



*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!*

### First ASPA Fun Race of the 2016/2017 Season!!

The first race of the 2016/2017 season took place at North Star on December 17, 2016. Trail conditions were great thanks to Grooming Extraordinaire Pat DeRuyter. Twenty-one teams participated. Thanks to Nina Ruckhaus for organizing the race and doing a great job at it! Also thanks to Molly Yazwinski, Lisa Stuby, Alice Stickney, Sara Tabbert, and apologies to anyone else who helped out, but I didn't get their name. Below are some photographs taken at the race by Magali Philip. On the next page are photographs I took with my smart phone as I forgot my camera. They came out okay. Enjoy!

**January 14**  
**Fun Race #3**  
**Location TBD**  
 Check Hotline (45-SKIJOR) or ASPA Website for details

**February 4**  
**Ski Practice Clinic for Beginners**  
 10:00 AM Creamer's Field. Meet at the Farmhouse. More info contact Lisa Stuby, [lstuby@gci.net](mailto:lstuby@gci.net)

**February 6**  
**Wax Clinic at Raven Cross Country, 6:00 PM**  
 Pre-registration recommended.  
 Fred Raymond  
 456-5070



# First ASPA Fun Race of the 2016/2017 Season!!



## Grip Waxing Your Cross-Country Skis

Here is an article on classic ski waxing 101 I found with advice from Dik Lange the REI Seattle master ski tech. In the January 2017 newsletter I'll look for an article on skate ski waxing. Enjoy.

Unless your classic striding skis are "waxless" (embossed to prevent slippage), you'll need to wax the center third for grip.

Waxes are divided into hard waxes for fresh, crystalline snow and klister for old, rounded snow. Notes Dik Lang, REI Seattle's ski shop master tech, "In Wyoming, they say, 'When it's time to use Klister, it's time to go fishing.' But others maintain that it's the best kind of wax, since you can go lightning fast and bite into sheer ice."

### *Tools and Supplies*

- Masking tape
- Sandpaper
- Waxing iron
- Base cleaner
- Grip wax
- Waxing cork
- Plastic scraper

### *Choose a Grip Wax*

Grip waxes come in several forms: "hard" waxes, which resemble a stubby crayon, and "klister" waxes, which are glue-like and come in tubes. Your choice will largely depend on your estimate of the temperature and snow conditions when you next go skiing.

- **Hard waxes** are the most popular choice. They work best when temperatures are cold and snow crystals are sharp. Most are color-coded according to their optimal temperature range (from approximately -25°F to +35°F).
- **Klister waxes** are for warmer conditions and/or on snow that has repeatedly melted and refrozen. Their gelatinous nature and stickiness makes them a bit tougher to work with.

**Spray waxes** offer a quick parking-lot fix for your skis.

### *Prepare the Kick Zone*

The kick zone is the middle third of the ski, approximately 70cm from the heel of the binding forward. For a stronger kick, you can increase the length of the zone further forward by a few more centimeters.

Mark the front and back of your kick zone with a thin strip of masking tape.

Scrape the area with a plastic scraper and apply a small amount of base cleaner with a cloth to remove dirt and old wax.

Rub the area in both directions with a very fine grade of sandpaper-wrapped cork.

### *Apply the Wax*

These techniques describe the waxing you'll want to do throughout the ski season. A complete preseason ski overhaul goes beyond the scope of this article.

### **Binder Wax (optional)**

For coarse snow, you can apply a binder wax before the hard wax so your wax won't get scraped off as easily. Rub the binder wax onto the kick zone, moving backwards and forwards on either side of the groove. Heat your waxing iron to 110°F and melt the wax onto the ski. Let it cool (about 30 minutes) then cork.

### **Hard Wax**

Working at room temperature, hold the ski at a 30° angle or prop it up on a bench if you can. Next, rub hard grip wax on the kick zone using short back and forth strokes. Rub a cork over ("cork") the area, apply another coat of wax and buff again. You can apply one or more coats, making sure to buff the surface smooth each time.

### **Klister Wax**

Rub the kick zone with a sandpaper cork. Apply base (green) klister in diagonal strips on either side of the groove. Warm and smooth it onto the ski with a waxing iron at 110°F. Let it cool and cork the area. Next, apply a universal or temperature-specific klister in the same pattern. Spread it out with a plastic scraper or a cork.

### **Spray Wax**

Distribute an even layer from the front to the back of the kick zone. Use one spray stroke. Do not cork.

### *Test It Out*

### **Go Skiing**

Bring your wax and cork. Hit the track for 100 feet or so and evaluate ski performance.

- If you're slipping, the wax is too hard. Scrape it off with a plastic scraper and apply a softer wax.

**If you're gripping too much and snow is building up on the bottom of your ski, scrape off the soft wax and apply a harder wax.**

**Helpful Tips:** 1) Make sure your ski bases are completely clean and dry before waxing; 2) Waxing is easiest at room temperature. If you're just coming in from outside, give them a chance to warm before waxing; 3) Choose 2 or 3 grip waxes that cover the range of temperatures you're likely to ski, and stick with them until you're familiar with each. Optionally, for performance across a range of temperatures, consider a universal wax.

## Books for Dog Lovers

In celebration of the season, below is a list of books for dog lovers I found by looking through a copy of the “Bay Woof”, a California Bay Area dog lovers magazine. The featured article is compiled by Judith M. Gallman.

There’s little better than curling up with a good book—except, perhaps, curling up with a good dog book with your dog curled up at your side. These new releases range from guides and manuals to photography books, memoirs, and a touching children’s book. They’ll have you laughing, crying, and whooping with joy. Inspiring and thoughtful, well-researched, and just plain fun, these books are worth picking up for yourself or a dog-loving friend this holiday season.

### ***Being a Dog: The World From Your Dog’s Point of View* by Karen Wild**

Animal behaviorist Karen Wild, the author, considers everything—from seeing and smelling to tasting and hearing—from the dog’s point of view in this information-packed handbook that follows the life stages of dogs from puppyhood to their senior years. It’s a little strange getting used to “you” meaning your dog, not you. But this text-concise tome is full of charts, info graphics, and detailed illustrations to explain concepts as varied as breadth of vision and kinesthetic sensory systems. It touches on training, communication, genetics, emotions, and then some. The writing is straightforward and easy to understand and can help you better understand why your dog does what he does. There are many interesting facts—like what wagging a tail left and right usually signify—sure to delight dog owners who want to learn more about their canine companions. (Firefly Books Ltd., 2016, \$19.95, 192 pp.)

### ***What to Expect When Adopting a Dog: A Guide to Successful Adoption for Every Family* by Diane Rose-Solomon**

Dog rescue advocate and educator Diane Rose-Solomon puts out a comprehensive how-to manual for a successful dog adoption. She breaks the notion into five modules, moving from first steps and sources for obtaining a dog, such as shelters and rescues, to preparing the home, seamless household and family integration, and advanced doggie parenting. Blog, article, and product links are copious for every module, so a prospective new dog parent won’t be overwhelmed or lost along the complex road to dog parenthood. This sums up the author’s point of view succinctly: “Dogs are pretty amazing. They don’t care where you live, your financial or marital status or what you look like. They want to give and receive love. Pretty basic. It is really quite magical. Enjoy the journey.” (SOP3 Publishing, 2016, \$14.99, 179 pp.)

### ***Travel With Dogs: Essential Advice and Tips for Travel With Your Pooch* by Janine Eberle and illustrated by Jess Golden**

If you’re planning a trip with your dog soon, you might want to pick up this fun, little book by Lonely Planet, the travel-guide publishing kings. Janine Eberle boils down helpful travel related information into useful nuggets that will keep you and your pooch happy, healthy, and entertained on the road, in the air, on the rails, and on the ground. It’s a compendium of common-sense advice as well as a handbook of travel-savvy tips that can steer you in the right direction before you leave and keep you on the right path when you’re gone. Original illustrations by Jess Golden add a whimsical touch since she plops pups in sidecars and bone-shaped hotel pools and depicts them piloting planes and punching train tickets. Writer and illustrator are terrier owners. (Lonely Planet, 2016, \$11.99, 128 pp.)

### ***Flying Dogs* by Julia Christie**

This book of color photographs of “flying dogs” is the best of the bunch this year. Photographer Julia Christie, owner of Frisbee-fond pup Flinn, catches 120 dogs mid-air, arms sometimes outstretched, eyes occasionally wild with surprise, ears akimbo, tails twisted, and fur usually flying, thanks to a wind machine. Doberman pinchers and Dalmatians, poodles and Poms, hounds and hairless cuties from fluffy to sleek grace the pages against solid backdrops in airborne poses in images that will lift your spirits. Big, small, beautiful, and scrappy, these fearless fliers come in all colors, shapes, and sizes in photos that let their athleticism shine through. Don’t worry, by the way: No dogs were hurt making the book. In fact, the photographer had owners drop their pooches from minimal heights onto a well-padded mattress and most often got the best expressions on the first try. (Touchstone, 2016, \$14.99, 123 pp.)

### ***Unconditional: Older Dogs, Deeper Love* by Jane Sobel Klonsky**

Photographer Jane Sobel Klonsky, a longtime dog lover, crisscrossed the country in search of heartwarming tales about humans and their senior pooches and puts them together in this photo-centric coffee table book. Beautiful pictures, beautiful stories. The stars are often gray-muzzled Chihuahuas, retrievers, mutts, border collies, spaniels, mastiffs, cattle dogs, and more, with the furry friends smiling, high-fiving, cuddling, squinting, trotting, and licking their way through the pages. The people, dogs, and their devotion are apparent in every photograph and in each bit of prose. The dedication reads in part, “This book is dedicated to all the beloved dogs who have left us but are still in our hearts and remain with us in spirit.” That means you better get the tissue ready. Then show your own oldster how much she means to you.

(National Geographic Books, 2016, \$19.95, 208 pp.)

### Books for Dog Lovers (Continued)

#### ***Unlikely Friendships: Dogs – 37 Stories of Canine Compassion and Courage* by Jennifer S. Holland**

This handsome book by Jennifer S. Holland outlines 37 stories of unusual friendships between dogs and other species as well as a few instances of how dogs saved the day for a humans. A few of the unlikely animal pairings include a former junkyard dog and a goose, a chameleon and a Lab, a pug and a coyote, a fox and a hound, and a pit bull and a tortoise. The photographs are downright adorable: For instance, the cover features a golden retriever nestled up with birds and a hamster. Then there's Ingo the Belgian Malinois holding a stick in his mouth with Poldi the pygmy owl perched on it while in later pages Laska the Harzer Fuchs licks Tirza the roe deer, enjoys a hug from Frodo the orphaned raccoon, and grooms a pair of boar piglets. Stories of human-dog relationships and fun factoids make this uplifting book a keeper. (Workman Publishing, 2016, \$13.95, 237 pp.)

#### ***Sit Stay Heal: How an Underachieving Labrador Won Our Hearts and Brought Us Together* by Mel C. Miskimen**

The author, Mel C. Miskimen, writes a witty memoir about her goofy Labrador retriever Seamus, a full-of-energy lively lug with a mind of his own, and, it turns out, an uncanny ability to bring the family together. The story begins with the declining health of Miskimen's aging mother, the key to a complex family. Her death sends her loved ones into a tail-spin. After her mother's death, Miskimen and her father are feeling hopeless and lost, so daughter and father, a retired cop who knows his way around the dog-retrieving world, focus their attention on the animated Seamus, an overachiever apparently when it comes to stirring up chaos and trouble. Miskimen, an empty nester, has an informal talkative style that will hook you immediately in this charming tale of loss and healing with humor sprinkled profusely throughout. (Sourcebooks, 2016, \$15.99, 285 pp.)

#### ***Sled Dog Dachshund* by Laura Atkins and illustrations by An Phan**

This is a perfect bedtime story for kids, ages 5 to 7. It's the tale of plucky sled dog wannabe, Jasper, a dachshund that's a wee too small to be able to fit into a sled harness. But this puny little guy with a strong bark, good intentions, and a big heart won't stand down and does his part to inspire the team to greatness in the world's biggest sled race. The author, a writer, teacher, and children's book editor, is an Oakland resident. The illustrator lives in Vietnam. (Traitor Dachshund, 2016, \$14.99, 32 pp.)

### **Ski Practice Clinic—February 4th, 2015 10:00 AM, Creamer's Field**

A SKI Practice Clinic is scheduled for Saturday, February 4th at Creamers Field. This clinic will emphasize the basics and is meant for novice skijorers. We are going to discuss and practice SKIING basics and I will share some tips and tricks to skiing and skijoring. 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 10:00 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. The clinic will be cancelled if the temperature is colder than -15 at 9:30 am.

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 2015. Nevertheless, since this clinic is geared to beginners please be cognizant of the other novice participants. In past years I've gone out after discussing skiing basic with my dog, who used to play "rabbit". He is now 12 years old and pretty slow these days. However, if I end up with a SMALL group with SLOW couch potatoes, we could practice skijoring with our FRIENDLY, social dogs.

So come and practice skiing in preparation for skijoring. If you would like to help out please contact Lisa Stuby at 371-6460, or e-mail her at [lstuby@gci.net](mailto:lstuby@gci.net).

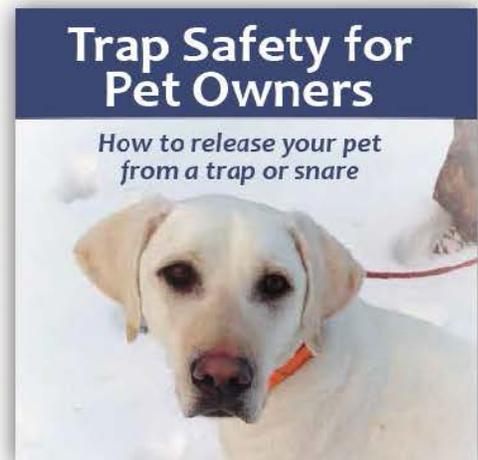
# Sharing trails & safety around wildlife

## A workshop for dog owners

Sponsored by the Alaska Department of Fish and Game  
Division of Wildlife Conservation



- Hands on practice releasing traps & snares
- Recognizing & avoiding high risk situations
- How to react when encountering moose, wolves or bears
- Performing resuscitation & first aid to your injured dog



**Monday, February 13<sup>th</sup> 2017**

**6:00 pm**

**Hunter Education and Indoor Shooting  
Range Classroom, 1501 College Road  
Fairbanks**

Presented by Mike Taras, Bob Hunter  
and Dr. Kimberlee Beckmen



**Sign up by emailing name and contact number to:**

[dfg.dwc.vet@alaska.gov](mailto:dfg.dwc.vet@alaska.gov)

### Wax Clinic at Raven Cross Country, February 6, 2017

Fred Raymond of Raven Cross Country had the first of two ski waxing clinics for the 2016/2017 season to ASPA members on December 9th at 6:00 PM at his Well Street shop. The second clinic will be on February 6, 2017. 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--and prepare to give them the glide you and your dogs will appreciate! Clinic is for ASPA members only.

# HAPPY NEW YEAR

### 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.alaskaskijoringl.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 25<sup>th</sup> of every month to lstuby@gci.net.



**Alaska Skijoring and Pulk Association**

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