



Sandpoint Nordic Club

Issue 47 • January 2023



❄️ A JOYOUS JANUARY ❄️

January has been a month of playing on skis at Pine Street Woods. Our programs have gotten all ages skiing on the trail. In a recent adult clinic, Rebecca Dussault said it best; "Even as adults, we should have fun on skis. Come out and play at Pine Street Woods."

Thanks to our groomers, they're creating some magic on the trails to make them skiable, no matter what mother nature throws at us. Fingers crossed that February brings the snow- we can all help by doing a few snow dances!

Renee & the SNC Board

NEWSLETTER

TABLE OF CONTENTS

Youth Ski League • P. 2-6

Sandpoint Racers • P. 7

Program Updates • P. 8-9

The Funnies • P. 10

Meet The Youth Ski League

On Monday and Wednesday afternoons at 3:30pm, Pine Street Woods is bustling with activity! Our Youth Ski League practices January through February.

The goal of our Youth Ski League is to offer an opportunity for kids to learn and enjoy cross country skiing.

This year we have 80 kids participating and out skiing on the trails! We wouldn't be able to have this program without our amazing coaching crew. We are extremely grateful for their time and support of the program.

We have four groups: Little Steppers, Rec Classic I and II, Rec Skate, and the Development Team. This year, we're excited for our first annual YSL Pine Street Woods Race on Wednesday, February 15th.



The Little Steppers



The Little Steppers are our youngest crew on skis. They are 6-8 years old and start the program with little to no experience on skis. It is a classic only program and meets one day a week on Wednesdays.

Coach Katie Cox leads this crew along with assistants Berkeley Cox and Jett Longanecker, or Mr. Coach Jett as he's better known these days :) They start with the basics and learn how to play on skis and have fun on the trails!

This year, our Little Stepper crew grew so much that we had the best problem there is- we needed more skis for this group ASAP! Luckily, through a local grant from Blue Skies and Rick Price's magical ability to find skis, we were able to outfit all the Little Steppers who needed skis.



Rec Classic I & II



The Rec Classic I & II is for any skier that wants to learn how to classic ski and get outside during the winter. This group focuses on classic skiing, a team environment, and playing on skis! This season, the crew loves relay races, capture the flag, and crows and cranes (very similar to sharks and minnows).

Coaches Rane Stempson and Renee Nigon lead our Classic I and II groups. The groups are split by age and skill level. Both groups come together for group games and cheer for each other on the trails.

This crew is turning into some hardcore Nordic skiers! They LOVE hills, both climbing and going as fast as possible downhill. They start practice by asking, "Which hills do we get to climb today?" As coaches, we spend a lot of time trying to out climb them, only getting beat a few times :)

Quotes from the Classic Crew:

"I love racing up and down the hills."

"Can we go ski the hills? Up and down? Want to race on the uphill?"

"I counted and we just skied 8 different trails today... that has to be a record!"

"I'm going to ski through the woods; I'll see you at the next turn."



Rec Skate

After skiers learn the classic technique and spend a few seasons on classic skis, they are ready for our Rec Skate group!

The Skate crew is lead by Coach Rose Olson with assistant coaches Dig Chrimer and Claude Goldberg. This group focuses on learning how to skate ski, the different techniques, and how to play and have fun on skis.

The skate crew can be seen cruising on all the trails during practice. They weren't sure at first, but turned out to love the tire pulls along the powerlines, both up and down hill.



The Development Team



The Development Team dedicates three days a week to skiing. They work with both classic and skate technique.

This program is for intermediate level skiers who have some XC ski experience and have an interest in taking their classic and skate skiing technique to the next level while developing a foundation for ski racing. The development team offers a mix of fun, purpose driven fitness development, and competition.

The Development Team is led by Coach Rebecca Dussault twice a week and Coach Pat Barrett once a week.

This crew can be seen racing around Pine Street Woods and working on their end of race lunges across the finish line. We are excited to have so many skiers on the Development Team this season! It's fun to see our skiers getting excited about racing and improving their technique in both classic and skate skiing.



Sandpoint Racers

From our Youth Ski League and our Sandpoint youth, we have skiers racing in citizens races and for the Bridger Ski Foundation out of Bozeman, Montana. We're proud of all our up and coming racers and those racing at the next level.



Callahan Waters and **Izzy Waters** are both racing for BSF in the Intermountain Division this season. They raced at Soldier's Hollow, UT at a Super Qualifier with a huge field. On day 1 in the 1.5k freestyle sprints, Callahan finished 6th overall for U16 boys and Izzy was 9th for U16 girls. On day 2 in the 5k classic, Izzy finished 7th out of 71 skiers and Callahan finished ninth out of 96 racers. What an incredible weekend of racing for both Callahan and Izzy! We're excited for the rest of your season!



Winslow Cox represented Sandpoint at the Skiasta in Seeley Lake, MT. She had a blast! Winslow placed 2nd overall in the 3K freestyle and 1st in her age group. Congrats Winslow!



SCHOOL PROGRAM

The Sandpoint Nordic Club School Program kicked off on January 4th. Led by retired teacher Rick Price, the School Program is a field trip where kids get to cross country ski, explore the PSW trails, and learn how cross country skiing is a lifelong activity.

This season we have hosted nearly 400 local 3rd - 6th graders in Pine Street Woods for our School Program in the month of January alone! In February, we have **over** 400 more kids scheduled to come up and ski.



This is the fourth season of our School Program. Many of our local 6th graders will make the trip up to Pine Street Woods to ski for the 4th time, having started in 3rd grade. At the end of the field trip, kids are sent home with a coupon for discounted rentals to encourage them to bring their families up. This program introduces hundreds of kids to the healthy sport of xc skiing and leads to more families enjoying the outdoors in the winter. Thank you Rick for your dedication to this incredible program. If you're looking for a way to get involved, we're always looking for volunteers to help out and ski with the classes!



ADULT PROGRAMS

January has been an incredible month for our Adult Programs at Pine Street Woods. Thank you for coming out and skiing with us!

The Full Wolf Moon ski started the New Year with a perfect ski! A large group of skiers came out to enjoy the clear, starry skies.

Our Learn to Ski Days brought out 40+ participants on classic skis for their first time.

Rebecca Dussault led both Intermediate /Advanced Skate & Classic Clinics. Her message was that adults too can come out and play on skis at Pine Street Woods.

Mark your calendars for the February Full Snow Moon on Sunday, February 5th @ 5pm.

Looking for a local race? Our friends, Spokane Nordic, are hosting the Langlauf 10K Classic Race. Sign up closes on February 1st. Join other Sandpoint racers in Spokane!



THE DISTANCE CHALLENGE

In the 500k category, **Oly** (392.9km) has surpassed **Birdlegs** (365.2 km) to take the lead! **Slow Horse**, **Trick Pony**, and **Cheese Head** are neck to neck and not far behind with km's all in the 350's. **Ocean Wren** hit their 200k goal! Maybe onto 300k's? **Fast Break**, **RedOak**, & **TxSasquatch** are getting closer to 200k by the day. **CW** and **Corduroy** blew by their 50k goal already! Going for 100k's? **JS**, **BS**, and **FS** are either taking some time off or sandbagging everyone, waiting to add those k's at the last moment. Happy skiing all! Get out and get those k's!

THE FUNNIES

Do you have questions for the Ski Curmudgeon? Send in your questions!

The Ski Curmudgeon

Does anyone know who he is?

Dear *Ski Curmudgeon*,

Other Nordic ski areas I have visited (Blackjack, Methow Valley) allow skiers over 75 years old to ski free. Why not Schweitzer? My inquiries of Schweitzer in past years receive no reply. What's the deal? There seems to be no price break at all! *Live to Ski*

Dear *Ski to Live*,

This is a puzzling situation. My understanding is that they allow +80 year skiers to purchase an alpine season pass for much less than a day ticket. My guess is that they just don't know how to deal with a generational talent like yourself. You may be the first octogenarian to request a season pass for Nordic. They must feel that people your age only go downhill. (No pun intended, well maybe a little). *SC*

Ole & Lena

Your favorite Scandanavian-American Couple!

Ole called the airlines information desk and inquired, "How long does it take ta fly from Minneapolis to Fargo?"

"Just a minute," said the busy clerk.

"Vell, said Ole, "if it has to go dat fast, I tink I'll yust take da bus."