



Sandpoint Nordic Club

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❄️ A JOYOUS JANUARY ❄️

The month started a little dicey - warmer temperatures and wet conditions put our snow base at risk.

Thanks to our groomers and our community members for getting the word out, we were able to stay off the trails for a few crucial days to save our base! .

It has been smooth sailing since those early days of the month and the wide trails in Pine Street Woods are skiing better than ever.

We are hopeful this season will continue being a fantastic one for all of us skiers :).

Leanna & the SNC Board

NEWSLETTER

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Meet the Race Team

Six racers, two divisions, one team. These athletes train all summer and fall to prepare for their winter race schedule. They have been absolutely crushing it this season, with many of them taking the podium at regional races so far.

Pax & Jett Longanecker are representing Sandpoint in the Pacific Northwest Ski Association and Fletcher Barrett, Callahan & Isabella Waters and Evan Brubaker are racing in the Intermountain Division.

Keep up the good work team! We are all rooting for you and are so inspired by your hard work.



From left: Jett Longanecker, Fletcher Barrett & Pax Longanecker



Left: Evan Brubaker
Right: Isabella Waters



Jett Longanecker (left)



Pax Longanecker (right)

When did you get into xc skiing? 4 years ago, I was inspired by my brother Jett.

Classic or skate? Classic, because there is more of a learning aspect to it.

What's your most memorable race? West Yellowstone, because my other brother, Kai, raced with me.

What's your favorite post-ski snack? Granola because it gives me the feeling of energy.

What do you want your future with skiing to look like? Do a little races, have a little fun.

Advice for new skiers? Never give up, stay positive.

When did you get into xc skiing? I got into skiing when I was 12, and like most beneficial childhood experiences, my parents threw me into it. They forced me to keep showing up, and sure enough, I got hooked.

Do you prefer classic or skate? I personally go back and forth on this. I think the best classic days are better than the skate days, but those happen like once a season in Sandpoint. So I'll have to go with skate. It's more fun and explosive and there's nothing like the feeling of skating on even a decent day.

What's your most memorable race? My most memorable was easily my 6th place at the Bozeman IMD JNQ. It was nuts. It was a sprint time trail pretty much doing a loop around a field. And the course was so tight and fast that really I thought I didn't place well, but it ended up being my best finish of the year. The look on my former coach's face was one for the memory books.

What's your favorite post-ski snack? Fresh, mixed berries are my favorite, and plus they're not bad for recovery purposes either

What do you want your future with skiing to look like? I want it to be an outlet I can count on, and I want to travel all over the place to ski. And of course there's always the hope of getting a scholarship to college through skiing.

Advice for new skiers? For newer skiers, my advice would just be to stay with it. Skiing can see pretty horrible at first, and oftentimes it probably is. But if you can stay on the grind, skiing will take you places and connect you with great people.

Isabella Waters



When did you get into xc skiing? Since I was small.

Classic or skate? Skate - I can go faster!

What's your most memorable race? The JNQ in Bend in 2021 was my first big race. The first day was beautifully sunny. the next day was a torrential downpour, skiing through puddles. I was disqualified when a race official gave me the wrong directions on the course.

What's your favorite post-ski snack? An apple with a Honey Stinger

What do you want your future with skiing to look like? I want to make it to the World Cup!

Advice for new skiers? Join the Youth Ski League and eventually join the race team to try racing, it's super fun.

When did you get into xc skiing? My parents started me on XC skis as soon as I could walk. I joined the Ski League around first grade.

Classic or skate? Classic - it's more technique dependent.

What's your most memorable race? The Junior National Qualifier in the Methow 2 years ago started with a soggy, rainy soft first day of skiing, followed by a cold night that turned the course into a sheet of ice.

What's your favorite post-ski snack? Right after a race I like trail mix and a protein shake, followed later by a dish of creamy pasta.

What do you want your future with skiing to look like? I would like to attend Junior Nationals, and eventually race on the Super Tour.

Advice for new skiers? I recommend taking a year to work on strength (especially core) and technique before you start racing.

Callahan Waters



Evan Brubaker

When did you get into xc skiing? I started skiing when I was just 2 years old. I'm not sure if it was classic or skate...it was more like walking. I joined Sandpoint Nordic 4 years ago.

Classic or skate? I would say I probably like skate skiing better... It brings a level of balance, coordination, and efficiency that I find very enjoyable.

What's your most memorable race? While I have done other small races prior to joining the Sandpoint Nordic Club Race Team, my favorite race, (and the only race I have done this year,) was the Missoula Ice Badger Loppet. It was really memorable because the snow was great and I made the podium.

What's your favorite post-ski food? I will eat almost anything after a race, but I find oranges to be my favorite.

What do you want your future with xc skiing to look like? I would like my XC skiing to be a competitive, healthy, go-to winter sport for me; one that is always available and that I enjoy.

Do you have any advice for newer skiers? As far as advice goes, I only have two things. The first thing is to focus more on technique than just speed. A good technique will make your skiing flow, and ultimately improve your speed and efficiency anyways. The second thing would be to enjoy it and have fun!

Anything else you want to share about your xc skiing and racing journey? I am very grateful to all my coaches, friends, parents, and the Sandpoint Nordic Club for this incredible opportunity and experience.



Fletcher Barrett



When did you get into xc skiing? I started on the Rec team in 4th grade because of a handout flyer.

Classic or skate? Beginning to really like classic because there is just something about it that is cool to do it well.

What's your most memorable race? My favorite race was McCall last year. I had a breakthrough performance, it was crazy cold and their trails are awesome and we almost died on the way there. Thank goodness for Dad's amazing driving.

What's your favorite post-ski food? I'm all about the chocolate milk after a race but if I can get fried chicken from the Roost in Bozeman after every race I would.

What do you want your future with xc skiing to look like? I really hope to beat my times from last year and do better at every race and even when it is hard I want to feel happy when a race is over and smiling.

Do you have any advice for newer skiers? I want to go to a college with a ski program and I'd like to go to Nationals and I still dream of going to a different country and race in a different place like Norway or do a semester abroad in Norway.

Do you have any advice for newer skiers? The best part of racing and skiing is being outside. I'd tell newbies, don't be afraid. You can learn to handle lots of different types of conditions. It is challenging but something very exciting to do. It brings me a lot of joy.

YOUTH SKI LEAGUE

Come to PSW on Mondays and Wednesdays around 3:30 and you'll find around 50 kids and 10 coaches skiing the trails and having a blast.

Our Youth Ski League runs January through February and is a fantastic way for kids to enjoy winter and learn the sport of cross-country skiing.

The Schweitzer Hill Climb is set for Feb 16th, it's a race we put on for the kids at Schweitzer. Come cheer them on! The races will start around 2pm.

SCHOOL PROGRAM

The Sandpoint Nordic Club has hosted nearly 400 local 3rd - 6th graders in Pine Street Woods for our School Program and we have about 400 more kids scheduled to come up in February. Our School Program, run by retired teacher Rick Price, is a field trip where kids get to ski, explore PSW trails and learn about trail development and conservation.

The impact of our School Program reaches far beyond just the kids who get to enjoy the field trip. We send kids home with a coupon for discounted rentals to encourage them to bring their families up. This program introduces hundreds of families to the healthy sport of xc skiing and leads to more families enjoying the outdoors in the winter. Thanks Rick for your dedication to this incredible program.



ADULT PROGRAMS

Big thanks to everyone who has participated in our Adult Programs so far this season.

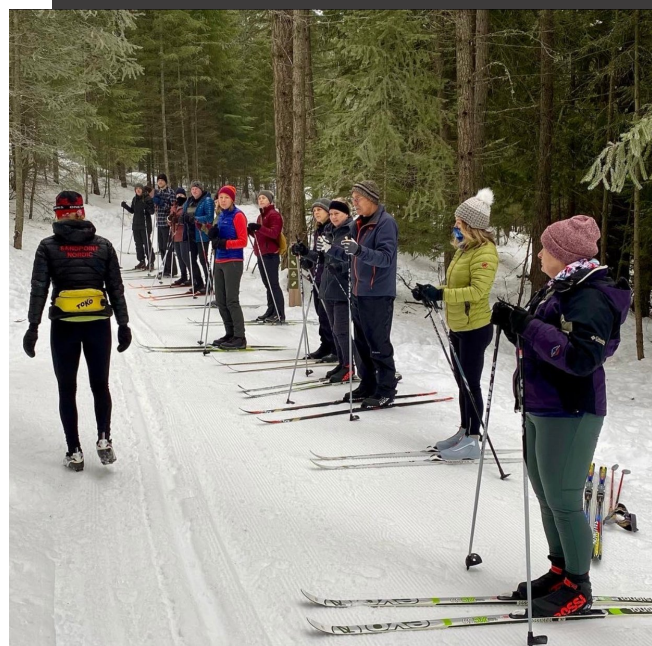
Our Learn to Ski Day was a huge success with 30+ participants out on classic skis for their first time.

The Full Moon ski was absolutely perfect! We got a lovely clear night with the moonlight shining through the skies.

We've also had a Beginner Classic Clinic and Intermediate / Advanced Skate Clinic instructed by Rebecca Dussault - both had rave reviews!

This Saturday is our Beginner Skate Clinic run by SNC's President, Renee Nigon! Be sure to sign up before it sells out.

The Adult Programs have been very popular and we will likely add a few more throughout February. Stay tuned!



THE DISTANCE CHALLENGE

Makka (402km) has surpassed **Arpie** (385 km) to take the lead! **Poohpa** and **OG Racer** are neck to neck and not far behind with 354 kms each. **Cheese Head** has been hitting the trails hard, with 230km logged in January alone. Nice work!

Fuglebein skied 40 km just last week and is not far behind the other lead skiers at 320km total. **Up Hill Both Ways**, **Strawberry Flash** and **Fastbreak** took last week off, get back on the horse you three! **Socks**, **Scout** and **Craig** - we are all routing for you to catch up to the others. Keep up the hard work everyone!

Local Ski Trails

By Rick Price

If you're itching to get out and try something new, we urge you to look to our neighbors and check out the nearby Nordic scene. Our neighborhood includes our good friends at the Priest Lake Nordic Club, the Spokane Nordic Ski Association which is the oldest club in the region, and our neighbors to the south in Coeur d'Alene at the Panhandle Nordic Club. All three clubs are full of active people and all three have groomed ski areas that are worth the time to get to.



The Spokane Nordic Ski Association has worked with Washington State Parks to develop a great Nordic area adjacent to the Mount Spokane downhill area. They have Piston Bulley grooming and 60 kilometers of trails for both skate and classic skiing. They also host the region's oldest and biggest cross-country race, the classic only Langlauf, coming up Saturday, February 6. The race features skiers from throughout the region and even has a wooden ski and wooly division. Check them out at spokanenordic.org.

The Priest Lake Nordic Club has grown the past few years. Like us, they now take school groups from the Priest Lake and Priest River areas out skiing. They've also expanded their trails with the new, easier for us in Sandpoint to access, Chipmunk Rapids Trails, which start at the south end of Priest Lake and follow the beginning of Priest River for the first few miles. There are also trails at the golf course on the west side of the lake and at Priest Lake State Park on the east side. They don't have a website, but you can find them on Facebook. Here is a link to a grooming report and map of their popular Chipmunk Rapids trails: <https://nordic-pulse.com/ski-areas/US/ID/Priest-Lake-Chipmunk-Rapids>.



To our south, the Panhandle Nordic Club maintains a system of trails at Fourth of July Pass, eighteen miles east of Coeur d'Alene, on the north side of the pass exit on interstate 90. The trails are groomed for classic skiing and there are a couple of warming huts as part of the system. Find details at: panhandlenordicclub.com.

All these areas require a pass to ski. The links above provide online access to the passes, whether you are skiing in Idaho or Washington. We are lucky to have so much great skiing nearby. Visit and support our neighbors. Happy trails.

THE FUNNIES

Thanks to our guest contributors, our comedy section is back this month. Enjoy!

The Ski Curmudgeon

Does anyone know who he is?

Dear Ski Curmudgeon, I was skiing at Pine Street Woods with my boyfriend when a gentleman skied by with his dog. It was not Ski Dog Friday, but I decided not to say anything. We proceeded up the trail only to discover a giant fresh dog turd in the middle of the skate lane. We were able to extricate it from the trail using a couple of small sticks, but since it was quite fresh, it made a bit of a mess. What should I have done? Icky Gloves.

Dear Icky, Kind of depends on if you think he was or was not aware of his dog's malfeasance. If you think he wasn't aware, gently ask him to pick up after his pet next time before an unexpected skier creates a brown skid mark in the trail. If he was aware and is acting obstinate, ask to borrow his skis (explain you are thinking of buying a similar model), then return them complete with a "brown klister" wax job. SC

Ole & Lena

Your favorite Scandanavian-American Couple!

Ole and Lars go ice fishin. Ole pulls out his new thermos and Lars says to him, "Ole, whatcha got der?".

Ole says, "Well Lars, dis here's a thermos. It keeps hot tings hot, and it keeps cold tings cold."

After awhile, Lars gets curious and says, "Vell Ole, whatcha got in dat der thermos?"

Ole says, "Vell Lars, I got a popsicle, and two cups a coffee."