

METHOW VALLEY NORDIC NEWSLETTER



Methow Valley Nordic PO Box 391, Winthrop, WA 98862

The UN's Agency for Fun Stuff (UNAFS) declared February "Ski Till You Drop Month" so come on out.

Sat, Feb 16th – Tour of the Methow

Don't race, but love to ski? Like to eat hot food in the middle of a long day of skiing? Want to ski point to point but don't have a shuttle? If so, join us for MV Nordic's **Tour of the Methow**.

In this non-competitive event there are no bibs, no watches, and no first or last place finishers. The route is broken into several sections so you can choose whatever distance you like: 20, 30, 50, or 80k. Surely there's a section or two that would be fun for you. You've got all day, so ski a long way, stop at the Mazama CC for food and chit-chat, then head out for more skiing. Drop everything and do whatever it takes to join this celebration of skiing on the amazing Methow Valley ski trail system.

Details: MV Nordic members: No charge if you sign up online before Feb 5th; later sign-ups cost \$10. Non-members: \$10 before Feb 5th. \$20 after that. Fee includes shuttle bus to Cub Creek and all you can eat at the Mazama CC. Skiers need a valid MVSA Trail Pass.

Register at www.MVNORDIC.COM, under "EVENTS", where you can also get more details. If you have questions call Brian Sweet at 996-7888.

Sat, Feb 16th – Annual Potluck

Dinner This year's potluck is at the Liberty Bell High School. Arrive at 5:30 with salad, side dish, desert or whatever you like. MV Nordic provides baked ham, coffee, tea, cocoa, disposable dinnerware. After dinner we'll watch Skiing in the Shadow of Genghis Kahn, a fantastic film about *really* traditional skiing as practiced by locals in the Altai Mountains of China and Mongolia. NO CHARGE for this event. **MV Nordic members, guests and visitors are welcome.**

MVNORDIC 2007-08 SKI SEASON EVENTS

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; may be filled
** MVSTA event - details at www.mvsta.com

Sun, Feb 17th – Annual Doggie Dash



Costumed six-legged ski teams compete for glory and prizes in this event for Canine Americans of all breeds and sizes and their human companions of all breeds and sizes. More than 200 spectators came last year to cheer and bark. **LOCATION:** Winthrop Town Trailhead. **DISTANCE:** One lap around Trailhead Meadow Loop. **FEE:** \$12.00 per team (1 human, 1 dog); kids under 12 free. **REGISTRATION:** Day of race at Trailhead, 7:30-8:45 a.m. **START TIME:** 9:00 a.m. **GENERAL INFORMATION:** All dogs (racer and watcher dogs) *must be on a leash*. Imaginative costumes *strongly* suggested for both human and dog. **PRIZES:** For race winners and best costumes in small dog (under 40 lbs) and larger dog (over 40 lbs) categories, for children and adults. **PROCEEDS** benefit dogs and cats in need in Okanogan County. **MORE INFO?** Visit www.MVNORDIC.com or call Erik Brooks at 996-4345.

Join Nordic Skiing; See The World

Methow Valley Ski Team members are in major ski races around the world.

Brian Gregg was invited to ski with the U.S. team in the World Cup races at Canmore, Alberta in January, an event for top skiers from all over the world. Father Jim Gregg say, "Brian needed to get rid of another 8 seconds out there. The top 30 were only 4 seconds apart and the next 12 were only 1 second apart!"

Casey Kutz is representing the US at Scandinavian Cup races in Estonia. We hope she learns useful Estonian phrases to teach us.

Sadie Bjornsen will attend World Junior championships in Poland, which were postponed two weeks for lack of snow. In the meantime, she is traveling to New England, where she will race in NCAA races at Stowe, Vermont.

Next month we'll have information about events our local Masters Racers have been attending.

MV Nordic members check your SPAM filters

Quite a few members say they're missing out on MV Nordic's email alerts for changes, new events and other information that doesn't make this newsletter deadline. But when we tell them to check their SPAM filters they see a stack of emails from us.

Your Spam filter may be filtering out emailed information and updates from MV Nordic. If you want to receive emails from the MV Nordic Club, please **make sure you allow emails from info@mvnordic.com to make it past your SPAM filter** and make sure we have your current email address. Email changes to Ashley at info@MVNORDIC.com.

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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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