

# PAW PRINTS & SKI TRACKS

*Annual ASPA membership dues are due. If you want to continue your membership, please complete the form included, and send it in with your dues.  
Thanks!*

**November 16  
Fun Race #1**  
North Star Golf  
Course 10:30AM  
Andy Warwick  
474-9148

**November 23  
Fun Race #2, TBA**

**November 19 and  
December 3  
Skate Clinic**  
Birch Hill  
Joel Buth  
455-7148

**November 22  
Training Clinic**  
Creamer's Field,  
11AM  
Lisa Stuby 687-3761

**Beginner's Clinic  
December 6, AK  
Feed, 10AM-1 PM,  
On snow Creamer's  
Field 2-4 PM, Sara  
Elzey, 378-5024**

## Fall Membership Meeting, October 29, Musher's Hall

by Sara Elzey

It was a good night to have a meeting of skijorers. The first snow was already on the ground and it was still October! The presence of snow was a novelty after the past several years. A group of about thirty Alaska Skijoring & Pulk Association members shared a yummy potluck, swapped stories of their summer adventures, and learned some first aid tips from Dr Tamara Rose on Wednesday, Oct 29, at the Dog Musher's Hall.

The first aid tips that I took note of were as follows:

Lidocaine is the best for numbing & cleaning wounds.

To close a cut that does not need stitches, use medical staple gun or pull the cut closed and put a line of superglue along the outside/top edge of the cut. Do not put superglue inside the cut.

For a deep pad slice, stitches may be necessary. At any rate, plan for minimal activity for 2 full weeks, then double bootie the foot.

Vet wrap (the stretchy, sticky wrap) can be useful for wounds. However, be careful not to wrap it too tight as it can cut off circulation.

For older dogs or dogs with arthritis, feed human grade glucosamine, chondroitin and MSM. Sam's Club has all of these supplements. Equine supplements are good too just be sure to adjust the dosage! You can also try sub-cutaneous injections of adequan which you get from your vet.

Dogs can over-heat quite easily, even in cooler temperatures. If a dog is panting so hard that you see way down their throat, then they are probably too hot. If you suspect that your dog may be over-heating, stop immediately and try to cool the dog down. Rubbing snow on their groin and armpits can help cool them off. If the situation gets desperate, try giving a cool water enema using a water bottle. Afterward, of course, be sure to label it!



Pat and Jamie ham for the cam (above). Dr. Rose demonstrates canine first aid techniques (right). Photos by Bud Marschner

### **Skate Ski Clinic, November 5th** by Lisa Stuby

The night of November 5th began one of 5 excellent skate ski clinics that are being conducted by Joel Buth. Joel is the owner of Goldstream Sports and is not only an avid skier, but also knows the technical details of skiing and ski equipment. Five people were in attendance for the first clinic. The price, only \$5.00, is definitely a bargain as Joel often instructs and helps for over an hour. The five people present were a mixed group of some seasoned skijorers and even a lady who had never skate skied before and broke in a new pair of skis. Joel was able to give attention to all. For this class, we mainly worked on the basics of poling, balance, and the V1. After a summer of fun in the sun, the cobwebs needed some clearing and it was helpful to begin our warm up by using solely our poles to go forward. Afterwards, we ditched the poles and skied paying attention to where our body was positioned over each ski. The main idea of skate skiing is to go forward by means of momentum through balance and every stroke should be fluid and somewhat effortless. I've been to Birch Hill and have been amazed by how effortless good skiers ski uphill. Unlike myself, I've seen people look like they are not breaking even a little sweat, unlike me, who is usually huffing and puffing and sweating profusely. Getting to this point in skate skiing takes practice and time and Joel was helping us through tricks like using our hands to simulate a "divebomber" so we would "land" correctly on each ski. Afterwards, we took up poles and tried to apply what we learned to the basic V1 stroke. After going up and coming down the stadium hill Joel further helped us with balance. For anyone who has visited Birch Hill during Junior Nordic classes may have seen the youngsters playing games while on skis. One reason the budding skiers do this is to get them comfortable with the skis to the point where having them on is as normal as wearing a pair of tennis shoes, just longer. This helps the children get comfortable wearing and moving on their skis. Well, on the theory that you CAN teach old dogs new tricks, Joel had us children at heart play "follow the leader" and Joel took us around trees and other obstacles.

The other skate ski clinics that are coming up are November 19, December 3 and 17, and January 7, 2009. These clinics are a great way to brush up on skate skiing skills with your fellow skijorers.

### **Trail Talk**

We wish to extend a HUGE and sincere THANKS to all of those who have helped with trail grooming and set up. Pat DeRuyter and Greg Jurek have groomed North Star to near perfection. Normally this time of the year, good skiing is usually a dream, along with more snow. Also thanks to Roger and Melinda Evans for use of their property. Andy Warwick and Pat groomed Creamer's Field skijoring trails. Peggy Raybeck and Lisa Stuby filled buckets for signs and Jim Herriges helped get the kiosk to Creamer's and dealt with snowmachine maintenance issues.

I'll be spending most of December in California where good, accessible trails are far away from my mother's home and VERY expensive. How lucky we are to be able to get to good trails for skiing and skijoring in a matter of MINUTES!

**Hard to believe, but gas is even MORE expensive this year and grooming takes a LOT of gas. If you use the Creamer's Field trails, the North Star Golf Club trails and/or the Isberg Trails, PLEASE donate to the ASPA trail grooming fund. For a frequent trail user, a \$50-\$100 donation would be appreciated. An occasional trail user should consider a \$20-\$50 donation. Mail your trail donations to ASPA, P. O. Box 82843, Fairbanks, AK 99708 or give them to an ASPA volunteer at any ASPA sponsored event.**

### Beginner's Clinic, December 6, 2008, Alaska Feed

Calling all dog lovers! Are you looking for something to do in the winter to exercise yourself and your dog? Have you tried skijoring? Skijoring can be fun for skiers of all skill levels and all breeds of dogs (well maybe not a Chihuahua!). Come to the Alaska Skijoring and Pulk Association's annual Skijoring Beginner's Clinic. In the morning, attend a 3-hour classroom session (without your dog) and learn about the necessary equipment for skier & dog, training tips, and trail etiquette. In the afternoon participate in a half hour "on-snow" session (trail conditions and weather permitting) to practice skijoring with your dog. Experienced skijorers and dogs will be on hand to help out.

**Pre-registration is required!** Sign-up at Alaska Feed on College Road. The cost is \$15 per person. Attendance at a classroom session is required to participate in the "on-snow" session.

Classroom Session: Saturday, December 6, 2008, 10am-1pm at Alaska Feed.

On-Snow Session: Saturday, December 6, 2008, between 2pm-4pm, at Creamer's Field. Sign-up for one, half-hour time slot during your classroom session.

Questions? Call Alaska Feed at 451-5570, the ASPA hotline at 457-5456, or email Sara Elzey at [skijorex2@hotmail.com](mailto:skijorex2@hotmail.com) or Carol Kleckner [kleckner@ptialaska.net](mailto:kleckner@ptialaska.net).

If you are NOT a beginner and would like to volunteer to help with the "on-snow" sessions, please email Sara Elzey at [skijorex2@hotmail.com](mailto:skijorex2@hotmail.com).

Also, if you have any skijoring equipment (in working order) that you no longer use please consider donating it to ASPA for beginners to use at the clinic. Contact Sara Elzey to donate.

### I challenge all my fellow skijorers to join me in the CRASH POOL! by Sara Elzey

Here is how it works: (I'm relying on the honor code here!)

1. Log each skijoring adventure on the log sheet provided, or use your own method. See the sample log sheet below.
2. Set aside \$0.25 per skijoring trip to contribute to the pool.
3. Log each time you CRASH on the log sheet (be honest!)
4. Set aside an additional \$0.25 per CRASH to contribute to the pool.
5. Turn in your log sheet and your total contribution to the pool to Sara Elzey by the end of the season (exact date to be determined, depending on snow conditions!) *All entries will be kept strictly confidential!*
6. I will take your total number of CRASHES and divide it by your total number of skijoring adventures to find out your CRASH percentage. For example; if you skijored 10 times during the season and crashed 2 times, your crash percentage will be 20%. Another skijorer who skied 15 times during the season and crashed 4 times will have a crash percentage of 27%. I promise not to reveal anyone's crash percentage except the winner!

The skijorer with the lowest CRASH percentage wins the pool.

If you have any questions please email me! [skijorex2@hotmail.com](mailto:skijorex2@hotmail.com).

May the best skijorer win! Good Luck everyone! Sara Elzey

#### SAMPLE LOG SHEET:

SKIJORER NAME: Sally Skijorer

DATE	LOCATION of Skijoring Adventure	# CRASHES	Trip	crash	Total
11/1/08	North Star Golf Course	1	.25	.25	.50
11/4/08	Creamer's Field	0	.25		.25
11/6/08	Goldstream Valley	2	.25	.50	.75
4/01/09	TOTAL Contribution to CRASH Pool				1.50



## Training Clinic #1—November 22, 11:00 AM, Creamer’s Field

This year’s first of two training clinics will emphasize the basics and is meant for novices. If you are a beginner, please check out Sara Elzey’s excellent Beginners Clinic which will take place at Alaska Feed from 10AM to 1PM and at Creamer’s later in the afternoon (see page 3 of this newsletter for more details). In my travels around town, at the dog park, Petco, etc. I’ve had folks who have tried skijoring, but are not good skiers and/or the dogs won’t pull, etc. Well, this is the clinic for you! We will meet at 11:00 AM at the Creamer’s Field farmhouse and have a 30 minute question and answer session between novices and more seasoned skijorers. Afterwards, we will practice the advice, with more seasoned people on hand for help, using the skijor training trails at Creamer’s Field across from the Farmhouse for another 30 minutes to an hour. The temperature cutoff for this event is –15F. Cost is free to ASPA members and \$5.00 for non members.

So come and practice skiing and skijoring and most importantly, HAVE FUN!! If you would like to help out with handling, advice and/or show up with behaved dog(s) who will act as “rabbits” for novice dogs to chase, please contact Lisa Stuby at 458-7657, or e-mail at [lisa.stuby@alaska.gov](mailto:lisa.stuby@alaska.gov).

### FOUR FEET by Rudyard Kipling

I have done mostly what men do,  
And pushed it out of my mind;  
But I can't forget, if I wanted to,  
Four-Foot trotting behind.

Day after day, the whole day  
through--  
Wherever my road inclined--  
Four-Foot said, 'I am coming with  
you!'  
And trotted along behind.

Now I must go by some other round--  
Which I shall never find--  
Some where that does not carry the  
sound  
Of Four-Foot trotting behind.

### Membership Form for the Alaska Skijoring & Pulk Association

Name \_\_\_\_\_  
*Last*
*First*

Mailing Address \_\_\_\_\_  
*Street or P. O. Box*  
 \_\_\_\_\_  
*City*
*State*
*Zip Code*

Phone (optional) \_\_\_\_\_

E-mail \_\_\_\_\_

Are you interested in receiving the newsletter on-line? Yes  No

**Membership Type:**

- Individual \$15.00/year \_\_\_\_\_ Individual Lifetime \$150\_\_\_\_\_
- Family \$25.00/year \_\_\_\_\_ (No lifetime available)
- Affiliate \$5.00/year \_\_\_\_\_ (If already a member of your local skijor club.)
- Trail Donation \$ \_\_\_\_\_ (\$5/day or \$50/season suggested)

Club Name \_\_\_\_\_

Club Address \_\_\_\_\_

Club Website \_\_\_\_\_

**Mail membership form to:** ASPA, P. O. Box 82843, Fairbanks, Alaska 99708.

\*Membership year is from October 1 through September 30.

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**Paw Prints and Ski Tracks** is a monthly newsletter published during the winter season by the Alaska Skijoring and Pulk Association. Computer and photo shop consultancy has been provided by Bud Marschner. The coordinating editor of Paw Prints and Ski Tracks is Lisa Stuby. Your comments, articles and pictures are greatly appreciated. Please e-mail the information before the 25<sup>th</sup> of every month to lisa.stuby@alaska.gov.

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### Alaska Skijoring and Pulk Association

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