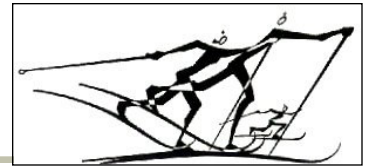


# METHOW VALLEY NORDIC NEWSLETTER



Methow Valley Nordic PO Box 391, Winthrop, WA 98862

## *Get Ready for a Great 2007-2008 Ski Season*

The temperature is dropping and snow is forecast for the mountains during the next week. Will we have an early winter? It's time to get ready for the ski season and all the fun events MV Nordic will be hosting.

The **December Ski Camp** was filled by mid-October. Now if we can avoid a big snowstorm, accompanied by tree-toppling winds, we'll be in fine shape, although we learned last December that Sun Mountain Lodge can work miracles for our camp attendees.

This season's **MV Nordic Members' Clinic** is January 12-13 from 9 to 3:30; the fee is \$95, which includes lunch on both days. This event is for members only. 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 [mvnordic.com](http://mvnordic.com).

Our astrologer is consulting his books for the most propitious date for our third full moon tour and potluck in Mazama; stay tuned.

**Presidents' Weekend is Ski Weekend:** Saturday is the **Tour of the Methow** (free for MV Nordic members; all others \$10), a **non-competitive** event offering ski legs of differing lengths (10k-80k) and wonderful food at the Mazama Community Center. That evening we'll have our annual "y'all come" **Annual Potluck**, to be held at Liberty Bell high school this year. And Sunday, dress up yourself and your dog for the **Doggie Dash**, a fun race at the town trailhead. Kids under 12 are free for this event, and you know your dog loves to dress up in costume, so come!

## MVNORDIC 2007-08 SKI SEASON EVENTS

Ski Prep-Maintenance Clinic	See this newsletter	11/15/07
Sun Mtn Ski Camp	REGISTRATION CLOSED	12/13-16/07
Wooden Ski Race		12/31/07
Members Only Masters Clinics	Begin	Info Online* 1/10/08
Members Only Clinic	Info/Register Online*	1/12-13/08
5 <sup>th</sup> Tour of the Methow	Info/Register Online*	2/16/08
Annual MVNordic Potluck Dinner		2/16/08
5 <sup>th</sup> MVNordic Doggie Dash		2/17/08
Mazama Potluck/Full Moon Tour		To Be Announced
End of Season Fun Ski & BBQ		To Be Announced

\* Go to [mvnordic.com](http://mvnordic.com) for info and registration

New this year, in concert with the ski team, we will host a **Wooden Ski Race** on December 31 in Mazama, followed by a potluck at the Mazama Community Center. Wearing period 1970s ski outfits is highly encouraged.

These and other events are reason enough to support MV Nordic, but, as you may know, your MV Nordic supports the Methow Valley ski team kids by offering financial assistance for coaching fees, equipment rental, and travel to races. Last year we contributed \$3,500 to help our kids learn to ski and gave \$5,000 to help develop our new Town Trailhead.

We love volunteers! Those of you who noted on your renewal form that you're willing to help will be contacted by the event coordinators. Thanks for your help!

**If you haven't renewed your MV Nordic membership for 2007-2008 please do so NOW with the enclosed form**

MV Nordic is a great organization and we have a terrific board of directors. I'm honored to be part of this great group. Happy skiing!

*Midge*

Midge Cross  
MV Nordic President

# First MV Nordic 2007–2008

## Ski Season Event

**What:** Pre–Season Ski Prep and Maintenance Workshop

**When:** Thursday, November 15<sup>th</sup>, 6:30 p.m.

**Where:** Nordic Ultratune store (134 Riverside Avenue, Winthrop)

Nordic Ultratune's resident ski tuning guru, Mark Waechter, hosts this evening seminar to discuss pre–season ski prep, waxing and ski base structuring and demonstrate the latest high tech ski maintenance equipment. Topics include:

### Autumn pre–season ski prep

- Cleaning and inspection
- Glide wax saturation and conditioning
- Edges – minor repairs and tuning
- Classic ski grip zone check, and measuring techniques

### What's new with waxes?

- Klusters
- Grip wax
- Glide waxes
- Grip zone cleaning, prep, and binder

### Strategies for managing several pairs of skis.

- Flexes
- Snow & Weather
- Structuring

**Due to limited space this workshop will open only to the first 12 MV Nordic *members* who RSVP by email to Mark at [xcgrind@ultratune.net](mailto:xcgrind@ultratune.net).** If more than 12 MV Nordic members sign up to Mark may schedule a second session.

### Methow Valley Nordic

PO Box 391

Winthrop, WA 98862

[www.mvnnordic.com](http://www.mvnnordic.com)

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

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