

Spokane Nordic News

'Souper' Bowl Sunday a fun fundraiser for all

Karen Cross Momany

The 5th annual Women's "Souper" Bowl was a great success for the Women's and Children's Free Restaurant. 245 women skied, snowshoed, and had an incredible time in the snow on a beautifully sunny, blue sky day. The participants donated more than \$9300 to the Restaurant.

In addition to putting on a fun, active winter event geared toward women of all abilities, our intent is to raise public awareness of hunger in Spokane. The restaurant serves dinner two nights a week, lunch on Fridays, and families can shop for fresh fruits and vegetables, dairy, bread, as well as take home a



And they're off! Participants in the timed ski race that was a part of 'Souper' Bowl Sunday head down the trails.

homemade meal for the weekend. In 2009, the restaurant celebrated its 21st anniversary, while serving more than 32,000 meals. For some families, this year is the first time they have had to seek assistance.

An event this size is successful because of the assistance we receive from many organizations and individuals. The Nor-

dic community is one of those groups. **SNSEF** provide us with liability insurance for our event. **Tim Ray** and his "wheel skid plate" were invaluable as he helped us move 4 large tables outside the night before. The **Nordic Ski Patrol** volunteers during our event and is ready to respond to any emergencies. **Steve Christensen and his**

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A message from the president...

Keep on skiing, folks! Winter isn't over yet

Tom Schaaf

I was just looking at pictures from the JOQ (Junior Olympic Qualifier races) last weekend, and thinking about what an awesome event that was. Great organization, great weather, and folks from all over the Northwest. Even my old nemesis Whitman College (get it together, Whitworth! What are you waiting for?) was there.

I could see the enthusiasm of our ski team, the junior team, and the little ones like **Zane Barnwell** and

Linnea Sunderman skiing for all they're worth.

While watching the Olympic Nordic Combined relay last night, I was fantasizing about the all-Spokane team competing for the USA in the 2018 Games...

What was a little funny to me was skating back from the far reaches of the course on Sunday after the race and noticing that the trails were empty. It

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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.

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On the web:
www.spokanenordic.org

Skiing community fosters family values, life skills

John McCarthy

I love skiing on Mt. Spokane and I love having my kids out there with me. When we first came here from Tonasket, Nordic Kids was a good way for my sons Colin and Ian to integrate into the community. They were able to be mentored by some really wonderful people.

I remember Michael Townsend and Jeannie Nelson taking my boys on the Nordic Kids Olympics three years ago and the excitement inherent in the 1-meter jump. Getting an inch of air was a tremendous feat. I recall clearly the positive influence that exuded from these unassuming teenagers as they encouraged my kids to “get some air” and work hard as a team to do well in the team relay.

It was something they needed and benefited from as they were finding their way in a new elementary school. I imagine Michael and Jeannie have little recall of this but their impact was profound.

Colin and Ian have continued to ski since ages 9 and 11 and the bad news for me is that at 12 and 14, I have now lost to them thrice at Langlauf. They have learned too much and are impressively competent. It was only 5 years ago that I was pulling them along with my ski pole to keep

them going.

Times change rapidly and the skills that they now take for granted were developed out of Nordic Kids and the Ski Team. John Wurst helped coach them to proficiency their first year as true skate-skiers in Nordic Kids. I blame Matt Halloran and George Bryant for continuing to hone their skills and creating the “muscle memory” that will prevent me from ever besting them at Langlauf.

At the same time, the value of Nordic Kids, the Ski Team, and the Mt. Spokane skiing community for my kids far exceeds their ability to ski. They have had exposure to some wonderful role models who are helping them to develop the right life skills and attitudes. Their personal development is what is most important for me and them.

This Langlauf, I asked my kids what they enjoyed about the race. They commented that it was good to see Michael Townsend back in town and how in the middle of the race, he as well as Eric Ginn (previously anonymous to Ian), were encouraging them along and how this helped center them. This relationship with Michael, started in Nordic kids, really had come full circle. It is incredibly valuable for my 12- and 14-year-olds to be able to talk to teammates who are now in col-

lege, having successfully navigated adolescence, and who continue to act as a team and model the camaraderie inherent in this sport. It is valuable for my kids to be coached by an anonymous co-skier as happened this Langlauf and 3 years ago by Bill Bender.

I talk with my kids about life sports, things they can do when they are my age. Skiing is one of these sports. Being a part of the team has helped imbue them with attributes far more important than being proficient skiers. It has helped them realize what being on a team entails, what positive role models for middle school, high school, college, and beyond look like.

Skiing on Mt. Spokane is a great place to interact with really wonderful people. It is a welcoming venue, where there are friendly people plodding and zipping along the trails, getting outside, staying healthy, enjoying the beauty of our region. It is a great community, it is sponsored by SNSEF and I encourage you to maintain your membership in order foster opportunities for others within our community.



‘Souper’ Bowl Sunday a super success

Rangers answer numerous questions during the planning stages and provide on-site help the day of the event. **Robin DeRuwe**, owner of Fitness Fanatics, plus **Sam and Drew Schlieder**, are the organizers of the women’s Nordic race. **Steve Nolan and Scott Redman** also helped during the race. Robin donates incredible prizes for our event and provides on-site Nordic ski demos during the day. The Nordic ski girls group, which included **Emma Burke, Robin Hill, Cyra Carlson, Haley Momany, Maggie Korus & McKenzie**

Momany, decorated the Nova Hut with snowflakes and help set up the tables to welcome the skiers. **George Momany** got the fire started and the hot water ready to serve hot chocolate and cookies to anyone who came in for a break. As you can see, the Nordic community plays a big role and we send a huge thank you to all of you.

Our major sponsor, **Sterling Savings Bank**, has provided a large financial donation the last three years and provided cloth bags and ice scrapers for participants. **REI, Mountain Gear and Atlas Snowshoes** are also

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key major sponsors that make our event the success that it is.

The “Souper” Bowl Committee will continue to improve upon our event each year. We would love to hear from you on what you liked and what we can do to make it better. Please visit our new website, souper-bowlspokane.org, and send us an e-mail. We want to hear from you! Thank you for your support of the Women’s 2010 “Souper” Bowl event.

Meet your Spokane Nordic organization

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Tom Schaaf



Vice President
John McCarthy



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George Momany



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Secretary
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Jack Benedetto



Art Bookstrom



Jud Ford



Susan Mulvihill



Membership Coordinator
Liorah Wichser

Langlauf race wet but fun for all skiers

Susan Mulvihill

The 32nd annual Langlauf 10k cross-country ski race took place on Sunday, Feb. 14. With a light drizzle at the start of the race turning into snow near the end, waxing and conditions were challenging for all involved. 197 skiers finished the race. Skiers ranged in age from 6 (**Zane Barnwell**) to 78 (**Howard Pettibone**).

The overall men's winner was **Brad Bauer** with a time of 28 minutes, 27 seconds. The overall women's winner was **Deb Bauer** of Spokane with a finish time of 34:17. There was also a "Woodies and Woolies" contest for skiers who used wooden skis and dressed in traditional woolen attire to honor the early days of Nordic skiing. To view results and photos from the race, go to spokanelanglauf.org.

Thank You

Robin DeRuwe & Fitness Fanatics

For your sponsorship of Langlauf,
the ski waxing services
and
for your commitment to
the mission of Spokane Nordic!

A message from the president...

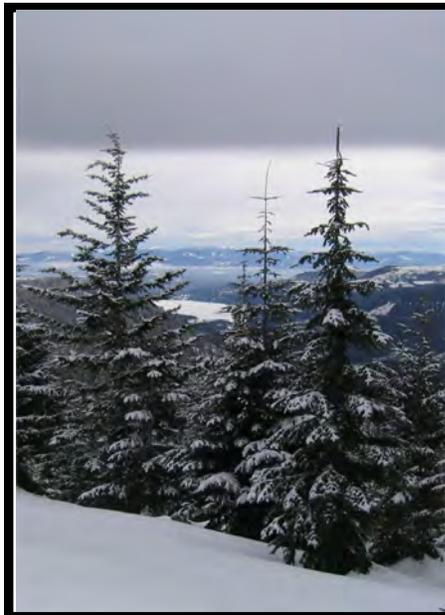
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was a really beautiful day, and **Art Bookstrom** and I were joking about all the folks who have put away their skis and pulled out their golf clubs. In February! This is turning into the supposed dream winter for Spokane: no snow in town, decent snow on the mountain.

So take this as a gentle reminder to get up and ski. Winter isn't over yet. Check out the Nordic Kids Games on Saturday and cheer them on. A few years from now you'll be sitting in front of your 72-inch 3D TV saying, "hey, I know that kid... hey, they're all from Spokane!"

See you on the trails!

Tom Schaaf, (Whitworth '79)



Mt. Spokane conditions

The trails are groomed every day of the week except Tuesdays and Wednesdays. To find out the current conditions on Mt. Spokane, call the Snow Line at (509) 238-4025. This information is updated each morning although you can never be 100 percent sure until you get up to the mountain.

Spokane Nordic's web site (spokanenordic.org) has links to weather information under the "Mt. Spokane" menu at the top of each page.

Welcome! Let's go skiing together!

Liorah Wichser

Spokane Nordic has a new skiing Meetup group called Nordic Ski Trek, which provides an opportunity for adults to find new friends to ski with via the Internet.

Check it out at www.meetup.com/Nordic-Ski-Trek/

When you go to the homepage, you will see a list of smiling people from this area who share the love of the outdoors and Nordic skiing.

A welcome message reads, "There's miles of trails up on Mt. Spokane that must be explored! Join this group and we will schedule meet-up times at the Selkirk Lodge to go out and explore together. The more experienced Nordic skiers will lead the newbies around the trails - adventures and good times will abound. Nordic and skate skiing are amazing exercises - so you have the opportunity to socialize and get stronger at the same time."

Similar to a Face Book account, the Meetup site asks you to create a profile with a photo and a description of yourself. It's free to sign up and receive email notification when new ski Meetups are scheduled. You can browse other local Meetup groups based on your interests, too. RSVP to

attend as many as you want. You will be reminded a couple of days prior to the Meetup and receive a list of folks who plan to attend as well.

Currently there are two Nordic Ski Meetup groups: the Nordic Ski Trek group for adults, and the "Over the Hill on the Hill" group for retirees and seniors. If you are a beginner, we provide instruction to help get you started. For those who are experienced, this group gives you an opportunity to meet other Nordic ski enthusiasts whom you can meet up with for future adventures.

We've been meeting in the Selkirk Lodge and skiing around Mt. Spokane's Nordic ski area this season. But in the future, we would like to branch out and go as a group to other mountains to try out new trails together. Carpooling is always an option, too.

Want to learn more? Feel free to contact Liorah, the organizer, if you have any questions or ideas at members_dev@snsf.org.

Liorah Wichser is the Membership Coordinator for Spokane Nordic and Ski Education Foundation.



Meetup groups have been getting together to explore the trails on Mt. Spokane.

The Recreational Skier

To wax or not to wax: that is the question!

Susan Mulvihill

For years, my husband and I have used waxless skis. Sure, we've seen other skiers at Selkirk Lodge putting wax on their skis and have heard the "K" word (klistar) being bandied about. But we loved our waxless skis – Fischer Superlights, to be exact – because they were easy. If conditions were warm and wet, we would wipe on a Maxiglide or Toko paste wax to get extra glide but for the most part, you just jump on them and go.

Several years ago, some friends of ours let us swap skis with them on a particularly great day for skiing. This was a day when all of the planets were in alignment: we'd gotten fresh snow, it was about 22 degrees, and our friends had chosen the perfect wax for the day.

An amazing thing happened: my ski technique *immediately* improved. I did a better job of transferring my weight from one ski to the other. My confidence level rose. And I liked what I was feeling underneath my feet! There was no slipping and sliding. It was also very quiet: I was used to hearing the sound of the scales on my waxless skis scraping on the snow but that noise was gone. The hardest part was letting our friends have their skis back, although I suppose they were more than happy to give us back our waxless skis. That day made an impact on me and I decided to step up to the next level by getting some waxable skis and trying my hand at waxing to increase my enjoyment on our ski outings.

Before I continue, I should clarify the difference between waxless and waxable skis. Waxless skis have smooth glide zones on their tips and tails, and scales on the kick zones underneath our boots. Those scales help us move along the trail no matter how strong (or wimpy) our kicks are, and they help us climb hills on the trails. However, unless you use good technique – by doing weight shifts from ski to ski and making the most of your kick and glide – it's easy to settle into a shuffle while using waxless skis.

Waxable skis, on the other hand, won't let you do that. The entire base of each ski is smooth so there are no scales to rely on. It is the waxing process that gives you your kick and glide. A glide wax is ironed onto the glide zones and a kickwax is applied to the kick zones. If you have chosen a kickwax that is appropriate for the day's weather conditions, life is good. There isn't room here to go into depth about how to do that but kickwaxes are rated for a range of temperatures, based on whether the snow is new or transformed.

Transformed snow has gone through freeze-and-thaw cycles. Waxing is certainly challenging and you don't always get it right... but when you do, it is awesome.

As I started learning how to wax our skis, I would ask anyone and everyone about their waxing techniques. I quickly learned that if you ask five different skiers about this, you will get five different answers! But I've learned a lot and get it right about 75% of the time.

I should mention, however, that there are some days where "getting it right" is just about impossible. Maybe it's about 32 degrees with a wet snow falling. Those are days when you might as well use your waxless skis because the bases of waxable skis will probably ice up and rob you of your glide.

One thing I wanted to clarify is that, despite their name, waxless skis should still have wax applied to them. The bases of skis are porous and shouldn't be allowed to dry out. Glide wax should be applied to the glide zones of the skis – but not to the scales – for best results.

I also mentioned the "K" word. Klistar is a sticky substance that works great, especially for icy or wet conditions, early or late in the season. Klistar comes in tubes and is a pain in the neck to work with. Recently, wax manufacturers have come up with a spray klistar that is much easier to use and works quite well. I like to use a spray base klistar and apply the kickwax of the day over it.

If this discussion of wax piques your curiosity, why not give it a try? Fitness Fanatics (12425 E. Sprague Ave., 922-6080) has a complete line of waxing supplies. They are great about giving waxing advice to help you be successful.

Correction: In the January newsletter, I referred to my favorite ski instructor as Caroline Holley but should have used her married name of **Caroline Tareski**. My apologies for the error.



Susan Mulvihill serves on SNSEF's board of directors and can be reached via e-mail at inthegarden@live.com.

Junior Team has fun, busy season

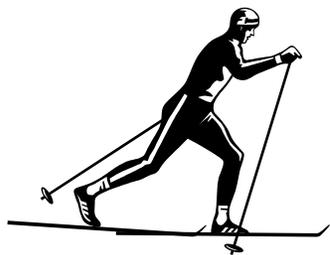
Jud Ford

The Junior Team has had a fantastic season. About a dozen talented young skiers spent week-ends skiing, racing and generally having fun on the snow.

The highlights have been trips to race at 49 Degrees North, Schweitzer, Langlauf and, of course, our own JOQ right here at Mt. Spokane.

Junior Racers also volunteered during Nordic Kids, teaching skate lessons, helping younger skiers get skis on and off, and assisting leaders in every way possible. This in turn has led to a new group of skiers who are interested in joining up with the Junior Team next season.

Give us a call, or shoot us an e-mail (judson_ford@yahoo.com) if you want to find out more information about the Junior Team!



The Spokane Nordic Board meets once a month during ski season and periodically during off-season. Meetings are open to the public. Contact president Tom Schaaf via e-mail at tpschaaf@comcast.net for meeting dates and location.



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, and receive discounts at local businesses. Annual membership minimum: \$20 for 2009-2010 season \$ _____
- New Trails & Grooming Fund:** Help fund trail maintenance and upkeep of the snowmobile used for grooming. Trail expansion in the works for 2010! \$ _____
- 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. \$ _____
- McDonald Fund Student Scholarship:** Help provide ski lessons and equipment for families who need a little financial assistance. \$ _____

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 99201

Find more information about our programs online at: www.spokanenordic.org
 E-mail questions about membership and contributions to: members_dev@snsef.org