

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!

January 23 Fun Race #5

Creamer's Field
11:30 AM
Andy Warwick
474-9184

January 30, Trail Tour #3,

Location TBA
Peggy Raybeck, 457-4775 and Janna Miller, 479-5585

February 5

Wax Clinic at Raven Cross Country, 6:00 PM. ASPA members only. RSVP, 456-5070

February 7

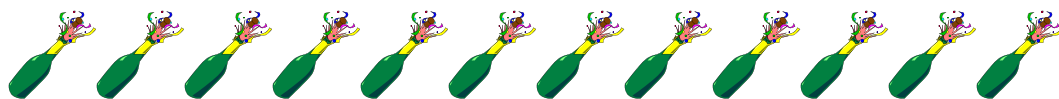
Practice Clinic #2, Creamer's Field Farmhouse, 11:00 AM, Lisa Stuby, 458-7657

November 21 Beginner's Clinic and December 5th Practice Clinic

The 2009 Beginner's Clinic was a great success. Sara Elzey and Carol Kleckner had over 20 participants. However, the on-snow portion that was to take place later that afternoon had to be cancelled due to extreme cold temperatures. Instead, the on-snow portion was combined with the Practice Clinic led by Lisa Stuby on December 5th. Temperatures were warmer and after a 30-45 minute question and answer session on the basics of skijoring and problems getting started, etc. at the Creamer's Farmhouse, we went outside and practiced on the ASPA "Practice Loop" that Peggy Raybeck had smoothed out for us the evening before. Many thanks to volunteers Sara Elzey, Carol Kleckner, Rebecca Gilbert, and Paula and Nina Ruckhaus for helping with skijoring advice, assisting novice skiers into their skis, and providing someone to "chase" while practicing outside.

During the practice clinics, I always emphasize the importance of having FUN! Keep practice sessions short and fun so the dog(s) whine and bark with anticipation when you drive up to the trails. Be patient, a dog isn't a machine and not all dogs will take to skijoring the same way. See what makes your dog "tick". My dog isn't overly excited to pull me, but loves to eat and I do make a few cookie breaks to make it "interesting." However, most skijorers don't give treats until after the run. Also, my dog is happiest when running with a buddy. **MOST IMPORTANTLY**, don't worry what other people think!! If you are not the best of skiers and fall a bunch of times, so what!! You and your best buddy(s) are getting out and exercising. The second and final Practice Clinic will take place on February 7th and like the last one, we will meet at the Creamer's Farmhouse at 11:00 AM and have a 30-45 minute question and answer session before going outside to practice for another 30 minutes to an hour.

IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP TO ASPA FOR THE 2009/2010 SEASON YOU MUST DO SO IN ORDER TO CONTINUE RECEIVING THE NEWSLETTER. RENEWAL INFORMATION CAN BE FOUND ON PAGE 7. IF YOU HAVE RENEWED, BUT STILL GET THE "New Membership Year, Please Renew" ON YOUR MAILING LABEL, PLEASE CONTACT THE NEWSLETTER EDITOR at lisa.stuby@alaska.gov. THANKS



FUN RACE #1, NORTH STAR GOLF COURSE, 12/6/2009, BY PAT DERUYTER

Nineteen skijorers enjoyed the beautiful warm weather and excellent, fast trails at North Star Golf Club as the Alaska Skijoring and Pulk Association hosted its first Fun Race of the season. A huge thank you to North Star Golf Club and ASPA volunteer groomers Pat DeRuyter and Don Morton for making such a great trail out of very little snow.

Greg Jurek with Tar, Che, and Bones turned in the fastest time of the day and won the 3-dog class of the 4 mile race with a blistering time of 13:19. Sara Elzey with Ayla, Dylan, and Millie came in second at 14:56.

Carol Kleckner with Blackberry and Shaman won the 2-dog 4 mile class with a time of 14:52. Don Kiely with Chance and Casper were second at 18:51, and Nina Ruckhaus with Tracker and Sam came in third with a time of 21:23.

In the largest class of the day with five participants, Bruce Miller with Roy won the 1-dog 4 mile class with a time of 16:45. Sara Tabbert and Pete were second at 18:38 followed by Wally Bandeff and Finny at 20:41.

Michael Ruckhaus borrowed two dogs, Chico and Carmen and went on to win the 2-dog 2 mile race with a time of 8:21. Rebecca Gilbert with Sharlee and Pepper came in a close second with a time of 9:04.

Virginia Parrish with Homer won the 1-dog 2 mile class with an excellent time of 9:02. Kimberlee Beckmen and Iris were second at 10:19 followed by Brandy Reeves and Tolovana at 11:04.

Kimberlee Beckmen and Lily won the 3/4 mile 1 dog class with a time of 2:53. Gail Davidson and Tobi came in second at 4:05.

Thanks to the race day volunteers: Registration, Don Kiely; Registration and starter, Pat DeRuyter; Timers, Jamie Marschner and Lisa Stuby; and Dog handler, Don Morton.

Alaska Skijor and Pulk Association, Fun Race #1				
Sunday, December 06, 2009, North Star Golf Club Trails				
Bib #	Skijorer	Dogs	Time	Place
4 miles 3 dogs				
5	Greg Jurek	Tar, Che, Bones	13:19	1
6	Sara Elzey	Ayla, Dylan, Millie	14:56	2
4 miles 2 dogs				
1	Carol Kleckner	Blackberry, Shaman	14:52	1
2	Don Kiely	Chance, Casper	18:51	2
16	Nina Ruckhaus	Tracker, Sam	21:23	3
4 miles 1 dog				
8	Bruce Miller	Roy	16:45	1
9	Sara Tabbert	Pete	18:38	2
7	Wally Bandeff	Finny	20:41	3
18	Jamie Marschner	Bree	38:15	4
19	Lisa Stuby	Killae	38:15	4
2 miles 2 dogs				
17	Michael Ruckhaus	Chico, Carmen	8:21	1
11	Rebecca Gilbert	Sharlee, Pepper	9:04	2
10	Peggy Raybeck	Chico, Carmen	WD	
2 miles 1 dog				
12	Virginia Parrish	Homer	9:02	1
3	Kimberlee Beckmen	Iris	10:19	2
13	Brandy Reeves	Tolovana	11:04	3
4	Gail Davidson	Cocoa	14:30	4
3/4 mile 1 dog				
14	Kimberlee Beckmen	Lily	2:53	1
15	Gail Davidson	Tobi	4:05	2



Virginia Parrish with Homer, who won the 2-mile, 1 dog division. Photo by Janna Miller.



Ready to go!! Greg Jurek with Tar, Che, and Bones, who won the 4-mile, 3 dog division. Photo By Lisa Stuby.



No no, you go THIS way!, Nina Ruckhaus gets Gail Davidson's dog Cocoa oriented at the start. Photo by Lisa Stuby

FUN RACE #2, NORTH STAR GOLF COURSE, 12/13/2009, BY PAT DERUYTER

Twenty-one skijor teams participated in the Alaska Skijoring and Pulk Association Fun Race #2 at North Star Golf Club trails on Sunday, December 13th. The outdoor temperature was -4° F and the freshly groomed trails were fast but not icy. The moose that crossed the Golf Course just prior to the race stayed in the woods feeding on browse and didn't disrupt the racers.

Bruce Miller with his dog Roy set a season record in winning the 6 mile race with a time of 24:06. Sara Tabbert with Rothko and Pablo were second at 24:39 and Simon McLoughlin with Smoky and Porky overcame a missed turn to finish a close third with a time of 25:07.

Andy Warwick with Zip, Licorice, and Boots won the 4 mile three dog class with a time of 14:22. Don Kiely with Chance, Casper, and Jenny were second at 14:58, and John Schauer with Tsaina, Riley, and Willow were third just 9 seconds back at 15:07. In the 4 mile 2 dog class, Andy Seitz with Waylon and Yeller set a season record at 13:38. Carol Kleckner with Blackberry and Shaman also broke the old season record with their second place time of 14:23. Sunnifa Deehr with Sparky and Lexi were third at 15:43.

Janna Miller and Lilly won the 4 mile one dog class with a time of 18:19. Wally Bandeff and Finny were just 13 seconds back finishing second at 18:32. Kimberlee Beckmen and Iris came in third at 19:20.

Carol Kleckner with Chanel, Zorba, and Misty set a season record in the 2 mile 3 dog class with at time of 8:03. Don Kiely with his dogs Pippi and Borax were not slowed down by their passenger, "Flat Stanley," who is visiting Fairbanks from Minnesota as part of a second grade class project to learn about other parts of the United States. Don and his team won the 2 mile 2 dog class with a time of 8:47. Gail Davidson with Tobi and Cocoa were second at 10:55 and Don Morton with Cocoa and Toffee rounded out the top three with a time of 11:29. Gail won the "Chocolate Lab challenge" this time as both of Gail's dogs and all of Don Morton's dogs are chocolate labs.

Mara Bacsujlaky and Frosty won the 2 mile 1 dog class with a time of 11:42. Don Morton and his other chocolate lab, Reeses, finished second at 14:43. Jim Altherr and Sophie were third at 17:55.

Thanks to Don Morton for grooming, Andy Warwick race director and timer, Pat DeRuyter registration and starter, Alina Evans registration and timing, and all the volunteers who helped with dog handling.

Alaska Skijor and Pulk Association

Fun Race # 2

Sunday December 13, 2009

North Star Golf club trails

Bib #	Skijorer	Dogs	Time	Place
6 miles up to 3 dogs				
7	Bruce Miller	Roy	24:06	1
6	Sara Tabbert	Rothko, Pablo	24:39	2
8	Simon McLoughlin	Smoky, Porky	25:07	3
4 miles 3 dogs				
0	Andy Warwick	Zip, Licorice, Boots	14:22	1
2	Don Kiely	Chance, Casper, Jenny	14:58	2
4	John Schauer	Tsaina, Riley, Willow	15:07	3
4 miles 2 dogs				
9	Andy Seitz	Waylon, Yeller	13:38	1
1	Carol Kleckner	Blackberry, Shaman	14:23	2
10	Sunnifa Deehr	Sparky, Lexi	15:43	3
5	Nina Ruckhaus	Tracker, Sam	17:45	4
4 miles 1 dog				
12	Janna Miller	Lilly	18:19	1
11	Wally Bandeff	Finny	18:32	2
0	Kimberlee Beckmen	Iris	19:20	3
2 miles 3 dogs				
17	Carol Kleckner	Chanel, Zorba, Misty	8:03	1
2 miles 2 dogs				
18	Don Kiely	Pippi, Borax	8:47	1
13	Gail Davidson	Tobi, Cocoa	10:55	2
3	Don Morton	Cocoa, Toffee	11:29	3
2 miles 1 dog				
14	Mara Bacsujlaky	Frosty	11:42	1
19	Don Morton	Reeses	14:43	2
15	Jim Altherr	Sophie	17:55	3
16	Jen Northway	Bailey	21:39	4



Good Sit; an anxious-to-run Roy waits for the cue from Bruce Miller. Photo by Lisa Stuby

FUN RACE #3, NORTH STAR GOLF COURSE, 12/26/2009

by Andy Warwick

Saturday, December 26, 2009 twelve teams enjoyed the freshly groomed trails (thank you Pat) at North Star. The temperature was a “balmy” 10°F. Race volunteers were race director Andy Warwick, and registrars Pat DeRuyter and Janet Bandeff. Pat also assumed the starter position, and Janet and Andy Warwick were timers.



Don Kiely who has found fame as the racer with Flat Stanley. His mug will be viewed by school-children in Minnesota. Photo by Pat DeRuyter

**Alaska Skijor and Pulk Association
Fun Race #3, December 26, 2009
North Star Golf Course**

Bib #	Skijorer	Dogs	Time	Place
6-mile, two dogs				
10	Simon McLoughlin	Smoky, Porky	23:45	1
4-mile, three dogs				
0	Andy Warwick	Zip, Licorice, Boots	14:58	1
2	John Schauer	Willow, Tsaina, Riley	16:31	2
4-mile, one dog				
3	Wallace Bandeff	Finny	19:22	1
2-mile, two dogs				
9	Alina Evans	Chinook, Sockeye	10:43	1
6	Rebecca Gilbert	Sharlee, Pepper	11:13	2
1	Don Morton	Cocoa, Reeses	12:50	3
5	Bjoerg Edberg	Humpy, Coho	dnf	
2-mile, one dog				
8	Ted Wu	Ty	9:19	1
4	Mara Bacsujlaky	Frosty	11:27	2
7	Jim Altherr	Sophie	27:54	3
3/4-mile, one dog				
1	Don Morton	Toffee	3:31	1

Trail Tour #2 by Janna Miller

On Sunday, December 27th, three of us headed up the Chena River for Trail Tour #2. We retraced the Sonot Khazoot cross country skiing race course but covered the course with considerably less effort and in much less time. Sara Tabbert with Rothko and Irene led the group. Janna Miller with Roy and Lilly followed immediately on their heels, and Peggy Raybeck with Chico were the third team.

Janna's crew had plenty of enthusiasm when they had someone to chase. For the entire trip upriver, over half an hour, Janna did nothing but snowplow and try to enforce a trot that wasn't happening at all. She occasionally passed Sara's team and Roy would keep on going, completely unphased, but Lilly would abruptly demonstrate her aptitude for running backward. What a social butterfly!

Sara and Janna even tried swapping dogs to encourage Lilly to always move forward, but that had no impact. Peggy and Chico caught up during all this and ended up with the longest run of the day. Peggy's words were, "I think the place I've been before is right around the next bend." Trouble is, all the bends can look the same....

The river is a great place to skijor if you're not picky about a perfect trail. Snowmachines have packed it down well and very widely except for one short section that's one track wide. You can access the river anywhere upstream of the Cushman Street bridge (we started at the pedestrian bridge downtown) and go as far as you like. Just be careful going under the bridges - the snow is sparse and may be full of dirt from snowplows above. Have fun!

If you have suggestions for a future trail tour, please contact Janna Miller (janna@alaska.net or 479-5585) or Peggy Raybeck (paycheck39@hotmail.com or 457-4775).

Oh how lucky we are!! By Lisa Stuby

As I type this, I am pondering trying to get in a little cross-country skiing while I will be visiting Reno with my mom for two days. What we take for granted in Fairbanks, skiing any time we feel like it, after work, at lunch, etc. becomes a real ordeal while living in the big cities in the lower 48. Unless you live and/or work at the ski “resorts” (i.e. not just places to go and ski), going skiing is a long drive to a ski area, fighting lots of traffic, and paying daily rates which are comparable to a season pass at Birch Hill. No matter how bad the economy is, people who live in the Bay Area (I am visiting my mom in Oakland, CA) will find the funds to ski. Most skiers in California enjoy alpine skiing and even at the nearby REI, it has been difficult to find a pair of skate skies to rent (or someone who knows what I am talking about—no, skates aren’t waxless!!).

Several weeks ago I attended the annual Nordic Ski Club of Fairbanks (NSCF) Skifest, where a posting was given at the membership registration table of the costs of skiing on quality trails around the country. I would like to reprint these here and add a few to these, of the CA and NV trails I might be visiting for an afternoon.

Area	Daily Adult Rate	Adult Season Pass(extensive use)
Royal Gorge, Lake Tahoe	\$25-29	\$575
Devil’s Thumb Ranch, CO	\$18	\$350
Bretton Wood, NH	\$18	\$160
Mt. Bachelor, OR	\$18	\$300
Methow Valley, WA	\$14	\$250
Kirkwood, CA	\$22	\$199
		\$20 dog pass (at least Kirkwood allows dogs)!
Northstar at Tahoe	\$25	\$99
Tahoe Donner Cross Country	\$23	\$320

And now for some Alaska Trails

Birch Hill, Alaska	\$5	\$50-150
NSCAA adult membership—supports trails		\$20-\$150
ASPA trail fund		\$20-\$100
UAF Trail Fund		\$25-\$125
ADMA Trails	\$5	About \$50
Two Rivers Nordic Trails	\$5	\$50

And these are suggested DONATIONS. No one will kick a skier off of a trail for not having a trail permit affixed to their jacket and I remember many years ago getting stopped on the trails at Kirkwood in California and having to show the trail pass that was affixed to my jacket in the same manner as a lift ticket to a country ski patrol guy. So, this holiday season, we should be thankful for all of the opportunities to get out and ski where sometimes the biggest hurdle is where to go to today since we have so many choices.

The ASPA website has a list of trails you can skijor on at <http://www.sleddog.org/skijor/trails.html> as well as a link to “Tips for Good Trail Etiquette and trail safety with dogs.” Of course, please NEVER take dogs on groomed ski trails like those at Birch Hill and UAF.

Ski Waxing Clinic, February 5, 2009

Fred Raymond of Raven Cross Country will be presenting the second and final ski waxing clinic of the 2009/2010 season to ASPA members on February 5th 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!

ASPA Race Across the Valley, February 12-14, 2010

This is a reminder that the annual ASPA Race Across the Valley which will take place in approximately a month still needs volunteers to help out in certain key positions. Please note that many of the positions allow you to still participate in the race. If you are interested in helping out, please email Sara Elzey at skijorex2@hotmail.com. **Without your help the race will not happen!**

General Race Information: The race is scheduled for Friday, Saturday, and Sunday, February 12, 13 & 14, 2010. There will be two classes each day, a Short Distance class racing 4-5 miles and a Long Distance class racing 7-10 miles. The race will start around 1pm each day. The tentative venues are Alaska Dog Musher's Jeff Studdert Race Track, Chena Lakes Mike Agbaba Trail, and UAF-West Ridge Ski Trail.

Below are a listing of positions that still need to be filled.

Timing/Starting Coordinator: Recruit 2 timers and 1 starter for each day. These volunteers need to be at the venue approximately 15 minutes before the race starts and should plan to be at the venue for an hour to an hour and a half. These volunteers cannot be racers. Submit list of volunteers to Sara Elzey to be thanked.

Results Calculator: Recruit 1 volunteer for each day (or do it yourself) to calculate the total elapsed race time for each racer and determine the place standings. This job takes about 15 minutes after all racers have finished. Announce places and times to group of participants. Give complete results to Reporter. This volunteer could also participate in the race. Submit list of volunteer(s) to Sara Elzey to be thanked.

Photographer: Recruit a photographer for at least 1 day of the race (or do it yourself). This volunteer cannot be a racer. We would expect photographer to be willing to share photos with ASPA Newsletter Coordinator, Lisa Stuby, to be used for publication along with the article and with Web Master Don Kiely for use on the ASPA website. They maybe used by the Fairbanks Daily News Miner in conjunction with the race results. Submit list of volunteer(s) to Sara Elzey to be thanked.

Handler Coordinator: Recruit 1-2 volunteers each day to help hold dogs at the start line. These volunteers cannot participate in the race. These volunteers need to be at the start line a few minutes before the race starts and plan to be there for 20-30 minutes helping racers get started. Submit list of volunteers to Sara Elzey to be thanked.

December 13th Fun Race and Trail Tour Photographs



Away we go!! December 27th Trail Tour begins on the Chena River. Photo by Janna Miller



Left, race volunteers Pat DeRuyter, Alina Evans, and Andy Warwick. Right, post race awards. Photos by Pat DeRuyter.



Sara Tabbert with Rothko and Pablo, who came in 2nd in the 6-mile class. Photo by Pat DeRuyter.



Coming in to the Finish line. Photo by Pat DeRuyter.



**Happy New
Year
Everyone!!!**



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. Gas doesn't look like it is going to be getting any cheaper in the future. 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.

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 Club: \$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.

Payments can also be made on the ASPA Website using Pay Pal at <http://www.alaskaskijoring.org/join.html>

2009-10 ASPA BOARD OF DIRECTORS AND COORDINATORS

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Trail Grooming: Pat DeRuyter, 479-7853, patd@gci.net
Beginner's Clinic Coordinator: Sara Elzey, 378-5024, skijorex2@hotmail.com
Stage Race Coordinators: None so far!!
Board Members at Large:
Sara Tabbert: 479-0456, stabbert@hotmail.com, Don Atwood, dkatwood@alaska.edu; Rebecca Gilbert rgilbertmchs@yahoo.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.

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Alaska Skijoring and Pulk Association

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