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## March 2015 Newsletter

### Sandpoint Nordic Club NEWSLETTER

**Volume 1 Issue 6: Mar 1, 2015**

Tough sledding! Here's what's happening:

**Snow at Schweitzer** TBD. At least a foot, please.

**Dryland Training** As needed. Do something to stay in shape.

**Garden and Household Fitness**

While Nordic skiing is fading away for the season, there are many things that you can do in the garden and around the house to help maintain fitness through the summer months. Here are a few exercises that will help take care of household projects plus maintain that awesome physique. Two birds, one stone.

**Lawnmower Lunges** – On every trip around the yard with your mower, CAREFULLY execute 3 lunges per leg. Remember to keep your arms straight so that you don't lose any teeth on the lawnmower handle. This summer make mowing the lawn one big pain in the butt.

**Kettleball Firewood Workout** – When you are stacking your firewood grab the wood around it's girth and like a kettleball swing from between your knees to in front of your chest. Think about using abs and glutes. Next take the wood and hold it behind your head. Slowly straighten your arms working the triceps. These exercises are great for your double poling technique. Feel the burn!

**Leg Extension Weed Pulling** – Make sure that when you attempt this exercise that all sharp garden tools are a safe distance away. While standing on one foot, rely on just ankle and knee flexion to reach and pull weeds. Don't bend at the waist. Keep your cell phone handy in case you go down and can't get back up.

In general, anything that gets your heart going will increase your fitness level. Instead of strolling to the compost pile, jog. Pick up the pace whatever you are doing, live in your running shoes. However, remember what your mother told you, don't run with scissors or any other sharp implement.

There are many ways that you can keep yourself at the pinnacle of conditioning, primed for next ski season. Making minor changes to everyday chores and activities can pay off big. The strange look you get from your neighbors will all be worth it when the snow flies. – *Bill and Michele Tregoning*

## End of Season Ski Care

I'm not ready to give up on the ski season yet, but since this is the final newsletter, I thought I would give some suggestions for storing your skis for next year. If you're like me, you probably spent the last month or so skiing on some pretty dirty snow. This "snow challenged" ski season has caused a build-up of debris, dirt, needles and the occasional rock on the ski trails. If your skis had the unfortunate opportunity to meet up with a rock (or rocks) you may want to consider having them stone ground. Stone grinding removes a thin layer of the base material and imprints a permanent structure in the base. It also can remove scratches and re-opens the pores to receive wax. Structure is important to manage the thin layer of water that is created by friction as the ski base glides across the snow. More structure is needed for warm, wet conditions while less aggressive structure is used for colder, dryer snow. Skiers with a large "quiver" have different grinds for different snow conditions. For most of us, a universal type of grind suited for our area will work well most of the time. Many ski shops can help with stone grinding including Nordic Ultra-Tune in Winthrop, Wa.

If your ski bases survived the thin snow, then a good wax treatment will adequately protect them over the warm summer months. Start by melting a layer of wax designed for wet snow such as Swix CH-10 or Toko yellow. Make 3-4 passes with your wax iron running from tip to tail. Scrape the wax while it is still slightly warm. This is the best way to clean your base from any dirt or impurities. After scraping, brush the skis from tip to tail with a brass or nylon brush. Follow this treatment by ironing a layer of Swix CH/LF 6 or 7 or Toko HC/LF Red. Again make 3-4 passes with your wax iron traveling from tip to tail and leave the wax on the base, no scraping. Store the skis in a cool, dry place. I like to store the skis with a suitable wax that will allow me to simply scrape and brush when next ski season rolls along.

Classic ski enthusiasts also need to prepare the "kick zones" of their skis.

Those beautiful blue bird hard wax days have been few and far between this winter. Those of us with waxable classic skis have had to resort to klister to achieve grip in the icy snow conditions. It would be wise to remove this gooey substance from your ski bases before it takes over the entire house. You won't necessarily need a haz-mat suit to get the job done, baby powder or glide wax scrapings will suffice. Simply sprinkle the baby powder or scrapings on the klister and scrape. Follow by cleaning the kick zone area, the sides of the skis, the dog and cat with wax remover. Finally, lightly sand the kick zone area with 100 grit sandpaper, iron or cork in a thin layer of binder, and your skis are ready to store.

Good ski care will make for happy skis and skiers when the snow (hopefully) flies again next fall. – *JF*

## **Need advice? Ask the Ski Curmudgeon!**

< span style="">Dear Ski Curmudgeon,

I was skiing at Seeley Lake and noticed they are raising money to build a homologated ski trail. Can you explain what that is? – *Heuristic*

Dear Heuristic,

In this case homologated has nothing to do with motorcycle exhaust or what they do to processed milk. It is a FIS certification for ski trails to meet certain standards for high level competitions. It includes not only course design, but stadium layout and infrastructure. If you get to ski a homologated trail, it will be one of the most exhilarating and terrifying things you've ever done. – *SC*

Dear Ski Curmudgeon,

A ski friend was telling me they never ski Coyote Canyon because of the ghost. Should I be scared? – *Worried at Schweitzer*

Dear Worried,

Legend has it that in the heavy snow year of 2007-08, a snow boarder was spotted by a skier at the very bottom of Coyote Canyon. The “MC” rider had crossed numerous Nordic trails, refused directions and disappeared into the dense forest never to be seen again. Even today there are reports of skiers hearing faint Bob Marley music and catching whiffs of a controlled substance. – SC

Dear Ski Curmudgeon,

If Schweitzer has a policy of no up-hill skiing, how can I ever ski the Nordic trails? – *Baffled*

Dear Baffled,

As syndicated sports columnist Norman Chad would say: “Pay the man, Shirley” – SC

Send your question for the Ski Curmudgeon to [sandpointnordic@gmail.com](mailto:sandpointnordic@gmail.com)

The views expressed by the Ski Curmudgeon are his own and hardly ever reflect the views of the SNC.

## **See You Next Year**

It was a wonderful season. The snow wasn't the best, the conditions confounded us at times and it was far too short. But that's not what's important. What is, is that you were there. There for skiing at U of I and Western Pleasure. These places make it possible for new skiers to get started and for current skiers to improve. For the Wednesday Morning Ski Group, building skills and comradery. You were there for Ski Free. Funny that the word "free" opens the door to introduce a whole flock of new skiers to the sport. It makes the trudge feel worthwhile. (The trudge is how we get the rental equipment from Schweitzer at sunrise and return it at sunset.) You were there for skiing at the Roundabout, a place that fills some of the gaps in the Schweitzer nordic facility. And for the newsletter. Proof that literary skill is less important than passion for the sport. If you feel the urge, give us something to put in next year's newsletters. Have a safe summer. We'll be with you in the fall. – *The Newsletter People*

P.S. A special thanks to George, volunteer trudger. To Ross, Dave and Conrad, the Uofl grooming crew. Honorable mention to Jared for sacrificing his ATV in an attempt to join that elite crew. Thanks to Roley and Janice. Hang in there! To the Schweitzer folks who did much more than they had to for the XC cause. To Arnie for plowing the Uofl parking lot and for not taking the trailer, this time. To Ned, the newsletter's International Correspondent to the Yukon, for keeping his pen in his pocket. And to all of you for everything, big and little, you did to make it better for all of us. These were all things of beauty and all much appreciated.

Comments and suggestions for the newsletter may be sent to [sandpointnordic@gmail.com](mailto:sandpointnordic@gmail.com) Previous editions are available on the Club website, [www.SandpointNordic.com](http://www.SandpointNordic.com) And we are on Facebook at “Sandpoint Nordic Club”.

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