

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

ASPA Trail Tours

Every Sunday,
meeting times and
destinations TBA.

March 3

Birch Hill Race

Birch Hill Rec Area
Jim Herriges
herriges@gci.net

March 10-11

White Mtns Event

Don Atwood
dkatwood@alaska.edu

March 14

Fun Race #3

Location TBD
Check e-mail and
ASPA hotline

March 24

Orienteering Race

Creamer's Field
Pat DeRuyter
patd@acsalaska.net

March 25

Fun Race #4 & BBQ

Location TBD
Jamie Marschner
marschne@arsc.edu

2012 ASPA Skijor Race at Chena Lakes by Sara Tabbert, Race Director

ASPA celebrated the break from January's deep freeze with a race at Chena Lakes Recreation Area on Saturday, February 11. The weather was around 24 degrees, which made it pleasant for both racers and volunteers. 13 skijorers participated, and both Sara Elzey and Carol Kleckner ran two teams. The trails were nicely groomed and well marked by the Fairbanks North Star Borough.

Erin Trochim went the farthest, taking her team of Itty and Tarsis 9.5 miles with a time of 40:48. Two one dog teams completed the 6.5 mile race which was won by Mara Bacsujlaky and Tansy in 27:28. The two dog, 6.5 mile category had some close times but Greg Jurek with Che and Rib were the fastest at 22:57. Sara Elzey had the only three dog team competing in that distance, coming in at 23:43.

Despite her statement of little training time this season, Kriya Dunlap won the three dog, 3.8 mile class by nearly two minutes with a time of 12:52. She was followed by Carol Kleckner and Andy Warwick. Berit Engstrom with Harley and Friedo won the two dog class in 13:56, just a bit ahead of Carol Kleckner with Jenny and Blackberry at 13:53.

Thanks to volunteers Sunnifa Deehr, Alice Stickney, Kathleen Boyle. Big thanks to Andy Warwick who raced early and was the race starter and timer organizer.

| Bib # | Skijorer | Dogs | Time | Place |
|-----------------------|--------------------------|------------------------|-------|-------|
| 9.5 mile 2 dog | | | | |
| 3 | Erin Trochim | Itty, Tarsis | 40:48 | 1 |
| 6.5 mile 1 dog | | | | |
| 8 | Mara Bacsujlaky | Tansy | 27:28 | 1 |
| | Lisa Stuby | Killae | 54:35 | 2 |
| 6.5 mile 2 dog | | | | |
| 4 | Greg Jurek | Che, Rib | 22:57 | 1 |
| 6 | Amanda Byrd | Anya, Clara | 23:56 | 2 |
| 5 | Emilie Entrikin | Licorice, Rika | 24:39 | 3 |
| 10 | Lisa Baraff | Baloo, Yukon | 28:48 | 4 |
| 6.5 mile 3 dog | | | | |
| 1 | Sara Elzey | Dylan, Daria, Katrina | 23:43 | |
| 3.8 mile 2 dog | | | | |
| 11 | Berit Engstrom | Harley, Friedo | 13:46 | 1 |
| | Carol Kleckner | Jenny, Blackberry | 13:53 | 2 |
| 9 | Brandon McGrath-Bernhard | Rothko, Dora | 15:21 | 3 |
| | Sara Elzey | Faero, Kate | 16:06 | 4 |
| 3.8 mile 3 dog | | | | |
| 7 | Kriya Dunlap | | 12:52 | 1 |
| 2 | Carol Kleckner | Casper, Chance, Millie | 14:44 | 2 |
| | Andy Warwick | Zip, Boots, Licorice | 15:30 | 3 |

Possible Scary Moment by Lisa Stuby

Back in November 2011 I experienced a potential scary moment that could have been fatal to my dog. I rarely let him off of his leash unless in a secure area away from roads, moose, etc. However, there have been a few instances where I had him loose for a few minutes to play, run to my home and/or office door and he has found trouble like an uneaten chicken leg (which he consumed in less than a minute) or a piece of rotten salmon (who knows where this came from), but a few months ago I almost let him out of the car in the parking lot where I work to go potty but something told me to keep his leash on and I am glad I did. As I walked him to a potty spot I noticed him taking an interest in a patch of snow near where the Creamer's trails begin. As I neared the spot I saw it was a HUGE spot of blue-green antifreeze. Had Killae been loose for sure he would have eaten some. I am shuddering as I write this. It was still dark and I could not get a good look at it. I grabbed some bags and a shovel and since the daylight had come up it was clear that dog(s) had eaten a good portion of it. Unfortunately, I talked to several dog owners who to my surprise knew about this spill but did nothing to clean this up. Antifreeze is **DEADLY** to dogs! Below is an excerpt from an article that I thought was good from the St. John's Nova Scotia, Canada Society for the Prevention of Cruelty to Animals on why it is so important that pet owners try to prevent accidental antifreeze poisoning in pets.

Winter conditions can present deadly dangers to dogs and cats, particularly one pet owners may not be aware of: antifreeze poisoning. This sweet-tasting poison is unfortunately appealing to animals and consumption of a very small amount can lead to rapid kidney failure and death within a very short period of time.

How Are Pets Exposed to Antifreeze?

Antifreeze is commonly used in car cooling systems and home plumbing systems to help maintain heat during winter months. Decorative snow globes also contain 2% antifreeze — enough to be toxic should the snow globe shatter and leak.

Pets may become exposed to antifreeze if it's leaking from a car radiator onto a garage floor, driveway or the street. Pets can also gain access to antifreeze should it not be flushed from a home plumbing system or directly from the containers in your garage if they are not stored out of reach.

Why is Antifreeze Toxic to Pets?

Antifreeze contains ethylene glycol, which is toxic to dogs and cats. The metabolic products of the ethylene glycol cause severe damage to the pet's kidneys, which then produce a toxic exposure to the central nervous system.

A very small amount of antifreeze is deadly to pets. For example, if your dog or cat walks through a puddle of antifreeze and then licks his paws, enough antifreeze can be ingested to cause death.

Immediate veterinary treatment is necessary to prevent the toxin from being absorbed into the pet's liver.

What Are the Symptoms of Antifreeze Poisoning?

Clinical signs of antifreeze exposure can occur in as little as 30 minutes and as long as 12 hours. Do not wait for symptoms to appear to go to your vet. Instead, if you have any concerns about potential ingestion, visit a vet immediately.

Symptoms include confusion, vomiting, an increase in thirst and urination, depression, lethargy, sores in the pet's mouth and noticeable bad breath. Immediate veterinary treatment is necessary to prevent the toxin from being absorbed into the pet's liver.

How Are Pets Treated for Antifreeze Poisoning?

If you suspect your pet has consumed antifreeze, your veterinarian will immediately begin treating your dog or cat with one of the following remedies:

- An IV drip of ethanol (grain alcohol) to counteract the antifreeze toxin.
- Administering 4-methylpyrazole, a medication that slows down the metabolism of the toxin. If treated soon enough, the medication can allow the toxin to be excreted safely.

Dialysis, an aggressive treatment available through a veterinary specialist, can be used to remove toxins not being excreted by the diseased kidneys. This tactic is used to keep your pet alive in the hopes of giving the kidneys a chance to repair. In addition, blood and urine samples will usually be taken to definitively determine whether or not your pet has ingested antifreeze. The earlier treatment is started, the greater chance your pet has of survival.

Prevent Antifreeze Poisoning in Pets

Take preventive measures to keep your pets from accidental antifreeze poisoning:

- Keep antifreeze in sealed containers out of reach of pets.
- Dispose used antifreeze containers and rags in a garbage can pets can't access or open.
- Routinely check your garage floor and driveway for antifreeze leaks or spills. Cat litter is one way to absorb antifreeze leaks – dispose of it immediately after use, in a garbage bag that can be securely sealed.
- After returning home from a walk, wash your pet's paws in warm, soapy water in case he was unknowingly exposed to antifreeze while outside.

Switch to a pet-safe, propylene glycol based antifreeze. Although not 100% nontoxic, it's considered less toxic than ethylene glycol based antifreezes. Several brands on the market include Sierra, Sta-Clean and Prestone LowTox Antifreeze/Coolant.

If you suspect your pet has been exposed to antifreeze, don't hesitate — contact your veterinarian immediately to determine a course of action.

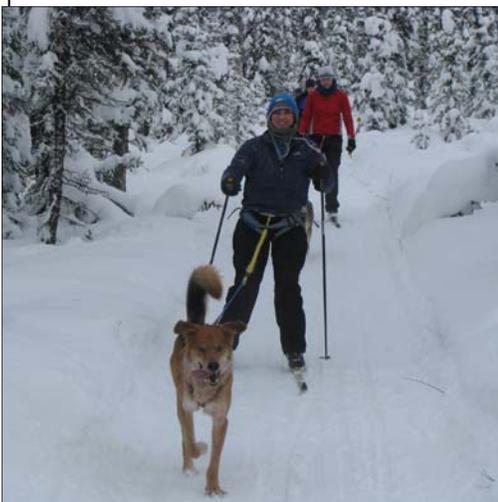
AND if you are ever at a skijoring race, dog park, mushing race and you notice spilled antifreeze PLEASE CLEAN IT UP! Don't wait for someone else to do it. Also, if your car has an antifreeze leak, GET IT FIXED!

Trail Tours of Isberg Trails, February 5th and Trails off Love Road, February 12, 2012 by Lisa Stuby

After a month or more of bitter cold, weather conditions in February have been perfect for skijoring and ASPA has taken advantage with several events. The two trail tours that have been conducted in February were quite fun, and the month hasn't ended yet!! The first was a tour of the Isberg Trails. Matt Sprau led and the night before had groomed and these trails were in great condition. Five people and seven dogs showed up and enjoyed an afternoon before rushing home to catch the last of the Superbowl. We got lost from the group (Killae's fault), but had no trouble doubling back and getting back on the trails and basically following the GOOD grooming, plus my dog was finally paying attention to the group's scent on the trail. I was surprised how popular these trails have become.

The following weekend we all met at the end of Love Road which is off of Chena Hot Springs Road. I'd never done these trails before and am always looking for new adventures. Close to 10 participants showed up with happy canines in tow. Don and Erin Atwood led the tour with Don leading the fast group of participants with Alaskan huskies, and Erin leading the slower group with mainly retrievers. The trails were a little rough in sections, but the scenery was nice. Killae enjoyed the frequent stops with Erin's group to let everyone catch up, allowing him to work on the art of creating snow angels and sniffing all of the good smells.

Below are some photographs I took during both tours. The month isn't over yet and neither is the season, so come out and join the trail tourists some time, its fun. All photos by Lisa Stuby.



Skijoring Isberg Trails. I finally caught up/found the group.



Matt Sprau and friends at the start of the Isberg Trails..



Taking a break on the Love Road trails off of Chena Hot Springs Road.

Alaska Skijoring and Pulk Association's
12th Annual
Birch Hill Skijor Race

Saturday, March 3, 2012

Birch Hill Nordic Ski Trails

Dogs *Love* These Trails!

(But are not allowed there outside of this one event)

Currently proposed classes are the same as in 2011:

Classes: Shorter Interval Start Races

1-dog 4 km

2-dog 6 km

3-dog 6 km

Longer Mass Start Races

One-dog 7.5-9 km

Two-dog 9-13 km

Relay Event: Three one-dog teams per relay team, 2 km each.
May require more than just skiing!

Check alaskaskijoring.org for updates!

2012 ASPA White Mountains Event

The annual White Mountains day and overnight Trail Tour will be held on Saturday, March 10. Participants can skijor from Wickersham Dome Trailhead, Mile 28 on the Elliott Hwy, to Eleazar's Cabin in the White Mountains for a one-day fun event. The cabin is rented for Saturday evening for those who would like to spend the night. This activity is one of the highlights of the season; with good company, beautiful scenery, and hearty food. Departure is 11:30 A.M. To coordinate food and reserve an overnight stay, contact Don Atwood, dkatwood@alaska.edu. Snow machine support for gear will be available.

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. Thank You

ADMA and ASPA North Pole Races

The Alaska Dog Musers' Association has invited the Alaska Skijoring and Pulk Association to join them in North Pole for a race again this year! If you weren't able to make it last year be sure to come on out and enjoy this great trail.

Date: Sunday, February 26th

Time: bib pick-up & registration fee payment 9-9:30, race starts at 10am

Pre-registration is required: by emailing skier name & dog name(s) to Sara Elzey at skijorex2@hotmail.com by noon on Saturday, Feb 25.

Cost: \$10 for ASPA members, \$15 for non-members, membership is \$20/year/individual or \$30/year/family.

Distance: 5.7 miles

Classes: 1-dog, 2-dog, or 3-dog teams.

Prizes: gift certificates from Beaver Sports, Cold Spot Feeds, Play-it-again Sports, Noah's Ark, Raven Cross-Country, and Splash & Dash Carwash; a skijor belt from Apocalypse Design and postcards from Lead Dog Graphics; goodie bags for all participants and dogs.

Location: Star of the North Charter School, 2945 Monk Court. Take the Richardson Hwy to North Pole, take Santa Claus Lane exit, then go to Badger Road, about 1/3 mile go left on Monk Court.

Membership Form for the Alaska Skijoring & Pulk Association

Name _____
Last *First*

Mailing Address _____
Street or P. O. Box

_____ *City* *State* *Zip Code*

Anya and

E-mail _____

Are you interested in receiving the newsletter on-line? Yes No

Membership Type:

- Individual \$20.00/year _____ Individual Lifetime \$175 _____
- Family \$30.00/year _____ (No lifetime available)
- Affiliate Club: \$10.00/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.alaskaskijoringl.org>

2011-12 ASPA BOARD OF DIRECTORS AND COORDINATORS

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Trail Tour Coordinators: Don Atwood, dkatwood@alaska.edu and Janna Miller, Janna@alaska.net, 479-5585; Sara Tabbert, stabbert2hotmail.com; Matt Sprau, matt.sprau@gmail.com

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Trail Grooming: Pat DeRuyter, 479-7853, patd@acsalaska.net

Board Members at Large:

Sara Tabbert: 479-0456, stabbert@hotmail.com; Sunnifa Deehr, sdvio-lin@hotmail.com

Paw Prints and Ski Tracks is a monthly newsletter published during the winter season by the Alaska Skijoring and Pulk Association. Computer and photo shop consultancy has been provided by Bud Marschner. The coordinating editor of Paw Prints and Ski Tracks is Lisa Stuby. Your comments, articles and pictures are greatly appreciated. Please e-mail the information before the 25th of every month to las@acsalaska.net.

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Alaska Skijoring and Pulk Association

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