ANCHORAGE:
A fine photo finish in NSAA’s contest

STATEWIDE:
Kenai’s Travis Cooper sets sights on Team USA.

MAT-SU:
Feel the racing chill in the Double Icicle

Anchorage . . . . . . . . . . . . . 2
Eagle River . . . . . . . . . . . . . 15
Fairbanks . . . . . . . . . . . . . . . 12
Girdwood . . . . . . . . . . . . . . . 9
Kachemak . . . . . . . . . . . . . . . 10
Mat-Su . . . . . . . . . . . . . . . . . 11
Statewide . . . . . . . . . . . . . . 8-9, 15-16
Annual Meeting: Kicking off the season with fun

Another great start to the season! Thank you to all the NSAA and community members who attended the NSAA Season Kickoff Party on November 3. The Outdoor Activities Expo was a mixture of local clubs, business and events looking forward to the winter months; we appreciate them coming out to celebrate the start of the 2019-20 season with us.

A special thank you to all the other door prize and silent auction donors, your generous support is funneled directly to our trails. Sheila Swanson was the lucky winner of this year’s Classic or Skate (Heads or Tails) swap. The NSAA is happy to host this even every year just to see the smiling faces leave the Kincaid Bunker, excited for the snow. Thank you to all the door droppers, shoppers and volunteers!

Happy shoppers show off the goods after their visit to the annual NSAA Ski Swap.

NSAA Ski Swap: Great deals, big smiles

The line was long, but the deals were amazing! Over 150 people registered gear to sell at the NSAA Ski Swap on October 27 and many more families purchased new skis and outdoor goods for the upcoming season. NSAA is happy to host this even every year just to see the smiling faces leave the Kincaid Bunker, excited for the snow. Thank you to all the door droppers, shoppers and volunteers!

Ski Train: On the tracks to fun

Get your seats today! With two new beer car sponsors, tickets are selling fast and the time to get yours is now! Thinking about holiday gifts for friends and family? Get them a Ski Train ticket and get a Ski Train Hat for 50 percent off. Call the NSAA Office for more details. This special deal runs through December 24. NSAA Office: 907-276-7609.

NSAA Backcountry Ski Tours

If you have questions about tours or program, visit anchorageordrski.com, programs/backcountry-tours.

Tumugan Pass, Kenai Mountains

Moderate II; 8 miles; Elevation gain: 1,000-1,100 feet; Tour Leaders: Monica O’Keefe, 907-350-5300, monicaoskeefe@gmail.com and Lisa Masso, 812-599-7566, lismasso@gmail.com

Enjoy a great ski on a part of the NWT. We’ll start at the bathrooms on the east side of the highway at Tumugan Pass. We will begin with a gradual ski in on a well-developed trail through the forest with short climbs on a narrow trail 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 down to the parking area. Meet at the Chugach State Park Headquarters (at the train south of Potter Marsh) at 9 a.m.

Saturday-Sunday, January 18-20 – Sheep Mountain Lodge, two overnights

Talkeetna Mountains

Easy I; Pick your distance, up to 15 miles (24 km) or more; Elevation gain: 50-300 feet; Tour Leader: Elizabeth Buemink, 907-932-3956, ebuemink@yahoo.com

Enjoy two overnights over MLK Holiday weekend at Sheep Mountain Lodge in group cabins. Ski on 24 km groomed non-motorized trails or beyond on 60 miles of multi-use trails at Sheep Mountain. Meet Saturday and Sunday. Monday, ski out to Matanuska Glacier along Caribou Creek. Space is limited; contact the tour leader to make your reservation early and get logistical details. A deposit to hold a spot is required by January 1.

Monday, January 20 – Matanuska Glacier from Caribou Creek (Muk Holiday)

Moderate I, due to distance; 10 miles; Elevation gain: Downhill at beginning and end, generally flat; Tour Leader: Elizabeth Buemink, Sheep Mtn., 907-932-3956; ebuemink@yahoo.com; Mary Vavrik, (Anchorage Cans Mulkton carpooling) 907-306-7686; mavrik@ig.net

Meet at 8:30 a.m. at Cars Mulkton where we’ll drive up to Caribou Creek pullout (Mile 106 of the Glenn Hwy) to ski to the toe of the mighty Matanuska Glacier. We will meet skiers coming from the Sheep Mountain Lodge weekend. The ski will be on and off the creek and through some brush, but mostly open terrain. Be prepared for cold and wind. Make sure you have lunch and water. If you choose to meet at the trailhead, be there at 11 a.m. For those skiing with dogs, traps are in the area. Please bring a leash for your dog on this tour.

NSAA Calendar

December

2, Monday – Junior Nordic Session #1 Starts

2, Monday – Ski Jumping – Winter Session Starts

7, Saturday – ASD High School Freestyle Snowball Race - Hillside

7, Saturday – Backcountry Tours – Iditarod National Historic Trail (NHT)

7, Saturday – Backcountry Tours – Iditarod National Historic Trail, Tumugan Pass, Kenai Mountains

8, Sunday – Biathlon Race #1

14, Saturday – ASD High School Lynn Lopretto – Kincaid

15, Sunday – AMH Anchorage Cup – Hillside Freestyle

15, Sunday – Solstice Tree Tour

Another great start to the season with fun – thanks to AMH for donating the grand prize, a new pair of skis!
Encouraged by the success of the inaugural Tour of Anchorage fat bike races in 2019, a 25-kilometer bike event will be added this season's event on Sunday, March 8, 2020.

The bike race will start at Alaska Pacific University near the Moseley Center and finish outside the Kincaid Park Chalet — just like the 25K ski events do.

The main difference is the 25K bike course will continue on the Coastal Trail all the way to Kincaid instead of finishing up on the Sisson and Mize trails. Staying on the multi-use Coastal Trail is likely to provide a firmer surface than on the ski trails where the 50K and 40K bike races finish.

"The 25K is achievable for riders of almost all abilities, which was the main motivation for adding it," said TOA race director Matias Saari said.

The 25K will begin at 4 p.m. in order to limit overlap with the other bike and ski races while still allowing adequate time to finish before dark.

In 2019, the bike races drew 193 entrants and 174 finishers — 109 in the 40K and 65 in the 50K.

"We hope to attract 300 bikers in 2020," Saari said. "The races will have only an Open division (the Sport and Masters Divisions have been eliminated). Award will now also go to following age-group winners: 29 & under, 30-39, 40-49, 50-59, 60-69 and 70 & over.

Tour Double — For the 50K ski/50K bike double, a new award will go to the male and female with the fastest combined times.

Swag — All entrants will receive a complimentary Tour of Anchorage souvenir (item to be determined) when they pick up their bib.

High school reduced entry — Entry fees for ski and bike entrants ages 13-17 have been reduced to $50. "Currently there are very few teenagers participating, and we want to change that," Saari said. "The 25K and even the 40K are perfect as a fun end-of-season event, but kids that age shouldn’t have to pay what adults do."

Register for and learn more about the 2020 Tour of Anchorage at anchoragenordicski.com/tour-of-anchorage/.

You’ve seen Shrek at the races — he’s green and he’s awesome! Colin Hawkins is one of the many volunteers who call themselves the Green Grunts, but Colin is usually decked out in a hand-knitted Shrek hat and green tarp but Colin is usually decked out in a hand-knitted Shrek hat and green tarp, and all the smiles.

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While all the Grunts are generous volunteers, Colin stands out because of his kind nature and his sarcastic wit and humor – oh, and he's dressed in all green! Thank you to Shrek for all the hours on the course, all the cold days and all the smiles.

Want to join the fun and community engagement as an NSAA volunteer? Learn more and sign up at anchoragenordicski.com/stay-connected-volunteer/.

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Photographic memories

The best of Alaska’s Nordic skiing adventures captured in the 2019 NSAA Photography Contest

It isn’t difficult to find kids having fun in the snow at NSAA’s annual Ski 4 Kids event. But Jen Aist found one of last season’s Ski 4 Kids participants having the best time ever with the biggest smile ever and captured it with a photo that she aptly named, “Pure Joy.”

The fall, Aist and her photo won over the online voters in the 2019 Nordic Skiing Association of Anchorage Photography Contest, who named Aist’s shot Best of Show. Her winning shot was among 119 entries in the 2019 edition of the annual competition. Top photos were showcased at the recent NSAA Season Kickoff.

For taking top prize, Aist earned a $50 gift card from Alaska Mountaineering & Hiking. Winners in each of the eight categories earned $25 gift cards from AMH; second-place entrants received $20 AMH gift cards; third-place entrants received $15 AMH gift cards. NSAA, the Anchorage Nordic ski community and contest photographers thank Alaska Mountaineering & Hiking for the generous prizes.

NSAA also thanks the members who went online to vote for their favorite photos, as well as Justin See PHOTOS, Page 5

Jen Aist caught the fast, furious and fun start of Ski 4 Kids.

Elizabeth Knapp’s photo proves that everyone deserves a snack break during a bluebird backcountry tour.

Terri Pauls wears her sun day, fun day best while doing tele turns. Photo by Joe Kurtak.
Ritter for his graphic design and technical assistance in creating the 2019-20 calendar.

NSAA selected contest photographs for its 2019-20 calendar, which is on sale now. Calendars are $15 at the NSAA office, AMH, Skinny Raven, Title Wave Books, and The Hoarding Marmot. Calendars also available online at anchorgenordicski.com/merchandise.

2019 NSAA Photography Contest

Grand Prize — Pure Joy (Ski 4 Kids 2019) by Jen Aist.


Groomed Trails — 1. Enjoying the fresh corduroy (Hatcher Pass Mine) by Elizabeth Knapp; 2. Skating on fresh snow by Kathleen Metcalfe; 3. Lake Loop (Kincaid) by Kathleen Metcalfe.


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NSAA Members Spotlight: Tasha and Randy Bergt

BY GAIL SKURLA

The 2019 NSAA Lifetime Member Award recipients, Tasha and Randy Bergt, have a deep history with the Nordic Skiing Association of Anchorage. Tasha humbly claims to be undeserving of the honor, yet she and Randy, who died in an avalanche in November 2017, have impacted communities near and far with their passion for all things skiing, both Nordic and alpine. From racing to Junior Nordic coaching to leading a legendary high school cross-country ski team to victory … their names pop continually in the annals of local ski lore. Tasha gave a fabulous interview to NSAA via email. She wrote:

I started Nordic skiing when I was a little kid in Fairbanks. I have a great picture of us using toilet plungers as poles. We also had MacKenzie River huskies, and my mom would dog-sled us to school at University Park. We left for Hawaii after the ’61 flood and didn’t return until my senior year. I always ran cross-country, so I joined the West Valley ski team after running was over; not really realizing that you needed to know how. I crashed a lot. From then on, I was hooked, and the emergence of skate technique made it even more fun. Around this time, I watched a Warren Miller movie and decided I was meant to be a ski skier. Too. After lots more crashes, I got the hang of it eventually by following Randy who, unlike me, was a beautiful alpine skier.

Randy started skiing up at Arctic Valley and Alyeska when he was little and, like lots of Alaskan kids, used skis to get around. My favorite quote from Randy’s mom is, “If I hadn’t have been there, I would have thought he was born on skis.” Later he lived on the trails at University of Alaska Fairbanks and skied with the team there. He loved to think of himself as an “all-around skier” and tried to promote the value of this philosophy when he was coaching or visiting with ski friends. He took his first avalanche backcountry classes in Turnagain Pass back in the early ’80s, on good fashioned European 90s, which we still have in the shed.

Our first date was skiing the trails in Fairbanks to his cabin. He made me a tuna sandwich and that was it. I was his “first ski kid.” I know that my new life would be so intertwined with skiing, and in and after college we spent many winters in Alta, Utah, culminating with ski school and ski patrol jobs, making some dear lifetime friends. Even during these years we often Nordic-skied up the cat tracks after the lifts were closed, enjoying a pretty wild ride back down to the lodges.

Finally, Alta put some Nordic trails in – challenging at 8,000 feet. One year we got 500 inches of snow before Christmas. That was Alta.

When we moved back to Anchorage, we started by coaching Junior Nordic and working at Alyeska on the weekends. Later, we coached middle school (me) and the amazing Service High School team.

I found this quote above Randy’s desk. It is written with alpine in mind, I believe, but I often think of it on a perfect cross-country day: “Skiing is like a dance with the mountain. You move with ease from side to side, suspended by a magical thread somewhere between heaven and earth. When you are touched by the spirit of skiing, you know the joy of the mountain and the freedom of the wind.”

If you love skiing, support for NSAA is just a no-brainer. We are so lucky to live in a winter city that values our trails and, in my opinion, NSAA has taken the leading role in this. The infrastructure that NSAA has set up for future generations really is a treasure. It takes a few trips outside Alaska, paying $20 or more to go cross-country skiing, before you realize how fortunate we are. Skiing should be for everyone.

NSAA has grown so much since we moved back here. I really think the whole secret is Junior Nordic. I have seen so many families begin their journey with skiing beginning with their kids. I love the way NSAA grows but still feels so friendly and personal. There is a place for everyone as life ebbs and flows with time commitments and interests. The kids move on to high school and club teams and beyond, but this is the base. We should never forget this.

I think all of our best memories came with coaching that amazing Service ski team. We never were able to have kids, but really, the families were gracious and we felt like they were ours, too. More recently I have so enjoyed introducing kids to cross-country skiing as a PE teacher at Huffman Elementary. Seeing that joy in the face of a kid mastering a downhill for the first time really is all I need. All those faces and memories are a gift now that Randy is gone. Such a blessing.

Here is a fun moment I will leave with that sums up NSAA. Well, Randy and I did a bit of ski racing, too, back in the day. Not sure what year it was, but National Musters was in Anchorage and we were experiencing a seri meltdow. As usual, Tim Stone and crew would not give up. We had the classic race up on Glen Alps. It was a blizzard – blowing horizontally. I tucked in behind Liz Butera and shamelessly used her as a windbreak most of the way. You couldn’t see one foot in front of you. Just as I was reaching the turnaround and thinking … what kind of idiot would be out here today? … there was McGill and DeeDee cheering and working the turnaround way the heck up the trail. They were out there in the boondocks in their volunteer position for hours, just trying not to get blown away – unassuming heroes just acting like it was the most normal thing in the world. A true NSAA moment. I think the Lower 48 racers got a little schooling. Alaskans are a tough lot! So proud to be part of this NSAA legacy!

Progression is the key to safe ski jumping

BY ADAM LOOMIS

Coach, NSAA Ski Jumping Program

The world record ski jump is 253.5 (832 feet). It would take the fastest sprinters in the world more than 30 seconds to run such a distance, while ski jumpers fly this far in eight seconds. Given this fact, and popular culture like the Eddie the Eagle movie and the Agony of Defeat, you might think that ski jumping is crazy. If we asked you to try a 200-meter jump, it would be crazy.

But that’s not how ski jumping works. Here in Anchorage, beginner jumpers start on a 18-meter hill. The end of the takeoff is slightly higher than a step stool, and most jumpers could jump farther on foot than they will on their first jumps. Sound too boring? A strong jumper could fly 20-30 feet on this first hill, and when they master initial skills, we have three increasingly large hills to work towards, with leaps up to 70 meters (230 feet) possible. Progression is the name of the game. That’s what keeps ski jumping safe – yet exciting! Developing ski jumpers are motivated to move up to bigger hills, and their coaches teach them the skills necessary to do so. Progression occurs only after an athlete has contributed to their technique and the team. The first leap off a bigger hill is often an exciting and trying experience. Jumpers learn that ultimately, it’s on them to let go of the bar and take that first jump on a bigger hill. On the hill, they are rewarded with more speed and air time than ever before. Perhaps more consequentially, after the fact, they can always draw upon the self-confidence gained from a commitment to progress and pushing boundaries.

Over the years, improvements in technology, regulations, coaching and facility have all contributed to making ski jumping a surprisingly safe sport. Despite this, few things will take you closer to the thrill of flying. Ultimately, we are the original extreme sport, but one that happens to be safe. As a proponent of this sport, I try to convey this message in balance. The best jumpers often have a thrill-seeking streak in them, but parents need to understand that signing their child up for ski jumping is no more reckless than placing them any of the in most popular summer and winter sports.

For more information about the NSAA’s Ski Jumping Program, visit anchoragealaskaski.com/ski-jumping/
Fun on skis awaits elementary students, thanks to Municipality of Anchorage Ski Outreach Program and Ski 4 Kids

BY DARYC DUGAN

Even before the snow flies, school children around Anchorage are eagerly awaiting their chance to ski. For some, it will be three days a week through the Nordic Skiing Association of Anchorage (NSAA) Junior Nordic program. For others, it will be a school day ski adventure through the Municipality of Anchorage Ski Outreach Program. The outreach program, partially funded by Ski 4 Kids proceeds, enables around 500 students a year to take a field trip to the Lidia Selkregg Chalet at Russian Jack Springs Park for an afternoon and glide on snow.

Since 1995, the municipal program has hosted over 7,500 participants from 34 schools and organizations. The program was originally started by Jerry Walton of Anchorage Parks and Recreation and Holly Hill, an Anchorage School District teacher and Anchorage Junior Nordic coach. Class fieldtrips began in 2012 and have mostly served Title 1 schools, providing an opportunity for kids that may not otherwise have a chance to ski. In recent years, an annual grant from Ski 4 Kids has funded bus transportation, and gear is provided by Anchorage Parks and Recreation. Municipality staff join parents and volunteers to assist new skiers and lend guidance on technique.

“The program is fantastic,” said Jamie Eistetter, Muldoon Elementary Physical Education teacher. “You can tell the value of the experience just from seeing the kids’ smiles and hear the way they talk about it. The impact is not just that day. It lasts all year. As soon as school starts in the fall, they ask. ‘Hey Mrs. Eistetter, can we go skiing at Russian Jack?’”

Eistetter has taken 3rd or 4th grade classes the past three years. She prepares the students by getting them on skis during PE and teaching them the basic skills. However, skiing on hills near the chalet is a big step up from the flat track near the school. The challenge of trying out new and varied terrain at Russian Jack creates a lot of excitement, as well as growth and confidence.

“Every year I’ve heard kids say ‘This is the best day of my life,’” Eistetter said. “It’s really powerful.”

For more information on the Outreach Ski Program, how to arrange a field trip for your school, or to volunteer on a field trip, contact Anchorage Parks and Recreation at 907-343-4217.

Students from elementary schools not scheduled for field trips can try out the sport and other outdoor winter activities for free at the annual Ski 4 Kids event, to be held this season on from noon-3:30 p.m. Saturday, February 22, 2020, at the Kincaid Park Chalet. Individuals, companies, and organizations interested in donating to Ski 4 Kids to continue this tradition of grants for the Municipality’s Outreach Ski Program as well as other local ski programs are encouraged to contact the NSAA office at business@anchoragenordicski.com. More information about the Ski 4 Kids program, including event details, sponsor forms, volunteer sign-up, and the grant application process, can be found at anchoragenordicski.com/events/ski-4-kids/.

Alaska Ski for Women combines skiing and community impact

BY JENNY DI GRAPPA

Alaska Ski for Women, Director

Each year, the Alaska Ski for Women event is attended by 750-1,000 skiers and their friends and families and volunteers, some traveling across the country to participate. Around 25 percent of new participants are actually brand new to skiing, choosing the “party wave” to test out their abilities on the snow. These participants, along with event sponsors including the annual Platinum Event Sponsor, ConocoPhillips Alaska, raise $35,000-$50,000 each year. These funds are granted to domestic violence shelters as well as specific programs that are helping survivors of domestic violence and their families around the state. The 2018 grantees included the Abused Women’s Aid in Crisis (AWAIC) shelter, STAR, and YWCA Alaska and their awards supported different programs during FY19.

At the AWAIC shelter, the Alaska Ski for Women grant helped fund one of their three child advocates. The Children’s Advocate team at AWAIC works closely with parents and children to ensure that children’s needs are met while they are going through the stress and trauma that results from domestic violence. This includes identifying relevant resources and referrals for them, as well as fostering a sense of community and resilience through group education and community outings. Our grant helped the child advocate with the following for children at AWAIC between July 1, 2018-June 30, 2019:

- Provided supportive services to 355 children who had experienced domestic violence.
- Provided domestic violence education and support groups to 119 children.
- Provided 154 children with 30 supervised community outings.

Additionally, 99 percent of parents who sought help from AWAIC reported that the children’s groups provided the education, support, and information their children needed. The Alaska Ski for Women is grateful to be able to continue to support this important program for Alaskans and their children.

The 24th annual Alaska Ski for Women event on February 2, 2020, includes competitive and non-competitive races on a moderate 4k course around Kincaid Park, including skate, freestyle and classic races as well as an 8k duathlon race. The last race of the afternoon is the “party wave,” which follows the ever-popular Mardi Gras of the North costume contest. Prizes are awarded to the best team, best duo, and best youth group.

Other opportunities of the day include a free kick wax station sponsored by Toko, a mimosa reception, treats from your favorite local retailers, 50+ item silent auction, massage therapists, and more! Register online now and check out our new merchandise! Minimum $35 donation for adults and $15 donation for youth. A $50 donation includes this year’s signature ASFW hat. Thanks to our sponsors, 100% of event proceeds are granted out to DV programs and shelters. Visit alaskaskiforwomen.org to register or volunteer.
Ready, set, go! Besh Cup racing begins this month

The ConocoPhillips Besh Cup racing season is set to kick off December 21 and 22 at the ski trails of Kincaid Park in Anchorage. Junior skiers hoping to make Team Alaska for either Junior Nationals or Arctic Winter Games will compete in sprint races on Saturday and mass start races on Sunday. In addition to the being the start of holiday break for local schools, offering these races at this time allows skiers who attend college Outside to compete in races in their home state.

**How to enter?** First, get your US Ski & Snowboard license at my.ussa.org. Read about and register for the races online at www.crosscountryalaska.org through Wednesday, December 18. Race day registration is available only for participants who hold a current US Ski & Snowboard license. New this year is a requirement by U.S. Ski & Snowboard for adult racers to complete SafeSport training and pass a background check. Therefore, adult skiers need to allow between one and two weeks prior to race weekend to meet the US Ski & Snowboard license requirements. U.S. Ski & Snowboard no longer allows short-term memberships for adults. Cross Country Alaska wants you to be able to participate; so please plan accordingly to meet the U.S. Ski & Snowboard license requirement.

**Why do I need a US Ski & Snowboard license?** U.S. Ski & Snowboard sanctions our races, provides event insurance coverage to racers as well as manages the U.S. Ski & Snowboard points system. Athletes competing in scored competitions earn points, which are calculated mathematically to allow ranking lists to be developed. Ranking lists are used by U.S. Ski & Snowboard for selection to teams, entry into higher level competitions and for development projects.

**How much to race?** $7, U08/U10/ U12 skiers; $20, U14 skiers; $35, U16 and older skiers; Add $10 for race day registration.

**How do the age groups work?**


**What is Team Alaska?** There are six scheduled races for skiers to earn points. The top skiers of each age group are invited to Team Alaska. Junior Nationals is open to U16, U18, and U20 skiers; and the number of skiers invited varies based on the age group. Arctic Winter Games is open to U14, U16, and U18 skiers; and four skiers of each gender and age group are invited. The first position for the U16 age group of Team Alaska for Arctic Winter Games has been awarded to Finn Horstfischer of Galena, champion of the Western Interior Ski and Biathlon Championships held earlier this year.

**Where do Team Alaska athletes compete?** U.S. Junior Nationals Championships will be held in Truckee, California, March 7-14 and Arctic Winter Games will be held in Whitehorse, Yukon Territory, March 15-21.

**Other potential opportunities for Alaska skiers:** In early January, top skiers from Alaska will compete at U.S. Nationals in Michigan. Junior skiers who finish this competition in the top six of the junior points list are named to the US Junior World Championships team. Skiers in the U21 age group who finish the competition in the top five of the U23 rankings are named to the US U23 World Championships team. The Junior World Championships and the U23 World Championships are held together in Oberwiesenthal, Germany, February 29-March 7, 2020. U18 skiers who finish the competition in the top six of the U18 rankings are named to the U.S. U18 Scandinavian Championships team which competes in Falun, Sweden January 24-26, 2020. Alaska is known for being well-represented across each of these teams and we are hoping to once again send a batch of skiers to these international races. Additionally, skiers who finish the U.S. Nationals competition ranked in the top 30 automatically qualify for a position on Team Alaska.

As you can see, there is a lot at stake for the skiers of Alaska who have been training all summer and fall! For more information about being part of ski racing in the ConocoPhillips Besh Cup ski races, contact Cross Country Alaska at info@crosscountryalaska.org. Visit the CCAK website at crosscountryalaska.org.

**STATEWIDE**

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AROUND GIRDWOOD

Snow and new season arrive with great changes, more fun events

Well, at least we have a good coat of primer on the mountains, and we’re looking forward to a healthy new season. We are super-excited to add new board members to this full season: Karen Loso, Brian Kari and Nels Barber have joined our board in 2019, and will help the GNCS keep the trails healthy, and the events lively.

To kick off December, make sure you visit the Holiday Bazaar at the school gym at noon-6 p.m. Saturday, December 7. Do not miss this event if you’re in town. We will have our fantastic new rainbow pins, hats, socks, and other moose swag for sale. It’s a fabulous time to sign up for your 2019-20 membership and support your local groomers!

And the annual Solstice event is happening this year on Friday, December 20. Come dressed in lights, and join the fun at the Nordic Loop trailhead. We will have bonfires, a lighted 1K Loop, music, and yummy food from The Bake Shop. We will also have merchandise for sale for last minute Holiday gifts! Don’t ski? No problem, walk to the kiosk to join the fun and see the light displays.

A new added bonus this season – we will be teaming up with your favorite Girdwood Brewing Company to host a monthly ski tour, and end up at the brewery après ski. We will have more information coming about this great partnership, and until then, support your local brewery! Cheers!

Happy Holidays and Happy Trails from the GNSC Board!

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Please join us! Annual PTA HOLIDAY BAZAAR SATURDAY, DECEMBER 7 Girdwood School 12 - 6pm 580 Lightower Rd, Girdwood, AK 99587 One stop Holiday Shopping! Free Admission

GIRDWOOD NORDIC SKI CLUB SOLSTICE LIGHT SKI - Community Nordic Ski Event - Ski the 1km Loop Decorated with Lights! FRIDAY, DECEMBER 20, 6-8 PM ALL AGES WELCOME SNOW (or rain) Meet at the GNSC Kiosk Trailhead THEN JOIN AROUND THE BonFIRE FOR HOT COCOA! Bring a headlamp, lights, & hot drink container - or buy a GNSC moose thermos & get your 2020 membership too! FUN FOR THE WHOLE FAMILY!

STATE WIDE

Kenai’s Travis Cooper named to U.S. Biathlon World Cup Team

Congratulations to Kenai’s Travis Cooper who has been named to the U.S.A.’s 2019-2020 U.S. Biathlon World Cup Team! Cooper, 23, locked up his spot by placing 1st, 1st and 6th over three days of roller-ski trials in the U.S. Biathlon Fall Festival and IBU Cup Trials at Soldier Hollow, Utah. Travis trains and races with the National Guard Biathlon team in Jericho, Vermont. He is one of four U.S. men named to the team which includes two 2018 Olympians.

Cooper was joined at the event by two other Alaskans including Maxime Germain, 18, of Anchorage (Anchorage Biathlon Club) and Everett Darrow, 19, of Fairbanks (National Guard Biathlon Team).

U.S. Biathlon Director of High Performance Lowell Bailey said of the national team, “I feel really good about the teams we are sending and their ability to compete with the world’s best on the international stage.”

The International Biathlon Union World Cup kicks off its 2019-20 World Cup season in Oestersund, Sweden, Nov. 30-Dec. 8. That will be followed by World Cups in Hochfilzen, Austria, Dec. 13-15, and Le Grand Bornand, France, Dec. 19-22.

“It’s an exciting time for U.S. Biathlon, with several new names in the mix on our international teams. It will be fun to watch,” Bailey added.
Kachemak Nordic Ski Club

Homer, Alaska

AROUND THE BAY

Now that the first snow of the season has fallen and sticking a little (on the night of the Kachemak Nordic Ski Club annual meeting!), we’re holding our breath and crossing our fingers for more of the white stuff that makes winter in this wet, maritime climate a fine time for all.

KNSC Annual Meeting recap

The annual meeting of the KNSC drew a large crowd this year. Highlights of the evening included: election of new Board of Director’s (BOD) members; award of the Volunteer of the Year; a fast-paced silent auction; and an update of finances, operations and other KNSC business items by BOD members.

Newly members of the BOD include Camalee Johnson and Charlie Barnwell. Other returning BOD members, some of whom were up for reelection, include Kenny Daher, Jason Neely, Derek Bynagle, and Bob Glen.

The 2019 Volunteer of the Year Award went to Nicky Szarzi. A few years ago, she pioneered the creation of the awesome Wolf Ridge Trail. Her hours of work ranged from securing permits from landowners, to helping volunteers map and clear out the trail. And every winter, Nicky often jumped under the events tab. See the KNCS website for further details under the events tab.

KNCS Events Calendar

ONGOING

Nov 1-March 15: Kachemak Women’s Nordic (Co-ed Masters’ Ski Program) — Tuesday, 2-4 p.m.; Wednesday and Friday, noon-2 p.m., and Saturday from 10 a.m.-noon. For details, visit http://kachemakwomensnordic.com/.

December 6: Ski Your Age — @ Lookout Mountain Ski Area.

JANUARY

January 11: Intermediate skate & classic ski clinic — Saturday, 1:30-4 p.m.; Lookout Mountain Ski Area. Register on KNCS website.

FEBRUARY

February 1, 8, 15, 22: Junior Nordic Program — Saturdays @ Lookout Mountain Recreation Area 1:30-3 p.m. Other locations TBA.

Armstrong, Station #3

March 14: KNSC Nordic Ski Marathon — Saturday @ Lookout Mountain Ski Trails (starting line)

Legends are born at the Ski Your Age event. Every year, superfast teenagers put in more than 50-70 kilometers on the groomed trails. One year, a 99-year-old Norwegian woman skied 1 kilometer and joined the Century Club. If a 99-year-old can ski this event, think what you can do! For the details of Ski Your Age, check the KNCS website under “Events.”

Plan ahead for the epic KNSC Ski Marathon – note the date change

If you want a challenge and haven’t tried the Kachemak Nordic Ski Marathon, put this date change on your calendar: Saturday, March 21, 2020.

This marathon, reputed to be one of the hardest in the state, is a backcountry, point-to-point free-style race based in Homer. Hosted by the KNCS, the marathon has a 25K and 42K race with awards for men and women categories in both events.

This year, the race has been moved a week later than normal to accommodate the Oosik Classic ski race date change to a week earlier. See the KNCS website for further details under the events tab.

Kachemak Women’s Nordic (KWN) goes co-ed all season

Ask any of the men who have trained with the KWN program for the past two years, and you get reports like “really a workout” and “it improved my technique.”

Historically a women’s-only program, KWN expanded in 2017 to include five weeks of mixed-gender sessions. Jasmine Maurer, one of the directors for the KWN, has been involved with the program for eight years.

“The program has always been evolving to match the changing interests of participants,” she said. “In 2017, we heard repeatedly from the Nordic community and Women’s Nordic participants, of the need for two opportunities to provide for their current interests. One was more technique instruction and the second to create an opportunity for men to participate in a group setting.”

As the program grew in popularity, the KNCS this year expanded to include co-ed participation for the entire training session. The KWN meets four times a week. Currently, from November 1-December 21 (without snow), the workouts cover dryland training and occur on Tuesday from 2:30-3 p.m., Wednesdays and Fridays from noon-1:30 p.m., and Saturdays from 10 a.m.-noon.

Once the snow falls deep enough for skiing, sessions will be on Tuesdays from 2-4 p.m., Wednesdays and Fridays from noon-2 p.m. and Saturdays from 10 a.m.-noon. These sessions will cover building fitness and Nordic ski techniques.

To view the workout schedule, follow kachemakwomensnordic.com/category/weekly-workout/. To join the KWN, go to kachemakwomensnordic.com/.

Ski Your Age returns on December 26

Ski off the holiday weight gain at the annual Ski Your Age event, hosted by the KNCS on December 26. Depending on snow, the location will be announced on the KNCS website. Typically, the snowfall at the Lookout Mountain ski area offers the best potential for the event.

The rules for Ski Your Age are simple: ski anytime between 9 a.m. and 4 p.m. You can ski for fun. Or you can try for one of the categories: Ski Your Age in Kilometer; join the Century Club by Skiing 100 MINUS your age in Kilometers; ski the most kilometers as a family; or ski 50 Kilometers.

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Skier early, often in Mat-Su

I almost researched how many times in the last decade I’ve brought up this topic in the Nordic Ski; but I decided I might become depressed by this knowledge. It seems all too common that the snow rolls up in Hatcher Pass in October, which injects us with the much needed shot of endorphins and then those emotions need to be tempered, because the weather will undoubtedly throw some wrench in those drifting imaginations of the epic winter to come. I can hear those of you now, “The weather in Alaska changes, you don’t say?!” Well, hear me out…

Let me make this argument; early season variability makes you stronger. I had earlier brought up that there is a depressing component of receiving that early blessing of skiable trail conditions, to inevitably be followed up with a shot of rainy days. This is a good thing. Just like pounding your feet hiking nasty trails to make your feet resistant to blisters, hazing you mental energy through cyclical motions of on-again, off-again ski conditions makes for a robust Alaskan skier.

There is also the physical growth that occurs from the early season frustrations. Not only do the months of October and November bring challenging means for one to be a skier, getting to the skiing grounds may be compromised with ice and snow… not to mention ice! Once on the trail, you may be relieved, unfortunately reality sets in that the rilled ice you are about to embark on may truly be the end of your ankles. Unless you’re the die-hard skier (I must be speaking to the minority here) you are skipping the life or death drive, and/or the ski.

PistenBully’s Maiden Voyage

Some 8 years ago the MSSC Board put together a future goal list. One of the longest running items on that list was to procure a PistenBully. After years of fundraising, saving, and planning, the Club now has just that, it’s very own PB 100 PistenBully. And this month, the PB was transported up to Hatcher Pass for its first job of grooming Independence Mine. For the majority of the season the PB will be maintaining the trails at GPRA.

For those of you not familiar with a PistenBully, you may not fully appreciate why there is so much excitement for a piece of machinery. The benefits of the Club’s new purchase are these: world caliber skiing surfaces can be achieved, Grooming hours can be reduced, classic tracks are easier to put in place for races. Believe me, you’ll be shocked at the skiing this season at GPRA.

Club hiring a Race Director, Chief Timer

The Mat-Su Ski Club is hiring a Race Director and Chief Timer for the 2019/20 ski season. These positions require experience with Nordic ski racing management. The individuals hired will manage and time two weekends (Friday and Saturday) of High School races and three of the Mat-Su Ski Club’s North- ern Lights Series races on Sundays. Race dates are January 10, 11, 12, and 26 and February 7, 8, and 16.

Junior Nordic

Well the enrollment period has come and gone for Junior Nordic and the final tally for kids signed up is 400! Our Junior Nordic program is comprised of three different twice-a-week sessions, with kids being broken into 4+ different skill level groups, which require at least one volunteer coach and sweeper. We will be actively seeking help from the community to help our kiddos grow into amazing skiers. Please visit the website if you are interested in assisting Junior Nordics.

Junior Nordic Calendar of Events

December 3, 6-30PM — MSSC Board Meeting @ GPRA
December 14, 7:00PM — Moonlight Ski at Anchorage Valley
December 22-28 — Mat-Su Insider Double
January 6 — Junior Nordics Begins
January 10-11 — GPRA High School Races
January 11, 7:00PM — Moonlight Ski at Moose Range
January 12, 1:00PM — Community Race @ GPRA
January 18-19 — Besh Cup 3 & 4 Races @ GPRA
January 26, 1:00 PM — Community Race @ GPRA

Junior Nordic Recruitment

Don’t tell your friends… We’re seeking help from the community to help our kiddos grow into amazing skiers. Please visit the website if you are interested in assisting Junior Nordics.

Volunteer Groomers Wanted!

You know what is better than driving a Zamboni? Driving a trail groomer. As I have discovered, nobody will let just let anyone drive a Zamboni, but the MSSC will train you to drive a groomer. Do find yourself staying up late at night wondering how the trails are looking? Well, you may just be the person we are looking for. Contact the MSSC through the website to begin your new passion of the Alaskan nordic skier.
The AlASKA nordic skier
Come out during the holidays to Ski Your Age in Kilometers!

BY ERIC TROYER

Plan to ski off some of those holiday calories on Thursday, December 26, at the Wentz Orthodontics Ski Your Age in Kilometers! The 16th edition of this annual event will be held at Birch Hill Recreation Area, on the day after Christmas Day. The title sponsor of this year’s event is Wentz Orthodontics.

Ski Your Age is a good excuse to go cross-country skiing, visit with other great people, and burn off some of those calories you’ve been stowing away. The event runs officially from 10 a.m.-4 p.m. It has no entry fee, though donations are accepted, and organizers ask that people bring potluck food.

Registration and food will be in the borough’s spacious Birch Hill Cross Country Ski Center. The emphasis of Ski Your Age is on fun, socializing, and good exercise. Despite its name, people can ski whatever distance they please. Some uber-athletes will be out there hammering the trails, trying to crank out the most kilometers regardless of their age, while other participants will ski just a portion of their age before heading inside to eat and socialize. It’s all good!

Typically, kids as young as 1 or 2 join the fun along with those into their 70s or beyond. And since food and signups are all located in the Birch Hill Cross Country Center, all participants have a chance to socialize no matter their level of intensity or expertise.

If you would like to participate, please bring food to share. Popular items include soups, stews and chili in crockpots, since they are a great way to warm up after an invigorating ski. Sweats are also popular, especially with those crazy geezer-jocks over 50 who ski their age or nearly die trying.

Accomplishments on many levels are recognized. While the Wentz Orthodontics Ski Your Age in Kilometers has no entry fee, it is a fundraiser that benefits FXC, the junior race program of the Nordic Ski Club of Fairbanks. People will be able to make donations with cash, check or credit card. Membership forms for the NSCF will also be available. Also, members of NSCF-FXC will be raising funds by gathering pledges for the number of kilometers they ski. That’s another way to support the program. If you want to help pledge contact an NSCF-FXC member or coach Nick Crawford (fxc@nscfairbanks.org). For questions or to volunteer, please contact Lynne and Branden Petersen at (907) 388-3216.

New non-motorized trail in Chena Rec Area ready for skiers

BY ERIC TROYER

The Mastodon Trail, the newest trail in the Chena River State Recreation Area, is open and ready for use. It offers a great opportunity for a day ski, a cabin overnight on skis, and even a multi mile loop ski. The new non-motorized trail will be groomed and maintained by the Division of Parks and Outdoor Recreation, including during the winter.

“The plan is to routinely drag a tire and cut out blow downs over the winter.” Superintendent Brooks Ludwig wrote in an email. “With all the fire scars we anticipate a lot of trees falling into the trail.”

Much of the trail goes through recently fire-scarred land. As of October 26, it was mostly cleared of fallen trees, but a few covered or partially covered the trail near its far end. The trail has incredible views due to the burns. “Mastodon Trail stays high contouring the hillside offering many scenic views of the valley and surrounding hills,” Jon Underwood, the contractor who built the trail, wrote in an Oct 11 post on the Alaska State Parks Facebook page.

The trail, which begins at mile 38.6 Chena Hot Springs Road, is about 13 miles long and ends at the Nugget Creek Cabin. Previously that cabin had been accessible only via the South Fork Winter Trail, which offers a shorter and easier ski, or via the little-known and difficult Mist Creek Trail. Now the cabin will be accessible year-round. (See more on the cabin at: https://tinyurl.com/y2uyxrg9)

Meet the Board: Longtime Alaskan Ann Jamieson has business sense, love of skiing

Meet the Board introduces the Board of Directors of the Nordic Ski Club of Fairbanks to NSCF members and the general public. This article features Ann Jamieson, who joined the board earlier this year. Ann was elected as the board secretary in November. She is the wife of Bruce Jamieson, who is also a board member and serves as special projects coordinator.

I moved with my parents to Anchorage when I was 5 years old at which time there were three paved roads. Anchorage rapidly became too large for my parents, so we moved to Palmer. My mother was a teacher and she was tired of the Anchorage double shifting. I was lured to the Valley by my parents with the promise of a horse. We bought one of the original Colonist farm houses and 80 acres. It was the best move because we found Palmer to be a real community with history and a pride of sharing.

After graduating from the University of Puget Sound in Tacoma, even though Fairbanks had a deserved reputation for extreme cold, I was lured north for the sun that Palmer lacked. While the cold lived up to its reputation, the people were wonderful. It was while I was working in the Alaska Range near Denali that I met my husband, Bruce. We have never left Fairbanks and live in the house that we built on our original property on the Old Nenana Highway.

Skiing has always been in my life. We skied as children in Anchorage, but my real conversion to cross-country was when I was studying at the University in Bozeman, Montana. Downhill was too expensive, and Nordic skis were affordable. Bruce and I did mostly backcountry skiing, and I fell in love with it.

I have been on the NSCF Finance Committee for several years and thought that my “working” years in administration and accounting would be useful to the board, especially since I can give Helena Rueter a break from the secretary position.

When we are not skiing, Bruce and I spend our time hiking, biking, traveling, and babysitting grandchildren in Anchorage and Virginia.

PHOTO BY

PHOTO COURTESY

PHOTO COURTESY

PHOTO COURTESY

PHOTO COURTESY
Classes still available in new FXC Masters Ski Program

BY ERIC TROYER

The Nordic Ski Club of Fairbanks recently released the schedule of a new Masters Ski Program, with classes for adult skiers five days a week through March.

While some of the classes have started and some are filled, there are still opportunities for people to register. The Sonot Kkaazoot Training Class and the second and third sessions of the 5-week Block Interval Training have not started yet. And, of course, the Nordic Happy Hour on Fridays is always open! For specific class information and to register, go to www.nscfairbanks.org/programs/fxc/masters/.

In an effort to expand opportunities for older experienced skiers, the club has created a comprehensive schedule that includes technique classes, training sessions, and a social get-together. This new program, called FXC Masters, is a mix of new classes and classes that have been run for several years.

The Masters coaches are some of the top Nordic ski instructors in Fairbanks. Many have gone through extensive coach training programs. All have many years of experience, sometimes decades, skiing, racing, and coaching. Most classes will be held at Birch Hill Recreation Area. A few classes, as noted, will be held at West Ridge on the University of Alaska Fairbanks (UAF) campus.

Classes not yet started include:

- Sonot Kkaazoot Training Class (Tuesdays): Coach Kristen Rozell, a veteran of several 100-mile ski races, leads training sessions to get you ready for the 50-kilometer Sonot Kkaazoot ski marathon in March (or any ski marathons). Skiers should be at least intermediate skate-ski skill level. Starts at 5:45 p.m. January 14-March 17. Cost: $175 for NSCF members, $200 for nonmembers.

- 5-week Block Interval Training (Wednesdays): Coach Christina Turman leads weekly interval training with a warm-up, interval set, and cool down. Held at Birch Hill and UAF West Ridge, starting at 5:30 p.m. Three sessions: November 6-December 4, December 11-January 15, February 5-March 4. Cost: Each session is $90 for NSCF members, $115 for nonmembers.

And always open is Nordic Happy Hour on Fridays. Meet your friends and training partners for an hour or more of skiing and then return to the Old Warming Hut for bring-your-own beverages and appetizers. Listen to lighthearted presentations and share stories. Starts at 6 p.m. November 8-February 20. Cost: Free! No need to sign up, just show up!

Other skiing options

The NSCF continues to offer its Adult Lessons program for beginners and those with just a little experience. Find out more at www.nscfairbanks.org/programs/adult-lessons/.

For those interested in low-key social ski outings, two group offer weekly get-togethers. Ladies of Leisure (LOLs) meet at 6 p.m. Mondays and 1 p.m. Wednesdays. Each LOL session usually has several mini-groups that ski at various speeds, from a relaxed pace to a faster tempo, depending on ability levels and group desires. SCUM (Susan’s Class of Untrainable Men) meet at 11 a.m. Sundays. SCUM are mainly men over 50 years old. Their levels of skill and endurance vary widely, and they also break into smaller groups. Groups meet at the Old Warming Hut at Birch Hill Recreation Area.

When in Fairbanks, keep to your routine and stay in comfort. At Wedgewood Resort, enjoy condo-style one-, two-, and three-bedroom suites with fully-equipped kitchens. All suites are surrounded by a 75-acre wildlife reserve with a cross-country skiing loop, next to the groomed trails at Creamer’s Field and only 3 miles from Birch Hill Cross Country Ski Center.

Welcome to your home away from home.

Whether it’s SKI or Apres ski you’re welcome here.

When in Fairbanks, keep to your routine and stay in comfort. At Wedgewood Resort, enjoy condo-style one-, two-, and three-bedroom suites with fully-equipped kitchens. All suites are surrounded by a 75-acre wildlife reserve with a cross-country skiing loop, next to the groomed trails at Creamer’s Field and only 3 miles from Birch Hill Cross Country Ski Center.

Welcome to your home away from home.

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Proud supporter of the Nordic Ski Club of Fairbanks.
Help Southcentral Alaska schools get kids on skis this winter

BY ALICE KNAPP

Nordic ski families: your help is needed for Southcentral Alaska elementary school ski programs. Look through your garage and storage shed and consider donating skis, boots (preferably NNN) to my volunteer ski rehab program. I am in the process of visiting local (around the Anchorage and Eagle River/Chugiak areas) and fixing broken skis, bindings, and poles. Many schools are in desperate need of upgraded equipment in all sizes. Some schools still have 3-pin bindings with boots that are over 40 years old and in very poor shape and do not have the ability to buy new equipment. My goal is to fix and repurpose as much equipment as possible but updating some of the older ski sets is crucial for schools to continue to have a PE and after school ski program. Please contact me at a.knapp.a@gmail.com if you have equipment. Thank you.

Familiar Eagle River face is new Alaska Nordic Racing and Chugiak High School coach

There's a new coach at Alaska Nordic Racing (ANR) this season and its former Eagle River-Junior Nordic and Chugiak skier Sarissa Lammers. Sarissa has come back to her hometown after skiing at UAF. Sarissa took over as head ANR this year from longtime ANR coach, Stan Carrick. While Stan and Ja Dorris are still actively involved in ANR, Sarissa is doing a lot of day-to-day coaching. From a small group of high school skiers coached by Stan and others in the mid-2000s, ANR has grown to a multi-site ski-year-round program. There are Middle School and High School programs in Eagle River/Chugiak and in Wasilla with some ANR members in the Kenai. ANR has regular Summer and Fall practices for middle and high schoolers until the high school and middle school racing seasons.

Sarissa has also taken on the head coaching position at Chugiak High School, where she is joined by a few other notable Chugiak graduates Autumn Person, Nate Berry and Brett Shimick. Stan adds his experience to the coaching staff.

ANR for adults is back for another season

Alaska Nordic Racing, in partnership with the Chugiak Eagle River Nordic Ski Club, offers ski lessons to adults of any age and skill level. Coaches Kati Rehm and Andy Hall specialize in helping adults feel comfortable on skis in a fun group environment at the Beach Lake trails in Eagle River. The group accommodates beginners to seasoned athletes. Season dates are December 3, 2019-March 5, 2020. Lessons are at 6:30-8 p.m. Tuesdays and Thursdays. Season cost = $350; 5-punch card = $80. The program offers discounts to families and coaches enrolled in the Chugiak Eagle River Junior Nordic Program. To find out more about the program, discounts and to enroll, visit cernsc.org. Questions? Email Coach Kati at Kathleen.rehm@gmail.com.

Ski Swap success

The CERNSC Ski Swap and Ski Rental at Birchwood ABC School was a great success. Online registration made the ski rental process take minutes dozens of parents picked up rental skis. A few weeks earlier a crew of high school and club volunteers had waxed and prepped all of the Jr. Nordic rental skis to facilitate rentals. We had a good selection of skis and ski boots for Ski Swappers. The older three-pin binding skis are getting harder to sell these days so a few were left over.

Winter snow is here just in time for the Junior Nordic Kickoff

Saturday, November 16, was the Junior Nordic Kickoff, Waxing demonstration and Rentals. Now the ski season can begin!

Pamphlet, video help reduce pet injuries, trapping conflicts

BY ERIC TROYER

If you like to ski with your dog running loose, please remember that around Alaska some trails are also used by trappers. Most trapping seasons run from November 1 to the end of February, but the season for a few species lasts longer. Wolf traps could be active well into April. The Alaska Department of Fish and Game (ADF&G) and the Alaska Trappers Association (ATA) have materials to help you avoid your pet getting caught in a trap and how to release them if they do get caught.

PAMPHLET: A pocket-sized pamphlet titled “Trap Safety for Pet Owners” describes the types of traps and snares that may be encountered and provides illustrated instructions on how to free pets swiftly and safely. It is produced by the ADF&G and ATA. Copies are available free of charge at department offices or may be viewed at: tinyurl.com/mdsoulhk. More information, including video footage featuring trap removal instructions, is found on the department’s website at adfg.alaska.gov (see “Sharing the Trails” under the “Hunting > Trapping” dropdown menu), and on the ATA website (alaskatrappers.org).

VIDEO: The ATA also sells a 30-minute video, “Sharing Alaska’s Trails,” that includes information such as how to know if you are on a trap line, trap line safety, the physics of handling and opening traps and snares, and tips for first aid for pets accidentally caught in traps. The video doesn’t promote trapping, but deals with the practicalities of sharing the trails. A three-minute excerpt of the DVD can be found on YouTube (youtube.com/watch?v=JlJc1d32wEAM). To order a copy of the DVD check the ATA store (alaskatrappers.org).
Alaskans headline U.S. Cross-Country Ski Team as World Cup racing arrives