

PAW PRINTS & SKI TRACKS

If you wish to become a member or to renew, membership form is on page 5. Thanks to all who have renewed their memberships!

March 7

9th Annual Birch Hill Races, Birch Hill Nordic Ski Area, 9:00 AM, Jim Herriges, 455-8007

March 10

Fun Race #6, Creamer's Field, evening time TBA, Andy Warwick, 474-9148

March 21-22

Lee's Cabin Race and Show 'n' Go, time TBA Sara Tabbert, 479-0456.

March 22

Orienteering Race, Creamer's Field, 3:30 PM registration, Pat DeRuyter, 479-7853

March 29

Fun Race #7 and year-end BBQ. Time and venue TBA, Andy Warwick, 474-9148

2009 ASPA Race Across the Valley

Reported by Brian Charlton

Sunday, February 19th was the conclusion of the 2009 ASPA Race Across the Valley (RAV). The RAV is a three-day stage race that has been going on for many years and offers participants a chance to race on trails not normally used for ASPA events. This year's race offered some exciting new venues. Day one took place at the ADMA Jeff Studdert Race grounds, but rather than using the standard race course, the trail took several cut-offs. This allowed racers to explore the rarely used inner loops. A BIG thanks to the course setter, Tom McGrane. The second day of racing was at the Two Rivers Ski Area, an exhilarating venue because of its steep climbs and fast, winding downhill. The RAV finished with a real treat for the skijorers, the UAF West Ridge Ski Trails. Thanks to those organizations that allowed ASPA to use their trails for these events.

There were two divisions for each day: long distance and short distance. As usual, the shorter distance had the most competitors. The first day attracted nine short class racers and five in the longer class. Day 1 winners were Jim Herriges (Lena, Lily) in the short class with a time of 13:14 and Brian Charlton (Bonnie, Clyde, Wiggy) in the distance class, finishing in 26:49. Cindy Salmon (Chinook, Coho) finished just ahead of Sara Elzey (Ayla, Millie) to claim 2nd place in the short class with times of 14:41 and 14:47 respectively. Sara Tabbert (Pablo, Rothko) beat out Dana Truffer-Moudra (Saphira, Cooper) to claim second in the distance class finishing in 33:43 and 34:32.

Day two had 5 distance racers and 12 short class racers. Sara Elzey won the short class (Millie, Jazz) in 21:59, followed by Cindy Salmon (Chinook, Sockeye) and Jim Herriges (Mabel) with times of 22:16 and 22:40 respectively. Friday's winners in the distance class did a repeat, with Charlton, Tabbert, and Truffer-Moudra finishing in 32:09, 40:02, and 41:05 respectively.

Day three had the largest turnout of the series with 9 distance class and 19 short class racers. The short class was again won by Jim Herriges (Lena, Mabel) in 13:58, with Chad Carroll (Elvis, Penny) and Cindy Salmon (Chinook, Coho) taking 2nd and 3rd, 14:24 and 15:37. The distance class was won by Brian Charlton in 27:06, though Truffer-Moudra was able to catch Tabbert to take 2nd place for the day finishing in 32:19 to Tabbert's 33:17.

We determined the 2009 RAV champions by totaling the three day times. Jim Herriges won the short class, followed by Salmon and Elzey. Brian Charlton won the distance class, followed by Tabbert and Truffer-Moudra.

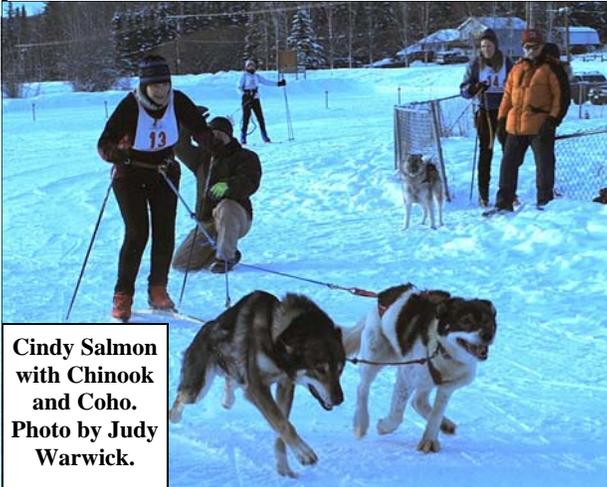
A huge thanks to all the volunteers who came out and made the races possible. We'd also like to specially thank our hosts at the three venues, the Alaska Dog Musher's Association, Two Rivers Ski Club, and the UAF Trails Committee. The 2009 Race Across the Valley Directors were Sara Tabbert, Brian Charlton, Don Kiely.

Note from the back of the trail (Newsletter Editor). As the three-time winner of the RED Lantern, I have to say this weekend was a LOT of fun. Everyone who participated from the invaluable volunteers to the organizers and racers themselves made everyone feel welcomed and like winners. Killae and I had a blast!!

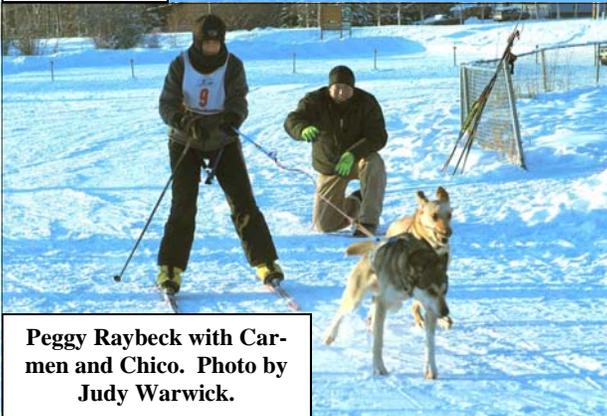
Stage 1 RAV, ADMA Cut-Over Course February 13, 2009

Short Distance: 4 miles
Long Distance: 7.6 miles

The course took place at ADMA, but with a twist. This race started from the ADMA hall and continued on familiar and unfamiliar trails, using some of the lesser known "cut-offs" to add interest. The short leg was four miles and the distance leg was 7.6 miles. These routes were meant to test the participant's dogs' ability to follow commands, especially for those who frequently train at ADMA!



Cindy Salmon with Chinook and Coho. Photo by Judy Warwick.



Peggy Raybeck with Carmen and Chico. Photo by Judy Warwick.



Smile Everyone, as Ted Wu and friend try to get Nina and Ty to "smile for the camera". Photo by Lisa Stuby.

Day 1 RAV at ADMA				
Bib #	Skijorer	Dogs	Time	Place
Long Distance				
2	Brian Charlton	Bonnie, Clyde, Wiggy	26.49	1
4	Sara Tabbert	Pablo, Roscoe	33.43	2
3	Dana Truffer-Moudra	Saphine, Cooper	34.32	3
1	Steve Sheehy	Sputnik, Ahi	39.44	4
16	Alice Stickney	Raven	58.11	5
Short Distance				
10	Jim Herriges	Lena, Lily	13.14	1
13	Cindy Salmon	Chinook, Coho	14.41	2
8	Sara Elzey	Ayla, Millie	14.47	3
9	Peggy Raybeck	Carmen, Chico	14.55	4
7	Kimberlee Beckmen	Iris, Teri	15.49	5
12	Lisa St. Clair	Felix	17.00	7
6	Jesse Warwick	Joba	17.35	8
5	Ted Wu	Nina, Ty	17.36	9
11	Edel Agersborg	Duke, Luer	17.48	10
15	Jamie Marschner	Bree	28.56	11
14	Lisa Stuby	Killae	29.56	12



Timers Extraordinaire, Andy Warwick, Emily Bernhardt, and Emma Charlton give the 5-4-3-2-1-GO!! Photo by Lisa Stuby



Dana Truffer-Moudra with Saphine and Cooper head down the trail. Photo by Lisa Stuby

Stage 2, Two Rivers February 14, 2009

Short Distance: approximately 4.6 miles

Long Distance: approximately 7.7 miles, once around the entire course then once more around the 5K loop.

The course followed the full 7.5 kilometer loop, with the long distance racers also doing the 5 kilometer loop, which is a portion of the longer loop. This trail is wide and was well-groomed, but there were lots of steep up and downhill sections, a road crossing (a volunteer was there to keep it as safe as possible), some tight turns in various zig-zags, and a short two way section, all in a birch forest. This is a hard, demanding trail, but we always hear how much people enjoy this course. The RAV registration fee covered the trail donation, but please feel free to donate a little extra to the Two Rivers Ski Club who so generously let ASPA members use their trails.

Day 2 RAV at Two Rivers

BIB NO.	SKIJORER	DOGS	Day 2 Time	Day 2 Win Order	1st Day Time	TOTAL Time	WIN ORDER
Long Distance							
4	Brian Charlton	Coral, Bonnie, Wiggy	32.09	1	26.49	58.58	1
3	Sara Tabbert	Pete, Rothko	40.02	2	33.43	73.45	3
2	Dana Truffer-Moudra	Cooper, Saphina	41.05	3	34.32	75.37	2
5	Matt Bray	Sullivan, Rainy	43.38	4			
1	Steve Sheehy	Shrike, Zoomer	58.44	5	39.44	98.28	4
Short Distance							
11	Sara Elzey	Millie, Jazz	21.59	1	14.47	53.22	3
12	Cindy Salmon	Chinook, Sockeye	22.16	2	14.41	52.34	2
13	Jim Herriges	Mabel	22.40	3	13.14	49.52	1
14	John Schauer	Riley, Willow	25.38	4			
6	Edel Agersborg	Duke, Iver	27.24	5	17.48	62.27	4
15	Don Kiely	Casper, Chance	28.11	6			
7	Ted Wu	Nina	28.43	7	17.36	63.05	5
8	Lisa St. Clair	Felix	29.37	8	17.00	66.09	7
9	Kimberlee Beckmen	Sputnik, Teri	31.23	9	15.49	63.33	6
17	Jamie Marschner	Kazan	46.00	10	28.56	104.31	8
16	Lisa Stuby	Killae	48.34	11	29.56	112.56	9
10	Peggy Raybeck	Massey, Carmen	DQ				



Wheeee, Jim Herriges and Mabel blaze the trail at Two Rivers. Photo by Bud Marschner.



“That was fun mom, lets do it again”, Sara Tabbert’s dogs Pete and Rothko seem to be telling her they can’t wait to run UAF on Sunday



Sara Elzey with Millie and Jazz, Peggy Raybeck with Massey and Carmen, Kimberlee Beckmen with Sputnik and Teri, and John Schauer with Riley and Willow await the start at Two Rivers. Photo by Chuck Deehr.



Edel Agersborg with Duke and Iver at the starting line with volunteer handlers, Tone Deehr and ?? . Photo by Chuck Deehr.

Stage 3 RAV, UAF West Ridge, February 15, 2009

Short Distance: approximately 4 miles, Long Distance: approximately 8 miles, twice around the entire course
 The race started on the flat section of trail to the West of the parking area and headed south. It then proceeded to the left along the power line until turning right onto the "T-Field Road". Participants then followed the "T-Field Road" north and onto the T-Field continuing in a Northerly direction. We then followed the T-Field trail to the left and continue straight (without turning up to the arboretum area), turning left once to reach the opposite side. Then we headed down the T-Field along the West side, taking a right onto the Smith Lake connector trail (at the bottom of the hill). Once reaching Smith Lake we took a left staying on the outside edge of the lake until we got all the way around to the Potato Field access point. We then turned right and followed the trail along the west side of the field until we reach the Lighted Loop. We then travelled up the lighted loop to the top of the hill and turned right onto the Big Whizzy loop. After completing the Big Whizzy, the trail travelled along the south side of the satellite dish until reaching the ski hut. Long distance racers then repeated the loop and short distance races skijored past the ski hut to finish at the bottom of the hill where we had started. **QUITE FUN!!!** Of course now, dogs are not permitted on the trails, just skiers.



Happy dogs, smiling (Bree above) and skipping (Chewka below) for the camera as they and their owners enjoy good weather and trail conditions at the first ever RAV leg held at UAF. Above photo by Bud Marschner and below by Ann Knowlton.



Day 3 RAV at UAF							
BIB NO.	SKIJORER	DOGS	3rd Day Time	3rd Day Win Order	2-Day Time	TOTAL TIME	FINAL WIN ORDER
Long Distance							
1	Brian Charlton	Bonnie, Clyde, Wiggly	27.06	1	58.58	86.04	1
2	Sara Tabbert	Pete, Rothko	33.17	4	73.45	107.02	2
3	Dana Truffer-Moudra	Cooper, Saphina	32.19	3	75.37	107.56	3
4	Steve Sheehy	Sputnik, Shrike	42.08	8	98.28	140.36	4
9	Emily Bernhardt	Dusty, Coral	31.37	2			
5	Matt Bray	Rainy, Gilbert	34.18	5			
30	Bruce Miller	Roy	35.35	6			
7	Carrie McEnteer	Rang, Donegal	36.39	7			
6	Bill Schnabel	Chewka	59.05	9			
Short Distance							
12	Jim Herriges	Lena, Mabel	13.58	1	35.54	49.52	1
11	Cindy Salmon	Chinook, Coho	15.37	3	36.57	52.34	2
10	Sara Elzey	Ayla, Jazz	16.36	7	36.46	53.22	3
16	Ted Wu	Ty, Nina	16.46	9	46.19	63.05	4
18	Kimberlee Beckmen	Iris, Teri	16.21	5	47.12	63.33	5
14	Edel Agersborg	Duke, Iver	17.15	10	45.12	62.27	6
17	Lisa St. Clair	Felix	19.32	14	46.37	66.09	7
27	Jamie Marschner	Bree	29.35	18	74.56	104.31	8
26	Lisa Stuby	Killae	34.26	19	78.3	112.56	9
25	Chad Carroll	Elvis, Penny	14.24	2			
15	Don Kiely	Jenny, Chance	16.18	4			
24	Laurie Hauffer	Pence, Masie	16.26	6			
13	John Schauer	Tsaina, Willow	16.40	8			
23	Karsten Hauffer	Addie, Callie	17.18	11			
21	Lisa Baraff	Hope, Luna	17.20	12			
22	Joanna Miller	Lily	19.29	13			
8	Missy Helfirch	Hammy, Erin	19.53	15			
19	Alice Stickney	Raven	22.28	16			
20	Don Atwood	Suka	28.01	17			



Comin' Round the Mountain, Don Kiely with Jenny and Chance are off and running at UAF. Photo by Ann Knowlton.



Comin in, Chad Carroll with Elvis and Penny come in second in the short course at UAF. Photo by Bud Marschner.



Sara Tabbert with Pete and Rothko, Dana Truffer-Moudra with Cooper and Saphina, and Kimberlee Beckmen with Iris and Teri, approach the finish line at UAF. Photo by Bud Marschner.



BIG Group Shot of participants. Photo by Bud Marschner.

More timers extraordinaire: Pat DeRuyter, Peggy Raybeck, and Clarice Dukeminier. Photo by Bud Marschner



Lee's Cabin Race and Show and Go

The Alaska Skijor and Pulk Association will be sponsoring the annual race and non-competitive Show and Go into Lee's Cabin in the White Mountains, Saturday, March 21. The Race Distance will be 7 miles through beautiful terrain.

Racers are encouraged to pre-register by contacting Sara Tabbert at stabbert@hotmail.com or at 479 0456 by Thursday evening, March 19. The race is \$5.00 for ASPA members and \$10.00 for non-members and racers who do not pre-register. **PRE-REGISTRATION WOULD BE GREATLY APPRECIATED!**

Race registration will be held from 10:30-11 am at the Wickersham Dome trailhead (mile 28 Elliot highway,) and the race will start shortly thereafter. The race will include one, two, and three dog classes. Snowmachine support is yet to be determined, and there may only be a limited amount of gear that can be hauled out to the cabin for racers.

A map of the trail is located at <http://www.blm.gov/ak/whitemountains/wmramap.htm>. Any late breaking changes and a report on trail conditions will be available by calling the skijor hotline, 452-3553.

Racers will be feted with soup, cookies, and glorious prizes at the cabin. Water will be available at the cabin for dogs and people. Tieouts for dogs will also be provided.

Show and go participants are welcome to ski out to the cabin any time after the last racer starts. Please join us for snacks and race awards. If you are interested in spending the night at the cabin, please contact Sara Tabbert at stabbert@hotmail.com or call 479 0456. We have the cabin available on Friday, March 20 as well, if participants are interested.

Cabin policies and a description of the cabin and area are on the web at <http://www.blm.gov/ak/whitemountains/TIPS/LeesCab.htm>. You will be responsible for transporting your own gear and providing your own overnight and cooking supplies, as well as cleaning and stocking the cabin with wood when you leave.

Come and enjoy this great place with us at a beautiful time of the year!

Sometimes there is a Happy Ending by Stephen Sheehy and Kimberlee Beckmen

Two weeks ago I was at lower Angel Creek cabin, and I found a dog in the cabin. He was using it as a house, but was starved, dehydrated, anemic, and had a two week snare wound on his front leg. I fed him and gave him a good bed of straw and the next day put a spare harness on him and headed up to the upper cabin. He pulled the entire way up to the cabin and back to the truck. I posted him on the skijor and ADMA listserves, contacted the Animal Shelter, and left some signs around Two Rivers and the cabin we stayed at. I brought him over to Kimberlee Beckmen, who is a veterinarian. She thought he was a good dog but in his condition he would not last long at the shelter. Kimberlee determined the dog was severely dehydrated, emaciated, and the snare wound was at least 2 weeks old. She put him on a oral fluids and antibiotics and treated his wound. I then fattened him up and ran him with my team. I brought him to the Musher's Hall for the first stage of the RAV, but did not race with him. According to Kimberlee, this dog chewed the door of the dog box in the truck and was running loose most of the race and would not let anyone catch him. When she finished her race he ran up to her and she was able to catch him. Afterwards I ran him for a short skijor and decided to take him to Two Rivers for stage #2 of RAV. I forgot to drop my trash in Fox, so I did at the transfer station near Two Rivers School. There was a sign on the gate about "Zoomer" who'd last been seen there in early December. The picture was good enough that we could definitely match it to the dog in the truck. So we called the phone numbers and left messages. Within 10 minutes I received a call back from Sarah Neighbor and she was so excited I found Zoom-Zoom. Her, her husband, three kids, and the baby came out to Two Rivers to cheer me and Zoomer on. They were very excited to see him and offered to let me use him for the third race, but I wanted them to have him. He had been gone for four months. They had tried to live trap him but with no success. At the start of our race, their little boy was hugging Lisa Stuby's elkhound and told her, this is the best Valentines day ever, that man (pointing to me) found our dog. I miss Zoomer, but he is now in a pen running free with 12 other sled dogs and is very well loved. He is a good sled and skijor dog.



Happy Reunion, happy dog as Zoomer is reunited with his family (dog to the right). To the left is Shrike and Kimberlee Beckmen with Steve Sheehy behind her. Photo by Chuck Deehr.

The Zen of record keeping makes the skijoring fly!

ASPAs annual fifty dollar Alder Award is meant to distinguish the most improved skier/dog combination during one racing season. It is an *ad hoc* award that encourages record-keeping and the canine résumé. It will be awarded at the spring barbecue and membership meeting in March 2009 to the most improved skier and dog in ASPA-sponsored events for the 2008-09 season. The winner will be determined by the ASPA Board of Trustees on the basis of the ASPA Dog Résumé submitted by each skier for each dog entered.

The 2006 Alder award went to Andy Warwick and his dog Blue, who was rescued through a foster care arrangement with Animal Control from a dog yard where the lot had been tethered for weeks without food or water. Blue, who started out clueless about a harness, doubled his weight and gained new strength in Andy's care, and soon began to improve his skijoring performance recorded in the spring fun races. The following year, Sara Elzey won this award with her dog Shadow, an all-out, true-blue, "Please,-take-me skijoring-Mom, I-love-to-run," ever-ready bunny, lead dog. Adopted from the Animal Shelter in October of 1994 at 4 months of age, Shadow began skijoring at an ASPA Beginner's Clinic three years later. Foolproof (nearly) on commands, runs lead, wheel, and plays "rabbit" at Beginner's Clinics. Sara attests that "this dog has done all that I've ever asked and more". Like many of us who have "aged" with this sport, this dog's heart is still willing but the body just can't quite do it all anymore. Last year's winner was Carol Kleckner's dog, Channel. Channel has laryngeal paralysis, a hereditary disorder which effects her ability to breath properly. Most dogs with this disorder die within their first year of life. As a puppy she was very symptomatic with her wheezing. She was harness broke at 6 months of age but she worked so hard that her tongue would turn blue and Carol would have to take her out of the team to run alongside. She had to be watched at all times during a run. As Channel grew older she learned how to regulate herself and soon she became a fabulous lead dog and companion.

This is the fourth season for the Alder award, initiated by Chuck and Tone Deehr in honor of Aspenlair's Alder, an 80 lb AKC Siberian Husky, who patiently gave his strength and endurance to ASPA events for a number of years. Like so many of the dogs we often take for granted, he was quiet in the starting gate, broke two Apocalypse skijor harnesses on the word "GO", encouraged other dogs while on the trail, and squabbled with no one. **Any questions, please contact Contact Chuck and Tone Deehr, e-mail tncdeehr@ptialaska.net**

Alaska Skijoring and Pulk Association's
9th Annual
Birch Hill Skijor Race
Saturday, March 7, 2009
Birch Hill Nordic Ski Trails

Your one chance to enjoy the Birch Hill ski trails with your dogs this year! Remember, dogs are not allowed there outside of this one event.

Classes: Fun Races (interval start)

1-dog 4 km

2-dog 6 km

3-dog 6 km

Long Races: (mass start)

One-dog 9 km

Two-dog 13 km

Relay Event: Three one-dog teams per relay team, 3 km each.

May require more than just skiing!

Note to skiers: Race trails will be in use Saturday, March 7th, 10:00am- Noon. After 11:30 am, the White Bear Loop will no longer be used.

Non-participant skiers are welcome to use trails. Please use non-race trails if possible, and use caution when crossing race trails.

Check-in 9:00 a.m. at log warmup hut, race meeting at 9:30, start at 10:00.

Save \$2 by pre-registering by sending an e-mail to herriges@gci.net or calling 455-8007 by 5pm on Thursday, March 5. Include name, phone #, class and dogs' names.

These wonderful trails and facilities provided by Nordic Ski Club of Fairbanks and Fairbanks North Star Borough Parks and Recreation Department. Thanks!

Trail route: Same as last three years. Maps will be posted at Birch Hill.

Entry Fee: \$10 Fun Races, \$13 Long Races 9K & 13K. \$5 extra for non-ASPA members. \$2 extra for registering on race day. Relay free.

Parking and cleanup: Park in the lower parking lot. Special attention must be placed on cleaning up after your dogs in the parking and start areas. We highly recommend that you encourage them to do their business prior to the race, eg. take 'em for a jog.

Contact: Check the Skijor Hotline for updates (45SKIJO, 457-5456) then call Jim Herriges (455-8007).

Weather cutoff: A cancellation notice will be placed on the Skijor Hotline (45SKIJO, 457-5456) by 9:00 pm on Friday, March 6 if the race is cancelled. Once we set up the course on Friday evening, we'll ignore the thermometers and race on Saturday.

2008-9 ASPA BOARD OF DIRECTORS AND COORDINATORS

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

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