

# Sandpoint Nordic Club

Newsletter - January 2021



## Register for your 2020 / 2021 Season Membership

If you have not already done so, head to [sandpointnordic.com](http://sandpointnordic.com) to register for your season membership. Unlimited access to SNC groomed trails, access to club events, lessons, and local discounts as well as helping SNC maintain current ski trails and build future trails.

Thank you to the following local businesses who have partnered with SNC to offer our members discounts (check out the SNC membership page for details). Once you have picked up your SNC membership card, support these business, and thank them for the discount.

Outdoor Experience  
Syringa Cyclery  
Evans Brothers Coffee  
The Longshot  
The Shed  
Sandpoint Medical Massage  
Wold & Bell

## 2020 Fundraising Goal Has Been Met!

Generous XC ski enthusiasts and SKIATHON help Sandpoint Nordic Club reach 2020 matching grant goal!

This fall, the Sandpoint Nordic Club received a matching grant proposal from a local foundation, to match a raise of \$10,000. The club knew it might be tough to raise that kind of money in a year where the pandemic caused many pocketbooks to shrink. The Nordic club board members and supporting parents of skiers really put effort into this match as the need for youth skis, scholarships and youth coaching increases significantly year over year. The goal was to reach this match by December 31, 2020.

What a Happy New Year it was, not only the matching goal reached, but it was surpassed by another \$2000.00. Close to 100 individuals donated to this goal this fall and on Dec 30th, the Sandpoint Nordic youth Race and Devo teams completed the first ever "Skiathon", where 9 skiers were sponsored to ski a total of 114 kilometers and raised over \$2000.00 to add toward the match. SNC wants to say a big THANK YOU to all donors and supporters of the Nordic community! It is with great thanks to volunteer efforts, donations and participation from the community that we are able to provide groomed XC ski trails, programs and low cost rental equipment for youth and adults.

## Upcoming Events

Register for events online at [sandpointnordic.com](http://sandpointnordic.com)

Jan. 9th - Learn to Ski Day @ Pine Street Woods. Group lessons designed for those who are brand new to cross country skiing.

Jan. 16th & 23rd - Beginner Skate & Classic Lessons @ Pine Street Woods. Learn how to ski with improved efficiency. Lessons will be in a small group setting with experienced instructors.

Jan. 24th - Women's Skate Clinic @ Pine Street Woods. The clinic will include skill level specific technique development. Bring your own lunch and enjoy a glass of wine around the fire pits to end the session.



Photos from the Skiathon on Dec. 30th. Way to go skiers!



## Skiing at Pine Street Woods & Wide Trail Etiquette:

The trails at Pine Street Woods have been getting some heavy use this week as skiers, hikers and bikers get out to enjoy the community forest. Please help us keep these trails safe and enjoyable by observing the following rules of the trails:

- Grooming reports for Pine Street Woods and Lakeshore Trails are posted on the Sandpointnordic.com homepage. Reports are posted within 30 minutes of grooming.
- Dogs are allowed on the wide trails at Pine Street Woods (groomed for skiing) Friday's from 12-7pm only.
- Walkers, bikers, snowshoers and dogs must stay on the narrow trails at Pine Street Woods (groomed by Pend Oreille Pedalers for hiking and biking).
- The gate to Pine Street Woods is open from 7am-7pm
- The Recreation Center is staffed for ski rentals Saturday & Sunday 9am - 4pm
- Trails are open to the community. Please donate for day use (Donation box at trailhead or Text LOVEPSW to 44321 to donate) or better yet, become a SNC member to support our grooming efforts, programs, rentals and the Outdoor Recreation Center

## Season and Daily Ski Rentals

We've had a huge turnout for season rentals and our inventory is running low. If you fall into a "normal" boot size category, consider emailing [sandpointnordic@gmail.com](mailto:sandpointnordic@gmail.com) to find out if we have rentals available in your size. Day rentals are available Saturday and Sunday 9am-4pm as well as Tuesday, Wednesday and Thursday mornings 8am-9am. Weekday rentals are dependent on our free XC ski and snowshoe school program taking place. Please email [sandpointnordic@gmail.com](mailto:sandpointnordic@gmail.com) if you plan to rent during a weekday morning so our staff can know to expect you. This season, in light of COVID, requires much flexibility. If a school group cancels, the Rec Center will not be staffed for that week day. Please check our website for the latest opening hours [sandpointnordic.com](http://sandpointnordic.com).

## SNC Race Team race weekend recap – Dec 31, 2020

Coming up with opportunities for head-to-head competitions and venues is definitely a challenge during a pandemic like we are in this ski season. Add to that a snowstorm that recently dropped 18" in 24hrs at Mt Spokane. The Sandpoint Nordic and Mt Spokane Nordic race teams planned a double inter-squad race on Dec 31st at Mt Spokane. Racers were set to race a 5K course of Classic and Skate. The trails were covered Thursday morning with a heavy blanket of snow, great if you are an alpine skier but not so great for Nordic racing. Mt Spokane volunteers, coaches and groomers to the rescue! Starting at 5am, groomers were out packing down a course the teams could ski. It was still definitely challenging to ski on soft, wet snow, let alone get out of the driveway that morning and drive 80 miles to the start. But we pulled it off with 17 skiers racing, using a "COVID safe" individual start for each racer. Skiers' ages ranged from 12yrs to 18yrs, but all skied the same course and competed for top spots.

Sandpoint racers skied well, with Jett Longanecker (15yrs) and Callahan Waters (13yrs) leading the team in 2nd and 3rd spots in both races. Sandpoint Race team finished 2nd, 3rd, 5th and 16th in the classic race and 2nd, 3rd, 8th, 9th and 12th in the skate race.

What's next? Jett and Callahan are headed to Mt Bachelor for races next weekend while the rest of the team heads to Whitefish for the Glacier Glide, the first race in the Montana Nordic Cup race series for 2021.





## Skiing with Toddlers

by Jared France

A couple of years ago I wrote an article for the SNC newsletter about skiing with infants. These infants are now at the toddler stage and it's time for an up-date. Skiing with infants entailed pulling the youngsters in a ski pulk or carrying them in a backpack. This was quite doable at the time, but two years later the little rug rats have transformed from squirmy crawlers to perpetual motion machines. They never stop moving, they run don't walk, they don't know the meaning of the word slow and their brains absorb everything like a sponge. (Be careful what you say, they don't miss a thing, really, and grandparents are the first to get blamed). With all this in mind we decided it was time to introduce the two 2-year olds to the wonderful world of skiing on their own.

If I could make only one recommendation in this sometimes futile, sometimes wonderful exercise it would be to have patience. Two-year old toddlers have the attention span of a gnat. As soon as we put skis on our grandson in the snow, he wanted them off... too slippery. It didn't matter that he was standing on flat ground. Our other grandson was fine as long as I was propping him up between my legs and we were gliding down a gentle hill. As soon as we stopped, off came the skis and he began marching back to the car. All is not totally lost however and I've discovered a few tips that can help.



First of all, let them practice indoors. It's warm, they're comfortable, the skis are fairly inexpensive and who cares if they scratch up the hardwood floor (just kidding). Probably best to keep them on the carpet, it's a little softer in case they lose their balance and not as slick. They can scoot around, get used to sliding their feet and practice how to change direction. This can be a big confidence builder before you venture outside. Another possibility is to let them practice outside during the warmer months. Keep un-scraped wax on the skis and let them cruise in the grass. This could also be a good summertime diversion when you're sick of playing with hot wheels or play dough.

Second, toss the poles. Poles are there to add power not provide balance. It's best to let them learn to slide and balance on their skis without the poles. They may want to try them because they're constantly curious, but you can always conveniently forget them or make them magically disappear.

Third, when you do get outside, try to start them in a set track. It's a lot easier to classic ski in a set track since you don't need to concentrate as much on keeping your skis straight. They can get the feel for gliding on their skis and shuttling their feet. If they get going too fast, you can straddle them with your skis to help guide. Another fun activity is to let them glide in the track while you pull them with a ski pole. Holding hands while you ski or walk alongside helps them to learn balance and gain confidence.



Finally, the most important thing is to keep it fun. Bring food and drinks, try to dress them appropriately based on the temperature. We used to bribe our kids with Hershey's chocolate kisses. Skiing to Picnic Point and back would practically take a whole bag not to mention a whole day. If you want a longer excursion, bring the pulk or chariot and strap their skis to the top. Let them ski some of the easier trail sections and pull them when they're tired. If you combine patience with fun, those toddlers will eventually be skiing laps around you. I know, it happened to me.

## Learn to Ski Day

Over 35 new skiers and nine volunteers started the New Year off right with January 2nd's Learn- to-Ski-Day. Kids and adults learned the basics of classic skiing including how to put on skis, how to move forward on the groomed tracks and most importantly, how to get up from a fall! Despite the slightly soggy weather, smiles were abundant and spirits were high. We still have some slots left for the upcoming Learn-to-Ski-Day Saturday, January 9th. Register below to learn the basics of classic cross country skiing. Rental skis are included for the duration of the lesson.

Register here: <https://www.sandpointnordic.com/adultclinics>

*\*Stay tuned as Saturday approaches - poor conditions due to rain may require a reschedule. As of now, trails at Pine Street Woods are still skiable.*





## *A New Year, and New Perspective*

A reflective article published to Faster Skier by Katie Bradish  
<https://fasterskier.com/2020/12/out-with-the-old-in-with-the-new-by-katie-bradish/>

## *Dear Ski Curmudgeon*

*Have a question for the Ski Curmudgeon? Email it to [sandpointnordic@gmail.com](mailto:sandpointnordic@gmail.com)*

*Dear Ski Curmudgeon, Our child has taken up Nordic ski racing and is eating us out of house and home. Any suggestions? Going Broke*

Dear Broke, I feel your pain. Nordic skiers burn an enormous number of calories. You could get a second job, purchase a freezer and fill it with elk meat or better yet invest in a cattle ranch. SC

*Dear Ski Curmudgeon, Is it safe to Nordic ski with the current up-tick in Covid cases? Cautious Skier*

Dear Cautious, Nordic skiing is a somewhat solitary sport, so it's relatively easy to maintain social distancing. You could also ski with a buff which doubles as a cold air insulator as well as a Covid mask. I suggest lowering it when you have to hack a loogie or blast a snot rocket though. SC

*Dear Ski Curmudgeon, If a moose is in the trail on Cloud Walker .... and I'm on the north "loop" side, super tired from doing the Canyon, out of drink and food, and super sweaty. What should I do. Last year I would go back to the top and hide in the trees but they are all gone now. Will I die? Worry Wort*

Dear WORRY Wort, Not if you ski fast enough. Adrenaline has a way of kicking in under those circumstances. Besides if it's winter, mating season is probably over.

*Thanks for reading, now go wax your skis  
and do your snow dance!*

*See you on the trails*

## *COVID-19 Precautions*

Please note that we are requiring face coverings to be worn inside the Outdoor Recreation Center at all times. It is our goal to keep the community as safe as possible so that we can continue offering outdoor recreation opportunities for youth and adults throughout the winter. Thanks for understanding and for putting our community's health first!