



Sandpoint Nordic Club

Issue 42 • February 2022



❄️ FEBRUARY FUN ❄️

The mantra going into March is "let's keep skiing!" We really hope the trails stay in good shape for you as we approach Spring.

Our School Program, Youth Ski League and Adult Clinics have mostly wrapped up for the season. Big thank you to everyone who participated.

The Outdoor Rec Center will continue to be open on Saturdays and Sundays so long as the trails are skiable :). Come on up between 9am-4pm for rentals.

And! Don't miss our Season Finale Party at 5:30pm at MickDuff's Beer Hall on Thursday, March 24th!

Leanna & the SNC Board

NEWSLETTER

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Meet our Coaches

Our Youth Ski League Program has come to an end for the season. We'd like to thank our excellent team of coaches - they deserve to be recognized for the positive impact they make on the youth in our community. Thanks for an excellent season everyone!

Katie Cox - Little Steppers

Favorite part about coaching?

Watching the kids go from not being

able to ski to racing around faster than the speed of light on two skinny Sticks by seasons end.

Favorite trails skied? The Boulder Mountain tour course in Sun Valley

Favorite snack to eat while XC skiing? Snow!

Why was your first time on XC skis memorable? I was pregnant with Winslow and was told the fastest way to cloud walker was up the cat track. Imagine this mama with her pregnant belly climbing the cat track on xc skis. I am sure people thought I was crazy!

What's the first thing you do every winter morning?

Check the Schweitzer ski report to see how much snow came down the night before.

Favorite part about working with the kids? They make me laugh out loud every day!



Berkeley Cox - Little Steppers

Favorite part about coaching? The kids, they are so awesome to hang out with & coach.

Favorite trails skied? The ones at Mt. Spokane and, obviously, the trails here at PSW.

Favorite snack to eat while XC skiing? Iced oatmeal z bars.

Why was your first time on XC skis memorable? Because it was with Ross and Vicki and my parents and I had so much fun!

What's the first thing you do every winter morning? I think about if my mom will let me go skiing that day and then I look out the huge window by my bed and look at the snow on the trees and the ground and it looks amazing!

Favorite part about working with the kids? How enthusiastic they are to ski and how excited they are to get out and play games.

Kathi Riba Crane - Rec Classic

My favorite part about coaching is seeing kids and families enjoy and embrace winter season sports and activities.

The best trails that I have skied are the Methow Valley in Western WA and the Tsaltaeshi Trails in Soldontna, AK.

My favorite snack to eat while skiing is trail mix with dried fruit and M&M'S.



My first time on XC skis was memorable because it was very humbling. I have been an alpine skier since I was 8 years old and when I tried XC country skiing I felt very uncoordinated because I was used to big, clunky, stiff boots, fat skis and short poles.

The first thing I do every winter morning is to call the Schweitzer ski report. I can find out how cold it is, if it snowed, how deep the powder is and what the conditions are like.

I like working with the kids because they make me smile and laugh. It brings back many fond memories of when my kids, Paige and CJ, were little. I miss those times.

Rane Stempson - Rec Classic

Favorite part about coaching? I'm excited to get the next generation loving xc skiing and enjoying the beautiful snowy Sandpoint outdoors that I moved here to enjoy.

Favorite trails? I've skied many KM and great trails in Bend, Mt.Hood, Mt.Bachelor, Mt.Rainer,Mt. Adams, Austria, Italy ,Switzerland and Germany.

Favorite snack while skiing? Apple, pickybar and hot tea

Why was your first time on XC skis memorable? I didn't fall as much as snowboarding and got to enjoy the snow much more!

What's the first thing you do every winter morning? Check the grooming report and get my xc gear ready after a good breakfast and my morning joe!

What's your favorite part about working with the kids? I love the enthusiasm, the big smiles & giggles! Can't wait to build the passion of getting on skis and exploring the trails!



Renee Nigon - Rec Classic

Favorite part about coaching? I love seeing the improvement and confidence that the kids gain on their skinny skis.

Favorite trails you've ever skied? My favorite trails are the ABR trails in Ironwood, MI and the Birkie trail in Wisconsin.

What's your favorite snack to eat while skiing? Cheese! Plus, PB&J is great during a long ski.

Why was your first time on XC skis memorable? I kept thinking, I should just take these things off and run up these hills! I've been hooked ever since to skiing uphill.

What's the first thing you think about every winter morning? Where can I ski today and what snacks should I bring?

What's your favorite part about working with the kids? The energy! It's also so fun to ski and laugh with the kids as we all fall at various points.



Rose Olsen - Rec Skate

What's your favorite part about coaching? Selfishly, one of my favorite parts about coaching is the self-accountability for my own skiing, I think I learn just as much as the kids do. I also love the community connection that programs like this foster.

What are your favorite trails you've ever skied? Mt. Spokane for sure!

What's your favorite snack to eat while XC skiing? Applesauce squeeze packs

Why was your first time on XC skis memorable? It was a long time ago, probably at English Point in Hayden. I remember being really sweaty.

What's the first thing you do every winter morning? Drink a quart of water then hike (or snowshoe) up the hill with my dog!

What's your favorite part about working with kids? I'm always so impressed with how determined and brave they are to try new things.



Claude Goldberg - Rec Skate

Favorite part about coaching? I love the connecting that happens and how a spark of an idea grows into a flame and takes hold.

Favorite trails you've ever skied? Beaver Creek, Colorado. All of the nordic trails are at the top of the mountain!

Favorite snack to eat while XC skiing?

Anything with peanut butter!

Why was your first time on XC skis

memorable? This was many years ago when I was teaching alpine skiing. I figured, "how hard can it be to skate ski?" I soon found out! The course was so hilly and the skis were soooo skinny. There was a lot of falling and crashing into snow banks and a lot of laughter.

What's the first thing you do every winter morning? I say good morning to all of my animals, drink some coffee and plan what outdoor adventure is in store for the day.

What's your favorite part about working with kids? I love working with kids because they are a constant reminder that life is meant to be lived joyfully and full of fun.



Ryanne Lemon - Devos

Favorite part about coaching? What I like most about coaching is pretty simple, just sharing the love I have with the sport to others.

Favorite trails you've ever skied? My favorite trails I have ever skied are cloudwalker (of course), but one really cool trail system that sticks out in my mind is at the top of lookout pass Montana at Cheif Joe nordic center, kind of a hidden gem.

Favorite snack to eat while skiing? My favorite snack is when I get back from skiing I enjoy some split pea soup (and a hot toddy is nice as well)

Why was your first time on XC skis memorable? My first time on nordic skis was when I was 3 years old, but I was hooked. I can still remember the magic of going skiing with my dad through the winter woods. I think that is where I have always found the most peace.



What's the first thing you think about every winter morning? The first thing I think about on a winter morning is what am I going to play on today.

What's your favorite part about working with the kids? My favorite part about working with kids is seeing the world through their eyes and taking the time to notice little details that we tend to pass by in our busy lives.

Rebecca Dussault - Devo & Race Team

I'm your local Olympian and xc ski coach, a mother of 6...naturally they're all skiers too. I enjoy all my roles and use them to the benefit the youth I have the pleasure of working with. My approach to coaching definitely fulfills the spectrum of what it means to be a skier from all things fun and games, like playing on skis, to getting down to business in focused and formative competition.

Favorite Trail: I have had the pleasure of skiing on a few different continents and cannot seem to pick a favorite trail, but would love to glide again anywhere from The Snow Farm in New Zealand to the high tech and perfected trails of Lahti, Finland.

Favorite Snack: I love skiing with food because that means I'm out there for a while, and if it's something peanut butter based, I'll be happy for a few more km's!

Earliest ski memory: My first few years were very memorable on skis because we only skated on the utterly flat terrain of a soccer field and the city used a snowmobile towing a mattress to "groom" for us.

First thought on a winter morning: My first thought on a winter morning (after thanking God) is to build a fire, start the coffee and see who's coming to take a lesson from me. Yeehaw!!

Favorite part about working with the kids? I really enjoy working with kids because they connect me to my youth while we build relationship and challenge each other. Watching them bud into their own person as a skier is very rewarding. The bonus is that if they love it enough, they'll do it for a lifetime and that marks true coaching success in my books.



Karl Hamelmann - Devos

Favorite part about coaching? I like helping the kids figure out skiing and seeing their progress thru the season.

Favorite trails you've ever skied? I love Coyote Canyon at Schweitzer. Such a good workout! Also very quiet and isolated. I usually don't see another person the entire time.

Favorite snack to eat while XC skiing? Granola bar

Why was your first time on XC skis memorable? I remember falling alot. An out and back to Picnic Point and had to rest after every 6 strides

What's the first thing you do every winter morning? Check the snow report of course!

Favorite part about working with the kids? Their excitement about getting better.



Lee France - Race Team

Hi! I'm Lee, I'm 35 & a father to 2 little boys. I've been a nordic skier most of my life & started doing my first races when I was around 10 years old growing up in Sandpoint.

My absolute favorite ski race was one I did in Alaska called the Tour of Anchorage. It was a 40km race that wound through the forests, city, and along the coast.

I'm excited to be back in Sandpoint and helping build a lifelong love of skiing for members of the race team"



Ross Longhini - Race Team

Favorite part about coaching: I really love to find out what each athlete really wants to accomplish and then developing a plan to get them there.

Favorite trails: The World Cup trails in Lahti Finland are quite spectacular.

Favorite snack to eat on the trail: I don't eat much when I'm skiing; however, the French fries at Schweitzer are quite good afterwards.

Best ski memory: Skiing 42km at the Engadin race in Switzerland and finishing in just over 2 hours was a highlight for me (especially at my age)!

First thought on a winter morning: Do I have to groom trails today?

I like working with kids because: I never had a ski coach till I was already past my prime. I love to give kids the opportunities that I didn't have.



Erik Brubaker - Rec Classic

Favorite part about coaching? Being there to see the progression, as a young skier goes from being a newborn moose on awkward wobbly legs to being a confident young wolf pup cruising around playfully off trail....

Favorite trails you've ever skied?

My all time favorite was a wild skate ski (non groomed) off of Selle Rd. A freeze thaw cycle provided limitless free range cruising along the rolling hills of the sand creek pasture land. The skiing was a thrill and the flowing creek and sparkling magic of the morning was unforgettable.



Favorite snack to eat while XC skiing? Hmmmm..... Probably snow covered white pine needles.

Why was your first time on XC skis memorable? Because for me, I got to be a big kid finally doing what my parents got to do..... And then the snow made our woods absolutely magical.

What's the first thing you think about every winter morning? Did we get and new snow?

What's your favorite part about working with the kids? Their unfiltered questions and hilarious conversations.... most adults I know including me could learn alot from them.

Dan Patterson - Race

My favorite part about ski coaching: Watching people get faster than me. Seriously, it's so cool to see someone start off in the sport, and slowly but surely get stronger and faster, and know that I was able to help them along that path in a meaningful way.

Favorite place or trail to XC ski is: Anywhere there is snow. I've nordic skied all over the world, and the best place to be skiing is the trail right in front of you. I even love those days when it's storming hard and you can just put on your rock skis at the front door right in Sandpoint and classic ski down the middle of the road to the grocery store to get milk. I hate it when they finally grit and plow the roads, it spoils all the fun.

All that said, I think my favorite is spring crust skiing - that short window of time in the spring when the fields and hills become a giant skate park and you can go almost anywhere, for a couple of hours, before the snow softens up in the sun.

Favorite snack to eat while XC skiing is: Definitely not dehydrated plums. Some chocolate and a banana is my go-to for most workouts, and a good supply of water or good-quality sports drink. When I'm feeling organized, I like home-made protein bars as a post-workout snack. It's super important to keep the fuel supply up when you're training a lot - it helps a lot with recovery and making sure you'll be ready for the next workout!

My first time on XC skis was memorable because: They were so heavy. I started skiing when I was 5 years old on some metal-edge skis with 3-pin bindings, and I swear the boots and skis were heavier than I was. Despite all the complaining I did, I still remember loving being out on skis every time we went, and I didn't care one bit what type of skiing it was.

Getting up at 5am on Saturdays so we could drive 90 minutes to get to the ski resort and be out on the trails before the crowds showed up was one of the best things ever.

First thought on a winter morning: "Hmm, is it a good day for classic, or skate? I wonder what the grooming is like. How cold is it? Did it snow?" Pretty much this, every day, until spring, and then it becomes "I wonder if the crust skiing is good yet"

I like working with the kids because: One of the best feelings as a coach/mentor/teacher

is knowing you helped someone succeed at something, no matter how small, that they couldn't do before. Kids are sponges for learning new things, and it's intensely gratifying to be able to help them learn to do a physically complex & demanding thing, like cross country skiing, really well.



YOUTH SKI LEAGUE

February was a big month for our Youth Ski League. We hosted our annual Schweitzer Hill Climb on February 16th and it was a huge success thanks to our volunteer coaches and parents who put on the event. Thank you all for your help!

We finished our last day of the season with Olympic games in PSW followed by snacks & hot cocoa.

It was a fantastic season and we look forward to next season!



SCHOOL PROGRAM

We'd like to thank our School Programs volunteers - without you we wouldn't be able to offer this fantastic field trip to local 3rd-6th graders! We hope you had as much fun as we did helping so many kids get out on skis for their first time.

I'd also like to send a very big thanks to Rick Price who runs this program. We have 5 school groups per week from Jan - early March, totaling around 800 kids. Rick is the most passionate Nordic skier around and I can think of no better person to be running this program. Thank you, Rick, for spreading the joy of skiing to so many kids in our community!



ADULT PROGRAMS

The Beginner Skate Clinic in early Feb was a lovely day with many adults out there learning skate techniques. Thank you Allison France and Renee Nigon for coaching!

THE DISTANCE CHALLENGE

Makka (650km) continues to hold the lead with **Arpie** (596km) on Makka's tail! Good going surpassing your 500km goal last week, **Cheese Head** (514km)! Does your name imply you bring cheese for snacks when you ski? You must be a popular ski buddy. **Poohpa** (523km), **Fastbreak** (217km), **Ocean Wren** (238km) and

Thorson (505km) all hit their goals last week, nice work skiers. **Fuglebein** (497km) has an easy 3km day to go before hitting their goal. Will **Mountain Chickadee** (166km) ski 34km more this season to make 200km? **Craig** (155km) - if your actual name is Craig, we will come up with a better nickname for you next season ;) Keep up the good work though and get those next 45km in to hit your goal.

SEASON FINALE PARTY

Join us **Thursday, March 24th at 5:30pm** at MickDuff's Beer Hall for our Season Finale Party!

Members will receive 1 free beer ticket and there will be pizza.

Were you part of the Distance Challenge? You get 2 free beer tickets! Plus a cool sticker if you hit your KMs skied goal :) Hope to see you all there.



THE FUNNIES

The Ski Curmudgeon

Dear Ski Curmudgeon,

I am desperately trying to ski 500 km for the Sandpoint Nordic Club distance challenge. The recent wind storms and frigid temperatures have rendered the PSW ski trails very difficult to ski. I'm afraid I'm not going to be able to reach my goal. Any suggestions?

- Starting to Panic

Dear Panicked,

Your efforts to join this exclusive "GET A LIFE CLUB" are commendable. Fortunately, you need not worry as your goal can still be achieved. The very innovative, reliable and ingenious SNC grooming team has come to the rescue. Trail groomers Jason and Matt have painstakingly REMOVED most of the trail debris using a backpack leaf blower. With warmer temperatures in the forecast, the trails should be in great condition. Ski on and have fun!

- SC

Ole & Lena

Ole was searching frantically for a half dollar when Sven strolled by. "Where did da lose it?" asked Sven. "Over dere by my car," answered the Ole. "Well, why don't you do your looking over by your car?" "Because," said Ole, "Da light is much better here."