

Spokane Nordic News

Banff Film Festival fundraiser a success

Karen Momany

Our 2nd annual fundraiser during the Banff Film Festival last month was a huge success. With the sale of more than 3,500 beautifully baked cookies and bars, Spokane Nordic raised \$2,144.54.

Spokane Nordic volunteers donated their talents in baking and volunteering their time to help sell baked goods, coffee, water, pop and tea at intermission during the three nights of the festival. We made up four large cookie trays with the leftover cookies and took them out to the Hutton Settlement for the children to enjoy. We also donated cookies to the Women's and Chil-



Our Nordic volunteers are ready for the Banff intermission crowd!

dren's Free Restaurant where they were serving dinner twice that week.

The money we raised - along with your member donations - will be used to benefit our Nordic community. It's used to purchase equip-

ment for trail and snowmobile groomer maintenance, making signage for old and new trails, for future development of new trails, and maintenance of the waxing benches and ski racks up at the Selkirk Lodge.

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A message from the president...

And the new ski season is off and running!

Wow, what a start to the season! The snow was wonderful last weekend, the sun was out, and everyone I saw on the mountain had that blissful look. Blue wax days are hard to beat.

The grooming started off a bit rough due to hydraulic issues with the big groomer, but our volunteers got the snowmobile groomer out and gave us something to ski on.

We have a great outlook for the season on a lot of levels: the ski team has more members than I can remember (including a load of junior team folks), we have snowmobile-free access to Linder Ridge

Road starting at Junction 1, the groomer is fixed and has some upgrades that will help get it through this season and - barring budget disaster at the state level - we will have a larger, more functional and NEW grooming machine next season.

I want to put a pitch in for Spokane Nordic here (as you all are preparing to renew your memberships), and that is that Spokane Nordic is the driving force behind the trails you enjoy and your support makes our work possible.

While the state pays the groomer

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**SNSEF:
Spokane Nordic
Ski Education
Foundation**

**Volume 6, Issue 2
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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.

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**On the web:
www.spokanenordic.org**

Trails report

George Momany, Past President

You may have noticed that starting at Junction 1, we are grooming Linder Ridge Rd. for Nordic skiing. Here is the reason why:

For decades, snowmobilers have used Linder Ridge Rd. and other designated multi-use trails. Unfortunately, many have illegally ridden off-trail, damaging young trees. Some have harassed non-motorized users.

Two years ago, Inland Empire Paper Company (IEP) requested more enforcement to control this problem after education failed to rein in rogue sledders. IEP generously paid the majority of the \$12,000 that year out of their own funds; last year, they requested snowmobilers fund this amount but still contributed over \$5,000.

This year they reasonably requested all the money come from outside the company. All other users agreed this should come from the snowmobile community, as they were the group misusing and damaging the area. The local snowmobile representatives did nothing of substance to

avoid closure despite many warnings and guidance on accessing state and local funds.

Several weeks ago, representatives from IEP, Mt. Spokane State Park (MSSP), Washington State Parks, Spokane County, snowmobilers, and Nordic skiers all met to address the intended closure of IEP land on Mt. Spokane to snowmobile use. As funds were not forthcoming, the final decision was to close **all** IEP lands adjacent to MSSP to snowmobile use this winter.

We can enjoy Linder Ridge Rd now all the way to Junction 6 at the Brickle Creek bridge without worrying about snowmobile conflicts. While we are enjoying this area, please start at Junction 1 and do not go around the orange snow fence at the road between the parking lots. Also remember that snowmobilers will still use the Selkirk lodge and have a right to be there.

If you encounter any snowmobilers on Nordic trails (besides MSSP or law enforcement personnel), please note the date, time and description of the machine and rider. If you are comfortable explaining to them that this

area is non-motorized, please do so while trying to avoid a conflict.

In any case, PLEASE report the event to a ranger as soon as possible! No one benefits by you saying nothing, or just telling the story days later. Find a ranger or park aid or contact park Manager Steve Christensen at (509) 238-4258, or in the office behind the house at the entrance to the park. If you cannot find staff, send info to Steve.Christensen@parks.wa.gov, or via regular mail to 26107 N. Mt. Spokane Park Rd., Mead, WA 99021. In any case, I would appreciate a copy at gmmomany@yahoo.com.

With Linder Ridge Rd. blocked, be aware you will see skijorers and occasional snowmobiles on **Mountain View and Linder Ridge Rd.** this year. Skijorers are only allowed Sundays and Wednesdays after 2 p.m., and law enforcement personnel will need to access the area to patrol for illegal snowmobiles. Beginner skiers should consider using Valley View trail to travel between the Selkirk Lodge and Junction 1. **Please be vigilant this year when using Mountain View.**

Banff *Continued from Page 1*

We also purchase supplies for Nordic Kids, the printing and mailing of Spokane Nordic newsletters, the printing costs for the blue trail maps and Spokane Nordic brochures, the operation and maintenance of the racing team van and ski coaches' salaries.

All of the funds from events like the Banff Film Festival and donations from members like YOU help us purchase fencing needed to enforce groomed trail boundaries, costs associated with providing advocacy, and the many other expenses associated with making your cross-country ski area great.

We would like to extend a big thank-you to all of our Banff Film Festival volunteers and to those who donated to Spokane Nordic at the cookie table.

Grooming update

George Momany

Grooming has started after our first big snowfall the week before Thanksgiving.

Despite the state spending \$10,000 for tiller repair, hydraulic and alternator problems didn't allow full grooming until Dec 8th. Luckily, the SNSEF snowmobile and grooming equipment allowed the rangers and other volunteers to start packing down the snow and allow skating and classic skiing.

We still are planning on a new groomer to be purchased from Washington State funds to be put into service starting December of 2011. So again, your SNSEF organization is keeping additional grooming going, and ensuring continued quality grooming in the future!

Please note that there will be no grooming on Mondays and Tuesdays this year as opposed to Tuesdays and Wednesdays in previous years!

“Souper” Bowl Snowshoe and Ski event slated for Feb. 6, 2011

Karen Momany

This is the sixth year that women will gather together to play in the snow and raise money for a very worthy cause. So mark your calendars for the “Souper” Bowl Snowshoe and Ski Sunday which takes place on February 6, 2011 at Mt. Spokane’s Selkirk Lodge. The event is open to women of all levels of experience in cross-country skiing and snowshoeing.

All proceeds from this event benefit the Women’s and Children’s Free Restaurant (WCFR), a local non-profit that builds a supportive community for women and children in need by serving them nutritious meals in a safe environment.

Participants can expect fresh, warm cinnamon rolls at the 8:30 a.m. check-in. The morning’s activities include a timed, women’s-only 10-kilometer skate and classic Nordic ski race starting at 10 a.m., snowshoe tours (snowshoes provided) or a self guided cross-country ski experience.

There will be mint chocolate truffles for those that make it out to the Nova Hut either by skiing or snowshoeing. The “Souper” lunch, served from 10:30 a.m. to 12:45 p.m. includes three gourmet, homemade soups created, cooked and served by members of

the WCFR board. At least one soup will be vegetarian.

Snowshoes will be available on-site, provided by Atlas Snowshoes, free of charge. Mountain Gear and Fitness Fanatics will offer discounted ski rentals in town; reserve early.

Drawings for wine, massages and gift certificates will start at 12:15. Check www.souperbowlspokane.org to see the updated list of prizes from our generous sponsors and to obtain a registration form. New this year is packet pick-up at Mountain Gear on Friday, Feb. 5 from 5 to 8 p.m. Avoid the long lines on Sunday morning!!

Save gas, help lower your carbon footprint, and make parking easy by taking the chartered “Souper” bowl bus. The bus leaves at 8 a.m. from the Mountain Gear parking lot and makes a stop at Mt. Spokane High School at 8:30 a.m. to pick up north-side participants. After a fun day, the bus leaves at 1 p.m. Bus fare is \$15 and reservations will be on a first-come, first-serve basis.

Join in the fun, meet other snow-loving women, and give generously in support of the Women’s and Children’s Free Restaurant. Minimum suggested donation is \$25. This event is made possible through the support of Sterling Savings Bank, Fitness Fa-

naties, Mountain Gear, REI, Atlas Snowshoes and Spokane Nordic.

“Snowball” news

What better way to meet Nordic skiers than to share a meal and go for a moonlight ski tour on Mt. Spokane?

This year, we’d like to mix things up a bit and meet at the lodge for a potluck and ski tour.

We need your help with entertainment, though! The lodge isn’t too good for having a dance band so Art Bookstrom has promised to bring his accordion to play a tune or two for us.

Can any of you add to that? Whatever you play - perhaps the flute, guitar or bagpipes - bring it along. We’ll have small prizes for our musicians. If you can help with entertainment, drop me a line or give me a call. Hope to see you there! Dress warmly and bring a headlamp!

— **Jack Benedetto**, (509) 475-2896, jackbenedetto@hotmail.com.

When: Jan. 15, 5 p.m. to 10 p.m.

Where: Selkirk Lodge

What: Potluck (A-M Main dish, N-Z dessert or side dish, or you decide).

Refreshments, utensils, plates and cups will be provided.

A message from the president...

Continued from Page 1

and the rangers, we maintain the trails, plan the new trails with the state and Inland Paper, write the grants for new equipment, groom when the big groomer can’t and support the next generation of skiers through Nordic Kids and the ski team.

While your Sno-Park pass pays for the state services, your membership donation pays for all of the stuff we need to really make Mt Spokane the great ski area it is. Thank you for your support!

Last but not least, I hope you all are noticing that our website is getting more user-friendly. Please let us know what you would like to see in terms of web-based services and social media services. We are looking at in-the-moment snow and grooming updates via Twitter this year, so keep an eye out for that and participate when we get that rolling.

And don’t forget that we have the

Snowball coming up soon (see notice above), so plan to join us when that happens.

See you on the trails!
- **Tom Schaaf**

Out There Monthly magazine recently profiled Spokane Nordic’s president Tom Schaaf in their “What’s Your Gear?” column.

If you missed the issue, you can read the article online at:

www.outtheremonthly.com/?p=3694

Mark your calendar

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
Schweitzer Nordic race
Cougar Gulch race

Jan. 29 Nordic Kids Day 4

Feb. 5 Nordic Kids Day 5
Souperbowl Ski & Snowshoe

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

Racing and Junior Team news

George Bryant

The Mt Spokane Nordic Racing Team has swelled to 16 racers, with a number of racers stepping up from the Junior team, which now has 10 members. With 7 returning members, 1 new skier plus the new racers from the Junior team, it will be a full van to each of the races.

The PNSA Junior Olympic Qualifying races will be:

Sunnyside Pursuit at Mt Bachelor, Bend, OR, Jan. 8-9.

Race of the Methow at Liberty Bell HS, Methow, WA Feb. 5-6.

Kongsberger at Cabin Creek on Snoqualmie, WA Feb. 19-20.

SOHO Super JOQ at Soldier Hollow, Midway, UT Jan. 28-30 is an option for a few racers. This race is the largest in the western U.S., drawing from all over the country.

Western States Championships for J3-J6, at Whitefish, MT Feb. 26-27 for the younger racers.

Nordic XC Junior Olympics (J2, J1, OJ) is in Minneapolis, MN, Mar. 5-12 for those who qualify from our PNSA JOQ races.

The Racing team currently meets 4-5 times a week, which consists of skiing on the mountain Fri.-Sun., strength

and agility at UDistrict Wed., or various locations around town for dryland training such as hills and stairs Tues.

Several local races besides Langlauf are on the schedule for the team, A local series at Schweitzer, 49 Degrees North and Mt. Spokane will tune up the racers between regional competitions.

Current Race Team members: Scott Strong, Scott Allen, Dylan Driscoll, Colin and Ian McCarthy, Corinn Bryant, Grace and Brett Ford, Andrew and Joel Potyk, Daniel Korus, Eamonn McCarron, Eleanor Weisblat, Kate Hawkins, Kade Eckert, Liam Schaaf. Nordic Race Team coaches: George Bryant, Matt Halloran.

The Junior team meets weekends on the mountain, as well as some dryland training and U District. Both teams ski together when possible. Besides local races, there are a few Canadian races the team is looking to venture to.

Current Junior Team members: Andrew and Adam Sonneland, Brooks Schaaf, Robbie Dunlap, Lauren Potyk, Calysta Drake, Patrick Korus, Maya Lebar, Masha Sherman, Evan Sunderman. Junior Team coach: Jud Ford, with assistance from Wyeth Larson

The Racing team will be giving lessons on Dec. 19 and Dec. 26. Look for the flyer at Selkirk Lodge.

YOUR membership in Spokane Nordic is crucial

John McCarthy

As the nation looks at a tighter budget, one of the things that I continually hear bandied about is the concept of "Return on Investment." Conceptually, I like to make choices based on high returns on my investments; this seems to make inherent sense.

What does this have to do with Spokane Nordic? I think that Spokane Nordic offers a huge return on investment which is not fully appreciated by Spokane Nordic members nor by our Nordic skiing friends who elect to not become members.

I have been a member of the state's Winter Recreation Advisory Committee (WRAC) and as a result I have an appreciation of the Sno-Park system that is relatively well-informed. We have a jewel of a Sno-Park, arguably the best in the system. There are excellent, extensive trails which are well marked, maintained, groomed and supported. You have a committed group of leaders in this community who

put on races, kids' events, charity events, welcome to snow events, and to my knowledge, they are unsurpassed in this state. One can get into skiing in this community for the bargain price of \$80 for a family!

That is a phenomenal deal. To ski at Mt. Spokane downhill for a single day, it is \$45/individual or \$160 for my family of four. To ski at Winthrop Nordic Trails for the season is \$275/individual or \$475 for my family. Hmmm, perspective is important. All of the costs for our wonderful ski park are NOT paid for by the state. There are NO general fund monies that pay for the maintenance/grooming/enforcement of the Sno-Park. Your \$80 Sno-Park fee pays for this; it is well worth it in my mind. If we all chose to not pay, the system would implode.

In addition, there are huge amounts of volunteer hours that go into keeping this park viable. Spokane Nordic is the entity that coordinates early and late skiing with volunteer groomers. Spokane Nordic has led the way to increase the number and length of our

trail system. Spokane Nordic representatives have also impressed the state Winter Recreation Advisory Committee to purchase a new large grooming machine which will be operational a year from now.

Your Spokane Nordic membership fee of \$25 is your commitment to the importance of this work. Please consider giving more if that is an option. The board continues to work on making sure you are getting "value" for your membership fee. We are committed to keeping the Spokane area skiing and healthy! In the future, we will look to point out the ways in which your membership fees are helping to enhance your experience on and off of the trails.

We will continue to look to you to help to keep this park viable, growing, conflict-free, and cost-efficient. Please consider the value this system has for you and donate accordingly.

John McCarthy is Vice President of Spokane Nordic.

1,702 out of 1,928... in my age group!

Skiing the Birkebeiner Race in Lillehammer, Norway

Trond Liaboe

In March this year, I had the opportunity to participate in one of the world's most legendary XC ski races: the Birkebeiner race in Lillehammer, Norway.

This is a 54km classic-style-only race that draws around 16,000 skiers every year. The race has been held since 1932, and commemorates the rescue of a young Norwegian prince from invading troops in the year 1206.

The rescue operation was carried out by two Birkebeiner soldiers on skis carrying the baby prince. As a result, all participants carry a backpack weighing at least 3.5 kg (7 lbs), symbolizing the weight of the then one-year old king. (Note because of all the MDs reading this: Yes, this sounds like a very small 1-year-old, BUT this was 800 years ago and it's MY story.)



The literal translation for Birkebeiner is "Birch-Leg" which is said to be what these soldiers were called as they were too poor to wear proper boots and instead literally used the bark off of the birch trees to wind around their legs to keep them warm.

Now as many might imagine, going to Norway for a XC ski race is pretty much like going to China for a ping-pong competition. Not only is XC skiing like baseball or golf here in the U.S., but on top of this comes a general fitness craze that has taken Norway by storm the last few years.

For example, the 2011 race with a limit of 16,000 participants sold out in 18 minutes. The popularity of the race is reflected in national media with most leading papers devoting several pages each week to training advice and equipment suggestions. In addition to the XC race, the same organization also puts on a half-marathon-

distance trail run every September as well as a 100km mountain bike race every August. These also fill up every year. For the most dedicated of athletes you can sign up for the Triple – doing all 3 events in the same year.

What is it that is driving modern Norwegians to such extremes as some might call this? My cousin who is a columnist for one of the leading newspapers once wrote that she thinks fitness has become the latest status symbol of our times. Nowadays it is not enough to have a nice house, car, successful career and happy family, but on top of it all you are also supposed to train like Olympians. And what better way to demonstrate this than to do a 54km XC race alongside former Olympic champions from around the world?

From Spokane I flew to Oslo, the capital, and from there took the train to

Lillehammer, home of the 1994 Winter Olympics. Lillehammer is a small town with a charming and historic downtown area. Immediately behind the city you can see the ski jumping towers all lit up in the nighttime leav-

ing no question that this is the capital of skiing in Norway.

The next morning, we took a bus to the small town of Rena in the valley just east of Lillehammer. From Rena the race crosses the mountains to the westwards and you arrive at the Olympic stadium in Lillehammer. We had beautiful weather and great tracks - 8 wide in some sections. The conditions were soft snow and klister wax, so very similar to what we had at Mt. Spokane all last winter. Due to the tree limit in Norway being as low as 3,000 feet, most of the Birkebeiner course is in the open treeless landscape of Eastern Norway with rolling hills and mountains and great views.

I finished in a little over 6 hours and have never been as tired in my whole life. Anders Aukland (Gold in the 2002 Olympics) won with a time of 2:27. My claim to fame? As a proud Selkirk Nordic skier, how often can I say that I finished

Selkirk Nordic Race series

Mark your calendars! The Selkirk Nordic Series will continue this year with 3 races. The first will be the Cougar Gulch Ski Race at Schweitzer on Dec. 22, which will be 10k for men and 5k for women.

The second will be at 49 Degrees North of Dec. 29. The final race will be the Langlauf Ski Race at Mt. Spokane on Feb. 13.

Points will be earned for participation and finish place then added together for a series score. Sign-up is available day of race. Awards include a Garmin GPS heart rate monitor for overall and Sporthill ski jackets for the top 3 male and female finishers.

Don't miss this fun opportunity!

The Social Media Side of Skiing

Our website is getting a facelift! On our homepage at spokanenordic.org, there are links to a new **Twitter** live feed, with posts about conditions and wax from our members, as well as the latest links to photos and events posted on **Facebook**.

Find new friends to ski with using **Meetup.org**. We have nearly 50 local members who use this online tool to schedule ski trips together. The more the merrier — we hope to expand to other ski areas and need people with cool ideas for Nordic ski trips.

We have also improved our online registration process and will soon have capability to do online credit card payments. This will make it easier to register for races, events and to donate to your favorite Spokane Nordic fund.

Check it out!



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
 E-mail questions about membership and contributions to: members_dev@snsef.org