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December 2015 Newsletter



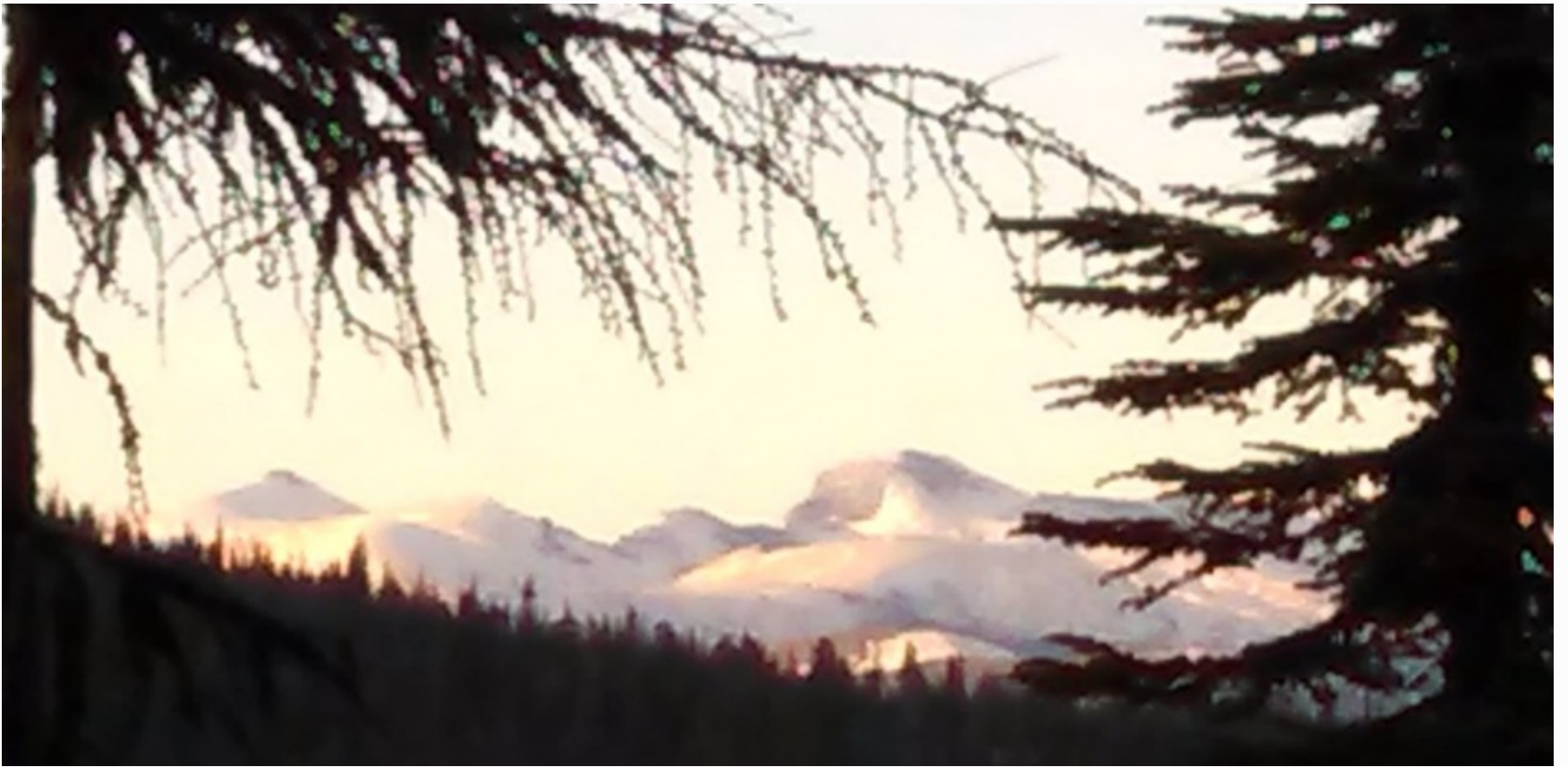
NEWSLETTER



Sandpoint Nordic Club

Volume 2 Issue 3: Dec 1, 2015

[Picture of the Month](#)



Thanks to Bob Love! It's been looking that way to me, too. Must be related to aerobic capacity.

Submit your picture for the next edition by emailing it to SandpointNordic@gmail.com

Go Ski! **GET IT WHILE YOU CAN!**

Here's what's happening:

SKIING STARTS! Officially at West Yellowstone, Kimberley and The Methow. Unofficially at Schweitzer. Keep an eye on the [forecast](#) and [snow report](#). Schweitzer may be having problems with Nordic season pass distribution. If yours hasn't arrived yet, give them a call.

Club Meeting **Tuesday 12/8, 5:30pm.** See the [calendar](#) for location.

Learn to Ski Day a.k.a Ski Free **Saturday, 1/9.** Volunteers needed! Tell your friends about it. See Rick's write up below.

Volunteers Needed for Learn to Ski Day

The biggest event of the Nordic season is coming up on Saturday, January 9, and we need your help to make it work. Do you like spending time with other Nordic skiers? Can you help out with things like ski lessons, boot fittings, the

registration desk, assisting people who have never been on skis before? Send an email to Rick Price, sandpointprices@frontier.com

Learn to Ski Day is our biggest outreach program of the year. More than 100 newbies show up and they are potential new club members. The Nordic Club and Schweitzer Mountain Resort invite everyone who wants to learn to ski for a lesson. And we provide the equipment. All for no charge! There will be sessions in the morning and the afternoon. Both skate and classic. It all takes place on a groomed trail at the round-about just before you get to the resort.

So take this opportunity to show others why you love the sport. Send me an email! And don't forget to tell your friends who have been talking about getting into Nordic about this great opportunity. They should watch the SNC or Schweitzer websites for the details of reserving gear and lesson space.

– *Rick Price*

200 k Challenge

The Sandpoint Nordic Club is sponsoring a 200 kilometer challenge this ski season. Skiers who ski a minimum of 200 kilometers for the ski season will be eligible to participate in a drawing for a pair of new skis (winner's choice). Participants need to be members of the Sandpoint Nordic Club and keep track of their own kilometers skied. [Maps](#) of local ski areas with distances labeled are posted on the SNC website. Skiers can also track distances with their smart phones or GPS watches. If distances can't be determined, 15 minutes/km can be substituted. Ski Challenge logs must be received by the Sandpoint Nordic Club by March 31, 2015 and mailed to: Sandpoint Nordic Club PO Box 233, Sandpoint, Id. 83864. Click [here](#) to download your ski log. – *Jared France*

Miss Ski Manners Says

It is a special day when tracks have been set for classic skiing. Whether you are skiing, snowshoeing, or snowbiking, protect the tracks. Please be aware of them and don't ski, walk or ride over them. When tracks have been set they enhance a classic skier's overall ski experience.

If you are skiing on a dog friendly trail be aware that some dog owners use retractable dog leashes. Having been clotheslined several times while running, it is apparent that many dog walkers are not aware of what is going on around

them. If you come across someone with their leash strung out across the trail, you might want to strike up a FRIENDLY conversation and let them know that skiers may be in their own world as well and may not see the leash. Remind them to be aware of skiers in both directions for the safety of their pet.

Have fun while respecting others on the trails. And send your ski etiquette questions to SandpointNordic@gmail.com – *MS Manners*

Skate Skiing: A Combination of Symphony and Physics

Learning to skate ski can be a frustrating experience. I found the level of frustration similar to learning to roll a white water kayak. In the beginning, every muscle in my back and shoulders ached from trying to muscle my way out of the water. Using proper body position and correct blade angle I discovered that finesse was the better way to go. So it is with skate skiing.

Learning any new sport is based on a learning pyramid. The base, or biggest piece of the puzzle is learning body position. Next is rhythm and timing. The top of the pyramid, or least important is power, or pedal to the metal. Using proper body position and adding the correct rhythm and timing and you are set up to finesse your skiing. Power comes in after you have mastered the first two concepts.

OK, so what does a symphony have to do with skiing? Consider that during an orchestral performance, the conductor supplies the proper rhythm and timing to the piece of music being played. Without the conductor the listener may not be able to tell what piece of music is being played. Taking this symphony to the snow requires slow repetitive movements necessary to build muscle memory. Once this muscle memory is in place it will make skiing easier for years to come.

I remember physics in high school as being the class I could catch up on my sleep in. However, physics or more specifically, Newton's laws of motion help create that finesse situation in skating. Newton's first law: "A body in motion tends to stay in motion unless acted on by some outside force." For most new skaters, that outside force that stifles forward motion is stepping from the inside edge of one ski directly to the inside edge of the other ski. In this scenario the body mass is prevented from staying in motion and continuing forward. Newton would correct your form and have you push off the edge of one ski and land on a

flat ski beneath you allowing your body mass to continue forward. The inertia created by the body's quick direction change over the flat glide ski is a more efficient means of propulsion than just the push off alone. This efficiency is the finesse you are looking for and will save quite a few heart beats. Having physics in your quiver will make you a more powerful skier.

In general, especially early season, using a little symphony and a little physics can positively influence your skiing more than running hills and gym training. Listen to the music and take advantage of the physics of skiing and discover what finesse can do for you. – *Bill Tregoning*

West Yellowstone Thanksgiving

Beautiful sunny skies and cold overnight temperatures greeted several Sandpoint Nordic club members who made the scenic 7.5 hour drive to West Yellowstone, MT last week for the West Yellowstone Nordic Ski Festival. Temperatures dipped to -21 F, but warmed up nicely by 10am to provide fantastic skiing on 30 km of wonderfully groomed trails. Skiers from all over the US descend on the small village bordering Yellowstone National Park for this yearly Thanksgiving event. Many of the best Nordic ski instructors in the country provide 1-5 day skate and classic clinics for skiers of all abilities. Ski equipment manufactures from all the major brands provide easy trailside access for on snow demos. Wax manufacturers are ready and eager to touch up your skis with their latest and best formulas. One of the biggest trends in new ski equipment is in waxless skis. Madshus, Salomon, and Fischer have joined Atomic in providing skis with a replaceable mohair "kick" zone for classic skis. The mohair aids in climbing hills by pushing against the grain of the "fur". When gliding forward, the grain is smooth and less resistant, much like the fur on a dog's back. Getting the right flex for these skis is very important. Too stiff and the mohair strip won't grab the snow when kicking and too soft and it can drag. Another major trend is in boot and binding systems. Salomon SNS binding systems used to dominate the market, but the Rottefella NIS system seems to growing in popularity. Many skis manufacturers are building skis with a NIS binding plate attached to the ski. This enables bindings to be mounted

without drilling holes in the ski base. The

bindings can also be adjusted up or back to fine tune the fit. A new US based ski pole manufacturer appropriately named the US Ski Pole Company was encouraging people to try out their 100% carbon poles. Glove and pole manufacturer, Yoko, is now producing a ski that virtually makes it impossible to lose in the snow (see photo). Next Thanksgiving consider foregoing the turkey and tryptophan and head to “West”, you won’t regret it. – *Jared France*



Ski Destinations- Kimberley, B.C.

One of Canada’s finest cross-country ski centers is located a scenic three hour drive from Sandpoint. The Kimberley Nordic Centre boasts some of the best Nordic skiing in the Rocky Mountains. The trails are adjacent to the Kimberley Alpine Resort proving that Nordic and Alpine skiing can co-exist and prosper together. Much of the grooming is performed by the [Kimberley Nordic Club](#) with assistance from the alpine resort. The club also provides classic and skate lessons as well as youth and master ski programs. Trails are located in the Kimberley Nature Park and on Crown Forest Lands and provide easy access for backcountry skiing and snowshoeing. A base day lodge is located at the trail head and includes restrooms, cooking facilities and tables for eating your lunch. Adjacent to the base lodge is a waxing hut complete with wax benches and lockers.

The Nordic groomed trail system contains trails that range from easy to expert and are well classified. The easy trails are relatively flat to gently rolling while the black diamond trails offer strenuous climbs and thrilling down-hills. There is even a 3-4 km loop with lights for night skiing. Most of the trails are track set with a skating lane. Some of main access trails are double



tracked with the skating lane in the middle. A few un-groomed snowshoe and backcountry trails exist. Grooming is done with a piston bully when the snow coverage is adequate. The trails are

extremely clean with wood chip bases in many areas enabling the KNC to groom with limited snow using a snowmobile and Ginzu groomer. A very easy loop combines Centennial, Snowbird and Trapline trails. This loop is generally flat with small rollers. Intermediate trails Landsem and Roller Coaster are extremely fun with quick curvey down-hills and short heart pumping climbs. Cardiac Arrest, K-1, Screwdriver and Double Scotch live up to their black diamond reputations.



Among the benefits of being located next to the Alpine resort are the lodging and restaurants. One of my favorites is the Trickle Creek lodge which offers very reasonable rates (especially off season) for such a nice facility. The Sandpoint Nordic Club is tentatively planning a club weekend outing to Kimberley sometime in December. Stay tuned for more information. – *Jared France*

Need advice? Ask the Ski Curmudgeon!

Dear Ski Curmudgeon,

I am a competitive master skier. Last year at the Boulder Mountain Tour, I was seeded in a slower wave, based on old race results. I spent the first 30 minutes of the race fighting my way through a bunch of hackers, cursing at everyone that

came near my \$400 poles. I wrote a complaint to the race management, and never got a response. Who should I contact to make sure I am seeded correctly?

Sun Valley Competitive

Dear Whiner,

It's not the Olympics. Get in shape, enter some races, get some results, and get seeded correctly. SC

Dear Ski Curmudgeon,

Dude, why is it when my bros and I ski out of bounds and descend quite maniacally on to Cloud Walker, we always have some Nord yelling at us? *Dude*

Dear *Dude*,

Maybe it's because you and your shred-head, jibbing," buds" have 2900 acres of glorious powder to foul up with your sasquatch size boots. We "Nordic skiers" have ~5,280'x 12' wide...say 1.45 acres of groomed surface on Cloud Walker (which also happens to be our favorite ski trail) to enjoy. You do the #!%!!g math. SC

Send your question for the Ski Curmudgeon to 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 be sent to sandpointnordic@gmail.com

Previous editions are available on the Club [website](#).

And we are on Facebook at "Sandpoint Nordic Club".

