



X-C SKI MONTANA

News from the Missoula Nordic Ski Club and Around the Region

Inaugural Message from the Incoming President

Hello Missoula Nordic Members!

Thank you for your continued support of Missoula Nordic Ski Club, and if you're a new member this year, welcome to the club! With your support, the club can provide groomed ski conditions for all to enjoy. Grooming at Lolo Pass, Pattee Canyon and the Rattlesnake corridor will be the club's main function again this year.

There are exciting plans to install some form of lighting on the Pattee Canyon picnic loop for night skiing this winter. We are going to test some solar lights before the snow comes, so don't take them home for your sidewalk!

The Ozone Pursuit ski races will take place at the Seeley Lake trails on January 7th and 8th 2006 (see attached entry form). If you are a beginning skier or just looking to improve your form, Open Road Bicycles and Nordic Equipment of Missoula will have on snow group lessons available. Check at the store or watch the website for the schedule.

Although the club did not receive any grant money last year, outgoing MNSC president, Kathy McGann, and I worked very hard on this year's grant submission and are waiting to hear if our application for this year will produce some extra funds.

Hopefully Mother Nature will be kinder this year and we can all explore more of the outdoors on skis! A special thanks goes to Kathy McGann for her years of support and dedication to the club. We miss you already!

See you on the SNOW!
Michael Myers, President

Mike Myers has been serving as the club's vice-president for the last two years and "ascended" to the presidency at the fall meeting. In order to prevent a "power vacuum" in the presidential position, current club protocol holds that vice-president automatically assumes the presidency after a two year term. Mike comes to the club with a wealth of skiing, racing, and coaching experience.

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MEMBERSHIP IS ITS OWN REWARD

New Atomic Beta skate skis...\$399

Toko Helix High Fluoro wax...\$129 a bottle

Rossignol X-ium World Cup skating boots...\$259

Skiing in Pattee Canyon on a Monday night after work...priceless!

Some things money can't buy, but for cross country skiing in Missoula there's a Missoula Nordic Ski Club Membership.

MNSC memberships are still an excellent value. Individuals \$18, Family \$30. Dues pay for grooming in Pattee Canyon and the Rattlesnake Corridor. As always, thank you to all our members for your support!

If you already paid dues at the membership meeting, go ahead and feel warm and fuzzy now. And thank you!

Parting Words from the Departing President

With News from the Annual Meeting, Elections, Grant Progress, National Master's Race, and MORE

Our season got under way in mid-October with the annual Pattee Canyon work day. There's been logging on the Southside ski trails this summer, so with rakes in hand, about 35 members walked the trails, smoothing out the lumps and bumps, getting everything ready for snow. A week later, our annual dinner party saw a new venue this year...The theme was "Pizza and a Movie" and was held at the Crystal Theatre. I counted at least 10 new faces, and about 35 familiar ones! Nordic ski videos played on the big screen which got us all in the mood for snow.

After seven years of producing the Newsletter, Jeff and Diane Brooks decided to pass the torch. Angel Anderson stepped up to the plate and was elected as our incoming Newsletter Editor. Kiefer Hahn was elected Vice President, Scott Anderson was elected co-race director, and Mike Myers will be taking over as President. Congratulations to all!

This past summer, Mike Myers and I spent well over 200 hours working on the grant proposal for Fish, Wildlife & Parks. Part of the grant process was accounting for how many volunteer hours club members contribute, and we came up with over 2000 hours for the year! Please

remember to say thank you to all the people who volunteer. If the grant money is awarded (and I think it will be!) we'll be purchasing a new snowmobile and some new grooming attachments.

Even though last year was a poor snow year here in town, we did a lot of grooming up at Lolo Pass. The grooming efforts have been great! Thanks to Ray Johnson, Kelly Irwin, John Weyrich, and Steve German for keeping the trails manicured for all of us to enjoy!

For those of you interested in racing, Master's Nationals are in Bend, Oregon, in March. This is a great opportunity to participate in some spectacular skiing, or just go and watch some fast, old people! Actually, you only have to be 30 to compete at the Master's level in Nordic skiing, so wax up those skis and take a crack at it!

Getting a Junior Program off the ground has always been one of our challenges. We are limited by our sometimes marginal snow conditions and our lack of lighted ski trails. We're going to experiment with some solar lights on the Pattee picnic loop this year. I

This winter I'll be trying my hand as the Junior Program Coordinator. I want to try an individualized approach where I take interested juniors and set them up with an adult mentor to ski with based on the junior's ability. I encourage people to donate their kid's used ski equipment to the club (it's tax deductible). Interested juniors and adults can contact me via email at kathymcgann@blackfoot.net Check our website at missoulanordic.org for more information as the plan unfolds.

Lastly, there are so many people who make this club happen and so many local businesses that support us, it would take pages to name everyone. But I know who you are and on behalf of all the club members, thank you for supporting the club and Nordic skiing. And thank you all for allowing me to serve as president. It's been a great time.

Now, let's ski

Kathy McGann

Lesson Opportunities

Open Road Bicycles & Nordic Equipment will be offering clinics, classes, races and great deals during the Nordic season. For the rest of November all skis, boots and accessories will be 15% off! Mike Myers (president of MNSC and Rossignol sponsored skier) will be offering a wax clinic Thursday December 1st at 6:30 p.m. at Open Road. Other wax clinics will follow in January and February as well as ski classes and a race series, weather permitting. Please check local community calendars and at the store for specific dates.

You might be a Nordic skier if...

- You own a tackle box but have never had fishing supplies in it.
- You think 10 degrees and sunny is perfect weather.
- To keep your ears warm, you have to wear a stocking cap AND earmuffs.
- You know the Swix and Toko kick wax ranges by memory.
- You know more than five words for types of snow.
- You've spent more hours ironing in the waxing room than in the laundry room.
- You know the temperature in Celsius and the distance in kilometers.
- You have an SNS or NNN preference.
- You can quote yesterday's high and low temperatures in West Yellowstone.
- Your favorite color Extra blue.

But you might be a MISSOULA Nordic skier if...

- You've skied Herringbone Hill, Henry's Hill, the Headwall, and Low Gap.
- You can use "renovate" in a sentence and you aren't talking about remodeling the house.
- www.missoulanordic.org is on your "favorites" page.
- You mysteriously sneak out of work at 3:00 on snowy winter days.
- You have poled to pavement on the picnic at the end of a ski season.
- You've classic skied in standing water in the meadow.
- You can ski ice or slush or fresh corduroy and say, "Conditions were great today" (and mean it).
- You wait for ski season all year long and believe THIS year the snow will come!

MNSC Skier Code of Ethics

- Descending skiers have right-of-way on hills. Climbing skiers should move to the side of the trail when oncoming skiers approach.
- Ski in the specified direction on one-way trails.
- When a skier behind calls out "track," move to the right to give them room to pass.
- When passing another skier, let them know you are coming with sufficient time for them to move to the side. In a race, passing skiers often call out "on the left" or "on the right".
- When stopping, step off or to the side of the trail to leave room for other skiers to pass.
- Skating on classically groomed trails tends to ruin the track and may disrupt the grip and glide of classic skiers.
- Leave your dog at home when skiing on groomed trails--dogs not only leave paw prints (and more unpleasant things) but can also cause an accident.
- Avoid walking or snowshoeing on ski trails, especially groomed trails.
- On double-tracked trails ski single-file except when overtaking.
- Avoid cutting off other skiers when entering trails or overtaking.
- Fill in sitzmarks after falling on trails.

- Pack out any garbage that you have brought with you. Leave nothing but tracks, take nothing but pictures.
- Stick close to the trail--you may get lost or your tracks may lead other skiers astray.
- When skiing at an area that is maintained and groomed by a volunteer organization, support that organization. Many areas have donation drop boxes. Organizations like the Missoula Nordic Ski Club encourage skiers to become members.
- When skiing at a commercial center, buy a trail pass. Your trail fee helps pay for grooming and maintenance of the trails.
- Respect private property. Some landowners are gracious enough to allow use of their land. Trespassers may cause this privilege to be revoked.

FRESH NEW FACES AND OLD FAVORITES (Club Officers and Program Coordinators for 2006)

President:	Michael Myers
Vice President:	Keifer Hahn
Secretary:	Eva Karau
Treasurer:	Tory Kendrick
Grooming Coordinator & Equipment Maintenance:	Ray Johnson
Co-Race Director:	Mike Myers and Scott Anderson
Newsletter Editors:	Angel Anderson (starting after this newsletter)
Junior Program Coordinator	Kathy McGann
Forest Service Contact Missoula Ranger District:	Joe Kipphut

Look for the newsletter to have a fresh, new format next fall as Angel Anderson takes on the duties of Newsletter Editor!

2005-2006 Calendar of Cross Country Ski Events

As always, the race schedule is subject to change and errors. Please contact race directors for verification.

Check MNSC's web site, www.missoulanordic.org for the most up-to-date race schedule information. Please check website for schedule as it develops and for updates and additions.

NOVEMBER

22-26 **West Yellowstone Ski Festival** (formerly known as "Fall Camp"), West Yellowstone MT, www.rendezvouskitrails.com

DECEMBER

4 **Kick Out the Kinks**, Essex MT, Izaak Walton Inn, 5K, 10K races, 1pm start, Special room rates. 406-888-5700, www.izaakwaltoninn.com

17 **SPAM Cup #1**, West Yellowstone MT, Classic Style, www.rendezvouskitrails.com

JANUARY

7 **SPAM Cup #2**, Freestyle, West Yellowstone MT, www.rendezvouskitrails.com

7-8 **OZONE PURSUIT, MISSOULA NORDIC SKI CLUB AND OPEN ROAD BICYCLES, SEELEY LAKE MT**

THE ONLY PURSUIT STYLE RACE ON THE SCHEDULE!

7th Classic, 8th Skate, www.missoulanordic.org, Contact Mike Myers 728-5769 or Scott Anderson 829-6514

Pepsi Challenge, Biwabik MN 48K point to point, and 24K skate and 24K classic, 7K skate, www.xcskiworkl.com

28 **Noquemanon Ski Marathon**, Marquette to Ishpeming MI, (Ishpeming is the home of the National Ski Hall of Fame and this is President MNSC President Myers favorite race). 51K or 25K, info@noquemanon.com 1-866-370-RACE

28 **OSCR Ski Marathon**, Seeley Lake Ski Club, Seeley Lake MT

10K, 25K, 50K Freestyle, 9:00 a.m. early start, 10:00 a.m. start, Contact Lynn Carey 406-677-2343

FEBRUARY

4 **Boulder Mountain Tour**, Ketchum ID, 30 km point-to-point, Freestyle, 208-788-1550, bouldermountain@aol.com

11 **Marco's Classic Cup**, McDonald Pass, Helena, MT; 13k classic, 11 a.m., Carl Anderberg 406-449-7882.

12 **Barnelopet**, Pattee Canyon, Missoula MT, sponsor Missoula Sons of Norway Lodge 4-424, Barnelopet is Norwegian for "Children's Race". Children of all abilities are welcome and parents may ski with children. 1.5K or 3K events. Medallions awarded to all children and raffle prizes! If no snow, event is a running race, same location. Call Karen Sacrison-Leach 721-4947 or Leslie Hamilton 273-2815

12 **Klister Klassic**, Great Falls Ski Club, Silver Crest Ski Area, near Nihart MT
9K, 18K Freestyle, 2K kid's race, Karen Kohut 406-727-3675

12 **Mora Vasaloppet**, Mora MN, 800-368-6672, www.vasaloppet.org

25 **SPAM CUP #3**, Classic Style, West Yellowstone MT, www.rendezvouskitrails.com

25 **American Birkebeiner**, Cable to Hayward WI, 1-800-872-2753, <http://www.birkie.org>, 51K through the woods of NW Wisconsin

MARCH

4 **Ben Ali Haggin's Mile High Nordic Ski Race**, Mt. Haggin Ski Area, Anaconda MT
9K, 19K Freestyle, junior, youth, novice 1K, 2K, 5K, Joe Griffin 406-782-0316

11 **Yellowstone Rendezvous**, West Yellowstone MT, 10K, 25K, 50K skate, 25K classic, West Yellowstone Chamber of Commerce, www.rendezvouskitrails.com

12 **Yellowstone Youth Festival, West Yellowstone MT**, www.rendezvouskitrails.com

22-26 **US National Master's**, Bend OR, Mount Bachelor. Due to the proximity of the National Master's races this year, some MNSC members plan to attend. Contact Kathy McGann or Mike Myers. Race information at www.xcskiworld.com

NOTES

This year's Continental Divide Classic is not yet scheduled; consult the website to look for it in 2006.

For further information and updates, go to www.missoulanordic.org