

# METHOW VALLEY NORDIC NEWS



NOVEMBER 2009 VOLUME 4, ISSUE 1

## SAVE THESE DATES FOR MV NORDIC'S 2009-10 SKI SEASON EVENTS

<b>Sun Mtn Ski Camp</b> Info/Register Online*	12/17-20/2009
<b>Wooden Ski Race</b>	12/31/09
<b>Members Only Clinic</b> Info/Register Online*	1/9-10/2010
<b>Tour of the Methow</b> Info/Register Online*	2/13/10
<b>Annual MV Nordic Potluck Dinner</b>	2/13/10
<b>Doggie Dash</b> Info Online*	2/14/10
<b>Mazama Potluck/Moonlight Tour</b>	2/27/10

\* Details and registration (if required) at [mvnordic.com](http://mvnordic.com); registration is limited for camp and clinics

## Methow Valley Nordic 2009-10 Weekly Ski Technique and Fitness Classes:

We're pleased to offer many more ski classes for members this season. Join us for great skiing, learning, and training! All classes alternate each week between skating and classic style. Exact location and discipline (classic or skating) of each session will be announced by e-mail and at the previous class. Please note: These classes are not suitable for anyone who has not skied before. If you're a pure beginner, please take lessons from Methow Valley Ski School at Sun Mountain or other locations.

### Technique and Fitness Classes:

- **BEGINNER and ADVANCED BEGINNER (separate classes) Thursdays 9:30 to 11:00 AM**
- **INTERMEDIATE Wednesdays 3 to 4:30PM**
- **ADVANCED INTERMEDIATE Wednesdays 3 to 4:30 PM**
- **TECHNIQUE AND FITNESS TRAINING Tuesdays 9:30 to 11:00AM**

For more about these Technique and Fitness Classes **contact Midge Cross** at 509-996-8080/or [sandm@methownet.com](mailto:sandm@methownet.com);

**FITNESS AND RACE TRAINING Tuesdays 1 to 3 PM:** For more about Fitness and Race Training **contact Scott Waichler** at 509-996-8260 or [scott@methownet.com](mailto:scott@methownet.com).

**All classes except Fitness and Race Training start the week of December 14 and will continue through the week of February 22 (11 weeks). Fitness and Race Training will start December 1 and end March 16 (15 weeks).** Cost for each class is \$110.

You must be a current MV Nordic member to participate.

More details about specific class content and requirements are posted at [mvnordic.com](http://mvnordic.com).

## **NEW MV NORDIC SKI AND WORKOUT CLOTHING Coming Soon**

Methow Valley Nordic is pleased to offer an updated look and high quality, functional clothing for Club, Team, and Biathlon members for the 2009-2010 season. Our sharp, all-new design features a skier image by Sean McCabe and lettering and color layout by Erik Brooks. Offered items include jacket, two-piece suit, warm-up pant, vest, and technical T-shirt. Podiumwear/Mt. Borah of Wisconsin is the supplier and has outfitted dozens of club, college, and high school Nordic teams.

**A special clothing email and [downloadable PDF order form package](#) has been sent to MV Nordic members.**

## **Did you know...?**

**Methow Valley Nordic** was founded in 1995 with the goal of developing, supporting and promoting Nordic skiing and related activities. Our mission is to provide opportunities for skill improvement for skiers of all levels in a casual, friendly environment. But MV Nordic is just one component of the entire Methow Valley Ski Education Foundation. Please take a moment to learn about our affiliated organizations and some of their activities.

## **Methow Valley Nordic Team and the 13<sup>th</sup> Annual Methow**

**Valley Nordic Team Ski Ball:** Put on your finest duds for an evening of dining, dancing and auctions on **November 14th at the Winthrop Barn** and help bring in the winter in style.... Former team member Sam Naney returns as our Master of Ceremonies and The Pipestone Combo and The Liberty Bell Jazz Band will fill the Barn with jazz and big band sounds.

Tickets: \$35 in advance at Winthrop Mountain Sports starting Oct. 1st. \$40 at the door. To reserve a table for 10, please call 509.996.9874 or email [skiballinfo@footloose-communications.com](mailto:skiballinfo@footloose-communications.com).

**Methow Valley Biathlon Association:** Biathlon combines cross country skiing with rifle marksmanship. It takes these two very opposite sports, puts them together to make this fun and challenging Olympic event. MVBA has a program for both juniors and adults. MVBA also strives to:

- Promote the sport of biathlon for both juniors and adults.
- Teach rifle safety, sportsmanship, discipline, focus, and self control.
- Expose kids on the MVNT to biathlon and allow them to experience the sport.

**Learn more about how you can participate in and support the Biathlon Association at <http://www.mvnordic.com/team/>.**

**Methow Olympic Development:** The Methow Olympic Development (MOD) Project was formed in early 2009 out of existing coach-athlete relationships based in the Methow Valley of Washington State. The formation of the MOD Project, under the leadership and coaching of Scott Johnston, offers a real opportunity for athletes to train for Olympic-class national and international Nordic ski racing. Basing in the Methow also gives the athletes a chance to "give back" to this community in the form of youth mentorship and community outreach, both within and outside the Nordic skiing circles. Pursuits such as junior team volunteer coaching, youth academic tutoring, and waxing, technique and equipment clinics are all planned for the upcoming year.

**Learn more about how you can participate in and support the Methow Olympic Development project at <http://methowolympicdevelopment.com/>**

# First MV Nordic 2009-2010 Ski Season Event

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

**When:** Thursday, November 11<sup>th</sup>, 7:00 p.m.

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

Nordic Ultratune's resident ski tuning guru, Mark Waechter, hosts this evening seminar for MV Nordic to discuss pre-season ski prep, waxing and ski base 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 techniques and tools
- Edges - minor repairs and tuning
- Classic skis: grip zone check, prep, binder

## What's new with waxes?

- Klisters
- Grip wax
- Glide waxes

## Open Discussion, Q&A

## Methow Valley Nordic Skiers:

*If you have not yet renewed your MV Nordic membership for the 2009-2010 season please do so. Your dues support club events and publications and help make the Methow Valley Nordic skiing experience better for everyone. Hope to see you on the trails soon!*

## MV NORDIC BOARD MEMBERS FOR 2009-2010

- Midge Cross - President
- Brian Sweet - Vice-President
- Leslie Mittendorf – secretary
- Charlie Ryan – Treasurer
- Erik Brooks
- Mike Harvey
- Pat Leigh
- Anne Naney, Team Rep
- Tracy Ross
- Brent Turner
- Scott Waichler

Methow Valley Nordic

PO Box 391

Winthrop, WA 98862

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

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