

Sandpoint Nordic Club

Newsletter - Summer 2020



We Need Your Help!

This is the time of year to clean up the trails for the upcoming season. The more we clean now, the sooner we can groom and ski once the snow flies. **We have a work party scheduled for Saturday, August 22, from 8-10am (or stay until noon if you have it in you!) at Pine Street Woods. You just need a pair of gloves. Please join us.** We will be scheduling additional work parties at PSW as well as the Lake Shore Trails. Watch for email announcements.

Hoping this newsletter finds you well, and you are finding relief from the summer heat whether it be in the lake or in the mountains. It is hard for most of us to think about snow as we are in the hottest weeks of summer, but there has been a lot of behind the scenes work going on to prepare for the snow and winter season to come, so we wanted to fill everyone in. Here is a snapshot of what is happening - read on for all the details!

- We hired a Programs Director. Meet Allison France!
- Trail maintenance and improvements are underway at Pine Street Woods. Come help at one of our trail work days.
- The Ski Team has been putting in the hours and training hard this summer.
- Adult Fall Conditioning group will begin in October
- We will be hosting the Season Kick Off event on October 24th. Mark your calendar!
- New Board members. Meet Sue Jordan and Renee Nigon

While preparations are being made for the upcoming season, we are also taking into consideration how we will safely and effectively operate our youth and adult programming as well as rental operations. SNC's mission has always been to promote cross country skiing and its health benefits to our community while making trails and equipment accessible to all ages and abilities. Cross country skiing and snowshoeing will be ideal winter activities during these times of social distancing and the drive to find fitness outside of the gym environment. We will keep you updated on what minor operational changes could look like as we get closer to the season.

We are looking forward to a season of continuing to grow the Sandpoint Nordic community!

Programs Director - Meet Allison France



Meet Allison France, Sandpoint Nordic Club's newly hired Programs Director! Recently moving from Missoula with her family back to Sandpoint, Alli is ready to immerse herself into the Sandpoint Nordic community, and help continue SNC's growth. In Missoula, Alli opened a massage therapy and acupuncture practice while raising her now two year old son, Parker, with husband Lee. Alli brings her love for Nordic skiing along with a drive for community connection. We are thrilled to welcome Alli to this position, and we know her skills and enthusiasm will be a great asset to the club.

When asked what she is most excited for in her new role, Alli responded she is excited to support programs that give individuals, adults and kids alike, an excuse to love winter and get outside and move during the colder months. The accessibility of trails at Pine Street Woods is the perfect opportunity to grow the nordic skiing

community in Sandpoint. Through this growth we get the chance to encourage health and wellness in a way that can be fun and inclusive for the whole family.

Keep an eye out for Alli on the trails and give her a big welcome.

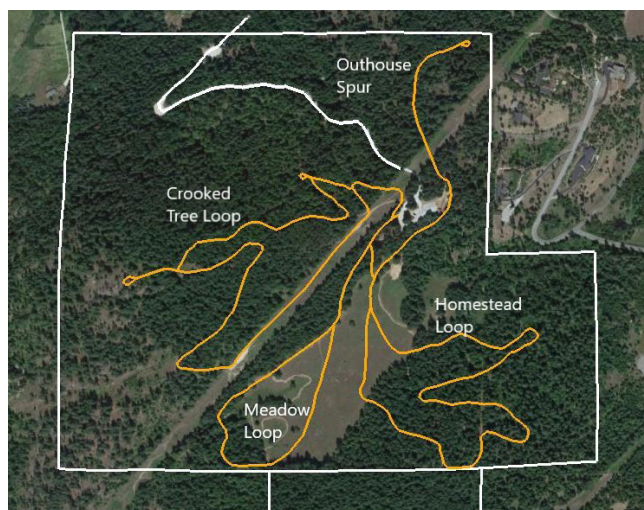


Trail Updates

Pine Street Woods

There is a lot of exciting new trail construction going at Pine Street Woods this summer! Kaniksu Land Trust, Collaborative Trails and Pend Oreille Peddlers have teamed up to build three new exceptional narrow trails already and plan to build several more miles of trail this fall. (See the Syringa Trail System map.) Sandpoint Nordic Club designs, builds and maintains all the wide trails at PSW for year round use. This summer we are rerouting two sections of the trails to increase access to a broader range of skiers and to improve skiing enjoyment. The Homestead Hill (steep hill on southeast side of property) is being rerouted. It will now have three switchbacks and the grade will be much friendlier. The other section of trail being rerouted is near the parking lot and will replace the steep climbs up the powerline. The new trail will cross the power line and meander thru the woods gradually gaining the elevation up to the ridge that extends to the Crooked Tree. A few other minor reroutes are planned. The wide trails shown on the map below will be the routes we groom this winter. You will notice that there are three loop trails and one out/back (Outhouse Spur).

PSW Trail	Distance	Average Grade
Meadow Loop	1.2km	4%
Outhouse Spur	1.5km	4%
Crooked Tree Loop	2.1km	6%
Homestead Loop	1.8km	6%



Another change that will happen due to the new trail designs is that the wide trails and narrow trails depart from the parking lot without trails being shared. This will make it much easier to separate user groups when we are grooming for skiing. Only skiers are allowed on the wide, groomed trails.

Lake Shore Trails

We will continue our partnerships with the Dussaults and Overlands to groom the Lake Shore Trails this winter. The trail routing may change slightly from last season due to different crops in some fields. We expect to groom 10 – 15km of trails again. If you didn't get a chance to ski these trails last winter, check them out this coming season. These trails are truly unique in our area as these provide nice rolling terrain both in the open and through woods. The trails are only seven miles west of Long Bridge on Lake Shore Road.

Volunteer Opportunities

We will continue to hold work volunteer work parties to get our trails ready for the snow. **We have a work party scheduled for Saturday, August 22, from 8-10am (or stay until noon if you have it in you!) at Pine Street Woods. You just need a pair of gloves. Please join us.** We will be scheduling additional work parties at PSW as well as the Lake Shore Trails. Watch for email announcements.



SYRINGA TRAIL SYSTEM



PINE STREET WOODS

Special Thanks
to the Pristine Heights and Westridge Estates homeowners for granting right of way for Greta's Segway. Please no stopping or standing on the road.

TRAILS

Uses:

	All seasons	All seasons*	Winter only	Not allowed
	Summer only	Summer only	Not allowed	Winter only

*Bikes must have at least 4" tires for use on groomed winter narrow trails

Future Trails (to be completed in Fall 2020)

- Beginner
- Intermediate
- Advanced
- Bridge
- Sign Board Trail Map
- Trailhead Parking
- Scenic Viewpoint
- Outdoor Rec Center

Brought to you by...

Continued development and maintenance of the Syringa Trail System is made possible through support of Pend Oreille Pedalers, Sandpoint Nordic Club, and Kaniksu Land Trust.



Kaniksu.org



PendOreillePedalers.org



SandpointNordic.com





Support The Sandpoint Nordic Club through Amazon Smile

We love shopping local and supporting the businesses that keep our town afloat, and we know you do too. However, sometimes in the small northwest corner of the world it is essential to lean on the internet for shopping. So here's the good news: with just two seconds of your time, you can adjust your amazon account to support The Sandpoint Nordic Club with each purchase that you make. All you need to do is go to smile.amazon.com and select Sandpoint Nordic Club as your donation recipient. AmazonSmile is operated by Amazon and has the same products, prices and features. The difference is that .5% of your purchases will be donated to the charity of your choice with no additional cost to you.

Race Team Training

Race team has been training all summer and meeting up with coaches (Ross, Vicki, Dan and Lee) 3-4x/week. Training has included hiking, running (trail and speed sessions at the SHS track), roller skiing and strength training. Kids have made some huge strides this summer and we've seen some big jumps in strength and speed. Coach Katie also took the kids on a hike to a new local mountain top once a week. Athletes training this summer include Clara Cave, Grace Rookey, Kasten Grimm, Jett Longanecker, Callahan Waters and Fletcher Barrett.

Early August the athletes all participated in a virtual REG (regional elite group) camp that typically only the top junior racers in the country are invited to participate in. Because the camp had to be virtual this year, US Ski sent out the schedule of training to all the clubs so we decided to go for it. Over 7 days several athletes trained anywhere from 14-20hours. This is was a big training week but everyone seemed to really thrive by pushing themselves hard, sometimes training twice a day.

While some of the athletes are focused now on high school sports, they all have committed to continue training through the fall so whatever schedule or circumstances they face this winter, they will be ready to bring it!!!



Adult Fall Strength Training

Starting mid-October, Vicki Longhini, (certified ACE PT), will be leading adult "Get Ready for Ski Season" strength classes every Thursday at 5pm at PSW. We will use the woods and area in front of the Rec Center. There is lots of room to spread out and be COVID compliant. Registration will start Oct 1st so look for that on the SNC website. Super discounts for SNC members!



Season Kick Off Event

Mark Your Calendar!

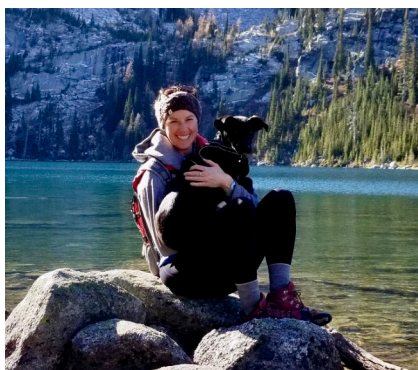
October 24th 2:00 - 5:00 pm at Pine Street Woods

Planning is underway for SNC's annual Season Kick Off event, and we are looking forward to coming together and reuniting with our winter community, catching up on what everyone has been up to during the off season (what covid quarantine projects did you tackle?), and dreaming together about the snow and skiing in our future. As with most things right now, this years event will look quite different than in years past in efforts to maintain social distancing and be outside in the fresh air.

Plan to join us at Pine Street Woods for a walk through the trails and an opportunity to learn about what is in store for the upcoming season: youth and adult programming, events, rentals and more. We also plan to have local retailers present, as well as other local nordic trail venues.

More details to come!

Meet The New SNC Board Members



Renee Nigon

I'm a transplant from the great state of Wisconsin where I was born a cheese lover and got introduced to nordic skiing. One summer evening, some friends said, "Renee, we've gotten into this thing called the Birkie. You should sign up and select 'skate'." So I did and then realized that I didn't know what skate skiing was. As soon as there was snow I quickly learned and fell in love with the nordic community. Currently, I'm a 6th grade teacher at Farmin Stidwell Elementary. I'm excited to join the SNC board to be more involved with our local nordic community and to get more people involved in this lifelong sport.



Sue Jordan

Although I am new to nordic skiing I am very excited to be on the Board of the Sandpoint Nordic Club and get more involved in the nordic community. I currently serve on the Board of the Kambara Quest Foundation and PAFE and I am passionate about youth educational programs in our community. When I am not working I love to spend as much time as I can appreciating the beautiful outdoors of Sandpoint.

Sue will be taking over the position of Treasurer from Patrick Lynch who will remain on the board as a general member. Patrick, thank you for your many years of dedication to this position!

Current Board Members: Ross Longhini (President), Sue Jordan (Treasurer), Kathi Riba Crane (Secretary), Katie Cox, Patrick Lynch, Jeannie Higgs, Renee Nigon, Dan Paterson, and Rick Price (non voting member).