

# SPOKANE NORDIC NEWS

Volume 8, Issue 3 February, 2013

## Inside

Is this your year to race?

Support the trails you love!

Caught in the act: Grace Ford

Adult lessons update

## Meet the Ski Team

- by Jud Ford

Friday night, five o'clock, the moon is bright on the snow and the stars are shining. The quiet is broken by a group of skiers skating down Bear Grass, through junction one and transitioning up Sam's Swoop. Dressed mostly in black, they look like a group of ninjas traveling through the night. They are the Spokane Nordic Ski Team.

Led by coaches George Bryant, Matt Halloran and Jud Ford, the ski team consists of athletes from age 8 to 18. They train in both classic and skate technique and travel to locations like Winthrop, Leavenworth, Bend OR and Soldier's Hollow UT to compete in Junior National Qualifier races with the hopes of qualifying for the Junior Nationals.

Perhaps you've seen the team crowding into the wax area on Saturday and Sunday mornings preparing for their workouts, or in the lodge recovering and relaxing as a team. If you have, then you

know what a fun and dedicated group they are, joking with each and encouraging one another every chance they get.

The team is broken into two groups. The Transition Team is for skiers from ages 8 to 12 (roughly) and the Racing Team is designed for older skiers. The T-Team kids ski on Saturday and Sunday mornings, while the Racing Team has practices in town on Tuesdays and Wednesdays and on

-snow practices on Thursday, Friday, Saturday and Sunday.

Want to see the ski team in action? Spokane Nordic is once again hosting a Junior National Qualifier on the weekend of February 23rd. Look for the racers in bright yellow and blue race suits representing Mt. Spokane and cheer them on!

- Jud is a Spokane Nordic board member



## Winter Care for Your Skis

- by Mark Waechter

We've all heard the whining. "My skis were slow! He passed me like I was standing still. I could have kept up with good skis!"

Nothing beats a smooth gliding pair of skinny skis for a memorable experience! Skis that make the uphill easier. Skis that are a magic carpet on the gradual downhill.

So, you ask, how can I do this? It's simple. Drag those skinny skis out, and give them the TLC that they deserve.

First Things First

The very most important item that affects ski performance is how well the skis fit the skier.

Anything and everything you throw at your skis will mean very little if the skis simply don't fit you well. This seems obvious and simple, but it must be stated because there's nothing that a fancy wax can do to make your skis run well when they're just not the right skis for you. So make sure you've got the right skis – skis that fit!

Caring for Skis

Here are a few tips to help improve your skis' health, and the quality of your ski days as you

(continued on page 3)

# Calling All Skiers!

by Ann Torigoe-Hawkins

Yes, you... the parent of a Nordic Kid skier, the once-a-week skier and the Langlauf regular. It's time to try a different race, sponsored by Spokane Nordic Ski Association.



The Group Health/ Providence Health Care Challenge, open to all age groups, will be held at Mt. Spokane on February 23 and 24. It's also an official

Junior National Qualifier (JNQ) for teens in the Pacific Northwest. In other words, it's two races in one.

Saturday's race will be a classic race while Sunday will be freestyle (or skate). You can enter the classic race, the skate race or both. For master skiers (age 30 and over) the classic and skate distances will be 10 kilometers. For younger skiers, check out the Spokane Nordic website for ages and distances.

The classic course starts on Linder Road, to Sam's

Swoop, Lodgepole, Silver, Blue Jay and Valley View. The 10k course is two loops. The skate course starts at the teaching area, to Valley View, Blue Jay, Lodgepole, Hemlock, Sam's Swoop and Bear Grass. The 10k course is also two loops.

The course will be familiar to most local skiers, and not very intimidating. Saturday's race for master skiers will begin at 11:00 a.m. for men and 11:05 for women. Sunday's race will begin at 10:00 a.m. for men and 10:05 for women. For younger skiers, again check out the website for ages and race times. There will also be a drawing for prizes from Mountain Gear and Fitness Fanatics, hot soup and snacks, and t-shirts for all who enter the race.

If racing is not your thing, why not consider volunteering at the race? The JNQ Committee is still looking for volunteers for various positions from timing, to staffing positions throughout the race course, registering skiers, to setting up and taking down after the race.

If you're interested in volunteering, please contact Alison Wiener at [alisonwiener@yahoo.com](mailto:alisonwiener@yahoo.com).

It's time to challenge yourself AND have some fun. While doing so, you'll also be supporting Spokane Nordic Ski Association as well as our local teens.

Come get involved in our Spokane Nordic skiing community!

- Ann is a Spokane Nordic board member



## Grace Ford

### >First Nordic Experience:

"I don't actually remember my first Nordic experience. I was one or two when my parents got me on skis for the first time."



Grace and her brother Brett.

### >Gear:

"Madshus Terrasonic classic skis and Fischer poles. The best part of the poles is that they're neon green."

### >Favorite Trail:

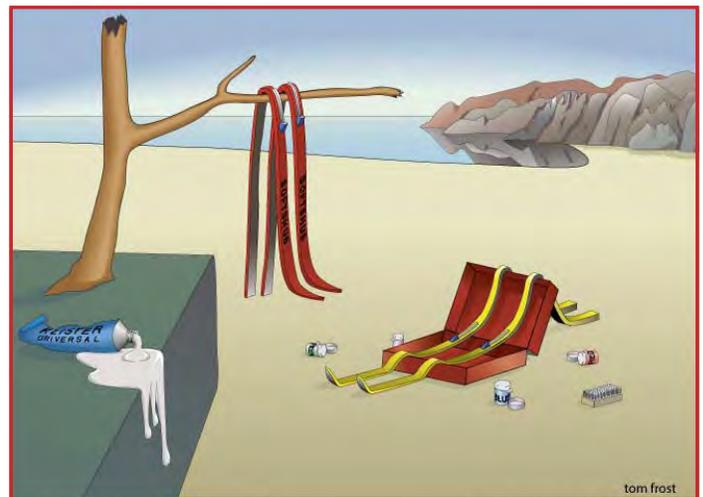
"My favorite trail on Mt. Spokane would have to be the Wall, because of all the awesome downhill it has. It's even more fun to do at night. The only bad part is that it's never groomed."

### >Most Memorable Nordic Moment:

"Skiing on Friday nights with my best friends Kate and Ellie. We always have so much fun!"

### >Little Known Fact:

"I pole vault for my track team."



"The Persistence of Waxing

—by Salvador Dæhlie



# EVENTS

Feb 7	Thursday Night Ski
Feb 9	Nordic Kids Ski Lessons Bavarian Cup at Leavenworth, WA
Feb 10	Spokane Launglauf race
Feb 17	Adult Skate Ski single-day session
Feb 21	Thursday Night Ski
Feb 23	Group Health / Providence Health Care Challenge Selkirk Series Race for adults
Feb 24	Group Health / Providence Health Care Challenge
Feb 28	Thursday Night Ski
Mar 2-13	Special Olympics at Leavenworth, WA
Mar 3	Selkirk Challenge race Adult Skate Ski single-day session

*\*unless noted, all events are at the Mt. Spokane Cross-Country Ski Park*



Spokane Nordic is committed to creating, developing and delivering programs and facilities to foster cross-country skiing within the greater Spokane community.

## Sno-Park Permit

A Sno-Park Permit is required to use the parking lot at the Mt. Spokane Cross-Country Ski Park. The price is \$22 per day, or \$84 for the season, and can be purchased locally at Fitness Fanatics, Mountain Gear or REI. Each permit is good for one vehicle only; you cannot transfer it between vehicles. The Sno-Park Permit pays for parking lot snow removal and trail grooming. State funds pay for Selkirk Lodge maintenance, rest rooms, etc.

## Directions to Mt. Spokane Cross-Country Ski Park

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.

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## Winter Care for Your Skis (contued from page 1)

glide around on the snow this winter.

1. Clean your skis regularly. You would be surprised how much grunge attaches to your ski bases. Even in microscopic quantities, all that grunge slows the skis down. So, after every other outing, give your skis a "hot scrape." To clean your bases with a hot scrape, melt a layer of soft (yellow) glide wax into your bases, and while the bases are still warm, scrape them with a plastic scraper. After you give them a hot scrape, wax them with the wax-of-the-day and let them cool before scraping and brushing. There are also plenty of good ski-specific cleaners for removing gooey grip-wax and dirt from the grip zone of your classic skis, available at your nearby ski shop. The best I've used is called Toko Gelclean.

2. Wax often. Have you ever taken a look at your bases after a few days of skiing, and noticed a whitish-grey tinge to your bases? That's not good; it's the sign of degraded ski bases. Without the lubrication that wax provides in the P-tex

(high quality base material used on skis), your bases will become degraded. The polyethylene base breaks down if the skis are not well-loved and taken care of. When a base deteriorates it doesn't hold wax well and the ski slows down. After every other ski, or better yet, even after every ski outing, wax the glide zone of your skis.

3. Watch the temperature of your waxing iron. Wax with a warm iron set between 250 degrees and 270 degree (Fahrenheit), and not with a hot smoking griddle! Use a good wax iron made for waxing skis. Overly hot wax irons are notorious for searing those ski bases shut. All too often skis have hard, burned bases even after just a few wax jobs. Overheating the bases seals the pores in the outermost layer of P-tex and the bases will no longer absorb wax.

- reprinted by permission from the January 2013  
Methow Valley Nordic Club newsletter.



## SPOKANE NORDIC MEMBERSHIP FORM

Spokane Nordic Ski Association develops and maintains trails, updates facilities, provides pocket maps and trail signs, organizes races and events, chops firewood, gives a daily online grooming and conditions report, plus a host of other services to make the Mt. Spokane Cross-Country Ski Park one of the best Nordic facilities in the Pacific Northwest. We are skiers like you, supporting the trails we love, and we can't do it without YOU!

Yes! I want to become a Spokane Nordic member.

*\* Membership runs October - September. Please include payment as directed below.*

<input type="checkbox"/>	Member	\$30 (include payment as directed below)
<input type="checkbox"/>	Contributor	\$50
<input type="checkbox"/>	Friend	\$100
<input type="checkbox"/>	Advocate	\$250
<input type="checkbox"/>	Benefactor	\$500
<input type="checkbox"/>	Champion	\$1,000

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

Date: \_\_\_\_\_ Total 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 activities or during use of Spokane Nordic 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 Spokane Nordic 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 Spokane Nordic, 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 Spokane Nordic activities.

\_\_\_\_\_  
Member Signature

\_\_\_\_\_  
Date Signed

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

\*Spokane Nordic is a non-profit, 501(C)(3) organization  
 Learn more about our programs online at [www.spokaneNordic.org](http://www.spokaneNordic.org).  
 Email questions about membership to [info@spokaneNordic.org](mailto:info@spokaneNordic.org)

# We're Upping Our Game... Join Us!

I never knew much about the Gary Silver Award until I was in a position to announce this year's recipient last month. In this process I had the opportunity to see some of the many folks who have helped to make the Mt. Spokane cross country ski area arguably the best ski area in the state. This was a revelation for me. The awardees have worked to support skiing year after year and are stalwarts in making sure we have a great skiing area for all of us. They really are a laudable crew. I encourage you to recognize and thank them.

If you know how the funding for cross country skiing in the State Parks system works. It is pretty rudimentary. Your \$80 ski pass (which works for all the folks in the car) pays for grooming, enforcement and plowing for the entire season. That is not a heck of a lot when one considers all that is done to make the Mount Spokane trail system as magnificent as it is. I recently paid more than that for one day of skiing in the Methow Balley for my family of four. One needs to only ski outside of our snow park to appreciate the value our system has to offer.

And yet, there is an incredible amount of work that goes on behind the scenes that rounds out most people's experience on the mountain and leads to the filled parking lot, the hundred little kids zipping around on Saturday afternoons and the beauty of the slim, athletic teens who

are working incredibly hard to perfect a technique that can bring them to the top of their abilities. The novices

learning how to V1 or the advantages that waxed skis have over waxless. If you ski at the snow park, you are the beneficiaries of these folks commitment

to skiing. Perhaps you enjoy the fire in the wood stoves, or the grooming platform rapidly being perfected by the Grooming Committee and our new groomer Nathan. Maybe competition intrigues you – we now have three races this season. And expansion of our trails has created a system where you can ski a great fifteen-mile loop without redundancy.

All of this comes from committed people – skiers like you – making this system work. I encourage you all to join the folks who make our ski area as grand as it is. This can be done through volunteering, help-

ing finance, or simply thanking those who are creating an experience of healthy living for you and your family. Spokane Nordic has a mission statement that hopefully is something you can get behind and support so that we can support you, your friends and family for years to come.

*- John is President of the Spokane Nordic Board*



by John McCarthy



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Trail signs are just one of many ways Spokane Nordic maintains and improves the Ski Park.

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## Adult Lessons

Twenty-six people have enrolled in Spokane Nordic Ski School's inaugural five-week adult lesson program, and more than thirty have enrolled in single-day less lessons so far this season. The single-day lessons have ranged from beginner to intermediate to a few advanced sessions. Everyone is improving their skills and having fun! We usually have at least one extra certified instructor available so contact [lisa.sunderman@gmail.com](mailto:lisa.sunderman@gmail.com) to join in.





Spokane Nordic  
P.O.Box 501  
Spokane, WA 99210

Brought to you by



and



including JUNIOR NATIONAL QUALIFIER

... plus the Sunday Lollipop Race for kids under 6

February 23: Classic Ski Race  
February 24: Freestyle Ski Race

at the Mt. Spokane  
Cross-Country Ski Park

Group Health / Providence Health Care

# challenge >>

Race and registration details at

[www.SpokaneNordic.org/challenge](http://www.SpokaneNordic.org/challenge)