

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!

March 10

Fun Race #6

Creamer's Field, evening time TBA

Andy Warwick,
474-9148

March 14 and April 3 Trail Tour #5 and 6,

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

March 20-21,
White Mountains
event. See ASPA list
for further details or
contact Don Atwood
dkatwood@alaska.edu

March 21

Orienteering Race,
Creamer's Field
Pat DeRuyter, 479-7853

March 28

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

ASPA RACE ACROSS THE VALLEY 2010 as reported by Dylan Elzey

Leg One, Creamers Field

Day one of the 2010 Race Across the Valley dawned bright, sunny, and warm. A good day for racing. I headed to the trailhead early and took a quick run around part of the trail. Despite a last minute venue change to Creamers Field and record-low snow levels the trail was in pretty good shape. The racers started arriving and the air filled with the excited barks and howls of the competitors. Che & Rib (Jurek) were the first off the starting line followed by Bonnie, Clyde & Wiggy (Charlton) for the Long Distance Class. The remaining 16 racing teams followed in one minute intervals. Shy Shaman & Blackberry (Kleckner) successfully navigated their start after a tense moment avoiding the handlers. It was Shaman's first stage race and he was nervous about all the activity at the start-line. Casper & Chance (Kiely) had the most enthusiastic start, eagerly barking & lunging while awaiting the countdown. Once out on the trail there was lots of passing & chasing among the competitors. Young Lily (Miller) struggled to continue her race after passing her roommate, Roy (Miller), behind the barn at Creamers. She is far more comfortable when they can run together. Roy meanwhile put in a strong effort, overtaking seasoned gentleman, Jazz & Borax (Elzey), about a mile from the finish line. Unfortunately the effort and warm day took its toll and Roy had to take several dips in the snow as he came around the back west field. Jazz & Borax enjoyed their first race together in quite some time. Formerly partners in the 4-dog sled class they have switched exclusively to skijoring the past several years. At age 12 & 13 respectively, they are nearing retirement from the sport. Elkhound, Killae (Stubby) has been struggling with a phobia of the sounds of artillery fire coming from Ft Wainwright, so he was glad for the company of young Bruin (Hulst) going around the East field. Bruin, a large, fluffy mixed-breed was competing in his first skijoring race. Coming around behind the barn for the second pass, Long Distance Class racers, Che & Rib (Jurek) stalled out in a disagreement about the direction of the course. But they were able to get going again to stay ahead of Smokey & Porky (McCloughlin) in the Long Distance Class. Raven (Stickney) overcome a bad thyroid diagnosis earlier this winter to compete today, enjoying her time on the race course. Lena (Herriges) set up her brother Ole for tomorrow's leg by being the top one-dog competitor on today's leg. Zeus & Ruby (Dunlap) finished the Short Distance Course in a quick 10:59, only 24 seconds ahead of second place finishers Shaman & Blackberry and 46 seconds ahead of third place finishers Zip & Joba (Warwick). Tomorrow promises to be another exciting day of competition as the race continued at Chena Lakes.

Photographs from Creamer's Field of RAV. All photographs by Scott Chesney



Simon Mcloughlin with Smokey and Porky



Alice Stickney with Raven



Janna Miller with Lily

Leg Two, Chena Lakes

Day two of the 2010 Race Across the Valley started early for me. I had a good breakfast and headed out for the long drive to Chena Lakes. It wasn't quite as sunny as yesterday and a bit cooler which will be nice for most of the racers. There was a better turn-out than yesterday, 23 teams! Pete & Rothko were the only team brave enough to tackle the Extra-long Distance Class of 12.5 miles. They headed out first. The teams continuing on in the stage race competition started in reverse of their finish times from yesterday, making for some exciting passing out on the trail. Smokey & Porky started first in the Long Distance Class, leading a total of 8 teams, on the 6.8 mile course. The Chocolate Lab team of Cocoa, Reeses & Toffee (Morton) came out just for the day, proving that you don't have to be a husky to race. Baloo (Baraff) completed his first solo run (and race) without any problems. Petite Itty (Trochim) had to lead her reluctant teammate Tringa for most of the race. Speedy Willow (Schauer) kept her larger teammates Riley & Tsaina on pace. Sparky & Lexi (Deehr) turned in a solid performance. At the end of the day Bonnie, Wiggy & Clyde (Charlton) were still in first place in the Long Distance Class, followed by Che & Rib (Jurek).

In the more popular Short Distance Class, racing 3.8 miles today, Zeus (Dunlap) teamed up with Boomer to finish first in 10:58 going .2 miles further than yesterday in the same time! Shy Shaman (Kleckner) teamed up with Millie for today's leg, finishing third by only 2 seconds. Young Joba (Warwick), competing in his first stage race with experienced racer Zip, came in fourth. There were 13 teams in this class today. Further back in the pack because of the reverse start there was lots of passing. In fact, 4 teams finished together making things exciting for the timers. Borax, who teamed up with Ayla (Elzey) for today's leg, caught up to Lily (Miller) and Finny (Bandeuff) but were unable to shake them. Lily was having some concentration difficulties issues, performing some acrobatic tumbling in the deep snow on the side of the trail until being passed by Borax & Ayla. Handsome, blue-eyed Finny was enjoying his race immensely but stepped up the pace after being passed to keep up with the group. Roy (Miller) came from behind, passing all three of these teams right before the finish line. Ole (Herriges) lived up to his sister's performance yesterday by being the top one-dog finisher. Pure white Casper (Kiely) teamed up with, pure black Jenny, for solid, mid-pack finish. The two made a very dashing pair. Killae (Stubby) was glad to share the trail with the beautiful Bree (Marschner) today, graciously allowing her to lead him to the finish. Tundra & Fanny (Hoegberg) started next to last but were able to make several passes on the course finishing comfortably in 8th place. Harley & Suka (Atwood) were almost exactly a minute behind them. Tar & Bones had to wait for their teammates in the Long Distance Class to finish before starting the Short Distance Class but managed a strong race, finishing 2nd overall in 11:57. The times are close and the weather forecast is perfect, I anticipate an exciting conclusion to this 3-day race tomorrow at UAF.



Photographs from Chena Lakes of RAV

All Photos by Scott Chesney except for "Pooped Puppy" (left) by Bud Marschner.



Above: Jim Herriges with Ole heading down the trail.

Above, Back to Front: Jim Herriges with Ole, Kriya Dunlap with Zeus and Boomer and Carol Kleckner with Millie and Shaman

Right: Sunnifa Deehr with Sparky and Lexi.

Leg Three, UAF

Day Three of the 2010 Race Across the Valley is another beautiful day. Brilliant sunshine and temperatures in the mid-teens await the racers. I went to the race course early, eager to get in a run on the pristine trails which are normally off-limits to dogs. As expected, the trails were in great shape, although I think I took a few skiers by surprise! The popularity of this location became apparent once registration started, 29 teams sign-up! The Long Distance Class, racing 8 miles, had nine teams including 3 stage racers. The Short Distance Class, racing 4 miles, had twenty teams, including 11 stage racers. It is always a challenge for teams to go the farthest distance on the last day of racing. This a challenge somewhat unique to mushing and skijoring races in Fairbanks. Both the Limited North American Sleddog Championship and the Open North American Sleddog Championship follow this format. Today the stage racers in each class start in order of their cumulative times for the previous two days, followed by the day racers. This meant that Wiggy (Charlton) lead the pack, this time teamed up with Coral & Dusty. They were followed by Che & Rib (Jurek) who added teammate Blu for this longer, more demanding course. The Long Distance competitors have the additional challenge of having to repeat the same loop twice. There were only three 1-dog teams in this class and they had their work cut out for them. Short-coated Indy (St Clair) was so relieved by the warm temperatures and not having to wear a jacket that he found the course quite enjoyable. Chewka (Schnabel) & Jester (Weeg) struggled some on the hills but were proud to finish in under an hour. Mid-pack finishers, Pete & Rothko, not too worn out from their long race yesterday, completed the course with their usual can-go attitudes, finishing as happy as they were when they went out. Two teams ran into trouble of some form on the course and elected to scratch.

In the stage race, Wiggy, Bonnie, Clyde, Coral & Dusty (Charlton) remained in first place completing 20.8 miles of racing in a time of 66:42. Che, Rib & Blu (Jurek) were close behind with a cumulative time of 67:52. Porky & Smokey, showing the stress of racing for the third day in a row, nipped at passing dogs crossing Smith Lake & climbing the hill, but hung onto their third place finish with a cumulative time of 76:14.

Leg Three, UAF (Continued)

In the Short Distance Class there were several close races going on among the stage racers. The top 4 finishers were within just over 2 minutes of one another after 2 days of racing. The next 3 places were within a minute and half and the last 3 places within just under 4 minutes. Ruby & Boomer (Dunlap) started off first for the Short Class, but ran into a bit of trouble, taking a wrong turn that cost them precious time. They still managed to stay on top for the 3-day total with a cumulative time of 37:55. Millie & Blackberry (Kleckner), despite being the smallest team in the race, took advantage of the long down-hills and charged to the fastest time of the day 14:40. This effort was not quite enough to pull them into first place for the stage race however. Along with their teammate Shaman, they finished just 7 seconds behind Zeus, Ruby & Boomer (Dunlap) with a cumulative time of 38:02. Zip & Joba (Warwick) racing for the third day in a row managed a strong 4th place day time and remained in third place overall. Yeller & Cheesecake (Seitz) came out just for the day and breezed to a 2nd place day finish time of 14:42. Roy (Miller) had a great finish even after three days of racing, coming in 5th for the day with a time of 15:09. This put him in 5th place overall with a cumulative time of 41:18. Lena (Herriges) had a great race beating all of the 1-dog teams and most of the 2-dog teams finishing 3rd for the day in 14:44. This put her and her brother Ole into 6th place for the stage race with a cumulative time of 42:14. Close on their heels was the team of Casper, Chance & Jenny (Kiely). Chance & Jenny raced Sunday's leg finishing in 6th place for the day in 15:48. They are by far the most enthusiastic team out there, howling, barking & lunging with great abandon at the start-line working up their adrenalin for the coming race. Senior Jazz teamed up with middle-aged Ayla (Elzey) for Sunday's leg. They both raced this same course last year and were apprehensive about the long up-hills in the last mile or so of the race. They did a better job of pacing this year and felt they had a much stronger finish. Finny (Bandeiff) and Lily (Miller) both had better times today than yesterday despite racing for the third day in a row and racing a longer distance. The hilly course must have agreed them better than the flat courses of the past two days. Killae (Stuby) brought up the rear of the Short Distance stage race, once again traveling the course with the beautiful Bree (Marschner) who was day racing. And of course, in true gentlemanly fashion, allowed her to finish ahead of him. Ty, (Wu), Rosco & Pixie (Mann), Itty & Tringa (Sprau), Arlo (Gutierrez), Nina (Saumweber) all came out just for the day, eager to race on the UAF trails. All had solid, mid-pack performances, with times ranging from 16:22 to 18:26. The next group finishing was made up of additional day racers, Raven (Stickney), Harley (Atwood), and Brandy (Reeves). They too enjoyed the scenic, well-groomed, wide trails. I greatly enjoyed covering this fun event this year. Hopefully next year I can participate not just spectate. Detailed race times can be found at: <http://www.alaskaskijoring.org/results/2009-2010/RAV.html>

Many thanks to all the volunteers who made this race happen: Pat DeRuyter, Clarice Dukeminier, Lorien Nettleton, Lisa Stuby, Brian Charlton, Jana Miller, Carol Kleckner, Don Kiely, Sara Elzey, Scott Chesney, Bud Marschner, Tom McGrane, Andy Warwick, Jason Garron, and Matt Steffey. Also thanks to the Alaska Department of Fish and Game, Friends of Creamers Field, Fairbanks North Star Borough/Chena Lakes Recreation Area, and the University of Alaska Fairbanks for hosting us at the various venues. Scott Chesney is a professional photographer and he took photographs at all three legs of RAV. His photographs can be viewed and purchased at Loco Lobo Photographic Arts: <http://loco-lobo.eventpictures.com./app/event/viewEvent?eventInstanceId=20027>



Laura Gutierrez with Arlo. Photo by Scott Chesney



ONWARD Harley! Don Atwood appears to be saying at the start of leg 3 RAV. Right, Brian Charlton with Clyde, Dusty and Coral. Photos by Bud Marschner



RAV Photographs from UAF, Continued.



Left: Sara Elzey with Ayla and Jazz. Photo by Scott Chesney. Above Greg Jurek with Che, Rib, and Blue. Photo by Charles and Tone Deehr.

ASPA February 24th Trapping Clinic, Musher's Hall

Pete Buist a long-time trapper and member of the Alaska Trapper's Association talked to a captivated group of skijorers about re-releasing dogs from traps and avoiding traps in general. The clinic began with a video that Pete had helped put together at the request of mushers, etc. Afterwards we handled traps and learned more about the physics of the traps and what it takes to release a dog from them. Trappers do NOT want to catch dogs. A trapped pet is never a good situation for anyone. A trapped dog can bite the trapper trying to release it, the trap must be cleaned and treated afterwards, the area where the dog has been trapped may not get used again for awhile, and there is always the potential for financial liability. However, there will be irresponsible pet owners and trappers and when they both meet, dogs can get trapped.

Pete shared a few general rules of trapping. In general, where there is one trap, there may be more. Many but not all trappers use trap signage on their trails. Pete also shared a few trap set descriptions: Cubby set, snow hole set, Urine Post Set, Pole Set (martin) not very dangerous to dogs, cubby buckets for martin that are virtually dog proof. One of the hardest to see is a rail set or blind set that is set in the trail and covered up. These are usually on far-away side trails way off the main trail.

There are three basic type of devices. 1) Foot-Hold traps, which are designed to catch and hold. Some of these are spring-hold traps. 2) Killer type traps, also called Conniber traps, which are designed to kill the trapped animal immediately. 3) And snares which are made of cable and kill by strangulation.

If a dog is caught in a trap, they will be scared and the most affectionate lap dog can bite. First subdue the dog with a coat or jacket. Then muzzle the dog so it can't hurt your or itself. Also, tie the dog's feet so a frightened dog doesn't run off before applying first aid. In the clinic we also practiced how to open snares and traps. Most snared are made of cable and can be cut in half with a pair of cable cutters. Some traps are not securely fashioned to an object and dog and trap can be brought back to town. Some of the smaller foot-hold traps were fairly easy to open and some of the larger ones were not. Pete showed us with sticks, etc. how leverage could be used to get these opened. Conniber traps are very difficult to open and it is best to try and avoid these.

We thank Pete very much for conducting this very informative clinic And Don Kiely for organizing. Photographs by Don Kiely.



ASPAs Orienteering Event Open to Skijorers and Dog Walkers/Joggers

The challenging activities of skijoring and orienteering will be combined in the Seventh annual ASPA Orienteering event at Creamer's Field on Sunday, March 21, 2010. This year we will have 4 classes of competitors. There will be 30 and 60 minute SKIJOR classes as well as 30 and 60 minute WALK/JOG with your dog classes.

We encourage all the people who enjoy Creamer's Field with their dogs to come and join the fun. You may take one, two, or three dogs. All dogs must be on leash or line at all times. Registration will begin at 3:30pm and starts will begin at 4:00 p.m. and final start time will be 4:30 p.m. The cost is \$5. All participants will receive a prize.

The Format is to gather as many points as you can in the 30 or 60 minute time allotment that you choose. Thirty "Controls"(sheets of paper with removable numbered tabs attached to wooden stakes) will be placed around the Creamer's Field and ADMA trails between the ADMA Mushers Hall and 19.7 mile turns on the "Outer Loop" and on parts of the "Inner Loop," (27-mile extension). The "Controls" will be assigned point values from 10 to 100 points each depending on how easy it is to find them or how close to the trailhead they are. Ten "Controls" will be for walker/joggers only; Ten "Controls" will be for skijorers only; Ten "Controls" will be for all participants. The controls will be color-coded.

The control locations and point values will be indicated on a map and score card handed out to each competitor. Competitors will choose to spend either 30 or 60 minutes on the course to score as many points as possible by collecting tabs from the Controls and bringing them back to the start area. A competitor does not have to go to the controls in a specific order or from a specific direction which means there is the possibility of two-way traffic on any of the trails. Creative shortcuts are perfectly legal if you can get your dogs to take them. Competitors who are late returning to the finish area will be assessed ten (10) penalty points for each minute after their designated finish time. The course will be set so competitors do not need a compass for navigation.

When you arrive at Creamer's Field, go to the Farmhouse to pay your entry fee and fill out a registration form. At that time, you will be given a map and a score card. Write your name and circle your class (30 minute or 60 minute) on the score card. You must start between 4:00 and 4:30pm. The starter will record your time when you start. You have 30 or 60 minutes from that time to return without penalty. The Starter/Timer must sign you back in when you return. When you are finished, after checking in with the Starter/Timer, put your dog away and take your control tabs into the Creamer's Farmhouse for scoring.

Helpful tip 1: You can put the race map in a gallon sized zip lock bag and pin it to the front of your jacket. This will keep your hands free. Safety pins and zip lock bags will be provided.

Helpful tip 2: Wear a watch and synchronize it to the "official" race clock. This is important so you know how much time you have spent on the course and know when to return to the finish area without being late and getting penalized.

Helpful tip 3: Wear a vest or jacket with a deep pocket where you can keep the Control Tabs. Remember, the Control Tabs are the only means of verifying you visited a control, so you must bring them back to be scored. To volunteer to help with this event, to pre-register or for more information, contact Pat DeRuyter at patd@acsalaska.net or 479-7853.

NEW BOARD MEMBERS WANTED

At the end of the 2010 season I will be moving on from the ASPA board as the recording Secretary. I will continue in the capacity as newsletter editor, but I wish to free up some time and get involved with a few new hobbies I've been thinking about. Also, as a group of volunteers it is always good to get some new, enthusiastic blood with new ideas, etc. There recording secretary job is not particularly time-consuming. You need to attend the monthly board meeting during September—April and take notes at these meetings and then forward them on to the rest of the board afterwards. This job is very easy and you will be able to have direct input into the activities of ASPA.

Also, Andy Warwick after three fantastic years as the Fun Race Coordinator will be moving on and we need to recruit a new coordinator. Andy will stay on the board and help out whomever takes on this task, as will the rest of the board.

So, if you've shown up for ASPA events with thoughts of adding new aspects, now is your chance to have that direct input. All that is required is a love of skijoring and enthusiasm.

Trail Tour into the Goldstream Valley by Janna Miller

We had a very successful February 21 trail tour of Goldstream Valley, judging from all the ear-to-ear grins at the end of the day. The original location was to be Old Murphy Dome Road (see the web site for driving directions and trail information) but when the weather turned unseasonably warm and the roads became perilous, we opted for something at lower elevation and closer to town.

A group of five doing a long circuit and a group of two going shorter headed out the valley for adventure. We were pleasantly surprised that the warm temperatures have not destroyed these trails. Aside from two sections of new overflow - which were easy to spot in time to maneuver them - there's complete snow cover. Of course, like all local trails, there are spots with grass poking through and just a couple of places with tree roots or bare dirt to dodge. One participant talked about running the circuit again the last weekend of February with his GPS to develop a trail map. Check the web site for an updated map with text directions. Meanwhile, here's where we went so you can check it out, too.

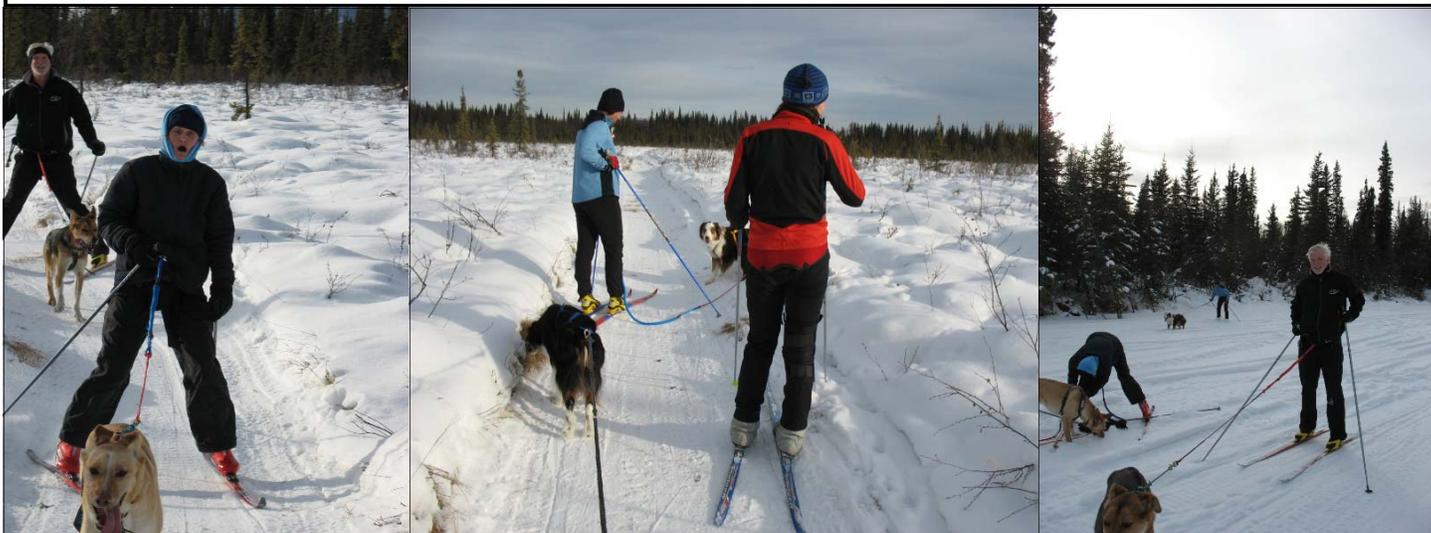
From the Ballaine Road parking pullout just south of the Goldstream Creek bridge, walk down to the stream under the bridge. Strap on those skis and go right (east) and stay on the obvious main trail, heading toward Fox. At about two miles, you will encounter the first overflow which is about 50 feet long and on a corner. If your dog will slow to a walk, you'll have no problem being pulled through this very solid ice. The trail makes a Y shortly after this; you can take the left branch with a small bit of solid overflow or the right branch with lots of branches and dirt. They merge shortly. In less than half a mile you'll find the big overflow which is in two sections. We broke through into an inch or two of water. Again, you can ski around it pretty easily if your dog will walk.

Continue on the trail. About three miles from the start you'll come to a large pingo maybe 50 feet tall on the left. Immediately after passing the pingo, the trail spills onto a frozen pond. Hold on for a fun drop onto the pond! At the far end is a snowmachine trail making a 90 degree right turn. Turn onto this connector. It's much less traveled but well packed. Expect a narrow track with some ruts but it's totally negotiable. About halfway through you'll enter a patch of dense trees then a very steep, short uphill. This is where sane people remove their skis and walk 30 feet to the top (we had one non-sane trail tourist who double-poled up). Once your skis are back on, continue until the trail tees with another main trail. Take a right and enjoy the long, gradual downhill for about two miles. You will pass one or two four-way intersections. When in doubt, continue straight. Ultimately the trail forks and reconnects with the one you took outbound. Take a left back onto that trail and proceed about 3/4 mile back to the Goldstream bridge.

We believe this circuit is under seven miles. The five-person group was done in under 50 minutes so we took a detour on the return to explore further and double the tour duration. Join us next time to learn where we went!

It was a fun loop due to relatively good trail conditions, the convenient location, spending much of the time in the woods, and the promise of so many more side routes to explore. It's nearly all flat but there are some bumps and fun downhill corners where a bit of skiing experience is helpful. Skate skis will work fine on these mushing trails. Expect to see runners, bikes, and dog teams around the bend. Skijorers will do best taking just one dog to manage speed.

If you have questions about this trip or suggestions for another, contact Peggy Raybeck (457-4775 or pay-check39@hotmail.com) or Janna Miller (479-5585 or janna@alaska.net). Photographs below by Janna Miller.



Walk with your dog by Pat DeRuyter

We live in a wonderful area to have a dog. Not only are there many trails where you can skijor with your dog, there are also many trails where you can walk with your dog. Our dogs are lifetime companions and they still need exercise after they retire from skijoring and so do we. When Crisco retired from skijoring we increased the time we spent walking with her. As we walked our neighborhood multiuse trail today, I reflected on what we have to enjoy right outside our door. The sun was shining and it was in the +20's. The crunch of my boots was a pleasant accompaniment to the jingle of Crisco's dog tags. Periodically, there would be a rustle as the wind disturbed the alder leaves that remained on the branches from the fall. There was an occasional dog bark in the distance as well as the far off drone of an airplane. A chickadee flitted from tree to tree in front of us and sang its cheerful song.

Crisco checked all the smells on the trail. She left her own "messages" in the snow for other dogs to find. Her tail wagged. Occasionally she stopped and waited for me. Occasionally she ran back to meet me as if to say, "isn't this great; what is taking you so long!"

I checked the trail for other trail users. There were fresh bicycle, ski, dog and boot tracks on the new snow. A moose track crossed the trail and headed up the hill. We saw a moose the day before and I watched to make sure we didn't surprise her. Up ahead of us a jogger rounded the corner and joined trail in front of us. A small wave acknowledged our mutual enjoyment of the day, the trail and the wonderful place we call our home.

If you enjoy walking with your dog, consider joining ASPA for the Orienteering event scheduled for Creamer's Field following the Open North American Sleddog Race on Sunday, March 21, 2010. There are both skijoring and walk/run classes of 30 and 60 minutes.

2010 Alder Award by Tone Deehr

The Alder award honors progress in any one form in the working relationship between you and your skijoring dog(s). This does not necessarily imply improved speed and race results. The emphasis is equally much based on your dog's improved ability and skijoring focus and, of course trail courtesy. How are those passings going for you? How many miles did you travel together this season? Did your canine counterpart celebrate "tails up" your improved skating ability after that recent ski clinic you may have attended? Maybe those extra pounds have changed into muscle, on either side of the bungee cord, while you all explored the Fairbanks' winter wonders together. Share your success story with us in a short essay: how you and your dog handled it better this season, and add it to your resume of your skijoring adventures! The entry forms are included in the newsletter, and can also be obtained on line. The entry dead line is 6pm Monday March 22. The winner will receive a check of fifty dollars and a coffee cup with his dog's image printed upon it during the ASPA last spring Fun Race and BBQ at the Musher's Hall Sunday March 28. Please, e-mail your entry with a picture to this season's Alder Award Judge, Carol Kleckner, at [kleckner@ptialaska.net] Again, we congratulate the previous Alder Award winners:

2006. Andy Warwick with Blue. Honorary mention went to David French and Boone.

2007. Sara Elzey with Shadow

2008. Carol Kleckner with Chanel

2009. Gail Davidson with Tobi. Honorary mention went to Don Kiely with Casper and Sara Tabbert with Rothko.

Right. Aspenlair's Alder, an 80 lb AKC Siberian Husky, who patiently gave his strength and endurance to ASPA events for a number of years and for whom the award is named.



Human foods that can cause illness in dogs and cats

Chocolate, Coffee, Caffeine: These products contain methylxanthines which, when ingested by pets, can cause vomiting and diarrhea, panting, excessive thirst and urination, hyperactivity, abnormal heart rhythm, tremors, seizures and even death. The darker the chocolate (especially baking chocolate) the more lethal.

Alcohol: Beverages and food products containing alcohol can cause vomiting, diarrhea, decreased coordination, central nervous system depression, difficulty breathing, tremors, abnormal blood acidity, coma and even death.

Milk: Big surprise to cat owners! Because many pets, including most adult cats & dogs, are lactose intolerant, milk and other milk-based products can cause diarrhea or other digestive upset.

Salt: Large amounts of salt can produce excessive thirst and urination, or even sodium ion poisoning. Signs that your pet may have eaten too many salty foods (e.g. potato chips, pretzels, etc.) include vomiting, diarrhea, depression, tremors, elevated body temperature, seizures and even death.

Avocado: Avocados contain Persin, which can cause vomiting and diarrhea in dogs. Birds and rodents are especially sensitive to avocado poisoning, and can develop congestion, difficulty breathing and fluid accumulation around the heart. Some ingestions may be fatal.

Macadamia Nuts: A common ingredient in cookies and candies, these nuts can cause weakness, depression, vomiting, tremors and hyperthermia in dogs. Signs usually appear within 12 hours.

Grapes & Raisins: Although the toxic substance within grapes and raisins is unknown, these fruits can cause kidney failure. In pets with pre-existing health problems, symptoms may be more dramatic.

Yeast Dough: Yeast dough can rise and cause gas to accumulate in your pet's digestive system which can cause the stomach or intestines to rupture. Because the risk diminishes after the dough is cooked, pets can have small bits of bread as treats.

Raw/Undercooked Meat, Eggs and Bones: Though raw diets have gained popularity, raw meat and raw eggs can contain Salmonella and E coli bacteria. Raw eggs contain an enzyme called avidin that decreases the absorption of biotin (a B vitamin), which can lead to skin and coat problems. Raw bones can be dangerous for a domestic pet, who might choke or sustain a grave injury should the bone splinter and become lodged in the pet's digestive tract. Cooked bones even more likely to splinter

Xylitol: A sweetener in many products, including gum, candy, baked goods and toothpaste, Xylitol can cause insulin release in most species, which can lead to liver failure. The increase in insulin leads to hypoglycemia (lowered sugar levels). Initial signs of toxicosis include vomiting, lethargy and loss of coordination. Signs can progress to recumbancy and seizures. Elevated liver enzymes and liver failure can occur within a few days.

Onions, Garlic, Chives: These vegetables and herbs can cause gastrointestinal irritation and could lead to red blood cell damage. Although cats are more susceptible, dogs are also at risk if a large enough amount is consumed. An occasional low dose likely will not cause a problem, but do NOT feed pets large quantities of these foods.

For more information on plants, foods, and household products poisonous to pets visit the [ASPCA Poison Control Center](#) or call 1-888-426-4435. If you suspect your pet has ingested a toxin, try to determine what and how much, then call your veterinarian immediately. Excerpted from Pennpets.com

Please consider becoming a member of ASPA. The cost is minimal but the benefits are great. Cost for annual membership are:

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)		

The membership year is from October 1 through September 30. Forms and the mailing address as well as PayPal instructions can be found and payments made on the ASPA Website using Pay Pal at <http://www.alaskaskijoring.org/join.html>

2009-10 ASPA BOARD OF DIRECTORS AND COORDINATORS

President: : Jamie Marschner, 458-0462, marschne@arsc.edu
Vice President: Carol Kleckner, 479-0430. kleckner@ptialaska.net
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