

SPOKANE NORDIC NEWS

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You're the Glue

- by Brad Thiessen

The State continues to dedicate funds to Mt. Spokane. Skiers invest time and money to make the Ski Park better. More people are skiing every year, which leads to more funding. It's an ongoing cycle powered by skiers like you and me, supporting the trails we love.

As a reader of this newsletter, there's a pretty high chance you're a Spokane Nordic member.

What brought you to join—was it because you enrolled your kid(s) in Nordic Kids lessons? Or because you wanted to take a lesson yourself? Have you been a member for so long, you forgot why you joined in the first



place?

You may not realize it, but you're part of the glue that holds the Mt. Spokane Cross-Country Ski Park together.

As a group, through our funds and volunteering, we make the Mt. Spokane facilities possible. Without us and all those who came before us, there would be no Selkirk Lodge, no Nova Hut, no trail signs or junction maps. No stove in the Nova Hut, or firewood to heat it. No online snow report. No lesson program to help our kids learn how to ski. The trails would be overgrown with Alders and blocked by fallen trees.

Over the past two years, Mt. Spokane State Park has received a tremendous amount of funding from the State's Winter Recreation Advisory Commission (WRAC). A big reason

for the WRAC's support is the Ski Park's volunteer spirit and growing number of skiers. They're willing to contribute to us in part because we contribute to the ski facility we love and use.

Last year, the Spokane Nordic board and I began an education effort, to tell skiers why we exist and why they should join us. People responded, and our membership grew by about 40%. That's huge. But it's still only a small portion of the number of skiers who get so much enrichment from the Ski Park, and it only provides a portion of the funds we need to maintain and further enrich the Nordic ski experience at Mt. Spokane.

This coming year, let's continue that growth. First, please renew your membership. If you're able and so inclined, consider moving your support up a notch. Second, be an ambassador, an advocate. Tell fellow skiers how joining Spokane Nordic is a way to invest in their own skiing experience.

Tell them you're a skier like them, supporting the trails you love.

- Brad is Spokane Nordic's Membership and Marketing Director



EARLY SEASON NOTES



Karen and George Momany (l), with Tom and Becky Burke at the 2012 Banff Film Festival bake table.

Help Bake Up Some Funds

We are excited that the 5th Annual Spokane Nordic Bake Sale is once again part of the Banff Film Festival at the Bing Theater November 15, 16 and 17. Last year our delicious baked goods raised over \$2000 for Spokane Nordic. Plus, it is a great opportunity to introduce Spokane Nordic to the outdoor community.

We are once again looking for volunteers to bake for our event. Our goal is 2500 cookies, so choose your favorite recipe and get ready to fire up those ovens!

If you would like to make a "cookie pledge" please contact Karen and George Momany at 509-448-3063 or marshallmomany@yahoo.com. Tickets are available at the Mountain Gear retail store or at www.mountaingear.com/banff.

- Many thanks, Karen and George Momany

Step Them Up to Transition Team

The Spokane Nordic Transition Team is getting fired up for an exciting ski season! Aimed at skiers aged 9 to 12 who have at least three seasons with Nordic Kids, the Transition Team takes kids to the next level of skiing. Skiers are taught the basics of skate skiing, learn more advanced classic skiing technique, and are given opportunities to compete in some local races and events. Want to find out more? Contact Jud Ford at judson_ford@yahoo.com to get more information about the Transition Team.



First Day Snow Ball - Plan for It!

Keep your eye on the snow report! On the first weekend day of official grooming (December 1, if the snow's good), celebrate the start of the season with the Snow Ball potluck. Come up to Mt. Spokane and enjoy the first tracks of the season. Bring your excitement and a dish to share with fellow skiers. We'll keep you posted via 2-minute update and Facebook as the date approaches.

How To Get Gear for Your Kids

This year, Spokane retailers will not offer youth trade-up ski programs for new skiers. Those enrolled in Fitness Fanatics' trade-up program can stay in the program.

Cost-effective options still exist. Used gear will be available at the Mt. Spokane Ski Patrol Ski Swap, Saturday October 26 at the Spokane Fairgrounds. REI, Fitness Fanatics and Mountain Gear all have child/youth ski packages, starting at under \$200.

Spokane Nordic will be organizing a Nordic Kids ski swap in November. Watch for details. Also, a page will soon be set up at spokanenordic.org to advertise used gear.

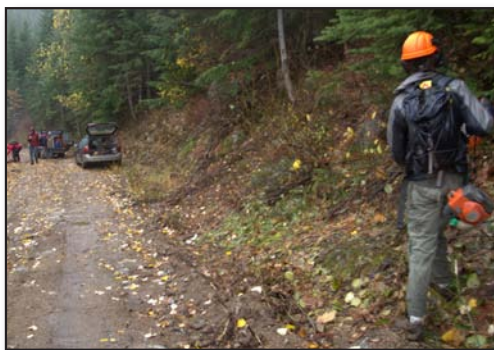


In With the New

Once again, a number of new programs, events and improvements will greet you up at the Mt. Spokane Cross-Country Ski Park. Watch for more details on many of the following items in the coming weeks.

(Even) More Trails

That's right, you heard it. Parks staff and volunteers are busy getting ready another 8.5 km of new trails. The Outer Limits trail will run from Tripps Nob to Junction 8 (the intersection of Mica Road and Tamara), bringing the park total to just under 60km of trails, and further cementing our ski park as one of the best in the Northwest! The new trails also complete the perimeter of the ski park, a total of over 31 km. Along with the new trails will come new junction maps and pocket trail maps.



Nova Hut; demonstrations by State Parks and the Ski Patrol; and other activities. Watch for more details.

Youth Rangers

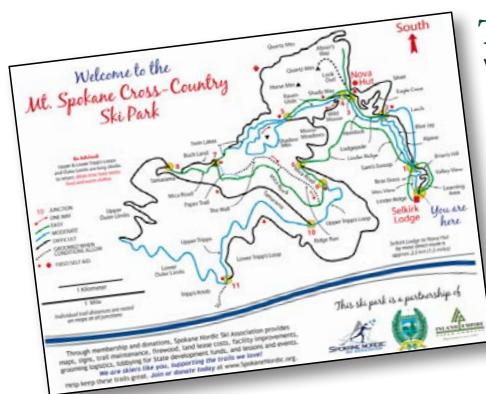
Spokane Nordic will pilot a Youth Rangers program, running 7 Saturdays in January and February. Youth with an intermediate level of Nordic skiing skills will gain exposure to backcountry skiing, winter survival techniques, ski patrol skills, skate skiing, and lesson coaching.

Nordic Kids Sunday Option

A limited number of intermediate skiers ages 8 and up will have the option to enter a Sunday Nordic Kids program, either as an alternative or addition to the traditional Saturday sessions.

WinterFest

Plan to join in the fun at the first (hopefully annual) Spokane Nordic WinterFest on Sunday, January 19. Family-friendly events will include the Donut Dash sprint race; the Cider Trail fun ski to the Nova Hut; several backcountry skills seminars; guided tours of new "backcountry" trails running from the main trailhead to Junctions 1, 2 and



Trailhead Sign

When you ski up the little hill from Selkirk Lodge toward the trails and training area, you'll be greeted by a new trailhead map showing the entire ski park. The ski park has more than doubled in size since the former trailhead sign was created.

Fresh Selkirk Lodge

With flaking paint and logs that were splitting and starting to decay, the Selkirk Lodge was in great need of a rehab this summer. Spokane Nordic volunteers, including the youth Ski Team and many others, took on the large task of caulking and staining the outside of the Lodge. A special thanks to Brian Hawkins for organizing the project and doing a huge amount of work himself.



Special thanks to Brian Hawkins for leading Trail Days and the Selkirk Lodge rehab project

My Spokane Nordic Story

I work with some great people on the Spokane Nordic board—people who love to ski, run, bike and spend time with their families and yet collectively volunteer over 500 hours a year to make Nordic skiing on the mountain better for all of us.

Why are they committed to this board, this organization, and the Mt. Spokane Cross-Country Ski Park? I am reluctant and unable to answer for them, so I answer for myself.

I joined the board six years ago because I saw untapped potential. I saw a small ski team that was having bake sales to help it stay functional, a ski area that had huge potential but was struggling to live up to that potential, a board that spoke of the recent “dark times”. I saw people who were committed to keeping the trails open, but they were tapped out. I had energy to offer, I knew they were making things better for me, and I wanted to help.

I believe physical activity is integral to good health and happiness, and for some, winter is an obstacle. “Making friends with winter” is a way for people to enjoy the beauty of our region. I wanted my sons and other Nordic Kids to learn this early, to be exposed to a sport they can still do when they are seventy. I wanted the community to be able to fully enjoy this gem of a mountain, and ensure that I have a place to ski when I’m seventy.

Joining the board was a decision that has worked well for me. I have met a great group of people who are committed to health, exercise and the outdoors. I can’t tell you how fortunate we all are to have Brian Hawkins, Sam Schlei-

der, and Art Bookstrom leading the clearing of the trails, to have Darryl Potyk helping community sponsors be aware of the amazing young racers in the community, Lisa Sunderman starting adult classes to expose more skiers to the opportunities here, Tom Schaaf, Alison Liaboe, and Chris Oxford dedicating hundreds of hours to our youth through Nordic Kids. Ann Torgiroe-Hawkins and Mike Powers helping create a winter program for this upcoming year. Julie Goltz bringing her background in nonprofit finance and business management to all of the above.



by John McCarthy

I have had the opportunity to meet a great group of people who are committed to health, exercise and the outdoors.

The current board members, volunteers, and all who came before us have made tremendous things happen. The number of kilometers of trail, the lessons, teams, maps, signs, website and relationships are all manifestations of people volunteering their time. We have a trail system that rivals anything in this state, which we can use at a small fraction of the cost we’d have to pay at comparable facilities like the Methow.

We all reap the benefits of this volunteer labor, and the donors and sponsors who fund it. When you see these or other volunteers, thank them. Renew your membership and encourage others to join. Invite friends and co-workers to give Nordic skiing a try. When volunteer opportunities arise, like Trail Days or helping out with on-hill events, sign up. Together, let’s keep skiing available to all in our community.

- John is President of the Spokane Nordic Board

Nominate a Tireless Contributor



Last year’s Gary Silver Awardee Paul Buckland (center) poses with some of his predecessors at last year’s ceremony.

The Gary Silver Lifetime Contribution Award is given annually to a member of the Spokane community who has made a significant contribution to cross-country skiing. This year’s honoree will join 24 previous recipients.

If you know of someone who deserves this recognition, let us know. Nominations should include a description of why the nominee should receive this award, along with 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. Nominations can be submitted either in hard copy (Spokane Nordic, PO Box 501, Spokane WA, 99210), or via email to info@spokanenordic.org.

The Spokane Nordic board will review all nominations and determine this year’s recipient through a majority of votes.

Gary Silver was a major contributor to the early Spokane Nordic Ski community in the 1980s, and passed away in July 1998 after suffering from high-altitude sickness while mountain climbing in Pakistan.



EVENTS

Nov 15-17	Banff Film Festival, Bing Theater Spokane
Dec 1	First official day of grooming (snow permitting)
Dec 14	Orientation day for Nordic Kids & Youth Rangers
Jan 19	Spokane Nordic WinterFest ski festival
Feb 2	Souperbowl
Feb 9	Langlauf 10 km Race
March 2	Selkirk Challenge Loppet 20/35/50 km ski tour

Area Races

Jan 4	Cougar Gulch 5/10km, Schweitzer Mtn
Jan 4-5	Race of the Methow
Feb 1	Chewelah Peak Challenge, 49 Degrees North

Nordic Kids Lessons: Main Program

Saturdays Jan 4-Feb 15, NK Olympics Feb 22, 1:00-3:00 pm

Nordic Kids Lessons: Sunday Program

Sundays Jan 5 - Feb 16, NK Olympics Feb 22, 1:00-3:00 pm

**enrollment is limited*

Youth Rangers Program

Saturdays Jan 4-Feb 15, assist with NK Olympics Feb 22

**enrollment is limited*

Adult Single-Day Lessons

For men and women, all skill levels, skate or classic style

**Can be taken as a progressive lesson program*

Dec 8, Dec 15, Dec 29, Jan 5, Jan 18, Jan 19, Feb 2

9:30-11:30 a.m. or 1:00-3:00 pm

Nordic Women 5-Week Session

Available for all skill levels and skate or classic style

Saturdays Dec 7-Jan 4, 1:00-3:00 pm

Nordic Women 4-Week Session

Available for all skill levels and skate or classic style

Saturdays Feb 1-Feb 22, 1:00-3:00 pm

Spokane Parks and Rec. 1-day Beginner Adult Lessons

**all lessons 10:00-2:00. More info at spokaneparks.org*

Dec 22 & 28; Jan 4, 12, 19, 23

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

Sno-Park Permit

A Sno-Park Permit is required to park within Mt. Spokane State Park, including the Cross-Country Ski Park parking lot. 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.



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



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.
 Email questions about membership to info@spokaneNordic.org

why I ski

by Annie Pokorny

When I moved to Spokane at age 12, I was a soccer player. I had cross-country skied while living in Park City, UT but mostly out of familial obligation. One or two traumatic racing experiences had convinced me skiing wasn't my thing and I had few intentions to continue.

Then in fall 2005, my father suggested that I attend a ski team function at the Townshend residence, just to check out the scene. By the end of the night, I had changed my intentions.

Before I knew it, I found myself on the mountain every weekend. I began spending sixth period class of every Friday in my own world, maneuvering the hills on Hemlock or gliding around the ridges of Shadow Mountain. I yearned for the solace that those night skis would bring, for the peace that accompanies

I loved the atmosphere: the smell of klistler, the sounds of beeping clocks, the tangible anticipation.

the stars and a headlamp, and for the camaraderie I found in my teammates. Looking back, what drew me to the skiing community had little to do with awards or podiums and everything to do with the relationships we built. To have found a group of accepting, smart and adventurous kids at the height of my adolescent quest for identity (which is still in process, by the way) made all the difference for me. It shaped the kind of athlete I would become and how I would view my sport.

Eventually, I learned to race. Proudly donning my yellow and royal blue suit, I gained a liking for competition. I loved the atmosphere: the smell of klistler, the sounds of beeping clocks, the tangible anticipation (the recovery food at the finish...). While there were definitely a few more traumatic experiences, with every race I fell deeper and deeper into the sport, my commitment to improvement growing with each finish. That commitment has carried me to incredible places, and with every step I have been comforted by the enduring support of my first ski community, of my home.



15-year-old Annie as a Spokane Nordic Ski Team member, at Junction 1 with teammates Kirsten Utsey and Molly Cole.

Today, I get to continue to pursue my goals in racing and call it a profession. In several instances, I have been asked what makes skiing worth it--worth the travel, the training, the money, the sacrifice. After competing for eight years, I am just beginning to break into the top levels of the sport, and it will likely be another six to ten years before I can dream of reaching my peak. To Nordic ski professionally requires more than physical endurance, but endurance of the heart, and it takes a lot to stay in the sport.

In my eight years, I have accrued national titles, international results, US team suits and NCAA medalions, but those don't keep me going. I've started signing endorsements and contracts, even had a picture taken once or twice, but those don't fulfill me.

What keeps me in it, what continues to fuel my desire to progress, are the same things that drew me in the first place. The pleasure of a simple ski. The friendships born from teamwork. These are the values that have bound me to the sport. To be a skier and get to engage in such a growing community is no sacrifice. It's more than worth it—it's a bargain.

- Spokane native Annie Pokorny is preparing for the U23 World Championships in Italy and the European race series, with the goal of joining the US National Team and eventually, the US Olympic Team.





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

Glide into Winter!

Affordable cross-country ski lessons for all skill levels



Nordic Kids (ages 5-15)

- * Gets kids out onto the snow
- * Grouped by age and ability
- * Learn through play and discovery



Adult Lessons

- * Beginner to experienced
- * 1-day and multi-week options
- * Skate or Classic Style
- * Private classes available
- * Grouped by experience and ability



learn more at www.SpokaneNordic.org

