



Sandpoint Nordic Club

Issue 39 • November 2021



TRAIL CLEAN UP FUN

Thanks to our volunteer helpers, the 7k of wide trails in Pine Street Woods were cleaned up just in time for our first snowfall. Thank you everyone who came out!

We haven't gotten quite enough snow yet to run our groomers. Be sure to check the Grooming Report on our website, where we'll be sharing updates on trail conditions.

In the meantime, get out there and check out the wide trails on foot or snowshoe :) We'll be grooming and skiing before you know it.

Leanna & the SNC Board

NEWSLETTER

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YOUTH SKI LEAGUE

Registration is live!

Calling all kids ages 6-18. Whether your little one is a brand new skier or a seasoned Nordic athlete, we have just the team for them.

Little Steppers - A classic only team for kids aged 6-8 with little to no experience on skis.

Recreation Team - For kids 8+ with some experience on skis. Choose classic or skate.

Development Team - For athletes developing for the Race Team. Can participate in regional races.

Race Team - For advanced skiers. The Race Team travels together to compete in regional races.

Be sure to sign up on our website before December 10th. After the 10th, prices go up \$30.



SKI RENTALS, OUR SCHOOL PROGRAM AND HOW TO GET INVOLVED

By Rick Price

It felt like Christmas last week when a few Nordic Club members got together at Pine Street Woods to open boxes of new skis, boots, and poles, that were added to our rental fleet. A big part of this fleet will go to our members who rent them for the season. We offer **daily, weekly and seasonal** rentals.

Our Outdoor Recreation Center in Pine Street Woods will be open and staffed for rental pick ups the following times:

- **Wednesday, December 1**, 4-7pm
- **Saturday, December 4**, 9-12pm
- **Wednesday December 8**, 4-7 pm
- **Saturday, December 11**, 9-12pm

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The Rec Center will also be open for rentals on all Saturdays and Sundays from 9-4pm throughout the winter whenever we have enough snow to groom our trails. For information on ski rental prices, visit sandpointnordic.com/rentals.

There are plenty of **volunteer opportunities** for Nordic Club members. The biggest need is help with our **School Program**. Tuesdays through Thursdays during January and February, one classroom at a time will be heading up to Pine Street Woods to get outside and ski. Volunteers fit kids with gear, help get skis attached to boots and keep kids moving out on the trails. We have two classes going out on Tuesdays and Thursdays, and one class each Wednesday. Please email the club if you are interested in volunteering.

We already have two **Learn to Ski Days** on the calendar, **January 8th** and **January 22nd**, for folks that have never been on cross country skis. Check our website as we add dates for other lessons and activities.

Know that we work hard to keep our website updated with both grooming reports and rental center hours. We plan to be open on weekends and holidays whenever there is enough snow to groom at Pine Street Woods.

We'll see you on the trails! - *Rick Price*

THE DISTANCE CHALLENGE

11/25/21 - 4/3/22

Sign up: sandpointnordic.com/distancechallenge

Calling all skiers! We're hosting another season of the Distance Challenge this year!

There is a 200K and 500K distance. Set your goal and then keep track of your kilometers skied. You'll be sent a spreadsheet for tracking after you sign up!

Last year Ski Curmudgeon kept the lead all season until Oly and Bird Legs pulled ahead right at the end and finished with a whooping 818K each. Teeter-Totter is looking to build on the 9K that he completed last year... (give him a break, he's only 3).

All finishers will receive a 2021/22 finisher's sticker and a celebratory pizza party hosted by SNC.

Last year we had 28 members participate in the challenge and the skiers logged a combined 7,927 kilometers. Let's hit 10,000 kilometers this season!



FINANCIAL AID

Accepting applications

Our goal is to get as many kids out skiing as possible this season. If your family needs assistance, please apply for it! We are currently accepting applications for Financial Aid with an application deadline of **January 1st, 2022**.

Families can apply for financial aid if they are members of the club and have a child who participates in our Youth Ski League. Financial aid is awarded to youth of all ages.

To apply, email an essay of 500 words or less to sandpointnordic@gmail.com. The essay should include a response to the following questions plus any other useful information you'd like to include.

- Dollar amount of funds requested
- What the funds will be used for. Fund use can include but is not limited to new boots, skis, poles, or other equipment, funds to participate in our Youth Ski program, funds for trail passes, etc.
- Your families / child's nordic skiing experience to date
- How nordic skiing has impacted your families / child's life
- Goals and aspirations for your future in Nordic skiing

The scholarship awardee(s) will be notified of the status of their application within 30 days of the application deadline.



Adjusting on the Fly

By Jared France

The monumental improvement of “Skin” skis in recent years has had a revolutionary effect in the sport of cross-country skiing. The advent of using a mohair type strip to supply nearly effortless grip while maintaining smooth, flowing glide without having to learn and be frustrated by kick waxing has caused a minor boom to the classic technique of Nordic skiing.



The endless desire of ski manufacturers to come up with the “next great shiny thing” to keep consumers wanting more has led to the development of moveable bindings you can adjust without removing your skis. This new development really can improve the classic skiing experience.

The problem with skin skis is they tend to be a little slow in cold, dry snow conditions and maybe a little slick in moist, wet snow and glazed tracks. The new moveable binding system allows a skier to adjust the binding forward to provide more grip or move it backward to improve glide. They can also help compensate for a ski flex that is a little too soft or a little too stiff or even someone who is packing a few extra holiday pounds.

Many of the older binding systems are adjustable, but are difficult to do on the trails without a screw driver or special tool. With the new bindings you simply bend over and twist a lever.

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Each half twist moves the binding forward or back by a small margin enabling the skier to fine tune grip and glide to their personal satisfaction. These bindings may also be used for waxable classic skis and skate skis. In the case of waxable classic skis a simple binding adjustment could be performed instead of changing or adding wax. For skate skis, moving the binding forward provides more stability and control on hard packed or icy tracks while adjusting backwards releases the tip and boosts glide in soft snow conditions.

Salomon and Atomic have co-developed the new "Shift-In" system. This binding contains a shift lever where each half turn moves the binding up or back 7.5mm. Positions are marked on the binding so you can make sure the skis match. The Shift-In binding comes already installed on many new Salomon and Atomic ski models. (It's about time!) Their previously released ProLink shift binding is available as an add on for any flat ski, but is not quite as easy to use as the "Shift-In". Rottefella has also devised an adjust on the fly binding known as the Rottefella Move System. It can work on any ski platform, but is a little more complicated in that it takes multiple parts to implement depending on the type of ski and mounting plate. New Madshus, Kastle and Peltonen skis come with the plate necessary for these bindings. It would be nice if the ski manufacturers would all get together and devise a common system.

In summary, unless you're a total Nordic gear junkie, I would only consider these new "adjust on the fly bindings" for skin skis. That's where they're going to be most effective. I can't wait to try mine.

Jared France