

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!

Sunday Trail Tours

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

February 23

Chena Lakes Race

Sara Tabbert
stabbert@hotmail.com

March 1

Birch Hill Race

Jesse Warwick
harding247@hotmail.com

March 8

Orienteering Race

Creamer's Field
Sunnifa Deehr
sdviolin@hotmail.com

Fun Race #4, Location TBD

Check Hotline, etc.

End of year Race and Pizza Party

Details TBA
Jamie Marschner
marschne@arsc.edu

This Could Happen to YOU!! By Lisa Stuby

It was -30F a few weeks ago when I went for a run on the UAF Pooch Loop. I put on a pair of running shoes, complete with toe warmer like I usually do. The only thing I did differently was wear a thicker than normal pair of socks. So, off I went and my feet felt fine. I even did two hours of errands and my feet felt like they normally do. It wasn't until after I removed my shoes and socks that it became apparent that all was not well. Apparently, the thick socks cut off enough sensation and capillaries to have allowed for my toes to become frostbitten. It has been a frustrating week of not being able to ski or even put normal shoes on, but I am VERY lucky it wasn't worse. The surprising thing was that I felt fine, my toes never felt cold during my run. The previous day I forgot the toe warmer and went for a run and had cold toes I had to warm up. I also had a thinner sock. From here on out I will have to be very careful and cognizant of cold temperatures AND never wear too thick a sock again!! Plus I'm in the market for warmer running shoes. Here is some advice I've been taking from a podiatrists website which has been working for me:

http://www.troypodiatristpc.com/sub.php?page=glossary_fma19258&sel=%&level2=glossary

Frostbite: Damage to tissues from freezing due to the formation of ice crystals within cells, rupturing the cells and leading to cell death. Frostbite goes through several stages:

- **First degree injury:** When only the surface skin is frozen, the injury is called frostnip. Frostnip begins with itching and pain. The skin then blanches and eventually the area becomes numb. Frostnip generally does not lead to permanent damage because only the top layers of skin are involved. However, frostnip can lead to long-term sensitivity to heat and cold.
- **Second degree injury:** If freezing continues, the skin may become frozen and hard while the deep tissues are spared and remain soft and normal. This type of injury generally blisters 1-2 days after freezing. The blisters may become hard and blackened. However, they usually look worse than they are (and mine DO look pretty disgusting). Most of these injuries heal over 3-4 weeks. although, again, the area may remain permanently sensitive to heat and cold (BIG BUMMER!).
- **Third and fourth degree injuries:** If further freezing continues, deep frostbite occurs. All of the muscles, tendons, blood vessels, and nerves freeze. The extremity is hard, feels woody, and use is lost temporarily, and in severe cases, permanently. The involved area appears deep purple or red with blisters that are usually filled with blood. This type of severe frostbite may result in the loss of fingers and toes. It can take several months to determine how much damage has actually been done by the freezing process. For this reason, surgery to remove tissue that is not capable of surviving is frequently delayed.

Prevention: The best way to prevent frostbite is to dress warmly and move indoors once your fingers or toes begin to feel cold (and make sure you will be able to feel the cold—i.e not too tight of socks!). Always keep your hands and feet dry and your ears covered.

Treatment: The best way to warm a frozen part is to put it into a tub of hot water at 104-108 degrees F (40-42 degrees C). Make sure to test the temperature of the water with a thermometer or a hand that is not frozen!

Do NOT thaw the extremity if there is a risk of it re-freezing! It is best to leave the part frozen until it can be thawed permanently. Refreezing leads to more severe damage. If you are camping and unable to get indoors, leave the extremity frozen.

Do NOT burn the injured area (which may lack feeling). Warming over a fire or next to a heater should be avoided! These methods have a high risk of burns and tend to dry out the injured tissue, thereby causing more damage.

Do NOT rub the extremity with snow. Any rubbing may aggravate the injury. The injured tissue can be fragile and must be handled gently.

There may be considerable pain when the frostbitten area is rewarmed. Acetaminophen (Tylenol and others), aspirin, naproxen (Aleve and others) or ibuprofen (Advil and others) may be used to help the discomfort. If stronger pain measures are needed, contact a physician.

Moose in Kincaid Park

Given slippery trail conditions due to a warm spell and freezing rain on January 22-24, 2014 there isn't a whole lot to report on skijoring events, except to be careful while travelling the slippery trails and several events had to be cancelled due to hazardous conditions. I copied off this article written by Kathleen McCoy and published in the Anchorage Daily News on October 23, 2013. The article was written after two moose had to be killed due to encounters with humans and overall, this article and advice applies to moose in Fairbanks too, so I've reproduced it here.

Within the past five weeks, Kincaid Park saw the deaths of two moose that were shot after encounters with park users. The news surprised, if not shocked. Local outdoors writers and enthusiasts traded opinions on what the shootings say about moose and about humans. Readers weighed in with plenty of their own thoughts.

I came away wishing for more information. Are the moose in Kincaid getting more aggressive? Are there more of them now than before? Who manages the moose in the park? Should the park be closed during rut and calving? Is the addition of single-track bicycle trails stressing moose?

For help, I invited local biologists from UAA, the Cooperative Extension Service and the Alaska Department of Fish and Game -- current and retired -- to sit down for a conversation on moose in general and Kincaid in particular. I asked seven scientists; four were able to participate.

They included ecologist Doug Causey and moose foraging expert Lauren Caruso from UAA; Gino Graziano of the extension service, who studies the interaction of moose with invasive chokecherry trees; and Rick Sinnott, retired from years of wrangling Anchorage's urban moose and human interactions for the Alaska Department of Fish and Game.

To a person, these scientists advocated much more moose awareness among the general populace -- from knowing what specific moose behavior may mean, to understanding the yearly cycle for moose and how that affects their stress levels. As Caruso advised, "Put on your moose goggles," or, from Sinnott, "The only place you're safe from moose in Anchorage is on the airport runway" -- and only because a wildlife team works 24/7 to keep moose and all other animals cleared for aviation safety reasons.

Here's some of what these experts offered.

What signals do moose give when seriously agitated? The best way to tell if a moose is agitated is if it licks its lips. People think of raised hackles and ears pinned back but the mama moose that stomped a man at UAA in 1995 was licking its lips well before. Once she attacked, the hackles were up and the ears were back but first she was nervous and agitated, licking her lips.

Is it OK to run from a moose? Yes! Moose are different from bears; they are herbivores, not carnivores. You won't trigger a predator-prey chase by running away. In fact, just stopping your approach and backing off when you see one can de-escalate a situation. When you go around a moose, go *way* around, even out of the moose's sight.

If you're charged, put a tree, a car or anything large between you and an attacking moose, because humans can maneuver around a fixed object faster than a moose. When you leave your house on dark winter mornings, look both ways before stepping out, especially if moose frequent your neighborhood.

Is there a management plan for moose in Kincaid Park? Not really. The city owns and manages all the parks and greenbelts in Anchorage. They don't manage the moose; their role is public safety. Fish and Game manages the moose. And, seemingly, says Sinnott, "never the twain shall meet."

Sinnott: "Regarding some recreational groups, the people have a lot of drive and verve and they're excited about their sport. They have lots of money, volunteers, people to do the work. They go to the city and say, 'We will put in all the trails, and we'll do it for free,' and the city says, 'Go right ahead.' And we (moose managers at the Alaska Department of Fish and Game) find out about it later."

Moose of Kinkaid Park (Cont.)

That begs the question, are the single-track trails in Kincaid stressing moose? Likely they have compounded the problem. Moose get used to the idea that if they stay in a wooded hollow between two big trails, it's quiet in there and they're safe. Lots of moose calve on the north side of the park, near the archery range. Now you have bikes screaming through. At the very least, it chases them from here to there and they get keyed up.

Should Kincaid Park be closed during rut and calving? Emphatically no. Users simply need to be aware of how to behave around moose. Race organizers should be willing to stop any race for safety. Rerouting may not be the answer, since moose keep moving and may just show up on another trail. The rule of thumb: In a park and on a street, moose have the right of way.

Are there more moose in Kincaid? In Anchorage? No. Kincaid aerial counts aren't done due to proximity to the Ted Stevens International Airport. However, the scientists said that several severe winters in a row, plus continuing loss of moose habitat, have trimmed populations throughout the city. Sinnott estimates in winter there are no more than 700 in the Anchorage Bowl, fewer than even a decade ago.

When are moose most irritable? Moose, scientists said, are on a near starvation diet most of the winter. In fall they're transitioning from leaves to twigs, "and nobody likes to eat twigs." But food and noise stress don't necessarily add up to aggressive moose.

A startled moose may react at any time. Moose in rut are aggressive toward each other. While they are not focused on humans, if you should get too close, a moose might turn on you too. During rut, moose make themselves very visible, so they should be easy to avoid. A cow moose with a young calf is the most dangerous moose. The most hazardous time is when the calves are young, mid-May through July. *Kathleen McCoy works at UAA, where she highlights campus life through social and online media.*

I was skiing at Kinkaid Park a few years ago during a meeting and saw many moose on the trails. One in particular strolled onto the trail behind me and laid down in the middle of the trail and stopped a line of skiers. He/She just looked at them as if to say, "yeah, come on and try to pass me". This moose was clearly not afraid of skiers. I yelled to the skiers to go back and take a different trail and not to try and scoot in front of her. I assumed she could be up and striking with her hooves in no time. Years ago I was skijoring at night and my two huskies sped up with excitement. Up ahead was a moose in the middle of the trail. I crashed and the moose started coming towards me. I unhooked my dogs and Moon ran to the moose and held it at bay long enough for me to collect myself, get upright, and move the other way. Bears stayed with me as he was afraid of moose after a calf charged him into his dog house one afternoon. Needless to say, I have a healthy respect for moose and haven't skied at night again, except for lit trails at Birch Hill and UAF. My elkhound "moose dog" may not be the best skijoring dog, but he will let me know where the moose are (even if I can't see them) and takes his job very seriously.

BREAKING NEWS!! Chena Lakes Race is back ON for Sunday, February 23rd!!

HOT off the digital presses, Sara Tabbert has graciously offered to reschedule the skijoring race at Chena Lakes for Sunday, February 23rd. If you would like to participate, please pre-register by Friday, February 21st at 5 pm! The weather looks like it should be really good and the borough has been doing even more work on the trails.

All details remain the same, check in at 11:30, race at noon, and race cost will be \$10.00. Everyone needs to sign up ahead for the 3.8, 6.5, 9, and 11.5 mile courses. Race will be cancelled if temperature at the airport is lower than -15oF at 9:30 am on the day of race. We need 3 volunteers and a bunch of racers! Send preregistrations to stabbert@hotmail.com, 479 0456. You can download the Mike Agbaba Trail System map at: <http://co.fairbanks.ak.us/parksandrecreation/Forms/CLRA/CLRAWinterGuide-print.pdf>

UAF Fun Race, February 15, 2014 by Brian Charlton

Mother Nature smiled upon Fairbanks with temperatures warming up 20 degrees overnight making for a fun day for the annual ASPA West Ridge Skijor Race at UAF. 23 racers and 39 dogs enjoyed the excellent trails provided by UAF groomers Jason and Quinn who groomed before and after the race.

The 4.5 mile race was the most popular of the day. Jesse Warwick with Joba and Jack led ten finishers in the 2-3 dog class with a blazing fast time of 16:55 followed by Sunnifa Deehr pulled by Clyde and Moose at 18:28. Bruce Miller and Roy sped to a win in the one dog class in 20:46 followed by Nellie Ballou and Otter at 23:18. Third and fourth in the one dog class went to the young sister and brother duo of Leni and Tobin Stolz with Mika and Stanley. The beginner's class was won by Dylan Burton and Molly beating Emma Charlton and Clyde by ten seconds. Erin Trochim with Itty and Tarsis were the only team to brave the 2-lap 9 mile route, winning in 43:23.

A last minute plea for volunteers resulted in outpouring of help. Thank you to UAF, all of the volunteers, racers and dogs for making this race a success. Half of the race proceeds will be donated to the UAF Trails Club. And of course, please remember that this race is the only time dogs are allowed on the UAF ski trails during the winter.

Results and some photographs taken by Lisa Stuby are on the following page.

The Alaska Skijoring and Pulk Association's 14th Annual Birch Hill Skijor Race

This very popular event is scheduled for Saturday, March 1, 2014 at the Birch Hill Nordic Ski Trails.

Remember, Dogs Love These Trails!

But are NOT allowed there outside of this ONE event!!

Jesse Warwick will be the race director and will send out race details as the event nears. Any questions, he can be reached at harding247@hotmail.com. OF COURSE, he will need volunteers to help time, someone with a snowmachine to help set and take down course, shovel poop, etc.

Currently proposed classes are the same as in 2013:

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.

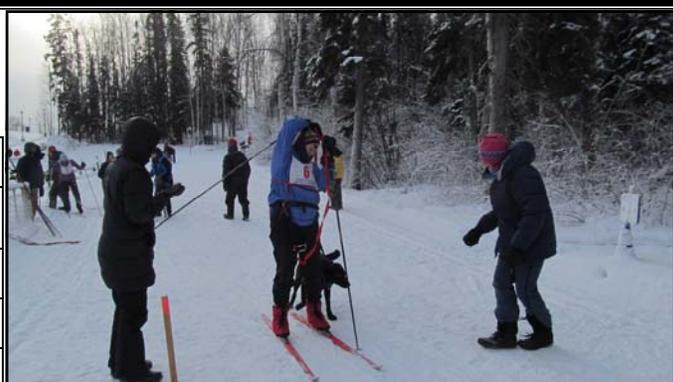
May require more than just skiing!

Please stay tuned to the ASPA website at alaskaskijoring.org, check the ASPA hotline, stay tuned to your e-mail, and/or check the ASPA Facebook website for updates.

ASPA West Ridge Skijor Race Results

Saturday, February 15, 2014

Bib #	Skijorer	Dogs	Time	Place
1 mile, 1 dog				
24	Dylan Burton	Molly	4:05	1
17	Emma Charlton	Clyde	4:15	2
3 mile, 1-3 dog				
44	Missy Jensen	Star, Pilgrim	15:50	1
1	Emmet Jensen	Otto	16:00	2
24	Mike Jensen	Unknown	19:10	3
4.5 mile, 1 dog				
14	Bruce Miller	Roy	20:46	1
21	Nellie Ballou	Otter	23:18	2
19	Leni Stolz	Mika	24:25	3
18	Tobin Stolz	Stanley	25:27	4
23	Kristen O'Brien	Lena	26:09	5
6	Gail Davidson	Darna	27:29	6
5	David Brooks	Sheriff	28:22	7
2	Philip Marshall	Skye	30:59	8
4.5 mile 2-3 dog				
15	Jesse Warwick	Joba, Jack	16:55	1
12	Sunnifa Deehr	Clyde, Moose	18:28	2
9	Nina Ruckhaus	Sasha, Piggy, Weasel	19:14	3
11	Sara Elzey	Dylan, Faero, Kate	19:30	4
20	Lisa Baraff	Yukon, Baloo	20:01	5
7	Hillary Schwafel	Ollie, Harley	21:19	6
13	Amy Noon	Eiger, Maya	27:150	7
16	Dorte Dissing	Raven, Ullr	28:50	8
4	Kiernan Gleason	Clover, Javier	31:57	9
3	Christy Gleason	Kenzie, Tiller	32:56	10
9 mile, 2 dog				
22	Erin Trochim	Itty, Tarsis	43:23	1



Dog of the Month "Lucy" by Sara Elzey

I first met Lucy in November of 2010. I had adopted a dog from Amanda Byrd the previous year and we had become friends. She was looking at a busy sled racing season and asked if I wanted to skijor with her 3 old huskies and 3 other dogs that were not making it on the racing team. I had eagerly agreed, if running my 3 own dogs was so much fun, how great would it be to have 6 more!?!? We met at ADMA and Lucy did well for me that first time out, running in wheel behind Kate & Katrina. The next time however, I went to Amanda's to pick up the dogs by myself and Lucy would have nothing to do with me! Poor thing. She growled & barked & shook like a leaf and would dive into her house if I came near it and refuse to come out no matter what.

For the next 2 1/2 months every time I came to pick up the other dogs I would try to coax her to come out. I would talk to her and feed her cookies under the door flap of her house. She would growl and bark but she ate the cookies! I finally worked up to where she wouldn't dive into her house when I came near. Amanda was traveling a lot for racing that season so I was feeding "my" dogs while she was away. I think this helped to win Lucy over, she was a sucker for a good meal. I finally was able to coax her to come with me.

Once she decided to trust me she never changed her mind. She was a silly, nervous dog, and often shook like a leaf at the truck, causing many people to stop and ask me what was wrong with her. "She has an anxiety disorder" I would tell them. But she always worked hard once in harness, never looking back or neck-lining and taking directional commands even if the 2 dogs in front of her did not. Although, she had to wear a neckline (it was like her security blanket) without it she would refuse to run. By the end of the first season she was as happy & eager to see my jeep pull into the drive as the other dogs and would eagerly RUN through the gate to the back of the jeep to load-up. Summer came and I would bring the dogs over for a "playdate" in my large, fenced yard. Lucy hated the chaos of 10 loose dogs running around the yard but would follow me around, confident in my ability to "protect" her from the chaos. As the next season came Lucy continued to do well for me. She even got to run with the faster dogs, not just with the older, slower huskies, and would even run in a 2-dog team (instead of in wheel in a 3-dog team) with Miley, Faero, or Tas.

For the 2011-12 season I decided I wanted to learn to ride a sled! My first time out I was terrified. But Lucy was one of the 4 dogs in my first team. I knew she would work hard and help keep the sled balanced and more than likely, not try to drag me off into the woods or leave me if I fell off. She even participated in my 4-dog sled team in the Limited North American Sleddog Championship that season. She always had to run in wheel, there was no WAY she would be a lead dog, but she was steady and reliable there. She was always nervous & insecure at the jeep but she would do it because I asked her to and I knew it. I really knew that she trusted me mid-season last year. I was running her with 2 fast, yet directionally challenged, leaders and we had a horrific tangle at a turn that they missed and I crashed. They wouldn't stand still long enough for me to get untangled and upright so I did a crazy thing, I let Lucy loose. And she bolted, back towards the car. I figured she was gone, but as I worked to get the other 2 straightened out, she came back around the corner, hesitant at first, and then running right up to me ready to be hooked back into the team.

Last spring she started having some issues. She would intermittently seem to have dizzy spells where she would have trouble walking, she would trip and fall like her legs didn't quite work right. One day when I went to pick up the dogs it was super bad but I didn't realize it. I let her loose from her chain to run up to the jeep and she fell on her face a handful of times trying to get there as I watched in horror. But she went straight to the back of the car and stood there on wobbly legs, trying to get her front feet on the bumper to get in. Needless to say I cried. Amanda and I figured that she must have a brain tumor but there is no reasonable way to test that in dogs and the symptoms were so inconsistent & random it was hard to pinpoint anything.. But summer came and the "episodes" seem to get less frequent and less severe. She had a good summer. But this fall she suddenly fell ill and couldn't keep any food or water down. X-rays revealed a tumor blocking her throat and several more in her abdomen. Her trail had come to an end. It is a wonderful thing to skijor in partnership with a dog that runs because it loves to run, but it is a special honor to skijor with a dog that runs because it loves you. Good-bye Lucy. I will always love you.

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

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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.



Alaska Skijoring and Pulk Association

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