



2017 UAF West Ridge Skijor Race

We had perfect trail conditions for the race on the West Ridge trails at UAF this year which took place on February 19, 2017. Though the prediction was for colder weather, it stayed nicely right around zero with a few flakes in the air. UAF's trail groomer Jason Garron kindly put in some fresh corduroy which helped racers navigate the challenging parts of the Big Whizzy. Teams covered distances from one to nine miles and could race with up to three dogs. It is a great privilege to be able to use these trails and ASPA thanks UAF for the ongoing permission and support.

Kathleen Boyle and Sara Tabbert were the race directors. Chuck Deehr and Brandon McGrath Bernhard were timers; Chris Burrow helped handle at the race start, and Molly Yazwinski and Drew Harrington very kindly brought their snowmachine for safety and race support and helped Jason clean up the trails and take down markers once the race ended. Below are some favorite photographs Bud Marschner took of the race. Enjoy!



Glide Waxing Your Cross-country and Alpine Skis and/or Snowboard

More advice on waxing skis from the internet, including lots of information from an REI website.

A regular coating of fresh glide wax makes your skis or snowboard last longer, go faster and turn more easily. If you've never waxed before, this article teaches you the basics.

Tools and Supplies

Ski or snowboard vise, Rubbing alcohol, Waxing iron, Glide wax, Plastic scraper, Brush, Metal file (i.e if you are going to wax metal-edged skis. CAREFUL when skijoring as I've heard stories of dogs getting very hurt with these. Best to NOT use for skijoring! These haven't been allowed at ASPA events for years due to bad injuries to dogs!)

Glide wax is applied to the entire base of:

- Alpine skis
- Backcountry skis
- Snowboards
- Skating Skis

Glide wax is applied only to the tip and tail zones of Classic cross-country skis, including so-called "waxless" skis

Choose a Wax

To choose the right glide wax, you'll want to consider temperature-specific waxes, universal waxes, rub-on waxes and fluorocarbons.

Temperature-Specific Wax

Most glide waxes are **temperature-specific** and are applied with a waxing iron. Temperature-specific waxes are designed to work within an outdoor temperature range, which is listed on the packaging. You can blend two different temperature-specific waxes (e.g. one for temps above freezing, the other for temps below freezing) for cusp temperatures. The right wax will help you go faster—you may have to experiment to learn the nuances.

Universal Wax: If you are purely a recreational skier looking for good results with minimal hassle, choose a universal wax. Universal waxes are applied like temperature-specific waxes, but are designed to work decently in all temperatures.

Rub-On Wax: No time to get out the waxing iron? Use a rub-on wax, applied with a sponge in the ski area parking lot. But don't get lazy; this is not a substitute for regular hot waxing. Editors note: Hot waxing is SUPERIOR!! Rub-on wax is CRAP!

Fluorocarbons: Waxes that contain more fluorocarbons tend to glide faster. However, the more fluorocarbons, the more expensive the wax, and high-end wax can get really, really pricey.

For recreational skiers and boarders, a basic hydrocarbon wax is usually suitable. For a step up in glide, go with a low-fluorocarbon wax. Racers often use expensive high-fluorocarbon waxes for the greatest glide.

Prepare the Skis or Snowboard

1. For downhill skis, retract the ski brake by depressing the pedal. The brake arms will pop up, parallel with the ski. Hook a large, strong rubber band on one arm, take it over the top of the heelpiece and hook it to the other arm. This holds the brakes out of the way while you wax.
2. Flip the ski base-up and tighten the vise around the middle to hold it securely in place. For a snowboard, rest the board on top of the vise. If you don't have a vise, you can use a couple stacks of books to support your ski or board.
3. Using a clean rag, moistened with a little alcohol (not base cleaner), wipe off any dust or debris. If the base is visibly dirty, use a wire brush to clean it before applying the alcohol. Allow to dry about 20 minutes.

Glide Waxing Skis (Continued)

Apply the Wax

Waxing application requires an iron that maintains its temperature well. Typical home irons have a lot of temperature fluctuation, so ski-waxing irons are recommended.

1. Power up the iron. The temperature should be lower for softer/warmer wax and higher for harder/colder wax. The approximate iron temperature is often printed on the wax box.
2. Hold a chunk of wax against the base of the iron and let it drip onto the ski or snowboard as it melts. Hold the iron 2-to-4 inches above the ski or snowboard base and move it from tip to tail and side to side, letting the molten wax droplets cover the base completely.
3. Place the iron on the ski or snowboard base and spread the wax over the entire base until a layer of wax coats the whole surface. Don't hold the iron in one place for too long, as this could cause the base to blister. Make sure that the wax melts all the way across the ski or snowboard, from edge to edge and tip to tail. If an area is too dry, add more wax. The wax layer should be thin enough that one end dries as you reach the other end.

Wait for the ski or snowboard to cool and dry completely (30 minutes to 1 hour). Don't cool the ski or board outside because that will cause the wax to get pushed back up out of the pores of the base.

Scraping and Brushing

1. Using a plastic (not metal) scraper, scrape the base from tip to tail, removing excess wax in overlapping, continuous strokes. You are finished when the base of the ski or board is nearly free of visible wax. Wax will remain in the pores of the base.
2. Make sure to scrape the metal edges of the ski or snowboard. Some plastic scrapers have a small notch for this purpose.

Brush the base to bring out the structure or texture of the base, which increases your speed. Brushes vary based on size, stiffness and material. A stiff, nylon brush is a good all-purpose choice. Brush from tip to tail, using about 15-20 strokes.

Tips and Tricks for Waxing Skis and Snowboards

1. Always apply wax in a ventilated area.
2. Your iron should be just hot enough to melt the wax, but not so hot that it is smoking.
3. Your plastic scraper should have a sharp, 90-degree edge when you scrape. Use a metal file to flatten the edge of the plastic scraper for efficient wax removal.

Always work from tip to tail when applying wax, scraping and brushing.

If this seems like a lot of trouble, trust me, it will get easier and faster the more times you do this. I don't have a frame at home, so I use the ones at the UAF ski hut or Birch Hill. Once you get used to skiing with glide, you will be able to tell a difference when your wax wears off and your bases start to oxidize (grey). Like drinking craft beer, it is hard to go back to the cheap stuff once you've experienced the good stuff. At least, you could take your skis to a ski shop and have them waxed for you.

ENJOY YOUR GLIDE!

DATE CHANGE for final race/party

Because there are three competing events on the weekend of the 25th/26th (Sonot, White Mountains 100, Tok Race of Champions) AND since we do not anticipate a lack of snow or trails at the end of the month, we are bumping our final race back to Sunday, April 2, at the Mushers' Hall.

Do Dogs Feel Jealousy or Envy?

Here is an article I found in the AKC Family Dog that I thought was interesting and wanted to share with the ASPA Membership. Article written by Stanley Coren, PhD, January 19, 2017.

Feelings of envy and jealousy are common in social settings. You might say it's the art of counting the other person's blessings instead of your own. Some scientists don't believe that dogs can feel these emotions.

A different view came from a dogsled racer I met outside of Dawson City in Canada. He was getting ready to harness his team, and they were milling around in a friendly, excited manner. I reached over to pet a handsome blue-eyed Siberian Husky, but the musher warned me off, saying: "If you pet one, you have to pet them all. They get really jealous. If they think that one of them is getting more of anything — affection, food, or whatever — they turn into green-eyed monsters."

PRIMARY VS. SECONDARY EMOTIONS

In all social situations there are inequities, and some individuals come out better than others when it comes to rewards. Scientists tend to separate emotions into two categories: primary and secondary. Primary emotions, such as fear, anger, disgust, joy, and surprise, are considered to be universal. Secondary emotions, such as guilt, shame, jealousy, and envy, are thought to require more complex cognitive processes. For example, in the case of envy, you have to actively pay attention to what the other individual is getting and compare it to what you are getting for your efforts. Although there are observations of clear cases of jealousy and envy in primates, such as chimpanzees and baboons, the argument has been made that it would be unlikely to find it in an animal like the dog because it involves self-awareness at a level which, until recently, was doubted in dogs. However, people who live around dogs often observe it in their pets.

JEALOUSY BETWEEN MOTHERS AND PUPPIES

One commonly observed situation where jealousy seems to appear in dogs comes about because of the complex relationship between a mother dog, her puppies, and her owner. Unlike humans, a canine mother does not maintain the maternal instinct for her children for the remainder of her life. As soon as the puppies are able to survive on their own, her maternal instinct for the current litter wanes and is certainly lost by the time she goes into heat again.

Young puppies, of course, are very cute and cuddly, so it is natural for them to receive a lot of affection from the people in the house. More knowledgeable owners may try to treat all of the dogs in the household with equal care and attention, but usually this is to no avail. The mother dog sees her owner's attention being diverted away from her toward the puppies and becomes jealous. She may begin ignoring the pups and trying to exclude them from the maternal nest. It is strange that behavioral scientists often ignore such commonplace observations.

However, some investigators are rethinking these social emotions. They accept the fact that dogs have a broad range of emotions. They then go on to note that dogs are certainly social animals, and jealousy and envy are triggered by social interactions. Furthermore, we now know that dogs also have the hormone oxytocin, which has been shown to be involved in expressing both love and jealousy in research involving humans.

PUTTING THE THEORY TO THE TEST

Friederike Range, of the University of Vienna, decided to see if dogs do show envy or jealousy in an experimental situation where two dogs perform the same task, but one gets rewarded while the other does not. Both dogs learned the simple trick of shaking hands by extending a paw and putting it in a person's hand. For the test, the dogs were arranged in pairs, seated beside one another. Both dogs in each pair were individually commanded to "shake hands," but only one dog received a reward. It was expected that if dogs experience jealousy or envy, the unrewarded dog might respond to this unfair distribution of rewards by refusing to continue to obey the command. That is exactly what happened. The dog that was not getting treats for performing soon stopped doing the task. Furthermore, the dog that was not rewarded showed clear signs of stress or annoyance when his partner got the reward.

Do Dogs Feel Jealousy or Envy? (Continued)

Some people might protest that this does not really show envy or jealousy. It might well be the case that the dog who was not being rewarded stopped responding simply due to the fact that all unrewarded behaviors eventually tend to disappear because of the process learning theorists call “extinction.” To make sure that it was the interaction between the dogs that was important, rather than just the frustration of not being rewarded, a similar experiment was conducted where the dogs performed the task without a partner, but also without any rewards for his exertions. Under these circumstances, the dog continued to present its paw for a much longer time and did not show the same signs of frustration and annoyance.

One conclusion that emerged from these studies was that jealousy and envy in dogs are not quite as complex as in human beings. When human beings are involved in competitive social situations, every aspect of the reward is carefully scrutinized to try to determine who is getting the best outcome. Dogs do not view this situation under the same kind of microscope. This can be seen when the experimenters changed the situation in a subtle way: Now, again, we have two dogs sitting in front of the experimenter, each being asked in turn to place their paw in her hand. Both dogs are being rewarded for this activity, but one dog gets a very desirable treat (a piece of chicken), while the other dog gets a less desirable treat (a piece of bread). Unlike what might be seen in humans put in the same circumstance, both dogs continue to work and seem to be quite happy with the situation. This means that dogs are sensitive to fairness (whether everyone is being rewarded for their efforts), but not equity (whether all of the rewards are equal).

Editors Note: DUH on canine jealousy! But this can be a powerful tool for manipulation, and some dogs like mine know this too.

Stanley Coren, Ph.D., is a professor emeritus in the Department of Psychology at the University of British Columbia and a writer for Psychology Today.

ASPA NEEDS Volunteers for the 2017/2018 Season!!

As the racing season winds down, I will soon be sending out my last newsletter in April as this will be my last season as your Newsletter editor. I have been the ASPA newsletter editor for over 10 years and it is time for someone else to take the helm and take the newsletter into a different direction. Happily, Sara Tabbert offered to take over and will do an excellent job. I will still write and send her articles and be helpful as she won't have to do this alone. Clubs like ASPA run solely on volunteer effort. And like other similar clubs, board members, regular members, etc. always come and go and I think it is good to have new people every now and then with fresh ideas to take ASPA in different directions. I thought it a bit sad that the Birch Hill Skijoring race had to be cancelled this year, which would have been its 17th year! However, no one wanted to take the reins and become the race director and this is a comparatively more involved race. It was a good move to re-

place it with the Chena Lakes race which was easier to organize. So, if you love skijoring and want to get more involved with ASPA and share some ideas, including new ideas for events, maybe something we have never done in the past, please get in touch with a board member or join the board. In the meantime, enjoy the weather and the snow. Unlike past years, it is so nice to have so much of it and it to not be prematurely melting away.



Two of our WONDERFUL Volunteers at the Chena Lakes Race helping with timing. This race wouldn't have happened without folks like them.

2017 Chena Lakes Skijor Race

The annual Chena Lakes Race on Sunday, February 26th, was held on a crisp and beautifully sunny day with a great turnout of veteran skijoring teams and some newcomers. The competition was fierce between some rival teams, of all sorts of dog breeds and relative speeds, which was quite exciting to watch. We had a big class of racers going around the 3.8 mile course and one racer who ventured out far on the 12 mile loop out by the flood plains with her distance team. Thank you to the wonderful volunteers—Alice Stickney, Kathleen Boyle, and Lori Beraha—who spent their time making this race possible! Also, a big Thank You to Nina Ruckhaus for organizing the race. Below are some favorite photographs taken at the race by Bud Marschner.



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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 lstuby@gci.net.



Alaska Skijoring and Pulk Association

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