



Sandpoint Nordic Club

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❄️ FEBRUARY FUN ❄️

February was all about cow bells, sportsmanship, healthy competition, believing in the power of putting on a race bib, and toeing the starting line with teammates and friends.

All ages of our Sandpoint Nordic Community jumped into races or got closer to their distance challenge goals, some surpassing them!

The season isn't over yet :) We're excited to see you all out for some spring skiing on the trails.

Put our SNC Season Finale Party at MickDuff's Beer Hall on the calendar for Thursday, March 23rd @ 5:30pm!

Renee & the SNC Board

NEWSLETTER

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YOUTH SKI LEAGUE

February was a big month for our Youth Ski League. We hosted our first annual YSL Race at Pine Street Woods (PSW) on February 15th.

The YSL is comprised of four teams: Little Steppers, Recreation Classic, Skate, and Development Race ski teams, ages 6-18 and 80+ strong this season.

In our first race at PSW, the Youth competed in a 1K or 3K race. On a blue bird day, the skiers embarked on a race competition on the Meadow, Homestead, and Outhouse PSW Nordic trails. The skiers blew through the courses while family, friends, community members and other racers cheered each other on. The energy was contagious!



Little Steppers racers line up at the starting line for their 1k race on Outhouse.

Families and fans cheered in the meadow and every skier skied to the finish with cow bells ringing from Coach Pat. This event could not happen without the hard work of all our coaches, groomers, and family volunteers!

This is the culminating event after 7 weeks of training for our skiers to test their skills. This season has been great with our skiers able to ski the trails at PSW for the full 8 weeks of the program. We are excited to continue our YSL race at Pine Street Woods next season. Thank you to all families for your support this season! We were so thankful to be able to coach your skiers.

Written by Coach Rane Johnson-Stempson



The Skate Rec Team after their 3k race, all smiles with Coach Dig and Coach Claude!



The Development Race Team double poling to start their 3k race!



The start of the Little Steppers race, chasing down Coach Jett.



The Classic Rec Team at the starting line for their 3k race.



Awards ceremony :)
Congrats to all our YSL skiers!



Cheering on their teammates at the awards ceremony.
1st, 2nd, and 3rd place Rec Classic girls.

SANDPOINT RACERS

Our racers are back! February was an awesome month for citizen races, Youth Ski League skiers traveling to races, and our Sandpoint skiers racing at the next level.

On Saturday, February 5th, a crew of Sandpoint racers traveled to the **Langlauf 10K Classic** hosted by our friends Spokane Nordic. All ages competed and Sandpoint represented with age category podium finishes!



Sophie Brubaker (middle) placed 1st in her age category with Iona Tuohy (right) also placing!

Look at this Sandpoint representation! We'd love to have an even bigger group next year. Maybe we can get some SNC racers to come and chase Coach Lee France down?

Put the Langlauf 10k Classic on your calendar and join us! February 4, 2024 at Mount Spokane State Park.



Far left, Nolan Tuohy (back) and Lochlan Tuohy (front) placed at the Langlauf 10k in their 1st EVER ski race! Congrats! They also turned out to be really good at the raffle :)



LOW KEY WOLF CHASE

Our friends over in Libby, MT held a "Low Key Wolf Chase" event on February 11th for our Youth Ski League skiers. Sandpoint had a group that headed over to race in TWO 2k races plus relay races at the end. We're really grateful to have such a good friendship with the Kootenai Nordic Ski Club and our skiers had a blast! Sandpoint Nordic racers that competed in the U8-U16 categories: Anselm Dussault, Emiliana Dussault, Remi Dussault, Sophie Brubaker, Trent Roberts, Iona Tuohy, Nolan Tuohy, and Lochlan Tuohy. Coach Rebecca reported that the race was fun and that we need to get more kids over there next season!



Future SNC racer cheering on her siblings and checking out the course.



SANDPOINT RACERS

It is so exciting to see all of our Sandpoint skiers at every age out racing. Two of our local Sandpoint skiers, Callahan and Izzy Waters, have had an incredible season of racing with the Bridger Ski Foundation (BSF).

Callahan and Izzy competed at the Intermountain Division (IMD) Junior National Qualifier in Bozeman, MT on February 18th-19th. In the Classic Individual Sprint, Izzy placed 2nd overall in U16 women. Callahan placed 1st overall in the U16 men division. In the 5k Freestyle, Izzy placed 5th!



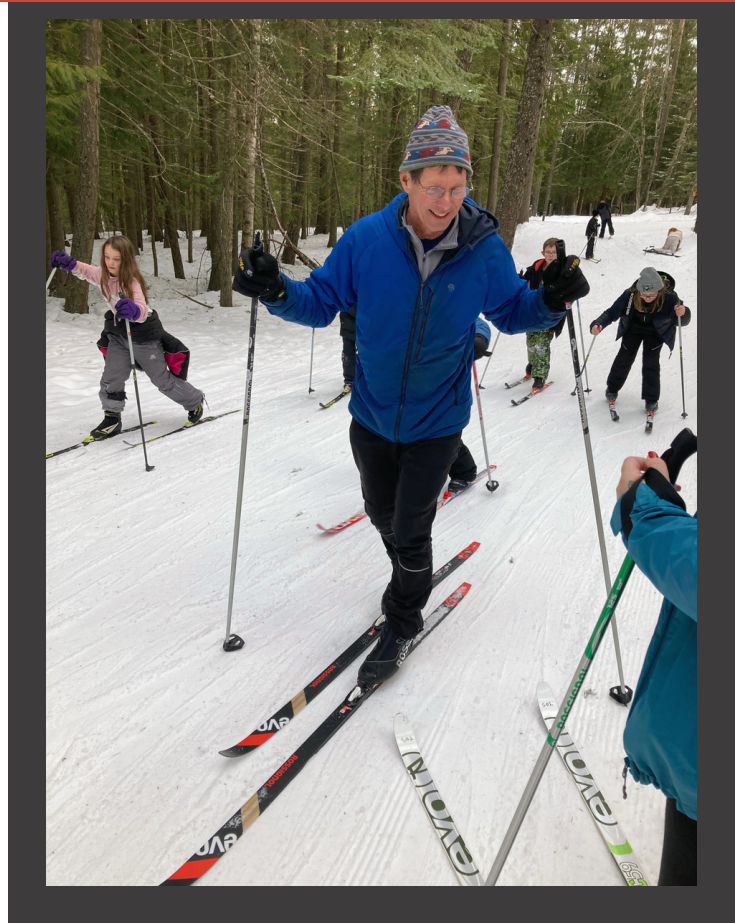
With podium, or at least top 10 ten finishes, in almost all of their 6 Junior National Qualifier races this season, Callahan and Izzy Waters garnered enough points to earn spots on the Intermountain Division Team headed to Junior Nationals. This was particularly exciting for Izzy, who was racing up one age category in order to be eligible to make the team. Over the course of the qualifying races, they had the opportunity to race in fields ranging from 38 to 99 competitors.

Congratulations to Callahan and Izzy! They will be racing in Fairbanks, Alaska on March 13th-16th at Junior Nationals with the top skiers from the United States. Good luck from your Nordic ski community in Sandpoint!



SCHOOL PROGRAM

Our School Program is wrapping up for the season. We are so grateful to all our volunteers that have come up and helped us with this program. Thank you so much for your support and time! You've helped us get hundreds of 3rd-6th graders out on skis, many of them for the first time. We hope that you had as much fun as we did, seeing kids learn to ski, overcoming the challenges (and fun) of falling, and enjoying being out in the woods in their community forest.



I'd like to specifically recognize Rick Price. He has become our official Sandpoint Community Cross Country Ski Teacher over the last four seasons. Rick is the reason that this program has grown from serving just over 150 kids in our first season to over 840 kids in our fourth season! There's no one more enthusiastic about cross country skiing and we're so lucky to have Rick getting kids and adults out on skis. Thank you so much Rick! If you see him in the Rec Center or out on the trails, congratulate him on his most recent American Birkebeiner finish- he completed the 55k Classic race and I'm sure was smiling the entire way.



ADULT PROGRAMS

Sandpoint skiers are the best and a crew came out on a cloudy night for our Full Moon Snow ski. Thank you Celeste Grace for organizing our treasure hunt! Rebecca Dussault led our final adult skate clinic of the season as well. Thank you for your coaching!

THE DISTANCE CHALLENGE

Oly (634km) continues to hold the lead with **Cheese Head** (580km) attempting to close the gap. **Slow Horse** (562km), **Trick Pony** (551km), & **Bird Legs** (518km) have also surpassed the 500k mark. **Ocean Wren** is well passed their 200km goal with 292km...I see 300+ k's in their future! **Fast Break** is on their way to 250km.

Ski Rex (101km), **CW** (151km), **Skittos** (96km), and **Corduroy** (94km) are all way past their 50k goal! However, I heard out on the trails that **Corduroy** may have some secret K's that they haven't added to the spreadsheet yet...it also seems like this crew should step it up to 200k next year! Add **The Bear** to this list as well! **MelKoe** reached their 50k goal this weekend, hitting 83k after realizing the spreadsheet was in km's not miles :) Us Nordic skiers don't work with those mile things.

SEASON FINALE PARTY

Join us **Thursday, March 23rd 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? If you completed your KM's skied, you'll get your t-shirt at the party! Keep skiing! Hope to see you all there.



My First Race

Written by Iona Tuohy

I started cross-country skiing this year and loved it immediately. That fun swoosh and glide made it terribly tempting not to go and do it every day. My parents got my two brothers and me onto the Sandpoint Nordic Club Youth Ski League and we have learned so much thanks to Coach Renee, Coach Rane, and Coach Dave. After our first few lessons, I asked my parents if I could race. They later found out from Coach Renee that there would be a race called the Langlauf on February 5th. My brothers and I were pumped when my mom and dad told us we could go. The race was at Mount Spokane so we had to get up early. On the way up my dad played "pump up" music and my brother and I looked at a free Hammer flyer I got from Sryinga Cyclery. We measured out our water and were trying to figure out how many calories to eat.

When we got there we all wore our rain jackets since it was raining and we tried our best to stay dry. We went into the small building and hung out with Coach Renee, Coach Dave, Coach Rick, Sophie and several others from Sandpoint; there were 13 of us in all. Soon the announcer called all the racers to the start line. In line I did some of the fun stretches Coach Renee and Coach Rane taught us. All of the sudden, boom, we were off. I tried to stay ahead of the big wave of people that followed me. The course had nice turns and fun climbs. The funny thing was all of the adults that I had worked so hard to pass on the uphill came whizzing down past me on the downhill. The race seemed short and all too soon I was crossing the finish line. After the race we went and enjoyed some yummy soup. The Langlauf is a race to remember and I hope for many more to come.

A Day On Snow

Written by Callahan Waters

Imagine with me two neighbors; Mr. Alpine, a downhill skier, and Mr. Nordic, a cross-country skier.

Mr. Alpine rolls out of bed still sore from surgery to remove his kidney to sell on the black market in order to pay for his downhill ski pass. Mr. Nordic is also sore from the piles of cash under his mattress from the money he saved on his affordable Nordic ticket.

Mr. Nordic slips into his Spandex suit that compliments his ripped bod, throws on comfortable boots, and grabs his ultralight equipment. Mr. Alpine forces his arm into the 10th layer of GoreTex to brave the negative 25 degree temperatures. He plops into 50# boots, deadlifts his 500# skis, and crawls out to his truck.

Mr. Nordic drives 2 miles to the local golf course, parks, and walks 20 feet to the trailhead to ski for 3 hours. Mr. Alpine meanwhile is swerving on mountain roads only to find a full parking lot. An hour later he finally finds a parking spot. He schleps his hefty skis a half mile to the lift line to wait with a couple hundred of his favorite people.

I like to think of ski lifts as elevated, circulating ice cube trays. 50 meters in the air to maximize the wind chill, no weather protection, and frosting any sweat left on your body. It is like they were intentionally trying to make you buy hot chocolate. Good luck trying to warm up for the "RUN." A lift is a great way to lose your glove, wallet, phone, or dignity. The last place I want to be on a snow day is chilling with my random homies on a stopped chairlift without a parachute.

Did you know that Alpine skiing was invented by a starving orthopedic surgeon who wanted to generate more income? In a moment of brilliance, he created a new sport in which you strap two 8 foot slabs of pine flooring to a person's feet and push them down the highest peak in the Alps. This popular sport has put generations of orthopedic surgeons' children through college. If only relying on Nordic skiers, medical providers would have to take full-time second jobs. However, pole straps and tight gloves are known to cause devastating hangnails amongst the Nordic community.

At dinner time, Nordic and Alpine skiers are both red faced and tired, whether it be from Nordic skiing all day or "LIFTING" and "RUNNING." It is easy to differentiate an Alpine skier from an Nordic skier by their eating habits. Alpine skiers eat like normal human beings, generally following recommended daily allowances and serving sizes. But, the Nordic skier is acting like he is trying to win Nathan's Hot-dog Eating Competition in Coney Island on the 4th of July. He is on a seafood diet; he sees food, and he eats it. Eating anything in his path to replenish those glycogen stores.

Some people claim Nordic skiing is too hard... but so was inventing the light bulb, building the great pyramids, and writing an AcaDeca speech. In the wise words of our late president Theodore Roosevelt, "Nothing worth having comes easy." A day on snow with skis is a good day, but don't be afraid to pursue greatness and join me on Nordic skis.