

Sandpoint Nordic Club

Newsletter - January 2020



A Grand Day!

On Dec. 21st the community celebrated the grand opening of the Outdoor Recreation Center at Pine Street Woods.

The success of this project is truly a community effort and there were many local businesses to thank for their contributions.



Thank You!

Idagon · Idaho Forest Group · Studio 124 · Suarez Engineering · Colin Beggs Design Build
APEX Construction Services · Avista · Tork Electric · Kramer C E Crane & Contracting · Ferguson Concrete
Thompson Concrete · Sandpoint Framing · Satisfaction Painting · Interstate Concrete
S&H Insulation · Sandpoint Building Supply · Sandpoint Carpet One · Selkirk Glass and Cabinets Rival Roofing
Canepa Construction · The Paint Bucket · Lumber Marketing Services
Vorhies Built LLC · Northwest Building Components · Sandpoint Garage Doors

Upcoming Events

Jan. 5th - Clinic with Rebecca Dussault: Fun classic tour with technique work. 12pm @ Lakeshore Trails. Contact Rebecca to reserve your spot 970-209-4823

Jan. 11th - Learn to Ski Day
9 - 11 am and 12 - 2 pm @ PSW. Beginner classic and skate lessons offered with ski rental for only \$10 Register at sandpointnordic.com

Jan. 26th - Clinic with Rebecca Dussault: Fun skate tour with technique work. 12pm @ Lakeshore Trails. Contact Rebecca to reserve your spot 970-209-4823

SNC Race Team Takes on Teck Kootenay Cup in Rossland, BC

Congratulations on great races Clara, Jet, Kasten, and Slate! The team will be traveling to Bend, OR for the first PNSA Junior National Qualifier of the season next weekend. Wish them luck if you see them on the trails this week.





Calling for Newsletter Contributors!

Have a ski topic you would like to write about or something you would like to know more about? Article and article topic contributions are always accepted. Email sandpointnordic@gmail.com if you are interested in contributing.

Meet Rick Price - Pine Street Woods Outdoor Recreation Coordinator



By Bill Tregoning

Rick Price has been hired as Outdoor Recreation Coordinator at Pine Street Woods Rec Center. Rick has spent most winters of his life on skinny skis, starting at age 16, plus has had rental experience running a college recreational rental program during college in Iowa. He will be a great asset to Pine Street Woods and is excited for the opportunity to introduce more skiers to Nordic skiing. You will recognize Rick right away, he's the guy with the big smile and positive attitude. Tom Prez has also been hired to help anyone looking for rental gear.

Rick moved to Idaho in 1984 settling in Pocatello and the Teton valley prior to 1998 when he relocated to the Sandpoint area. Rick spent the last 38 years teaching school. He retired last spring after teaching 3rd grade for 10 years at Farmin Stidwell. He has also been an SNC board member for 7 years where he is instrumental in planning the club's events.

Rick is a self-proclaimed endorphin junkie. In addition to frequenting local trails, Rick has made 11 trips to the Birki, one of which was on a pair of wooden skis. He told me he is the most fit in the month of February. That doesn't mean he sits on the couch all summer as he is also an avid road biker. He has ridden not only locally but has logged many extended road trips all over the United States. A man for all seasons.

It is safe to say the rec center is in great hands. Once we have adequate snow coverage the Rec Center will be open for rentals on weekends and holidays. Tuesdays are special days for school groups when the Rec Center provides xc ski and snowshoe equipment, and the opportunity to experience a new winter activity. The warming hut section of the center will be open daily during daylight hours. Please check the SNC website for current hours. If you're at Pine Street Woods make sure you drop in and say hello to Rick and Tom.

Ole and Lena

Ole and Lena's bull took sick and died, so they needed to go to the auction to buy a new one. Ole had to get the crops in and couldn't leave the farm, so Lena took the train to the city to buy a bull. If she was successful, she would take the train back to the farm, then she and Ole would go to town with the truck to pick up their newly purchased bull. The bidding was furious at the livestock auction, and Lena found herself bidding on the last remaining bull. It took everything she had but ten cents, but she was finally the successful bidder. Unfortunately, the train home was fifty cents. "Please, Mr. Conductor, couldn't you make an exception just vunce?" pleaded Lena. "Sorry lady," he replied, "but you can send your husband a telegram to tell him your problem. The office is just down the street." At the Telegraph office, Lena asked, "Mister, how many vords can I send to my husband for a dime?" "It's ten cents a word," the clerk answered. Lena pondered her dilemma, then finally said, "OK, here's da message: "COMFORTABLE".



Introduction to Biathlon

By Jared France

Biathlon is one of the most popular sports in Europe and is rapidly gaining popularity in North America as well. The winter sport combines cross-country skiing with rifle shooting. Skiing events often attract tens of thousands of spectators since competitors can go from first place to fifteenth by missing a single target. Skiing biathlon was once described as going from a rabbit to a rock to a rabbit. Athletes need to have exceptional aerobic fitness to compete in the skiing segments and calm concentration and steadiness to be successful in the shooting arenas. The two activities couldn't be more opposite in nature. The sport can be traced back to Norwegian military training exercises in the 18th century. It was first contested in the 1924 Winter Olympics, but didn't become an official Olympic sport until 1960. Women were first allowed to compete in the 1992 Albertville games. The sport has generally been dominated by Norway, Germany, France and Russia. The United States has won only five medals in World Championship competitions.

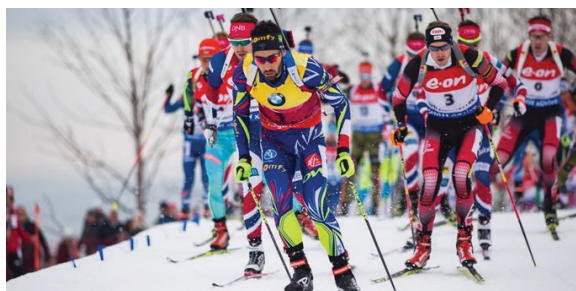
The cross-country skiing component currently utilizes the skating technique exclusively although all techniques are allowed. Race distances range from 3-5 km in length for the "super sprint" to the 20 km (15 km women) individual events. The athletes have between two and four shooting stations depending on the type of event, half in prone (lying down) and half in standing. The competitors carry their small bore 22 LR



caliber rifles and ammunition with them at all times including the ski segments. The distance to the targets is 50 meters with each shooting round consisting of five targets. The prone targets are 45 mm in diameter while the standing targets are a larger 115 mm. (It is more difficult to steady the rifle while standing.) Biathletes receive penalties for missed targets. Depending on the competition, penalties may include skiing a 150 meter penalty loop or time being added to a skier's final result. Relay races often allow the use of up to three extra cartridges for each round with penalty laps skied for each target left standing.

World Championship and Olympic Games contain numerous biathlon skiing events including:

- Individual- 20 k(male)/15 k (female) with four shooting stations with 1 minute added for misses
- Sprint- 10 k(male)/ 7.5 k (female) with two shooting stations with 150 m penalty loop for misses
- Super Sprint- divided into a qualification and final. The qualifying round has three 1 k loops with two shooting stations. The final has five 1 k loops with four shooting stations. The top 30 in the qualifying round make the final. Three spares are allowed, if targets still remain, the skier is disqualified.
- Pursuit- skier starts are based on a previous race with the winner starting first and all other skiers starting based on their time back. The first to cross the finish line wins. 12.5 k/ 10 k with four shooting bouts and penalty loops.
- Mass Start- 15 k/ 12.5 k with four shooting stations and penalty loops, limited to top 30 or 60 skiers depending on the race.
- Relay- Four skiers per team- 7.5 k/6 k with two shooting rounds per skier. Three spares per round allowed, then penalty loop.
- Mixed Relay- Four skiers, two men and two women. The women ski legs 1,2 (6 k); men ski legs 3,4 (7.5 k) with two shooting stations each.



Biathlon is a rapidly growing sport in the U.S. and Canada. Ranges have recently sprung up in our area including the Methow Valley- Wa., Sovereign Lakes- BC, Seeley Lake- Mt, Kimberly- BC, and Libby-Mt. Clinics are offered at most of these areas for beginners as well as entry level competitions.

Next month- more on the Libby biathlon program.



News on Norwegian Nordies

By Dick Sevenich

Recall that, for this season, I am following two Norwegian cross country skiers, Johannes Høsflot Klæbo and Theresa Johaug. In the races so far for the current season:

Johannes Høsflot Klæbo

Ruka, Finland

- Klæbo won the initial 1.4 km classic sprint (by a large 4.17 sec.)
- Niskanen (Finland) won the 15 k classic with Klæbo in second
- Klæbo then won the 15 k freestyle pursuit to clinch the overall win

Davos, Switzerland

- Klæbo battled with Chavanat (France), edging him by .05 sec. in the final heat This left Klæbo in first place for sprints

Planica, Slovenia

- Klæbo was absent for the Planica competition. Did he take time off in preparation for the Tour de Ski? Chavanat took first in the sprints and now holds first place for that World Cup competition.

Tour de Ski just wrapped up and this update will be coming next month.

Of course, Klæbo is quite early in his career. Perhaps as time goes on, he will become more of a distance skier ... or what?



Therese Johaug

Ruka, Finland

- Johaug won the 10k pursuit and the 10k classic

Lillehammer, Norway

- Johaug won the 15k mass start skiathlon

Davos, Switzerland

- Johaug won the 10k freestyle

Planica, Slovenia

- I did not see any mention of Johaug in the Planica competition. Did she take time off in preparation for the Tour de Ski?

Tour de Ski just wrapped up and this update will be coming next month.

Theresa is well into her career and, if undeterred, will displace Marit Bjørgen as the most decorated Nordic World Cup skier - probably this season.

