

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!

Beginner's Clinic

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

December 3, 17 Skate Ski Clinic

Birch Hill
Joel Buth
455-7148

**December 12, Ski Wax
Clinic** at Raven Cross Country. Pre-register.

**December 14
Fun Race #3**, TBA

**December 27
Fun Race #4**
North Star Golf Course
11:30AM
Andy Warwick
474-9148

December 28
Show 'n' Go #2
Peggy Raybeck
457-4775

ASP A Fun Race #1, November 16, 2008, North Star Golf Course, by Pat DeRuyter

The Alaska Skijoring and Pulk Association held the first Fun Race of the year at North Star Golf Club on Sunday, November 16, 2008. The temperature was 10 °F and the trails were in excellent shape. The two moose seen just outside the golf course before the race stayed off the course during the race.

Twenty-eight teams competed in eight classes with the most competitors in the 4 mile 2-dog class. Kriya Dunlap with Brahma and Zeus led the field of 9 teams with a time of 12:14. Andy Seitz ran two teams and finished second and third with times of 12:42 and 13:25.

The second biggest class of the day was the 4 mile 1-dog class with Peggy Raybeck and Chico leading the field with 17:18. Edel Agersborg and Duke, competing in their first skijor race ever, came in second at 18:56. Bruce Miller with Roy and Gail Davidson and Tobi tied for third with a time of 22:03.

In the 4 mile 3-dog class, Carol Kleckner with Jazz, Jenny and Blackberry came in first at 12:58. Andy Warwick with Zip, Boots and Licorice were second at 13:54 and Sara Elzey with Chance, Millie and Zorba finished third just 10 seconds back at 14:04.

In the longest race of the day, 6 miles, Brian Charlton with Clyde, Fanny and Wiggy came in first with a time of 19:01.

Sara Elzey with Ayla, Robin and Casper won the 2 mile 3-dog class with a time of 7:28.

Peggy Raybeck with Carmen and Trakker won her second race of the day posting a winning time of 7:42 in the 2 mile 2-dog class. Carol Kleckner finished second in her second race of the day. Carol with Chanel and Borax finished just 13 seconds back with a time of 7:55. Nina Ruckhaus with Tracker and Sam finished third at 8:45.

Bill Carter with Annie won the 2 mile 1-dog class at 10:25 and Jamo Parrish with Ripple won the .75 mile 1-dog class.

Roy and Lily, Jana and Bruce Miller's dogs, each competed in two races. Roy completed the most distance by finishing two 4 mile races for 8 miles with a 6th and 3rd place finish.

Thanks to Greg Jurek and Pat DeRuyter for doing a great job of grooming the North Star Golf Club trails. Volunteers for Fun Race # 1 were Andy Warwick, Pat DeRuyter, Clarice Dukeminier, Marcia Lawrence, Paula Ruckhaus, and Greg Jurek.

Alaska Skijor and Pulk Association, Fun Race #1				
November 16, 2008, North Star Golf Club				
Bib #	Skijorer	Dogs	Time	Place
6 miles up to 3 dogs				
10	Brian Charlton	Clyde, Fannie, Wiggly	19:01	1
9	Greg Jurek	Che, Rib	DQ	
4 miles 3 dogs				
2	Carol Kleckner	Jazz, Jenny, Blackberry	12:58	1
3	Andy Warwick	Zip, Boots, Licorice	13:54	2
1	Sara Elzey	Chance, Millie, Zorba	14:04	3
4 miles 2 dogs				
13	Kriya Dunlap	Brahma, Zeus	12:14	1
22	Andy Seitz	Mabel, Yeller	12:42	2
4	Andy Seitz	Waylon, Willie	13:25	3
15	Chad Carroll	Tico, Elvis	14:32	4
14	Laurie Hueffer	Pence, Callie	15:19	5
7	Janna Miller	Roy, Lily	15:24	6
11	Kimberlee Beckmen	Lily, Iris	15:44	7
12	Karsten Hueffer	Addie, Maisy	16:23	8
8	Steven Sheehy	Ahi, Sputnik	17:51	9
4 miles 1 dog				
5	Peggy Raybeck	Chico	17:18	1
16	Edel Agersborg	Duke	18:56	2
24	Bruce Miller	Roy	22:03	3
17	Gail Davidson	Tobi	22:03	3
6	Sarah Garland	Hoover	24:03	5
2 mile 3 dogs				
24	Sara Elzey	Ayla, Robin, Casper	7:28	1
2 mile 2 dogs				
30	Peggy Raybeck	Carmen, Trakker	7:42	1
27	Carol Kleckner	Chanel, Borax	7:55	2
18	Nina Ruckhaus	Tracker, Sam	8:45	3
23	Andy Warwick	Blue, Lady	10:08	4
2 mile 1 dog				
28	Bill Carter	Annie	10:25	1
19	Lisa Stuby	Killae	17:23	2
.75 miles 1 dog				
25	Jamo Parrish	Ripple	3:38	1
29	Janna Miller	Lily	4:12	2



All photographs by Lisa Stuby

Greg Jurek with Che and Rib



Sara Garland and Hoover



Brian Charlton with Clyde, Fannie, Wiggly, and helpers



At the starting line

Fun Race #2, November 23rd, North Star Golf Club by Pat DeRuyter

Thirty-one teams raced at North Star Golf Club in ASPA Fun Race #2 on Sunday, November, 23. The trail was hard and fast and the temperature was -3 °F at the race start and -1 °F at the race end.

Three season records fell including in the largest class of the day (9 competitors) where both Kriya Dunlap (Brahma, Zeus) and Greg Jurek (Che,Rib) both broke the two-dog 4 mile record by tying for first with identical times of 12:23. Andy Seitz finished both third and fourth with his two teams with times of 13:02 and 13:04.

Carol Kleckner (Jazz, Jenny and Blackberry) won the 3-dog 4 mile class with a time of 13:34. Andy Warwick (Zip, Licorice and Boots) were second at 14:01 and Sara Elzey (Ayla, Millie, Zorba) were third at 14:23.

In the 4mile 1-dog class, Mike Kramer and Decoy set a new record with a time of 14:29. Bruce Miller and Roy were second at 15:50 and Chad Carroll with Elvis (who was not in the building, but on the trail) finished third at 17:54.

The most competitive class of the day was the two mile, 2-dog class. 7 competitors raced and the top six finished within a minute of the leader. Peggy Raybeck (Charlie and Trakker) won with a time of 8:10. Carol Kleckner (Chanel, Robin) were just two seconds back at 8:12. Greg Jurek (Jose, Diego) were third at 8:23.

Ted Wu and Ty won the 2 mile 1-dog class with a new record time of 9:39. Bill Carter and Annie were second at 11:40 and Janna Miller and Lilly were third just three seconds back at 11:43.

Jamo Parrish and Ripple won the .75 mile class with a time of 4:07.

Thank you to Roger and Melinda Evans for the use of the North Star Golf Club Trails, Greg Jurek for grooming the trails in the cold on Saturday, race volunteers Andy Warwick, Pat DeRuyter, Paula Ruckhaus, Jesse Warwick, Jane Parrish and all the dog handlers.

The next ASPA event is the BEGINNERS' CLINIC . INFO: 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. 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 Questions? Call Alaska Feed at 451-5570, the ASPA hotline at 457-5456, or email Sara Elzey at skijorex2@hotmail.com or Carol Kleckner kleckner@ptialaska.net.

Fun Race # 2 Results				
Bib #	Skijorer	Dogs	Time	Place
4 miles 3-dogs				
1	Carol Kleckner	Jazz, Jenny, Blackberry	13:34	1
2	Andy Warwick	Zip, Boots, Licorice	14:01	2
3	Sara Elzey	Ayla, Millie, Zorba	14:23	3
4	Don Kiely	Chance, Raja, Casper	15:29	4
4 miles 2 dogs				
13	Kriya Dunlap	Brahma, Zeus	12:23	1
9	Greg Jurek	Che, Rib	12:23	1
11	Andy Seitz	Waylon, Willie	13:02	3
32	Andy Seitz	Oscar, Diamond	13:04	4
14	Susan Seitz	Yeller, Mabel	13:55	5
6	Lisa Baraff	Hope, Luna	14:41	6
5	Peggy Raybeck	Carmen, Masey	15:02	7
8	Kimberlee Beckmen	Lily, Iris	17:06	8
12	Edel Agersborg	Duke, Iver	17:29	9
4 miles 1 dog				
19	Mike Kramer	Decoy	14:29	1
17	Bruce Miller	Roy	15:50	2
18	Chad Carroll	Elvis	17:54	3
16	Gail Davidson	Tobi	24.37	4
15	Lisa Stuby	Killae	42:15	5
2 mile 2 dogs				
27	Peggy Raybeck	Charlie, Trakker	8:10	1
31	Carol Kleckner	Chanel, Robin	8:12	2
33	Greg Jurek	Jose, Diego	8:23	3
30	Sara Elzey	Misty, Loon	8:31	4
21	Nina, Ruckhaus	Tracker, Sam	8:53	5
28	Don Kiely	Borax, Izzi	9:04	6
20	Don Atwood	Cohp, Suka	10:25	7
2 mile 1 dog				
24	Ted Wu	Ty	9:39	1
25	Bill Carter	Annie	11:40	2
22	Janna Miller	Lilly	11:43	3
29	Lisa Baraff	Scooter	12:13	4
23	Jim Altherr	Sophie	18:30	5
.75 miles 1 dog				
26	Jamo Parrish	Ripple	4:07	1
29	Janna Miller	Lily	4:12	2

Timidity by Lisa Stuby

This was meant as an addition to an article I wrote for last year's Paw Prints where I had mentioned that by socializing one's puppy early on with a variety of new and unfamiliar people (including calm and gentle children), on a regular and ongoing basis (for at least the first two years of the dog's life), you can help prevent serious behavioral problems such as shyness, timidity, and aggression from developing as the puppy matures. While preventive steps are best, should your puppy or adolescent dog already show signs of timidity, he should be gradually introduced to many new and unfamiliar people, until your puppy develops more confidence and trust. The following tips may be useful.

Visitors and passersby should avoid suddenly reaching out to pet your puppy, as allowing a stranger to approach a timid puppy right away is likely to increase the puppy's fear as well as his inclination to react defensively. In fact, when a timid puppy is first introduced to someone unfamiliar to him, the person should remain relatively still and quiet, **avoid eye contact** with the puppy, offer non-confrontational body language, and allow the puppy to approach the person and initiate contact. The puppy should never be forced or dragged over to meet someone he is fearful of.

Asking the visitor to crouch down near the floor, with their body facing at an angle AWAY from the puppy, and their hand slightly extended to the side while holding a small puppy treat, may help the puppy to gain enough confidence to approach. The puppy should be allowed to sniff the person, and to take the treat from their hand, without the person talking to or reaching towards the puppy. Even if the puppy continues to show fearfulness, the owner should remain upbeat, and resist the temptation to coddle or "poor baby" the puppy.

Once the puppy appears to feel a bit more secure, the visitor should slowly begin petting the puppy under the chin, and continue offering him small treats. These steps should be repeated with as many new people as possible, in as many new environments as possible, until the puppy develops sufficient confidence around new people.

Fully immunized puppies who are timid around other dogs, should be socialized with other friendly, easy-going puppies (and dogs), beginning with small to medium-sized puppies, then very gradually introduced to larger, more active ones, over a period of a few weeks. Observe both puppies' body language as they meet, interact, and get to know each other. For especially timid or sensitive puppies, one-on-one puppy play sessions are usually best.

Supervised puppy play groups and puppy kindergarten classes may also be helpful, provided that bigger, more dominant puppies are not allowed to bully or intimidate the more timid ones. Puppies should be properly matched by size, age, dominance, activity level and temperament. Unsupervised group "free-for-all" can in fact be very counter-productive. Ideally, an experienced dog trainer or behavioral consultant should supervise all play activity and be present to prevent any overly aggressive interactions between puppies.

Many years ago I took care of a very timid sled dog, who when in harness, perked up and had a nice trot. However, once tied to his dog house, was a totally different dog. Just getting close to him to give him a cookie was difficult. His previous owner mentioned that as a yearling, this dog (I can't remember his name it was that long ago) got loose near Kantishna and pretty much ran wild like a pariah dog around the visitor's camp for most of the summer and wouldn't let anyone near him. He was finally captured after a visiting wolf biologist was able to tranquilize him. Socializing him to at least a point where he would see humans more positively took a long time, lots of sitting nearby and talking to him, feeding him cookies, and having my highly friendly happy-go lucky then 9-month-old husky pup (who lived to be 14.5 years) with me definitely helped.

Some dog breeds, like many of the sighthounds tend to be very sensitive in addition to very independent. Harsh corrections can adversely affect these breeds and should be avoided and can lead to timidity problems. Sighthounds are not the dogs to yank around, yell at, or strike. They are sensitive animals that respond to kindness, clarity, humor, and above all, respect. I've known many sprint huskies that have sighthound in their genetics and frustrated owners who don't understand why their dogs often have their tails tucked. In addition to properly socializing your dog, it is equally important to understand your dog's breed(s) and breed history. Overall you will have a healthier, happier dog and relationship and if a musher, possibly a more competitive edge.

Most of my inspiration and information for this article last year came from a book I read while flying back to Fairbanks from Oakland, CA entitled, "Surviving your Dog's Adolescence" by Carol Lea Benjamin and a website I was looking at while visiting a funky internet café while in Berkeley CA <http://www.inch.com/~dogs/socialization.html>. Who knows what I will see/read this December!!

Note from the Newsletter Editor

It is that time of the season, snow is thankfully on the ground (we need more, but can't complain too much about what we have, which is better than the past couple of years), thoughts turn to eating copious amounts of turkey and pumpkin pie, and we plan on how to spend the rest of the holidays with family and friends. It is also that time of the year when I remind folks to PLEASE renew your membership with ASPA. Membership remains \$15.00 per year, which is a real bargain in today's inflated world. The benefits of membership are discounts on fun races, 7 newsletters, an invitation to join the skijor e-mail list, training clinics, show 'n' gos, etc. If your address label states, "New Membership Year, Please Renew" this will be your LAST newsletter until your dues have been received. If you have paid your dues and still have this message on your sticker, did not receive a newsletter, and/or received a duplicate newsletter, please send an email to Lisa Stuby (lisa.stuby@alaska.gov) and I will update and correct the errors on the mailing list. You can mail your membership using the form attached on page 7 and/or use Pay Pal which can be made on the ASPA Website at <http://www.sleddog.org/skijor/join.html>

As always, I welcome newsletter articles from our members. As newsletter editor my task is to mainly assemble, format, print, and mail out the month's newsletter and not to write most of the articles. Although I've skijored and skied for close to 20 years, I've never gotten involved in anything too serious in terms of racing or keeping a kennel of sled dogs, etc. My knowledge of gear is also limited. In addition, my present skijoring dog is probably more skilled at jumping off of the trail after voles and pointing out where the moose are. So, I welcome articles on more technical aspects of gear, training tips, great places to skijor, etc. that you all have learned and experienced over the years and wish to share. To submit an article and/or pictures, please send to lisa.stuby@alaska.gov by the last day of the month. I usually try to get the newsletter to the printers during the first week of each month. Thanks and I wish you all a good 2009.

Show 'n' Go #2, December 28, 2008

The next Show 'n' Go will take place on December 28th. Peggy Raybeck is considering several possible places to lead this second show 'n' go. She is finding best turnouts for these events to be on groomed areas as more people seem to want to skate. Possible places may be Chena Lakes, Isberg trails, etc. Show 'n' Go #2 is about a month away and location choice will depend on trail conditions. There may even be the possibility of a doing the Winter Trail East from the parking lot at about 26.5 mile Chena Hot Springs Rd.. So, keep checking your e-mail and Peggy will announce the meeting place closer to the date. This is a GREAT way to jump start your New Year's Resolutions BEFORE 2009!! She can also be reached at 457-4775, paycheck39@hotmail.com.

December 3 and 17—6:30 p.m. Skate Clinics at Birch Hill Recreation Area taught by Joel Buth. For Beginner to Intermediate skiers (learn V1, V2). Cost will be \$5.00. These clinics are open to ASPA members ONLY. Contact Joel at 455-7148 or joel@goldstreamsports.com for more information. The Temperature Cut-off will be -10F AT Birch Hill, which is usually much warmer than the rest of Fairbanks. You can locate Birch Hill weather at <http://www.nscfairbanks.org/weather/index.html> or call the weather phone at 457-4837. See ya there!!

Ski Waxing Clinic, December 12, 2008

Fred Raymond of Raven Cross Country will be presenting a ski waxing clinic to ASPA members on December 12th at 6:00 PM at his Well Street shop. Fred is an expert on waxing and caring for skis and is a great source for advice on all things cross-country skiing. Space is limited, and pre-registration is recommended. Contact Fred at 456-5070 or e-mail at ravenxc@alaska.net. Come and learn how to best take care of those new skis you want to get yourself for Christmas--and give them the glide your dogs will appreciate!

Holiday Pet Safety Tips

The holidays can be a lot of fun for us humans, but stressful and downright dangerous for our pets. Below is a list of things I've taken from a brochure from VPI Pet Insurance and the December 2008 issue of DogFancy as well as my own 2 cents.

1. De-icing products and salt can get into fur and paws, causing skin irritation or more serious conditions. Wipe your pet's paws and tummy when exposed. Take care when in parking lots for antifreeze spills. Dogs like the sweet taste and a very small amount can be deadly and it doesn't take a dog very long, even when securely on a leash to have his nose on one. Always keep eyes open when in parking lots AND if your car has an antifreeze leak please get it fixed!!!
2. Holiday decorations such as tinsel, ribbon, wrapping paper, ornaments, ornament hooks, candles, and the Christmas tree itself can be hazardous to pets. Tinsel, ribbon, and other string-like objects can do serious damage to your dog's intestines when one end gets stuck and the rest is pulled through the intestine, creating a sawing motion. Dogs can mistake ornaments for dog toys and get sick from swallowing Christmas tree water. Be careful dogs don't chew on electrical cords. Best to secure cords to the floor or run through PVC pipe. Always use grounded 3-prong extension cords and avoid flashing tree lights, which can attract highly visual breeds like herding dogs and sighthounds (many AK huskies have these breeds in them).
3. Holiday plants such as ivy, holly, mistletoe, poinsettia, Christmas cactus, and hemlock can be toxic to animals when ingested. Best to keep all such greenery out of the reach of canines as well as children.
4. Holiday foods aren't necessarily that good for us, but can be very toxic to our pets. Chocolate and other candy, raisins, alcoholic beverages, fatty cooked meats and bones, fresh garlic and onion, nuts, coffee, can be toxic. Unsweetened cocoa is especially toxic. Just 3 ounces are enough to make a healthy 44-pound dog sick. Be sure to keep toxic foods away from your dog. Board him during parties, or keep him in a secure area while you cook and while guests eat. Designate a family member to collect discarded plates during parties. Toss garbage into a secure trash can.
5. Everyone loves a party, but sometimes the hustle and bustle of holiday guests can frighten animals and cause them to run away. Designate a quiet, secure room and/or crate for your pets away from the crowd and be sure that your pet is microchipped and wearing a collar with current ID tags.
6. Well-meaning guests may not be able to resist the cute begging eyes, but make sure you tell them and explain to children that certain foods may be yummy for their tummies, but could send the dog to the vet or worse. Remind guests to put medications, etc. in a safe place. Have healthy dog treats on hand in a predetermined amount that guests can give your dog. Have them ask your permission before they feed and have your dog sit nicely for them.
7. Remember exercise is a great stress-reliever for both canine(s) and owner(s) (and in-laws?). Keep regular walks and skjors.



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. And a BIG thank you to all who have contributed!!

2008-9 ASPA BOARD OF DIRECTORS AND COORDINATORS

President: : Jamie Marschner, 458-0462, marschne@arsc.edu
Vice President: Carol Kleckner, 479-0430. kleckner@ptialaska.net
Treasurer: Sara Elzey, 378-5024, skijorex2@hotmail.com
Secretary: Lisa Stuby, 458-7657, lisa.stuby@alaska.gov
Show & Go Coordinator: Peggy Raybeck, 457-4775, paycheck39@hotmail.com
Race Coordinator: Andy Warwick, 474-9148, warwick@gci.net
Hotline: Carol Kleckner, 479-0430, kleckner@ptilaska.net
Newsletter Coordinator: Lisa Stuby, 458-7657, lisa.stuby@alaska.gov
Program Coordinator: Jamie Marschner, 458-0462, marschne@arsc.edu
Website Coordinator: Don Kiely, 455-6749, donkiely@computer.org
Trails & Development: Jim Herriges, 455-8007, herriges@gci.net
Trail Grooming: Pat DeRuyter, 479-7853, patd@acsalaska.net
Beginner's Clinic Coordinator: Sara Elzey, 378-5024, skijorex2@hotmail.com
Stage Race Coordinators: Sara Elzey, Don Kiely (see above for contact information)
Board Members at Large:
Sara Tabbert: 479-0456, stabbert@hotmail.com, Brian Charlton: 479-3665
 bcskjor@yahoo.com, Laurie Hueffer: 458-0858, llantagne@hotmail.com

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 25th of every month to lisa.stuby@alaska.gov.

ASPA SPONSORS

49er Feed Distributors
 AK/J Architecture, Inc.
 Alaska Feed Company
 Alaska House Art Gallery
 Animal House & Noah's Ark
 Apocalypse Design
 Aurora Animal Clinic
 Beaver Sports
 Canine Caviar Pet Food
 Cold Spot Feeds
 Denali Chiropractic
 Food Factory/There from Here Inc.
 Gambardella's Pasta Bella
 Golden Heart Veterinary Services
 Goldstream Sports/Joel Buth
 Hausle Johnson Tile
 Jammin' Salmons Physical & Nutritional Therapies
 Lead Dog Graphic Arts
 Mountain Sports
 Mushing Magazine
 North Pole Veterinary
 North Star Golf Club
 Play it Again Sports
 Raven Cross Country
 Sara Tabbert/Marmot Press
 SkijorNow.com
 Warwick & Schikora, CPAs



Alaska Skijoring and Pulk Association

P. O. Box 82843 ♦ Fairbanks, Alaska 99708-2843

Hotline: 907-457-5456 ♦ Website: <http://www.sleddog.org/skijor>