

Sandpoint Nordic Club

Newsletter - March 2021



A Note to SNC Members

As we enter March, and the traditional wind down of the ski season, in some ways it feels like the winter season never really started at least when we look at the winter we had in town, at Pine Street Woods and Lake Shore Trails. This year marked a record number of season memberships for Sandpoint Nordic Club, and we are excited for each one of you to be a part of this growing Nordic community in Sandpoint. Beyond sharing our excitement for this growth, I want to take a moment to thank each of you for your membership and investment into this community. Your membership and support are so much more than just a trail pass to ski on SNC groomed trails. Your membership helped to complete trail projects this last fall to improve the skier experience at Pine Street Woods, supported and expanded our programming for kids and adults, and supports the sustainability of our club. Most notably, the School Program which brings area classrooms to PSW to ski, snowshoe, or hike when snow is not available, gave over 350 local kids the opportunity to learn new skills on skis and play in the woods. Many of these kids simply do not have access to outdoor opportunities like this, and your membership helps this program continue to have an impact on our community's kids.

With this snowless year, we did not incur many of the expenses typical to a snow filled winter including plowing and grooming. Because of this, we will be offering all 2020 /2021 season members a 50% discount on their membership for next season. You can expect a discount code to be emailed to you in September. We thank you for your continued support, and look forward to seeing you on the trails next season.

- Ross Longhini, SNC President

Race Team Recap - Closing Out the Season



Jett



Fletcher



Jonas



Izzy

Early March Western Region Championship races bring the 2021 race season to a close for the Sandpoint Nordic Race Team. In Jackson Hole on March 6-7, U12-U14 racers Jude and Jonas Benson as well as Izzy Waters will be competing in Classic and Skate races. The following week, March 11-13, Fletcher Barrett and Jett Longanecker - U16 boys, will be competing in Soldier Hollow, Utah (site of SLC Olympics) in Classic, Skate sprint and distance races. These races will be supported by their coach Ross Longhini. Missing from the championship lineup is Callahan Waters, who had several outstanding finishes this season but is out due to an injury. Both Grace Rookey and Fiona Macdonald will not be racing as they have started their spring sports. Athletes at these championships will be representing both Sandpoint Nordic and PNSA.

Good Luck Skiers!!



Distance Challenge - One Month to Go!

Hello Distance Challenge Participants,

This is a friendly reminder to update your Kilometers on the Distance Challenge spreadsheet. Still working to complete your challenge? Keep going! You have until April 4th to record your kilometers.

The stickers are in the works and all who complete the challenge will receive one.

Here is the link to the spreadsheet:

https://docs.google.com/spreadsheets/d/17eQBzEnL-8O0dgl_VA6m8TxAZCs_Nljvq7r3jy08G0/edit?usp=sharing

Mud Season at Pine Street Woods



Tread with caution on the Syringa Trail System including Pine Street Woods trails. Spring melt has turned icy trails into inches-deep mud in many sections. All of the narrow trails in the Syringa trail system except Owl are closed with caution tape and signs. Please help us to reduce trail damage by respecting the closures.

A bit on muddy trail etiquette: If you are on a trail and encounter a muddy patch, it is better to walk through it than around it. Both options are potentially damaging to the trail, but walking around the mud creates more damage. If the trail is predominantly muddy, it is best to turn around and go back to the trailhead. Conditions are not likely to improve further up the trail.

Schweitzer Hill Climb

Every first Wednesday in February the Sandpoint Nordic kids Recreation, Development and Race ski teams, 63 strong this season, embark in a competition on the Schweitzer Nordic trails. If any of you have ever skied those trails, you know that you will definitely climb a hill, likely several. This season has been a challenging one for the kids to train for this event with copious amounts of rain in the valley making the ski trails at Pine Street Woods barely skiable. The team has done some training lately at the Roundabout off Schweitzer Mtn Road that Schweitzer grooms each week. The Recreation team coaches do all the planning for the event and do their best to get their teams ready and lined up to ski. Come rain, shine, snow, wind, whatever..... skiers of all abilities and experience participate in the Hill Climb and finish with a tremendous feeling of accomplishment. It helps too that the Hill Climb is always followed by treats provided by dedicated moms and hot chocolate provided by Schweitzer.





The Toko Glide Wax System Simplified (Sort of)

by Jared France

The ski wax industry is going through a major transformation. Fluorinated waxes are being phased out due to environmental concerns. Skiers also want waxes that are easier to apply and less expensive. Keeping your skis maintained and your bases in good condition can help improve your skiing experience and keep your skis gliding for many years. Toko has developed a wax system that doesn't take a huge investment and is fairly easy to apply.

Good: Skate, skin, scale pattern, and waxable classic skis all need to have the bases treated to keep them in good gliding condition. Toko has developed a liquid paraffin spray on wax that is easy to apply and affordable. They have simplified their waxes to three different colors based on temperature ranges. The blue base performance temperature range is 16 to -22 F, red 12-28 F, and yellow +28 F. Personally I use the blue wax most of the time and have found it runs well in the mid to upper 20's especially in new snow. To apply the spray on wax, hold the can about 6" from the base of the ski and spray it on moving from the tip to the tail, taking about 10 seconds. For classic skis, avoid the kick wax zones, skins or scales. The base should be wet with wax. Try to avoid pooling or puddles. Ideally the skis should set for 24 hours or overnight, then brushed using a Toko yellow soft nylon brush. Skis don't necessarily need to be kept at room temperatures. I leave them in the garage overnight. If you are in a hurry, you can apply the wax, store at room temperature for 45 minutes, brush and go. Skis should be brushed aggressively for about 20 seconds moving the brush back and forth, finishing tip to tail. I try to apply new wax every 25-30 kilometers or if the ski conditions change dramatically. I've been skiing on blue and red all winter and have yet to try the warmer yellow wax.



Better: The liquid paraffin spray on waxes are great, but haven't totally eliminated the need to hot wax. Applying a layer of hot wax under the liquid sprays can help improve glide and durability. Toko recommends using a fairly hard base wax such as Toko Base Performance Blue hot wax. This wax works great as a sublayer under all three of the spray waxes. Start by brushing the bases using a copper brush. This helps clean any dirt residue and portions of the base that may have oxidized. Next, using a good wax iron, drip wax onto the base then run the iron over the wax moving tip to tail. Keep the iron moving so as not to damage the base. The Toko Base Performance Blue hot wax has a recommended iron temperature of 150 C/300 F.



After allowing the skis to cool, scrape the groove with a groove scraper and the base with a plastic scraper moving tip to tail. Use your fingers as a guide to keep the scraper running straight and hold the scraper slightly on edge. After scraping, brush fairly aggressively with a copper brush and apply the liquid paraffin spray based on temperature of the day. I try to do a base layer hot wax every 50-75 K.

Best- Gliding on snow produces friction which creates a thin film of water between the ski base and the snow. Most Nordic skis come with structure ground into the base to help reduce the friction. You can also add temporary structure to the base using a rilling tool. Toko makes a structure tool with three exchangeable rills- blue, red and yellow to match the same snow conditions as their three waxes. The warmer and wetter the snow, the more aggressive the structure. Imprinted structure on a ski base is temporary and usually disappears when you apply a new layer of hot wax.



Toko also makes products designed for the kick zones of your waxless skis including skin cleaners and de-icing spray. Outdoor Experience in Sandpoint is carrying many Toko products including the Toko Liquid Paraffin Spray waxes, yellow nylon brushes, wax irons, skin care products and more.



The Rise of Alexander Bolshunov



There has been a fair bit of drama in the men's World Cup in recent years highlighted by a finish line shove from Russian skier Alexander Bolshunov to Finnish skier Joni Maki at a World Cup relay in Lahti. Pasha Khan with Fasterskier.com wrote a three part series on Alexander Bolshunov and his rise and struggles to become the best men's skier in the world.

Give it a read!

<https://fasterskier.com/2021/02/exploring-alexander-bolshunov-the-emergence-part-1/>

Dear Ski Curmudgeon

Have a question for the Ski Curmudgeon? Email it to sandpointnordic@gmail.com

Dear Ski Curmudgeon,

I try to ski my age on my birthday every March. That worked until I was 55, then I moved the target to an even 50k (I thought it might be a bit too much to ask when I turn 100). In the past I've suffered through 50 K on the laps of the U of I trails and cruised up and down Cloud Walker to make it work. I'm worried I might not make it this year after failing last summer to ride the Chafe 150 course. (It was extremely smokey and the AQI was off the charts and my wife made me stop). Back to my question- do you think it would help or hinder to drink a couple of beers every 5k? That way I could meet my 50k goal and party for my birthday at the same time. My wife says it would be even more stupid than the bike ride last fall. She's always making stuff up.... And I need a second opinion. Skier/ biker Dude

Dear Dude,
Listen to your wife...SC