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## October 2014 Newsletter

### Sandpoint Nordic Club NEWSLETTER

#### Volume 1 Issue 1: Oct 1, 2014

It's preseason and there's a lot going on:

**Dryland Training** started 9/29. Contact Vicki ([vicki.longhini@gmail.com](mailto:vicki.longhini@gmail.com)).

**Member Meeting** 10/14, 5:30, at McDuff's Brewhouse (Cedar St.)

**Nordic Tap Night Fund Raiser** at The Idaho Pour Authority 10/22, 4-8pm.

**Ski Swap & Wax Clinic** 11/2, 11-2pm.

**Youth Ski League** sign up 10/18-11/3. Contact Vicki ([vicki.longhini@gmail.com](mailto:vicki.longhini@gmail.com)).

## **Would you like to ski with other members?**

The Club is surveying to find out if there is interest. The proposal is this: The Club would match skiers of similar abilities and interests to start ski groups with regularly scheduled outings. If needed the Club will try to provide an experienced skier to act as guide. These would not be lessons but an opportunity to get into a regular routine, build your skills and have some fun. If you're interested, send an email telling what you would like in a group to [sandpointnordic@gmail.com](mailto:sandpointnordic@gmail.com)

## **Dryland training**

Adult dryland training is for all current Club members. It meets once a week on Monday evenings until Thanksgiving. Location will vary based on workout planned (check website for location updates). Focus of dryland training will be on upper body, core and balance and will also include some hill bounding sessions. Contact Vicki ([vicki.longhini@gmail.com](mailto:vicki.longhini@gmail.com)).

## **The trail crew at work**

It's rough sledding right now but this is the time to prepare trails for the coming winter. A crew was at work in September on the U of I site. Coral, Jared, Ned and Bob were out there with big lawnmowers and a string trimmer knocking down the weeds and high grass so the trails will be easier to groom. Vicki and Ross have been surveying potential new trails but have nothing to report yet. Western Pleasure stands ready to groom their trails when the snow comes.  
THINK SNOW!

## West Yellowstone

I believe my favorite Nordic ski trail is Cloudwalker located on the Schweitzer cross-country ski trail system, but a close second is the Dead Dog Loop on the Rendezvous Nordic Trails at West Yellowstone, MT. The trail system is located in the National Forest that borders Yellowstone National Park. One can literally walk from most of the numerous hotels in West Yellowstone to the Rendezvous trail head. The Rendezvous' 35 km trail system consists of a series of loops beginning with the relatively flat In/Out and Purple Haze trails. From the first trail junction a series of undulating loops begin including Volunteer Loop, Rendezvous Loop and Deja View. The more adventurous can challenge themselves on a 25 km loop that takes in the never boring Dead Dog Loop and Windy Ridge. Most of the hills are relatively short with smooth corners and rolling terrain.

The West Yellowstone area receives early snow which can linger into May. At over 6000' the snow is relatively dry resulting in superb classic skiing. Some of the best grooming in the world is performed there since it is the birthplace of YTS trial grooming equipment. Skiers from all over the US are attracted to the annual Yellowstone Ski Festival during Thanksgiving week. The entire town is invaded by Nordic skiers including numerous college and club teams as well as past and present Olympians. Clinics are held for skiers of all abilities and a great time is had by all except when the town runs out of food (which did happen one year). This time of year is considered off season (the snowmobilers aren't there yet) and accommodations are very affordable. The park is usually closed for cars by this time, and it may be possible to ski into the park on the road.

A visit to West Yellowstone in late November or any other time for that matter would even make the Ski Curmudgeon smile. Don't forget to send in your questions. JF

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

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

Dear Ski Curmudgeon,

My girlfriend thinks classic skiing is for nerds. I'm not very good at skating. What do you think?

Dear Nerd, take some lessons or get a new girl. Classic skiers are more interesting anyway. S.C.

Dear Ski Curmudgeon,

The access trail at Schweitzer goes straight down and then straight up. I'm a beginner. What should I do?

Dear Newby, Buck up! It's not that bad. Once you get to the Y, you will love it. You can hone your skills at Western Pleasure and U of I, then go up and "ski the view". S.C.

Dear Ski Curmudgeon,

I don't get snowbikes. They bog down going uphill even more than me. What is their purpose?

Dear Sensible, I don't get roller skis on the bike trails. People just can't seem to give up their favorite activity no matter the season. Schweitzer will try about anything to get income to justify the XC trails. Show as much tolerance as you can toward bikers and snowshoers. It's hard to see but they are there to help

you. And remember the bikes make great sculptures, if you use a cutting torch.  
S.C.

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.

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

The Sandpoint Nordic Club is on Facebook at “Sandpoint Nordic Club” and online at SandpointNordic.com