

# Sandpoint Nordic Club Newsletter



Volume 4- Issue 5 March 2018

## “Photo of the Month”



**Annaby Kanning**

Sandpoint Nordic Club's Annaby Kanning will compete in the U.S. Junior National Cross-Country Ski Championships next week in Soldier Hollow, Utah. Annaby will be skiing in the U-16 age group for the Pacific Northwest Division and will compete in four events.

## Here's What's Happening

- March 13th - SNC General Club Meeting -5:00pm at MickDuff's Beer Hall on Cedar in Sandpoint
- Wednesday Ski Group- meet at Schweitzer Clock Tower at 9:10 am; all skiers welcome (it helps to have some experience on the Schweitzer Trails)
- SNC Ski Lease Program- Contact Syringa Cyclery 518 Oak Street-208-610-9990
- 200 K Challenge forms due March 31<sup>st</sup>- Submit to any SNC board member or mail to: Sandpoint Nordic Club P.O. Box 233 Sandpoint, Id. 83864
- March 31<sup>st</sup> Full Moon Ski- stay tuned for details
- New SNC hats and buffs for sale at Syringa Cyclery

Check out our [calendar](#) and events pages on this website for more information.

## WHY I LOVE NORDIC SKIING

I was a dyed in the wool Alpine skier for over 40 years, however it was becoming the same old thing. Turn left, turn right, get in line. Out of the blue my wife announced "I want to start skate skiing". So we both bought equipment, but she actually used hers. After she skied for several weeks I noticed that she was moving in strange ways around the house. She would bound up the stairs moving side to side and flailing her arms in the air. V-1 she said. I'd often find her balancing on one foot while dealing with her chores. Odd I thought. I continued to Alpine ski.

One day she asked me to go skate with her. Piece of cake I thought as I was an expert at skating to the lift. The plastic wrap came off my new 2-year-old skis. It wasn't long before she was out of sight and I was out of oxygen. Struggling along it started to dawn on me that this was a slightly different animal to skiing downhill for several minutes followed by a 10-minute chairlift ride. I became intrigued by the speed and grace of those skiers who flew by me and I was hooked.

Now that I have Nordic skied for over a decade and a half I often reflect on what I love about the sport and what keeps me coming back for more.

I love that everyday is different. There are hero days, not so hero days, rainy days, powder days and many others. I have found that generally if I have the right apparel and can talk myself outside, that I have a good time.

I live that differing conditions may require adjustments to my technique and stance. I enjoy trying to find what work best...today!

I love the peace and quiet on the Nordic trails broken only by the sound of pole strikes and heaving lungs.

I love to pull over and survey my surroundings and take time to realize how lucky we are to live and ski in this area.

I love that the older I get , I know and understand that "skiing fast" is a relative term.

I also love the fresh air workout that Nordic skiing provides. I always feel mentally recharged when I'm done.

My only regret is that I didn't take that plastic wrap off my skis sooner.

*Bill Tregoning*



Skiing the Tartu and Finlandia ski marathons.

So first you ask, what are these races and then why would you ski them?

The Tartu and Finlandia ski marathons are part of the World Loppett series of marathon ski races that take place around the world. Many skiers purchase a World Loppett passport, which looks almost identical to a US passport, which is then stamped with the date you did the race and your time in the race. It becomes a badge of honor or more so, courage, to complete 10 of these races. There are a total of 20 races in the World Loppett series, including races in China, Argentina and Italy just to name a few. Some very dedicated skiers accumulate several filled passports. They seem like normal people when we talked to them but now that we have skied a few of these races, I am not so sure of their “normalcy” anymore.

Many of the marathons have been going on for over 40 years and most of them are in the classic style of skiing. The **Tartu ski marathon** is a 63K point-to-point race in Estonia, from Otepää to Elva, both small villages in southern Estonia. The course is somewhat rolling hills to flat, so being a strong double poler is a benefit. This race is close to 100% a locals race; in fact, only 8 of the 3500 racers were from North America. They run a 35K race on the same course for the more “sane” skiers. The race started in a large stadium where the Estonian Biathlon team does their training and while we line up according to our numbers, the race was a mass start. I will let you imagine the pandemonium.

The **Finlandia ski marathon**, a 50K ski race, takes place a week after the Tartu, up in Lahti, Finland. Lahti is a Mecca to all things Nordic, with a little ice hockey thrown in. There are two very large stadiums, one for XC ski racing and one for ski jumping. Seeing those ski jumps (there were three jumping heights) gave me an appreciation of the speed (and guts) those Olympic ski jumpers have to just let themselves fly off of those jumps. This race seemed to have a higher percentage of visitors. We did see a large Russian ski team group at dinner one evening and heard more languages this time, still, primarily a locals race. This marathon takes place over a weekend that includes several shorter classic races run at the same time on the marathon course, along with a 50K and 100K skate the next day. No, we did not participate in the skate; although, we both wondered how many skiers did both competitions. These Finns are a hearty people, they walk, run, ski and bike in zero to minus 20 weather (that is in Fahrenheit).

While it took some effort to complete two ski marathons just six days apart, we did it and got our passbooks stamped. We now have 4 stamps in our passbooks, from the American Birkie in Wisconsin, the Fassavaten in Iceland, and now the Tartu and Finlandia. Why this desire? Is it just about the passbook? Well no, ok, maybe a little.....as all of us XC skier enthusiasts have a little obsession in us to "go the distance". But now as we pack our skis and our well-worn ski clothes and head back to Sandpoint, we realize that more than ski racing, pursuing these loppetts is a chance for us to experience new countries, cultures, ski trails and also connect with people from all over the world who share a love of our sport. Cross country skiing is definitely a special bond!

So what is next?? I see the Norwegian Birkebeiner in our not-too-distant future. More on this next season

*Vicki Longhini*

## **Ole and Lena**

**Ole and Lars were working for the city public works department in Lake Wobegon. Ole would dig a hole and Lars would follow behind and fill the hole in. They worked up one side of the street, then down the other, then moved on to the next street, working hard all day without rest, one digging a hole, the other filling it in again.**

**An onlooker was amazed at their hard work, but couldn't understand what they were doing. So he asked Ole, 'I'm impressed by the effort you two are putting in to your work, but I don't get it -- why do you dig a hole, only to have your partner follow behind and fill it up again?'**

**Ole, the hole digger, wiped his brow and sighed, 'Vell, I suppose it probly looks odd, cuz normally ve haf anudder guy. But today Sven, who plants da trees, called in sick.'**

*Dick Sevenich*



**NNN**

(Ned's Nordic News)



**Historic gold for U.S. cross country skiers Kikkan Randall and Jessie Diggins in the women's team sprint. (Norway was third, but they were happy for the US and even happier that Sweden didn't win)**

[https://www.washingtonpost.com/sports/olympics/kikkan-randall-has-blazed-a-cross-country-trail-jessie-diggins-followed-it-to-gold/2018/02/21/0293d812-16de-11e8-92c9-376b4fe57ff7\\_story.html?utm\\_term=.b0fd50869ff7](https://www.washingtonpost.com/sports/olympics/kikkan-randall-has-blazed-a-cross-country-trail-jessie-diggins-followed-it-to-gold/2018/02/21/0293d812-16de-11e8-92c9-376b4fe57ff7_story.html?utm_term=.b0fd50869ff7)

From The New York Times:

Where Were You When Oddvar Bra Broke His Pole?

In 1982 the Norwegian cross-country skier Oddvar Bra collided with a skier from the Soviet Union. Somehow, a national myth was born.

<https://www.nytimes.com/2018/02/12/sports/olympics/oddvar-bra.html>

**They take their skiing seriously:**

<https://www.thelocal.no/20180131/inebriated-norwegian-skier-stopped-by-police-due-poor-technique>

If you ask FC to translate the Norwegian, I think you'll find that skoyta means skate not cross country. The translator is clearly not a Nordic skier.

Dear SC,

As I was struggling up a small hill yesterday there was a loud yodel just behind me and a freestyle skier pulled up along side. It was a young fellow I had met before and he explained it was his birthday and he was skiing his age in kilometers. He had 19 in and 9 to go.

Now I can see the appropriateness of shoot your age in golf. As you get older it gets slightly easier. That makes as much or more sense than golf in general. But in XC, what are they thinking. Sure it might be OK for that young fellow but think of me. It would take more than two weeks.

So I would like to propose a rules change. Instead of ski your age, it should be ski your remaining years. It would work like this: say average life expectancy is somewhere around 80 years. You would subtract your current age from that and ski that many kilometers. I would be done in an afternoon with no risk of fatal consequences. I'm sure my young friend could easily do 52K.

Meanwhile I'm glad my birthday is in the summer.

Sincerely,

*Your Average Classic Skier*

PS: News from the vole front. A recent shoveling of the sidewalk turned up a vole. Biggest one I had ever seen. Four or five inches long not counting the tail and more than two inches wide. Volezilla! Whacked it a couple of times with the shovel. It snarled and disappeared into the snow. We'll meet again as the snow melts.

YACS

Dear YACS,

You and your obsession with voles, are back and don't give me any grief over misspelling PETA. I was just seeing if you were actually reading this column. Why can't you just leave the poor creatures alone. They're just trying to get through life and they don't give a rip about "skiing your age" or "skiing your age in reverse". You need to stop worrying about how far you ski and just get out and ski and give the poor voles a break, *Mr. Murray* (see Caddy Shack). Besides, having a birthday in the summer doesn't get you off the hook, there's always roller skis.

SC

Dear SC,

Bonk. Really? While skiing?

I must be getting old.

*Your Average Classic Skier*

Dear YACS,

Perhaps it's time you gave the Russian Olympic Committee a call. They should be able to help you out...wink....wink..

SC