

Sandpoint Nordic Club

Newsletter - December 2019



Ski Team Registration Reminder!



Have you signed your child up for our winter programs? Registration prices for the Ski Teams increase after Dec. 10th. Register early to save! Kids enjoy fun and fitness in the snow. Learn more about the programs we offer here: <https://www.sandpointnordic.com/skiteams>

Pine Street Woods Outdoor Recreation Center Grand Opening!



December 21st
3 - 6 pm

Curious what the rest of the building looks like?

Come to the Grand Opening and find out!

The finishing touches are going in on the Pine Street Woods Outdoor Recreation Center right now, and we are planning a Grand opening Celebration for Saturday, December 21. What better way to celebrate the first day of winter? Kaniksu Land Trust and Sandpoint Nordic Club have teamed up to construct this building for our community and are now inviting the community to inaugurate it.

The celebration will be from 3:00 to 6:00 p.m. And in true community fashion, it will be a potluck. We are asking folks to bring soup or chilli to share. There will be bonfires and, weather permitting, opportunities for skiing and snowshoeing on our new trails, so bring a headlamp. The Recreation Center has space to store our groomers and our rental ski and snowshoe fleet. There is also a large community room space to meet and gather and warm up before and after hitting the trails at Pine Street Woods. Come help break in this great new space on the solstice.

Upcoming Events

Dec. 10th - Ski Team Prices Increase

For all youth ski teams. Registration will increase by \$30 after the 10th. Register before the 10th to save!

Dec. 14th - Jack Frost Fest

4-11pm @ The Heartwood Center
Live music, beer, silent auction. SNC will be a featured nonprofit. Details: www.mattoxfarm.com/jack-frost-fest/

Dec. 21st - PSW Outdoor Rec Center Grand Opening!

3-6pm @ Pine Street Woods. Help us celebrate the opening of the rec center with a pot luck, bonfire, and trail tours.

Jan. 4th - First Learn To Ski Day

Two sessions @ Pine Street Woods. More details coming to the website soon!



Ski Rentals Coming to Pine Street Woods



Sandpoint Nordic Club seasonal, weekly, and daily xc ski rentals will be available at the Outdoor Recreation Center along with daily snowshoe rentals this winter. This will give beginner skiers the opportunity to access ski rentals and beginner friendly ski terrain in one spot!

Bring a friend and enjoy the forested winter wonderland of Pine Street Woods.

Skis will be available for seasonal rentals following the Grand Opening on December 21st. Check the website for specific days and hours that rentals will be available.

Do your snow dance and get ready to dance on skis!

Big Changes in the Ski Wax Industry

By Jared France



Nordic ski “waxers” generally come in two categories. You either kind of enjoy it or you consider it a necessary evil. (For the purpose of this article I’m eliminating the third category...those that don’t wax at all, but that’s a discussion for another time.) For those who enjoy it, read on...

Many of the top ski wax manufacturers have recently released new spray or rub on glide waxes to make the quest for effortless skiing a lot easier. The beauty of these new waxes is the ease of application. Toko, Swix, Rex, Start and others have developed new liquid paraffin waxes that you simply spray or rub onto the base of the ski in a warm room, wait at least 30 minutes and brush the bases using a special, very soft nylon brush. These waxes are composed of exceptionally small particle size which helps eliminate the need for heat (heat breaks down particle size so wax adheres to the pores in the ski base.) One wax application should be good for 30-50 kilometers depending on the abrasive qualities of the snow. If time is of the essence, you can simply spray, wait a few minutes, brush and ski. The spray on liquid glide waxes are exceptionally easy to apply, but they don’t completely eliminate the need to hot wax. Ironing and scraping a hard wax such as Toko blue increases the performance of the liquid paraffin by increasing dirt resistance, durability, and performance. If you want to maintain fast gliding skis, hot waxing still needs to be part of your regular maintenance. Hot waxing helps clean, lubricate and restore scratched bases and I believe it has a cumulating effect, making the skis generally glide better over time. You can also change the hardness of the bases through hot waxing. Hard bases run faster in cold, dryer snow.

Probably the biggest change in the ski wax industry is just getting started. Recently the International Ski Federation (FIS) banned the use of all fluorinated ski waxes for the 2020/2021 season. FIS has formed a “Committee for Competition Equipment” to develop new guidelines and standards for all snow sports. The ban is in response to studies that have shown negative environmental and health impacts from the use of fluorinated ski wax. The molecules used in fluorinated ski wax are long chain formulas that do not break down in the environment and have even shown up in water systems. These products are being banned in Europe for all uses and a lot of stores have pulled them off the shelves in this country. New less toxic alternatives with a shorter C6 molecule are being developed that currently meet the new standard, but they may be eventually banned too. The ban isn’t going to have much effect on the majority of us recreational skiers, but we may eventually benefit from the development of newer, safer and easier to use products.



Change Things Up to Put More Fun in Your Skiing

By Bill Tregoning

X-C skiing, like many things in life can become little monotonous. Same skis different day. Simple changes in body position, tempo, plus a little speed work can really increase your skiing enjoyment and make you a better skier in the long run.

What do I mean by body position? With proper body position all sports become easier and you become more efficient. A house without a proper foundation won't last long nor does a skier. Think about allowing your bone structure to carry your body weight rather than tensing your muscles to do it. You can find this position by standing tall and then flex your ankles forward. Your weight should be a little more on the ball of the foot than the heel. If a line was drawn from your head, hips, and feet it should pass from the balls of your feet, through the hips, and up through the shoulders and head. Think about a tennis player's stance. Balanced, stable and ready for anything. If you find yourself "rolling up the windows" or flailing your arms to regain balance it is a good indication that your hips are behind the magic line. I have also seen many skiers who don't realize that knees and elbows are meant to bend. Skiers with straight arms lose about 50% of their strength compared to skiers with arms bent at 90 degrees. In addition, ankle flexion should not be static. In other words, adjust your ankle flexion as you ski. I find that in slick conditions that a lower body position can increase balance and if the snow is softer a little more erect stance will work. Play with it and see if it makes a difference for you.

Tempo can be thought of as the number of steps taken in a given distance. It isn't uncommon for skiers to always ski at the same tempo. Changing your tempo throughout your ski day can make you feel more energized. A good drill to get started is to find a comfortable area and pick out two landmarks 100-150 feet apart. Ski the distance counting your steps. Now see if you can ski the distance 3-4 times reducing your steps. Next try to ski with more steps than usual. This can test your balance because it is a new feeling. Balance will improve as you practice more. You may find that you are skiing down Cloudwalker faster than before but you're not breathing as hard. Picking up tempo can be a plus when you hit a short hill, the kind you used to herringbone up. Instead, shift into 1st gear, increase tempo and glide over the hill without losing momentum.

Speedwork or intervals are a great way to increase fitness and efficiency. I'm not suggesting that you go out for a 10K ski as hard as you can. You can get great benefit from 3 to 5 intervals starting at 30 seconds each. After a warm-up, push your pace to a comfortably manageable pace for 30 seconds and then ski until you have recovered. After several weeks you may feel like going to 60 seconds for 6 repetitions. You will find that as the season progresses you feel stronger and faster. You don't need to beat yourself up. Keep it comfortable.

Nordic skiing is truly a lifetime sport with a great many health benefits. Making simple adjustments to your body position, skiing tempo, plus some comfortable interval training can help increase balance, efficiency, and fitness. Play with all three and see if it can increase your skiing enjoyment.

Dear Ski Curmudgeon

Dear Ski Curmudgeon,

I am an avid master Nordic ski racer. I've taught my five year old ski, do you think it's too early to start him on an interval training program? Master Racer

Dear Master Racer,

I think you should be nominated for "SKI PARENT of the YEAR". Sure, start him on interval training if you want him to end up hating the sport. Fun needs to be the first priority. SC



News on Norwegian Nordies

By Dick Sevenich

I will attempt to write articles this season which follow two Norwegian cross country skiers, Johannes Høsflot Klæbo and Therese Johaug. I'll glean information from the Norwegian American newspaper (out of Shoreline, WA) and from the Internet. Although not myself Norwegian, my Norwegian-born wife has given me permission to do this.



Klæbo, only 23 last month and just starting his 4th season as a senior, won every one of the sprints he entered last season. He was not similarly dominant in the longer races, but is expected to improve in those. He is the youngest male in history to win the FIS Cross-Country World Cup, the Tour de Ski, and a World Championship event and an Olympic event in cross-country skiing. In the 2018 Winter Olympics, he won 3 gold medals. Of course, it will be interesting to watch Klæbo. Will the wunderkind meet expectations?

Therese Johaug is also a fascinating athlete to follow. She was suspended for 18 months after testing positive in a drug test. This forced her to miss the entire 2017-18 World Cup season, the 2017 World Championships as well as the 2018 PyeongChang Olympic Games. Before her suspension, she won seven individual gold medals along with three gold medals in relays and she is a three-time Olympic medalist. Her suspension ended on April 17, 2018. How has she done since? She lost but one race of those entered, winning all the others. This included 3 gold medals in the world championship.



Ole and Lena

Ole, Lena, and Sven were hunting for deer and got lost in the north woods after a heavy and early snowfall. They were becoming desperate, having run out of food several days ago. It was very early winter, but the snow was already deep, and their situation was looking very bleak. When Ole dug down into the snow to look for nuts or other potential edibles. Instead he found an old lamp and upon rubbing it to get the snow off, a genie came out.

The genie said, "I am da Great Genie of the Nort and I can grant each of you vun and only vun vish." [Obviously another Scandinavian.]

Ole said, "I vish I vas back on my farm." Poof! And Ole was gone.

Lena quickly said, "I vish I vas back on da farm with Ole." Poof! And Lena was gone. Sven just sat there in the snow and looked depressed and sad.

"Sven, vat is it dat you vish for?" asked the genie.

Sven said, "Gee, I'm so lonely, I vish Ole and Lena vere back here wid me."