



Nordic United

PROMOTING HUMAN-POWERED WINTER RECREATION FOR ALL!

❄️ Issue number Ten ❄️ Winter 2009

DEAR NU MEMBERS

When NU was created a few years ago, dozens of people put a lot of volunteer hours – and passion – into creating opportunities for human-powered winter recreation and ensuring that our community had a voice in local land management issues. We're continuing these efforts by working with the Forest Service and the State of Utah. Specifically, we're seeking greater access for off-trail skiers and snowshoers by identifying backcountry trailheads where UDOT might plow roadside parking, or reconfigure existing parking to be more conducive to shared access. We're also working with the Forest Service to identify areas for additional Nordic trails, and we hope to increase the quality of existing groomed trails in Logan Canyon (thanks largely to our new snow-cat!).

Over the past few years, we have also helped create several new opportunities to play in the snow. NU members have volunteered at the Special Olympics races and Winter Trails Day, and thereby helped people who have never before skied or snowshoed to experience the joy of sliding on snow. This year, the popular Generation XC kids' programs are expanding to offer programs for all ages, thanks to our dedicated instructors. NU continues to sponsor adult skate clinics and a citizens' race series, and this year we're adding classic cross-country clinics. We'll also be offering two new backcountry events: an intro-to-telemark clinic and a backcountry adventure race.

NU has grown and accomplished all of these things thanks to the donations and volunteerism of NU members and supporters. Thanks to all of you – and have a great winter!

~Sara Goeking

Sara Goeking

ENCOUNTER THE NEW NEIGHBORHOOD BULLY

Mark Fels

Well finally the Pisten-Bully has made it to Logan with the help of Peterson's Equipment. Jess Hancock and Chris Brothersen are getting everything ready to move things up the canyon and start grooming. I'd also like to thank Ken Smith at Peterson Equipment Company for helping



The "Bully" makes tracks.

arrange transportation for the cat.

If all works well this should provide some great grooming in the canyon this year. We are hoping to try to groom some new terrain with the "Bully". We'll have a small celebration some time early in the new year when grooming operations begin – stay tuned! If you've been thinking of making a donation to the snow-cat, we could still use funds to help pay for operations. Thanks!

INTRODUCTION TO THE BACKCOUNTRY FOR WANNA-BE TELEMAR SKIERS

Cynthia Tyler

If you have ever wanted to learn about telemark skiing, or have a simple curiosity about the strange and mysterious skiing style... please come join us on Feb. 16 to learn the basic fundamentals of telemark skiing. This clinic will focus on helping you become mobile in the backcountry. Must have access to telemark gear/equipment for a backcountry day. We will hold an informal meeting before our outing to go over details and necessities for our backcountry excursion. All ages and all abilities are welcome. Contact Cynthia Tyler at tyler.ca@gmail.com OR 435-770-0534.

GOOD NEWS

Sink Hollow is groomed! Repeat: Sink Hollow is groomed! Thanks to Chris, Jess, "Da Bully", and every single, last member of Nordic United.

SKATE SKI CLINICS

Jean Lown

This year NU will offer 3 skate ski clinics and will encourage participants (especially beginners) to attend all three. Dates will be Saturday January 10, Jan. 24, & Feb. 14, from 10:00 – 11:30. Participants must be current NU members or pay \$20 to become members, and this covers all three days of clinics. The clinics will be held at Sink Hollow but if conditions allow, the beginner class will be held at the HPER field on campus (instructors will notify participants the Friday before the clinic as to where the beginner class will be held). Car pooling is encouraged for skiers driving up the canyon for the lessons; meet at 9:00 am at the Forest Service building on HWY 89. Contact Jean Lown at jean.lown@usu.edu or 797-1569 for more information or to register; please register by January 7.



CLASSIC SKI CLINICS

Classical techniques are the foundation of cross-country skiing and form a basis on which to build more advanced ski skills including skating techniques. The classic clinics of 2009 are aimed at novice and intermediate skiers. We will begin with some basic ski handling skills and understanding of ski mechanics. Diagonal stride is the most important and basic of movement patterns which is a natural extension of human walking. Nevertheless, it is a subtle technique to perfect which can benefit from various practice drills.

Poling is part of what makes skiing a unique locomotion pattern. Double poling and kick-double pole are additional techniques which we will teach and help develop for skiing on flat and rolling terrain. Finally, climbing and descending hills are part of the fun of cross-country skiing but which can be challenging for new skiers. Basic strategies for enjoying such terrain will be introduced and practiced to allow safe and secure ascent and descent of moderate hilly terrain. For more info please contact Gerald Smith (gerald.smith@usu.edu).

GENERATION XC

Paul Rogers

This is the third year of the "Generation XC" cross country ski school for kids. The classes emphasize FUN, skills, balance, winter appreciation, and teamwork through ski games. We already had our orientation meeting on Dec. 11 at Cache Valley Learning Center, but it's not too late to sign up! For those who missed the meeting and are interested in the program, you may call Paul Rogers at 752-2544 for more information.

As of this date we are in need of participants for all three programs. You heard that right, in addition to our Fundamentals class (ages 8-13, Jan. 3 - Feb.7, \$55), we have initiated two more classes this year: First Tracks (ages 4-7, Jan. 24 - 31, \$10) and Fast Tracks (ages 14-18, Jan. 17 - Feb. 7, \$40). The First Tracks students are required to have a parent at the class. All kids' classes take place Saturday mornings from 10:00 - 11:30 at the Beaver Bottoms groomed trails. If we have less than five students sign up for a program we will drop the class and refund the registration fees, so PLEASE encourage your children,

their friends, and schools in your area to register kids for this really great program. Scholarships are available to subsidize registration fees upon request.

WOMEN'S AVALANCHE CLINIC

The Logan Utah Avalanche Center is offering a women's avalanche clinic. All ability levels and modes of travel are invited, including skis, split boards, or snowshoes. There will be an evening session of Feb. 26 at 6pm followed by a field day on Feb. 28. The location of the field day will be decided as we see the makeup of the group, and there may be a special guest instructor from the Salt Lake forecast center. The cost is \$65. Please register at the ORC on campus; the ORC also has beacons, shovels, and probes for rent as well as lots of ski and snowshoe gear. For more information, call Paige at 435-881-1205 or visit the UAC's website at www.utahavalanchecenter.org.

BACKCOUNTRY ADVENTURE RACE

Erik Syrstad

Logan's first annual backcountry adventure race will be held March 7. Although the course is not finalized, it will likely involve Logan Peak, either as a loop from Dry Canyon or as an overland race from Spring Hollow to Dry Canyon. We are preparing a permit application for the Forest Service and consulting with avalanche forecaster Toby Weed and others.

In the long term, our goal is to have a different course each year, with an emphasis on overland, point-to-point style races. These races will be long and challenging, with plenty of bushwacking and booting and mind-numbing approaches - everything you love about skiing the Logan backcountry! We're extremely excited about the possibilities for future courses.

With all that in mind, we need a NAME! (and quickly, so we can spread the word and make this happen). Please contact Erik (753-0786, or erik.syrstad@sdl.usu.edu) for more info, or if you think of a catchy acronym / name for Logan's backcountry race. To spark your creativity, here is a list of names we've discussed so far:

LoWAR: Logan Winter Adventure Race

CROWBAR: Cache Region Overland Winter Backcountry Adventure Race

LOWBAR: Logan Winter Backcountry Adventure Race

NUWAR: Northern Utah Winter Adventure Race

The Cachewack

If we use your name, you'll receive free entry into the race - as well as a sense of pride for having named the West's next great backcountry ski race!

CITIZENS' RACES

This season's Citizen's Race Series will begin Saturday, January 10th at the Beaver Bottoms course. Additional races will be held at both the Beaver Bottoms courses, and at Green Canyon. Most of the Series are held in conjunction with our various ski technique clinics; so you can take what you just learned in a clinic, and try it out on the race course. The Citizen's Races are really more about camaraderie than competition, so be sure to come out and join the fun. *Please note that races scheduled for the Green Canyon location require advance registration. Contact Sean Keenan at 770-1114 for details regarding Green Canyon.*

WANTED. WANTED. WANTED.

Nordic United has grant funding to pay someone to maintain our WEBSITE. The work involves updating our news and activities every week or two during the ski season, which requires no more than 3-4 hours per week, plus two or three occasional updates during the rest of the year. Call Sara at 760-4285 for more information. We are able to pay someone who has expertise in website design and maintenance thanks to the Cache County Restaurants, Arts, Parks, and Zoo (RAPZ) fund!

WINTER TRAILS DAY 2009. Volunteers are need for this season's Winter Trails Day activities at Hardware Ranch. There will be displays, booths, and demonstrations of winter recreation and survival techniques for the public to experience. The coordinator of this activity is Barb Burgan of the Ogden Ranger District. Please give her a call at 801 625-5112 for information.

SPECIAL OLYMPICS is looking for a cadre of folks to help out for the 2009 Special Winter Olympics this January 17th. There's plenty of opportunity to help out in what always becomes one of the most rewarding things you can



2008-2009 SEASON EVENTS

- | | |
|---|---|
| <p>JANUARY 3 - Begin GenXC: FUNdamentals, 10:00-11:30 am
(ages 8-13)</p> <p>JAN 10 - Skate clinic, 10:00-11:30 am
- GenXC: FUNdamentals (ages 8-13), 10:00-11:30 am
- GenXC: Fast Tracks (ages 14-18), 10:00-11:30 am
- Citizens' race, 12:00 pm</p> <p>JAN 15 - Citizens' race at Green Canyon, 4:30 pm
(advance registration required)</p> <p>JAN 17 - GenXC: FUNdamentals (ages 8-13), 10:00-11:30 am
- Special Olympics race, 10:00 am</p> <p>JAN 24 - GenXC: FUNdamentals (ages 8-13), 10:00-11:30 am
- GenXC: First Tracks (ages 4-7), 10:00-11:30 am
- GenXC: Fast Tracks (ages 14-18), 10:00-11:30 am
- Skate clinic, 10:00-11:30 am</p> | <p>JAN 31 - Citizens' race, 12:00 pm
- GenXC: FUNdamentals (ages 8-13), 10:00-11:30 am
- GenXC: First Tracks (ages 4-7), 10:00-11:30 am
- National Winter Trails Day 2009: Hardware Ranch</p> <p>FEBRUARY 7 - GenXC: FUNdamentals (ages 8-13), 10:00-11:30 am
- GenXC: Fast Tracks (ages 14-18), 10:00-11:30 am</p> <p>FEB 14 - GenXC: FUNdamentals (ages 8-13), 10:00-11:30 am
- GenXC: Fast Tracks (ages 14-18), 10:00-11:30 am
- Skate clinic, 10:00-11:30 am
- Citizens' race, 12:00 pm</p> <p>FEB 16 - Introductory backcountry telemark clinic</p> <p>FEB 19 - Citizens' race at Green Canyon, 4:30 pm
(advance registration required)</p> <p>MARCH 7 - Backcountry race</p> <p>MAR 14 - Ullr Chase at 9:00 am</p> |
|---|---|

(All ski activities will take place at the Beaver Bottoms ski trails unless otherwise noted.)









SNOWBALL EFFECT.

Your support will help guarantee success in creating human powered winter recreation on public lands. Membership dues are also essential for maintaining our groomed nordic trails. The more members we have, the more effective we can become. Please visit us at: www.nordicunited.org

Yes! I want to get involved and would like to become a member of Nordic United.

(Circle the style of member you want to be.)

-  \$10.00 Student/Junior (Under 18) Membership
-  \$20.00 Individual Membership
-  \$30 Family Membership

-  \$50 Supporting Membership
-  \$75 Sustaining Membership
-  \$100 Ullr-Like Membership
- _____ \$_____ Other Membership

Name/s _____
 Address _____
 City _____ State ____ Zip _____
 Phone _____
 email _____

To become a part of Nordic United today,
 please return the membership form along
 with the annual membership fee.

}

NORDIC UNITED
 P.O. BOX 3352
 LOGAN, UTAH 84323