

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!

Trail Tour Every Sunday

Check Hotline (45-SKIJOR), alaskaskijoring.org, or your e-mail list for upcoming tours

February 1 Practice Clinic #2 Creamer's Field

Lisa Stuby
las@acsalaska.net

February 9 Chena Lakes Race

Sara Tabbert
stabbert@hotmail.com

February 15 UAF Race Brian Charlton

bcskijor@yahoo.com

Sunday Trail Tours

Sunday Trail Tours! Trail Tours are being offered almost every Sunday during the 2013/2014 season. These 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. This years "official" leaders are Sara Tabbert, Mara Bacsujlaky, and Janna Miller. ALTHOUGH any ASPA member can offer to lead a tour. Current past trail tours have been on the Parks Ridge trail that Sara Tabbert led. I'd never heard of these trails! Janna Miller rang in the new years and led a most excellent tour of the Rosie Creek Trails on January 5, 2014, followed by most yummy molasses cookies and homemade dog biscuits. The next tour will be on the little Chena River trails that Mara will lead off Chena Hot Springs Road and Nordale Road. As an owner of an intelligent and therefore prone-to-boredom elkhound, a change of scenery keeps enthusiasm. And as a social butterfly, having buddies around also helps keep enthusiasm. Our normal groomed trails at North Star Golf Course, Creamer's Field, and Isberg are great, but it is nice to do something different every once in awhile.

For tour meeting times and locations, keep an eye on the ASPA e-mail list, ASPA facebook page, or the ASPA website (www.alaskaskijoring.org). If you are not linked with the internet you can check on trail tours the old fashioned way by calling the ASPA hotline (457-5456) or the for times & locations.

MANY thanks to the dedicated volunteers who lead the ASPA Trail Tours!

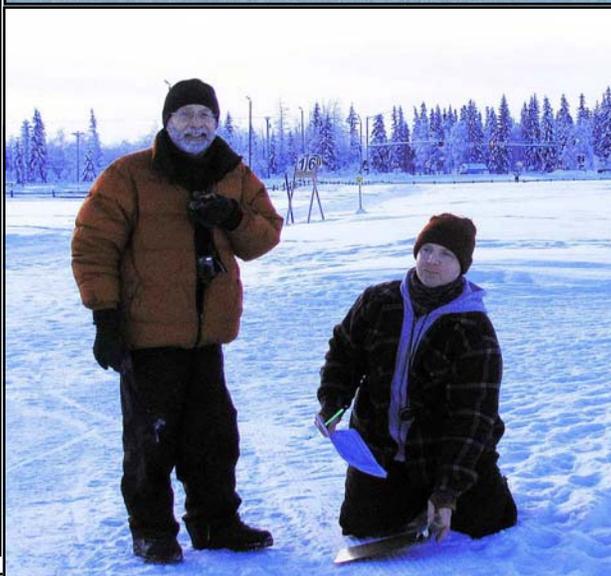
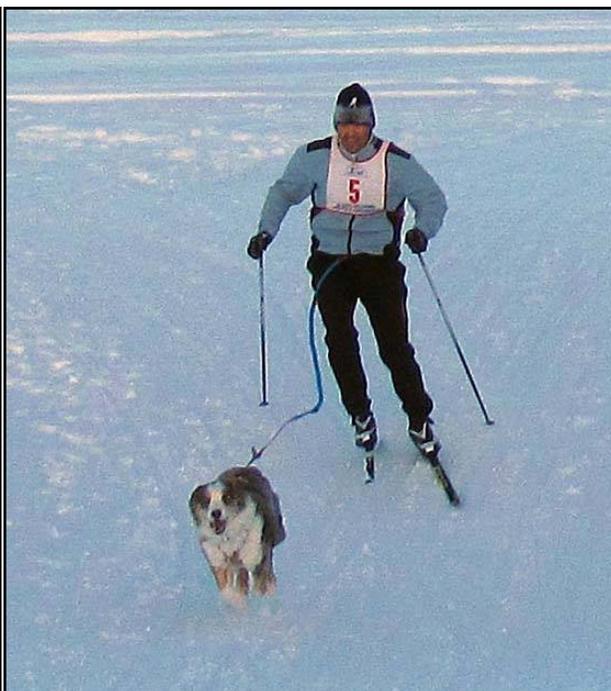
Fun Race #3 Results

Sunnifa Deehr organized an awesome skijor Fun Race that took place at Creamer's Field on January 19, 2014. Bruce Miller won the 1-dog, 6.4 mile distance with his wonder-Aussie Roy. Roy and Bruce truly went the "extra mile" as they did the 2nd East Field and ended up having their own distance. Sara Tabbert with Dora and Moose and Nina Ruckhaus with Sasha won respective 2-dog and 1-dog in the 5.4 mile distance. Sara Elzey won the 2-dog, 3.4 mile with Daria and Lira and Jamie Marschner and Dancer won the 1-dog, 3.4 mile distances respectively. This was Dancer's first race and she (and Jamie) enjoyed chasing teams that passed. Other winners were Andy Warwick with the 2-Dog, 2.7 mile, Sara Elzey with the 3-dog, 1.5 mile, Philip Marshall with the 1-dog, 1.5 mile, and Sunnifa Deehr with the 2-dog, 0.5 mile distances. The junior skijorers placed first and second in the 1-dog, 0.5 mile race with Emmet Jensen and Otto coming in first and Charlie Schuldt and Chinook coming in second. Race times can be found on the next page.

This and ALL races couldn't happen without dedicated volunteers! Sara Tabbert and Tone Deehr registered people, Brandon McGrath-Bernard and Penny Parker were handlers, Chris Burrow and Charles Deehr timed, Tone and Charles Deehr took photographs, and Andy Warwick groomed on Saturday and the trails were AWESOME!

Fun Race #3 Results by Sunnifa Deehr (Cont.)

Alaska Skijor and Pulk Association Fun Race #3				
Sunday, January 19, 2014, Creamer's Field				
Bib #	Skijorer	Dogs	Time	Place
[6.4, 1 dog]				
5	Bruce Miller	Roy	28:33	1
[5.4, 2 dogs]				
3	Sara Tabbert	Dora and Moose	20:29	1
[5.4, 1 dog]				
4	Nina Ruckhaus	Sasha	28:15	1
7	Gail Davidson	Darna	32:17	2
[3.4, 2 dogs]				
2	Sara Elzey	Daria and Lira	12:38	1
1	Andy Warwick	Jack and Yogi	13:47	2
8	Ted Wu	Ty and Honey Bear	14:31	3
[3.4, 1 dog]				
10	Jamie Marschner	Dancer	23:51	1
9	Kathleen Boyle	Tipi	24:09	2
11	Lisa Stuby	Killae	30:44	3
[2.7, 2 dogs]				
13	Andy Warwick	Zip and Freddie	18:53	1
[1.5, 3 dogs]				
12	Sara Elzey	Miley, Avril and Tas	5:43	1
[1.5, 1 dog]				
14	Philip Marshall	Skye	7:00	1
[.5, 2 dogs]				
15	Sunnifa Deehr	Duncan and Sisu	2:08	1
[.5, 1 dog]				
18	Emmet Jensen	Otto	1:58	1
17	Charlie Schuldt	Chinook	2:23	2
16	Paula Ruckhaus	Moose	2:54	3



Skijor With your Dog Book by Lisa Stuby

The Second Edition of Skijor With Your Dog book by Mari Hoe-Raitto and Carol Kaynor is available. When I first was getting into skijoring back in 1990 (so long ago) with my two rescued sled dogs, I got some invaluable advice from reading this book. I found even back then that with dogs "one size doesn't fit all" and all dogs have different personalities and even depending on the breed, predisposition to pull or not. I used this attitude when training my current skijoring buddy. The book was full of advice on gear needed, tips for those interested in racing, etc. Fast forward to present day and the current edition covers the basics described in the first edition plus goes beyond this to include canicross, bikejoring, and other ways to work with dogs when there's no snow. After all, the snow-free spring, summer, and fall months (May-October) can comprise 1/2 a year and training needs to be ongoing. The book is geared to beginners, but contains invaluable advice for people like myself who have been doing this a long time. I just took a peek at other reviews on amazon.com and the book has received mostly 5-stars!

Practice Clinic #2—February 1st, 2014 11:00 AM, Creamer's Field

The second of two Practice Clinics is scheduled for Saturday, February 1st at Creamers Field. This clinic will emphasize the basics and is meant for novice skijorers. In my travels around town, at the dog park, feed stores, etc. folks have told me that they have tried skijoring and gave up in frustration because their dogs won't pull, etc. Well, this is the clinic for you! In particular we are going to discuss and practice SKIING basics. I will have both my skate as well as classic skis on hand. The biggest thing I've noticed keeping owner and dog from being able to skijor is the owner's inability to ski or stay upright. Having good balance and confidence in skiing is very important first step to successful skijoring. It is important when starting your dog in skijoring to not be frustrated when you fall. The most important thing for your dog as well as for you is to have FUN!!

We will meet at 11:00 AM at the Creamer's Field farmhouse and have a 30 minute question and answer session. Afterwards, we will practice skiing basics, using the skijor training trails at Creamer's Field across from the Creamers Farmhouse. Afterwards, if there is still interest, we can attach our dogs and continue to practice. The temperature cutoff for this event is -15F. The race will be cancelled if the temperature at 458-3745 extension 1113 is colder than -15 at 10:30 am. Cost is free to ASPA members and \$5.00 for non members.

The Practice clinic will be fairly low-key compared to Sara Elzey's very comprehensive and detailed Beginner's Clinic. Nevertheless, since this clinic is geared to beginners please be cognizant of the other novice participants. If your dog(s) do has "issues" with other dogs we can work off to the side away from the other participants. Your dog(s) should be friendly towards people.

So come and practice skiing and skijoring and most importantly, HAVE FUN!! If you would like to help out with handling, advice, and/or show up with behaved dog(s) who will act as "rabbits" for novice dogs to chase later in the clinic please contact Lisa Stuby at 458-7657, or e-mail her at las@acsalaska.net.

Wax Clinic at Raven Cross Country, February 11, 2013

Fred Raymond of Raven Cross Country will be presenting the second of two ski waxing clinics for the 2013/2014 season to ASPA members on February 10th 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. A good wax job like knowing proper technique can make a WORLD of difference which will make skiing more enjoyable and participants more likely to keep their New Years resolutions to get into shape!

Space is limited, and pre-registration is required. 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 got yourself for Christmas--and give them the glide you and your dogs will appreciate! Clinic is for ASPA members only.

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



Why the CRAZY Weather!

I was going to add something about our scheduled UAF skijor race, but given the recent warming and freezing rain and icy trail conditions, things are up in the air. Please stay tuned to your e-mail, the ASPA hotline (45-SKIJOR), and/or the ASPA Facebook page for this and other events. In the meantime, I had to ask "Why" the goofy weather. Below is an explanation I downloaded at <http://www.accuweather.com/en/weather-news/topsyturvy-weather-pattern-to/22483425>.

The cause of the topsy-turvy weather pattern has been produced by a high amplitude jet stream pattern. The jet stream is a fast-moving river of air high in the atmosphere that guides weather systems along and often marks the boundary between cold air to its north and warm air to its south.

The jet stream often becomes distorted from its average January position around 40 degrees north latitude. However, this pattern, in recent weeks, has become quite extreme. It has allowed warmth to push well to the north along the Pacific coast of North America and at the same time has sent frigid air well to the south over the middle of the continent to portions of the Atlantic coast.

Indications from [AccuWeather.com](http://www.accuweather.com) Long Range Weather Expert Paul Pastelok are that the high amplitude jet stream will hold through the end of January, but during February the jet will shift a bit and may break into two parts.

"The pattern shift should allow Alaska to trend colder, less severe cold along the Atlantic coast and may allow some moisture to get onshore along the Pacific coast," Pastelok said.

The core of the cold air is projected to settle over the Central states and will be mostly contained between the Rockies and Appalachians. However, this pattern will allow some cooler air to reach into the West and colder air to plunge into Texas.

"While we do expect some rain and mountain snow to reach parts of California and the West, but it may not be widespread and is not likely to be enough to have long-term impact on the drought," Pastelok said.

The upcoming pattern in February will also allow some storms loaded with moisture to track northeastward from the Gulf of Mexico to along the Atlantic Seaboard. With this pattern the chance of a heavy snowstorm would increase over much of the eastern third of the nation.

Chena Lakes Race, February 9, 2014 on the Mike Agbaba Trail System

HOW TO REGISTER: Cost will be \$10.00. All racers need to pre-register by Thursday, February 6th at 6 pm by calling Sara Tabbert at 479 0456 or emailing stabbert@hotmail.com. I will confirm your registration with a call or email. There's no warm space at Chena Lakes – preregistering everyone cuts down on time standing around in the cold.

WHEN: Sunday, February 9. Check in at or before 11:30 (I will be there by 10:45), race meeting at 11:40, start at 12:00. Racers will start at 1 minute intervals.

HOW COLD: If it is -15 or colder at 9:30 am at 458-3745 extension 1113 on the day of the race it will be cancelled. Call the ASPA hotline 457 5456 shortly after 9:30 to verify the status of the race.

WHO: One, two, and three dog classes

WHERE: Mike Agbaba trails, Chena Lakes. Take the Richardson highway through North Pole and follow the signs - the park will be to the left of the highway. Go through the main entrance and turn left on Lake Park Road. The trailhead is a short distance down this road near the children's playground. **SEE TRAIL MAP UNDER "TRAILS" SECTION AT: www.alaskaskijoring.org.**

HOW FAR: We are currently offering distances of 3.8 miles and 6.5, and 9.5 miles, with a 12 mile option if anyone is interested. Longer distance racers will go out first followed by shorter distance racers. Start order within each distance class will be random. The usual race rules will be used and we will have a quick reminder of these at the race meeting. Be additionally aware we are guests on Borough property so cleanup and following park rules are very important!

HANDLERS: We may not have a dedicated handler at this race so if you need help, please make your own arrangements for a handler.

VOLUNTEERS: We need a starter and two timers or the race will not happen! Handlers and photographers would also be fantastic. Please contact Sara at the address above if you are willing to volunteer.

PRIZES: We will have prizes to award to a few lucky participants and goodie bags will be given to all.

Memberships Due and Note From the Newsletter Editor

It is that time of the year when I must remind our members to PLEASE renew your ASPA memberships for the 2013-2014 season. If you have not yet renewed your membership to ASPA you must do so in order to continue receiving the newsletter and discounts on races, etc. You can renew the old fashioned way by mailing in the membership form below or on the ASPA website using Pay Pal at <http://www.alaskaskijoring.org>. You can also renew at any of our fun races.

Also, articles are welcomed for upcoming newsletters from our membership. Topics can range from skijoring to dog care, your adventures on a favorite trail, good dog cookie recipes, etc. Likewise, if you notice any good and legally reproducible articles or subjects (ex. Tainted Chicken jerkey, why weather patterns bring freezing rain that mess up our trails, etc.), please send to Lisa Stuby the current ASPA Newsletter editor.

Also, after EIGHT years as the ASPA Newsletter editor I am hoping to hand the reins to somebody new. As my dog approaches the big 10 (and I the big—well, we won't discuss that), we are doing less distance skijoring and I am doing more skiing and I hope to maybe get him into something new, like therapy work. Also, it would be good to have some fresh and new enthusiasm and maybe add a new twist or incorporate new ideas. I never was a serious racer and maybe it would be good to have the next editor incorporate more stories and tips on how to race and get the best out of yourself and your dog(s). If you are interested in taking over newsletter duties for the 2014-2015 season, let me (Lisa Stuby) know (e-mail is las@acsalaska.net) or any of the ASPA board members who's contact information can be found at <http://www.alaskaskijoring.org> or at any of the upcoming races, clinics, or trail tours.

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 _____

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.alaskaskijoring.org>

2013-14 ASPA BOARD OF DIRECTORS AND COORDINATORS

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Website & e-mail list Coordinator: Don Kiely, 455-6749, donkiely@computer.org

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Paw Prints and Ski Tracks is a monthly newsletter published during the winter season by the Alaska Skijoring and Pulk Association. 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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