

# Spokane Nordic News

*Thanks to many volunteers, trails are ready*

## Art Bookstrom

When you're gliding down the trails this season, don't forget to take a good look at the great condition they're in.

Between April and October, volunteers put in an impressive 304 hours clearing brush and removing branches that were hanging over the trails.

Because brush grows pretty fast up on the mountain, trails can get too tight for the groomers to get through. We cleared about 45 kilometers of trails and removed any logs that had fallen across the trails. That wood gets split and stacked for us in Selkirk Lodge and Nova Hut during the winter.

We also cleared Paper Trail and The Wall so a groomer can get



*Trail Days volunteers split and stack firewood for Selkirk Lodge.*

through there.

The volunteers also cleaned out the loft over the garage where the snowmobiles are parked, and cleaned out the old lost and found items that have been there for years.

In addition, **Chris DeForest** and **Chris Ox-**

**ford** are making some more pegs to hang coats on in the lodge. In the past, skiers had been frustrated that there wasn't enough space to store their things so this will be a big help. They're also putting pegs near the waxing area so you can stand up your skis there

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*A message from the president...*

## It's snowing!

Fresh snow on Mt. Spokane is the topic of the day on my e-mail and Facebook pages. It is pretty exciting to see, and if the prognosticators are right, we should see a lot more this winter than last.

Riding my bike this a.m. in the cold and wind, it certainly felt like winter is on the way. The prospects look good on many levels for a great winter and more great winters to come.

The State Parks staff has repaired the groomer and has excellent plans for avoiding the downtime that occurred last winter, and

we are on track for grants to purchase a new groomer for the following season.

**Art Bookstrom** and **Jack Benedetto** led a number of Trail Days events to get everything cleared out for the year, and plans are in progress to expand and improve both the trails themselves and the grooming process.

The race team has a lot of new talent, with **George Bryant** and **Matt Halloran** at the helm of the main team and **Jud Ford** leading the juniors. Dawn and I have handed

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**SNSEF:  
Spokane Nordic  
Ski Education  
Foundation**

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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.

## Inside this issue:

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**On the web:  
[www.spokanenordic.org](http://www.spokanenordic.org)**

## Trails committee has good news for skiers

**George Momany**

Our current Bombardier tiller now has two new motors, a new spline, and the tiller has been re-lathed. The electrical wiring is aging, with increased resistance causing more strain on the alternator. It is not feasible to install a larger alternator and replacing all the wiring would be a major undertaking. Hopefully, with slower tilling speed in icy conditions, we can avoid again damaging the tiller motors in the future.

The SNEF snowmobile saved the day at the end of last season when the big tiller motors burned out. Mt. Spokane State Park (MSSP) rangers were the major operators and did a great job of extending the season. Volunteers will be limited this season to avoid machine damage.

A new groomer is in the budget for next year (*see WRAC meeting report on page 4*). We now have \$200,000 for a new large groomer with an additional \$75,000 grant pending. A powerful snow-cat with small tracks pulling a 14-foot-wide tiller with three track-setters is really desired. We may

need to widen some of the trails to accommodate this machine/tiller. Steve Christensen and I have been measuring the Nordic trails to see which ones will need widening.

We continue to plan for Trail 260 (snowmobile bypass road below the Linder Ridge Rd). Inland Empire Paper Co. refuses to continue paying for enforcement of rogue snowmobilers and is considering closing off Linder Ridge Rd. for the 2010-2011 season if funds do not materialize. MSSP would groom Linder Ridge Rd. for Nordic skiing only, starting at Junction 1 if this occurs.

We will continue with planning and applying for permits to start construction in 2011. We still have a \$20,000 grant pending with the state to be used for construction in the 2011 calendar year.



## Banff Film Festival coming soon!

**George Momany**

Save the dates of November 19, 20 and 21 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 and time to this great fundraiser last year and 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!

If you'd like to bake cookies, contact Karen and George Momany at [marshallmomany@yahoo.com](mailto:marshallmomany@yahoo.com).



## Trail Days

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and they won't fall over. They are putting shelves under the waxing benches as well. All of this should be finished before the ski season.

We are hoping to eventually enclose the waxing porch but that probably won't get done until next year.

I'd like to thank fellow board member **Jack Benedetto** for all of his help in organizing the trail days this year as well as the following folks who volunteered their time at one or more Trail Days events this year: Pat and Debbie Buckley; Trent Carey; Peggy Clema; Chris DeForest; Brett and Janet Dodd; Jim Downing; Mary Foutz; Tom Frost; Greta Gilman; Brian Hawkins; Alan and Chris Johnson; Jess Lawless; Keith and Karen Nelson; Kevin Orenstein; Ellen Ostheller; Bill Pierce; Al Pokorny; Scott, Robin and Romany Redman; Sam and Kathy Schlieder; Len Seville; and Carl and Evan Sunderman.



*Ellen Ostheller takes a brief break during a recent Trail Days event.*

## Meet your Spokane Nordic organization

### Officers:



**President**  
**Tom Schaaf**



**Vice President**  
**John McCarthy**



**Past President**  
**George Momany**



**Treasurer**  
**Lisa Sunderman**



**Secretary**  
**Russell Hill**

### Board:



**Jack Benedetto**



**Art Bookstrom**



**Jud Ford**



**Susan Mulvihill**



**Membership Coordinator**  
**Liorah Wichser**

## Mark your calendar

- Nov. 6-7 Fitness Fanatics Ski Swap
- Nov. 10 Free waxing clinic, Fitness Fanatics
- Nov. 19-21 Banff Film Festival, Bing Crosby Theater
- Dec. 18 Schweitzer Nordic race, Great Scott Race
- Jan. 1 Methow Valley Ski Rodeo
- Jan. 8 Nordic Kids, Day 1
- Jan. 15 Nordic Kids, Day 2  
Spokane Nordic Snowball
- Jan. 22 Nordic Kids, Day 3  
Methow Valley Pursuit,  
Schweitzer Nordic race, Cougar Gulch race
- Jan. 29 Nordic Kids, Day 4
- Feb. 6 Nordic Kids, Day 5,  
Souperbowl Ski & Snowshoe event
- Feb. 13 Langlauf race, Mt. Spokane
- Feb. 20 Nordic Kids, Day 6
- Feb. 26 Nordic Kids Olympics & potluck,  
Schweitzer Nordic race, Extreme 6K, 15K and 30K races



## A message from the president...

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over the leadership of Nordic Kids to **Trond and Alison Liaboe** who have great ideas and wondering enthusiasm for the program.

For the rest of us - who may need a little enthusiasm boost this time of year - the Banff Mountain Film Festival is coming up the weekend of November 19-21. Spokane Nordic will be supplying the refreshments again this year, and it is a great opportunity to meet folks, gain new members and raise money for the organization, all while seeing some awesome films at the same time.

So get your skis tuned and waxed, do your snow dance, and get ready for a great season.

— **Tom Schaaf**



### How to keep an eye on Mt. Spokane conditions

\* Check out the webcam at the Mt. Spokane Ski & Snowboard Park at [www.mtspokane.com](http://www.mtspokane.com) and click on the "webcam" link in the upper righthand corner. The cameras are situated in the downhill area but it will give you an idea of the conditions.

\* Go to the National Weather Service's report on Quartz Peak conditions at [www.wrh.noaa.gov/mesowest/getobext.php?wfo=otx&sid=QUPW1](http://www.wrh.noaa.gov/mesowest/getobext.php?wfo=otx&sid=QUPW1). Yes, it's a long web address but the report is very detailed and helpful.

## Nordic Kids news

Hello Spokane Nordic Supporters and Nordic Kid Families!!

We are excited to organize Nordic Kids this year and hope everyone is as cautiously optimistic for a very cold and snowy winter as we are.

Taking on Nordic Kids is something we look forward to with humor and modesty (fear and trepidation) and hope that we are able to organize classes that will be fun for the students, parents and instructors (how many times can five year olds play red-light/green-light or freeze tag during a two-hour session?).

Nordic Kids classes will begin on Saturday, Jan. 8 and will run each Saturday from 1:00 to 3:00 through Feb. 26. There will be no lessons on Saturday, Feb. 13, in order to prepare the Langlauf course for the race the next day.

Online registration will be open soon so please make sure to register your children as soon as possible for planning purposes (we don't want to run out of hot cocoa and Oreos!) and if you are interested in helping with Nordic Kids, as an instructor, as inside set-up, as cocoa person, outdoor set-up, you-name-

it, please let us know as soon as possible by sending an e-mail to us at one or both of the addresses below! We'd like to get the list of instructors by the end of November in order to schedule a training session or two.

Also, if you have any suggestions for change or improvement, we are all ears, as Ross Perot once said.

We look forward to working with you and all the fabulous little Snowflakes, Blizzards, Foxes, Polar Cubs and other classes in January!! It's never too early to start practicing the "pizza slice".

Sincerely,  
Trond and Alison Liaboe

[tliaboe@hotmail.com](mailto:tliaboe@hotmail.com)  
[aliaboe@q.com](mailto:aliaboe@q.com)



## Summer WRAC meeting report

**George Momany**

At the summer Winter Recreation Advisory Committee (WRAC) meeting, it was decided to keep the Sno-Park permits at last year's price.

However, this season there will be no Oregon or Idaho reciprocity as these states have minimal grooming and infrastructure at their Sno-Parks for their lower fees. Only one permit per car will be allowed so you can no longer switch permits between cars.

The WRAC is still looking at ways to have trail permits rather than car passes for the Sno-Park system. The major advantage would be to have an accurate accounting of the number of skiers at each Sno-Park unit.

For years, we have only been able to estimate the number of skiers, whereas snowmobilers have an accurate count due to vehicle registration.

There would be daily, seasonal and possibly family passes as an option. Education and enforcement of the system still needs to be worked out and it will be several seasons before this occurs.

The big news is that we now have \$200,000 in the budget for a new groomer at Mt. Spokane State Park! On my recommendation, this was moved up from a #4 priority item, and we hope to have this purchased for the 2011-2012 season. State Park manager Wayne McLaughlin also applied for an additional \$75,000 grant to be awarded in January towards the groomer and possible garage expansion.

George Momany is Past President of the Spokane Nordic Ski Education Foundation.

### It's time to renew your membership!

#### WHY?

- To continue receiving these informative and entertaining newsletters
- To keep up with the latest Nordic news
- Help guide and support the organization that works tirelessly behind the scenes to bring you the most awesome Nordic skiing experiences possible!

You can renew online at [spokanenordic.org](http://spokanenordic.org) or use the handy form on the back of this newsletter.

#### THANK YOU!



## The Recreational Skier

# Are you ready for some skiing?!

**Susan Mulvihill**

Let's hear it for La Nina! After our dud of a winter last year, I've been excited to hear that we are due for much more precipitation this winter. Now that's more like it.

To get maximum enjoyment out of Nordic (cross country) skiing this winter, we should do what we can now to be ready to hit the trails. If you've been cycling and running and working out all summer long, however, you probably don't need to read this.

I mentioned something in this column last year that bears repeating. A friend of mine once said "Cross-country skiing prepares you for everything, but nothing prepares you for cross-country skiing."

It's a very true statement. For the first month or so of skiing, we're gasping while we try to get up those hills and feeling like we have zip for endurance.

Here are some things we can do between now and the start of ski season:

My favorite pieces of exercise equipment are the elliptical trainer and the Nordic Track ski machine. That's because they imitate some of the motions we go through while skiing. They give us a back-and-forth arm swing while our legs are working. If you have an elliptical trainer, put in some serious time on it and increase the resistance as you go.

If that's not an option, how about Nordic walking? This involves brisk walking with Nordic poles so that your arms really get a workout and not just your legs. This increases your cardiovascular endurance and also gives your arms increased weight-bearing which is good for bone density.

There are poles made specifically for Nordic walking - I have a pair of Leki poles with rubber tips on them - but you can use regular Nordic poles, provided you don't mind having the tips hit the ground repeatedly.

The only problem with Nordic walking is that my neighbors like to rib me, saying "There's no snow yet, Sue!" Or, "aren't you forgetting something, Sue?" That's OK, though; I can handle it.

Here's an exercise to increase your quad strength that doesn't require any special

equipment at all: stand with your back to a wall and your feet about a shoe-length away from the base of the wall. Slide down the wall until your body looks like it's a chair, with your knees flexed at about 90 degrees. Now hold that position for as long as you can. Do this a few times a day. It sounds simple enough but, believe me, your quads will be screaming at you quickly enough!

Another simple exercise is wall squats, again with your back to the wall and your foot about a shoe-length away from the wall. This time, however, you will slide down the wall but never so low that your knees bend beyond where you can see your toes. Come back up, and repeat this in three sets of 10.

Lunges are also an excellent exercise to increase muscle strength. Don't let your knees bend beyond where you can see your toes. You can start out without any weights, then add in either free weights in each hand or a weighted bar across your shoulders.

Early in the ski season, I find all that poling tends to make my shoulders complain a bit. If you have an elastic exercise band - and no shoulder issues to be concerned about - try doing biceps curls, triceps extensions and shoulder extensions. If you have free weights on hand, you can use them to do the same exercises. If you don't have exercise bands or free weights, try these exercises with cans of soup.

If you have any knee issues or other injuries that these exercises will exacerbate, discontinue them. You should consult with your doctor and/or a physical therapist to find the exercises that will work best for you.

One last thing: while we're all doing our exercises, let's think snow!

*Susan Mulvihill serves on Spokane Nordic's board of directors and can be reached via e-mail at [inthegarden@live.com](mailto:inthegarden@live.com).*



## Junior Team has been training but there's always room for more

**Judson Ford**

You saw the black jackets with gold lettering flying around the trails last year, get ready to see more! The Spokane Nordic Junior Team and Racing Team has grown to an impressive 24 skiers this season. We've got skiers of all ages ready to race and enjoy the snow.

Pre-season training began as early as last July for some of these young athletes. We had an amazing turnout for Wednesday night family bike rides, putting anywhere from 10 to 20 miles on our wheels each evening. We of course followed up each ride with potluck calories galore!

Now that the snow is getting closer, dry-land training and roller skiing has been added to the schedule for many of our team members. Laser Quest is next on our list, because every good skier ought to be able to shoot the coach from time to time!

Sound like fun? Of course it is. Interested in joining? Here are some basics: The majority of our skiers come from Nordic Kids, having at least two or three years' experience. Our ages range from 10 years old to 18 years old, but we'll welcome most skiers who have the necessary skills and endurance level.

If you're interested, contact Jud Ford via e-mail at [judson\\_ford@yahoo.com](mailto:judson_ford@yahoo.com) or George Bryant at [selkirkxc@yahoo.com](mailto:selkirkxc@yahoo.com).



**SNSEF**  
**P.O.Box 501**  
**Spokane, WA 99210**

Spokane Nordic  
 Ski Education Foundation

Spokane Nordic Ski Education Foundation teaches the public how to Nordic ski, does volunteer trail work on state and private land in cooperation with Mt. Spokane State Park and other agencies, and hosts ski competitions to develop the skills of amateur athletes.

_____	_____	_____
Name	Phone	Cell
_____	_____	_____
Mailing address	City, State	ZIP
_____	_____	
E-mail	Additional info?	

Yes! I want to support Spokane Nordic Ski Education Foundation (SNSEF).  
 Choose one or more of the funds listed below:

- Spokane Nordic Annual Membership:** SNSEF members receive informative newsletters, are invited to special events, have opportunities for ski lessons, meet-up groups, and more! Annual minimum: \$25 for 2010-2011 \$ \_\_\_\_\_
- New Trails & Grooming Fund:** Help fund trail maintenance and upkeep of the snowmobile used for grooming. Trail expansion in the works! \$ \_\_\_\_\_
- Nordic Kids:** Support the program that gives children and their parents the opportunity to learn, develop and enjoy cross-country skiing skills together. Parents and other adult volunteers lead groups of kids in fun activities designed to teach the fundamentals of technique. \$ \_\_\_\_\_
- Racing Team:** Support the Nordic racing team at Mt. Spokane. SNSEF hosts Junior Olympic trials for aspiring racers throughout the region. Currently seeking sponsors for the "racing" van. \$ \_\_\_\_\_
- Susie McDonald Fund Student Scholarship:** Help provide ski lessons and equipment for families who need a little financial assistance. \$ \_\_\_\_\_

Date: \_\_\_\_\_ Total SNSEF Contribution: \$ \_\_\_\_\_

**Thank you for your support!**

Mail your tax-deductible donation to:  
 Spokane Nordic Ski Education Foundation  
 P.O. Box 501  
 Spokane, WA 99210

Find more information about our programs online at: [www.spokanenordic.org](http://www.spokanenordic.org)  
 E-mail questions about membership and contributions to: [members\\_dev@snsef.org](mailto:members_dev@snsef.org)