



2017 March 15th Creamer's Field race

Below are photographs taken by Bud Marschner at the mid-week, March 15, 2017 ASPA fun race that took place at 6:00 PM at Creamer's Field. Weather was a bit brisk, but fun was had by all. THANKS to Jesse Warwick for organizing and Kathleen Boyle, Lisa Stuby, and Jamie Marschner, for assisting with timing and keeping the Farmhouse open so racers could warm up afterwards.

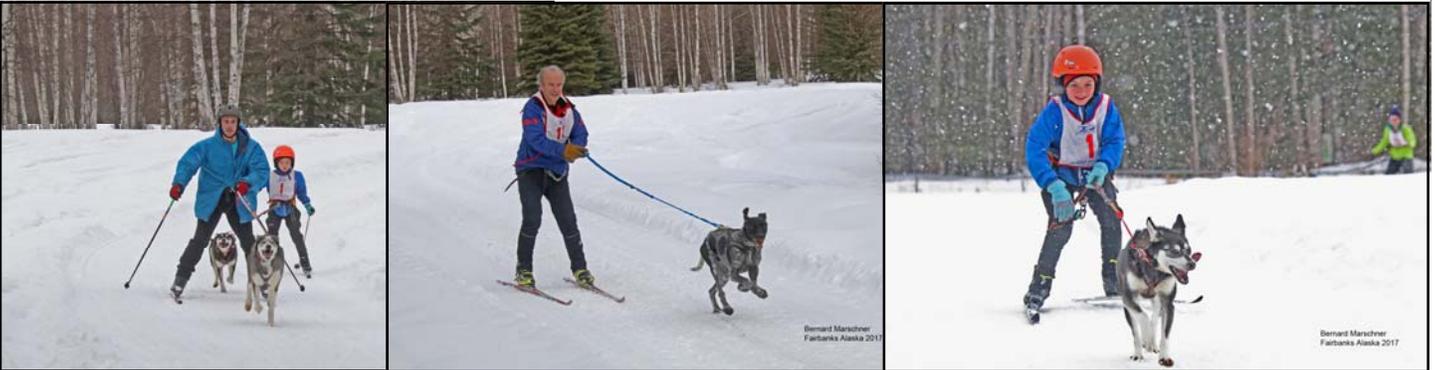


2017 ASPA Final Fun race and BBQ

The final race of the 2016-2017 season was held at the Musers' Hall trails, followed by a potluck and membership meeting. We had 15 racers who covered distances from 1.7 to 8 miles. The temperatures were at the margin of freezing and there were both snowflakes and raindrops during the event. Thanks to ADMA for letting us hold the race at their facility and to Andy Warwick for doing some work on the trails ahead of the event, Kathleen Boyle and Lisa Stuby for timing, and Sara Elzey for running the end of season membership meeting. In addition to the regular distances, we had a mass start one mile/one dog Le Mans race where skijorers had no poles and started without their skis on. This was won in fine style by eight year old Florian Phillip and BB8. As with so many of our races, Bud Marschner took photos which he generously makes available to the club. The meeting honored volunteers, re-elected Jamie Marschner as president, and concluded with prizes, pizza, and copious desserts. Thanks to everyone for a great winter.

Next page are some of Bud's favorite photographs of the final fun race of the season.

2017 ASPA Final Fun race and BBQ Photographs by Bud Marschner



THANK YOU 2016/2017 ASPA VOLUNTEERS!!!

Groomers Extraordinaire

Pat DeRuyter
 Jim Altherr
 Fred Bue
 Brian Charlton
 Greg Jurek
 Andy Warwick
 LeRoy Wiedeman

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ASPA Schedule and Sponsors

Kathleen Boyle
 Pat DeRuyter
 Sara Elzey
 Jamie Marschner
 Nina Ruckhaus
 Sara Tabbert
 Pauline Tise
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 Molly Yazwinski

Beginners Clinic and Practice Clinics

Sara Elzey
 Sunnifa Deehr
 Alisha Kottwitz
 Peggy Raybeck
 Lisa Stuby
 Sara Tabbert
 Molly Yazwinski

Chena Lakes Race

Nina Ruckhaus
 Lori Beraha
 Kathleen Boyle
 Alice Stickney

Creamer's Trail Signs/Snow Filling

Pat DeRuyter
 Sara Tabbert

Fun Races

Mara Bacsujlaky
 Kathleen Boyle
 Chuck Deehr
 Fred DeLepper
 Pat DeRuyter
 Nina Ruckhaus
 Alice Stickney
 Lisa Stuby
 Sara Tabbert
 Drew Warf
 Jesse Warwick
 Molly Yazwinski

UAF Race

Kathleen Boyle
 Sara Tabbert
 Chris Burrow
 Chuck Deehr
 Sam Friedman
 Drew Harrington
 Brandon McGrath-Bernhard
 Nina Ruckhaus
 Molly Yazwinski

Final Fun Race and Pizza Party

Sara Tabbert
 Sara Elzey
 Kathleen Boyle
 Lisa Stuby
 Andy Warwick

Trash Bags/Trash Cans

Peggy Raybeck

Junior Mushers talk

Scott Jerome

Native Hawaiian Students Talk

Sara Tabbert

Canine Summer Safety Tips

Here are some summer tips I found on the AKC Family Dog webpage. Some apply to us and others don't. I also added a few suggestions of my own. Enjoy.

We may know our canine companions better than anyone else, but it is important to remember most of us are not medical professionals. If you are uncertain how to treat your dog's medical needs or if you have any questions, you should contact your veterinarian immediately. It is important to keep the following information in mind with the arrival of summer:

- Have your dog's vaccinations updated if necessary. Diseases such as rabies, distemper and parvo are ever-present dangers and necessary precautions should be taken.
- Beware of insect bites. If your dog is bitten or stung, remove the stinger and watch the site for an allergic reaction. If a reaction occurs or there have been multiple wasp, bee or mosquito bites, take the animal to the vet.
- Most lawn and garden products may be hazardous. Make sure that plants and fertilizers within the dog's reach are not toxic.
- The outdoors exposes dogs to the elements. Dogs may need extra brushing and bathing to stay clean and healthy.
- No matter how careful and responsible you may be, accidents can happen. Make sure your vet's phone number is close at hand and available to all family members.

GENERAL SUMMER SAFETY CONCERNS

Hot weather can make anyone feel uncomfortable, and your dog is no exception. Here are some safety concerns for responsible dog owners:

- Never leave your dog unattended in direct sunlight or in a closed vehicle. Heatstroke can occur and lead to brain damage or death. Signs of heatstroke are panting, drooling, rapid pulse and fever. Immediately immerse the dog in cool water and seek emergency veterinary assistance.
- Never leave your dog unattended in a hot, parked car. When it's only 80 degrees outside, the inside of a car can heat up to more than 120 degrees in just minutes. Leaving the windows partially rolled down will not help. Your dog is susceptible to heat stroke and possible death in these conditions.
- Always make sure your dog has access to fresh water.
- All dogs should have proper identification at all times. The AKC suggests a collar with an ID tag, along with a tattoo or a microchip.
- Keep your dog on a leash when he is outdoors to prevent accidents and injuries.
- Try to avoid strenuous exercise with your dog on extremely hot days and refrain from physical activity when the sun's heat is most intense.

BEACH TIPS

Taking your dog to the beach (think Tanana Lakes, Chena Lakes, Gravel pits) can be a great way to spend a beautiful summer day. However, as a responsible dog owner there are certain precautions you should take:

- Provide plenty of fresh water and shade for your dog.
- Dogs can get sunburn, especially short-haired dogs and ones with pink skin and white hair. Limit your dog's exposure when the sun is unusually strong, and apply sunblock to his ears and nose 30 minutes before going outside.
- If your dog is out of shape, don't encourage him to run on the sand. Running on a beach is strenuous exercise, and a dog that is out of shape can easily pull a tendon or ligament.
- Not all beaches permit dogs. Check local ordinances before you begin your excursion to the beach.

Does Your Doggy Paddle?

The majority of dogs can swim and they love it. But dogs entering the water for the first time should be tested. Here are some important tips for teaching your dog how to swim:

- Never throw your dog into the water.
- Start in shallow water, and call your dog's name. You can also try to coax him in with a treat or toy -- but always keep your dog within reach.
- Another way to introduce your dog to the water is with a dog that already swims and is friendly with your dog. Let your dog follow his friend.
- If your dog begins to doggy-paddle with his front legs only, lift his hind legs and help him float. He should quickly catch on and will then keep his back end up.
- Swimming is a great form of exercise, but don't let your dog overdo it. He will be using new muscles and may tire quickly.
- Never leave your dog unattended! You should always be in a position to help him get out of the water.

Running and Jogging

Humans are suited to long distance running. We sweat all over and know how to pace ourselves. Dogs, not so much. A Labrador retriever in excellent condition has a lot of stamina, but his enthusiasm can get the best of him – he might run until he drops. It's your job to be the one who knows best. Know the signs of heat exhaustion and know what to do if this happens. Take water for your dog or a collapsible bowl if you are certain there will be water available along the way.

Run early in the morning or in the evening, not during the hottest part of the day. Pavement can get very hot and can hurt your dog's paws. It's also just plain hotter closer to the ground, where your dog is.

Training: Your dog also should be socialized and able to handle anything or anyone she sees on a run, just as she would be for any activity that she participates in with you.

2017 ASPA Volunteer of the Year

CONGRATULATIONS to Sara Tabbert for being the ASPA Volunteer of the Year for the 2016/2017 season! ASPA runs on volunteers! Without them no events would happen, trails would not be groomed and club business would not be conducted. We LOVE our volunteers and each season we try to honor one person who has gone above & beyond to support the club activities. Sara Tabbert was one of three long-term ASPA volunteers nominated this season. Each year Sara gives much of her time and energy to help ensure the season's success. This year we relied on her more than we normally do. When things needed to get done, Sara was there to do them. Jobs that have been performed by other volunteers in past years, like getting the signs out at Creamer's Field, she helped take care of when they were not available. Because of a shortage of race directors, she took the lead on most of the race events. When not the race director, Sara was helping out with race preparation by keeping the hot line, Facebook page, and website up to date and then was at the races helping with handling or other, but this is only a short list of the things she has actually done this year. The other two nominees were Chuck Deehr and Nina Ruckhaus. Comments received were, "The Deehrs have always been a staple for ASPA and Chuck is really precise in his timing." And for Nina, "She made herself available to put on and help out with as many events as she did during a demanding school year AND dealt with a very challenging dog situation with class and optimism that was super impressive. Race directors were in short supply this year, but Nina stepped up in a big way to make sure we were able to support our schedule of Fun Races and keep the popular Chena Lakes Race going. When she wasn't racing or race directing, she was at the races helping with handling or otherwise pitching in. Her positive attitude and excitement at seeing people active with their pups help make the events fun for all who participate."



2017 ASPA Volunteer of the Year Sara Tabbert with Dora skijoring to Moose Creek Cabin in the White Mountains during one of the many overnight trail tours she organized over the past years.

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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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