

# Sandpoint Nordic Club Newsletter



Volume 4- Issue 3 January 2018

## “Photo of the Month”



**Couple from LaGrande, Or. Skiing on “top of the clouds” - Cloudwalker Ski Trail- Schweitzer Mountain Resort**

## Here's What's Happening

- January 9th - SNC General Club Meeting -5:00pm at MickDuff's Beer Hall on Cedar in Sandpoint
- On-line registration available for the Sandpoint Nordic Club [sandpointnordic.com](http://sandpointnordic.com)
- 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.

## HOW TO BUILD YOUR OWN HOTBOX

Think of a hot box as a sauna for your skis. After ironing a layer of wax on your skis and prior to scraping the wax off, the skis are placed in a sealed box heated to around 130 degrees for several hours. The result is much greater wax impregnation with less work.

Building one at home was easier than I thought. Plus, I found many useful tips by googling “hot box” on the internet.

My box is 7' long, 12" deep, and 18" in height. I used 2x2's as a frame work and covered it with 3/8" plywood. I attached 2 vertical 2x4's about 3 feet apart and centered them in the back of the box. I then drilled holes at 5" intervals down the 2x4 to accept dowels to place the skis on. Once the box was built I mounted it to a wall and added a front door. I next glued and tacked blue construction foam to the outside of the box to keep the heat in.

Figuring out the heat source was the most difficult part of the project. I started with a small space heater placed on top of the box with a hole cut in the top of the box. I built a small metal box to direct the heat into the hot box. There turned out to be too much heat loss with the heater on the outside of the box so I moved it inside placing it on the floor of the box. Initially it was too hot, having melted or popped several thermometers. I now have a sauna thermometer that can withstand the high temperatures.

Currently I have the heater on the bottom of the hot box. I built a small metal box for the heater to blow into using rolled aluminum held together with foil tape. Aluminum is available at Home Depot in the roofing section and foil tape in the duct work section. I also cut a hole in the top of the heater box and put a diffuser in so that the hot air would travel to both ends of the box. The diffuser would be what you would find on the floor of a house with forced air heat, also available at Home Depot.

Most space heaters come with their own internal thermostat. Having the heater on the bottom of the box meant it was much hotter at ski level. The cure was to bypass the thermostat in the heater and put an external thermostat towards the ceiling of the box. Back to Home depot where I selected a replacement water heater thermostat that I could use to set the temperature range for the upper part of the box. I mounted it in a junction box and ran the heater power cord through the junction box and out of the hot box to an outlet. While at Home Depot I picked up a timer that plugs into the outlet allowing me to set it for several hours and not worry about overdone skis.

Building the box was the easy part. The hardest part was getting the correct temperature at ski level and keeping it consistent. Material costs were around \$100-\$125 which would probably be recouped in 4 or 5 years in wax savings alone. If you have questions, [btrego2811@msn.com](mailto:btrego2811@msn.com)

*Bill Tregoning*

## What Goes Up Must Come Down (Part 2)

Last month I talked about checking your speed on Nordic skis while skiing downhill. Checking your speed may be necessary at times due to snow conditions, sharp corners or your comfort zone. Speaking of sharp corners, prior to the 1980 Olympics in Lake Placid, the Mt. Van Hoevenberg ski trails had a steep downhill with a sharp hairpin corner at the bottom. The corner was marked with a big left hand turn *road* sign nailed to a tree. Considering the boot and binding systems of the day, this corner was quite terrifying and was redesigned for the Olympic events. Vast improvements in boots, bindings and skis have allowed skiers to feel much more confident in negotiating steeper terrain and increasing the fun factor.

The most important thing to keep in mind when skiing downhill is to keep your weight forward across the entire foot by pressing the forefoot and not sitting back on your skis. This is true if you are standing or in a tuck position. Legs and ankles need to be flexed and hands need to be forward and low. This allows you to move your feet quickly if the need arises either using a step turn (step onto the inside ski while pushing off the outside ski) or sliding turn (parallel or snow plow).

Skiing downhill in a set track can be an exhilarating experience. Quite often a skied in track is faster than the skate lane due to the snow crystals being more smooth and rounded. Try to maintain a fairly low body position for stability. If you fall while in a low body position, you're closer to the snow and less likely to have a jarring impact. When rounding a corner in the track, keep your weight to the inside while pressing the outside ski. It is helpful to steer with your hands by pushing your outside hand slightly forward. Having good balance is key. Know the trail, most beginner and intermediate trails are designed with flats or up-hills following a downhill.

Know your limits, learning and practicing good downhill fundamentals can contribute to a more enjoyable and safer skiing experience.

*Jared France*

**NNN**

(Ned's Nordic News)

**Editors note- Ned is on assignment this month**

## **The Adventures of Ole and Lena Continue....**

Ole and Sven were out deer hunting in Northern Minnesota. Sven shot a really nice buck with a huge rack. Ole was helping him pull it out of the woods. They had a rope tied to one of the hind legs and they were pulling and struggling, going through the deep snow with the antlers behind, sticking out and getting caught on every clump of brush and whatnot along the way.

About that time, the Game Warden came along. After checking their deer tag, he said, "You know boys, it would be a lot easier if you tied the rope to the antlers and pulled him head first. Then the antlers wouldn't get caught on everything."

Ole looked at Sven and said, "I tink dat's right. Let's try dat. "

The Game Warden went on his way and Ole and Sven re-tied the rope to the antlers and started pulling. It was a lot easier. After about twenty minutes, Sven said, "Ole, dat Game Warden sure was right. Dis is a lot easier." Then Ole said "Ya sure, but aren't we gettin funder away from da truck?"

*Dick Sevenich*

## **Ski Curmudgeon Corner**

*Dear Ski Curmudgeon,*

Doing the old classic on the golf course this afternoon I was shocked to see a vole scampering down the track ahead of me. Now I have a history with voles. Some got the bait, some the smoke bombs, some the .22, some the .410. Got one with a snowblower once and there have been others. But I reminisce. So I kicked it up a notch and the fat assed little bugger disappeared under the ski. It reminded me of following a moose down a road with high snow banks. Now I digress. Sorry. I glanced back and he was still in the track. Still as in not moving. The question is what would be proper etiquette for such a situation? Should I have stopped and offered to exchanged information? Sent a note to the grounds keeper so he could thank me? Gone back and preformed a snow burial so the delicate sensibilities of other classic skiers would not have been offended? I felt I should have done more. Sincerely, *Your Average Classic Skier*

*Dear Average Classic Skier,*

You are anything but average. Hopefully you didn't leave a disturbing red smear on the ski track. I don't know if I should congratulate you or report you to PITA. SC

## THE MUSIC OUR SON DREAMED OF

After the solstice, friable light  
withdrew and scattered.  
Ice fog veiled the hogbacks  
and depths of field receded.

So who could say then  
if a durable world or fleeting one  
remained out there, afloat  
in blue ranging violet to white?

Our son heard his music's pulse  
in those long twilights, the soft  
whir of seeds whirling down  
from the crowns of fir trees,

in the red fox's breath  
inside its lair, the muffled  
thump a flying squirrel makes  
landing at the mouth of its den.

He heard it resolve  
into a chord as wind  
sifted through pine boughs,  
then decayed to silence.

We heard it, too, at the New Year  
in the way people resolved  
to try and speak again  
with magnitude, saying farewell

each time as if it were the last.  
At dinner tonight a child asked  
would she remember the future?  
The music our son dreamed of

answered the way a grouse  
after taking flight  
leaves a ghost of itself  
pressed into fresh snow.

*David Axelrod*

David and his wife, Jodi live in LaGrande, Or. They are avid Nordic skiers and professors at Eastern Oregon University.