

Sandpoint Nordic Club Newsletter



Volume 4- Issue 4 February 2018

“Photo of the Month”



Bozeman Artist- Mimi Matsuda

Here's What's Happening

- February 6th- SNC Board Meeting- 5:00-7:00 pm- Idaho Pour Authority
- February 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

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



Meet Me at the Governor's Mansion

(Skiing in Town: A Testimonial)

I'm crazy about the Nordic tracks at the former U of I Experimental Agricultural Station on Boyer Avenue. In fact, every time I slot my skis into the parallel grooves and push off, I get happy. I follow the looping, swooping track and, well, soon get very happy. If I'm cold, I get warm, If I'm worried, I forget what that's all about. Through stands of grand firs and corkbark firs, under the lone crow that caws at me overhead, gliding through the snowy landscape, I end up with a natural high and all aglow.

So high do I become after I've skied a circuit or two at the U of I tracks, I've taken to calling it the "U of High." All that sky, snow, joy. All those outdoor people – the pair of tiny sisters in every shade of periwinkle, pink and fuschia, the guy skiing on the walking track with a happy husky attached to his belt, giving his master a good tow, the elegant skate skiers, the snowshoers, the walkers, the beginners, the pros. Those in goggles and neck gaitors so they are only a nose. Those in lyrca. Those in Carhartts and woolens. Everybody in great form at the U of High.

Fresh air, white snow, exercise: the secret combo.

Last week after skiing, I went to buy a zipper at Walmart. We walked into the huge store and felt like flashing Technicolor toons in a gray world of gloomy people. (Think Tom's turquoise & white ski boots and tighter than average pants, for instance.)

The view of Schweitzer, the wind, the smiles, the train you race along the south border, the clanging red lights of the crossing that you can ignore. No cars allowed on the U of High tracks. Benefits come from as short a time as a half hour – a lunch break with time to down a sandwich before returning to your desk or bench. You can go slowly or you can book it. You can even stand and gab.

Take note of the view of the 'Governor's Mansion' just before you ski back to the parking lot, going north. Across Boyer, the family home of Don Samuelson (Idaho's 25th governor, 1967-71), hunkers behind a stand of tall pines. Still stylin', the classic flat-roofed house with a thick stone chimney, has a color-matching sage green VW bus in its driveway.

Thanks to the groomers and organizers and committee of the Sandpoint Nordic Club, we can enjoy this fabulous site!

Karen Seashore

1/5/18

Learn to ski or greatly improve with local
XC Olympian and World Champion

Rebecca Dussault



Classic Technique

Saturday, Feb 3, 2018

Beginner 9:00 - 10:15

Advanced 10:30 - 11:45

SNC Trails at the UofI Extension

[1900 N Boyer Ave, Sandpoint](#)

Skate Technique

Saturday, Feb 10, 2018

Beginner 9:00 - 10:15

Advanced 10:30 - 11:45

Classic

Saturday

Beginner

Advanced

\$3 trail fee for non-SNC members

SNC Members \$25 per clinic or \$40 for both; Non-members \$30 per clinic or \$50 for both

Equipment Available -Syringa Cyclery, Alpine Shop and Outdoor Experience

To reserve your spot, text or call: 970-209-4823

Private instruction is also available/encouraged!

SNC Ski Hats and Buffs Available (New Design)

Items will be sold at the monthly club meetings, and at Syringa Cyclery.

Cost: \$25 for hats. \$20 for neck buffs.

There are a limited number, so make sure you come to the club meeting on February 13th to claim yours!

<http://sandpointnordic.com/hats-buffs-ts-jackets/>

Ole and Lena

On a nasty and bitterly cold Minnesota February night, the phone and electricity went out at Ole and Lena's farm. It was late in Lena's pregnancy and suddenly Lena woke up her Ole and said, "Da baby's comin, Ole, you bedder call da doc." But the phone was out, of course, so Ole saddled his horse and rode ten miles for the doctor. The doctor came back, examined Lena, and said, "Yes, she's in labor. Ole, make yourself useful. Light a kerosene lantern, hold it just right there, and I'll deliver the baby."

Ole held the lantern and pretty soon the doctor said, "Here it comes, Ole – you're the father of a baby boy! But wait, Ole, hold the lantern steady –" and a few minutes later, the doctor said, "It's twins, Ole, you're the father of twins! Whoa, hold the lantern steady, Ole – I think it's going to be triplets!"

Ole said, "Doc, do ya tink it's da light dat's attractin em?"

Dick Sevenich



NNN

(Ned's Nordic News)

Check it out. Idaho Natives!

[“Scott Patterson Wins U.S. Nationals 15 k by Nearly a Minute”](#) is the first headline that caught my eye last week. In case you hadn't notice, brother and sister Scott and Caitlin Patterson have been tearing up the tracks at US Nationals and dominating the competition. In addition to being accomplished athletes, both are college graduates with engineering degrees. I expect we will see these siblings join Eric and Sadie on The World Cup.

<https://scottgpatterson.wordpress.com/about/>

<https://caitlinpatterson.wordpress.com/about/>

Who naps more, Mikaela Shiffrin or Heidi Weng?

Heidi sleeps for about half the day – 10 hours at night plus a two-hour nap in the afternoon.

Shiffrin is religious about napping and claims “If there were a gold medal for Sleep, I would win it”

Snow bikes beware, there's a new sheriff in town ready to take over your favorite ski trail!

<https://m.youtube.com/watch?v=4w7sVSMbjyM>

Jessie Diggins wins world cup race in Austria and has the Olympic Games in her sites

https://blogs.fasterskier.com/jessiediggins/?post_id=39808

YSL Up-date

We are at 66 skiers! Up from 35 last year. It's crazy, but so awesome seeing so many kids on skis today. We meet Mon and Wed after school and we are starting a little high school group skate ski on Thursdays next week. Tons of brand new skiers this year, only 7 coaches too so we are stretched but every one of them is super capable and has a love of kids. Coaches are Rebecca Dussault, Jeannie Higgs, Ross Longhini, Vern Eastley, Kathi Riba-Crane, Katie Cox and Jenn McDonald....oh, and me. We have several parents out on skis too so that helps a ton. Definitely having Rebecca as a spokesperson for the sport helps recruit but also the summer training program we ran as well as the dryland program this fall recruited a lot of new kids to join us on skis.

While we have some young, up and coming racers, Annaby Kanning (first year U 16) is our solo PNSA racer this year and is gunning for a spot on the national team representing PNSA. She is training hard with us during the week and spends some training time with Mt Spokane on the weekends. Sister Emerson is doing some racing as well this year but not at the same intensity as Annaby.

Vicki Longhini

Ski Curmudgeon Corner

Dear Ski Curmudgeon,

I recently finished reading an article in the NY Times regarding cross-country ski racing in the Olympics. <https://www.nytimes.com/interactive/2018/01/31/magazine/winter-olympics-cross-country-skiing.html>

Why would anyone watch this sport, much less want to do it? *Couch Potato*

Dear *Spud*,

The prose and descriptive narrative in this article are beautiful, too bad the author is so clueless. I'm not sure if it should be called "fake news" or simply a fictional concoction of someone's uninformed imagination. Not only are Nordic ski racers the most fit and amazing athletes on earth, they are exceptional role models (see NNN article on Jessie Diggins). They often ski 10 km courses in under 23 minutes and 50 km courses in well under 2 hours. In sprint races, groups of six skiers go head to head, jockeying for position in tight, turbulent courses. Speed on downhills can exceed 60 miles per hour and all this with a couple of tooth picks on their feet! The US Women's Olympic team is one of the best in the world and is expected to bring home the first women's cross-country ski Olympic medal in US history. It would be nice if this reprobate got out of his high-rise office and wrote something worthwhile that actually gives these athletes credit for being the fabulous role models and ambassadors that they are. SC

PS- Curling??? You've got to be kidding me.