

SPOKANE NORDIC NEWS

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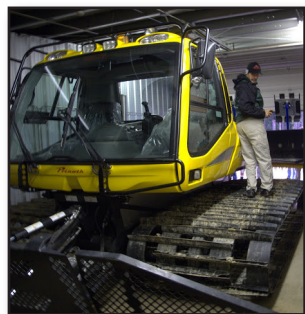
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So Much New Awaits!

When you head up to the mountain this winter, you will see some of the biggest changes at the Mt Spokane Cross-Country Ski Park since the area was first created. There's something new for everyone—from beginner to die-hard, from the classic skier to the skate fan.

Better Grooming on Wider Trails

After several years of lobbying with the Winter Recreation Advisory Committee (WRAC), Mt. Spokane was awarded a new, larger groomer, which arrived last week. The new Pinroth sports a more power diesel engine than the old groomer, a wider 14



The new groomer will allow for better grooming in icy conditions

ft wide tiller with three track setters, and a front plow with a rejuvenator to help break up icy crust.

This summer, Mt. Spokane State Park staff and Spokane Nordic volunteers were hard at work widening and trimming the trails to accommodate the new machine.

Mt. View, Ridge Run, The Wall, and Paper Trail remain at their previous width for the time being to be groomed by the old Bombardier groomer, which we will still operate.

This is yet another benefit Spokane Nordic brings to the Cross-Country Ski Park and another reason your membership contribution is so important.

Nova Hut Warms Up

In last year's survey of skiers, many of you shared that the Nova Hut was not warm enough. This summer, Spokane Nordic purchased a new wood stove.

We hope that skiers who look to Nova Hut as their ski day's destination will enjoy the warmth of our new stove for many more years.

Special thanks to new Board member Chris Oxford and Spokane Nordic member Brian Hawkins for their help researching and installing the stove.

7+ Miles of New Trails

One of the amazing things about Mt. Spokane Cross-Country Ski Park is that even on a busy Saturday afternoon, you can ski out past Nova Hut and see only a few other pleasant faces. If you're



Trail clearing in the rain.

one of those people who enjoys heading toward the back trails, great news!

With work by Mount Spokane State Park staff, Inland Empire Paper Co, and Spokane Nordic, we will expand our groomed trails over 7 miles (12 km) this year. There will be a trail out to Tripps Knob and a loop below the Mica road which will connect out past Buckland. This will give skaters and long distance classic skiers even more kilometers of longer, gentle terrain to explore.

Enclosed Waxing Area at Selkirk

This fall, a few volunteers brought a proposal to Spokane Nordic to enclose the ski waxing/preparation area beside the Selkirk Lodge. Spokane Nordic is funding addition of treated plywood below the benches and polycarbonate sheets above the benches, and dedicated skiers are putting it together.



The new stove should keep Nova Hut a warmer destination this season.

the list continues on page 4

What's a Board Member to Do? By John McCarthy

Sometimes I feel it reasonable to measure work completed in email volume. Over the last year, the number of emails I have saved referable to work on Spokane Nordic is over 1400—not including the hundreds that have been thrown away! And the same measurement of involvement could likely be made by the other ten board members.

The work that's been done over the summer, when we could have been water skiing, relaxing or reading, shows itself in the incredible number of changes and improvements you'll experience at the Mt. Spokane Cross-Country Ski Park this season.

My colleagues on the board are a dedicated and industrious group—one I feel privileged to be working with. They are committed to creating a stellar experience for all the users of the ski trails, and are expanding our efforts to invite new skiers up to the mountain. We also want to encourage experienced skiers to join Spokane Nordic in order to continue to serve our community's Nordic skiing needs and enhance the trails and facilities on Mt. Spokane.

New Name

The accomplishments this summer have been significant. We decided we needed a name change and will formally become Spokane Nordic Ski Association. This new name represents our mission in a more complete way. While educating kids and adults through ski lessons is still a big part of what we do, there is so much more to it: clearing and maintaining trails, developing facilities, working with State bodies for things like the new grooming machine, and more.

At our summer retreat, we brought forward a commitment to increase the opportunities available for people who want to ski as a healthy winter activity. Out of that comes a new adult intermediate and advanced ski lesson program, and a partnership with Spokane Parks and Recreation to



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Our new name represents our mission in a more complete way.

promote their adult beginner lessons.

We've undertaken a host of other things as well: commissioned new signage, worked diligently to get a new groomer, widened a number of trails in conjunction with our wonderful partners, installed a WiFi network in the Selkirk Lodge, put a new stove in the Nova Hut, and expanded our trail system together with Mt. Spokane State Parks and Inland Empire Paper. We will also be adding an "on-mountain camera that will give real-time visuals of snow conditions at the Selkirk Lodge trailhead.

We continue to work with a body of committed partners including Spokane Parks and Rec, Fitness Fanatics, Mountain Gear, REI, the state Winter Recreation Advisory Committee, Pacific Northwest Ski Association.

In all of this, our mission remains the same: to create, develop and deliver programs and facilities to foster cross-country skiing within the greater Spokane community.

With all that's going on, Spokane Nordic has one request:

please remain a member of Spokane Nordic and encourage your skiing colleagues to become members. We truly need every skier to make an investment in this work. Through your support and engagement, we will continue to make the Mt. Spokane Cross-Country Ski Park the premiere area for Nordic skiing in the region.



Spokane Nordic board members, family and friends get out of the rain for a photo during trail clearing on Mt. Spokane last week-end.

get in stride with Lesson Programs for all ages

Nordic Kids

Do you have a kid who wants to learn to cross-country ski or pick up new skills with other kids the same age?

Spokane Nordic Kids is a volunteer-led program that offers kids from 5 to 15 years old (age 15 or under on Dec. 31, 2012) 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 Nordic skiing.

Participants are sorted into classes by age and ability. Nordic Kids emphasizes all aspects of Nordic skiing, from fun on the snow

for the youngest skiers, to technique, back-country skiing, and racing for the older skiers. For all kids the emphasis is on having fun.

Registration runs November 1

- December 15, 2012. After

December 15, there will be a late fee of \$30 per skier. You must be a Spokane Nordic member in order to register your child for Nordic Kids. If you are not yet a member, *join now*.

If you have any questions please contact Trond Liaboe at tliaboe@hotmail.com or (509) 385-1722.

Where?

The Mt. Spokane Cross-Country Ski Park.

When?

Every Saturday from January 5 to February 9. (On Feb 23, Spokane Nordic hosts the Junior National Qualifier Race, and all kids are welcome to participate.)

How much?

The program costs \$50 for one child, and \$45 each for two children or more, plus a \$30 Spokane Nordic membership fee per family. There is a late fee of \$30/student for applications payments postmarked after December 15, 2012.

A limited number of Nordic Kids scholarships are available if your family is having difficulty with the class fees. Email info@spokanenordic.org for details.

Adult Lesson Programs

Want to improve your technique, and hang out with like-minded adults? Try Spokane Nordic's new adult intermediate ski lesson program!

Whether you're in it to relax, get fit, or race, grow as a skier this year. Take part in skills and drills, intervals, games and camaraderie. All lessons feature a small participant-to-coach ratio.

There are four single-lesson sessions in December, a 5-week Classic style program from January to early February, and two late-season Skate style sessions. Register for as many sessions as you like!

Sign up for all Women (Gals Get Going), all Men, or Mixed, and by ability level.

You belong outside this winter!



Parks and Rec Beginner Adult Lessons

Spokane Parks and Rec. runs several single-day adult beginner cross-country ski lessons, snowshoe trips and on-hill skiing events throughout the ski season. All cross-country lessons include free ski rentals and some include transportation to the Mt. Spokane Cross-Country Ski Park. Learn more at spokaneparks.org

register at www.spokanenordic.org

What's a JNQ?

By Darryl Potyk

Junior National Qualifier! Well that didn't help much, did it? Here's the whole story.

There are a series of races around the Pacific Northwest every year to determine which junior racers from the Pacific Northwest will go on to represent our region at the Junior Nationals (this year in Anchorage). Our JNQ is scheduled for February 23 and 24, 2013 – two days of exciting racing with Saturday being the classic technique race and Sunday being the skate race. Ours is a special race because at the conclusion of racing on Sunday, the racers who have qualified to go to the Nationals are announced. This ensures a good turnout – typically we have racers from Bend, Snoqualmie, Methow, Wenatchee, Sandpoint and Glacier. Seeing the enthusiasm and determination of all of these young skiers is truly inspiring!

We hosted this event last year and it was so successful that we were asked to host it once again. Why was it successful? As far as I can tell, there were three reasons. First, we had great conditions; snow before the race followed by great grooming helped to showcase our trails. Second, we had an army of dedicated volunteers. These volunteers worked hard in the months preceding the race and then through the weekend. We had a great course, near-perfect starts and timing and course marshals.

Besides putting on a great race, the Spokane crew provided perks that other venues do not – we had on-site

hot meals for all registered racers, every racer (and volunteer) went home with a souvenir T-shirt, and there were great prizes to give away during the awards ceremony. Lastly, all of this was made possible with the help of local sponsors. While we are still recruiting sponsors for this year's race we

are happy to report that sponsors to date include: Group Health Cooperative, Providence Health Care, Spokane Regional Sports Commission, Washington Trust Bank, First Choice Health Network and Spokane ENT.

This year we are planning to once again provide a great experience for racers, families and spectators. While the focus of the weekend is on the junior racers, there will be adult races each day, with the classic race on Saturday being part of the local Selkirk Series. If you're enthusiastic about skiing, why not give it a go? We invite everyone to come and take part in this great event, as a spectator, racer

or as a volunteer. Regardless of how you participate, we are confident that you will be glad you did.

- Darryl is a Spokane Nordic board member



Darryl and his son Andrew.

Join Langlauf Planning

Langlauf needs you. You can be a part of the largest and longest running cross-country ski event in the Northwest. Langlauf is organized by a board of directors working with a group of volunteers, many of whom are members of Spokane Nordic. Due to a job change Mike Aho, who has been our Board Member of Hospitality, will be leaving Spokane, so we are in need of someone to take his place.

We generally meet four to five times a year to plan and organize Langlauf. The



Hospitality position contacts food service vendors in the Spokane area and arranges food for the participants and volunteers of Langlauf. Mike has done a wonderful job and has many contacts and tips that he would pass on to the next Hospitality chairperson.

Please contact Tim Ray (509-991-0138 or skixc@hotmail.com) if you would like more information or would like to become a part of the biggest cross-country ski event of the year. Langlauf is scheduled for February 10th, 2013.

Thank you! - Tim Ray

Lifetime Contribution Award Nominations Sought

The Gary Silver Lifetime Contribution Award honors an individual, a family or a group of people who have made significant contributions to cross-country skiing in the Spokane area over a period of years.

The annual award was first given in 1989 and has honored twenty-three recipients.

Nominations for the award are sought from anyone in the local cross-country ski community. Nominations should include a description of why the nominee should receive this award. Nominations can be submitted either in hard copy (Spoken Nordic, PO Box 501, Spokane WA, 99210) or via email to info@spokanenordic.org. Nominations should include the name of the person doing the nominating (for clarification, more information etc), although the nominator may request to remain anonymous if/when the award is given if they so choose.

The Spokane Nordic board will review all nominations and determine this year's recipient through a majority of votes. Nominations can be carried over into future years.

If you know of a person who deserves special recognition for his/her contribution to cross-country skiing in the Spokane region, nominate them today!

"Gary was a sparkplug ... (he) had a way of immersing himself in things to which he took an interest."

Gary Silver's Legacy

The following is based on a recent interview with Spokesman-Review reporter Rich Landers, and on articles written by Rich at the time of Gary Silver's passing in 1998.

The Gary Silver award is named in honor of Gary Silver, a Spokane resident who died July 8, 1998 after suffering from high-altitude sickness at an elevation of about 23,000 feet while climbing on Gashervrum II in Pakistan.

Gary was an avid climber, Boston Marathon runner, and member of the American Alpine Club, Spokane Mountaineers, Bloomsday Road Runners Club and inland Empire Nordic Club.

"Gary was a spark plug," Rich recalls. "The skiing community was small but already established when Gary turned on to the sport as an offshoot of his love for endurance sports. But Gary had a way of immersing himself in things

to which he took an interest. He became very active in the Inland Empire Nordic Club. Perhaps what put him over the top was his commitment to improving ski racing trails at Achilles Ranch, a private area where the first few Langlauf races were held prior to a significant ski trail system at Mount Spokane. Most notably, he bought his own small bulldozer to carve out trails."

Rich continues, "Gary was a motivator—competitive in a way that made everyone around him try to be better, whether it was ski technique, waxing, eating healthy foods or off-season training."

All that's new

(continued from page 1)

Wi-Fi in the Lodge

When you're waiting around in the lodge and there's no one to chat with, take advantage of the Wi-Fi service provided free of charge to Spokane Nordic members!

Real-Time Trail Pics

We will also be adding an on-mountain camera that will give real-time visuals of snow conditions at the Selkirk Lodge trailhead.



Firewood for Selkirk Lodge and Nova Hut came from trail maintenance and widening by Spokane Nordic members.

All these improvements come through the dedication of Spokane Nordic members working with Mt. Spokane State Park staff and the Inland Empire Paper Company.

Funds for the improvements come through your membership in Spokane Nordic. To see the Cross-Country Ski Park continue to improve, renew your Spokane Nordic membership, join if you haven't already—and encourage your fellow skiers to join, too!

- Compiled from an article by George Mommany and reports by several other Spokane Nordic board members.



SPOKANE NORDIC MEMBERSHIP FORM

Spokane Nordic **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 Inland Empire Paper), **hosts** ski competitions and events, and **informs** the community about cross-country ski developments. *Spokane Nordic is member-funded.* Consider becoming a member at www.spokanenordic.org or mail this form with your donation to the address below.

Yes! I want to become a Spokane Nordic member.

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

___	Member	\$30 (include payment as directed below)
___	Contributor	\$50
___	Friend	\$100
___	Advocate	\$250
___	Benefactor	\$500
___	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 SENSEF 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.
Email questions about membership to info@spokaneNordic.org

EVENTS

Nov 8	Waxing Basics clinic at Fitness Fanatics in Spokane
Nov 11	Winter Sports Kick-Off at REI in Spokane
Dec 6	Cross-Country Ski basics clinic at REI in Spokane
Dec 8	Adult Skills and Drills single-day session
Dec 9	Adult Skills and Drills single-day session
Dec 16	Spokane Parks and Rec. Beginner Ski Lessons
Dec 29	Spokane Parks and Rec. Beginner Ski Lessons Ski Rodeo / Lopped at Methow Valley
Dec 30	Adult Skills and Drills single-day session
Dec 31	Adult Skills and Drills single-day session
Jan 5	Nordic Kids Ski Lessons - 1st session
Jan 6	Adult Classic 5-Week Lesson Program - 1st session
Jan 12	Nordic Kids Ski Lessons
Jan 13	Adult Classic 5-Week Lesson Program
Jan 19	Nordic Kids Ski Lessons Skirennen Citizen Race at Leavenworth
Jan 20	Adult Classic 5-Week Lesson Program
Jan 26-27	Pursuit race at Methow Valley
Jan 26	Nordic Kids Ski Lessons
Jan 27	Adult Classic 5-Week Lesson Program
Feb 2	Nordic Kids Ski Lessons Chicks on Sticks race at Leavenworth
Feb 3	Adult Classic 5-Week Lesson Program
Feb 9	Nordic Kids Ski Lessons Bavarian Cup at Leavenworth
Feb 10	Spokane Launglauf race
Feb 17	Adult Skate Ski single-day session
Feb 23	Junior Nationals Qualifier race Selkirk Series Race for adults
Feb 24	Junior Nationals Qualifier race Selkirk Series Race for adults
Mar 2-13	Special Olympics at Leavenworth
Mar 3	Adult Skate Ski single-day session

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

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.

Bake your way to Banff!

Spokane Nordic is once again excited to be part of the Banff Film Festival this year. This is a perfect opportunity to introduce cross-country skiing to the outdoor community as well as raise funds for Spokane Nordic. This is our 4th year hosting the intermission bake sale. We were very successful last year, raising over \$2700 during the three evenings.



We are once again looking for volunteers to bake for our event. Our goal is 2500 cookies!

The Film Festival is November 16th, 17th & 18th. The Bing Crosby Theater has a new owner who has provided some much needed repairs and upgrades to our lovely theater. He will be selling drinks, so we will be fundraising with our baked goods only this year!

If you would like to make a "cookie pledge" please contact Karen and George Momany at 509-448-3063 or marshallmomany@yahoo.com

REI Diva Night

On October 18th, Spokane Nordic participated in Diva Night at REI along with 24 other presenting organizations from Brooks, to Spokane Mountaineers, to Women on Wheels. Dr. Lisa Bliss gave a talk detailing her self-supported run from Death Valley to Mt. Whitney. The Spokane Nordic booth attracted many women who were interested in learning more about cross-country skiing in the area. It was a huge success.

- Board member Ann Torigoe-Hawkins



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

glide into winter!



at the
Mt. Spokane Cross-Country Ski Park

a partnership of Mt. Spokane State Park, Inland Empire Paper Co.,
and Spokane Nordic Ski Association