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the ALASKA nordic skier

NOVEMBER 2022, VOL.24, NO.2

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ANCHORAGE:
Pretty as a picture!
NSAA Photo Contest
10

MAT-SU:
Season's first tracks?
Yahoo, Mat-Su!
12

STATEWIDE:
U.S. National Team
loaded with Alaskans
13

Anchorage 2
Eagle River. 19
Fairbanks. 16
Girdwood 9
Juneau. 15
Kachemak 6
Mat-Su. 12

Anchorage Nordic Skier

Newsletter Of The Nordic Skiing Association Of Anchorage, Inc.

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AROUND THE BOWL

Let it snow! Annual Celebration arrives on Saturday, Nov. 5

The in-person NSAA Annual Celebration returns on Saturday, November 5, at the Kincaid Park chalet. Come between 3-5 p.m. to explore informational booths about programs and events hosted by NSAA and other community organizations. There will also be a bouncy house for kids. The meeting will be held from 5-7 p.m. with a potluck, pictures from the past few seasons, a riveting game of Heads and Tails with a big prize on the line, and more.

Brats will be provided by NSAA, as always! Please bring a favorite dish to share. Here are suggested potluck dishes ordered by the first letter of your last name! A-G: Bread, Side Dish, Chips; H-M: Salads; N-S: Drinks (non-alcoholic); T-Z: Desserts, Sweets.

Stay up to date on the event at **anchoragenordicski.com/events/annual-celebration/**.

Solstice Tree Tour 2022 will shine bright on a holiday night

Mark your calendars: 4-8 p.m. Sunday, Dec. 18, is the annual Solstice Tree Tour.

We are gearing up for the this to be our most festive event yet! Not only will we offer our traditional s'mores and hot chocolate for the kiddos, there will be a full beer garden with mulled wine, hot butter beer and a Solstice ale for those 21 and older. Buy an NSAA silipint at the entrance or in the garden and fill it up!

Let's light up the trail! If you work for or own a business that wants to be a part of this awesome community event, email solsticetreetour@gmail.com for a sponsor packet.

An improved traffic plan will make this year's event run smoothly. Heads up: VIP parking at the venue will be available for $10 per car. Free shuttles will be available from Kincaid Elementary and Kulis parking lots. A tip for avoiding the large crowds is to plan on coming between 6-8 p.m. We have made sure that our supply of s'mores/hot chocolate will not run out!

Learn more at **anchoragenordicski.com/events/solstice-tree-tour/**.

On Track – Alice Knapp captures NSAA history in new book

Now is your chance to learn all about NSAA! Alice Knapp's new book, On Track, is the perfect gift for your ski enthusiast, historian or just someone curious about how NSAA came to become the organization it is today. Order the book after November 1 at the NSAA online store at anchoraagenordicski.com. All proceeds go towards establishing a ski museum and history archives.

New NSAA swag dropping in time for ski season and holidays

Coming in November to the NSAA Online Store: new adult and youth pom poms and trucker hats, new Meister and Blazer signature gift headbands, member headbands, and insulated ceramic travel mugs. They will be here before Thanksgiving! So get ready for shopping at **nordic-skiing-association-of-anchorage.square.site/s/shop**.

Upcoming NSAA Backcountry Tours

25th annual Turkey Day Shake-Off

Friday, November 25; Level: Easy III; Distance: 8 miles round-trip; Elevation gain: 800-1,000 feet Archangel/1,000 feet Independence Mine; Tour leader: Karlene Leeper, kbleeper@gci.net, 907-440-0049.

Join us for this post-Thanksgiving Shake-Off ski and our first tour of the season. Travel under the rugged and beautiful peaks of the Archangel Valley and past old mining ruins in Hatcher Pass for a spectacular day of skiing on the Archangel Road. This is a great opportunity for those who want to learn about ski touring in the mountains, or start skiing for the season. The first portion of the trail, to the Reed Lakes trailhead, is flat, gaining only 300 feet in 2.5 miles. This is a great turnaround spot for beginning skiers. The trail to the gate is another 1.5 miles, gaining 500 feet and will be a great downhill run for those with more experience. We expect to ski about 8 miles round trip.

Alternatively (depending on snow conditions), we will ski through Independence Mine (likely off the groomed trails) and continue up the hill past Gold Cord Mine. We will ski beyond into the flatter upper bowl below Granite Peak and Friendship Pass, where we will have lunch. We will descend the hill at our own pace and, if conditions allow, cross the creek to find our way back to the trailhead. This tour would be appropriate for an advanced beginner to intermediate skier who can travel about 6 miles round trip on terrain with short climbs and downhills under various snow conditions.

IDITAROD NATIONAL HISTORIC TRAIL, TURNAGAIN PASS, KENAI MOUNTAINS

December 10; Level: Moderate II; Distance — 8 miles round trip; Elevation gain: 1,000-1,100 feet; Tour leader: TBD.

Enjoy a great ski on part of the Iditarod National Historic Trail (INHT). We will start at the bathrooms on the east side of the highway at Turnagain Pass. We will begin with a gradual ski in on a well-developed narrow trail through the forest with short climbs under various snow conditions. We will continue north to Ingram Creek where we will enjoy lunch before the return trip. There is a downhill section coming back down to the parking area.

Find more information on NSAA Backcountry Tours at **anchoragenordicski.com/programs/backcountry-tours/**.

NSAA Calendar

NOVEMBER

3 p.m. Saturday, Nov. 5 — NSAA Season Kickoff, Kincaid Park chalet

Saturday, Nov. 19 — NSAA Junior Nordic coach orientation

Sunday, Nov. 20 — NSAA Junior Nordic parent orientation

Friday, Nov. 25 — 25th Annual Turkey Day Shake-off, Archangel Road or Independence Mine, Hatcher Pass, Talkeetna Mountains

Monday, Nov. 28 — NSAA Junior Nordic starts

SAVE THE DATE

AMH Anchorage Cup #1 — Dec. 11
Besh Cup in Anchorage — Dec. 17-18
Solstice Tree Tour — Dec. 18
AMH Anchorage Cup #2 — January 8
AMH Anchorage Cup #3 — January 22
Alaska Ski for Women — Feb. 5
AMH Anchorage Cup #4 — Feb. 12
Ski 4 Kids — Feb. 18
AMH Anchorage Cup Sven — Feb. 19
ASAA State Championships — Feb. 23-25
Tour of Anchorage — March 5
Ski Train — March 18
Last day of Junior Nordic — April 1
Spring Fling — April 5
Backcountry Tours — Varies, see **anchoragenordicski.com/programs/backcountry-tours/**
Biathlon Race Series — Varies, see **anchoragenordicski.com/biathlon/**

Find more at the NSAA Calendar: **anchoragenordicski.com/calendar/**.

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Diane Moxness

SKI 4 KIDS
Vacant

SKI JUMPING
Zak Hammill, Karen Compton, Vivienne Murray

SKI TRAIN
Travis Taylor

SOLSTICE TREE TOUR
Sara Miller

TOUR OF ANCHORAGE
Tyler Henegan

NSAA OFFICE HOURS
10 a.m.-5 p.m. Monday through Friday

BOARD MEETINGS
Fourth Thursday of the month, 6:15 P.M. at BP Energy Center or NSAA office. Open to all.

Join the fun and learn to soar in the NSAA Ski Jumping Program

BY ZAK HAMMILL
Director, NSAA Ski Jumping Program

Coach Natasha Hammill starts Cub participant Finch Helzer down the landing hill for his first day of ski jumping.

While the NSAA Ski Jumping Program and its athletes are very fortunate to have plastic on the ski jumping hills for year-round training, nothing beats ski jumping on snow. With temperatures dropping below freezing for the first time this fall, excitement is buzzing around town. Snow is on its way to the Anchorage bowl!

Winter ski jumping registration is open on the NSAA website (**anchoragenordicski.com/programs/ski-jumping/**) and we look forward to welcoming new and returning ski jumpers to our facility come mid-November. Our program works with skiers from age 5 all the way to 18. We are always looking for new skiers to come out and give ski jumping a try. Any kid with basic ski skills, being able to ski down Hilltop Ski Area from the top of the chairlift, is eligible to try it out. We even offer a free try it day!

The 40- and 65-meter towered jumps look very intimidating to anyone driving by on the Hilltop Ski Area road. This is not where beginner ski jumpers start. If you look to the left of the bigger jumps, you will see two smaller ski jumps. This is where all of our skiers begin their jumping adventure.

All skiers start by skiing down the landing hill of those small ski jumps. They must prove to our coaches that they have the skiing skills to tackle the first beginner jump. Once on the 10-meter, the smallest jump we have, skiers get their first taste of actual ski jumping. This jump has a takeoff the height of a shoe box and skiers, on average, travel about 3 meter (10 feet) in the air. As the skier builds ski jumping skills, they can then progress to the larger jumps. This slow and calculated approach to making it to the larger ski jumps keeps our sport safe, and makes sure skiers have the skills to take on bigger ski jumps.

So what are you waiting for? Come on out and give ski jumping a try! Learn more at **anchoragenordicski.com/programs/ski-jumping/**.

Summer trail work leads to excellent winter grooming and skiing

NSAA's Operations teams got off to a late start with the trail remodeling this year as permission to do so at Kincaid Park was not granted until Sept. 5. By this time, the rain was – and still is – the house guest that showed up late and is reluctant to leave. Even so, we've made some progress improving sections of trail on Stairway from Jodhpur to Big Dipper and Compression to Stairway and back to the intersection.

Dirt work aside, we've had the standard downed trees from windstorms and lots of mowing and brushing to take care of at all our venues. Some Hillside trails have benefitted from volunteer work parties who have cut tons of brush over that last several weeks. Many thanks to this group for organizing and getting the job done!

We're excited about a new addition to our fleet that will add loads of horsepower and alleviate backpain. Our mini excavator now has a cutter/chipper attachment. This will allow us a much longer reach for keeping brush away from the trail. If we didn't take this action the brush would lay down in the trail with a snow load. So, the overgrown Lake and Horseshoe Loops at Kincaid will be the first trails to hit. We'll then address some additional spots on the Lekisch and the Sisson … hopefully before the snow flies in a big way.

Meanwhile, the temperature is dropping and we're prepping our snowmaking equipment, so we'll be poised and ready when the time is right!

Learn more about the world-class trails NSAA's Operations team grooms at **anchoragenordicski.com/trails/**.

the Alaska nordic skier

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All rights reserved. © 2022 Articles, letters and advertisements are welcome. Please ensure all names are correct and information is accurate. Submissions may be edited for clarity, content and space limitations. Deadline is the 15th day of the prior month. E-mail nordicskiereditor@gmail.com.

On the cover: Julie Hood's photo of a skier gliding into the sunset at Kincaid Park was voted the top image in the 2022 NSAA Photo Contest.

Learn more about her photo, find contest results, and see more awesome images on **Pages 10-11**.

NSAA Scholarships awarded for 2022-23 season

Each season, NSAA recognizes scholastic achievement, participation in cross-country skiing, and community service participation from a handful of talented young student-skiers with a scholarship. The scholarship awards go to graduating high school seniors; from Alaska, who have enrolled in an accredited college or university.

Funds for the scholarship program comes from the Sven Johansson Memorial Ski Race and the Elizabeth Tower memorial scholarship fund. This year $6,000 in scholarship funds were awarded to five outstanding student-athletes.

Eli Stierwalt of East High School, going to Montana State University, received a $1,000 NSAA scholarship.

Lily Pannkuk of Frontier Charter School, going to Alaska Pacific University, received a $1,000 NSAA scholarship.

Sophia Mayers of West High School, going to Montana State University, received a $1,000 NSAA scholarship.

Neena Brubaker of Service High School, going to Colorado State University, received a $1,000 NSAA scholarship.

Natalie Hood of West High School, is taking a Gap Year, received a $2,000 NSAA scholarship.

Maintaining, repairing the important snowmaking infrastructure

BY TIM BRABETS

Similar to trail maintenance, NSAA's Operations crew spends time during the summer maintaining the snowmaking system. Things break during the winter and summer provides time to make necessary repairs. This past summer, a number of repairs were made to the system. A broken powerline in the biathlon area that supplied power to one hydrant and two lances was repaired. Fortunately, the break in the line was found at the start of dirt excavation which resulted in a much lower repair cost than was anticipated. Water valves at two hydrants that supply water to the fan guns during snowmaking were found to be defective, causing frozen hoses that then needed to be thawed before the fan guns could be operational. These two valves were replaced with new valves and should eliminate any water leaks at these hydrants.

Three of the eight fan guns broke down during the winter. In one fan gun, a simple wire short was found, though it took considerably time to find and repair it. The compressor motor in another fan gun failed and needed to be replaced. In the third fan gun, a swivel bearing locked up, resulting in snapping the heating wire and crushing the intake hose of the fan gun. Repairs to this fan gun have been made and hopefully all eight fan guns are ready for operation.

Three of the 16 lances did not work last winter. After lots of consultation with TechnoAlpin, it appears the programming on the CPU cards for these lances was incorrect. Since these lances operated in past years, how the CPU cards could become corrupt remains a mystery. The CPU cards have been reprogrammed correctly so we expect that all the lances will work this winter.

When snowmaking begins this year, there will be a slight scheduling change. Since the biathlon group will be hosting the World Junior Championship tryouts in December, snow will be placed in the biathlon area first to insure there will be adequate snow for the event. Then the normal schedule will be followed. One may not even notice this change since putting snow in the biathlon area is normally second on our list. If things go smoothly, we hope to have an approximately 500-meter skiable loop in the biathlon area fairly quickly.

SPEEDSKATING IN ALASKA

400 Meter Skating Oval — Cuddy Midtown Park

RACES

Fun, informal races: 100m, 500m, 1000m, 1500m & 3000m
Marathon distances: 5K, 10K, 25K or 50K – Feb. 19, 2023
Four Thursday evening races & Three Sunday afternoon races
Prizes by Alaska Mountaineering and Hiking

PRACTICES

Tuesdays & Thursdays 6:30-8 PM (Dec. 8-Feb. 28) professionally coached

Informal skate sessions: Sundays 1-3 PM

Practices & Races open to skaters of all abilities & ages on all kinds of skates

MORE INFO

alaskaspeedskating.org or Alaska Speedskating Club on Facebook
Call John Monroe 538-7667 or Chuck Gilbert 349-1318
Also, check out indoor SHORT TRACK SPEEDSKATING on our website

ALASKA SPEEDSKATING CLUB

NSAA is Looking for Coaches

Are you interested in coaching for the NSAA's Junior Nordic Program? If so, you've come to the right place!

Required experience

All you need to coach for Junior Nordic is a pair of skis, a fun-loving attitude, and the ability to wrangle a group of kids! We teach kids aged six to 14, and skill levels ranging from kids who are on skis for the first time, to middle school kids who are beginning to race at a more competitive level.

We certainly need coaches who are experienced skiers and who can help kids to refine and improve both their classic and skate ski techniques. But we also need coaches who can work with complete beginners. So don't worry if you're not an "expert" skier. If you love spending time on trails with kids, then there's a place for you as a Junior Nordic coach! We'll work with you to help develop your coaching skills, through day-to-day mentoring and formal certifications with organizations such as PSIA. We're looking for two types of coaches:

Full-Time regular coaches

A full-time regular Junior Nordic coach attends during one (or more!) of the possible times:

Mondays and Wednesdays, early and late times; Tuesdays and Thursdays, early and late times; Saturdays.

See our Junior Nordic webpage **anchoragenordicski.com/programs/juniornordic/** for detailed schedule and times. Our practice times are also organized so that a person can work as a full-time regular coach for both an afternoon and an evening session. Sessions are taught at Hillside, Kincaid Park, and Russian Jack Park from November 28 to April 1.

Substitute coaches

Substitute coaches step in when our full-time regular coaches can't make practice for any reason. If you sign up as a substitute, you'll be added to the list of coaches who can help with a practice when a full-time regular coach can't attend. During the signup process you can indicate both days and locations that you're available to help.

Next steps

If one or several of these options sounds good to you, then we'd love to have you apply today! All you need to do now is fill out the coach interest form at **anchoragenordicski.com/programs/juniornordic/**.

The same form is used for full-time regular and substitute coaches. And remember that you can work as both a regular coach and a sub! Once we have your information one of our site directors will reach out to talk to you about coaching for NSAA's Junior Nordic program!

Alaska Ski for Women updates – prepare for fun!

BY MOLLY MYLIUS
Director, Alaska Ski for Women

The Alaska Ski for Women is on for 2023 so mark your calendars for Sunday, February 5! Here are some highlights:

- Registration will open in early January.
- Sunday's race options will include a timed classic race, a timed skate race, and the untimed party wave. The costume contest will also be happening on Sunday, so start planning your costumes!
- Much like last year's event, the 4k course will be decorated on Saturday, February 4 for those who would prefer to avoid the Sunday race crowds and ski independently. Men will be invited to participate in the Saturday open ski, so you can bring the whole family!
- The Kincaid Park chalet will be open on Sunday and filled with fun activities including merchandise sales, sponsor booths, refreshments, and a silent auction.
- This fun event supports NSAA and Alaska non-profits working to end the cycle of domestic violence in our community.

If you'd like to learn more about the Alaska Ski for Women and get involved, contact alaskaskiforwomen@gmail.com. In particular we are recruiting additional members for our planning committee - let us know if you would like to join our fun team of volunteers! We are also seeking sponsors and silent auction donations for our 2023 event.

Learn more at **anchoragenordicski.com/events/alaska-ski-for-women/**.

Ski for Women is no longer on Super Bowl Sunday!

The Alaska Ski for Women is traditionally held the first Sunday in February. This has historically also been the date of the National Football League's annual championship game, the Super Bowl. However, the past two years the NFL has extended its season, pushing the Super Bowl forward by a week. This means that for our football fans, the 2023 Alaska Ski for Women event will not compete with the big game on February 12.

STATEWIDE

Besh Cup series presents opportunities for all skiers to elevate

BY LAURI BASSETT
CCAK

For those unfamiliar with how Cross Country Alaska (CCAK) fits in with Alaska ski racing, we invite you to learn about our organization's role here.

ConocoPhillips Besh Cup Races

Thanks to a generous donation from our title sponsor, ConocoPhillips Alaska, CCAK partners with Alaska's community ski clubs to host races used to select Team Alaska that competes annually at U.S. Junior Nationals Cross Country Ski Championships (JN) and biannually at Arctic Winter Games (AWG). AWG was once held in the even years; the domino effect caused by the COVID-19 pandemic has made for consecutive years (2023 and 2024). This season, the Wood Buffalo 2023 AWG will be held in Fort McMurray, Alberta, and the 2023 USSA Cross Country Ski Junior National Championships will be hosted by the Nordic Ski Club of Fairbanks on the Jim Whisenhant Ski Trails at the Birch Hill Recreation Area. AWG is open to skiers in the age groups of U14, U16 and U18, and JNs is open to skiers in the age groups of U16, U18 and U20.

PHOTO BY **JIM JAGER**

Young skiers hit the hills of Kincaid Park during the 2019 Junior Nationals. Team Alaska skiers are named to compete based in part to their Besh Cup performances.

How do age groups work?

Age groups are two-year increments with the cutoff being December 31. For example, this season, U16 skiers must be 16 through the end of 2022. If they are 17 before the end of 2022, they compete in the U18 age group. Generally, skiers race with skiers in their age group – and sometimes ski with another age group; as in the case of U18 and U20 skiers. These two age groups compete together in races. For specifics on how the team is selected based on the breakout of these two age groups, please visit the CCAK website: www.crosscountry-alaska.org. ConocoPhillips Besh Cup race series age groups are U08, U10, U12, U14, U16, U18, U20, Senior and Masters.

Who attends the races?

The ConocoPhillips Besh Cup series is open to all skiers who want race experience, and Besh Cup race weekends are fun social events for skiers and families.

The majority of skiers train with teams such as APU Nordic Ski Center, Alaska Nordic Racing, Alaska Winter Stars or Fairbanks Cross Country, but it is not a requirement. Often the host club's Junior Nordic programs encourage young skiers to compete.

Many skiers compete with the goal to be named to Team Alaska for either JNs or AWG, which includes "unattached/unaffiliated" skiers. Also collegiate, ex-Olympians and Master skiers compete in

See **CCAK**, Page 9

Kachemak Nordic Ski Club

Homer, Alaska

P.O. Box 44, Homer, Alaska 99603
kachemaknordicskiclub.org
kachemaknordicskiclub@gmail.com

AROUND THE BAY

The 2022-2023 KNSC ski season started October 1: Time to renew that membership!

Clubexpress, our membership database, sent out reminder emails and so many of you have already renewed, thanks! KNSC currently maintains over 80 kilometers of groomed trails at the BayCrest, McNeil Canyon-Eveline, and Lookout Moutain trail systems. If you use the trails, we need your support! Visit https://knsc.clubexpress.com/ to renew your membership today! Questions? Email us here kachemaknordicskiclub@gmail.com.

Thanks to our 2021-2022 KNSC members!

KNSC grew again last season to include a record number of skiers! It's so fantastic to see so many skiers out there: young, old, beginners, experts, and all with huge smiles of joy gliding across our amazing trails. A huge thank you goes out for signing up and helping maintain those trails from October to May, a great, lengthy season.

Kachemak Nordic Ski Club Annual Meeting – in person!

Get updates, celebrate the club's Volunteer of the Year, and participate in a live auction at the KNSC Annual Meeting and Fundraiser at 6 p.m. Saturday, November 12. This year the annual meeting is leaving the virtual and will be back in personl This event will be a fun way to connect with the rest of the club members. We're still determining location, stay tuned! One important part of this meeting will be the KNSC's Board of Directors election. If you are interested in running please contact us at kachemaknordicskiclub@gmail.com.

Homer Nordic: Weekend Warrior program

We're excited to announce that the Homer Nordic coaching crew created a Weekend Warrior

program for the 2022-2023 season for both men and women!

As one past participant put it, "our coaches are SOOO AWESOME. This program is what gets

me through the winter. I absolutely love Homer Nordic. It's my exercise, recreation, social time,

and Vit D during the winter months."

HN Weekend Warriors will meet every Sunday 11 a.m.-1 p.m. from November 6-March 5 (with a break for the holidays Dec. 19-January 3).

- Co-ed weekly ski tour every Sunday
- Specific location of weekly workouts will be announced on (free) Slack Team App
- Tour the trails with KNSC volunteer ski coaches each Sunday!
- Open to all abilities
- Beginners encouraged to join!
- Both Skate and/or Classic skis
- We will be hiking on Sundays until it snows
- 15-minute technique tip session before starting and/or warm up, more technique tips

when requested!

- Learn new trails, improve ski skills, increase fitness, and get out there all winter long with other skiers
- $100 for the season and must be a KNSC member to sign up -- scholarships available
- For more information contact homernordic@gmail.com.

We look forward to the Weekend Warriors Sunday Homer Nordic Program this season. The more intense weekday program, will be on pause for the 2022-2023 ski season due to not enough available coaches at this time, which is sad news, but thanks to everyone that has put so much time and energy into this program over the years! There will also be at least two weekend technique clinics for beginners and intermediate skiers to be announced later in December and January.

Junior Nordic rental gear

If you are a member of KNSC for the 2022-23 season, you may rent skis and boots for your kids in K-6th grade (and we do have gear for 4-year-olds who are not yet eligible for the Junior Nordic Program). It costs just $25 for a pair of skis and boots, and you get to keep them for the whole season! Get geared up from 10 a.m.-1 p.m. Saturday, November 12, at Alaska Mini-Storage (5317 Kachemak Drive, Unit #302).

This season, you do not need to register for the Junior Nordic Program before you rent gear, but you will need to be a current member of KNSC. You will also need current weight, height and shoe size information for each kid. We look forward to getting your kids outfitted! Watch for sign up information. We plan to use SignUpGenius again this year, with families signing up for 10-minute slots.

Find the Nordic Skiing Association of Anchorage on Facebook at — **facebook.com/anchoragenordicski**

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Melissa Cloud

Besh Cup Races
Jan Spurkland

Kachemak Bay Ski for Women
(Benefit for Haven House)
Kris Holderied / Shelly Laukitis

Wine & Cheese and Wooden Ski Tour
Mike Gracz

Kachemak Bay Ski Marathon
Kenny Daher

Marathon Connector Trail
Kenny Daher

Homer Epic 100
Homer Cycling Club

Sea to Ski Triathlon
Derek Bynagle

Kachemak-area summer trail work updates

Thank you to all our volunteers who have been busy this summer upgrading and maintaining trails! There's a lot of time put into getting set for snow.

Eveline SRS: Like every trail this summer, the park is muddy! But still, it saw a lot of use from summertime visitors and locals alike. Several interpretive panels were installed, one of the glaciers across the bay, one identifying the most common flowers at Eveline, and an invasive species panel to educate those guests on how to continue to protect this gem of flowers. A new park entrance sign was recently installed to match the beautiful kiosk. Between rain showers the trails were mowed several times and are ready for freeze up and snow!

McNeil Canyon Elementary: A McNeil signage project is shaping up nicely as we move into winter. McNeil groomers met recently to review maps and directional signs to improve way-finding as you zip around the hills. Signpost bases are getting installed that will allow more stable signage throughout the winter.

The dog parking lot above the fire station is slated to be improved and will be in place for the season as McNeil Canyon Elementary will continue to enforce the district-wide policy of no dogs on the school property. Please be courteous, control your dogs at all times, and pick up after them at trailheads and on the trails.

Sunset Loop: The trails are in great shape and were mowed several times awaiting snow!

Rogers Loop: A big thanks to Jason Koontz and his son of Alaska Eco Forestry for donating a day's worth of labor and equipment as a demonstration of what can be done to improve the skiing/hiking trails at Baycrest. This summer's rain and wet ground proved challenging, but the trails will be much better for grooming, skiing, and hiking once the ground freezes up (I think I've given up on anything drying out this year). A smoother base allows for much earlier grooming (yeah!) and cuts down on the wear and tear of grooming equipment to save money in the long term!

Lookout: Lookout trails were mowed and maintained throughout the summer, hosting hikers and even the Homer Mariner XC Invitational race. The yearly battle against encroaching alders was continued and sections of trail were widened and cleared with some equipment brought in. A patch of orange hawkweed was also removed as KNSC strives to do our part in limiting the spread of invasive plants.

Call for volunteers! We need some volunteers to walk from the bunker up to "The Source" and around "Millie's Moose" to remove brush from the trail. Contact kachemaknordicskiclub@gmail.com if you're available!

Equipment updates: October to May skiing means KNSC equipment get a ton of miles every ski season! Thanks to the gentle handling of our volunteer groomers or maybe just through a lot of hardworking maintenance volunteer hours we've been able to keep the grooming equipment running fairly smoothly. The fleet of machines does age and wear out however so with our generous members donations have two new Scandic 900 snowmachines to replace old machines. All Seasons Honda is currently doing dealer prep and installing the front bumpers and heavy-duty rear bumpers necessary for pulling heavy grooming gear so they'll be ready for that first dump of fluffy stuff!

The dollars and sense of keeping our club vibrant

Message from KNSC President Mike Gracz

Basic expenses last season were $86 per KNSC member

The members of Kachemak Nordic Ski Club deserve to know how their membership dollars are used to keep our great trails groomed and ready for events, programs, school groups and teams, and tons of fun skiing. KNSC separates the operating budget from the budget for capital improvements. Depreciation of snowmachines and ATVs is in the operating budget. From the capital budget, KNSC purchased two new Scandic 900 snowmachines and about 40 new sets of Junior Nordic skis and boots for this season! Capital expenditures are normally funded by special grants.

The largest slice of the revenue pie this year came from contributions, mainly due to a $45,000 gift from the estate of Ingeborg Rathke. The Contributions slice also includes money from the CAP – the State of Alaska Revenue sharing program – and our generous local businesses, such as Homer Saw and Cycle, Fritz Creek General Store, Uncle Herb's, The Grog Shop, Bear Creek Winery, Moore and Moore Services, Alaska EcoForestry and Quick Tow, and from The City of Homer, and The Homer Foundation.

The next largest slice is your membership donation. Last season KNSC just topped last year's record by $323 for the largest amount received for membership donations: Thank you!

Events and programs bring in revenue, but generally not very much more than their expenses. However, during this past season events made some money for KNSC due to low expenses. Thanks especially to Deland Anderson for putting on the Kachemak Ski Marathon! In the non-profit world events are put on for fun, and not so much to earn money, but it's nice when they do.

Revenue from events was relatively low last season mainly due to the lingering pandemic. Program revenue was stable, which is good, because it maintained the high level achieved last year, thanks to the hard-working coaches of the Homer Nordic Program, and Kathy Sarns' heroic efforts with the Junior Nordic Program.

Comparing the pie for revenue to the one for expenses, you can see that program revenues exceeded their expenses, and events more than paid for themselves; generating a surplus to help meet the expense of keeping the trails groomed for the programs and events. It was especially fun to put on the Ski Marathon last season, which attracted a large group of University of Alaska skiers, including three Olympians! The day was perfect, and the Olympians were overheard making a pact to come back every year!

This past season, the Trails and Facilities slice of the expense pie was larger than equipment maintenance, which has historically been the biggest expense. KNSC needed to spend more to maintain access at McNeil Canyon because dogs are no longer allowed on school property. Moreover, plowing was expensive last season due to all the great snow, and a greater than normal amount was put toward brushing and smoothing trails. This additional work extends the ski season because smooth trails can be groomed with less snow cover. Board Secretary Cameale Johnson has been especially active with trail maintenance at Eveline State Recreation Site, and with getting the Wolf Ridge trails on CIRI land mowed. Be sure to thank her when you notice how nice the skiing is on those trails now!

Depreciation comprises the next largest slice of the expense pie. This

year KNSC spent about $28,000 on two new snowmachines. These machines were sorely needed. Everyone breathed a sigh of relief when our ageing machines made it through last season. If they hadn't, no real replacement options were available. Only $15,000 of that $28,000 is reflected in the operating budget pies shown here, the remainder is in KNSC's capital budget. The capital budget also has $19,600 for additional Junior Nordic gear, which has just started arriving. So far KNSC has been able to fund these capital expenditures without additional grants because of the estate gift and because revenues have nicely exceeded expenses for the past couple of years. KNSC board members and volunteers are enjoying this gratitude from the ski community! We really are a community that comes together to provide great skiing for everyone!

About that new Junior Nordic gear: KNSC strives to provide low-cost rental skis and boots for every 5-to-12-year-old who wants them. This season KNSC will experiment with renting gear regardless of whether you enroll in the Junior Nordic Program. There should be enough equipment so that every young skier who wants skis will be able to rent low-cost gear! You will still need to be a member of KNSC, but the rental fee remains the same: $25 per pair of skis and boots for the whole season, November through April. Last season we served about 150 young skiers; this year we should have enough for almost 200! That number of young skiers is approaching 20 percent of their population in the census areas from Anchor Point to Fox River! KNSC still encourages participation in the Junior Nordic Program, because it's a great way for young skiers to socialize outdoors on Saturdays in February, but not everyone can make it. For those who can't, but still want to ski, we'll have gear for you!

Revenues exceeded expenses by a record $55,000 last year, mostly due to the $45,000 gift from the Rathke estate. Although fuel, plowing, and trail and equipment maintenance expenses were higher than usual last season KNSC avoided using any of the estate gift for operating expenses. KNSC is in good financial shape.

In the 2021-22 season, the basic operating costs of insurance, keeping the fuel tanks filled and the lights on, the parking areas plowed, maintaining our equipment and trail systems, and covering the depreciation of equipment, but not including events and programs, or capital expenses, ran to around $86 for each individual member ($344 for a family with four members). That is about $20 per member higher than last year mainly due to increased fuel costs, plowing, and trail maintenance.

Thank you for your continued support and enjoy the fine trails! Ski you out there!

STATEWIDE

Action needed to help slow climate change

BY ERIC TROYER

What can you do about climate change? Plenty.

Climate changes affects everyone, especially winter sports enthusiasts like cross-country skiers. A warming climate can mean shorter ski seasons, and more extreme events like snow droughts and rain-on-snow events. These will just get worse unless we slow climate change, which means we need to reduce our greenhouse gas emissions.

But can the actions of one or two people make a difference? They sure can. Especially if more people are doing the same. Here are two things you can do right now to help make a difference.

Join Citizen's Climate Lobby: **citizensclimatelobby.org**. Citizen's Climate Lobby is a nonprofit, nonpartisan, grassroots advocacy climate change organization focused on national policies to address the climate movement. Go to the website and hover over "Take Action." You can write or call the Alaska delegation in Washington. Sign up for the Monthly Calling Campaign and join with many other people in urging Congress to take steps to help solve climate change.

Take a personal action: Instead of driving a car, commute to work or do an errand by riding a bike, walking, running, using public transportation, or skiing, if you can work that. For every trip you take, you will be reducing your carbon footprint and be making yourself a little healthier.

PHOTO BY **DONNY HARDER JR.**

Biking to work, in summer or winter, is a great way to help take action on climate change.

Climate change may seem like an overwhelming problem, but we humans created it one step at a time, and we can solve it that way, too. Let's do what we can to ensure that future winters still have skiable snow for us and for our children, grandchildren, and beyond.

Girdwood Nordic Ski Club

Girdwood, Alaska

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AROUND GIRDWOOD

Buy or sell great gear at the FVCS Sports Swap on Nov. 5

Holiday lights are starting to appear around the Girdwood Valley, which means it's time for the Four Valley Community School (FVCS) Sports Swap, which takes place from noon-3 p.m. Saturday, Nov. 5, at the Alyeska Daylodge. This is the first Ski Swap since 2019!

The FVCS non-profit is very important to the social, mental and physical health of this community. This is the 42nd year of providing community education and recreation for Girdwood residents. This year, the Girdwood Nordic Ski Club will be volunteering at the event, and will have a table where you can renew your membership, buy some moose swag, and get you newly purchased, or carried from home, skis waxed and ready for the winter.

If you have gear to sell, the best advice is to price your gear to sell. So many times FVSC sees gear that would have sold easily had it been priced just a bit lower. Remember that this is a swap, and people are looking for deals. Plus, it is a bummer to come and retrieve gear that didn't sell. Move it along and on to a better life. You'll probably still see your gear around town, making a fellow community member very happy!

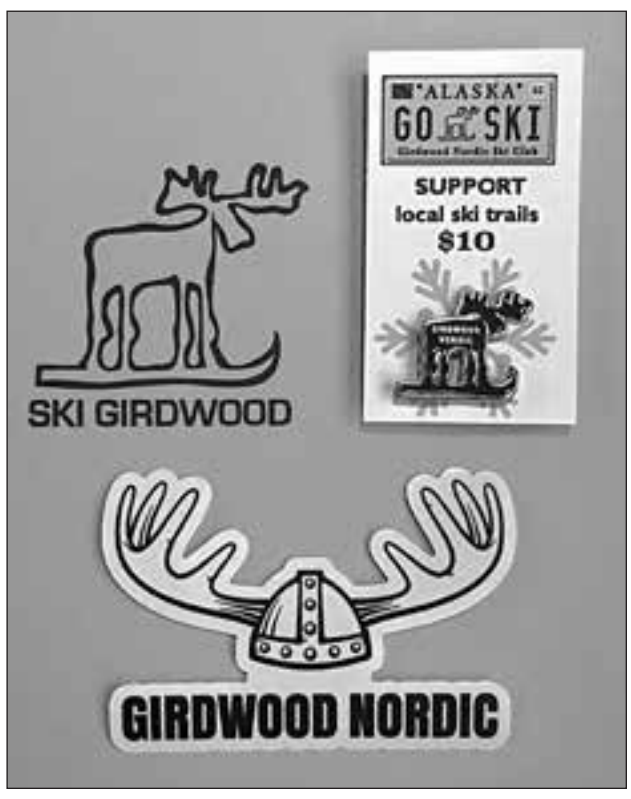
FVCS receives a commission of 25 percent of all sales. Control sheets and pricing tags are available at the FVCS office, and will be posted at the Girdwood Post Office. You can also donate gear to sell for 100 percent profit at the FVCS Sports Swap. All proceeds will help support FVCS classes and programs here in Girdwood. Bring gear to the swap tagged and indicate on your control sheet as donating 100 percent to FVCS (there is a special column for this donation).

Each spring, 60 plus Girdwood kids participate in the FVCS Nordic Ski Club, exploring the trails here in our beautiful valley. This next winter we will continue to partner with our friends at Four Valley Community School to offer skate and Nordic lessons for adults, right here in Girdwood. Stay tuned.

For more information about the Sports Swap, go to **fourvalleys.org/events/ski-and-sports-swap/**.

Don't forget to renew your membership and get your pin!

You can also renew you Girdwood Nordic Ski Club membership online at **skigirdwood.org/join/**. We are no longer mailing our moose pins (just stickers), but you can pick one up at the FVSC Sports Swap on November 5, the Girdwood Holiday Bazaar on December 10, our Winter Solstice Celebration on December 21, or at local Slack Tide Gallery along Alyeska Highway. Check winter hours of operation before you swing by the store. For non-members, GNSC moose pins are available for purchase at Slack Tide Gallery, The Bake Shop, and Powder Hound Ski Shop. Pins are $5 for GNSC members and $10 for non-members.



CCAK

Continued from Page 5

Besh Cup races. Besh Cup races are events where new and experience skiers share the venue.

Usually, the schedule of AWG and JN coincide, which is not the case this season. Therefore, skiers could potentially qualify for both AWG and JN. The week of AWG conflicts with the final Besh Cup races, so those who are interested in being named to Team Alaska for AWG and JN should note that they would miss a weekend of JN qualification races.

Where are the races?

STATEWIDE

The clubs that host Besh Cup races are Nordic Skiing Association of Anchorage (NSAA), Mat-Su Ski Club (MSSC), Tsalteshi Trails Association (TTA), Kachemak Nordic Ski Club (KNSC) and Nordic Ski Club of Fairbanks (NSCF). Host clubs have the opportunity to showcase their best trails, enable members to attend races, and gives skiers from outside of the host club region to experience new trails. Skiers welcome new competition with racers from around the state.

When are the races?

December 17-18 — Kincaid Park hosted by NSAA

January 14-15 — Government Peak Recreation Area hosted by MSSC*

February 4-5 — Birch Hill Recreation Area hosted by NSCF

* The January races alternate between host clubs MSSC, TTA, and KNSC.

What are the race formats, disciplines and distances?

CCAK has a Competition Committee that meets monthly to determine formats, disciplines, and distances for each race weekend. The Competition Committee works to set the format of the season to mirror what skiers will experience at the JN and

See **CCAK**, Page 14

Say "Skis!"

Skiing adventures from around Alaska captured in the 2022 NSAA Photography Contest

When the sun set at Kincaid Park last season, a light went on for Julie Hood. She stopped and snapped a photo of a sunset over Lekish Trail that won over voters in the 2022 Nordic Skiing Association of Anchorage Photography Contest. Her winning shot was among 25 photographers in the 2022 edition of the annual competition.

Julie, as well as all first, second and third place category finishers, earned special prizes from Alaska Mountaineering & Hiking. NSAA, the Anchorage Nordic ski community and contest photographers thank Alaska Mountaineering & Hiking for the always generous giving to this contest!

NSAA also thanks voters who went online choose vote for their favorite photos. NSAA selected contest photographs for its 2022-23 calendar, which is on sale now. Calendars are $10 at the NSAA office. Calendars are also available online at https://nordic-skiing-association-of-anchorage.square.site/s/shop.

Special thanks to Justin Ritter at Ritter Art for graphic design work on the calendar, and David Large at Assets Inc. for the printing.

2022 NSAA Photography Contest results

Grand Prize: Lekisch Sunset by Julie Hood

Biathlon: 1. Got My Eye On You by Sarah Wilson; 2. Juneau Jumping Into Biathlon by Sarah Wilson; 3. Biathlon Technique by Sarah Wilson. Fun Ski Events: 1. Pit Stop by Julie Hood; 2. Sunrise Ski Testing by Julie Hood; 3. Summer Jump Camp by J.R. Pattee. Groomed Trails: 1. Morning Corduroy by Russell Hood; 2. Skis On by Tobias Albristen; 3. Lekisch Alight by Julie Hood. Jumping: 1. Chasing Shadows by J.R. Pattee; 2. On the Bar by Julia Samuel; 3. Max Flying by J.R. Pattee. Kids on Skis: 1. JN HAWKS Viewpoint Knob Climb by David Ward; 2. JN Hawks Black Bear Climb by David Ward; 3. Sunny Peace by Rebecca Love. Racing: 1. Boys Mass Start by Russell Hood; 2. High school Racers by Julie Hood; 3. Girls Mass Start by Russell Hood. Recreational/Casual Skiing: 1. Lekisch Sunset by Julie Hood; 2. Oosik Classic by Russell Hood; 3. Bering Sea Skijor by Keith Conger. Touring/Backcountry: 1. Breaking Trail by Tim Davis; 2. December Sunset by Tim Davis; 3. Deep Snow on the Iditarod Trail by Michael Olive.

JN Hawks Viewpoint Knob Climb by David Ward took first in the Kids on Skis category.

The 2022 Photography Contest winner is Julie Hood, who captured a perfect Lekisch Sunset at Kincaid Park last season.

When the groom is this sweet, you have to get your "Skis On," a moment snapped by Tobias Albrigsten for second place in the Groomed Trails category.

JR Pattee had a cool perspective on a high-flying skier with Chasing Shadows, which earned first in the Jumping division.

Boys Mass Start by Russell Hood scored first in the Racing category.

December Sunset by Tim Davis placed second in the Touring/Backcountry category.

Nothing casual about a Bering Sea Skijor, which was taken by Keith Conger and scored third in the Recreational/Casual Skiing category.

Sun, smiles and skis -- Sunny Peace by Rebecca Love placed third in the Kids on Skis category.

Mat-Su Ski Club

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AROUND THE VALLEY

A skier makes their own tracks at Independence Mine on October 13th.

Junior Nordic is back with more spots and a new race series!

Junior Nordics added 100 additional slots and many coaches this year and filled quickly. Stephanie Larousse, the Junior Nordics Manager, has introduced a new race series for the kids this year. We are hosting four Junior Nordics Finisher Race Series for kids of all ages to participate in. This series is part of the registration fee and races are voluntary. When Jr. Nordics ends, there is a gap between this program and high school cross country ski teams. Our hope is to introduce ski racing to kids of all ages and help them see their potential in a fun ski race that they can participate in with friends from ski lessons. A way to use new skills they learn and push themselves if desired and show them how fun racing can be. Race lengths will be short and prizes will entice kids to come out with their families. Also a way to get more families involved in race events.

Kicking off the season with an annual meeting

We hosted our Annual Meeting and Social on Saturday, Oct. 15. Such a great turnout and excited to be back in the chalet this year. Folks stopped by for MSSC swag, lots of delicious soups and stews and fire pits outside. New board members were elected and we shared past and future plans with the group and recognized some special volunteers.

Jeff Kase was recognized for his time as Race Director, groomer and CCAK board member. Dave Warner for cutting and clearing hundreds of trees in and around GPRA. Two folks we value and appreciate so much.

We announced and unveiled Nordic Pulse grooming. A live and GPS-tracked grooming app that will be used by our groomers starting this season. This modernization of grooming will help the local skier and club member easily see where and when to head to the trails. For the out-of-towner and new member or friend in the Valley, it will help them see not only when to go ski but help them see where to go with detailed maps of each ski area all in one location. These maps also show the level of difficulty for each trail segment that will further educate folks looking for cross country ski trail info. All this info can be found on our website at www.matsuski.org and will be easier for folks to understand instead of reading written reports on Snowio and trying to compare those reports with a map that is located elsewhere. It's the ultimate "know before you go" when you're sipping coffee in the morning and planning your ski tracks for the day! We are excited to know that we are joining NP along with Kachemak Nordic, APU and NSAA.

Independence Mine update

We need a bit more snow at Independence Mine before we start grooming. We started grooming last year on October 10 and can't wait to see when the first day will be this year. Everyone out there think snow!

Mark Strabel also shared at the annual meeting that we now have web cameras at Independence Mine, Archangel Road, and several at GPRA. This along with Nordic Pulse will help folks determine if weather and trail conditions are right for them before heading out to ski. They also show the temperature. These cameras are live and will be on our website very soon.

New Trail Ambassador program

We also announced a new Trail Ambassador program for this season. With Nordic Pulse grooming going live, we hope to inform the public of the need to let tracks "set up" after grooming. Ski etiquette is important to share with the implementation of Nordic Pulse. Helping skiers' awareness of the importance of letting trails set up after grooming and following the trail sign instructions. Sharing trail etiquette with all trail users will prolong the work of the groomers.

Also, on multiuse trails to share the trail etiquette in not walking in ski tracks but to the side of the trail. Walking on the left side of Independence Mine Road, etc. Encouraging folks to "think before you sink" if you are leaving postholes. Scooping dog poop is also an issue on Archangel Rd. and other multiuse areas. We hope this type of volunteer visibility will help protect the work of the groomers and also provide availability to folks in need of trail info and how they can support the groomed trails. Ambassadors will wear green vests and carry trail knowledge and experience and greet folks with smiles.

Race season coming soon!

Coming up soon is RTTO#1 on Nov. 12. The Race to the Outhouse is the official kickoff to the race season and celebrates the fine grooming by the MSSC groomers. This annual race is the start of the race season and open to everyone. This is a free event. Race destination TBD. This is the first of 14 races held by the Mat-Su Ski Club this season.

Race Director Ida Gullet is seeking volunteers to help with the Icicle Double and other race events for the season. We are excited to bring back Chalet use with the race season so participants and spectators have a place to warm up during events held at GPRA this season. The ID is the perfect way to ring in the new year with race dates set on Dec. 31 and January 1 of this coming new year. **matsuski.org/race-to-the-outhouse/**

Trail prep for the season ahead

Several volunteers turned out to help trim the trails on October 2 at GPRA. All this rain has really fueled the overgrowth out there! It's always amazing to see how fast branches and plants grow in summer, working hard to take over trail edges. We are grateful for the support of these folks that took time out of their Sunday afternoon to help us make way for the groomers. Last year, we were grooming trails at GPRA by mid-November! It's getting closer, folks. Thanks to the hardworking friends that came out to help haul, cut and push the brush hog.

Other trail work days went very well. Brushing the margins on the Mat-Su, Pioneer Eska and Butte Loops (9 Volunteers, 52 Hours) and rock removal on the Denali loop (47 volunteers, over 80 hours).

October 8 was the annual Trail Maintenance Day at GPRA! What a turn out! 47 friends of the Mat-Su Ski Club turned out to join us in clearing rocks and debris to help make the trails ready for snow. Even the weather cooperated!

Thank you to everyone that stopped by to lend a hand or shovel. A reminder that 8 hours of volunteer trail work for an individual or family will get you a Mat Su Borough parking pass for 2023.

Need ski gear?

Whether you intend to buy or rent cross country ski equipment this season, one of these options may be just the right solution:

Craigslist and Facebook Marketplace offer a lot of local options for used or new ski equipment.

Backcountry Bike and Ski in Palmer sells new boots and skis and also offers ski rentals by the week or day.

Play it Again Sports Wasilla sells both new and used equipment and also rents skis. Find them @Play It Again Sports - Wasilla, AK on Facebook.

When you or your kids outgrow skis, boots and poles, consider donating your gear to the MSSC.

Why buy a MSSC membership?

Membership fees support our programs, events, grooming, trail building, equipment purchases and maintenance.

Volunteers groom many trails that are for cross-country skiing only or multi-use and one of these member-

Alaskans, Alaska-based skiers pack 2022-23 U.S. Cross Country Team roster

Olympics stars Brennan, Patterson are headliners, many other Alaskans looking to shine

Brennan Earnhart Jager McMullen Patterson Schoonmaker Schumacher Swirbul Wonders

BY TOM HORROCKS
U.S. SKI & SNOWBOARD

U.S. Ski & Snowboard recently named 22 athletes to the U.S. Cross Country Ski Team for the 2022-23 season, including three Alaska-based athletes on the A Team. The 2022-23 team includes those active athletes who qualified based on the published selection criteria in the prior season.

"Over the course of the year, the coaching staff has been continually impressed by the dedication, professionalism, and preparedness of this amazing group of athletes, and we're so excited to see what they can do this season," said U.S. Cross Country Team Director Chris Grover.

Three-time Olympic medalist Jessie Diggins, and two-time Olympians Rosie Brennan and Scott Patterson return to lead the team into the 2023 World Championship season. Joining Diggins, Brennan, and Patterson on the A Team are 2022 Olympians JC Schoonmaker, Julia Kern, Novie McCabe, and Ben Ogden.

The B Team includes 2022 Olympians Hailey Swirbul, Sophia Laukli, Gus Schumacher, Kevin Bolger, and Luke Jager. John Steel Hagenbuch and Hunter Wonders move from the D-Team to the B Team, and Zak Ketterson rejoins the national team program as a member of the B Team for the 2022-23 season. Finn O'Connell joins the B Team for the first time after finishing fourth in the overall 2021-22 SuperTour standings, which included nine individual top-10 results.

The 2022-23 Development Team includes returning team athletes Sydney Palmer-Leger – the 2020-21 NCAA Champion – and Zanden McMullen. New Development Team athletes include Samantha Smith – who recently represented Team USA at the U-17 Women's Soccer World Cup in India – Will Koch, Michael Earnhart, and Walker Hall.

The 2022-23 FIS Cross Country World Cup season is scheduled to kick off with races in Ruka, Finland, Nov. 25-27. The 2023 FIS Nordic World Ski Championships are scheduled for Feb. 21-March 5 in Planica, Slovenia.

2022-23 ROSTER

A TEAM *(Hometown; Club; Birthdate)*

Women – Rosie Brennan (Anchorage, Alaska; Alaska Pacific University Ski Nordic Center; 12/21/88); Jessie Diggins (Afton, Minn.; Stratton Mountain School Elite Team; 8/26/91); Julia Kern (Waltham, Mass.; Stratton Mountain School Elite Team; 9/12/97); Novie McCabe (Winthrop, Wash.; Methow Valley Nordic Team/University of Utah; 12/15/01)

Men – Ben Ogden (Landgrove, Vt.; Stratton Mountain School Elite Team/University of Vermont; 2/13/00); Scott Patterson (Anchorage, Alaska; Alaska Pacific University Nordic Ski Center; 1/28/92); JC Schoonmaker (Tahoe City, Calif; University of Alaska Anchorage/Sugar Bowl Ski Team and Academy; 8/12/00)

B TEAM *(Hometown; Club; Birthdate)*

Women – Sophia Laukli (Yarmouth, Maine; University of Utah; 6/8/00); Hailey Swirbul (Aspen, Colo.; Alaska Pacific University Nordic Ski Center; 7/10/98)

Men –Kevin Bolger (Minocqua, Wisc.; Sun Valley Gold Team; 4/11/93); John Steel Hagenbuch (Ketchum, Idaho; Sun Valley Gold Team; 10/1/2001); Luke Jager (Anchorage, Alaska; Alaska Pacific University Nordic Ski Center/University of Utah; 1/17/00); Zak Ketterson (Bloomington, Minn; Team Birkie/Northern Michigan University; 4/2/97); Finn O'Connell (Bozeman, Mont.; Bridger Ski Foundation; 6/26/1998); Gus Schumacher (Anchorage, Alaska; Alaska Winter Stars; 7/25/00); Hunter Wonders (Anchorage, Alaska; Alaska Pacific University Nordic Ski Center; 8/7/98);

DEVELOPMENT TEAM *(Hometown; Club; Birthdate)*

Women – Sydney Palmer-Leger (Park City, Utah; Sun Valley Gold Team/University of Utah; 2/4/2002); Sammy Smith (Boise, Idaho; Sun Valley Ski Education Foundation; 9-22-2005)

Men – Michael Earnhart (Anchorage, Alaska; Alaska Pacific University Nordic Ski Center; 8-11-2002); Walker Hall (Winthrop, Wash.; Methow Valley Nordic Team/University of Utah; 6-11-2002); Will Koch (Peru, Vermont; Stratton Mountain School T2/University of Colorado; 2-21-2002); Zanden McMullen (Anchorage, Alaska; Alaska Pacific University Nordic Ski Center/Montana State University; 5/31/2001)

MAT-SU

ships is just for you. A Winter Walker Membership is $25 and is for folks that enjoy walking on multi-use, groomed trails. For friends that enjoy skiing on trails where classic tracks or a skate lane is maintained, we offer an Individual Membership $40 or Family Membership $75 .

Ski trails don't fall from heaven! Membership for the 2022-23 season is open. Consider supporting your ski club by renewing or purchasing a membership.

Remember your parking passes

Just a friendly reminder to be sure you have your parking pass for GPRA and other borough park sites. The parking fees go into a borough fund for recreational facilities and does not pay for trail grooming. Buy a day use or yearly MSB parking pass online at **ecommerce.matsugov.us/Pages/CD/AnnualParking.aspx**. Save $10 when you buy two.

Alaska State annual parking passes may only be purchased online. This parking pass is used for Archangel Road and Independence Mine when accessible, among many other AK State Parks. Visit the 2022 Annual Parking Pass ordering page at **dnr.alaska.gov/parks/passes**. 2023 AK State and MSB parking passes are available in November. Daily parking passes may be purchased at any MSB or AK State trailhead for $5.

One of the Faces of Race Across Alaska

Brought to you by Turnagain Training

Meet Betty Tomich, age 93 (94 in January!) and an avid participant of the Race Across Alaska. Betty says, "I look forward to the Race Across Alaska because it gets me outdoors during all weather. I live part-time in Colorado, but do most of the race in Alaska, of course!" Betty might split time between states, but says she has to "start" in Anchorage and enjoys tracking her progress mileage-wise as she "passes" places like the Alaska Wildlife Center and "ends" her journey in Seward.

Betty enjoys the Race Across Alaska program because it gives her a goal where she can see her progress and it keeps her motivated to stay active even when the weather is bad and gets dark outside. How does Betty get all her miles? She says her favorite mode is walking, which she does a lot of between, Anchorage, Girdwood, and her home in Colorado. Her second favorite is the stationary bike, which she has lovingly named MarcyAnn.

Keep up the good work, Betty!

Join Betty in the Race Across Alaska! Registration opens Thanksgiving Day and the race begins Dec. 21. For more information, visit **raawc.com**.

CCAK

Continued from Page 9

AWG events while also taking into consideration long-term skier development. The committee is comprised of coaches from all training teams, host club representatives, Alaska technical delegates (officials), U.S. Ski & Snowboard representatives, and CCAK Board members. Please visit www.crosscountryalaska.org to learn more about the formats, disciplines and distances for the 2023 season. Typically, skiers in the U12 and younger age groups ski 1-3 kilometers; U14 skiers go 3-5 kilometers; U16 age group skis 5-7.5 kilometers; and U18 and older age groups ski 10-15 kilometers. There are three race formats: sprint, mass start, interval start. Two sprint races are held and for these races, all distances are in the range of 1-1.5 kilometers, depending on the age group. The sprint format includes a qualification race, followed by heats for the top skiers in the qualification race. For a mass start race, all racers begin at the same time and results are observed by watching the finish line. For an interval start race, skiers race spaced 30 seconds apart in a time-trial format. Results are calculated after all racers have skied the course. Across these formats, skiers have the opportunity to ski three classic and three freestyle races. With Mother Nature's cooperation, one day of the race weekend is classic skiing and one day is freestyle skiing.

How do I enter?

1. Visit US Ski & Snowboard (USSS) for a license. USSS sanctions Besh Cup races and allows skiers looking to compete at JN or AWG to score points. All racers, regardless of age group, are required to have a license – either Competitive or General. U16 and older skiers** looking to make Team Alaska need to purchase a Competitive license. With this

PHOTO COURTESY **CCAK**

Skiers of all ages, like U10 athletes Wilson Rasic, Si Hanestad and Bridger Petersen, get a chance to shine in the Besh Cup series.

license, skiers are scored based on the results of competing in USSS sanctioned races. Skiers U14 and younger can purchase a lower cost General license that allows them to compete in Besh Cup races and makes them eligible to attend AWG. All licenses need to be valid at the time of registering and will be checked before start lists are created.

** Specifically, skiers who are 18 or who turn 18 by June 30, 2023, are required to complete SafeSport requirements which includes an online training in SafeSport, passing a background check, and completing an avalanche awareness course. For questions about USSS licenses, please contact CCAK at info@crosscountryalaska.org or contact USSS directly at membership@ussa.org.

2. Visit the CCAK website to register for Besh Cup races. You may choose to enter one race at a time, one weekend at a time, or for the whole season at once. If you register one race at a time or one weekend at a time, the deadline for each weekend is the midnight of the Wednesday prior to each weekend of racing. There are not opportunities for race day registration. Also, all licenses are checked for validity prior to start lists being generated, so skiers who register and have not completed the steps for a valid license will not be allowed to compete.

After you register, visit the CCAK website and watch social media for details specific to each race. If you are affiliated with a training team, stay in contact with your coach for details. The finalization for each race weekend happens between the deadlines listed above and the Friday before the race. During this time the Competition Committee discusses final details based on what Mother Nature brings us – or has brought earlier in the season which may have caused the original set schedule to be re-evaluated.

Are there awards?

Yes! CCAK awards medals and flowers to age group winners for each event! The exception is for multi-age group sprint races where awards are presented to the Top 3 of each A Final heat; not necessarily by age groups. Points for JN and AWG standings are awarded by age group.

JN AGE GROUPS FOR TEAM SELECTION

- **U16** • **U18/U20 combined**

AWG AGE GROUPS FOR TEAM SELECTION

- **U14** • **U16** • **U18**

Whether you're looking to compete for a position on Team Alaska, competing to push yourself, or are a new racer, participating in Besh Cup races is a fun way to experience racing with skiers from around the state. For more information, please visit www.crosscountryalaska.org and click "How to Navigate Besh Cup Races" or contact Lauri Bassett, the Executive Administrator at info@crosscountryalaska.org.

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***** we are in our new location, right by South Restaurant, come say Hello!!*****

We are super-excited to support the Alaska ski community again this year! We are avid outdoors people just like you, and we have certainly crossed paths with you on trails.

Our goal is to serve you – providing helpful tips on how to keep you active, running, and skiing. We aim to return you safely to sports after an injury. Many of our current clients tell us that we provide exactly what they have been searching for!

- Have you been 'stuck' with your injury, not knowing what to do? We can help!
- Have you ever gone running, skiing, or hiking for your physical therapy appointment WITH your physical therapist? We do that often!
- Do you ever wonder how to keep going strong as you age? Don't let the old person in! Talk to us!

Let us introduce ourselves:

Zuzana Rogers, PT, ScD, SCS, COMT has been a physical therapist for 20 years, always trying to pursue higher goals and share her passion and experience. She belongs to the World Confederation of Sports Physical Therapists and continually gaining knowledge to keep active people healthy. She brings a wealth of experience to Runners' Edge Alaska; she is a long-time physical therapist for the US National Cross-Country Ski Team, covering major competitions including two Winter Olympics (PyeongChang 2018 and Beijing 2022) and World Nordic Ski Championships. Zuzana gives back to the Alaskan community - coaching kids mountain biking skills and cross-country skiing. Her main are of expertise is tendon health, injury prevention, and physical longevity in Master Athletes.

Natalie Snyder, PT, DPT, OCT, CSCS comes to Alaska from Rochester, NY. She is an All-American NCAA Diver, Strength and Conditioning Specialist, and Orthopedic Board-Certified physical therapist. You will see her in the Alaska Rock gym, on trails around Anchorage, climbing mountains and exploring the great Alaskan outdoors! Her expertise is in Female Athlete throughout the lifespan, running injuries, shoulder pain, strength and conditioning to target your goals.

Trevor Staples, PT, DPT, CSCS comes to Alaska from Utah. An avid mountain runner and skier himself, he brings an amazing energy to Runners' Edge Alaska. As a physical therapist and a strength and conditioning specialist, he is able to address your injury and create a strength and conditioning program to keep you going strong! His main area of expertise is running gait analysis, running related injuries, strength and conditioning programming that suits you, and everything Tech and running related!

Hannah Lies, Certified Rolfer. Hannah is an accomplished runner herself – she understands all the aches and pains that come along with tired bodies after running or skiing! She provides sports-specific Rolfing to keep your body moving!

Helen Cortes, PTA is a true Alaskan, doing all the Alaskan activities. You will see her on ski trails and in the mountains with her human daughter and 4-legged daughter Vela. Her expertise is in core strength, low back issues and ACL recovery.

Disclaimer: Since we don't know you and we can't perform a detailed examination, responses are general tips only and not medical or physical therapy advice. If you need detailed answers to your questions, please contact us directly.

Juneau Nordic Ski Club

Juneau, Alaska

P.O. Box 21262
Juneau, AK 99802
jnski.org
info@jnski.org

Mission: To enhance, develop, and promote Nordic skiing in Juneau.

Goal: Great Nordic trails for all skiers!

AROUND THE CAPITAL CITY

Let's get ready to ski!

The report from Juneau (North America's wettest Nordic ski destination!) is brief this go 'round. We are busy dusting off our Ginzus, organizing our youth skis, and pulling alders on our favorite trails, all in preparation for the snow to fly!

Our second annual Photo Contest is here!

Our popular photo contest is back! We want your great photos of cross-country skiing in Juneau. Enter and you could be rewarded with cash to some of Juneau's finest outfitters! From racing to recreational, young to young-at-heart, we are searching for photos that represent the diverse skiers and places we ski right here in Juneau. Contest closes November 6.

Contest rules are as follows: Photos must be of a high quality; Must be of someone cross country skiing locally here in Juneau (groomed or otherwise); Entrants are limited to a maximum of four (4) photos; By entering this contest, you agree to allow the Juneau Nordic Ski Club use of your photos for promotional needs in a variety of formats (website, email, posters, etc., small photographer watermark credit in corner of image is OK); Email all photos to info@jnski.org.

Prizes: 1st Place - $100 Nugget Alaskan Outfitter Gift Certificate; 2nd Place - $75 Foggy Mountain Shop Gift Certificate; 3rd Place - $50 2nd Wind Sports Gift Certificate. Honorable mentions: JNSC Swag.

New Adult League

Looking for motivation on those dark nights after work? Have a race you want to train for? Want to improve your ski technique? Welcome to the inaugural season of the JNSC Adult League! For skiers of all abilities who want to improve their technique and get faster on skis in an encouraging, supportive, and fun community. Weekly meetups start November 28 and include non-meeting day workout suggestions as well as waxing clinics. Signups coming soon at jnski.org. (Want to learn to ski? This group may not be the right fit for you, but Eaglecrest Ski Area offers lessons for skiers of all levels.)

Our volunteer-driven club needs you!

We are proud to be a volunteer-driven organization. From our Board of Directors to our groomers to our ski coaches, we just couldn't do what we do without the time invested by our volunteers. As we round the corner into a new ski season, we have a number of volunteer positions that need you:

Groomers: Whether it's once a week, once a month, or as needed, join an enthusiastic team that keeps the corduroy fresh and the skiers smiling.

D-1 Shovel Club: Clearing a landslide, a snow berm, digging out after a storm, you'll be added to this as-needed email list.

Events Help with an existing event or bring your new idea to reality!

Gearhead? Looking for someone to help our board with JNSC-branded gear and swag for the 2022/23 season.

Coaches: You don't have to be a great skier to be a great coach. A good coach is someone who loves to ski and wants to share that passion with young people. A good coach is supportive, respectful, patient, communicative, and brave. A good coach brings their authentic self and the fun! The commitment is what you make it and there is room in all three of our youth programs for new energy and ideas.

For more info or to volunteer, email info@jnski.org.

Kerry Howard won first Place in last year's photos contest in the "Risking My Life for This Photo Opportunity" Category with this gem of a shot.

Youth Ski Program is nearly full

Registration for JNSC's three youth programs has been strong and space is very limited. As of this writing, our Junior Nordic (elementary) program has just four spots remaining while our Juneau Nordic Middle and High School Ski Teams have three and four spots left, respectively. All programs are pay as you can and open to skiers of all abilities and experience levels. High School team starts November 5th, with Middle School and Junior Nordic beginning January 7th and 8th.

How do you solve a problem like Montana Creek?

First it was landslides. Last fall, it was more landslides. Then last winter it was downed trees (dozens. All winter long.) Now, it's the bridge. October's powerful rains have wreaked havoc on the many decades old bridge. With the bridge abutments pulling away, JNSC is actively working with the Alaska Department of Transportation and the City and Borough of Juneau to repair the bridge before winter sets in. Stay tuned for future updates and opportunities to pitch in and get one of Juneau's favorite trails ready for ski season.

Damage to the Montana Creek Bridge during October's rainstorms.

Nordic Ski Club of Fairbanks

Fairbanks, Alaska

SKIING UNDER THE NORTHERN LIGHTS

P.O. Box 80111, Fairbanks, AK 99708-0111
Competition Office — 907-474-4242
Competition Fax — 907-474-2073
Racing Hotline — 907-457-4434
nscfairbanks.org

AROUND THE INTERIOR

NSCF seeking Junior Nordics coaches

Our youth skiers are in need of your help! We have lots of excited, budding Nordic skiers ready to enjoy this amazing snow and not enough volunteer coaches to go around. You do not need experience, just a positive attitude and love of skiing. If you are interested, please contact Susan Kramer (juniornordics@nscfairbanks.org; 907-371-9564).

Please help keep the dumpster clean

Getting the dumpster emptied at Birch Hill Recreation Area is done by the Fairbanks North Star Borough on an on-call basis. Sometimes it can get full in a hurry after a big event. If you see that the dumpster is full, don't hesitate to give Birch Hill Facility Supervisor Michael Simmons a call or shoot him an email: 907-457-4488; mobile 702-830-3513; michael.simmons@fnsb.gov. And if you see trash that has fallen out of the dumpster, please pick it up and toss it back in.

Local ski trails on Trailforks app

Many local ski trails, including those at Birch Hill Recreation Area, are now on Trailforks, which has a website and an app. There is a free version of the app, which you can get from a variety of app stores. To use it, search for trail or area, such as "Birch Hill Recreation Area," or navigate using the map. Select "Nordic Ski" under the activity type dropdown menu. See the Trailforks website at**trailforks.com**.

Weather, grooming info on your smart phone

Use your smart phone's browser and go to the NSCF website. For weather: in the menu (top right corner) choose Weather. Scroll down to Mobile Weather. Click on that link. It has:

- Temperatures from Birch Hill, Fairbanks airport, UAF, and Ft Wainwright.
- Birch Hill high/low temperatures and humidity
- Birch Hill wind info

For grooming: in the menu (top right corner) choose Trails. Then scroll down a bit and you'll get the latest grooming updates. Scroll down farther to get to the grooming chart. Turn your phone sideways for easier reading.

iPhone users (and maybe others): You can make either page appear as an app on your home screen. 1) Use a browser to go to the page you want; 2) Hit the "share" box; 3) Swipe the bottom row until you see "Add to Home Screen."

Military RAP Is Now SAP, Costs $10 Per Year

The United States Army Garrison Alaska now has a fee for getting a Sikes Act Permit (formerly known as the Recreational Access Permit). People already holding a permit won't have to pay until their current permit expires and a new one is purchased. The permit is needed for some Birch Hill area trails. The permit is rarely enforced (most people never see Army enforcement personnel), but it is the law. To find out more about the permit and how to get one see this article: **nscfairbanks.org/2021/12/03/permits-required-for-using-some-birch-hill-trails/**.

Who's Who in the Nordic Ski Club of Fairbanks

JUNIOR NORDIC HOTLINE
457-4437

PRESIDENT
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president@nscfairbanks.org

SECRETARY
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secretary@nscfairbanks.org

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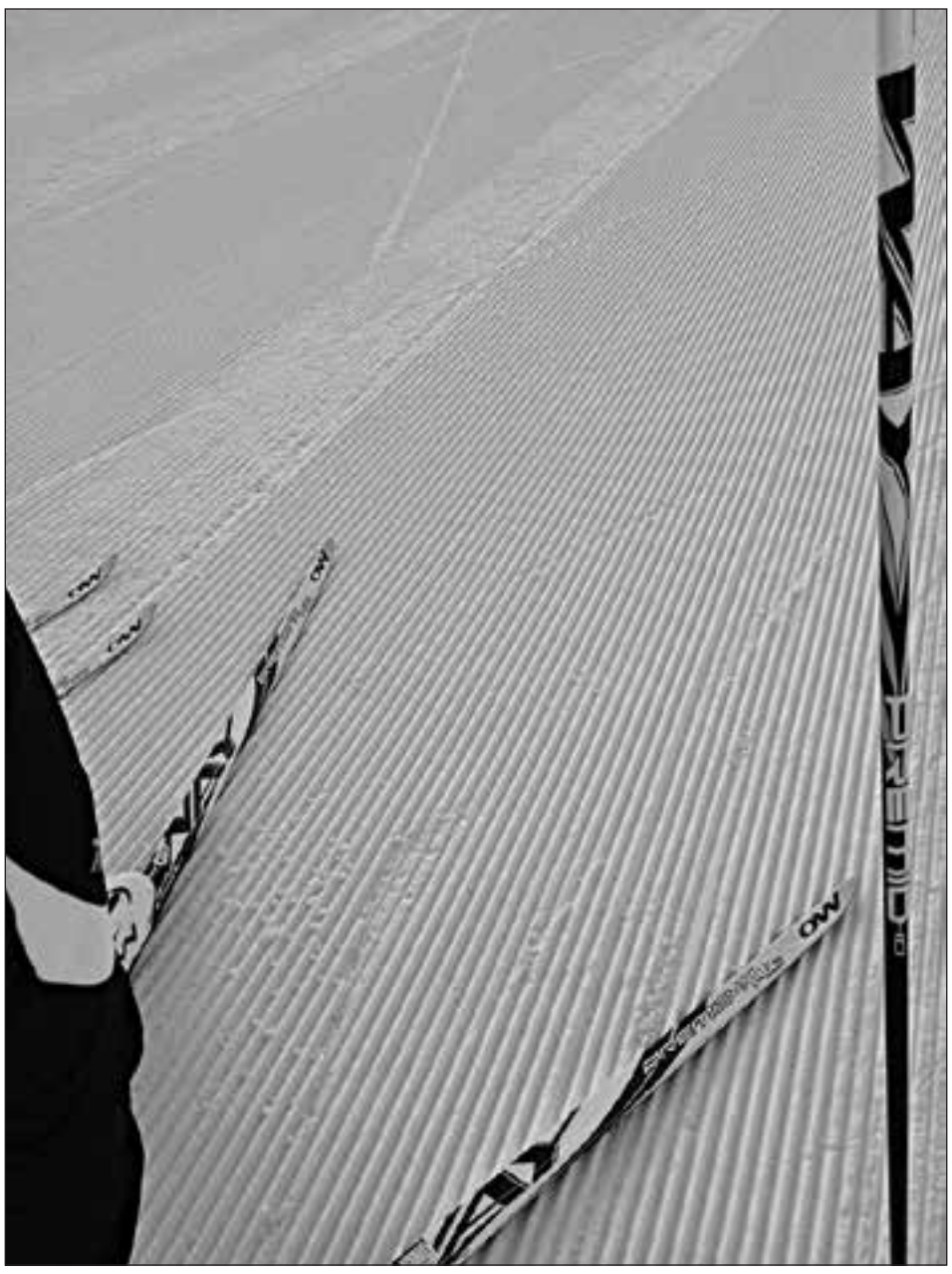

PHOTO COURTESY **OF TOM HELMERS**

Nicely groomed trails like this don't happen by accident. Please donate to the Birch Hill Trail Fund.

Birch Hill grooming relies on your support

BY ERIC TROYER

People can ski for free at Birch Hill Recreation Area, but taking care of the trails isn't free. The trails rely on your generosity.

The NSCF grooms the trails at Birch Hill, not the Fairbanks Borough. All trail grooming is paid for by the NSCF, and our grooming program relies mostly on donations. Our grooming crew is one of the best in the nation, but they need our help. When you sign up for NSCF membership, please remember to make a donation to the Trail Fund.

If you have already signed up and forgot to make a donation, it's not too late. Go to nscfairbanks.org and click on "Support NSCF" dropdown menu. You can also feed the Iron Ranger, the large iron pole at the base of the stairs that lead to the stadium. Just put in cash or checks. If you pay with a check, make it out to "NSCFairbanks – Trail Fund."

And thank you! Without your support we couldn't groom the trails at Birch Hill.

Below are donation amounts suggested by the NSCF Board of Directors. These donations are based on trails program operating costs. These amounts are on the low side of fees typically paid at ski areas in the Lower 48, especially when you consider our ski season is usually weeks or months longer. Individual Season Pass/Youth (14 and under) - $90; Individual Season Pass/Junior-Student (high school or college student) - $150; Individual Season Pass/Adult - $200; Couples Season Pass/Adult - $300; Family Season Pass (includes children through high school) - $400; Sustaining donor levels: Tracksetter - $500; Trailblazer - $1,000.

Fairbanks Nordic Ski Patrol needs volunteer patrollers to help keep skiers safe

BY ERIC TROYER

Want to help keep skiers safe at NSCF races? Considering joining the volunteer Fairbanks Nordic Ski Patrol. The FNSP is "always looking for potential candidates interested in patrolling," according to Patrol Director Nancy Hanneman.

The FNSP has volunteers at most of the major competitive events of NSCF, including coordinating with Birch Hill Alpine during the Sonot Kazoot. It has served the NSCF since 2015. The group is an offshoot of the Fairbanks Ski Patrol, which patrols the Ski Land alpine ski area, and has many members who patrol both. It also has members from the Moose Mountain and Birch Hill Alpine ski patrols. The group plans to be out in force for the Junior National Cross Country Ski Championships at Birch Hill in March.

Hanneman is always interested in hearing from people who want to join the patrol. To join, you will need to take an Outdoor Emergency Care (OEC) certification course. The FNSP sets those up as need and as they can. People with Emergency Medical Technician (EMT) training can try to challenge the OEC course. To volunteer or learn more information, contact Nancy Hanneman at nancy@akplacer.com.

PHOTO COURTESY OF NANCY HANNEMAN

Patrol Director Nancy Hanneman, right, and patroller Donna Gardino help keep skiers safe at an NSCF ski race.

Race directors, volunteer coordinator needed

BY ERIC TROYER

Do you enjoy ski racing either as a participant or observer? Are you fairly well organized? If so, the NSCF could use you. We have several upcoming needs regarding the NSCF race program.

NSCF Competition Events Program Director needed for 2023-2024 season and beyond

John Estle has been the NSCF Competition Events program director since 1995. He will be retiring after this season. The club needs a willing individual to take over the responsibility for organizing races beginning with the 2023-24 season. Ideally, that person will be familiar with our race program and will be able to learn the job with hands-on experience at one or more races this season.

The NSCF's Competition Events program both attracts high-level races, such as the Junior Nationals coming in March 2023, and has strong local participation from the youngest to the oldest skiers. The program has a great support network including dedicated race volunteers, sponsors, and grooming crew.

If you have any interest in becoming the next race director, please contact John at: sportalaska@gci.net or NSCF President Chris Puchner at president@nscfairbanks.org. Even if you are not sure but are curious, contact John. This is a paid position. For a job description see: **tinyurl.com/2zu3mhxz**.

Race volunteer coordinator after 2022-23

Norma Haubenstock, our volunteer coordinator for more than 20 years, will also be stepping down after this season and we will need someone to replace her. This includes reaching out for new and returning volunteers, making sure they are placed in positions where they have experience and skills, and making sure rookie volunteers are placed with good leaders. We have many dedicated volunteers who will be able to offer help and support for whoever takes over.

The new volunteer coordinator can run the program how he or she would prefer but know that Norma has a much-loved tradition of making sure volunteers are well fed with homemade soups and sandwich fixings, and warm coffee. Of course, a volunteer coordinator without culinary skills could find a volunteer willing to supply some homemade goodies.

If you have any interest in being the next race volunteer coordinator, please contact Norma at norma.haubenstock@gmail.com.

PHOTO BY MAX KAUFMAN

Bob would like to step down as Sonot director and just ski the race again, like he did here in 2016 with his wife Sharon.

Sonot Kkaazoot director

Bad Bob Baker loves to race. He founded the Sonot Kkaazoot and has been race director most years since the beginning. Bob and his wife Sharon love to combine ski racing with travel and have attended the World Masters for many years. Unfortunately, World Masters in Austria next year conflicts with the Sonot Kkaazoot. Bad Bob is looking for someone to direct the Sonot during the week of the event. This is a great event that gets a lot of people out skiing in the March sunshine. If you have any interest in helping with this, contact Bob at bobandsharonbaker@gmail.com.

After next year, Bob is looking for someone who would like to fully take on race director duties into the future, though he is happy to work alongside any interested person or people for a couple or years.

Wednesday Night Race series

The WNR series is looking for a director. These races are for people who want to compete over short distances in warm temperatures (by Fairbanks standards). The courses have been about two laps equaling 5 kilometers total with a one-lap option for those just wanting to go 2.5K. The temperature cut off has been 5 below with a race start at 6:30 p.m. However, race formats can be adjusted based on the preferences of the race director in consultation with the NSCF director of competition. If you have any interest in heading up the WNR series, please contact please contact John Estle at sportalaska@gci.net.

PHOTO BY ERIC ENGMAN

Directors are needed both for running NSCF races and for coordinating volunteers.

Ladies of Leisure set to begin new season

BY CHRIS BRODA

Are you a woman interested in cross-country skiing? Want a low-ley, supportive environment? The LOL might just be for you!

Ladies of Leisure (LOL) are a group of cross-country skiers made up of women of all ages with varying levels of fitness and skiing skills. The group is in its 14th season, now under the direction of Sarah Garland, after founder Chris Broda turned over the reins.

The LOL philosophy is Fun, Fitness, Friendship and Food. Knowing that it can be hard to keep a balance of work, family and fitness, LOL provides a constant during the long winter season. It gives women a vacation from their regular lives and provides an opportunity to enjoy the beauty and peace that comes from a combination of physical exercise, splendid surroundings, and companionship.

The LOL encourages and supports women to push themselves a little beyond their individual expectations by skiing new trails, improving their ski skills, and meeting new women. The group meets on the snow, ready to ski, at 6 p.m. on Mondays and 1 p.m. on Wednesdays. During the 90-minute sessions, there are usually several mini-groups that ski at various speeds, from a relaxed pace to a faster tempo, depending on ability levels and group desires. The ski always ends with tea, chat and snack time inside. LOL is non-competitive and offers a supportive environment with an emphasis on fun.

To keep motivation high, the group has some fun ideas. One is an optional LOL scavenger hunt with items spread throughout the trails. A second invites skiers to ski every trail, including cutoffs, at Birch Hill. For some, skiing each trail might be too challenging, so they are encouraged to accomplish an attainable goal worthy of a season such as skiing a certain number of times, ski trails you haven't done before, or ski in the tracks on a downhill. Another fun event is the "12 Ornaments of Christmas." In December, a small group of LOL ladies places 12 colorful numbered ornaments along trails, and the others try to find all of them.

The group has five criteria: Be a current NSCF member; Make a Trail Fund donation to NSCF. (Trail donations make it possible to continue providing the high-quality trails we ski on.); Know how to stop on skis. (Don't know how? Let us teach you; we'd love to.); Show up and ski with the LOL group; Ski with someone. One doesn't show up at a group ski to ski alone.

Come join and celebrate winter LOL style with fun, fitness, friendship and food. Feel free to email Sarah at dsarahgarland@gmail.com with any questions or concerns. If the above information leaves potential new members still uncertain about joining, the following LOL endorsements should do the trick:

"This was my first LOL and having never skied with a group, nor being anywhere in the realm of 'fit,' I was both excited and nervous about the evening. After kind, welcoming words and witnessing one woman patiently help another with finicky bindings before meeting on the slopes, I had the first of many glimpses into the positive LOL atmosphere."

"Seriously – I love this group so much more than just skiing."

"Hey, last night's ski was incredible for me, I got some really good skating tips, and it's such a great group of women. Thanks much."

PHOTO COURTESY **CHRIS BRODA**

Ladies of Leisure members celebrate great skiing conditions while on the Aurora Run Trail at Birch Hill Recreation Area.

Participants enjoy the Aurora Run Trail at Birch Hill Recreation Area on a Monday night edition of Ladies of Leisure.

Sweat, slide, glide. Repeat.

...and don't forget to sleep.

Get your suite on!

BESH Cup @ Birch Hill

use code: BESH23

for rooms: Feb 2 thru Feb 6

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Club hotline — 689-7660
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cernsc.wildapricot.org

AROUND EAGLE RIVER

CERNSC is ready for another busy winter at Beach Lake

BY TED STILLE

The optimist in me hopes that this fall's precip will turn into a banner ski season this winter. The pessimist wonders how much moisture will the warmer air of our new climate hold in coming winters, and will it fall from the ski as a liquid or a solid. Here's to hoping we stay below 32 starting soon! In the meantime, we'll hold to our adage that there are no bad days as long as you have the right jacket, and maybe the right color kick wax.

Chugiak-Eagle River Nordic Ski Club's Junior Nordic program will be full by the time you are reading this. This first week of October as I write we already have 30 coaches and nearly 250 kids registered. Our program will build on the momentum of the last few seasons. If there was good news in our community's struggle with COVID, it might be that more families realized the value and opportunity of having kids outside together, in the snow, all winter long. I couldn't agree more.

With another generous grant from the Erin K. Johnson Memorial Fund, we are making an effort to share scholarship opportunities with families. Meanwhile, the commodore of our rental fleet, Bob Stehn, is also trying to expand the opportunity for young skiers to borrow from us. This season our club looks forward to clinics to nurture our volunteer coaches, space for older kids who are new to the sport, and further developing the handoff from our recreation-oriented program to the more competition focused Alaska Nordic Racing program. I'll check back in here to say more about those efforts in future editions of the Alaska Nordic Skier.

We are disappointed to not have been permitted to finish the rehabilitation of "the junkyard" this summer. Several vintage clunkers were pulled from our birch forest at Beach Lake a few years back thanks to Bill Brion and Bob. Bob has a wonderful plan for finishing the cleanup and turning the space inside the Junkyard Loop into a kids' ski playground and skills development area. The good news is there are lots of people who want to ski. The challenge is having enough trails, terrain and parking to accommodate them. As the Junior Nordic Director I'm heartened by plans like Bob's that both continue our stewardship of this public resource and provide a place for kids to become better skiers. The time is right for trails advocacy and development in Chugiak-Eagle River. We look forward to working with our local Parks and Rec here in Chugiak-Eagle River to allow us to finish that work next summer.

See you soon … Hopefully wearing a puffy and not rain jacket.

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Mike Beiergrohslein

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NEWSLETTER
Barbara Johnson

AT LARGE
Aaron Foye, Jim & Ros Singleton, Alycia Beiergrohslein, and Aurora Agee

Singleton family and CERNSC go way back

BY BARB JOHNSON

Ros and Jim Singleton have been helping with our local ski club for as long as most members can remember. If you have been involved at all, you probably already know them. If you are just joining up, you'll probably see them at the ski races, helping to set up the course or cheering on the skiers. When they are not helping the ski club or other organizations, Ros and Jim work at the Alaska Native Medical Center.

They got involved in the club through Jr. Nordic when they first moved to Eagle River in 1994. Both of the Singleton boys were involved in the Junior Nordic program when Gretchen Carrick was the coordinator. Ros eventually took over coordinating Jr. Nordic from Gretchen Carrick and helped coordinate the program for 4-5 years. She, "made Jim become a Junior Nordic coach" because she needed him to help teach kids in the growing program. She said one of her most memorable years as a ski coach was when she offered to take some of the older kids in the Comp group. It included Sarissa Lammers, Skyler and Dawson Knopp, and Alex Loan, to name a few.

"The kids skied so hard that year because they didn't want to be beat by an old lady," laughed Ros as she recollected that especially fun year. Ros eventually turned the reins over to Mary Lammers, who become the next Junior Nordic Ski Coordinator.

That was back when there wasn't a chalet, so there was no place to warm up. Ros said she also realized that an even more critical factor for kids learning to ski was getting gear. Around 22 years ago, Ros and Bob Stehn and others wrote and received a small grant from Parks and Recreation.

PHOTO BY **ALYCIA BEIERGROHSLEIN**
Jim and Ros Singleton waxing skis before they are available to renters last fall.

PHOTO BY **BARB JOHNSON**
Ros Singleton leading a tour up South Fork of Eagle River in 2021.

They purchased 20 pairs of skis and poles from AMH to start a ski rental program. This helped families tremendously. Now the club has well over 150 pairs of skis and poles available for local families to rent for the winter. They are organized and maintained by Bob Stehn and many volunteers to keep them waxed and ready to rent each year. How the program has grown!

The Singletons also helped support volunteers like Bob Stehn, Denis Corral, Jason Dennis, Gary Dale and other local skiers to build more ski trails, put up lights on the trail system, and advocate for use of the ski chalet, which now provides inside bathroom facilities and a place to warm up. It is amazing how many wonderful improvements have been made in the area to make the Nordic skiing recreational opportunities more enjoyable and accessible!

Ros and Jim helped teach many locals how to ski for years, but they are amazing athletes in their own right. Ros also wrote articles for the Nordic Skier until I took that over and she has been organizing ski tours during the winter months for those who are interested in doing some skiing off the groomed trails. It is still hard to keep up with her on our ski tours and she is always out leading the way!

The Singletons have many memories of watching their boys race and being involved in ski races. In addition to the excitement and joy of watching their own kids compete, some of their favorite times include helping out with building the trails and getting the lights put up and participating and helping with local races like Ski the Beach.

Ros and Jim praise incredible folks like Bob Stehn, Jason Dennis, Denis Corral, and others who demonstrated such a community spirit in the Eagle River/Chugiak area and say that they were their mentors. It is obvious that they, too, mentor volunteers and continue to be an inspiration to so many. They certainly have community spirit and have given a great deal to the ski community for many, many years and we are grateful.

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