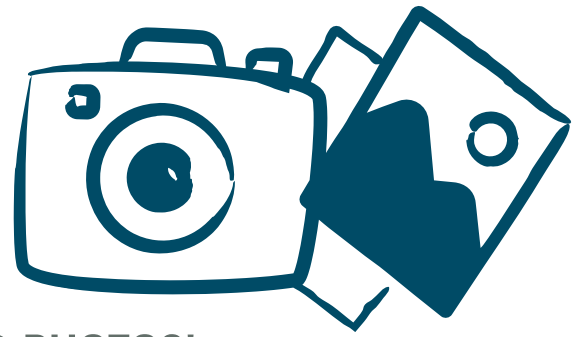
Email Address: -----

Telephone Number: -----

If you know how you'd like your recognition written on the donor wall, please include the name(s) here:

Optional: Please tell us why you've decided to donate to the Founder's Circle:

Optional: We would love to hear your favorite ABR Memory:



WE NEED YOUR PHOTOS!

HELP US BUILD OUR PHOTO LIBRARY

Do you have photos sitting on your phone or computer full of fun memories on the trails at ABR? Would you like to see your photos featured in our newsletter, social media, or on our website?

Please shared your favorite photos with our volunteer marketing team! Simply email the photos you'd like to share to Kristi@ABRTrails.com

We love photos where smiling people are featured having a good time on the beautifully groomed trails at ABR. People hanging out at the trailhead or chalet or even relaxing in a cabin are also welcome.

If you'd like credit given to your photos, please include that information in the email.



Save the Dates: Summer Solstice Bird Walks

FRIDAY, JUNE 20TH & SATURDAY, JUNE 21ST

Three bird hikes over two days will be led by Larry and Nancy Dolphin and Friends. These hikes will be a casual saunter on the ABR trails searching for birds establishing residence.

Both Friday and Saturday mornings at 6:30 am, we will meet at North Up, the Dolphin cabin on Hendrickson Rd. Also, on Friday evening beginning at 8:30 pm there will be a Summer Solstice Owl call meeting at the entrance of Norrie Park. The focus on all three hikes will be to identify birds by sight and sound. Leaves will be on the trees and shrubs, so sound birding will be the predominant identifier. Because of the diverse habitat, many species of warblers will likely be heard and seen. We will be walking mostly on ABR trails. Following the early morning hikes, there will be coffee and bakery available for your pleasure at the ABR Trails trailhead. Registration information coming soon...

