



*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 Tours Every Sunday**

Check Hotline (45-SKIJOR) or [alaskaskijoring.org](http://alaskaskijoring.org)

**February 7 Practice Clinic Creamer's Field 11:00 AM**

Lisa Stuby [las@acsalaska.net](mailto:las@acsalaska.net)

**February 9 Wax Clinic at Raven Cross Country, 6:00 PM**

Pre-registration recommended. Fred Raymond 456-5070

**ASPA Fun Race #2, North Star Golf Course by Pat DeRuyter**

The Alaska Skijoring and Pulk Association and North Star Golf Club hosted Skijoring Fun Race #2 on Saturday, January 17, 2015. The temperature was 19 °F and the trail was in excellent condition. Nineteen teams participated with the biggest field in the 4 mile 2-dog class. Greg Jurek (Jet & Hornet) came in first with a time of 12:19. Aren Gunderson (Scooter & Hammer) were second at 12:47 and Emilie Entrikin (Reka & Apex) were third at 14:14.

The closest race of the day was the 4 mile one dog race. Kriya Dunlap with Boomer edged Bruce Miller and Roy by only 9 seconds with times of 16:36 and 16:45. Janna Miller and Lily were third at 19:20. Sara Elzey (Faero, Kat & Dylan) won the 4 mile 3 dog race with a time of 14:39.

Sunnifa Deehr ran two teams in the 3 mile 2 dog class and finished both first and second. The team of Moose and Sisu came in first with a time of 9:34. The team of Clyde and Duncan was second at 11:19. Brandi Beaudrault with Luna and Skittle finished third in 16:29. Leni Stolz with Mika won the 3 mile one dog class with a time of 11:38. Lisa Beattie and Rita came in second at 13:02. Sara Elzey with Daria and Lira won the 2 mile 2 dog class with a time of 8:19. Full race results can be found on the ASPA website at: <http://www.alaskaskijoring.org/events/results/2014-2015/fun-races/>

This like ALL races could not happen without the help of volunteers. Kathleen Boyle was race director; Pat DeRuyter expertly groomed the trails, deployed marker signs, helped Kathleen get everyone started, and took photographs; Charles and Tone Deehr signed everyone up, helped with timing, and took photographs; and Paula Ruckhaus helped with timing and handling. Below is a group photograph taken by Tone Deehr.



**Front Row L to R:** Janna Miller, Hilary Schwafel, Aren Gunderson, Nina Ruckhaus, Josh McNeal.  
**Second Row L to R:** Brandi Beaudrault, Lisa Stuby, Greg Jurek, Bruce Miller, Kriya Dunlap, Paula Ruckhaus, Gail Davidson, Leni Stolz, Emily Entrikin, Scott Jerome, Sara Elzey, Sunnifa Deehr  
 Photograph by Tone Deehr

## Additional Photographs from Fun Race #2 by Pat DeRuyter



### Practice Clinic #2—February 7th, 2015 11:00 AM, Creamer's Field

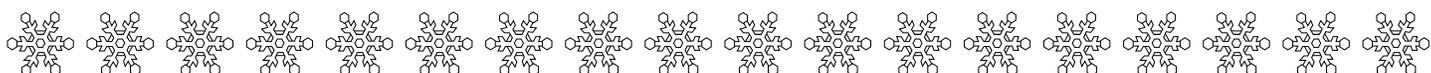
A Practice Clinic is scheduled for Saturday, February 7th at Creamers Field. This clinic will emphasize the basics and is meant for novice skijorers. In particular we are going to discuss and practice SKIING basics. I will have both my skate as well as classic skis on hand. The biggest thing I've noticed 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 a 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 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 that she held in late November 2014. Nevertheless, since this clinic is geared to beginners please be cognizant of the other novice participants. If your dog(s) 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.

**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. 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**



### Trail of the Month by Lisa Stuby

This month’s trail of the month should be skijorable with enough snow. I don’t live very far from this trail and felt like I “Discovered” it only recently. Sometimes good trails exist near our own backyards! Here is a description taken from the Interior Trails Quarterly from November 2014:

“The Fairbanks Borough Parks and Recreation Department is applying for a state Recreational Trails Program (RTP) grant to improve the Skyline Ridge Trail. The trail, which runs from Noel Drive to Ski Boot Hill Road, receives a lot of use and has become damaged over the years. It runs through a block of land that the borough plans to eventually designate as a low-key park. RTP grant applications from across the state will be reviewed over the winter. Projects that are selected will be awarded grants next spring. A description of the proposed trail restoration project follows: *The Skyline Ridge Trail restoration project will complete the first phase of trail repairs addressing significant tread and trail erosion issues occurring within the Park. Work will begin at the Noel Drive trailhead and head southwest through the park. The project will use sustainable trail construction techniques to restore, repair, or reroute approximately 3,500 linear feet of the Skyline Ridge Trail. The Skyline Ridge Trail is identified in the Fairbanks North Star Borough’s Comprehensive Recreational Trails Plan as a primary trail corridor through the 470-acre park. Trail restoration to a sustainable standard will allow users a safe and fun trail experience while minimizing future maintenance requirements. The existing alignment from the Noel Drive trailhead to the intersection with the Goldstream/Skyline Connector Trail is a fall-line trail which transitions to a saddle top trail. Water has and continues to erode the fall-line portion. Once on the saddle, water ponds due to a lack of cross slope. The ponds are becoming deeper as ATVs splash the mud to the shoulders, which further exacerbated the ponding. The goal of the project is to relocate the tread where necessary to provide adequate water management and drainage. The remaining sections will be repaired as necessary.*”

Killae and I hiked this trail quite a bit during the fall during our early winter 2014 “snow drought”. There is parking at the two trail heads at the top of Ski Boot Hill near the KUAC repeater and on Noel, which is at the top of Skyline Drive. We also parked at Pearl Creek School on weekends and followed the Equinox Ultramarathon trail, which connects to Skyline Ridge Trail. From a map it is the “6-mile out and back”. I don’t recommend the latter for skijoring as there are some steep and narrow sections. The section between Noel Drive and Ski Boot Hill road is a little over a mile. But, if you go left from the KUAC tower, you will be on a continuation of these trails (I’m not sure if they are part of or separate) and go downhill and eventually end up near the top of Eldorado Road off of Ballaine. You can continue to the Tai-ga Heights subdivision before you have to turn around and double-back. The latter portion has some steeper ups and downs, but I’d say are skijor-able. I used to live on Red Fox and used to hike, ski, and horseback ride these trails often. On the Skyline Trail there are also narrow walking trails located above and below. These are very popular, multi-use trails and I’ve run into families out for walks, musher exercising sled dogs attached to an ATV, bicyclists, etc. Hopefully there will be enough snow so Killae and I can skijor these trails in 2015.



My “Trail Model” Killae at near entrance to Skyline Ridge trails on Noel Drive (LEFT). This and the continuing trails past the KUAC tower are marked with these multiuse trail signs. Killae at the Equinox Ultramarathon turnaround sign (CENTER). And the trail entrance at the top of Ski Boot Hill (RIGHT). Borough map of trail is posted on page 7.

## Ultra-Endurance Competitors: Lessons From Sled Dogs In The Iditarod

Below is an article I found in Science Daily from October 5, 2008: <http://www.sciencedaily.com/releases/2008/09/080925072436.htm#>

Dogs are often called “man’s best friend,” and rightly so. Consider, for example, that they never interrupt us when we talk, are always happy to see us when we arrive home, and provide comfort when we are lovesick. Since dogs became domesticated 15,000 years ago, they have worked with and lived next to humans, which some say may account for the special bond. Each of the 400 breeds and varieties are unique, but only one stands out as the ultra-athlete canine: the racing sled dogs.

Racing sled dogs are best known for their “mushing” each March during the Iditarod Trail Sled Dog Race, the world’s longest sled race. They are the premier ultra-endurance competitors, covering 1,100 miles from Anchorage to Nome, Alaska, sometimes in just nine days. It is unclear how they can keep running, despite heavy blizzards, temperatures as low as  $-40^{\circ}\text{F}$ , and winds up to 60 mph. No other animal has been found to come close to the physiological attributes these dogs display.

Dr. Michael Davis has focused on the mysteries of this breed for work for more than a decade. The professor at the Oklahoma State University’s Center for Veterinary Health Sciences will discuss his recent findings entitled, “Metabolic Strategies for Sustained Endurance Exercise: Lessons from the Iditarod.” His presentation is part of the American Physiological Society’s (APS) conference, The Integrative Biology of Exercise V, being held September 24-27, 2008 in Hilton Head, SC.

### How Do They Do It? The Exercise Physiology of Sled Dogs

The physiological understandings that Davis and his colleagues have uncovered thus far are extensive. Among their findings is:

**Rapid Adaptation to Exercise and Endurance**—The most striking feature of these canines is their ability to rapidly adapt to sustained strenuous exercise in 24-48 hours. Conditioned dogs display most of the metabolic changes that are found in human endurance athletes during their first day of exercise, including depletion of muscle energy reserves, increases in stress hormones, evidence of cellular injury (such as to proteins, lipids and DNA), and oxidative stress. However, with subsequent consecutive days of exercise at the same intensity, these changes are reversed. Within four days after exercise begins, the metabolic profile of the dogs returns to where it was before the race began, despite their sustained, strenuous exercise. When human ultra-athletes become fatigued, they stay that way until a period of recovery that may take a full day.

**Enormous Aerobic Capacity**—Racing sled dogs have enormous aerobic capacity. While the untrained sled dogs have an average aerobic capacity of 175 ml/kg/min  $\text{VO}_2$  max (ratio of volume of oxygen to body weight per minute), the aerobic capacity of the fully conditioned sled dogs is estimated to be about twice that (300 ml/kg/min).

**Using A High-Fat Diet to Fuel Exercise**—During periods of racing, sled dogs can burn up to 12,000 kilocalories per day (kcal/day). This means that a 55-pound sled dog will consume the equivalent of 24 McDonald’s Big Macs to fuel their run on any given day. Some of the running dog’s high-fat diet is converted to energy in the liver, and used as fuel in the initial stages of exercise. Preliminary data suggests that this process is a desirable trait intended to efficiently support exercise in the racers. It is worth noting that humans would need 72 Big Macs to fuel the power they need to make a day’s run, assuming their body could absorb and process all the fat contained in the beef.

### Next Steps

The mechanisms that make these four-legged athletes premiere in performance is still unknown. Dr. Davis theorizes that it may involve the regulation of extremely thin membranes in the muscle fibers and changes in the cells that are responsible for the body’s energy production. “These are one-of-a-kind athletes. What we learn from them will undoubtedly tell us a lot about human performance as well.”

### Can Dogs Feel Our Emotions? Yawn Study Suggests Yes

Here is an interesting article I found on the National Geographic website, published August 8, 2013 by Christine Dell'Amore. Scientists say dogs yawn in response to their owners' yawns—monkey see, monkey do.

Dog owners who claim their pets know their feelings may be on to something: A new study shows that canines yawn more in response to their owners' yawns than they do to strangers' yawns. That suggests dogs are "emotionally connected" to people, study leader Teresa Romero of the University of Tokyo said in a statement. Scientists already knew that dogs sometimes yawn when they see people yawn, but it was unclear if that was considered a form of empathy or mild stress, as yawning can be caused by anxiety.

So Romero and her team set up an experiment in which 25 pet dogs watched both their owners and strangers yawn or pretend to yawn. The team ruled out stress when researchers saw no significant differences in the dogs' heartbeats during the experiments. According to the study, not only did the dogs in the study yawn more in response to their owners' yawns, they also yawned less when they saw fake yawns from their owners or from strangers, suggesting they were exhibiting true contagious yawning. Contagious yawning also occurs in primates such as chimpanzees and baboons.

In a similar study published last year, scientists found that people yawn more in response to the yawns of people they care about most. In the case of people, scientists suspect that contagious yawning is a form of empathizing with people experiencing a feeling, which—in the case of yawning—usually means stress, anxiety, boredom, or fatigue.

Elisabetta Palagi, of the Institute of Cognitive Sciences and Technologies in Rome, noted that the study is the first time that scientists have shown contagious yawning occurring between different species. "This could be the result of a long process of domestication," said Palagi, who wasn't involved in the study.

"Once more," she said, the study "demonstrates that dogs are capable of empathic abilities toward humans."

### Wax Clinic at Raven Cross Country, February 9, 2015

Fred Raymond of Raven Cross Country will be presenting the second of two ski waxing clinics for the 2014/2015 season to ASPA members on February 9th 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 that will make skiing more enjoyable!

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 for Christmas, or old skis that just need some wax in order to perform better, and prepare to give them the glide you and your dogs will appreciate! Clinic is for ASPA members only.



### Killae's Corner

**Question:** Dearest Killae, my dad just got a girlfriend and it is interfering with our cuddle time. Before I was his #1. We used to cuddle on the couch every night and watch TV. Now he kicks me off the couch whenever SHE is over. I mean, what do I do!, I hate her!!

Pissed-off Pointer in North Pole

**Answer:** Ooooooh, this is not good. Cuddle time is just as important as getting cookies. Well, as momma always says, "you will attract more bees with honey than with vinegar". So, try to make yourself "cute" to her. Give her the "look" and maybe lightly touch your paw on her knee or lie next to her feet. Ignore your dad completely and focus all good attention on her. If this doesn't work, you can always make a leap on the couch and their laps when they least expect it. Good luck!! Killae

### Your Newsletter, Your Club by Lisa Stuby

Back in November I mentioned both in the newsletter and in e-mail the changes that I as long-standing newsletter editor would make for the 2014/2015 season given use and access to other forms of social media. Gone would be race results and anything that ASPA members can access online in order to reduce redundancy. So, as I wrote back in November, the newsletter would become an outlet for interesting articles I and other ASPA members find and would like to share. Also, I've started a "Trail of the Month", which as a passionate trail user I enjoy doing. I would like to continue the "Dog of the Month" that Sara Elzey started a couple of years ago, a forum for ASPA members to brag about their awesome dogs. I would also like to have an "Ask the Experts" corner where members can e-mail me questions on skjoring like, "How do I get my dog to pull?", etc. Then I could hand it off to some of the more "Expert" club members. To keep things fresh for me, my spoiled-brat dog has an advice column, "Killae's Corner". And, really if anyone else has any suggestions, I am open to them. **The problem IS I am not getting much from the membership!** Killae hasn't even gotten a silly question in a LONG time! ASPA runs on volunteers and is a club as well as a community. Therefore, it is important for members to submit things and I'll take most submissions, even dog cookie recipes or cool photographs of your skjoring adventures somewhere exotic. And just like myself, if you see an interesting article, copy and send it to me for the newsletter with the source information so I don't break any copyright laws. So please e-mail all articles, photographs, recipes, advice, things learned, poetry, etc. and questions and/or articles for Killae's Corner, Ask the Experts, Dog of the Month, Trail of the Month, etc. to Lisa Stuby at my e-mail address: las@acsalaska.net. The newsletter will only be as interesting as the membership deems.

### Creamer's Trail Signage 2015

Many THANKS to Pat DeRuyter, Chuck, Tone, and Sunnifa Deehr, and Lisa Stuby for helping to put signs out on the trails. Pat, Chuck, Tone, and Sunnifa filled the buckets with water, put in the signs, and distributed around Creamer's field after they froze in. Lisa put up signs on the "Green Loop" on the trees. As of this newsletter writing, the Orange Loop signs are not up on the trees nor are the buckets in place, so if you depend on these, please be aware of this. Also, the "pink loop" signs are at North Star and will not be put up on the ADMA trails this year as this loop is not often used. Also, thanks to the Deehrs for the photographs and to Pat for grooming the Yellow and Green Loops after the signs were put out. **Pat can always use volunteer trail groomers. To help her with this most important task, please e-mail her at:**

**patderuyter@gmail.com.**





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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 25<sup>th</sup> of every month to las@acsalaska.net.



### Alaska Skijoring and Pulk Association

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