ANCHORAGE: Ready for a season of fun events, programs and more?

KACHEMAK: Year-round adventures abound on Homer trails

FAIRBANKS: Junior Nordics: Tips for parent survival

Anchorage .......................... 2
Eagle River .......................... 11
Fairbanks ............................. 13
Girdwood ............................. 12
Kachemak ............................. 8
Mat-Su ................................. 10
Statewide ............................. 15
Setting the tone for an amazing ski season

Message from NSAA staff and Board of Directors

October is here! As schedules are mapped out and summer gear is put away, most are thinking about personal goals, mapping out ways to stay healthy and how important it is to stay active all winter long. This is your winter! Anchorage trails are your trails! Consider being a part of the AMH Anchorage Cup race series, it really is for all levels and ages! Plug Junior Nordic into that family calendar and keep the kiddos active and outside experiencing Alaska outdoor fun!

Save the date to help us celebrate winter! NSAA’s season kickoff event is Sunday, November 5, at Kincaid Chalet. It’s also that time of year to check out the condition of your Nordic equipment – especially for those young growing skiers, so keep our annual Ski Swap on your radar: October 29 at Kincaid. The NSAA calendar lists all these upcoming opportunities at anchorgenordicski.com/calendar.

As we look ahead to a new season, it is especially exciting for our Nordic skiing community to host the U.S. Nationals Championship January 3-9, 2018. While all the pieces of this Olympic qualifying puzzle are fitting into place, there are plenty of volunteer opportunities to be a part of this memorable event. Visit www.anchorgenordicski.com/nationals18/volunteer for more information.

If you can’t make the U.S. Nationals, NSAA’s calendar is full with volunteer opportunities: high school and middle school races, AMH Anchorage Cup races, The Tour of Anchorage, SKAN, so many to list …

The heart of NSAA is the people, and most recently our hearts hurt from saying goodbye to one of NSAA’s leaders and an amazing person. Jeff Scott, you will forever inspire us to work hard for the greater good, to reach out into our community and to find the fun in all things!

Here’s to a great season ahead.

Meet NSAA’s 2017-18 Season program and event directors

Part of what makes NSAA great is the variety of programs and events it fuels and offers. Another part of what makes NSAA great is the community of skiers, volunteers and supporters who make the programs and events successful!

There are new and familiar faces holding director positions for this upcoming season. See the photos in this article to put names to those faces. When you see them on the trails, please thank them for all that they do! (Sorry, not all directors sent in photos ...)

NSAA thanks each and every one for being a part of the team – Anchorage would not be the same without your energy and enthusiasm.

This year’s program and event directors include:

- Middle School Racing – Diane Moenness
- NSAA Biathlon – Marty Pausback and Catherine Kilby
- Special Events and Racing – Lauri Bassett
- Tour of Anchorage – Mattias Saari
- Ski 4 Kids – Vacant
- Ski Jumping – Karen Compton and Vivienne Murray

Learn more about NSAA’s programs, events and volunteer opportunities at anchorgenordicski.com.
A tribute, and thank you, to Jeff Scott

According to Jeff Scott, “The key to smooth skiing is to look where you want to go and not where you don’t want to go and your skis will follow.” This was shared recently at an event celebrating the life of this incredible man who recently passed. This advice came from a man who was fiercely dedicated to our community, uniting groups for the good of the whole and having fun doing it. Jeff selflessly committed 16 years on the NSAA Board of Directors, most of which he served as Board President. He always kept his eyes on the big picture, focusing on where we needed to go as an organization, as a community. And he never lost sight of that mission and motivated those around him to do the same. NSAA and Anchorage are better for it. Jeff’s zest for life and positivity radiated to those around him. He made connections with every single person he encountered, big and small. We lost Jeff too soon but remembering him inspires us to keep looking ahead, focusing on how NSAA can do a better job for our community – for our members, for Nordic skiing.

AROUND THE BOWL

Support healthy lifestyles, Anchorage's trails and NSAA by becoming a member!
The Nordic Skiing Association of Anchorage membership season runs from October 1-September 30, which means right now is the time to register for the new season! If you run, bike, walk, dog walk or ski on Anchorage trails, please contribute today and join NSAA’s family of trail supporters. NSAA is not supported by tax dollars; we rely on generous support from trail users like you for year-round trail maintenance!

Benefits of NSAA membership include:
1. Your donation ensures that NSAA can continue maintaining and grooming over 150 kilometers of trails, as well as make snow at Kincaid Park.
2. Your donation is 100 percent tax-deductible! 3. You’ll stay connected to the Nordic skiing community.
4. You’ll receive a decal to proudly display on your car, as well as additional small gifts to thank you for your support of NSAA!
5. Trail memberships start at just $35.

Register today at anchoragenordicski.com/membership.

For information about gifts by bequest, planned gift, retirement assets, appreciated securities or other legacy giving, please contact the NSAA office at 276-7609.

Swap, sell, save at the NSAA Ski Swap on October 29
Save the date for the NSAA Ski Swap, which arrives on Sunday, October 29, at the Kincaid Park Bunker. The always popular event takes place from 2-4 p.m. Sunday, with gear drops happening from 6-8 p.m. Friday and 11 a.m.-1 p.m. Sunday. All unsold gear must be picked up from 5-7 p.m. Sunday.

Register all gear in advance online at flashconsign.com. Learn more and sign up to volunteer at anchoragenordicski.com/events/nsaa-ski-swap.

This year’s event celebrates Alaska’s Olympic and World Cup athletes! Visit with Kikkan Randall, Sadie Bjornsen, Erik Bjornsen, Rosie Brennan and more, then grab an adult beverage as you check out local businesses and ski programs at the expo, peruse items at the silent auction, and enjoy the always delicious smorgasbord potluck.

Learn more about the event and volunteer opportunities at anchoragenordicski.com/events/annual-celebration.

See BOWL, Page 6

AMH Anchorage Cup

Support healthy lifestyles, Anchorage's trails and NSAA by becoming a member!

The Alaska Nordic Skier is a publication representing the nordic ski clubs of Anchorage, Eagle River, Fairbanks, Homer, Juneau, Mat-Su, Salcha, Seward, Soldotna, Kenai, Talkeetna and Valdez. The Alaska Nordic Skier is published October through April by the Nordic Skiing Association of Anchorage, Inc.

All rights reserved. © 2017 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 — Hugo Compton soars off the 65-meter jump the Kari Ed Ski Jumping Complex on Anchorage’s Westside.

PHOTO BY MAX GERMAIN

Register there 10-11:30a
Start at noon
Make this your winter family tradition
NSAA Members of the Month: Heather Ireland, Gary Snyder and family

The Nordic Skiing Association of Anchorage is always thrilled to celebrate and thank its special members. This season, NSAA is spotlighting a handful of those supporters with short stories in The Alaska Nordic Skier. October’s NSAA Members of the Month are Heather Ireland and Gary Snyder (and their family!), who have been Nordic skiers for 25 and 42 years, respectively, and have been involved with NSAA for around 40 years, including more than 20 as donors.

NSAA: What do you love about Nordic skiing?
IRELAND/SNYDER FAMILY: Quietly enjoying the outdoors while gliding over great snow, either fast or slow.

Do you have some standout moments from skiing, connecting with NSAA and/or volunteering that you would like to share?
My best memories are trips on the Ski Train! I really enjoyed the old mountain bikers, dog walkers, and so many different groups.

Can you please talk about the role that NSAA and its volunteers play in our community and state?
Every event takes so many volunteers, it’s important to realize that every person can contribute. Whether you’re a parent cheering on your kids at a race and help with set-up or become more involved on a committee, everyone is necessary to continue putting on events. And if you volunteer enough you get to ride the trails on a snowmachine!

NSAA Volunteer of the Month: Doug Cobb

NSAA’s Volunteer of the Month is Doug Cobb, who has been involved with our organization for all 22 years of his Nordic skiing experience. He’s volunteered with NSAA Biathlon for four years.

NSAA: Please describe your volunteer position and work:
DOUG COBB: I’m on the NSAA Biathlon committee as head of maintenance for the biathlon range. I’m responsible for lead cleanup and ongoing repairs and improvements. I also volunteer as a Green Grunt to help time at high school races.

What do you love about Nordic skiing and biathlon?
I love Nordic skiing because it supports the community and schools, and I enjoy biathlon because it’s a shooting sport that involves fitness.

We appreciate your generous support of NSAA! Why do you choose to donate to NSAA?
NSAA supports the Anchorage community in many ways including races, Junior Nordic, trail maintenance, and the Ski Train (our family favorite). We choose to give monthly to allow NSAA to plan for the revenue throughout the year, not just when the snow is falling.

What does NSAA’s mission mean to you?
Quality trails are one of the reasons we live in Anchorage. Although Gary is the only avid racer, skiing is a life skill that allows us to get outdoors and enjoy the Alaskan winter.

Can you share a standout moment from connecting with NSAA and its programs and events?
The Ski Train is a highlight of our Alaskan winter. The consensus in our family is that we would rather prioritize the cost of those tickets than to go to somewhere like Disneyland.

Anything else about skiing, NSAA or other?
When we are out and about in the community and run into people, our kids default to thinking that we know people through skiing. ‘Did you know your dad was my coach?’ ‘Not really, but I assumed it.’

NSAA Partner Spotlight: Anchorage Women’s Clinic

Since the first day Anchorage Women’s Clinic (AWC) opened for business in 1995, AWC has been dedicated to providing Nordic skiing opportunities for our community. Aligned with NSAA’s commitment to support women and active living, AWC has strengthened the Alaska Ski for Women for many years.

For AWC co-owner and physician Dr. Tina Tomsen, this connection is very personal. Nordic skiing brought Tina back to Anchorage after college and medical school. Her Dimond High School coach, John Morton, connected her to Dr. Hedric Hanson back in 1986 to begin Tina’s career in practicing medicine and the rest is history.

Today, Tina is a self-proclaimed “lowly” Green Grunt who volunteers regularly at high school races. She says “lowly” because she is a novice compared to the many volunteers that bring decades of experience and skills to officiating.

According to Tina, all the owners at AWC, past and present, fully appreciate the benefits of fitness activities that the Nordic skiing provides, even if they’re not particularly skilled!

“Sponsoring a keystone community nonprofit like NSAA has always fit with our core values,” Tina said. “We appreciate that community and run into people, our kids default to thinking that we know people through skiing. ‘Did you know your dad was my coach?’ ‘Not really, but I assumed it.’

The Ski Train is a highlight of our Alaskan winter. The consensus in our family is that we would rather prioritize the cost of those tickets than to go to somewhere like Disneyland.

Anything else about skiing, NSAA or other?
When we are out and about in the community and run into people, our kids default to thinking that we know people through skiing. ‘Did you know your dad was my coach?’ ‘Not really, but I assumed it.’
What Alaska’s biathletes did this summer ...

Alaska is quickly developing a reputation for fast skiers and straight shooters. In August, eight Alaskans attended U.S. Biathlon's training camps in Vermont and New York. Representing Anchorage, Fairbanks, Nome, Kenai and Eagle River, Team Alaska improved their shooting skills and ski technique with the National Biathlon team and coaches.

Some of the Alaska athletes also attended the U.S. Biathlon Rollerski Championships at Camp Ethan Allen in Jericho, Vermont. Five Alaskan's had top five finishes. Travis Cooper, 21, of Kenai placed fourth in the sprint race, hitting eight of ten targets. Everet Darrow, 18, of Fairbanks, placed second in the youth sprint and was awarded a pair of Fischer Skimax for overall best male youth shooter. Helen Wilson, 16, and Grace Gilliland, 17, both of Eagle River and on the Anchorage Biathlon Club team, placed fourth and fifth respectively in the sprint race and then reversed the order in the next day's pursuit race. Torsten Renner, 16, of Eagle River placed an admirable fifth in the pursuit race. Cooper and Darrow both race for National Guard Biathlon and are members of the Alaska National Guard.

“Competing in the heat and humidity was a challenge, but watching the Olympians race was an eye-opening experience that has inspired me to train harder,” Darrow said after the sprint race.

Alaska’s overall performance was greatly influenced by Anchorage’s new biathlon coach, Marine Dusser, formerly of the French National Biathlon Team. This summer she conducted biathlon clinics in Nome, Fairbanks and Anchorage. She is soon to be the UAA Seawolves assistant Nordic coach and brings much experience to integrating the disciplines of shooting and skiing.

“This winter is a big race season for biathlon youth with Arctic Winter Games in Canada, Youth/Jr Biathlon World Championships in Estonia, and Nordic Junior Nationals in Soldier Hollow, Utah,” said Dusser. “All these races will have pre-qualification trials and I am prepared to see these Alaskan athletes achieve their goals.”

Notable winter 2017-18 biathlon races:
- Team Alaska Arctic Winter Game trials: Races 1 & 2, November 18-19, Birch Hill Recreation Area, Fairbanks
- Race 3, January 13, Kincaid Park, Anchorage
- Race 4, January 15, Kincaid Park, Anchorage
- Youth Jr World Championship Trials — January 28-31, Mt. Itasca, Minnesota
- Biathlon IBU Youth Jr World Championships — February 26-March 6, Otepää, Estonia
- 2018 Arctic Winter Games — March 18-24, Fort Hays, Canada

For more information about biathlon in Alaska and NSAA’s Biathlon program, visit www.anchoragenordicski.com/biathlon/.
No offseason: A dozer, cars and tons of trail work for NSAA Operations team

It was a productive summer of trail work for Bill and Craig. In early June, they started on the trails at Beach Lake in Chugiak and removed about 16 vintage junk cars that had been partially buried throughout the system. Most of the license plates dated back to the early ’60s and the dilapidated junkers have been an eyesore for all these years — however, they’re sure to be missed by some. A trail aptly named “Junkyard” just won’t be the same.

In addition, several thousand pounds of equally mature garbage was unearthed from two different pits and hauled away. The guys used a wheel loader to drag the cars out, loaded them on two trailers, one at a time, and made several trips to the recycling center on Whitney Rd. in Anchorage for disposal. They rented a small excavator for the garbage removal, loaded up a dump trailer and made a few contributions to the Anchorage landfill.

At Kincaid Park, Craig and Bill spent the rest of the summer rehabilitating some of the dark trails: Mize’s Folly, the Wall, Ice Box, Old Six and Hairpin. They restored the width to an 18-foot Type II level ski trail, improved visibility on the corners, stabilized the out slopes, and redefined drainage and ditch lines.

The highlight of the summer arrived when NSAA became the proud owners of a 2006 John Deere 450 bulldozer. Generous NSAA supporters donated more than $21,000 toward the purchase. We would like to thank all who donated and recognize the following families who were top donors contributing from $500-$5,000. Heartfelt thanks go out to Hancock, Volz, Gellert, Tham, Lapkass and French families. As always, the NSAA office staff did a great job soliciting donations and organizing the Dozer Days event. They even had a “name the dozer” contest. And the winner is … Bullwinkle! Next year, we’ll be looking for his companion Rocky … How about an excavator?

With the wet weather upon us, Craig and Bill have turned their attention to routine equipment maintenance and the Pisten Bully 600, which will need its tracks rebuilt with new rubber belting. In environments where these machines operate in deep snow, the belts last much longer. But since we spend most of our time operating on low base and hard conditions, the belts wear out twice as fast.

Again, we would like to thank all those who contributed time, money and muscle this summer to better the trails we all love. Your contributions make a difference and NSAA depends on the generosity of individuals. If you know people who enjoy the trails, please encourage them to show their appreciation and donate. We look forward to a great winter ski season and to seeing you on the trails!

NSAA Junior Nordic returns with added practice times to put fun in skiing fundamentals

NSA’s Junior Nordic registration begins October 1 with the season’s first session beginning November 14. Anchorage Junior Nordic is Alaska’s largest and longest-running cross-country program for kids. This season’s registration opened on October 1. Remember, some locations fill up fast so sign up today at anchoragenordicski.com/junior-nordic.

The season’s first session runs from November 13, 2017, to January 4, 2018; the second session runs from January 16-March 10, 2018.

New this season: After-school practice time at Kincaid and Hillside from 4:30-5:30 p.m. for beginners skiers, meeting at the regular time on Saturdays. Jr. Nordic is always looking for coaches. This year’s coaches’ introduction is 10:30 a.m. Saturday, October 28, at the Kincaid Chalet. Find out more at anchoragenordicski.com/junior-nordic-coaching.

NSAA welcomes Bullwinkle the Dozer to the fleet

Anchorage’s trail users enjoy the year-round maintenance and early skiing by NSAA’s Operation team, which is made possible by having the right equipment. This summer, NSAA raised funds to purchase a bulldozer and thanks to the generosity of 67 donors, the campaign raised over $21,000!

A community wide contest was held to name the dozer. Donors suggested names and voters decided on Bullwinkle (though a few tried for Dozey McDozer). Read more about the dozer in this month’s NSAA Operations article.

Volunteer to make the Alaska Ski for Women wonderful!

The 2018 Alaska Ski for Women event is less than five months away and planning has begun to make this year’s event the best one yet. For over 20 years, ASFW has been orchestrated by hundreds of generous community members, whom without their support this wonderful community event and fundraiser could not take place. We have volunteer opportunities for everyone — whether you have two hours of time or 20, we are looking for individuals with many different talents who want to help us make the 2018 event fun and memorable.

Please reach out to the event director Jenny Di Grappa at alaskaskiforwomen@gmail.com. For more information, visit anchoragenordicski.com/events/alaska-ski-for-women/.

Save the date, participate and volunteer for popular NSAA events!

Ski for Women: February 4, 2018
The wildly popular and powerful Alaska Ski for Women will be held Sunday, February 4, 2018. Volunteers are needed! Register, volunteer and learn more at anchoragenordicski.com/events/alaska-ski-for-women/

Ski 4 Kids: February 24, 2018
It’s never too early to get local kids excited for Ski 4 Kids, which arrives on Saturday, February 24, 2018. This is a fun-filled day with indoor and outdoor activities for kids and families. Register today at anchoragenordicski.com/events/ski-4-kids.

Ski Train: March 24, 2018
Ski Train leaves the station on Saturday, March 24, but it will sell out well before. Tickets go on sale October 1; join NSAA and buy your Ski Train tickets at anchoragenordicski.com/events/ski-train.

Tour of Anchorage: March 4, 2018
Same great race. Same great after-party! Get the details at anchoragenordicski.com/races/tour-of-anchorage.

AMH Anchorage Cup runneth over with racing!

The AMH Anchorage Cup community ski race series is fun for the whole family. Each event is designed for skiers of all ages and skill levels and includes a loop for youth skiers. This season’s series features five events; races begin at noon, sign up online (anchoragenordicski.com/races/amh-anchorage-cup-series) for a discount or register the morning of the event. New this season: Kids race their first race for free! There will also be a community ski/touring wave at each event and a ski racing introduction at the first event on December 10.

This year’s series consists of:
Sunday, December 10 — AMH Freestyle, Kincaid Park
Sunday, January 14 — Hick Duthuall, Hillside Park
Sunday, January 28 — Pack’s Classic, Kincaid Park
Sunday, February 11 — Sprint Relay, Kincaid Park
Sunday, February 18 — Sven Johansson (Tour of Kincaide), Kincaid Park
Saturday, March 3 — AMH Anchorage Cup Start, Kincaid Park
Sunday, March 4 — AMH Anchorage Cup Finish, Kincaid Park

NSAA calendar of events

OCTOBER
Sunday, October 1 — NSAA membership season begins; event registration begins
Sunday, October 1 — NSAA Biathlon programs online sign-up
Sunday, October 1 — NSAA Junior Nordic online sign-up
Sunday, October 1 — NSAA Ski Jumping online sign-up
Sunday, October 1 — NSAA Ski Train tickets go on sale
Wednesday, October 25 — First Anchorage School District high school practice
Sunday, October 29 — NSAA Ski Swap, Kincaid Park

NOVEMBER
Sunday, November 5 — NSAA Season Kickoff, Kincaid Park
Thursday, November 9 — NSAA Junior Nordic equipment pick-up
Sunday, November 12 — NSAA Junior Nordic equipment pick-up
Monday, November 13 — NSAA Junior Nordic Session 1 starts
Monday, November 13 — NSAA Ski Jumping begins

For more events and details, visit the NSAA calendar at anchoragenordicski.com/calendar.

Use the trails? We all do!

Be a friend of trails. Support NSAA for year-round trails.

the Alaska nordic skier
NSAA Ski Jumping program continues soaring in any weather and all seasons

BY KAREN COMPTON
A rainy summer ain’t no big thing for the NSAA Ski Jumping program. We had 15 solid weeks of training on our four hills at the Karl Eid Ski Jumping Complex on Anchorage’s Hillside.

Fifteen weeks of training translates into more than 230 jumps for per ski jumper — more than they’re likely to get all winter long. All of this summer jumping allows athletes to learn muscle memory and improve technique. The hours spent jumping together builds the community and is paying off for the program, both on the hills and on the podium.

Thirteen new kids took up the sport this summer/fall season, bringing the total number of kids registered for a ski jumping program during the 2016-17 season to more than 100.

The extra training also made a difference at Springer Tournee, ski jumping’s summer national competition held in Park City, Utah. Team AK had eight podium finishes in jumping and Nordic combined — a new club record!

The summer/fall season concluded at the end of September, then we spent October preparing the hills for winter jumping on snow. This involves brush-cutting and securing nets to the hills to keep snow from sliding off. The water system will also be drained and shut down for winter and the snowmaking will be fired up and ready to go when temperatures allow.

Our 2017-18 winter session begins November 13 and runs four days a week through March 8. Online registration opens October 1 on NSAA’s website, www.anchoragenordicski.com/ski-jumping. If you’re interested in ski jumping, or have questions, contact Karen Compton, the ski jumping’s program director, whose information is on the site.

Take a tour, savor the season with NSAA Tours’ 2017-18 schedule

Attention all you hungry-for-adventure skiers! Check out NSAA’s de-licious menu of backcountry ski tours for the 2017-18 ski season.

For appetizers, we are offering up more Friday Night Fun Skis followed by grub and grog at local watering holes. Entree feature weekend overnight stays with a progressive dinner at Sheep Mountain Lodge, up-country cooking at Denali View Chalet, and a potluck at Manitoba Huts. We also have a la carte choices of Turnagain Pass, Hatcher Pass and Williwaw Lakes, among others. And for dessert we will feature tasty tailgate treats on select tours. So come out and get your fill of snow, skiing, fun and fodder on this year’s backcountry tours!

Find more information about NSAA tours at anchoragenordicski.com/tours.htm. All tours are accompanied by members of the Anchorage Nordic Ski Patrol, who provide safety, trail sweep, and assist skiers with broken equipment or any other issues. Many thanks for their assistance! We look forward to skiing with you out on the trails.

If you have questions about tours or program or, contact one of the NSAA Touring leaders: Patti Phillips, Co-chair; NSAA contact, (907) 240-3742, phillipsg@ciugach.net; Mary Vavrik, Co-chair; Nordic Ski Patrol contact, (907) 306-7686, mvavrik@gci.net; Karlene Leeper, Co-chair; Denali View Chalet, (907) 440-0049, kbleeper@alaska.net; and Ken DePalma, Co-chair: AT and Tele-ski tours, 907-440-1562, traveler@alaska.net.

NSAA Backcountry Ski Tours 2017-2018

November 24, 2017 — 20th Annual Turkey Day Shakeoff - Archangel Road, Hatcher Pass, Talkeetna Mountains; Tour leader Ken DePalma.

December 9, 2017 — Iditarod Trail HNT from Eddie’s to Tungurahua Pass; Tour leader Mary Vavrik.


January 15, 2018 — Tour out to Matanuska Glacier along Caribou Creek. Tour leader — Ken DePalma.

January 19, 2018 — Friday Night Fun Ski. Mile 1.2 Campbell Amstip Road, Bashier Trailhead; Tour leader — Ken DePalma.

January 27, 2018 — Willow Lake and Middle Fork; Tour leader — Patti Phillips.

January 30-February 1, 2018 — Catch the Lunar Eclipse on January 31! Two overnight (midweek) at private cabin on Red Shirt Lake; Tour leader – Patti Phillips.

February 9, 2018 — Friday Night Fun Ski. Upper O’Malley Trailhead; Tour leader — Ken DePalma.

February 11, 2018 — Portage Lake and Pass; Tour leader — Patti Phillips.

February 17-19, 2018 — Two overnights at Manitoba Huts – Tele/AT and touring options; Tour leaders — Michael Heinrich, Karlene Leeper and Mary Vavrik.

March 2, 2018 — Friday Night Fun Ski. Glen Alps; Tour leader — Ken DePalma.

March 4-2, 2018 — Denali View Chalet, two overnights, Peters Hills; Tour leader — Karlene Leeper.

March 10-18, 2018 — Denali National Park, fly-in and out of Kantishna, ski to mountain passes; Tour leader — Bob Sutherland.

March 18, 2018 — Sniktau Glacier, Turnagain Arm, Kenai Peninsula; Tour leader — Patti Phillips.

March 30, 2018 — Friday Night Fun Ski. Prospect Heights Trailhead; Tour leader — Ken DePalma.

April 7, 2018 — Tagaqina or Hatcher Pass – TBD; Tour leader — Mary Vavrik.

How do you store your skis...

Vertical?

Horizontal?

In a pile on the floor?

Get organized this year! Buy and sell — NSAA Ski Swap.

PHOTO BY MAX GERMAIN

PHOTO BY KAREN COMPTON

PHOTO BY KAREN COMPTON

PHOTO BY KAREN COMPTON

PHOTO BY KAREN COMPTON

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAIN

PHOTO BY MAX GERMAN
Homerites head indoors to party. The and occasional emails. More in future newsletters, the KNSC events. Watch for details on these and pushki this year, we hope to get a lot snow. After all, pushki wants to be cow parsnip (pushki) reaches record heights, we’re going to have a lot of snow. Rumor has it that when the sun is written, in mid-September, the sun is – and thanks for our groomers! Nordic Program so we don’t have to buy a new fleet of skis for the Junior membership at the meeting and sign up for the Homer Women’s Nordic and Junior Nordic programs. Our aging fleet of tracked ATVs experienced numerous expensive breakdowns that far exceeded what we had budgeted for equipment maintenance. Thanks to an inventive and dedicated crew, especially Bill Hague and Bill Worsfold, we now have a preventative maintenance program in place which should minimize these expenses this season. And super-thanks to all of you, our members, for KNSC’s best membership season ever! Without those memberships, the extra expenses would not have been so easily covered. Those memberships will also help us buy a new fleet of skis for the Junior Nordic Program so we don’t have to turn anyone away for lack of equipment. Keep the memberships coming – and thanks for our groomers! See you on the trails! The 2017-2018 winter season is gearing up, so wax your skis! At the time this column is being written, in mid-September, the sun is out and fall colors are only starting to turn. Rumor has it that when the cow parsnip (pushki) reaches record heights, we’re going to have a lot of snow. After all, pushki wants to be higher than the snow to spread seeds. So, since some people had 10-foot-tall pushki this year, we hope to get a lot of snow this year to play and race in. In preparation, your KNSC board is flushing out the winter calendar of ski events. Below are highlights of some of our well-known annual events. Watch for details on these and more in future newsletters, the KNSC website (kachemaknordicskiclub.org), and occasional emails. KNSC Annual Meeting/ Potluck – November 4 You can tell winter is here when Homerites head indoors to party. The KNSC is one of the first organizations to kick off winter this way. On Saturday, November 4, the KNSC holds its annual meeting at 6 p.m. at the Homer Elks Lodge. Evening activities include food (bring your own potluck dish), door prizes, entertainment and lively company. Other highlights include a silent auction and a live dessert auction which sparks some fierce bidding and tickles the taste buds of winners. You can also renew your membership at the meeting and sign up for the Homer Women’s Nordic and Junior Nordic programs.

2017 KNSC Board of Directors meeting – November

Our annual meeting on November 4 also includes the election of three KNSC board positions. Volunteers, including dedicated board members, are the fuel that makes the KNSC run so smoothly today. The club is always eager to have people with the time and enthusiasm to take leadership roles in the organization. The board meets monthly, from September through May, on the first Wednesday of each month at 6:30 p.m. Board members help plan and maintain all the KNSC events – and eager volunteers – that run our year-round program, from grooming to fundraising. So if you want to do more for the ski club than enjoy the ski trails and want to be part of the board, notify any board member before the November 4 annual meeting.

Ski & Winter Gear Swap – November 15

Barter, trade, sell or give away your winter-fun equipment – from skis to snowboards, boots and clothing. Donations are accepted for the event to benefit local youth ski programs. And Homer High School volunteers will be on hand to wax skis as a fundraiser. Please clean up after the event and take all items with you. Please: no early birds or private business sales. Meet at the Homer High School commons on Wednesday, November 15, at 5:30 p.m. The event is free to attend.

KNSC Calendar of Events – Winter 2017-2018

This preliminary look at the calendar of events for the KNSC highlights the well-known programs that happen at the same time every year so you can start filling out your calendar of outdoor activities. More detail on these and other KNSC events will be published in the coming months.

ONGOING

October 16-April — Kachemak Women’s Nordic: Monday, Wednesday, Thursday, Friday from noon-1:30 p.m. and Saturdays from 10 a.m.-noon. For details, visit kachemakwomensnordic.com

NOVEMBER

Annual Meeting, Dinner and Auction — 6 p.m. Saturday, November 4, at Homer Elks Lodge.
Ski and Winter Gear Swap — 5:40 p.m. Wednesday, November 15, at Homer High School Commons. Find great gear, sell your gear, get your skis waxed, and register and pick up skis for Junior Nordic

DECEMBER

Groomers Clinic and Refresher — Date and time TBD at Lookout Mountain Maintenance Building. This is an important review/refresher for all KNSC groomers and an opportunity for those interested in becoming a groomer to sign up and learn the basics. Questions: 235-6018 or homerbrann@gmail.com. Ski Your Age — December 26 at Lookout Mountain Ski Area.
Homer ski trails also offer summer adventures

BY JEANNE WOODRING

If you’re not from Homer but have enjoyed our ski trails in winter – beautiful views, lovely habitat, great grooming – come down in the summer, as well, to discover the fun these trails offer. Below are summaries of the three major Homer ski trails that offer year-round adventures. Just as in winter, portions of these trails are maintained in summer by volunteers with the Kachemak Nordic Ski Club (KNSC) and other organizations to make it easy for locals and visitors alike to get out and enjoy.

Roller-coaster Baycrest Hiking Trails

In summer, the Baycrest trail system is a condensed version of the more than 30 kilometers of trails that are groomed in winter. The summer trails cover about 7.5 kilometers and meander through varied habitat, from thick forests to wet marshes to beautiful views. The elevation gain from the start to the top is about 400 feet, making the Baycrest trail a great place for aerobic exercise.

The main entry to the summer trail system, known as the Homestead Hiking Trail, starts at the Roger’s Loop Trailhead off the Sterling Highway as you drive into Homer (turn left just past the landfill and transfer station). This large parcel encompassing much of the Diamond Creek drainage, is known as the Homer Demonstration Forest. Park along the road next to the trailhead and head down the trail.

Volunteers from the Homer Soil and Water Conservation District and KNSC maintain this summer trail and their hard work is evident. Signs are posted to take you to a rustic “arboretum” or guide you down a nature trail to see designated flowers and plants. Two outhouses are a short way down the trail. The Homestead Trail continues past side trails and covers about four miles round-trip from the Roger’s Loop trailhead up the Serpentine Trail to the Reuben’s Bench on Midway, and return. “Hike” signs (sometimes) are placed along the Homestead Trail to keep you on the maintained path, which border and often run through private lands. The main trail contains plenty of boardwalks through marshy areas. The rest of the trail is mostly hard-packed and easy to hike, but may require rubber boots during rainy periods. Mosquito repellent is a handy addition when needed.

At the top of the trail sits a large bench that offers stunning views of the trail system, Kachemak Bay, and beyond. All summer long, picnickers and hikers climb to the top of the trails for a good workout and snack from the bench before heading back to their cars. Joggers and hikers use this trail system for lots of up-and-down exercise. During the Kachemak Bay Shorebird Festival, birding groups gather here to document song birds. The trail is designated as a “hotspot” on eBird, which lists the birds that have been observed here.

“Baycrest has a diversity of habitat, which attracts a good variety of forest birds,” said George Matz, a longtime skier and bird expert.

Native plant enthusiasts use the trails to find rare plants like orchids and other flora and fauna. In late summer, berry pickers find early blueberries throughout the trail system. All summer long, the open meadows on the upper part of the trail are bursting with colorful flowers.

The Baycrest Trails can be confusing to the uninstructed. Winter ski trails, which are not maintained for summer, can lead the unwary hiker astray. Look for trail maps at intersections and stay on the main trail. For a link to the summer portions of the Baycrest trail system, visit this site for the Homer Soil & Water Conservation District: www.homerswcd.org/demonstration-forest.htm.

Moose, bear and coyotes are also regular users of these trails, so dogs should be kept on leashes or on strict voice control. And remember, even well-mannered dogs need to be cleaned up after.

Enchanting Eveline Trails

Heading out Homer’s East End Road 14.5 miles takes you to Eveline State Recreation Area (SRA). Eveline sits at an elevation of 1,530 feet, which makes the habitat sub-alpine. Watch for the signs and turn left on Alpine Meadows Drive. A short half-mile drive brings you to the trailhead and parking. A sign in kiosk invites you to give your name, where you’re from and comments – and lots of signed-in visitors help bring revenue to maintain Eveline SRA. An outhouse lies a short distance from the kiosk.

Maintained by the KNSC volunteers in summer, Eveline offers a variety of hikes – from the short hike to a viewing platform and picnic table (handicap accessible) to the longer 1.95-kilometer perimeter trail. Shorter trails intersect with the perimeter trail and colored maps are placed throughout to guide you. Boardwalks cover a few marshy areas. Some trails may not be marked, and, as ski trails only, are not maintained in summer so hiking can be tricky. Please note if the map you are looking at denotes the winter ski trails or the summer hiking trails.

The Eveline trails have hills like Baycrest, but start at a higher elevation and are more rolling in nature so offer easier exercise. Everyone from hikers, joggers, bikers, bird watchers, plant enthusiasts and ordinary people use these trails. Even moose and bears have been spotted; volunteers who maintain the trails are quick to post signs of any animal encounters.

Like Baycrest, Eveline is also an eBird “hotspot,” featuring songbirds typically found in the shrubs near tree line.

The best things about Eveline are its plants and views. With a vast south-facing slope, Eveline’s wildflower show lasts all summer. Every two weeks, a different carpet of color covers the landscape – from Forget-Me-Not, dandelions and lupine in June to fields of bright fireweed in late summer.

Jane Middleton, a longtime Homer resident, botanist and educator, leads summer wildflower hikes at Eveline.

“The real reason I do it is because Eveline has a wide variety of native flowers,” she said. “This is an old-growth flower meadow and is easily accessible.”

And then there are the 360-degree views at Eveline – best seen from the viewing platform and picnic table. All of Kachemak Bay lies before you, as well as mountain ranges, Prout’s and Dixon glaciers, and volcanoes. On a clear day, you can almost see forever from Eveline.

Undiscovered Lookout Mountain

“The Lookout Mountain trail system is an underutilized gem for summer use,” said Dave Brann, who has championed building and maintaining Homer trails for decades. “The site has ample parking, mowed trails, wonderful wildflowers, and views of Mt. Augustine, Mt. Iliamna, and Mt. Redoubt.”

In winter, Lookout Mountain is the premier place for races, school team practice and scheduled skiing events. At 1,400 feet, the site often gets plenty of snow so the KNSC maintains from 8 to more than 20 kilometers of trail on a daily basis. Trails range from rolling meadows to challenging up-and-down routes with twisty runs. In summer, Lookout still offers adventure. John Miles, one of the key KNSC grommers at Lookout year-round, trims the grass on the wide, 5-Kracing portion of the trail system twice in summer, as well as maintains all aspects of the summer trail. The loops and dips of this trail are rigorous training for hikers and runners.

“This is a labor of love,” said Miles. “It takes hundreds of hours. But it’s a real privilege to do all of this.”

Homer and area running clubs are discovering the great way to use Lookout trails in the summer.

“I use Lookout as another location to trail run,” says Annie Ridgely, a local runner and administrative assistant for the KNSC. “Lookout is at a higher elevation, has varied terrain (thanks to trail designer Bill Spencer), and pristine views. I’m always alone when we are at Lookout, except for a few moose. And there are bathrooms! What else could you want? We love it.”

See HOME Page 10
Mat-Su Ski Club
WASILLA, ALASKA

AROUND THE VALLEY

Our amazing club, trails just keep on growing

When I first joined the board of directors for the Mat-Su Ski Club I was “odding” out the board member numbers for voting purposes. That was nearly nine years ago. The club had focuses of grooming the local high school trails, Independence Mine and Archangel Road. Our members were in the 50-ish range and we had hopes of starting a Junior Nordics program again in the Valley and upgrading to a tracked ATV for grooming, and our bank account was measured in the hundreds of dollars.

This summer has reiterated the growth of the club. We had spent the better part of a year fundraising to expand the trail network and Government Peak (which is a full 7 kilometers of lit trails). This spring the club initiated the build-out by making an agreement with the Matanuska-Susitna Borough’s Community Development department to be the general contractor at GPRA to create an additional 5.5 kilometers of intermediate trails in the uplands. It would be our most ambitious endeavor to-date.

The project was budgeted north of $200,000 with the club providing a large amount of the labor hours; we received grants from the Mat-Su Health Foundation and the Mat-Su Trails and Park Foundation, and contributions from numerous local businesses and club members. The construction began with club members dropping numerous trees well before actual trail construction could occur. We were on our way to new trails.

As many of you can confirm, this summer was not a dry summer and the native soils at GPRA are not what geotechnical engineers would call “good soils.” In fact as a number of our trail operators discovered that it was easy to find our rented track equipment buried up to the doors in mud. It was a difficult summer for construction and to date, our volunteer labor hours are nearly double of what was anticipated.

With those efforts in mind, most of the trails will be skiable this winter if snowfall allows. The new trails are nearly there, with some small amount of finish work to occur next spring. This was completed in no small part by a number of the club’s board members; most notable Mark Strabel (who was the primary equipment operator all summer), Ed Strabel (who provided many of the services to keep the equipment going and facilitated a lot of the logistical operations), Dave Musgrave (who provided oversight, as well as rolled up his sleeves to assist in the manual labor) and Lucas Parker (whose company, Kuchar Construction, was the club’s subcontractor for the install of the culverts and bridging at a substantially discounted rate). Additionally, there were numerous volunteers who showed up for work parties to participate in some off-season dryland training, aka manual labor.

With that said, this winter is going to be very exciting for GPRA. The new trails are fun and challenging, with a couple of butt-wrenching climbs which will reward skiers with some of the best vistas Southcentral Alaska has to offer. And the main descent will be a main attraction for those who enjoy speed. Without reiterating enough how thankful the club is for the support (physical and financial) from all the members and groups who helped create these trails. The new trails are truly a game-changer to Nordic skiing in the Valley.

– By Hans Hill, MSSC President

GPRA Intermediate Trails

AROUND THE BAY

Continued from Page 8

JANUARY

Besh Cups — January 20 and 21 at Lookout Mountain Recreation Area

Friday Night Lights — Friday, January 26, location depends on snow

Junior Nordic Program — 1-2:30 p.m. Saturdays from January 27-February 24. First session on January 27 at Lookout Mountain Recreation Area. Other locations TBA.

FEBRUARY

Junior Nordic Program — 1-2:30 p.m. Saturdays, February 3, 10, 17 and 24 at Lookout Mountain State Recreation Area.

Ski/Walk/Run for Women — Sunday, February 4, at Lookout Mountain State Recreation Area.

Backcountry Film Festival — 7 p.m. at Homer Theatre; date and details TBA.

Wine and Cheese and Wooden Ski Tour — Noon-4 p.m. Sunday, February 11, at location TBA.

MARCH

KNSC Nordic Ski Marathon — Saturday, March 10, at Lookout Mountain Ski Trails (starting line).

Sea to Ski — TBA, based on snow.

KACHEMAK

HOMER

Continued from Page 9

Local high school cross-country runners use Lookout for training and hosting races. A Kenai Peninsula Borough cross-country race with five teams attending used the trails for a regional meet in mid-September this year – for the first time.

Since the trails at Lookout are primarily on public land, leased from the Kenai Peninsula Borough, it is important to stay on the trails that are maintained in summer.

To reach the Lookout Mountain trail system, head up West Hill Road, turn right on Skyline Drive, then turn left on Ohlson Mountain Road. About three miles down this road, you’ll see signs directing you to the Lookout parking areas. The parking lot at the trailhead is large enough to accommodate day-use RV parking.

The best way to use the summer trails at Lookout are to reference the maps on the KNSC website (www.kachemaknordicski.club/wp/wp-content/uploads/2016/11/ Lookout.pdf). Start at the equipment shed, folllow the map and look at which trails are most recently mowed in order to find your way around.

the ALASKA nordic skier

BOAND OF DIRECTORS

PRESIDENT

Amanda Hill

VICE PRESIDENT

Dave Musgrave

TREASURER

Marit Youngblood

SECRETARY

Mike Norton

BOARD MEMBERS

Gene Backus

Dave Freer

Natalie King

Jeff Kase

Lucas Parker

Ed Strabel

Mark Strabel

Chris Tomson

Ashley Wise

ADMINISTRATOR

Tammy Sipos

Annual Membership Meeting – this time with beer!

This year’s Annual Membership Meeting occurs Saturday, October 21. Every year we try to improve on the event and make it more entertaining, so besides having pizza this year, we will also have Arkose Brewery beer for sale. The meeting will have the usual club business and update, but will also include a special speaker: Olympian Holly Brooks. It is truly the Valley pre-season event you do not want to miss. Doors open at 6:30 p.m. with Junior Nordics ski rental occurring earlier at 5 p.m. We hope to see you all there!

MSSC Calendar

Saturday, October 14 – Junior Nordics ski rental, 5-5:30 p.m., chalet

Saturday, October 14 – MSSC Annual Meeting and Club Social, 6:30 p.m. (pizza and salad), chalet

Saturday, October 14 – Mat-Su Ski Club starts grooming Independence Mine. (snow-dependent)

October 24-30 – Mat-Su Ski Club starts grooming Archangel Road (snow-dependent)

Monday, October 30 – High school ski season starts

Saturday, November 4 – Race to the Outhouse #1, 10:30 a.m., Independence Mine or Archangel Road
Events bring a busy welcome to the ski season

Jason Dennis / President, Chugiak Eagle River Nordic Ski Club

Hello Chugiak Eagle River Nordic Ski families: The termination dust is on the hills signaling the end of another summer. I hope everyone was able to get out and enjoy their favorite summer activates. My family was pretty busy with trips to the cabin, fishing, and some mountain biking. It was an exciting summer to see our partners CBMR (Chugiak Mountain Bike Riders) start their first summer biking program. Roughly 30 kids signed up for this program and it is off to a good start to become a great addition to the athletic programs available in Eagle River/Chugiak. As we move into fall we have some events planned to kick-off what should be another great year of skiing.

First, we start off with our general membership board meeting. This will be a fun meeting where we can meet up, share our summer adventures, and starting getting excited about another season. We will host this meeting at the Beach Lake Lodge on the lake on October 15. We have some important items to discuss ie financial standings, board elections, club bylaws, the general direction of the club, and possible rebranding the ski the Beach race. Meeting starts at noon and when club business is concluded we will have a potluck BBQ. Club will provide refreshments and main course; up to members to provide salad, dessert and sides.

Then from noon-3 p.m. October 22 we will be at the chalet getting all the rental skis ready to go for the year. This will have a family friendly tailgate party atmosphere where all are welcome. If you have ever wanted to know more about waxing but were afraid to try it on your own skis or just don’t know where to start, show up, give us a hand, and you can learn at the same time. If you still have rental skis from last year (and we know who you are) there are a number of ways you can return them: drop them off at my house anytime (17447 Kantishna Dr., Eagle River); bring them to the general membership board meeting; or show up the day of the waxing. We will start hounding you soon to get the rental skis back for this year’s group of kids.

Sign-up online for this year’s Eagle River Junior Nordic program will be done electronically at https://cernsc.wildapricot.org/. Registration should be open by October 15.

I look forward to seeing everybody and hearing about your amazing summer soon.

AROUND EAGLE RIVER

Chugiak Eagle River Nordic Ski Club fall events

General Membership Meeting and Barbecue, Beach Lake Lodge (at Beach Lake)
Nordic-3 p.m. Sunday, October 22 — Junior Nordic Ski Waxing, Beach Lake Ski Chalet - Come help wax 100 Junior Nordic skis - hot food and drinks
8 a.m.—noon Saturday, November 11 — Ski Swap and Junior Nordic registration, Beach Lake Ski Chalet
1:30 p.m. Saturday, November 18 — Junior Nordic Kickoff, Parent meeting, registration, ski rental, kids activities
6:45 p.m. Monday, December 4 — Junior Nordic start

Learn about these events and more at cernsc.wildapricot.org

ERJN Sign-Up Online @ CERNSC.wildapricot.org

ERJN online registration ends 11.18.2017

Two chances for ERJN rental ski’s and poles... 11/11 at Swap & 11/18 at Kick-Off

Sign-up online to save time and money

CERNSC
Jason Dennis
907.726.7092
Questions?
jedennis@ft.nyl.com
Looking forward to skiing, grooming, building and bathing

BY DEB ESSEX
Girdwood Nordic Ski Club

If the temperature were 20 degrees cooler in Girdwood, it would be dumping snow right now. This is the most optimism I can summon about the current forecast. I think all of us have shifted from “stop raining” to “start snowing” as we pack blueberries and salmon into the freezer. Right now, the fall colors are beautiful, and taking walks around the Nordic Loop has me excited for winter.

For the past five years, the Nordic loop has been the first available groomed cross-country skiing in Girdwood. Most of Girdwood’s groomed trails are in meadows, and they aren’t safe for grooming until 18 inches of snow accumulates. Don’t get me wrong… plenty of skiing takes place after the first dusting, but many residents wait for grooming. So once the snow flies, check our website and Facebook page for the latest grooming and trail updates.

In October, the Girdwood Nordic Ski Club will host a Kickoff BBQ Bonfire at the Nordic Loop trailhead. At 6 p.m. Saturday, October 14, we will have a food, fun, and fire for fellow trail lovers. Yes — you may bring a few treats to throw in the fire to appease Ullr, and bring a headlamp if you want to walk the trail. This month, GNSC will also be replacing the cracked bridges behind Our Lady of our Snows Chapel in Girdwood. This project will be completed by late October and the bridges will be dedicated in memory of Nordic enthusiast and volunteer Doug Knutson. Doug was active in the Nordic clubs of Fairbanks, Anchorage and Girdwood, and we are honored to remember him along the trail. Supportive and safe connections like these bridges will provide our community with a more connected trail system.

In November, the GNSC will begin organizing our volunteer grooming gang. We work in conjunction with the Girdwood Parks and Recreation and directly with Kyle Kelley to form a safe, insured and educated bunch. So once our 2017-18 season kicks off in October, and the insulated mugs will be at the trailhead to fill with hot chocolate or beverage of choice during our annual Solstice Bring on the Light ski and bonfire. These will be on sale with a thermos this year to celebrate solidarity with snow), and two colors of thermoses (white or blue). We went faster and more accurate manner. The GNSC also has new fabulous moose swag: white moose pins (in solidarity with snow), and two colors of thermoses (white or blue). We went with a thermos this year to celebrate our annual Solstice Bring on the Light ski and bonfire. These will be on sale once our 2017-18 season kicks off in October, and the insulated mugs will be at the trailhead to fill with hot chocolate or beverage of choice during the Solstice Celebration on Friday, December 22.

Our biggest news, by far, is our plan to build another trail loop in Girdwood. This loop will be located in the woods north of the Girdwood Airport. We have yet to present the final design for approval at the Anchorage Assembly, but are working with the Girdwood Trails Committee toward that meeting. To help guide this decision, we conducted a survey about trail use in Girdwood. To my surprise, of the 400-plus polled, the most used trail in winter, on a daily basis, is the Alyeska & Arlberg bike path. I see everyone walking along the sidewalk, but I didn’t really think about this “forest bathing” called shirin-yoku. With the help of Wikipedia, I found that taking short, leisurely visits to the forest for health benefits (forest bathing) is a practice in Japan. Makes sense. I realize I’m preaching to the choir here, so I’ll see you on the trails.

Once Moose Meadow is groomed, it definitely sees the most recreational traffic in winter. I encourage you to start your walk, ski, bike or snowshoe adventure in the Moose Meadow. Not only is it a great 2.2-kilometer loop, but the majority of trail users go here to walk their dogs or ski a quick lap or two. This is a great place to learn to ski and practice technique since it’s relatively flat. The meadow is also super fun because of the social aspect. I love to start here and then head down Horror Hill, through the upper meadows and into the woods if I’m walking, or over to the Nordic Loop if I’m skiing. Until then, I’ll be walking. Walking in the woods is a great way to relieve stress, find the last blueberries, ponder current affairs, or even grieve. The Japanese have a term for this “forest bathing” called shirin-yoku. With the help of Wikipedia, I found that taking short, leisurely visits to the forest for health benefits (forest bathing) is a practice in Japan. Makes sense. I realize I’m preaching to the choir here, so I’ll see you on the trails.
Celebrating 50 years of Interior skiing

Steven Hansen/President, Nordic Ski Club of Fairbanks

Greetings from the NSCF Board of Directors. We are particularly excited to welcome winter this year, as it is the 50th one since the formal founding of the Nordic Ski Club of Fairbanks. We plan to take the year to celebrate the history of skiing in the Interior, in addition to planning for the next 50. And, of course, take time to enjoy all the trails the Fairbanks region has to offer.

The history of cross-country skiing in Fairbanks predates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringing European techniques over to UAF. A search for warmer dates NSCF, of course, beginning with students bringi...
Q&A with Rebecca Heaton, NSCF Data Coordinator

Rebecca Heaton takes a swim in Puget Sound.

BY AELIN ALLEGOOD
NSCF Sponsorship Coordinator

Synergy is a powerful force that occurs when the interaction of two or more organizations combine to create a result greater than the sum of their individual efforts. Synergy with community support is at the core of the Nordic Ski Club’s mission to grow and support lifelong skiing experiences. At the heart of this synergy are corporate sponsors who believe in the club’s mission and see it as a natural fit for their business. Over the past season, the NSCF has seen a significant increase in corporate support, which has enhanced the skiers’ experience and helped cover essential costs such as bibs, supplies, and trail preparation.

Q: How are you involved with the NSCF?
A: I’ve been working with Sally Endestad for the past year as a volunteer with Junior Nordics. I’ve learned so much from her and am inspired at the way she brings families in to the ski club. No one gets left behind with Sally. Recently, I joined the NSCF team as the Data Coordinator – the person in charge of maintaining all of the membership data, event registrations, and coordinating online needs between/among the various programs within the Nordic Ski Club.

Q: How long have you been a cross-country skier? What do you remember about your first time on skis?
A: I’ve been classic skiing since I retired as a collegiate swimmer. I’ll never forget my first day outside on skis on the UAF trails… it was such a novelty to be exercising outdoors again. I was immediately hooked. I had downhill skied for years in Sun Valley but the feeling of classic skiing in Fairbanks with our amazing snow conditions was unlike anything I had ever experienced. It felt effortless.

Q: What do you like about cross-country skiing?
A: If I’m focused and relaxed (and the conditions are right) it is such an invigorating workout. For me, cross-country skiing was such a natural transition from swimming. I’m terrible but I enjoy every minute of it.

Q: Where do you like to cross-country ski and why?
A: I love the UAF trails because of the diversity in terrain. The trees are stunning and when I’m in need of sun in January, I head straight for the lake. I’ve skied the Savage trail near Denali several times with my husband and think it may be a close second. The wide-open view is unlike anything I ever saw in the Lower 48.

Q: When and why did you move to Fairbanks? What do you like about living in Fairbanks?
A: I moved to Fairbanks about 13 years ago. Washington had just cut its swim program and I was recruited to swim here at UAF. I grew up in Palm Beach, Florida, and never in a million years did I think I would end up in the Arctic. It wasn’t until I started cross-country skiing and joined the NSCF that I learned to stop fighting winter.

Q: What other activities do you enjoy besides skiing?
A: Still swimming a few mornings a week and recently competed in my third open water competition. I’m working on a pilot’s license and have recently taken on the restoration of a historic property downtown Fairbanks with my husband. The most inspiring people I know never stop learning or growing. I’m just trying to live by that example for our four kids.

Q: Is there anything more you want to tell us about yourself?
A: Yes! I’ve loved getting to know members of the NSCF. Everyone should give the NSCF a try and put their membership to use! Get involved and don’t be afraid if you know nothing about skiing. There is no friendlier group in Fairbanks… and if you know how to ski, you should sign up for the Junior Nordics program.

Look to the Alaska Nordic Ski for monthly Q&A profiles with different NSCF club members during the 2017-2018 season.
Winter is coming soon: Plan your hut stay now

BY MACKENZIE BARNWELL

The termination dust is sprinkling the peaks, folks. Winter is coming and fall is here! Alaska Huts is excited for a change of season, and we hope you are, too. We celebrated the beginning of winter with our annual Woodstock event on September 23. We stocked Manitoba Cabin and Yurts with firewood and enjoyed a potluck and live music. If you didn’t make it this fall, keep an eye out on Facebook, Instagram and our website – we will be hosting similar events in the future!

While we enjoyed a summer of sun and berry picking at Manitoba, we are anticipating the ski season and the forecast of a good snow year. Manitoba is one of our favorite places to be once the weather turns chilly; there’s nothing like a well-stocked woodstove and the warmth of a cozy cabin after a day in the snow.

We had our busiest winter yet in the 2016-2017 season and are looking forward to hosting more Huts enthusiasts this year. To prepare, we have added firewood storage and prepped the grounds, cabin and yurts for the season. As always, a huge thank you to our volunteers and supporters for helping Alaska Huts thrive. Thanks to all of you, Manitoba continues to be one of our favorite retreats.

As we approach colder temperatures, are you dreaming of curling up at Manitoba, enjoying some fresh powdery turns and an evening sauna? We take bookings for Manitoba 6 months in advance, so look us up at alaskahuts.org to reserve a spot.

With our two yurts and hut-keepers quarters, there’s a spot for everyone. We look forward to seeing you all there!

Approaching the starting line of a season of awesome racing

BY CCAK

Fall is the season to get prepared for the upcoming ConocoPhillips Besh Cup race series! First – renew your membership with your local ski club! Next, check with your local ski club for upcoming swaps; even if it’s to get dryland training gear, extra poles or add another pair of skis to the collection. If you grew since last season, a trip to your local gear store is on your list, as well.

Message to skiers

ConocoPhillips Besh Cup races are sanctioned by USSA; therefore all skiers need some kind of license. The U.S. Ski & Snowboard early bird membership registration deadline is Sunday, October 15, at 5 p.m. MDT. Price increases go into effect on October 16. USSA requires that all participants of Besh Cup races have one of the following prior to signing up for a race: USSA Short-term Membership license (good for one race); USSA General Membership license; and/or USSA Competitor license (for skiers who wish to be scored and be considered for Team Alaska).

New in 2017-18 – Short-term memberships are only available online and will not be offered in person on race day. You must have proof of a short-term membership when you sign up for the race.

Please visit my.ussa.org/membership/start to purchase and renew memberships.

Registration fees per race – U16 & older, $35 pre-race/$45 day of race; U14, $20 pre-race/$30 day of race; U12 & younger, $7 pre-race/$10 day of race.

Message to coaches

Cross Country Alaska (CCAK) is looking for qualified individuals to fill positions on the coaching staffs for: 2018 Junior National Championships, March 3-10, in Soldier Hollow, Utah; and 2018 Arctic Winter Games, March 18-24 in South Slave/Hay River of the Northwest Territories, Canada.

CCAK is exploring fielding a team for the 2018 Inner Mountain Division Youth Championships, February 23-25 in Jackson, Wyoming. Fielding a team and coaching staff for this event will depend on coach availability, parent involvement and the potential of fielding a team beyond the U14 skiers who attend AWG. This will be analyzed throughout the preseason and the possibility of fielding a team will be decided by December 15, 2017. If this is possibly of interest to you, please indicate this within the cover letter of your application.

Deadlines for application submission:

- October 15: Trip Leader and Head Coach for the Junior Nationals Team; November 1: Coaching staff positions for Junior Nationals, Arctic Winter Games, and Inner Mountain Division Youth Championships; the deadline for the head coach position for Arctic Winter Games has passed; the Arctic Winter Games head coach will be announced by October 20, 2017. Applications are available at crosscountryalaska.org.

Important dates ahead

- October 1 – Besh Cup registration opens
- November 30 – Early registration discount deadline (six races for the price of five for U16 and older age groups)
- December 13 – Registration closes for Besh Cup 1 & 2
- December 16 – Besh Cup 1, Kincaid Park, Anchorage
- December 27 – Besh Cup 2, Kincaid Park, Anchorage
- January 6-11 – USSA Senior Nationals, Kincaid Park, Anchorage
- January 17 – Registration closes for Besh Cup 3 & 4
- January 20 – Besh Cup 3, Lookout Mountain, Homer
- January 21 – Besh Cup 4, Lookout Mountain, Homer
- January 31 – Registration closes for Besh Cup 5 & 6
- February 3 – Besh Cup 5, Birch Hill, Fairbanks
- February 4 – Besh Cup 5, Birch Hill, Fairbanks
- February 22-24 – State High School Cross Country Ski Championships, Birch Hill, Fairbanks

Thank you to ConocoPhillips Alaska!

Last but not least, Cross Country Alaska thanks ConocoPhillips Alaska for once again sponsoring the six Besh Cup races that serve as qualification events for Team Alaska! Whether or not you are seeking a position on Team Alaska, Besh Races provide skiers the opportunities to race within age groups in a fun atmosphere. Learn about upcoming races, volunteer opportunities and more at crosscountryalaska.org.
Tips for new Fairbanks Junior Nordics parents

BY SALLY ENDESTAD
Junior Nordics Coordinator

Families with multiple kids, take a notebook to the store and jot notes on boot, ski and pole sizes needed for all children.

Visit ski swaps to look for your specific needs before shopping at stores for retail prices. The kids grow so fast and you might find that they grow out of their equipment during the season. To avoid this problem, purchase boots with a bit more room and double the socks. It may be used in Fairbanks when our cold temps hit.

Make sure if your child has never skied before to try on all the equipment inside on your living room carpet. Allow them the space to move around and find their balance a few times. Carve out some time at the ski area for them to safely put on their skis and begin to slide around even if they’ve never tried it before. That will help give them the necessary confidence it will take to successfully navigate the first lessons.

A sense of humor on the days when it is really cold goes a long way in creating the steadfast attitude that all things are possible with the right attitude. Whatever the conditions, we’ll make the best of it.

Always carry extra mittens, handy heats and a neck warmer on days when it is cold. You can reuse them multiple times if you seal them in a jar before they lose their heat.

Your car should be stocked with an extra bag containing socks, hats, mittens etc. You will need them at some point for your children or others who may be skiing with you.

Label everything! Lesson days get crowded with excited kids who may not be paying attention when they pick up their belongings. Take a moment to be sure they have theirs.

Junior Nordics skiers Bridger Peterson, Caleb George, Reid Merrill and Ellie Abrahamson lead a group as they skate ski around the Birch Hill stadium enjoying the warm spring weather in March 2017.

A warm snack before Jr. Nordics lessons along with water in the car afterwards (they really do work up a sweat!!) goes a long way in making your experience a good one. It also is setting the stage for the care of their bodies for any future endeavors.

Enter the town series races! They are family oriented and give your child a chance to strut their stuff no matter what level they are at.

A sense of humor on the days when it is really cold goes a long way in creating the steadfast attitude that all things are possible with the right attitude. Whatever the conditions, we’ll make the best of it.

Always carry extra mittens, handy heats and a neck warmer on days when it is cold. You can reuse them multiple times if you seal them in a jar before they lose their heat.

Your car should be stocked with an extra bag containing socks, hats, mittens etc. You will need them at some point for your children or others who may be skiing with you.

Label everything! Lesson days get crowded with excited kids who may not be paying attention when they pick up their belongings. Take a moment to be sure they have theirs.

BY ZUZANA ROGERS
PT, SCD, SCS, COMT
Advanced Physical Therapy

Don’t rest completely. Resting decreases the ability of the tendon to take load.

Do. Reduce loads to a level that the tendon can tolerate and then slowly increase it.

Don’t use only passive treatments. Ice or heat can give you temporary relief but won’t improve the ability of the tendon to take loads.

Do. Address possible inflammation and scarring using targeted manual therapy followed by an exercise program that gradually increases safe loads to the tendon.

Don’t have injections treatments that inject a substance into the tendon. Clinical trials do not support these treatments. Injections to the proximity of the tendon can be recommended if the tendon has not responded to an exercise and manual therapy based program.

Don’t ignore your pain.

Do. Manage the loads on your tendon accordingly; pain is a way of telling you that the load is too much. Reduce the aspects of training that are overloading your tendon.

The highest loads are when you are using your tendon as a spring (jumping, sprinting).

Don’t stretch your painful tendon aggressively; vigorous stretching can add compressive loads that are detrimental to healing.

Do. Follow a predetermined mobility and load regimen (talk to your physical therapist about it).

Do. Set reachable goals and follow a path to full healing. Talk to your physical therapist; they can create a progressive exercise program that suits your tendon’s loading needs.

Source: Prof J.J. Cook, PT, PhD, Professor of Musculoskeletal Health, La Trobe Sport and Exercise Research Centre, Melbourne, Australia.

PHOTO BY AELIN ALESSANDA