



Volume 4- Issue 2 December 2017

“SNC Hat in Norway”



This stray Sandpoint Nordic Club ski hat has found it's way to beautiful Trondheim, Norway and is being proudly displayed by Aasmund By

Here's What's Happening

- December 12th - SNC General Club Meeting -5:30pm at MickDuff's Beer Hall on Cedar in Sandpoint
- Coming soon - On-line registration for the Sandpoint Nordic Club and Youth Ski League
- December 16th - Free Ski Day-Schweitzer Mountain Roundabout
- SNC Ski Lease Program- Contact Syringa Cyclery 518 Oak Street

Check out our [calendar](#) and events pages on this website for more information.

Sandpoint Nordic Club and Schweitzer host XC Ski Free Day

How do you embrace the winter? Are you ready to try the fastest growing sport in our community?

The Farmer's Almanac is predicting many snowy months ahead, and the Sandpoint Nordic Club has been ramping up its efforts to provide another successful Cross Country Ski Free Day to the community. This is your chance to learn how to cross country ski, and experience a great activity for all to get out and enjoy the snowy winter to come.

Free lessons will be on Saturday December 16th at "The Roundabout" on Schweitzer Mountain Road. Beginner Classic Skiing and beginner Skate Skiing lessons will be offered during three sessions throughout the day. Everyone who attends will also receive a coupon for a future discounted lesson package at Schweitzer to continue improving their skills.

The three sessions offered, start at 9 a.m., 11:15 a.m. and 1:30 p.m., with equipment fittings scheduled a half hour before each session. Participants need to have equipment on before their lesson starts. Bring a friend or come by yourself ready to learn the fun Nordic sport.

The cost is free, however rentals and lesson reservations must be booked by calling Schweitzer Ski and Ride Center at [208-255-3070](tel:208-255-3070) or lessons@schweitzer.com.

For more event information, visit www.sandpointnordic.com and click on events tab.

Jeannie Higgs

SOCK IT TO ME!

Isn't it interesting that one of the least expensive articles of outdoor apparel can have such major impact on your ski day. Socks! Having damp, cold, or numb feet every time you hit the ski trails may make you think twice about going skiing at all. There are several elements to consider when purchasing ski socks, the material content of the sock, the thickness of that sock, and how it effects the fit of your boots.

Socks are made from about every material imaginable, many of which should never take up skiing. Cotton for one offers no insulation value, holds moisture against the foot, and quickly loses shape. Many purveyors of fine outdoor gear like to point out that "cotton kills". Save your cotton socks for basketball. Wool is one of the best materials for ski socks as it insulates very well even when wet and is very durable. There is more than one type of wool. On one end of

the scale is ragg wool which can be quite course and abrasive against the skin. The other end of the wool scale is merino wool which doesn't irritate the skin, feeling similar to cotton. The difference between wools is the average length of the individual fibers. The fiber ends sticking out are the cause of irritation. Ragg wool fibers are very short causing greater issues while merino wool has much longer fibers with fewer ends. Warmth and comfort.

Not only does material effect your ski day but how the sock, wool or not, effects the fit of your boot. If you have a EEE width foot an expedition weight sock may not work in your boot. I once had a gal return after skiing a day in her new boots complaining about cold feet. After a discussion with her I discovered that she was expecting a cold day so she put on three pair of her best thick cotton tube socks and went skiing. There was no room in those boots for blood. No wonder she was cold. Once again cotton socks are great for basketball, not for skiing. If you have a quality ski sock, thickness is more important for regulating the fit of the boot than for warmth. If you have wide feet a thin sock will help promote circulation and if you have a narrow foot a thick sock may take up extra room. Once you find the appropriate sock purchase several pair. Make sure that you launder your socks between uses as dirty socks don't wick as well as clean ones. The lucky socks you have that you don't wash for fear of losing the good luck, yep they're for basketball.

Bill Tregoning

The Adventures Ole and Lena Continue....

A Northern Minnesota air disaster occurred around noon today when a Cessna 152, a small 2 seater plane, crashed into the Norwegian Lutheran Church cemetery on the south edge of the village of Lake Wobegone. The KSTP radio station quickly sent a reporter to the scene. The volunteer search and rescue team was headed by Ole and Sven. When interviewed Ole said "Ya, so far ve haf recovered 203 bodies" and Sven added "Ve vill keep vorking tru da night and expect the number of victims to climb by morning as the diggin continues."

NNN

(Ned's Nordic News)

It's about time:

Russia's system of state-supported cheating by athletes using performance-enhancing drugs has resulted in a ban from this year's Olympic Games. As a result of Russian CHEATING that occurred in the 2014 winter Olympics, the Russian Women's biathlon team was recently disqualified from the 2014 Olympics relay, and the Czech relay team was awarded a bronze medal. The following article by Daniela Nacházlová recently published in Faster Skier, does a great job of highlighting the devastating effect of cheating on athletes and sport. <http://fasterskier.com/fsarticle/czech-women-receive-news-olympic-medal-online-abuse-threats/>

The Russian government has meddled in our election, and cheated in the games intended to bring countries together in sport. The real losers are the athletes and citizens of Russia, who have had their integrity compromised at the highest level. A lesson for us all.

What Goes Up Must Come Down

Many people love the aerobic aspects of cross-country skiing. They enjoy getting a working and the great feelings that endorphins provide, but can freak out a bit when facing a rather steep downhill section of a trail. "These skis are too skinny", "there aren't any metal edges", "I don't have any ankle support", how do I slow these things down", "I'm going to die.....". The truth is, Nordic skis are actually very similar to alpine skis in the way they operate, they just don't maneuver quite as easy. The bindings have heel plates that provide rigidity and the same forces you apply to alpine skis also work for Nordic, you just have to apply a little more pressure.

Let's start with the easy way down. If you get in a real bind, you can always turn your skis parallel to the slope and side step or skid the skis down the hill. This probably won't endear you to fellow skiers who are trying to get by or those whose track you just destroyed. A much better alternative if you want to control your speed is the snow plow. Simply put your skis in a "V" with the tips pointed in, dig the inside edges of the skis in the snow, roll in the ankles and knees and push the heels out **hard**. The more pressure you apply to the heels, the slower you will go. If you want to turn left, put more pressure on your right heel, if you want to turn right, put pressure on your left heel, but make sure knees and ankles are flexed.

Ok, you've mastered the snow plow and are ready for a little more speed. The next step is the half plow. This can be accomplished by leaving one ski in the track while the placing the other in a snow plow position. Push on the heel of the "V" ski to control your speed. You will go faster than if you are in a full snow plow, but you'll still be able to control your speed.

The main thing is to feel comfortable and safe and not risk injury. Once your confidence and balance improves, so will your downhill skills. Next time "Mastering the Tuck- Full Speed Ahead"

Jared France

Dear Ski Curmudgeon,

I am interested in trying Nordic skiing. I'm a fairly good (albeit aging) athlete, but unfortunately, I have very wide feet ... I think 5E in width. No standard sports store has boots I can even try. Are you aware of any specialty Nordic boot manufacturers who might possibly be able to help? *FF*

Dear FF,

You could try contacting Salomon, Fischer, Alpina or Rossignal directly. Another option is "Bill the Boot Man". He's an expert at stretching and molding. If all else fails try Sasquatch.com. *SC*

Dear Ski Curmudgeon,

I'm getting a little tired of always waxing my girlfriend's skis. She never volunteers to wax mine and I don't think that's fair. *Frustrated*

Dear Frustrated,

You think you're frustrated now. You're really going to know the meaning of the term when your girlfriend tries to ski on some white scaled, dried up bases that glide like sandpaper. Believe me, it's a small price to pay. *SC*

Dear Ski Curmudgeon,

Do you think it's all right for old underwear to be used for ski rags? *Thrifty*

Dear Thrifty,

They're *your* skis. (I don't get paid enough for this job.) *SC*