

# 2026 WESTERN REGION NSP MEETING

*Please sign up for the sessions you wish to attend so that we can plan appropriately!*

Registration is \$20 and includes access to any of the sessions.

Awards Banquet is \$25

## Event Agenda

**Saturday, May 2 - Sunday, May 3**

**9:00 AM - 12:00 PM (overnight camping)**

- Mountain Travel & Rescue 1 (MTR-1)

**Saturday, May 2**

**9:00 AM – Noon**

- Communication and Recruitment Round Table
- Bike Enhancement Seminar
- Lift Evacuation
- Senior OEC Aid Room

**12:00 – 1:00 PM**

- Lunch Break

**1:00 – 4:00 PM**

- Patroller Wellness / CISD
- Senior OEC T/E Session and Senior OET Informational Session
- Instructor Development Course
- Physical Training for Skiers and Snowboarders

**5:00 – 6:30 PM**

- Awards Banquet Social Hour

**6:30 – 8:30 PM**

- Awards Banquet Dinner

**Sunday, May 3**

**8:00 – 10:00 AM**

- Patrol Representatives and Section Chiefs Breakfast

**10:00 / 11:00 AM**

- Mesabi Trail Bike Ride

## Saturday, May 2<sup>nd</sup>

9:00am Sat through 12:00pm Sunday

- **Mountain Travel & Rescue 1 (MTR-1)**

Todd Heggstad will host an MTR-1 course at Giants Ridge. This will cover in-depth practice in land navigation, search and rescue, rope rescue, survival skills, and emergency shelters and fulfill the MTR requirement for Nordic certification. Overnight camping is required for this course. Camping will take place at Giants Ridge Saturday night, May 2. Please plan and dress accordingly for this seminar!

**Note: Participants will be able to attend the awards banquet, but must register for that separately.**

Contact: Todd Heggstad at [theeggstad57@gmail.com](mailto:theeggstad57@gmail.com)

9:00 am – noon

- **Communication and Recruitment Round Table**

This session will explore communication: What it is and what it can be. We'll look at the various channels and tools available to patrols and discuss best practices, scary things that lurk around dark corners, and how to tap into resources that are readily available. This session will be geared to PRs, PDs, patrollers involved or interested in the power and potential of social media, and those interested in developing media and tools to enhance patrol recruiting efforts.

Contact: Lee Massey at [patrol@detroitmountain.com](mailto:patrol@detroitmountain.com)

- **Bike Enhancement Seminar**

**Elevate Your Ride:** Level up your mountain biking skills in this brand-new progression session. We'll focus on riding more efficiently and safely, ensuring you have the confidence to tackle the trails while having a blast.

**Requirements:** A mountain bike, a helmet, and a passion for the trail.

Contact: Ryan Larson at [ryan.larson@buckhillskipatrol.org](mailto:ryan.larson@buckhillskipatrol.org)

- **Lift Evacuation**

Brad Weber from Wild Mountain and Mel Rajowski from Lutsen will lead a discussion and demonstration on new guidelines for lift evacuation. Bring your own equipment to show if you wish. We will have access to an operating chair lift with a lift attendant.

**Requirements:** Bike or ski helmet, appropriate footwear, weather appropriate clothing

Contact: Brad Weber at [brad.weber@live.com](mailto:brad.weber@live.com)

- **Senior OEC Aid Room**

The mission of the Aid Room Module of the Senior Program is to provide the Senior Patroller Candidate an opportunity to demonstrate a global expertise in the operation of the Aid Room and care of patients. The goal is to enhance the candidate's skills and knowledge of aid room procedures and related area policies. This session counts as an elective for Senior Alpine, Senior Nordic, or Senior Bike Patrol candidates.

Contact: Kathy Glynn at [angelw499@aol.com](mailto:angelw499@aol.com)

**Lunch Break** Noon – 1:00 pm

- Complimentary sandwiches, chips and drinks will be served in the South Chalet.
- There are also 3 restaurants on site or nearby: The Burnt Onion Kitchen and Brews, The Wacootah Grill, and Neighbors BBQ. See the Giants Ridge website for details.

1:00 – 4:00 pm

- **Patroller Wellness/CISD**

Come learn about techniques to manage stress, support your colleagues and understand critical incident stress and how to mitigate it for your patrol. This session will include active practice of stress management skills as well as presentations about understanding critical incident stress.

You will leave with skills to use in your day to day life, but also a better understanding of the expectations of managing critical incident patients and your own reactions to the incident.

Contact: Stacy Salvevold at [stuccie\\_wlf@yahoo.com](mailto:stuccie_wlf@yahoo.com)

- **Senior OEC T/E session and Senior OET informational session**

Learn how to train patrollers for the Senior OEC exam. Tips, tricks, and resources locations will be explored. Our goal is to have at least one Senior OEC T/E for each patrol in the region.

Learn what is involved in the Senior OET program - training and testing.

**Prerequisites:** OEC Instructor and completion of the OEC portion of the Senior Program.

**Note:** Potential Senior candidates are also welcome to sit in on this session.

Contact: Mary Helm at [maryjanehelm@gmail.com](mailto:maryjanehelm@gmail.com)

- **Instructor Development Course**

Region ID Advisor, Wrick Dunning, will be holding the in-person portion of the NSP ID course.

The heart of our time together will be a short teaching demonstration by each participant.

**Requirements:** The online portion of I.D. must be completed ahead of time.

Contact: Wrick Dunning at [wricksmail@gmail.com](mailto:wricksmail@gmail.com)

- **Physical Training for Skiers and Snowboarders**

Join professional Athletic Performance Coach, Jack Standal, as he explores how strength training can enhance performance, reduce injury risk, and support long-term longevity in snow sports like cross-country skiing, downhill skiing, and snowboarding. We'll cover the key physical qualities winter athletes need, common injury patterns, and practical strategies to build strength, stability, and resilience. Whether you're a recreational rider or competitive athlete, you'll leave with actionable tools to stay stronger, safer, and on the snow for years to come. Lots of participation is expected, sign up early!

Contact: Jack Standal, Odom Health and Wellness, at 612-965-0377

## 5:00 PM - 6:30 PM

### Awards Banquet

5:00 – 6:30 pm

- **Social Hour** - Mingle with your fellow patrollers from around the Region. Cash bar and appetizers available.
- **Region Program Advisors**  
Interact with Region Program Advisors. Learn more about their programs and the events they have scheduled for 2026/2027.

## 6:30 PM - 8:30 PM

### Buffet Dinner

Spend the evening with patrollers from around the Region as we celebrate patroller achievements.

Buffet Dinner: includes Champagne Chicken, Pork Loin, and Vegetarian Lasagna.

**\$25 per person. Deadline to register is April 17!**

Notes:

- The Western Region is using surplus funds to discount the cost of the buffet dinner.
- Please let us know if you have any special dietary needs

## Sunday, May 3

- **Patrol Representatives and Section Chiefs Breakfast**

Meet with Region Director, Jeannine Mogan (and NSP Board Reps)

8:00 am - 10:00 am in the Main Chalet

Patrol Representatives, Assistant PRs, and Section Chiefs only (no cost)

- **Mesabi Trail Bike Ride - 10 or 11:00am**

Join local bike enthusiasts and Giants Ridge Patrollers, Debby and Todd Roswald, for a scenic paved trail ride on the Mesabi Trail. Bring your own bike and helmet or rent from Giants Ridge by calling 218-865-8024. The length of the ride will be tailored to individual desires. Pending safe weather and trail conditions.

Contact: Debby or Todd at [debbyliz@hotmail.com](mailto:debbyliz@hotmail.com) or [t.roswald@gmail.com](mailto:t.roswald@gmail.com)

## LODGING

### *Country Inn of Hoyt Lakes (11 miles)*

99 Kennedy Memorial Dr, Hoyt Lakes, MN 55750

(218) 225-3555

<http://www.countryinnofhoytlakes.com/>

**Note:** A block of rooms has been booked for us at \$139.95 per night.

**Please reserve by April 24, 2026 to receive the group rate!**

### The Lodge at Giants Ridge (on site)

1, 2, 3, and 4 bedroom condos available for rent.

6373 Wynne Creek Drive, Biwabik MN 55708

(218) 865-7170 or (877) 442-6877

Visit <https://www.lodgeatgiantsridge.com/>

### The Villas at Giants Ridge (onsite)

- Studio, 1, 2, 3, and 4 bedroom Villas
- Visit <https://villasatgiantsridge.com/>

### Green Gate Guest Houses (3 miles)

- 5748 County Road 138 Biwabik, MN 55708 218-290-2607
- Visit <https://www.greengateguesthouses.com/>

### Quality Inn and Suites, Virginia, MN (18 miles)

502 Chestnut Street, Virginia, MN, 55792, US

218-235-2898

### Lakeshor Motor Inn (20 miles)

404 North 6th Avenue, Virginia, MN 55792

218-293-3541

### Super 8 by Wyndham Eveleth (19 miles)

1080 Industrial Park Drive

Eveleth, MN 55734

[www.wyndhamhotels.com](http://www.wyndhamhotels.com)

### AmericInn by Wyndham Virginia (19 miles)

5480 Mountain Iron Drive

Virginia, MN 55792

### Comfort Inn and Suites Mountain Iron and Virginia, MN (21 miles)

8570 Rock Ridge Drive

Mountain Iron, MN 55768

[www.choicehotels.com](http://www.choicehotels.com)

### Biwabik Campground on Vermillion Trail (5 miles)

321 Main St

Biwabik, MN 55708

<https://www.campfire.com/campground/Biwabik%2527s+Vermillion+Trail+Campground>