

METHOW VALLEY NORDIC NEWSLETTER



Methow Valley Nordic PO Box 391, Winthrop, WA 98862

2007-08 Nordic Ski Season Begins December-January Events

Despite lacking enough snow to open the MVSTA Nordic trail system (as of November 29) skiers are enjoying groomed trails – courtesy of freelance groomers and MVSTA – at Klipchuck Campground between Early Winters and Washington Pass. This is a good place to get your “ski legs” before the MVSTA groomed system opens for the season.

Planned December and early January events:

Dec 13-16 **Sun Mountain Ski Camp**: Camp director Jim Erickson reports the camp is long filled (125 signups). There is a waiting list, but based on prior years' experience the odds are slim that there will be more than a couple of openings.

Thursday, December 27: Fun ski from Sun Mountain Lodge to the Winthrop Town Trailhead:

Meet at the Town Trailhead parking lot at 8:30 to carpool to the lodge. The group will ski back to town – 15k +/-, mostly downhill, depending on the route selected – with anticipated return by noon. Someone will shuttle the initial drivers back to the lodge to retrieve their cars. If you want to join this fun tour then email tour coordinator Charlie Ryan (cryan@methownet.com).

Sat, Dec 29, MVSTA Ski Rodeo: Family and community freestyle ski event on the Mazama trails with distances for all ages and abilities. The first of three MVSTA Nordic Cup Series races. Ski in a fun hat of your choosing in a traditional timed race with results and awards, or opt for a non-competitive event where the objective is to have as much fun as possible with friends and family! Indulge in cookies, pastries, and hot drinks during the awards ceremony and random prize drawing at the Mazama Community Center following the event. **This is an MVSTA event, see MVSTA.com**

MVNORDIC 2007-08 SKI SEASON EVENTS

Sun Mtn Ski Camp	REGISTRATION CLOSED	12/13-16/07
Ski Rodeo (MVSTA Event; see MVSTA.com)		12/29/07
Wooden Ski Race		12/31/07
Intermediate Ski Technique Class		Begin 1/2/08
Members Only Masters Clinics	Begin	1/10/08
Members Only Clinic	Info/Register Online*	1/12-13/08
5 th Tour of the Methow	Info/Register Online*	2/16/08
Annual MVNordic Potluck Dinner		2/16/08
5 th MVNordic Doggie Dash		2/17/08
Mazama Potluck/Moonlight Tour		3/15/08
End of Season Fun Ski & BBQ		To Be Announced

* Go to mvnordic.com for info and registration

Wake up and smell the pine tar!

Monday December 31 (New Year's Eve) Wooden ski

Race: This new event is hosted by MV Nordic in concert with the MV Nordic Ski Team. Wear wool and bring wooden skis to celebrate the history and beauty of skiing at the **5 Kilometer Wooden Ski Race plus kids' events** at the Mazama Trailhead.

- 12:30 Registration and pin tar clinic
- 2:00 Race start
- 3:30 Costume contest, awards and food

\$10 entry fee; \$25 for families of three or more; kids under 10 are free. For more info call 996-3156 or go to www.mvnordic.com

Starting Wed Jan 2, MV Nordic Intermediate Level Technique Classes:

this is an eight week class in both skate and classic technique for intermediate level skiers, with alternate techniques from week to week at varying meeting places for different terrain.

The class will meet Wednesday afternoons from 3-4:30 beginning Jan 2. Club member cost \$80; non-member cost \$100. You must sign up for the entire 8 weeks; no drop-ins. We will have a variety of expert coaches. **Limited to 10 people and is already almost full.** Call Jan Erickson at 996-3710 for info.

Dec–Jan Events (continued)

Sat and Sun, Jan 12–13 MV Nordic Members'

Clinic: From 9:00 to 3:30 both days; fee is \$95, which includes lunch on both days. This event is for members only and class size is limited. We skate one day and classic the other, but since we don't decide which technique until the morning of the first day, bring both sets of skis, etc., on Saturday morning. **More Info and registration is online at www.mvnordic.com.**

If you haven't renewed your MV Nordic membership for 2007–2008 please do so NOW.

Happy Holidays, Merry Christmas, Happy New Year and Good Skiing!

Midge

Midge Cross, MV Nordic President

Prior MV Nordic Events:

The first MV Nordic 2007–2008 ski season event was a November 15th Pre–Season Ski Prep and Maintenance Workshop on November 15th at the Nordic Ultratune store. Mark Waechter hosted 12 MV Nordic members for an evening seminar to demonstrate ski prep, waxing and ski base structuring techniques and equipment.

Mark will possibly offer MV Nordic members a second seminar, covering different topics, after the holidays. Watch your email and futures newsletters for details.

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www.mvnnordic.com

Providing
opportunities for fun
and skill improvement
for skiers of all levels
in a casual, friendly
environment.

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