



Seward Nordic News

The quarterly newsletter of the Seward Nordic
Ski Club

WINTER 2007-08 THIRD EDITION

Announcements

- SEWARD GROOMED SKIING REVOLUTION HAS BEGUN - The new Ginzu Groomer is up and running at Mile 12! A big thanks to Tom Maness, of Metco, for donating so much of his time to fix the Pisten Bully, which was needed to pull the Ginzu. Also a huge thanks to our groomers who have been working tirelessly to widen the trails and get them in shape: Tom Gillespie, Herb Wottlin, Duane Chase and Dan Walker. THANK YOU!
- WANTED: CRUST-SKIING BETA – In next month's newsletter, we would like to include an article on spring crust skiing on the Kenai Peninsula. We need to hear from our local crust enthusiasts....your favorite crust skiing routes, gear and technique tips, and any photos you have to share. Please email the club, or give us a quick call at 224-4951.
- EMAILS - If you are not receiving emails from the Club, or would like to change or add an email address, please email us at sewardnordicski@gmail.com.

Upcoming Events

- **February 16 – High School Boroughs Race and Middle School Race.** Both races will be at Mile 12, with the high school teams racing at noon and the middle schools at 3:30pm. Come out and enjoy supporting our young, competitive local skiers!
- **February 19 - Seward Winter Film Series: "Take the Dirtbags Kiting"**
AVTEC auditorium, 519 4th Ave., 7-9 pm. Free to the public!
Local adventurer Jason Kwiatkowski will share a multimedia slide show portraying kite skiing and exploration of the Harding Icefield and Campo Hielo Sur, Patagonia. Digital 35mm slide photography with music and narration. Any questions, call Dano 224-5575.

Year-at-a-Glance

- 3rd Tuesday of every month- *Seward Winter Film Series*, AVTEC auditorium, 7-9pm.
- February 16 - *High School Boroughs Race & Middle School Race*, Seward – Mile 12, noon
- February 17- *Sven Johanson freestyle ski race, 10K/30K*, Kincaid park
<http://www.anchoragenordicski.com/Racing/AnchorageCup/index.htm>
- March 2- *Tour of Anchorage*, <http://www.tourofanchorage.com>
- March 8- *Kachemak Ski Marathon*, Homer, <http://kachemaknordicskiclub.org/events>
- March 15- *Oosik Classic, 25k/50k*, Talkeetna
<http://www.anchoragenordicski.com/Events/oosik.htm>
- March 22- *NSAA Ski Train to Curry*,
<http://www.anchoragenordicski.com/Programs/skitrain.htm>

News

GROOMING UPDATE



Tom Gillespie and Tom Maness working on the Pisten Bully, the workhorse for the Ginzu Groomer

We are thrilled to announce our new powerful grooming machine, the Ginzu Groomer, is now in use at Mile 12. The Ginzu makes wider, more even trails and has the ability to bank turns. By keeping the Ginzu at Mile 12, it frees up the remaining grooming equipment to be used at other locations. Several club members expressed interest early in the season to help with grooming, and now is the time to let us know if you are still interested in helping out. If you would like to volunteer, please call Tom Gillespie at 224-3834 or Duane Chase at 224-3261.

Trail River Campground continues to be consistently groomed, both for classic and skate skiing, by Jason Aigeldinger and Dave Lindquist. They have done an excellent job of keeping it in great shape.

COMMUNITY SKI DAY – Our January 26 Community Ski Day was a big success. We had a large turnout of folks for the ski clinics in the morning, despite the cold temperatures and gusty winds.



Skiers race by under sunny skies on Seward Community Ski Day. Photo by Doug Kurata.

Carlyn Nicols taught an introductory skate clinic, Ray Robinson taught an intermediate skate clinic, and Madelyn Walker instructed a skijoring clinic. Following the clinics, there was a high school relay race combined with a community ski fun race. Afterwards, there was a bonfire at the Walkers with hot dogs, refreshments and desserts. We hope to make this an annual tradition! A big thanks to those volunteers who helped out with the day, including Joanie Merritt, Linda Lasota, Sharon Ganser, Lori Landstrom, Deborah Dixon and Heather Shank.

IDITAROD SKIJOR RACE – The first annual Seward Iditarod Days got off to a great start, and one of the highlights was our Skijor Fun Run organized by Dan and Madelyn Walker on Feb. 3 at Bear Lake. Eleven teams participated, with some top teams in the state turning out from Anchorage, Chugiak and Eagle River. We also had several local teams, from Moose Pass and Seward. The race had a fun, relaxed spirit to it. All teams had to stop and pick up a piece of "mail" which was turned in at the finish line. Prizes were awarded based on the piece of mail selected, and not on the finish time. It was a great combination of experienced skijorers and those still new to the sport, all enjoying a fun race. Thanks to Dan and Madelyn for putting together a great event! One Shot Photo was there and has photos posted on their website. Go to www.oneshotphoto.com and click on events to view and order pictures.



A heated race field in the Iditarod Skijor Race. Photograph by One Shot Photo.

You can also check www.iditarod100.org for more coverage by Larry Taylor from the Iditarod National Historic Trail Commission. Thanks to our sponsors, Helly Hansen, Kathy Sarns (Free Spirit), Knots So Fast, and Seward Iditarod Trail Blazers for the great prizes and patches! Thanks also to our volunteers: Harold Faust, Kent Rininger, Tim Johnson, Michelle Keagle, Richard Hocking, Jerry Olive and Tom Sullivan.

IDITAROD SKIJOR RACE RESULTS

<i>Bib</i>	<i>Name</i>	<i>Time</i>	<i>Dog</i>	<i>Place</i>
203	Becky Voris /Anchorage	17:03	Attila	1
201	Bud Rice/Eagle River	17:05	Tzar	2
205	Kim Wells/Anchorage	17:08	Blue	3
204	Kris Rasey/Chugiak	17:09	Strider	4
202	David Pahlke/Anchorage	18:21	Ross	5
207	Carol Clausen/Seward	23:39	Luca	6
208	Carlyn Nichols/Seward	24:25	Foxy	7
209	Allen Freudenthal/Anchorage	24:25	Bug	8
210	Jason Aigeldinger/Moose Pass	37:00	Noah	9
206	Jennifer Carrick/Seward	37:12	Nile	10
211	Jeff Clay/Moose Pass	49:17	Trout	11

Seward Seahawks Nordic News

by Allison Barnwell

This weekend February 7th the Seward Seahawks ski team traveled to the region meet in Valdez. The 10 hour bus ride with freezing temperatures even inside was worth the cold. The first day the boys completed a 10.9 km classical course in the brutal temperatures with sunshine and smiles on their faces. Mark Chase led the boys with a 17th place finish and was followed by Mike Zweifel, Aaron Sarka, Matt Nyholm, Andrew Ferkinhoff, Kenny Audette, and Koal Backlund. The girls also had successful finishes in their 8

km race, with Allison Barnwell in 17th, Meghan O’Leary in 20th, MacKenzie Barnwell in 24th, followed by Samantha Feemster and Samara Johnson.

The second day of racing was freestyle and the temperatures dropped even lower. With wind chill and the disappearance of the sun the danger of frostbite was considerable. Mackenzie Barnwell finished first for the Seward girls in the 5 km race in 9th place. Allison Barnwell, Meghan O’Leary, Samara Johnson, and Samantha Feemster rounded out the girls with an 18th, 28th, 48th and 51st place finishes. The combined results were announced later that day, with Allison in 14th place, and MacKenzie Barnwell in 17th, and Meghan O’Leary in 21st. The girls team finished 6th overall, beating the only other 3A team present by 5 minutes and 28 seconds.

The boys had a tough race in the extreme temperatures. Though the wax was working well, the cold snow was slow and keeping the tempo in the skate race proved a feat. Mark Chase finished first for the Seward boys in 22nd. Aaron Sarka, Mike Zweifel, Austin Gillispie, Matt Nyholm, and Andrew Ferkinhoff rounded out the boys with top 50 finishes. Mark Chase finished 17th in the combined times results. The boys also finished in 6th as the only 3A School to compete.

Though the bus ride back home to Seward was just as long and cold, the team returned with a sense of accomplishment. The two day meet was just a taste of what state would be like, held on the 21st through the 23rd in Kincaid Park in Anchorage. With little competition the boys have a good chance to win state for small schools. The girls have more competition with teams from Valdez and Grace Christian, but have continuously moved up in placement from week to week and proved to be a threat to the defending champions from Valdez.

Member Spotlight: Deborah Dixon

This month we are excited to highlight a longtime club member, Deborah Dixon. Deborah has been involved in the ski club for over 10 years, and for the past several years served as the club treasurer. She continues to be one of the main organizers of our biggest yearly fundraiser: the Mount Marathon pasta feed. Deborah is a teacher at AVTEC, and is married to Jerry, an ardent climber and backcountry skier. They have 2 sons, Kipp and Pyper. Jerry and Deborah moved to Seward in 1990. Prior to Seward, they lived in the Arctic village of Shungnak, near Kotzebue. While there, they stayed active with skijoring and dog mushing.

Favorite Trail Food: trail mix/gorp

Favorite Post-Ski Drink: Porter

Favorite Ski Trail: Lost Lake traverse, in the spring



Trail Profile

by Heather Shank

Ski touring options outside Seward

Looking for some places to explore on skis? Check out these options along the Seward Highway, from as close as Mile 12 all the way to the “Y.” Remember that trail conditions are quite variable, and skiing in the trees requires a larger base of snow than skiing out in the open. If you explore any of these areas, please be sure to email us a trail update when you return at sewardnordicski@gmail.com. Have fun exploring and enjoy all the beautiful snow!

Mile 12 to Grayling Lake is a relatively new trail that connects the Mile 12 ski area to the Grayling Lake trail system. From the meadow at the back of the ski area, the trail crosses the power line and heads north into the woods. This is a relatively flat trail with a few hills, but it has dense tree cover, so plenty of snow is necessary. Approximately three miles each way.

Snow River – South Fork. Park at the pullout at Mile 13.5, across from the Grayling Lake parking lot. Ski south from the pullout, either following snowmachine tracks or blazing your own. Either side of the river can be skied. The west side has few stream crossings but a little bushwhacking may be involved. The east side is also fun to explore, but you'll encounter more crossings, which may be only inches of water, but be sure to remove your skis or they'll ice up.

Primrose to Grayling Lake is another relatively new trail. Park at Primrose Campground, Mile 17. Begin on the Primrose Trail, which can get icy & bumpy from snowmachine traffic. The trail to Grayling Lake is approximately one-quarter mile in on the left. This is a wooded trail with little elevation gain. Approximately two miles in is Long Lake, followed by Meridian Lake after another two miles, and then about two miles out to the Grayling Lake Trailhead.

Kenai Lake – west shore. From the Primrose Campground you can also explore the shoreline of Kenai Lake. Ski out to the lake from the campground parking lot and hug the shore to the left.

Trail River Campground. This is a beautiful, easy place to ski, especially as it has been consistently groomed this winter both for skate and classic skiing. Limited parking at the gate on Trail River Rd, Mile 24.2. Ski about a mile on the closed road along Trail River to the campground. There are several loops and fire roads to explore, and you can venture out along the shore of Kenai Lake as well.

Lower Trail Lake to Vagt Lake. Park at Mile 25.1 on the east side of the highway. Ski north on the lake or follow the eastern shoreline for about a mile. There is a short portage trail over a low saddle up and over to Vagt Lake. Also explore the small island in the middle of Lower Trail Lake.

Upper Trail Lake – winter Iditarod route. Park at the turnout on the east side of highway around Mile 29, north of Moose Pass. Ski across the lake and then follow the shoreline north.

Carter Lake Trail. Trailhead is at Mile 34. The first 1.5 miles is a steep climb, so skins or hiking is necessary. Relatively flat at the top, although you can seek out some fun hills. Nordic skiing in alpine country! Ski across Carter Lake and beyond to Crescent Lake.

Old Sterling Highway. This five mile trail begins at Tern Lake and ends near the Crescent Creek Trailhead on Quartz Creek Road (ski from either side, but more of a descent by starting at Tern Lake). Limited parking at the gate to the Tern Lake day use area at the "Y." This section of the Old Sterling Highway was brushed out several years ago. Several thrilling hills and lots of moose.

Coaches Corner

by Ray Robinson

Tips for a successful ski race

February and March bring the peak of the ski race season in Alaska. Whether your ski race goal is to improve your time on the Tour of Anchorage or simply to get to the finish line of a local race feeling good, several strategies can help you on your way.

Taper your training. Your weekly skiing mileage should be tapered down over a 2-3 week period prior to the race. Over-trained muscles can lead to poor performance, and being slightly under-trained is likely better. During your final, longer ski the week before the race, your ski distance should be no more than 30 percent of the total distance of your race, and at a relaxed pace. A few more ski days during the week at a 50% effort and minimal climbing will help you stay loose for race day. Avoid skiing 1-2 days before the race.

Specialize your wax. Maintaining your wax over longer distances is one of the big challenges in ski racing. Assess the snow conditions carefully, following the temperature trend, air humidity, and new accumulations during the week before the race. If your race is in another town, talk to a local skier that has been out on the course. For bigger races such as the Tour of Anchorage, the race website will often provide wax recommendations from the wax product manufacturers. If, like me, you are unwilling to spend lots of money on multiple brushes and space-age wax powders, read past the tech talk and focus on the color of your final travel wax layer. Alternatively, both the Toko and Swix websites have calculators for choosing wax as well as waxing technique demonstrations. The most important concept is to allow time to apply multiple layers, brushing in between each layer.

Choose clothing layers carefully. Layers are the key to thermoregulation, especially if wind is expected. If you are not sure what is going to work, have someone meet you along the course to swap out clothing as needed. If you are confident that you will be skiing start to finish without stopping much, you should wear just enough to feel a bit chilly at the start line. If you are warmer than this, you have too much clothing on and will overheat.

Eyewear. You will be in a sea of flying ski poles as racers of various abilities try to pass one another. Is it worth it to gamble with your eyesight? If you do not wear prescription eyewear or sunglasses, consider wearing a pair of tinted eye shields. They can be purchased at a very reasonable cost at hardware stores if you'd rather not spend on a designer pair.

Hydration. Fluid losses happen during ski races even if it does not feel like you are sweating. At a minimum, consider ingesting 4 ounces of fluid for every 10K distance during the race. However, many skiers will require twice as much. At longer distances, calorie replacement will also be necessary, so hydrating with a sport drink is recommended (see below). Carefully analyze where the aid stations are located and decide whether to carry some fluid. Remember that it is a challenge to drink from a cup or bottle if your ski poles have performance wrist straps- plan on pulling over to drink unless you've had lots of practice. If you carry a hydration sack, blow air into the hose after each drink and consider tucking the hose under your clothing to prevent it from freezing.

Race nutrition. Due to cold weather and the vigorous use of both arms and legs, cross-country skiing has one of the highest rates of calorie expenditure of any sport. At a moderate race pace, average sized men burn 600-800 calories per hour, and average sized women burn 400-600 calories per hour. At maximum aerobic intensity, energy expenditure will increase to as much as 900-1200 calories per hour for men and 650-900 calories per hour for women. If glycogen stores are topped off by carbohydrate loading, average athletic men have 1400-1800 calories and average athletic women have 1000 to 1400 calories stored in their muscles. This means that the average racer has, at the most, 1.5 to 2 hours of stored energy available. To ski longer distances, the remainder must be consumed before or during the race.

A gram of carbohydrate has about 4 calories. Because the rate of carbohydrate absorption in the intestines is limited and starting on a full stomach is risky, it is wise to replace the deficit evenly over the race. Therefore, the recommended carbohydrate consumption is about 40-80 grams per hour for an average man and 30-50 grams per hour for an average woman. The exact number depends on what you eat before the race, your fitness level, and the efficiency of your metabolism. A liter of sport drink has roughly 60 grams of carbohydrate, an energy bar roughly 40 grams, and a sport gel roughly 20 grams. Therefore, for many ski marathon racers, the combination of sport drink hydration and a couple of energy bars or a few sport gels over the race will do the job. Remember to tuck your food away in places where they won't freeze, such as the forearm of your jacket.

Attitude. There are elite racers, and there are those simply trying to survive a race. For the majority of us in the middle, there will always be faster and slower skiers. Why not relax, have fun, and let your race day be a celebration of your enjoyment of the sport? Choose a distance and effort that is challenging but realistic. By doing this and following the strategies above, you'll not only avoid bonking but also cross the finish line with a smile. Good luck on your race!

Seward Nordic Ski Club Board of Directors

Officers

President Duane Chase
Vice Pres. Tom Gillespie
Secretary Janette Chiron Gillespie
Treasurer Julie Robinson

Board Members

Bob Barnwell – Website, Email
MaryLynn Barnwell – Grants, Team Booster
Deborah Dixon – Fundraising
Carlyn Nichols – Community Events
Ray Robinson – Membership, Newsletter
Heather Shank – Fundraising
Dennis Perry- Honorary Board Member

Trail Meisters

Joe and Debra Burdick-Hinton
Lana and Fred Esposito
Michelle Keagle and Tim Johnson
Linda Lasota
Janine and Ron Niebrugge
Ray and Julie Robinson
Heather Shank
Paul and April Tougas
Herb and Donna Wottlin

Jerry and Deborah Dixon
Alan and Alison Heavirland
Lori Landstrom and Terry Rude
Dano Michaud
John Page and Kat Chandler
Paul Ruppel
Susan St. Amand
Julie and Andy Wilder
Sam Young and Bonny Sosa

Thank you to our business sponsors



YOLY'S BISTRO



Carlile Transportation



Holland America Line

A Signature of Excellence

Rotary Club of Seward
Eagle River Nordic Ski Club
Great Harvest
Barney's Sports Chalet
Nordic Skiing Association of Anchorage
British Petroleum
Kruzof Fisheries
City of Seward
Alaska's Treehouse B&B
Shoreside Petroleum
Sons of American Legion

Any businesses interested in sponsoring the Ski Club, contact sewardnordicski@gmail.com. Thank you for your interest! Your donation is tax-deductible.

Mission Statement

The Seward Nordic Ski Club is a nonprofit organization dedicated to promoting and supporting Nordic skiing for all ages, developing and maintaining a network of groomed trails, and sponsoring community ski activities and educational opportunities.

The Seward Nordic Ski Club * PO Box 2082, Seward AK 99664 * sewardnordicski@gmail.com
<http://sewardnordicskiclub.org>