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## March 2016 Newsletter



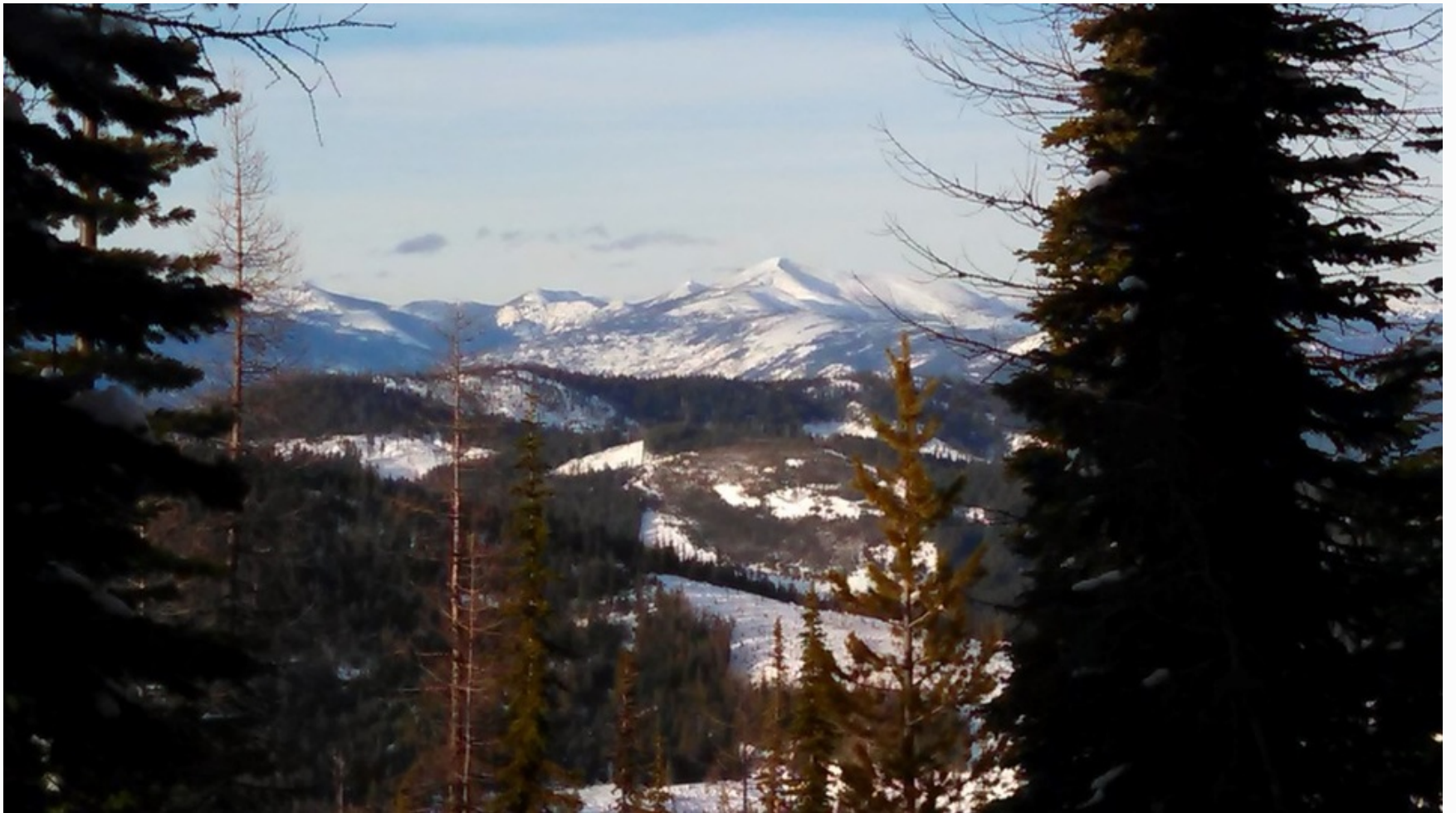
## NEWSLETTER



Sandpoint Nordic Club

Volume 2 Issue 6: Mar 1, 2016

Picture of the Month



Thanks to Bob Love!

Submit your picture for the next edition by emailing it to  
[SandpointNordic@gmail.com](mailto:SandpointNordic@gmail.com)

**Don't stop! It may be springtime in the valley but there's plenty of good skiing at Schweitzer Nordic.**

**Here's what's happening:**

**Club Party** **Tuesday, 3/15, 5:30pm.** The Hound Downtown.

### **It's Party Time**

The next club meeting is on Tuesday the **15th March, 5:30 -7pm** at the **Hound Downtown** (corner of Bridge and First, formerly known as Bricks and Barley). This will be our final club meeting of the season and we're hosting a party. Come one, come all! Enjoy a slice of pizza, and a beverage on us! Share your favorite Nordic stories from the season. You'll also hear from your SNC board about the plans to buy club-owned grooming equipment for next season.

Families welcome! – *Vicki Longhini*

### **200 k Challenge**

The Sandpoint Nordic Club 200 k Challenge is well underway and conditions on the Schweitzer trails have been exceptional. Mary Fiedler and Rich Beber are the first skiers to submit their ski logs completing over 200 kilometers. All Sandpoint Nordic Club members who ski a minimum of 200 kilometers for the ski season are eligible to participate in a drawing for a new pair of cross-country skis. The winner can choose the type of skis including skate, performance classic or touring. You can bring your entries to the end of season club meeting March 15th or mail to SNC by March 31st. Get out and ski!

Sandpoint Nordic Club

PO Box 233

Sandpoint, Idaho 83864

SNC would like to thank the following sponsors of the 200 K Challenge:

**Idaho Pour Authority**

**PendOreille Insurance Services**

**Sandpoint Property Management**

**Sandpoint Sports**

**Small House**

**Sandpoint Surgical Associates**

**Conrad T. Young C.P.A.**

**Alpine Shop**

– *Jared France*

**Capital Campaign**

The SNC Board has agreed to purchase grooming equipment for the club in order to sustain the trails at the University of Idaho (UI) property or other future trails. This is an exciting time in the development of our Nordic community here in Sandpoint! With this equipment, we will ensure access to beginner level ski trails that are so vital to growing our Nordic culture. This year, we had 37 kids in our youth program that all used the UI trails. In January, we had approximately 180 skiers, most of which were beginners, take advantage of Free Ski Day at Schweitzer and many of them ended up using the UI trails. We estimate that the UI trails were used by 200 people weekly. In order to fund the grooming equipment, we will be running a capital campaign during March and April. You

will hear more about that in the coming weeks. – *Ross Longhini*

## **Prep Your Skis For The Summer**

Most of the ski season, you are skiing on snow which is mainly white. When the season starts to wane and the snow starts to melt, it can have a light cedar color. This is due to pitch and pollen from the trees as well as fluids from the machinery used for grooming. After a day of skiing in this snow your bases will have a thin residue to remind you that you are skiing in March. Do yourself and your faithful skis a favor and prepare them for next season before you put them away for the summer.

Here are a few things that you may need to complete this process;

- 1) Warm temperature wax like red or yellow.
- 2) Iron which will not be used for anything else.
- 3) Plastic scraper.
- 4) Fiberlene- a porous slightly abrasive cloth.
- 5) Stainless steel or brass brush.
- 6) Blue painters tape to mask off the kick zone on classic skis.
- 7) Citrus based base cleaner.

The first step to putting your skis to bed is to clean the bases. There are several ways to accomplish this. Using a piece of fiberlene cloth with a little base cleaner on it, wipe the base from tip to tail until clean. Let the ski sit for 5 minutes to dry. An alternative to base cleaner is to “hot scrape” the ski. Set your iron to the lowest setting that will easily melt the wax but not create smoke. A ski specific iron will have a setting at 110 degrees centigrade which will work fine. Holding the iron vertically, hold the bar of wax against the iron and run a bead of wax down one side of the groove and back up the other. It is better to use too much wax than not enough. Place the iron flat on the ski and move it from tip to tail. Move the iron at a speed that leaves a trail of molten wax behind the iron about 2”. Scrape the wax off of the ski while it is still very warm being careful not to damage the hot base.

Prior to waxing the bases should be brushed to open the pores to accept fresh wax. This is accomplished using your stainless or brass brush. If you are prepping classic skis with a no wax pattern wrap the pattern at the front and

back of the wax pocket with blue painters tape to keep wax from filling in the pattern. If you have a waxable classic ski then cover the entire wax pocket with tape. Take the ski and divide it into thirds. Front, middle and back. Working from tip to tail, brush the base firmly about 20 strokes per section. Do not use the brush on your kick zone. Your ski is ready for wax.

Wax your skis as described above for “hot scrape”. Make 5 passes down the ski with the iron. Make sure that the ski has adequate wax for all passes. The iron should be traveling on a bed of molten wax. Add more wax if necessary. Carefully scrape the groove while it is still warm but don’t scrape the rest of the ski. This is your summer protection. When the mountains call next winter, scrape the wax, add a “wax of the day” and you are ready to enjoy another season. –

*Bill Tregoning*

### **Toppidrettsveka**

Roller skiers your day has arrived! Your summer stay-in-shape activity has become a sport in its own right. Although the three day event, Toppidrettsveka, has been held since 2003, 2015 is the first year that the US Cross Country Ski Team was invited to this international roller ski training camp and competition. There were participants from Norway (the host country), Sweden, Russia, Italy, Germany, Canada, Japan, and the USA.

The Norwegians dominated in the wide variety of events (why else be the host country?). Nevertheless the US team members did garner some awards. Liz Stephen took third place in the Fonna Opp hill race and Noah Hoffman took third place in the corresponding men’s race. The 15 km. Classic Pursuit finale took place in Trondheim in front of a large crowd.

Could we do something like this here for normal citizen racers? Maybe start with modest venues such as Rathdrum and Athol to test North Idaho’s latent enthusiasm. Then move up to Bonners Ferry and ultimately Sandpoint/Schweitzer. A lutefisk eating contest could even become an integral part of this extravaganza. For more information check out the [Toppidrettsveka website](#). – *Dick Sevenich*

### **Need advice? Ask the Ski Curmudgeon!**

Dear Ski Curmudgeon,

What would you rather be, a “skinny skier” or a “fat biker”? *Skinny*

Dear *Skinny*,

I like the way you think, you’ve answered your own question. Personally I’m more “narrow minded” than “fat headed”. SC

Dear Ski Curmudgeon,

Why is the newsletter so long? *A.D.D.*

Dear *A.D.D.*,

Because we have a plethora of want-to- be writers vying to get published. Besides, Nordic news is so newsworthy. SC

Dear Ski Curmudgeon,

What is a corn-hole tournament? *Slightly frightened*

Dear *frightened*,

You have nothing to worry about. It involves harmless bean bags and tossing them into a hole. Besides, it has nothing to do with Nordic skiing. SC

Send your question for the Ski Curmudgeon to [sandpointnordic@gmail.com](mailto:sandpointnordic@gmail.com)

The views expressed by the Ski Curmudgeon are his own and hardly ever reflect the views of the SNC.

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Comments and suggestions for the newsletter may be sent to [sandpointnordic@gmail.com](mailto:sandpointnordic@gmail.com)

Previous editions of the newsletter are available on the Club [website](#).

And we are on Facebook at “Sandpoint Nordic Club”.

