

# 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!*

**October 26**  
**Fall Membership Meeting**  
Dog Musers' Hall.  
Jamie Marschner  
458-0462

**November 20**  
**Beginner's Clinic**  
**AK Feed (class)**  
**Creamer's Field**  
**(on snow)**  
Sara Elzey  
378-5024

**November 21**  
**Fun Race #1**  
**North Star Golf Course**  
Janna Miller  
479-5585

## Welcome to the 2010/2011 Season!!

Another summer has past and soon, hopefully soon, snow will be falling and we will be skiing. As I type this, there is some powder on the ground and some more in the forecast. Despite the lack of snow, ASPA has already had its first event, the now THIRD annual Dryland race on September 26th which had more participants than the previous two races.

And once again ASPA will be putting signs out on the trails at Creamer's Field once there is enough snow. Hopefully we will have an early snow year (editors note: my skis are waxed and ready!). Many hands make light work. Like previous years, we will start working when we have about 6 inches of snow. At the trailhead the buckets will need to be filled with snow and a little water and sign posts positioned in them to freeze upright. Additional signs will be put up on trees (cordless drills needed) on the trails that go through the woods and the buckets will need to be distributed around the field trails. In previous years, these tasks have been done on foot, on skis, skijoring, with a dog team, with a personal snowmachine and with the "grooming" snowmachine.

A message will go out to the skijor list when the snow is deep enough. Volunteers can meet as a group or an individual can go out and do a specific task. Contact Pat DeRuyter at patd@gci.net or 479-7853 if you are willing to help.

Fall Membership Meeting TUESDAY, OCTOBER 26

Dog Musers Hall on Farmers Loop

6:00 p. m. —Potluck

7:00 p. m. —Speaker Tamara Rose

Please join us for the Fall Membership meeting and yummy potluck! The potluck starts at 6:00 p.m. Please bring a dish to share: an entrée, side dish or dessert. Afterwards Tamara Rose will give a presentation on racing the Iditarod this past February. See you all there!!



### **ASPA's Third Annual Dryland Race, September 25, 2010, Chena River Flood Control Project**

The Alaska Skijoring & Pulk Association's Third Annual Dryland almost didn't happen this year due to a lack of entries. But the last minute in a flurry of pre-registrations and race day registrations brought the final count up to 21 racers and 32 dogs. The morning dawned beautiful and sunny, and unlike last year, without fresh snow! The trail was fast and dry and just enough frozen to keep the dust to a minimum. The only weather drawback was an icy wind that froze the timers and racers alike. All classes raced out to their respective half-way marker, turned around and raced back. This made for lots of passing and some exciting turn-arounds.

The Runjor class went out first in a mass start. Six racers & 7 dogs headed out the long straight away. Two Racers, Sara Elzey with Ayla and Andrea Swingley with Buddy quickly reached the 1 mile marker, turned around and headed back to the start/finish area for a total of 2 miles in 17:44 and 19:56 respectively. Sara Tabbert & Pablo went another mile to the 2 mile marker before turning around, completing 4 miles in 32:34. Three racers headed out past the ponds towards the 3 mile marker, planning to race a total of 6 miles, but unfortunately sometime during the night, the marker had been run over by some vehicle and mangled. Uncertain of where exactly to turn around, these brave runners went farther than their designated six miles. Despite that, Greg Newby with Chevy & Capella finished strong with a total time of 52:32. Lisa Stuby & Killae and Ilyana Kingsley & Roo finished close together with times of 57:20 and 57:49 respectively. The Three Mile Bikejor Class had the most entries – 11 racers and 19 dogs. Racers could compete with 1 or 2 dogs. Bikejorers headed out the trail at 1 minute intervals. No trail markers were missing on this shorter course so most racers had no trouble finding their way. There were some challenges at the turn-around point as some dogs were not yet tired after only 1.5 miles and really wanted to continue farther down the trail. Lots of successful head-on passes occurred as racers headed for home. Greg Jurek with Che & Rib had the fastest finish time of 10:02. He was followed by Charlie McNeill with Rouen & Brown and Andy Warwick with Zip & Boots, separated by only 1 second in 10:26 and 10:27. Brandon Mcgrath-Barnhardt with Rothko had the fastest 1 dog time, 10:58. The Six Mile Bikejor class had the same trouble with the turn around marker as the runners did, so both competitors went farther than the required 6 miles, but we are not sure how much! John Carlson with Rev finished in 23:53, Lisa St Clair with Indy finished in 29:02. Only two competitors tried out the cart class this year, Lynn Orbison with Scooby Doo & Flecker and Don Morton with his team of lab/chesapeaks, Cocoa, Reeses, Toffee & Kenai. Lynn finished 3 miles in 14:19. Don did somewhat of a round-about loop. Many thanks to race organizers Andy Warwick and Sara Elzey and race volunteers, Lisa Baraff, Janna Miller and Don Morton for making this race happen.

### **First Annual National Championship Skijoring Races To Be Held This Winter In Minneapolis, Minnesota**

On February 5th and 6th, 2011 the nation's top skijorers will compete in Minneapolis, MN for national titles in one and two dog skijoring. A third title - combined skijoring - will be awarded to the skijorer who posts the fastest combined time over the two days of racing. Women and men will compete separately and the purse will be divided equally between the classes. Skijorers outside the USA are encouraged to race and will be eligible for all cash prizes (national titles awarded to top American finishers only).

The two dog race will consist of two laps around Lake of the Isles in Minneapolis with a finish on the snow covered streets of the trendy Uptown neighborhood. Race distance will be 7.5k and one or two dogs are permitted. The one dog race will be held on the hilly Junior Olympic course in Theodore Wirth Park in Minneapolis. Race distance will be 14k and only one dog is permitted. To be eligible for the combined title, a skijorer must use one of the same dogs raced in the two dog event the previous day. Racers must agree to possible drug testing. Both races are being held in conjunction with the City of Lakes Loppet ([cityoflakesloppet.com](http://cityoflakesloppet.com)). Last year the City of Lakes Loppet and race director Kevin Murphy organized the world's largest skijoring event with over 120 participants.

Final details including purse size, online race application and contact information will be available in November.



Alaska Skijoring & Pulk Association			
3rd Annual Dryland Race			
Chena Lakes Flood Control Plain			
September 25, 2010			
Class			
Racer Name	Dog Name(s)	Time	Place
<b>Two Mile Runjor</b>			
Sara Elzey	Ayla	17:44	1
Andrea Swingley	Buddy	19:56	2
<b>Four Mile Runjor</b>			
Sara Tabbert	Pablo	32:34	1
<b>Six Mile-ish Runjor</b>			
Greg Newby	Chevy & Campella	52:32	1
Ilana Kingsley	Roo	57:49	3
Lisa Stuby	Killae	57:20	2
<b>Three Mile Bikejor - 1 dog</b>			
Brandon Mcgrath-Bernhardt	Rothko	10:58	1
Jennifer Probert	Diamond	12:51	2
Sherri Soileau	Misty	20:48	3
<b>Three Mile Bikejor - 2 dog</b>			
Greg Jurek	Che & Rib	10:02	1
Charlie McNeill	Roue & Brown	10:26	2
Andy Warwick	Zip & Boots	10:27	3
Ben Good	Bull & Piper	12:33	4
Sara Elzey	Dylan & Faero	13:24	5
Dale Griffin	Zami & Skeena	24:05	6
Doreen Parker-McNeill	Snoball & Little Guy	?	?
<b>Two Mile-ish Bikejor - 2 dog</b>			
Emilie Entrikin	Tar & Licorice	10:45	1
<b>Six Mile-ish Bikejor - 1 dog</b>			
John Carlson	Rev	23:53	1
Lisa St Clair	Indy	29:02	2
<b>Three Mile Cart - up to 4 dogs</b>			
Lynn Orbison	Scooby Doo, Fleckerl	14:19	1
<b>Three Mile-ish Cart - up to 4 dogs</b>			
Don Morton	Cocoa, Reeses, Toffee, Kenai	-	-



## Coming this season...

**Sunday Trail Tours!** Trail Tours offer an opportunity to learn about & try out different trails all around the Fairbanks area. They are informal get togethers of varying distances & difficulty. Participants meet up at a particular time and location and all go out as a group. Leaders Janna Miller, Sara Tabbert & Don Atwood plan to offer a Trail Tour EVERY SUNDAY (weather permitting) all season long. Check the hotline (457-5456) or the website ([www.alaskaskijoring.org](http://www.alaskaskijoring.org)) for times & locations.

**Less Races.** Participation in races has been declining the past several seasons so we've decided to offer them less frequently. There will still be some **Fun Races** – so named because of their low-key, friendly competitive spirit. All skills levels are welcome! These races will be held at the Creamers' Field trail system or the North Star Golf Course trail system. Distances will range from ½ mile to 8 miles depending on trail conditions. Check the hotline or website for dates, time & locations.

**The Annual Birch Hill Race.** This popular race is the one opportunity each season to ski on these fabulous trails with dogs. Scheduled for March 5. Multiple distances & classes will be offered.

**New for this year – a Long Distance Race!** Location & distance are yet to be determined but avid distance skier Sara Tabbert is planning an adventure on February 26. Stay tuned for more details.

**A revised Race Across the Valley!** This year the Race Across the Valley (RAV) will still be a 3-day event but rather than having all 3 days in a row we have spread them out over 3 months. The first leg will be December 11, the second leg January 22, the third leg February 12. Each leg will still be held at a different location, we are still working out the details of where. Possible trail sites include but are not limited to; the Alaska Dog Musher's Trail System, Two Rivers Ski Trails, Chena Lakes Recreation Area mushing trails, University of Alaska ski trails, and the Chena River. We'll let you know as soon as the locations are finalized. This year we plan to offer three different distance classes – The Sprint Class (under 5 miles); the Mid-Distance Class (under 10 miles) and the Endurance Class (over 10 miles). Prizes will be awarded in each class for each individual day as well as for the fastest cumulative times in each class over the 3 days of racing. Racers may race 1, 2 or 3 of the legs.

The annual **Beginners' Clinic** is scheduled for Saturday, November 20<sup>th</sup> at Alaska Feed with Sara Elzey & Carol Kleckner. This fun-filled day will start with a 3 hour morning classroom session covering equipment & training tips followed by a half-hour afternoon "on-snow" practice session at Creamer's Field. Pre-registration is required and space is limited so sign up early.

**Two practice clinics** – one in the fall & one in the spring with experienced skier Lisa Stuby & her Norwegian Elkhound Killae. These clinics are designed for all skill levels and for anyone who wants to practice their passing skills or work on commands with their dog(s) in a non-competitive environment. Experienced skiers & dogs will be on-hand to answer questions and give pointers.

**Two ski waxing clinics** with local expert Fred Raymond. Visit his store, Raven Cross-country for all your ski needs. These clinics are for ASPA members only and are designed with the skier's mind.

**The Lee's Cabin Adventure.** Spend one night camping out in the White Mountains with other skiers and their dogs. Lee's Cabin is an easy 7 mile ski from the Elliot Hwy. Food & gear is usually transported by snow machine so all you have to do is ski in and join the fun.

**Two potluck social gatherings!** If you want to hang out with other dog lovers and talk about your dogs then these events are for you! The Fall Membership Meeting will feature local veterinarian Tamara Rose talking about her experience running the Iditarod last spring (as well as lots of yummy food!). The Spring Membership Meeting is held after the final Fun Race of the year. We pass out awards from the season, thank our many volunteers & generous sponsors, share good food and talk about our dogs.



### Note from the Newsletter Editor

As winter looms and thoughts go to waxing our skis and our canine friends catch the excitement of the first snow fall, 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, trail tours, etc. If your address label states, "**New Membership Year, Please Renew**" please don't procrastinate and get your membership renewed. You can mail in your membership renewal using the form attached on page 7 and/or use Pay Pal which can be made on the ASPA Website at [www.alaskaskijoring.org/join.html](http://www.alaskaskijoring.org/join.html). 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](mailto:lisa.stuby@alaska.gov)) and I will update and correct the errors on the mailing list.

I had mentioned in previous newsletters of sending out the newsletter online in pdf form and I am still planning on doing this. However, due to personal circumstances, I won't be able to implement this until January 2011. However, in preparation for this, when you renew via mail or pay pal, please state whether or not you would like to receive future newsletters via hard copy in the mail or online and if so the latter, please provide a legible e-mail address.

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, pointing out moose, and most importantly, keeping my feet and lap warm. 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](mailto: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 lets hope for a good season.

### Quotable Quotes from "Sled Dog Wisdom" collected by Tricia Brown

"If you've got a good connection with your dogs, you're a part of them and they're a part of you. They're an extension of your arm. If you feel from down deep, those dogs will feel it. We all focus as one mind." *Joe Garnie, Teller, Alaska. Iditarod veteran with 4 top 10 finishes.*

"Dogs teach you what unconditional love is all about." *Jack Berry, Homer, Alaska. Veteran of the Iditarod and Yukon Quest, who married his wife on the frozen Bering Sea at Nome following his 1998 Iditarod finish.*

"Your dogs are always right. The dogs never make mistakes. When we try to make them do something they've never been taught, we make mistakes." *Howard Farley, Nome, Alaska. Helped organize the first Iditarod in 1973, co-founder of the new Nome Kennel Club in 1974.*

"You don't realize what it takes in time and commitment to run. It's like any professional sport. The mental side is just as big as doing the Super Bowl." *Zach Steer, Palmer, Alaska. Yukon Quest, Iditarod, and mid-distance musher.*

"My dogs taught me to shut up and let them do their job. On one run, I talked to my leader Socks the whole time, and finally he laid down and wouldn't get up until I shut up." *Kimarie Hanson, Anchorage, Iditarod musher.*

"Sprint racing is extremely addictive. Worse than cocaine and just as addictive." *Dori Hollingsworth, Seward, Alaska, Sprint musher.*

### Beginner's Clinic, November 20, 2010

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

**Pre-registration is required!** Sign-up at Alaska Feed on College Road. The cost is \$20 per person. Attendance at a classroom session is required to participate in the "on-snow" session.

Classroom Session: Saturday, November 20, 2009, 10am-1pm at Alaska Feed.

On-Snow Session: Saturday, November 20, 2009, between 2pm-4pm, at Creamer's Field. Sign-up for one, half-hour time slot during your classroom session.

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

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

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

AND, after the Beginner's Clinic, please join us for our first ASPA Fun Race of the season. The race location will be announced once we get some snow, groom trails, and know which will be the best place to hold this event. Beginners are always welcomed. These are FUN races with the emphasis on **FUN**. You'll see some serious races, others with older dogs, and others like the newsletter editor who can ski faster than her dog. So, join us for a fun and relaxing afternoon. For additional information, contact Janna Miller. Her e-mail address is [janna@alaska.net](mailto:janna@alaska.net).

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.



### NEW BOARD MEMBERS WANTED

As a group of volunteers it is always good to get some new, enthusiastic blood with new ideas, etc. We are looking for a new recording secretary. We need someone to attend the monthly board meeting during September through April, take notes at these meetings, and then forward them on to the rest of the board afterwards. This job is very easy, not particularly time-consuming, and you will be able to have direct input into the activities of ASPA.

Also, after three fantastic years as the Fun Race Coordinator, Andy Warwick has moved on to other volunteer tasks and we need to recruit a new coordinator. Andy is still on the board and will help out whomever takes on this position as well as the rest of the board.

Also, we are looking for an additional board member at large. So, if you've shown up for ASPA events with thoughts of adding new aspects or giving some input you feel strongly about, now is your chance to have that direct input. All that is required is a love of skjoring and enthusiasm and you would be working with a great group of folks.



### Membership Form for the Alaska Skjoring & 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 skjor club.)
- Trail Donation \$ \_\_\_\_ (\$5/day or \$50/season suggested)

Affiliate Club Name \_\_\_\_\_  
Affiliate Club Address \_\_\_\_\_  
Affiliate 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 [www.alaskaskjoring.org/join.html](http://www.alaskaskjoring.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

**Treasurer:** Sara Elzey, 378-5024, skijorex2@hotmail.com

**Secretary:** **Looking for a New Secretary**

**Trail Tour Coordinators:** Don Atwood, dkatwood@alaska.edu and Janna Miller, Janna@alaska.net, 479-5585

**Race Coordinator:** **Looking for new Race Coordinator**

**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@gci.net

**Beginner's Clinic Coordinator:** Sara Elzey, 378-5024, skijorex2@hotmail.com

**Board Members at Large:**

**Sara Tabbert:** 479-0456, stabbert@hotmail.com; **Don Morton,** donaldjmor-ton@gmail.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 25<sup>th</sup> of every month to lisa.stuby@alaska.gov.

## ASPA SPONSORS

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### Alaska Skijoring and Pulk Association

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Hotline: 907-457-5456 ♦ Website: [www.alaskaskijoring.org](http://www.alaskaskijoring.org)