

SPOKANE NORDIC NEWS

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Pre-season Ski Preparation

Why Is Glide Waxing Important?

by Matt Halloran

It is that time of year again, when the air becomes crisp and you can almost smell the snow in the air. The leaves have signified it is time to start thinking about getting your cross country skis out of their summer hibernation and prepped for the winter of use ahead. If you are new to skiing or new to ski maintenance, there are a few things you should consider before putting those skis on for the first time.

If it has been a long time since you purchased your skis, greater than three to five years or so, the first question you should ask is, "Do my skis still fit me?" For the purposes of this article, I will not discuss proper ski fit, but I recommend that you take a trip down to your favorite cross-country ski shop with skis in hand and ask for some assistance in that department. Now, if you are confident that your skis fit, let's move on to some waxing basics.

This may come as a surprise to some, but ALL skis require glide wax, even 'waxless' skis.

The waxless name refers to the ski not requiring kick wax that is applied each time you ski. If you ask yourself when the last time you waxed your skis or had your skis waxed and answer is "I can't remember," then they are well overdue for a little attention. When skis are adequately waxed, you will actually have to do less



work while skiing, you will go faster and your skis will last longer! With incentives like that, how can we not justify putting a little time and effort into our skis?

The Ski: While it may not appear that way, a ski base is porous. This means that there are microscopic holes in your ski base and those holes are

(continued on back page)

Hello, Nordic Kids Families!

We know you are all getting anxious for ski season—it looks like the mountain is getting its first snow as I type this.

As in previous years, Nordics Kids ski lessons will take place at the Mt. Spokane Sno-Park each Saturday in January and February, beginning on January 7, 2012. There will be an opportunity for the kids to participate in the Langlauf race, which takes place on February 12 (no class on February 11 as the course is being prepared). Also the kids can participate in a one-mile race on February 18 during the Junior Nordic Qualifier. This will be a terrific opportunity for our youngest skiers to experience some fast-paced racing!

Again this year, we plan to offer free ski lessons to Nordic Kids' parents. The calendar here in the newsletter lists lesson dates.

As we begin to plan, we need to call for volunteers, both on-snow as lead instructors and assistants, and off-snow in the lodge. If you are able to volunteer this year, please email either tliaboe@hotmail.com or aliaboe@gmail.com and let us know what you are most interested in doing.

On-line registration should be available on the spokaneNordic.org website in a couple of weeks.

Looking forward to snow!

- Alison and Trond Liaboe

The Reason I'm (we're!) Doing This

By Tom Schaaf

It was about ten years ago that I signed my son Liam up for Nordic Kids. Two or three "simple" agreements to volunteer later, and here I am as President...

While I had skied a bit in the Sierras and San Bernardino mountains in high school, my introduction to Mt Spokane was as the bus driver and teaching assistant for Whitworth's Nordic ski class back in the hickory-and-cable-binding days. At that time we broke trail on logging roads and if we got lucky, followed a snowmobile trail.

Fast forward twenty years and we had decent groomed trails, the Selkirk Lodge, Nordic Kids and a ski team up at Mt. Spokane. Ten more years and the trails have grown, the team is growing and Mt Spokane is getting a reputation for really nice skiing.

The difference between 1977 and the 21st century is told in the history of Spokane Nordic. The early volunteers had a vision that led to trails, grooming and a lodge. We have inherited a legacy from those visionaries that is more fragile than we would like.

But the key element of volunteers committing to a common goal is unchanged. My wife Dawn and I (and Brooks and Liam) belong to Spokane Nordic in part because of what it provides us: cleared trails come snowfall; well-groomed trails (when the machine is running... another task we are working on); programs like Nordic Kids, the ski team and Meet Up groups; and above

all a community of folks who are a lot of fun to hang out with all year round.

Our work in 2011 and 2012 will help move us bit by bit to a future where our kids and grandkids have a place for winter recreation that they will love and we can be proud of.

So here's the deal: **renew your membership.** Bug your skiing friends to sign up, and show up when trail days or Langlauf or the Group Health Pursuit/JNQ needs volunteers. We have inherited an amazing resource and an awesome responsibility.

To help fulfill that responsibility SNSEF has hired Brad Thiessen as membership coordinator. His role is to increase our visibility in the community and to increase our membership base so that we can continue to meet the needs of our current skiers,

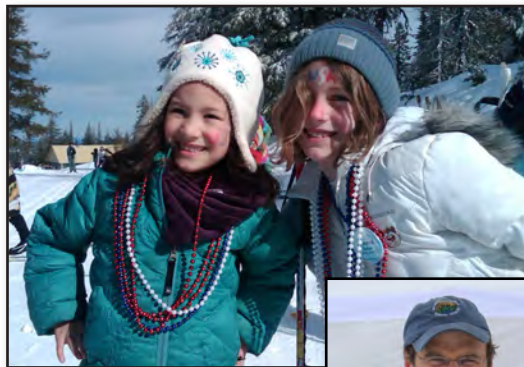
their kids and generations to come. I had intended to write about La Niña and the promise of Big Snow, but without SNSEF and your membership (and your friends') we will be back to following snowmobile trails.

Hope to see you all soon on the snow. Thanks for your work.

- Tom is President of the SNSEF Board of Directors



Tom Schaaf



Banff Film Festival

Save the dates of November 18, 19, 20th for this year's Banff Film Festival. In addition to seeing great outdoor films, Spokane Nordic will be hosting the refreshments both before the show and during intermission. Many of you donated baked treats or volunteered at this great fundraiser last year. We raised over \$2100 for our organization. We look forward to working together again this year. So write the dates on your calendar and get your baking skills ready for the great Banff Film Fest Fundraiser!

To take part in the bake sale, contact Karen or George Momany at 448-3063 or marshall-momany@yahoo.com.

Purchase tickets to the festival at Mountain Gear or on their website at mountaingear.com.

Spokane Nordic Calendar 2011-12

**unless noted, all events are at the Mt. Spokane Nordic Ski Area*

Dec 17	Great Scott Ski Race, Schweitzer Mtn. Resort
Dec 18	Lessons (by Ski Team) for all ages
Dec 31	Lessons (by Ski Team) for all ages
Jan 1	Lessons (by Ski Team) for all ages
Jan 7	Nordic Kids ski lessons
Jan 14	Nordic Kids ski lessons Adult ski lessons
Jan 21	Nordic Kids ski lessons Cougar Gulch Ski Race, Schweitzer Mtn. Resort
Jan 28	Nordic Kids ski lessons Adult ski lessons
Feb 4	Nordic Kids ski lessons Adult ski lessons
Feb 5	Souper Bowl
Feb 11	*no Nordic Kids ski lessons
Feb 12	Langlauf
Feb 18	*no Nordic Kids ski lessons Junior National Qualifier race preparation
Feb 19	Junior National Qualifier race
Mar 3	Nordic Kids potluck and games

Nordic Kids Ski Lessons

Nordic Kids ski lessons start January 7. Sign up your kid, tell a friend, and come volunteer! More information will be available soon at spokaneNordic.org for more info, or contact tliaboe@hotmail.com.

All-Ages Ski Lessons

The Spokane Nordic Ski Team will offer lessons on Dec. 18, Dec. 31 and Jan. 1. Lessons are available for all ages and skill levels, in both skate and classic technique. Donations to the ski team are welcome. To arrange times, contact George Bryant at selkirkxc@yahoo.com.

Adult Ski Lessons

New to cross-country, or looking to tweak those techniques? Adults ski lessons are available for SNSEF members at the Mt. Spokane ski area January 14, 28 and 4th. Times and costs will be available soon!

Sno-Park pass

As with previous years, you will need a Sno-Park pass to use the parking lot for the trails. The prices are again the same as last year; \$20 per day, or \$80 for the season (\$40 pass and \$40 special grooming permit). The passes are good for one vehicle only; you cannot transfer the pass between vehicles. This is still an excellent value compared to any other recreation and encourages carpooling. The Sno-Park pass is what pays for all the parking lot snow removal and all our grooming. State funds pay for Selkirk Lodge maintenance, rest rooms, etc. Of course Spokane Nordic helps groom, advocates for skiers at the local and state level, expands our trail system, teaches kids, works to obtain a new grooming machine, and more!

Directions to Mt. Spokane Nordic Ski Trails

Mt. Spokane State Park has one main entrance at the end of State Road 206, otherwise known as Mt. Spokane Park Drive, about 15 miles east of U.S. Hwy 2. The Park office is just inside the boundary on the left. This Nordic area is a little over 3 1/4 miles up the paved road from the main entrance. Follow the main road to the top where the summit road goes left (often gated and unrecognizable in winter) and the road to the alpine ski area goes straight and downhill. The road leading up to the Selkirk Lodge and Nordic Ski area is on the right, running through the snowmobile/hiker parking lot.



Spokane Nordic
Ski Education Foundation

The Spokane Nordic Ski Education Foundation is your very own non-profit group that works with the Mt. Spokane State Park on trail grooming, sponsors Spokane Nordic Kids and the Mt. Spokane Nordic Racing Team, makes facilities improvements and keeps an eye on the future of the Mount Spokane Nordic Area.

SPOKANE NORDIC SKI EDUCATION FOUNDATION

Membership and Donation Form

Spokane Nordic Ski Education Foundation **teaches** all ages how to Nordic (cross-country) ski, **develops and maintains** the Mt. Spokane Cross-Country Ski Park (in cooperation with Mt. Spokane State Park and other agencies), **hosts** ski competitions, and **informs** the community about cross-country ski developments.

SNSEF is member-funded. Your involvement promotes the Foundation's efforts and brings you into a vibrant community that celebrates health, fitness, family and the great outdoors. SNSEF members receive informative newsletters, are invited to special events, have opportunities for ski lessons, meet-up groups, and more!

Become a Member

Yes! I want to become a member of the Spokane Nordic Ski Education Foundation.

** Membership runs July - June*

___ 2011-12 membership: \$30 (include payment as directed below)

Name: _____	Additional family members: _____	Age (children) _____
Address: _____	_____	_____
_____	_____	_____
Phone: _____	_____	_____
Email: _____	_____	_____

Become a Donor

Yes! I want to support Spokane Nordic Ski Education Foundation (SNSEF) through:

___ New Trails and Grooming Fund: Help fund trail maintenance and upkeep of the grooming machine. Trail expansion is in the works!	\$ _____
___ Nordic Kids: Your support gives children and their parents the opportunity to learn, develop and enjoy cross-country skiing skill together. Parents and other adult volunteers lead groups of kids in fun activities designed to teach the fundamentals of skiing.	\$ _____
___ Racing Team: Support the Nordic racing team at Mt. Spokane. SNSEF hosts Junior Nationals trials for aspiring racers throughout the region.	\$ _____
___ Susie McDonald Fund Student Scholarship: Help provide ski lessons and equipment for families who need a little financial assistance.	\$ _____

Date: _____ Total SNSEF Contribution \$ _____

In signing and submitting this form, I recognize that cross-country skiing involves strenuous activities, is potentially hazardous, and involves inherent risk. I knowingly and voluntarily assume all responsibility and risk for my actions and my family's actions while cross-country skiing, during travel related to Spokane Nordic Ski Education Foundation (SNSEF) activities or during use of SNSEF facilities and equipment. This includes, but is not limited to, falls collisions, effects of weather, conditions of equipment and trails and other areas while skiing or participating in SNSEF activities. I hereby for myself, my heir, administrators, or anyone else who may bring claims on my or my family members' behalf, covenant not to sue, release and discharge the SNSEF, its Board and Committee members, and all related organizations or individuals, for any and all claims of liability for death, personal injury, or property damage arising from my or my family members' participation in SNSEF activities.

Member/ Donor Signature

Date Signed

Make check(s) out to SNSEF and mail your tax-deductible membership/donation with this form to: SNSEF and mail to PO Box 501, Spokane, WA, 99210.

*SNSEF is a non-profit, 501(C)(3) organization

Learn more about our programs online at www.spokaneNordic.org

Email questions about membership and contributions to info@spokaneNordic.org

Trail Days Recap

by Julie Bookstrom

At least 200 trees fell across the Mt. Spokane cross-country ski trails last winter. Mt. Spokane State Park employees (with some help from Paul Zaprzalka and other unknown volunteers) worked long days and nights, cutting and moving fallen trees out of the trails, so the groomer and skiers could get through. Then, after the end of grooming, we got another 4 ft of wet snow, and more trees fell.

This summer, 37 volunteers worked on the trails for a total of over 350 hours. We worked one weekend day per month in July, August and September, and two in October. In the summer, we cut and moved logs from across the trails and trimmed the ends of the logs that were only cut to the snow banks. In the fall, we trimmed overhanging branches and cleared encroaching brush. We also gathered, split and stacked firewood for the Selkirk Lodge and the Nova Hut.

Special thanks to Chris DeForest, who built new shelves and ski-rack pegs for the Selkirk Lodge, and to Chris Oxford, who helped Chris DeForest, and helped me trim a stack of firewood that was too long to fit in the stove at the Nova Hut. Special thanks also to Tom Frost and

Sam Schlieder, who ran their chain saws at every work day, and to Jim Downing, who brought and operated his hydraulic log splitter, as he has for the last 10 or 15 years!

In anticipation of permission to further develop trails, George Mommany helped Steve Christensen identify places that would need to be widened for a 14 ft groomer, and Tom Frost did the slope-stability evaluation required for permission to widen trails.



Trail Days organizer Art Bookstrom in snowier times.

Thanks also Len Seville, Liam Schaaf and the Ford family (Jud, Layle, Grace and Bret) who worked at two or more trail days, and thanks to everyone else who came to help, including Jessica Adkins, Mark Brousard, Zach Carter, Bodhi Densmore, Rick and Jennifer Durand, Gary Dyer, Kathy

Fagvas, Brian Frost, Julia Frost, Anne Torigo-Hawkins, Brian Hawkins, Alan and Jennifer Hodgdon, Leslie R., Patrick McKann, Ellen Ostheller, Gwen Pentecost, Bill Pearce, Scott Redman, Dawn Schaff, Brooks Schaaf, and Dan Weislat and to anyone else who worked but forgot to sign in.

On the Hill

Linder Ridge Open for Skiing

The "Big News" item is that Inland Empire Paper Co. will again close off Linder Ridge Road to snowmobiling for the 2010-2011 season! This is again due to the snowmobile community not coming forward with funds to pay for patrols to stop rogue snowmobiling. IEP Co. has been pleased with the Nordic skiers' appreciation and respect for their land and may make this a permanent closure to winter motorized traffic! We will again start grooming the road on the north side of the Selkirk Lodge to access the road. Because of the road closure, plans for the "bypass trail" 260 has been put on hold and may not be needed.

Update: New Groomer

As stated in previous years' newsletters, a new grooming machine is in the budget for this coming year. We now have \$200,000 for a new large grooming machine as the additional grant money was not forthcoming. We still really desire a powerful "snow-cat"

with a 14 ft wide tiller and possibly three track setters. We have Steve Christiansen, Trond Liaboe and Mike Burns heading to an early November meeting to finalize plans for purchase of the larger machine. We will also need to widen some of the trails to accommodate this bigger machine/tiller. The state has paid for the required archeology survey. Tom Frost generously donated many hours in the field and on the trails on short notice to complete a soil stability survey required by the county. Steve Christensen & George Momany have been measuring the Nordic trails to see which ones will need widening, and this is now completed. If the snow holds off, we might be able to get this done in November. Otherwise this will be completed next summer. IEP Co. plans to perform logging in the area of Ridge Run, the Wall and Paper Trail next summer and those trails will be widened at the same time. This is still a dynamic situation but things are going in the proper direction. We will keep you posted!



Spokane Nordic
Ski Education Foundation

S.N.S.E.F.
P.O.Box 501
Spokane, WA 99210

Pre-season Ski Preparation (continued from page 1)

intended to hold wax. If the skis haven't been properly waxed, dust and dirt will work their way into the pores on the ski and slow you down. Additionally, as you push your skis back and forth down the trails, a poorly-waxed ski will build up static electricity. Think of it like rubbing a balloon on your head and your hair stands up. Well, in the case of skiing, your skis are the balloon and dirt in the snow is your hair—they are attracted to each other. I don't know if you have tried it, but rubbing dust and dirt on your ski base won't make for very fast skis.

Glide Wax: So what does glide wax do to help us with the dirt and static electricity? Along with filling those microscopic holes mentioned earlier, glide wax provide a very thin cover of wax over the base of the ski. This means that instead of the ski base gliding on the snow, the ski is actually gliding along on a thin film of wax that covers the base. The thin film of wax on the ski helps reduce static electricity buildup by reducing the drag on the ski. This is an important concept because the wax is what is interacting with the snow and we can easily change wax to better fit the snow conditions.

There are two basic types of glide wax: Rub-on and Iron-on. The main difference between the two is application time and durability. Rub-on wax is quick to apply and requires no tools, use of irons, nor technical knowledge.

The drawback is that the wax doesn't last very long. The liquid state that allowed the easy application also allows for it to leave the ski base easily. Iron-on wax, on the other hand, is very durable and fast but requires a ski bench, a waxing iron, scrapers and brushes.

If you are a beginning skier, the rub-on waxes are more than adequate to get you through your first seasons and enjoying increased performance. If you are a more intermediate skier but new to ski maintenance, you should consider investing in the tools required to apply iron-on wax. For the best ski performance (speed), the glide wax should be matched to the snow temperature. Iron-on glide wax offers the skier a much more specific wax-weather combination and thus faster skis. Someone who does not own any glide wax, and is interested in purchasing some, should consider buying at least two kinds, one for warmer snow (~25-32°F), and one for colder snow (~14-25 °F). The snow temperature that a specific glide wax is good for will be stated on the box the wax came in.

Hopefully you have read this and are considering performing a little maintenance on your skis! For more in-depth info and some application techniques I recommend visiting either www.tokous.com or www.swixsport.com.

- Matt coaches the Spokane Nordic Racing Team