

The Nordic News

The Newsletter of the Central Oregon Nordic Club

February - March 2009

An online version of **The Nordic News** is available at <http://conc.freehosting.net>

Club News

Next Meeting. It's Volunteer Night! Join us at our next meeting as we honor the people who have worked tirelessly to maintain our ski shelters and keep them well stocked with firewood! More than 260 volunteer hours were accumulated in 2008. We will raffle off prizes to the volunteers and briefly discuss the tasks they performed over the past year. The meeting will also be a dessert pot luck. So, forget about that New Year's resolution for the evening and join us.

The next Central Oregon Nordic Club meeting will be on **Friday, February 13th, 7:00pm** at the **Central Oregon Environmental Center** located at 16 NW Kansas, near McMenamins, in downtown Bend.

Member Phone List. A telephone/email list of club members is included with the printed version of this issue of the *Nordic News*. This list is published once a year to facilitate trip planning between members. The list will not be published on the Club's Website nor in the online version of the newsletter. For this reason, all members are receiving a printed newsletter this month. The list begins on page 9.

Crater Lake Ski Trip. There is still room at the Prospect Hotel and the ski trip scheduled for February 27 - 28. Contact Linda Frost at (541) 382-8023, oqtrs@bendcable.com to reserve a spot.

Upcoming Ski Events. The 2009 John Craig, Teacup Classic, and John Day cross-country ski

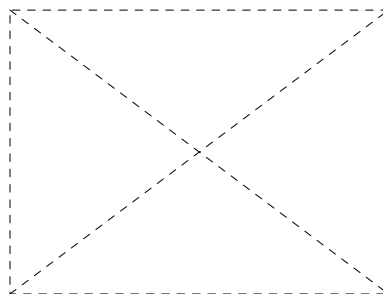
events and races will be coming up in the next few months. See the articles on page 2 and 3 for details.

Yahoo! Group for CONC. A Yahoo! online group has been setup to facilitate trip planning and information sharing among CONC members. See the article on page 3 for more information about the new online group.

Glacier Park Trip in September. CONC member Larry Weinberg has a timeshare condo in the town of Whitefish, Montana, located near Glacier National Park. If you are interested in joining Larry in September for a week of exploring Whitefish and Glacier, see the article on page 4.

Winter Outdoor Emergencies. Ever wonder what you would do if a skier in your group became injured during an outing? See the article beginning on page 4 for some thoughts and ideas on the subject.

[Continued on next page]



Ski and Snowshoe Trips

Sunday ski and snowshoe trips start from the **Di Lusso Coffee Shop** on Galveston. We gather between 9 and 9:30am to decide on destinations and drivers and leave at 9:30. Bring water, lunch, sunscreen, sunglasses, and layered clothing.

Remember that there is also a ski group that meets at the same time and place on **Wednes-**

days for shorter trips. The trips will vary in distance and terrain based on snow conditions.

Please contact Linda Frost for more information. 382-8023, OQTRS@bendcable.com. For more snowshoeing information, contact Jim Davis. jedee1978@bendbroadband.com, 383-1978.

Next CONC Meeting

The Club's next meeting will be on **Friday, February 13th, 7:00pm** at the **Central Oregon Environmental Center** in Bend.

This meeting will be a dessert potluck and will honor the volunteers who help maintain and stock our ski shelters.

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Looking for a volunteer

Memberships

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Snowshoeing

Jim Davis, 383-1978
jedee1978@bendbroadband.com

Trail Users Group (TUG)

Micheale Giesler,
388-4457

Dennis Krakow,
389-3410

Club News (continued)

Snowshoe Trail Maps. Club member Dick Spray has produced snowshoe trail maps for the Meissner and Edison areas. According to Dick, the maps for snowshoeing are out of date or non-

existent. See the maps beginning on page 7. You can visit the Club's website to view this newsletter in color and print the trail maps in color.

John Craig Event

The date for this year's John Craig Event is Saturday, March 14, 2009. Like last year, it will include a 30K mail carry over the McKenzie Pass and a tour along the McKenzie Highway up to the Dee Wright Observatory and back.

The Willamette Backcountry Ski Patrol is partnering with the state ONC to host this event. Proceeds go towards Nordic Ski Patrol training and rescue efforts.

Mail Carry. The mail carry commemorates the ill-fated attempt by John Craig deliver mail to Sisters in the winter of 1877. This is a 30K wilderness ski over the top of the McKenzie Pass. There will be a bus shuttle to the west side of the Pass to begin the mail carry. Participants will meet at the East-side snow gate by 6:30AM.

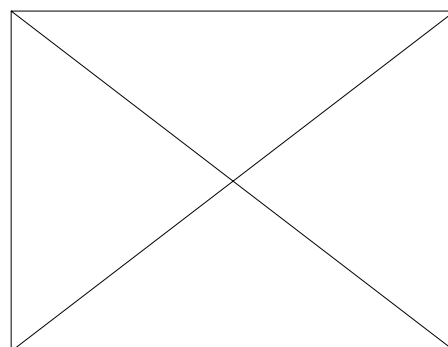
Ski Tour. Classic-ski short tour from 10:00AM - 12:00PM. Day-of-event registration only. Kids under 12 are free. The tour begins at the East-side snow gate. The tour follows the McKenzie Pass road to the Dee Wright Observatory scenic view point and back, all levels and abilities can ski the road. Fun for the entire family!

Tall Tales Party. The CONC helps host this event at the Best Western in Sisters. The party will be in the in the Ponderosa Room from 2pm to 6pm. There will be a meal charge at the door for those individuals not registered for the 30K event.

For information about the ski tour, contact Club member Micheale Giesler at (541) 388-4457. For information about the mail carry, call (541) 296-4837, or send an email to skipandjan@charter.net.

Visit the Tumalo Langlauf Club's website at http://www.tumalolanglauf.com/events/john_craig_memorial.html for more information on the John Craig event as well as some history about John Craig.

An application form should be posted on the state **Oregon Nordic Club** website by February 1st. Visit <http://www.onc.org> then to obtain an application form. Also, day-of-event registrations will be accepted for this year's ski tour.



CONC members Allan Sykora and James Cagney at the McKenzie Pass Summit on the 2008 John Craig Mail Carry.

Teacup Classic Races

The **Teacup Lake Nordic Club**, an Oregon Nordic Club chapter located near Portland, is having its annual classic ski race event on Sunday, February 1st. The event offers a variety of races from a 2.5K kids race to a 15K race for adults.

The race entry fees are: \$35 for the 10K and 15K races; \$20 for the 5K race; and \$15 for the 2.5K race. Participants can register the day of the race up until 10AM.

There will be an awards ceremony in the new Teacup cabin.

For more information about course, a registration form, and directions to the Teacup area, visit the Teacup chapter's race website page at http://www.teacupnordic.org/events-calendar/2008-2009/teacupclassicrace?ee_id=58. Or, you can send an email to classic@teacupnordic.org.

John Day Race 2009

Entry forms are available for the 23rd annual John Day Citizen's Cross Country Ski Race. The race is sponsored by the **Southern Oregon Chapter** of the Oregon Nordic Club. [Note: the **John Day Race** described here is different than the **John Craig Event** described on page 2 - Ed]

Willamette Backcountry Ski Patrol is partnering with ONC to host this event. With proceeds going towards Nordic Ski Patrol training and rescue efforts.

The race will be held Presidents' Day weekend on Sunday, February 15, 2009, at the Diamond Lake Resort. The Resort is located in the southern Oregon Cascades off State Route 138 north of Crater Lake National Park.

The citizen cross country ski race is open to all ages and abilities. The John Day XC Ski Race includes 20K freestyle (skating allowed) and 10K classic (diagonal stride only) events. The race also features Junior (18 & under) 5K freestyle and 5K classic events as well as a 5K Fun Ski.

The race course is machine groomed for skating and track set for classic skiing. The course is relatively flat with gentle rolling terrain and views if a racer chooses to look up. Entry forms may be downloaded from the John Day XC Race Website:

<http://southernonc.tripod.com/id6.html>

or by contacting Race Director Dan Bulkley at (541) 535-5979.

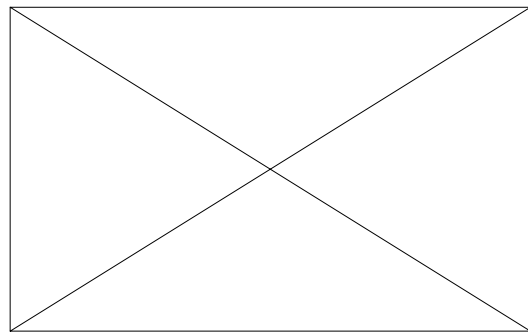
Day of race registration is accepted. Check-in at the Diamond Lake Resort Lodge between 8:00 AM and 9:30 AM on the morning of the race for bib pick-up and liability waiver. The mass-start race starts at 10:30 AM.

For Information Contact:

Dan Bulkley, Race Director

Phone: (541) 535-5979

E-mail: dbulkley77@hotmail.com



CONC Yahoo! Group and Trip Planning

The Sunday morning rendezvous at Di Lusso Coffee Shop provides a reliable way for us to meet to plan and participate in ski, snowshoe, or hiking activities. However, it could be helpful to share, propose, and discuss options in advance so as to come better prepared for the activities on any given day.

Some members may wish to propose skiing, snowshoeing, or hiking ideas that might not fit in the context of a Sunday morning activity. While the newsletter can announce such outing proposals, members might not want to commit themselves to a particular activity on a specific day, as conditions and circumstances can change. A more flexible and timely way to adapt plans to trail and weather conditions would be helpful.

Club member Paul McClellan has created a **Central Oregon Nordic Club Yahoo! Group** for CONC members to share ideas, make proposals, track trail conditions, and to discuss other topics of interest with club members, including bicycling in the summer. The CONC Yahoo! Group operates as a message board and electronic mailing list.

If you are interested in exploring this resource, visit the CONC Yahoo! Group home page at: http://groups.yahoo.com/group/central_oregon_nordic_club/.

Membership in this online group requires the approval of a

moderator. This reduces the risk of spammers cluttering the message board. Furthermore, the moderator can remove a Group member who posts spam or what appears to be intentionally offensive material. Paul is currently the moderator, but this responsibility can be shared with, or moved to others in the future.

To request becoming a member, start by clicking on the "Join This Group!" button on the right side of the home page. Then identify yourself, select your message delivery preferences, and pass a reading test (intended to prevent automated registrations). Once the moderator has approved your membership Application, you will then be able to use the features of the Group.

The moderator will not be able to ensure that every Group member is a current CONC member. This should not be a significant issue and may provide additional visibility for the club.

If you have any questions about the joining and using the CONC Yahoo! Group, you can email Paul McClellan at paulm@bendbroadband.com.

We hope you find this a useful tool.

Glacier Park Trip in September

Located north of Kalispell Montana and Flathead Lake and west of Glacier National Park, the small town of Whitefish provides a great location for exploring the Glacier National Park and northwest Montana.

CONC member Larry Weinberg has a timeshare condo in Whitefish and is willing to help make arrangements at the Crestwood condominium resort (Crestwood Resort, <http://www.thecrestwoodresort.com/>) if there is interest by other CONC members in spending a week in Whitefish.

The actual week would be the week beginning Friday, September 25, 2009. The units would be rented by the week, and although folks would not have to stay the entire week, you would be required to pay for the entire weeks cost divided by the number of folks staying at the unit. Larry will be contacting the resort to get an idea of availability and rental costs for that week. At this stage, he needs to have an indication of strong interest in going. This will not be a final commitment, but should be more than a 'sounds nice, maybe I'll go. Once the availability and pricing info is available, it will be sent to those who have indicated an interest. At that time those who wish to

go will need to make a firm decision and payment will be needed in advance in order to provide the resort with a firm commitment.

The units have two bedrooms (one with queen, one with two twins) and a sofa sleeper in the living room. Final cost per week will depend on the number of people who go. If you go to the website, ignore the nightly rates for now, as I will be contacting the management company directly to see what we can do. The week that we would be there is typically pretty slow and there are generally units available.

The latter part of September does have variable weather. In 2008 it was warm and the hiking to even high areas was easy. In other years, Larry had to go through 15 inches of snow to get to a high country chalet. So basically you take your chances with the weather, but Fall is beautiful in that part of the country. Glacier Park is about 25 miles from Whitefish.

If you do have a strong interest in this excursion, please contact Larry at larryw101@bendbroadband.com.

Winter Outdoor Emergencies

Recently, the **Bend Metro Parks and Recreation District (P&R)** offered a Winter Emergency Training class for its outdoor trip leaders. This outdoor class focused on two things: what to do with an injured skier, and how to start a fire on the snow. Many of the issues related to tending to an injured skier would also apply to an injured hiker.

The training class was given by Eric Denzler, the P&R Outdoor Director. Participants in the class included P&R trip leaders and volunteer assistant trip leaders. P&R requires that trip leaders and assistant trip leaders have current first-aid certificates. The purpose of this class was to present a situation where first-aid and leadership skills could be practiced in an outdoor setting.

The group skied/snowshoed into an area off trail near the Swampy sno-park. The first topic discussed was the SPOT satellite personal-tracking system. Then, an "accident" occurred where one of the skiers in the group crashed, broke her wrist and one of her ski poles. The group went through the process of dealing with the injured arm, setting up a shelter, splinting the broken pole, and starting a fire.

Managing an Outdoor Injury

Often there is more than one way to handle an outdoor emergency. It depends on the conditions, the location, the people in

the group, the equipment available, and the condition of the injured person.

Briefly, the steps involved in handling an outdoor injury are:

1. Assess the injury. First and foremost, check for spine and head injuries. If a person is lying on the ground and appears to "only" have an injured arm, it is important nevertheless to check for spinal injury. This can be as simple as asking the person if they can move their fingers and toes. If there is evidence of spinal damage, the person must not be moved.

2. Tend to the injury. Use whatever the group has available

".. keep a level head and do the best you can with what you have with you."

to mitigate the injury. For example, if the injury appears to be a broken wrist, the wrist should be immobi-

lized by putting a splint on the arm. A splint can be made by wrapping someone's foam sitting pad around the arm and binding it with duct tape, string, or wire. A sling for the splinted arm can be made from a bandana or jacket.

3. Tend to potential shock. If signs of shock appear (clammy skin, pale color, nausea), keep the injured person warm and, if possible, raise the feet slightly to increase blood flow to the brain.

[Continued on next page]

Winter Outdoor Emergencies (continued)

4. Make the injured person comfortable. In a winter emergency, it is important to keep the injured person warm and off the snow. Foam sitting pads or tree branches can act as a base on the snow for a cocoon made of jackets, ponchos, space blankets, or trash-can liners. If it is snowing, a tent can be made from a poncho or a trash-can liner.

5. Arrange for evacuation or outside help. Once the injury has been tended to, it is time consider evacuating the person. If the person is mobile and conditions allow (weather, time of day, distance to the trailhead, etc.), thought can be given to having the injured person walk, snowshoe, or ski out on their own. Note: A broken ski pole can be mended with duct tape and wire. A tree branch can be used to "splint" a broken ski pole.

If the injured person is immobile, the person should be made comfortable until help arrives. 911 should be called as soon as possible. The 911 operator will relay the message to Search and Rescue (**SAR**). Use a cell phone if available. If there is no cell-phone coverage, make your way back to the trailhead and try the cell phone there. If there is still no cell-phone coverage at the trailhead, drive toward town until there is coverage or you find a telephone. Make sure you can give a good description of the location of the injured person.

6. Allocate people and resources. If the injured person cannot travel on their own, some people will need to stay with the injured person until help arrives. Assume that this might be several hours. The rest of the group should make its way back to the trailhead. Extra food, water, flashlights, etc. in people's packs should be left with the group staying with the injured person.

Basically, in outdoor emergency, *keep a level head and do the best you can with what you have with you*. You would be surprised at the useful stuff people carry in their packs and what can be done with it if you are creative.

One last comment about tending to a person injured on the trail. What may appear to be a decision point really isn't. Do not attempt to carry out a person who cannot make it out on their own. Summer or winter, it is very tiring to carry an immobile person. The proper way to carry an injured person is a learned skill that requires training and practice. .

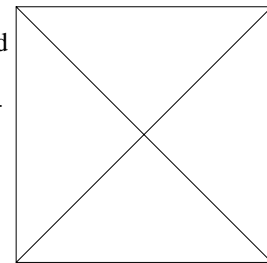
According to Denzler "What I learned from ... SAR is that we should NOT try to "pull" anyone out of the woods who can't

walk/ski/snowshoe out on their own. It's just too strenuous. We should call 911, give as exact a location as we can, and then plan to sit tight at that location for up to several hours until the SAR team can come in and get the person out. "

Starting a Fire on the Snow

Starting a fire on the snow involves first keeping the fire off of the snow itself. A way to do this is to create a bed of green branches on the snow. The bed of green should be at least a few inches thick.

On top of this green base, add the wood you plan to burn. Select dead branches that have no bark - bark can hold moisture. And, these types of branches will break off easily from a snag or tree. Next, add a teepee of smaller-diameter twigs as kindling. Again, no bark.



In the teepee of kindling add fire starter. Fire starter is something that most of us don't carry in our packs. We may carry matches, but to start a fire quickly, you need something that will light easily and is in addition to the, perhaps damp, fire wood. Some examples of fire starter include kitchen wax paper rubbed with Vaseline. Or, clothes-dryer lint mixed with Vaseline (belly-button lint will work in a pinch if the group is large enough). A chunk of a Presto Log will work also since it is little more than wood chips or saw dust mixed with paraffin. Keep the fire starter dry in a container in your pack ready for use.

Earlier in this article, I mentioned trash-can liners. Trash bags and liners are light weight and take up almost no room in a pack. Yet, they can be used for a variety of things. Cut holes in a trash bag and it can be used as a poncho. It can be worn under a jacket next to the body for extra warmth. It can be used as a ground cloth. A large liner can be used as an emergency tent.

Eric Denzler, our instructor, said that next time the class is given, the topic of how to start a fire on the snow would be discussed first ... it was a bit nippy on the day of our training.

- Ron Hoyt -

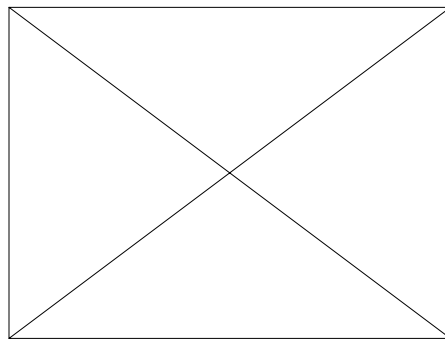
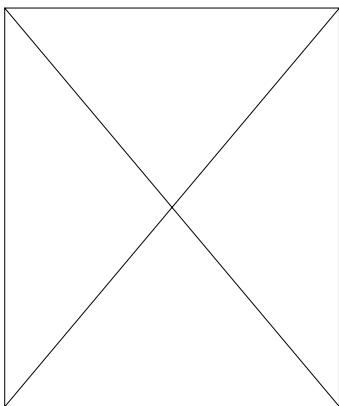
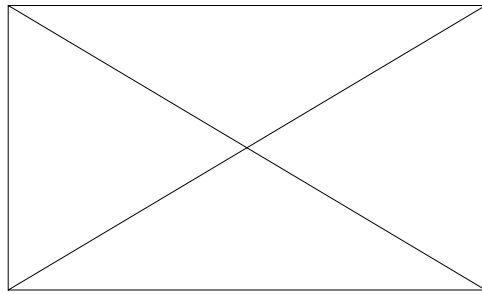
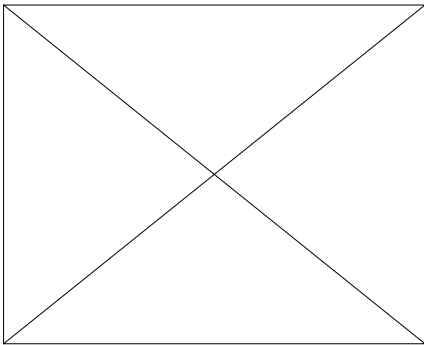
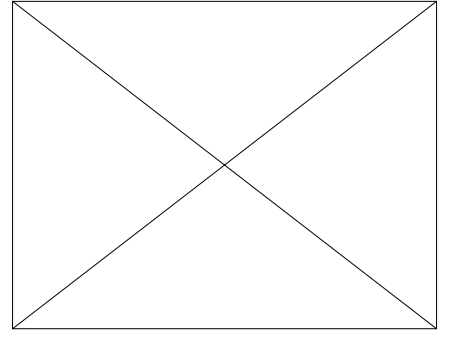
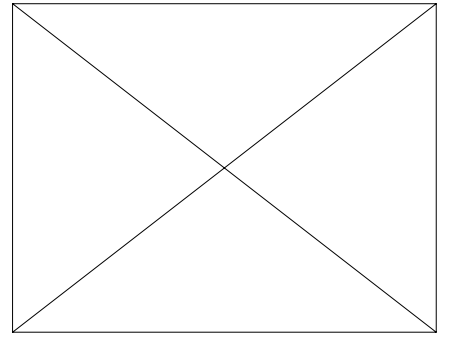
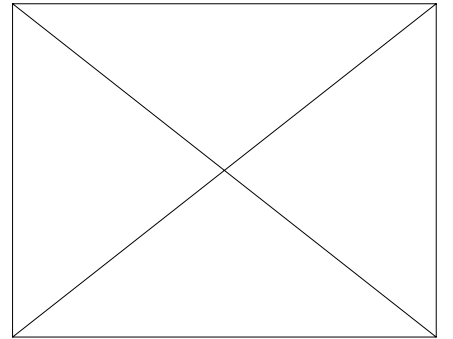
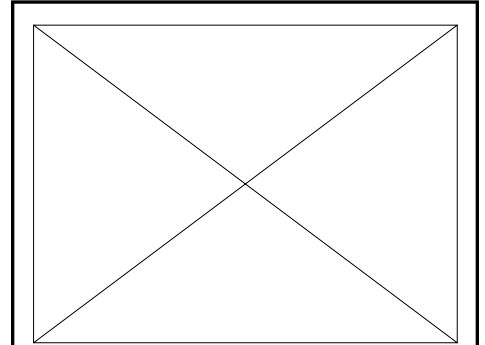
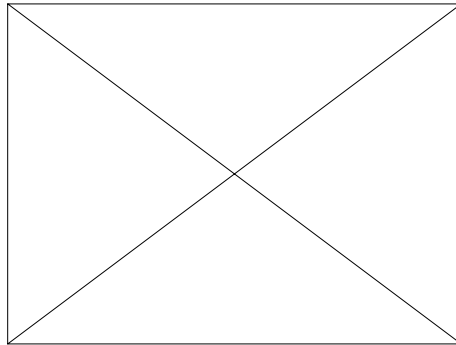
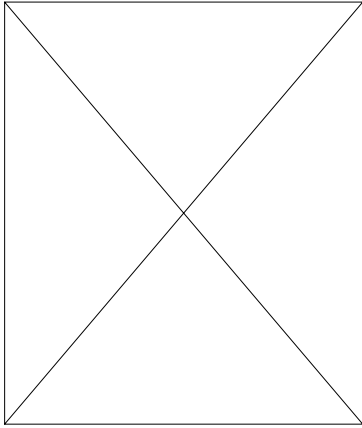
New Year's Eve Visit to Nordeen Shelter

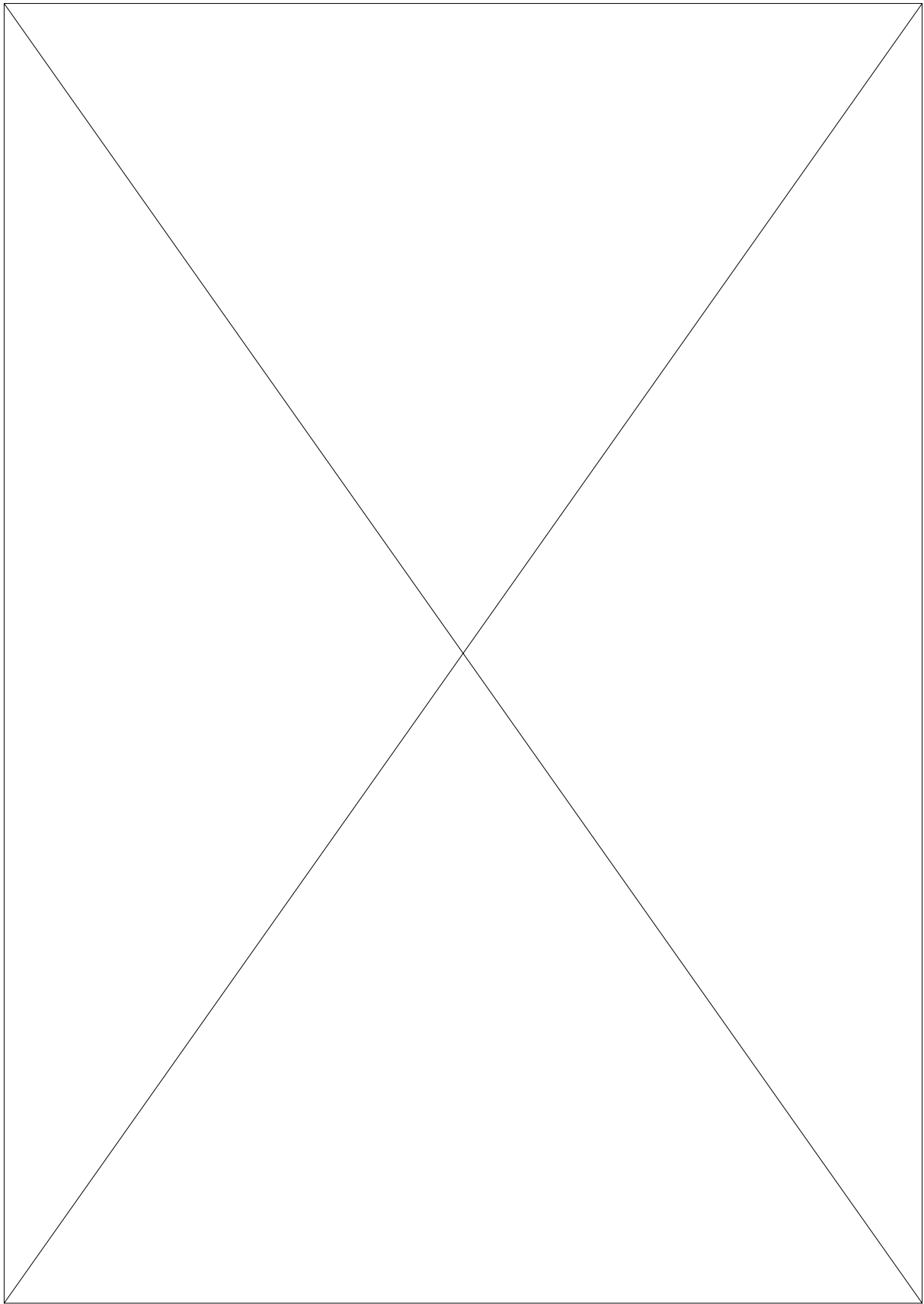
On New Years Eve day, several Club members took advantage of the nice weather and snow to visit the Nordeen Shelter. Skiing on New Years Eve is an old CONC tradition.

While, there Gary Kelly spearheaded an effort to move some firewood from the recently-completed wood shed to the shelter proper. The new wood shed is a serious one whose construction rivals that of the shelter itself . The shed rests on a reinforced-concrete foundation and is capped by a metal roof.

As can be seen from the photos on the right, there was an ample supply of supervisors to watch Gary shovel a path to the door of the shed.

- Ron Hoyt -



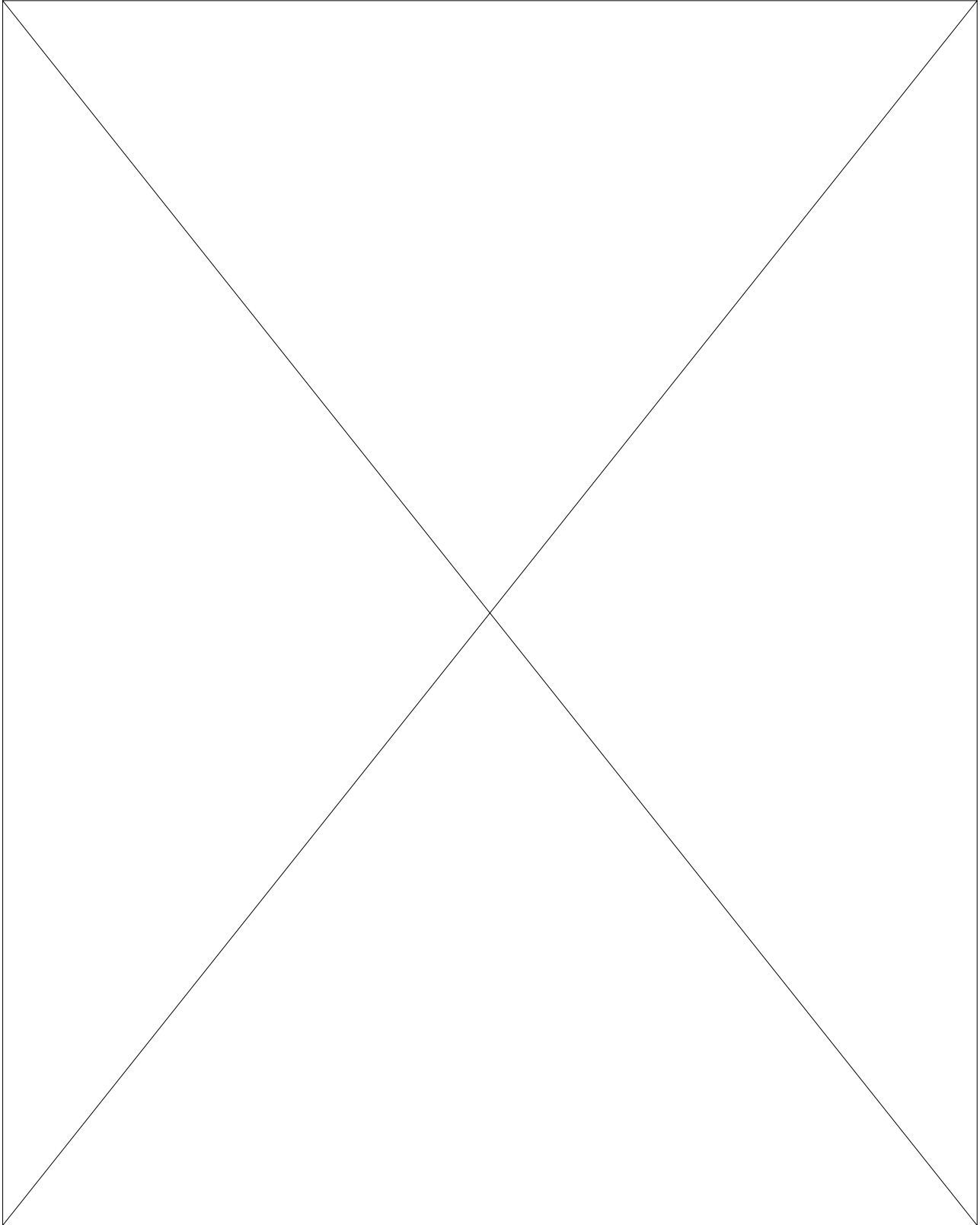


Meissner Snowshoe Trails

Trail Map courtesy of Dick Spray

Edison Snowshoe Trails

Trail Map courtesy of Dick Spray



CONC Membership List - 2009

For privacy reasons, the CONC membership list is not available in the online version of the Nordic News.

CENTRAL OREGON CHAPTER OF THE OREGON NORDIC CLUB

Membership Application 2009

The Central Oregon Nordic Club:

- Provides opportunities to meet other cross-country skiers, snowshoers, and hikers; and to make new friends.
- Has informative monthly meetings at the Central Oregon Environmental Center from 7 to 9 pm on the second Friday, November - June. The Environmental Center is located at 16 NW Kansas in Bend.
- Organizes cross-country skiing, snow shoeing, and hiking trips.
- Sponsors a Nordic Ski Swap in November as a community service.
- Supports youth ski programs in Bend (High School and Bend Parks and Recreation).
- Stocks local ski shelters with firewood and maintains these shelters.
- Maintains cross-country ski trails in Central Oregon.
- Belongs to a state-wide organization with chapters in Bend, Prineville, Salem, La Grande, Ashland, Grants Pass, Portland, Teacup (Mt. Hood), Klamath Falls, and The Dalles.

Dues Schedule

Memberships are renewable on October 1st of each year. Dues are \$25 per year. For new members joining before August 1st, the dues are \$25 for the year. For new members joining in August and September, the dues are prorated to \$15. All un-renewed memberships lapse on December 31st.

To Join:

Please fill out this form and send to: **Central Oregon Nordic Club, PO Box 744, Bend, OR 97709.**
Make checks payable to **CONC**. For more information, call 1-541-382-8023.

CENTRAL OREGON NORDIC CLUB

PO Box 744, Bend, OR 97709

Membership dues are **\$25.00** per year

Name _____ Phone _____
Address _____ City/State/Zip _____
Email Address _____ Date _____

I would like to receive the Club's newsletter via: Regular Mail Email/Web Site (Saves CONC money)

I am interested in the following club activities (Please check as many as you would like):

X-Country skiing Snow shoeing Hiking Backpacking

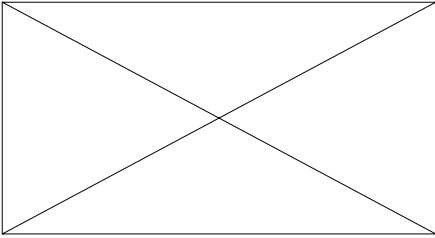
I am interested in volunteering for (Please check as many as you would like):

Leading trips Trail/shelter maintenance Ski Swap
 John Craig Race Helping with youth programs Forest Service Liaison
 Meeting preparation Other _____

Privacy Policy The club will not give any information about you to anyone other than club members. Information is shared to help members find people with similar interests.

BE SURE TO SIGN THE WAIVER ON REVERSE SIDE

**CENTRAL OREGON NORDIC CLUB
PO BOX 744
BEND, OREGON 97709-0744**



Name of Participant:	
Name of Event/s: Any Oregon Nordic Club Activity in 2009/2010	
THIS IS A LIABILITY RELEASE. PLEASE READ CAREFULLY BEFORE SIGNING.	
<p>I acknowledge that ORS §30.975 provides that an individual who engages in the sport of skiing, alpine or Nordic, accepts and assumes the inherent risks of skiing insofar as they are reasonably obvious, expected, or necessary. Inherent risks of skiing include, but are not limited to, those dangers or conditions which are an integral part of the sport, such as changing weather conditions, variations or steepness in terrain, snow or ice conditions, surface or subsurface conditions, bare spots, creeks and gullies, forest growth, rocks, stumps, lift towers and other structures and their components, collisions with other skiers, and a skier's failure to ski with the skier's own ability, I am aware that hiking, skiing, and related activities are potentially hazardous activities that include certain risks and dangers, and I have made a voluntary choice to participate in these activities despite the risks that they represent. In consideration of my being permitted to participate in the club activities named above, I agree to ASSUME ANY AND ALL RISKS OF INJURY OR DEATH, which might be associated with or result from my participation in these events.</p>	
Initial Here:	
<p>I further agree to RELEASE FROM LIABILITY and to INDEMNIFY AND HOLD HARMLESS the organizers and sponsors of the hiking and skiing event/s, the Oregon Nordic Club, and their owners, agents, landowners, affiliated companies and employees for any damage, injury, or death to myself or to any person or property from any activities connected with my participation or practice for or my participation in these events.</p>	
Initial Here:	
<p>I, the undersigned, have carefully read and understood this agreement and all of its terms. I understand that this is a RELEASE OF LIABILITY which will LEGALLY PREVENT me or any other person from filing suit or making any other legal claim (including any claim based on negligence) for damages in the event of my death or any injury to me. I nevertheless enter this agreement freely and voluntarily and agree that it is binding upon me, my heirs, assigns, and legal representatives.</p>	
Initial Here:	
<p>If I am SIGNING ON BEHALF OF A MINOR (18 and under) I accept full responsibility for all medical expenses incurred as a result of the minor's participation in Oregon Nordic Club sponsored events. I also agree to Release, Hold Harmless and Indemnify the Oregon Nordic Club for any claims brought by the minor.</p>	
Participant Signature: _____	Date: _____
Guardian Initial Here:	
Guardian Signature (if minor): _____	Date: _____