

The Nordic News

The Newsletter of the Central Oregon Nordic Club

April - May 2009

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

Club News

Next Meeting. No club meetings are scheduled until the fall. However, on **Wednesday, May 6th**, our Club will co-host a talk and slide show by **Bill Sullivan**. Sullivan is the author of several books including his widely read "100 Hikes" series. He will give a presentation on *Exploring Oregon's Wilderness* that will highlight Oregon's wilderness areas. The talk will be given in the Brooks Room of the **Bend Public Library** at 6:30PM.

Sullivan will give two presentations in Central Oregon in May. In addition to his May 6th talk in Bend, he will speak **Thursday, May 7th** in Redmond about *Oregon's Greatest Natural Disasters* from his book of the same name. This talk will be given at 6:30PM at the Redmond Public Library. See the article on Page 3 for more information.

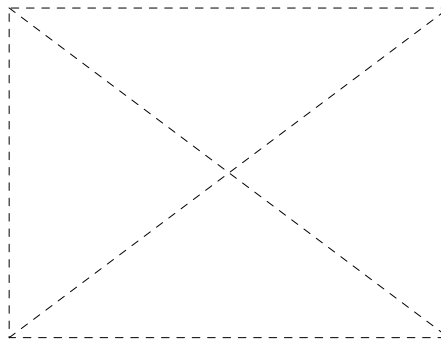
Summer Oregon Nordic Club. "Summer Nordic Club" is not a contradiction since ours is a year-round club. About this time of the year, the Club switches from being a skiing/snowshoeing club to being a hiking/cycling club. Of course, some members will continue to

enjoy the spring skiing and the corn snow.

Below you will notice the list of proposed hikes for April and May. This list is subject to change on a whim, of course. Use it as a rough guide. You can contact Linda Frost at oqtrs@bendcable.com for timely hike information.

CONC Trail Maintenance at Meissner. In February, Gary Kelly led about ten other

[Continued on next page]



[Photo provided by Michelle McSwain]

Next CONC Meeting

The Club's next meeting will be in the fall sometime.

Oregon author Bill Sullivan will speak at the Deschutes County Library in Bend on May 6th at 6:30PM.

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Hikes for April and May

The Club has several hikes planned for the Sundays in April and May - weather permitting.

Hikes start from the DiLusso Coffee Shop on Galveston. We gather between 9 and 9:30, decide on destinations and drivers, and leave at 9:30. Bring lots of water, lunch, sunscreen, good footwear and layered clothing.

Because the group keeps growing, there is a good chance that there will be two destinations, the planned one and a shorter outing.

Remember, a group meets at the same time and place on **Wednesdays** for shorter hikes.

The hikes are subject to change without notice.

Please contact Linda Frost for more information at 382-8023, OQTRS@bendcable.com.

April - May Hikes

- April 5 - Chimney Rock (5 mi)
- April 12 - Tam a' lau trail (5-6 mi)
- April 19 - Horse Ridge (6 mi) or Trout Creek (7 mi)
- April 26 - Pine Mountain (5 mi)
- May 3 - Lower Paulina Creek (4-6 mi)
- May 10 - Gray Butte shuttle (10 mi)
- May 17 - Alder Springs (5-6 mi)
- May 24 - McKenzie River Trail (3, 5, or 10 mi.)
- May 31 - Upper Paulina Creek (5-10 mi)

CONC Board

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Club News (Continued)

CONC members on a Wednesday ski trip to the Shooting Star shelter in the Meissner area. One purpose of the trip was to put up trail markers in an area near the shelter where the blue diamonds marking the trail had either disappeared or become difficult to see.

As is the CONC way, the other skiers on the trip told Gary which trees needed markers and Gary did most of the work himself putting them up. See the article on Page 3 about Gary and his efforts to coordinate our club's outdoor-volunteer activities.

Overnight Hiking-Trip Reminders. In case you haven't switched gears into hiking yet, remember that there a couple of overnight hiking trips being planned for this season.

The Cold Springs Cabin in July. This Forest Service cabin, located at the eastern edge of Big Summit Prairie in the Ochocos, has been reserved for CONC use from Thursday through Saturday, July 9th to July 11th. The cost is approximately \$15 per person a night. We will share food, cooking chores, and some nice hiking and relaxing. For more information, contact Linda Frost at OQTRS@bendcable.com, 382-8023.

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 have a strong interest in joining Larry in September for a week of exploring Whitefish and Glacier, please contact Larry at larryw101@bendbroadband.com.

State Nordic Club Upgrading Website. The parent organization of our club, the Oregon Nordic Club (ONC), is in the process of upgrading and expanding its website. Although the changes are still at the discussion stage at this point, there's talk of more closely integrating the individual chapter websites with the ONC website. You can visit the current ONC website at <http://www.onc.org/>.

Nordic Trail Signage Repair. The Forest Service would like to know if you have encountered any Nordic trail signs that are missing, broken, illegible, have confusing text, or you have found temporary paper signs on the Nordic trails in need of replacement. If so, please contact Chris Sabo at the email address and phone number given in the following article.

The Nordic News. Although there will be no Nordic Club meetings until the fall, the *Nordic News* will be published on a loose, bi-monthly basis until then.

Email will be used during the summer to notify club members of trips and other topics of interest.

Ski and Snowshoe Trail-Junction Numbers

The Forest Service is considering the possibility of assigning a junction number to each ski and snowshoe trail junction.

Chris Sabo of the Deschutes National Forest feels this would make our trails even easier and safer to navigate. If trail users have an updated map with junction numbers and are at a junction, they should be able to easily locate themselves on the map.

The junctions would be marked on the ground in a fashion similar to snowmobile trails. That is, the marker would be a large, blue diamond with the junction number on it. The junction number itself would be displayed using reflective 2-inch numbers for visibility.

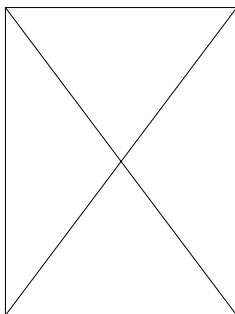
The ground installation to implement this change would be fairly simple. The change would require that next winter's maps include the new numbers. The Forest Service is trying to implement a numbering sequence for each trail system that might make sense. For example, junction numbers increasing as you get further out from the sno-park. Each system, Meissner, Swampy, Edison, etc. would be assigned a block of numbers up to 3 digits. No two junctions would be numbered alike anywhere on the system.

Chris Sabo is interested in knowing if you seen such a scheme used elsewhere. He would appreciate any feedback. You can contact Chris at 383-4795, csabo@fs.fed.us.

Gary Kelly and CONC Volunteers

Hats off to Gary Kelly!!

This year Gary Kelley and his work crews have done a super job of getting the ski trails and shelters ready for the winter. More than 39 volunteers have worked 393 recorded hours to make our skiing better. Gary has done a great job of getting the work crews together and managing our club's outdoor-volunteer activities.



Gary, Bob Turner, Jim Baker, Tom Dean and Al Matson have each put in over 20 hours in volunteer trail-maintenance activities. In fact, Bob Turner worked 64 hours all together!

As noted on Page 1 of this newsletter, Gary recently led a group of skiers and volunteers on a trip to the Shooting Star shelter in the Meissner area, in part, to improve the trail marking near the shelter.

As a token reward for all this work, Gary has obtained ski hats for the volunteers and is in the process of distributing them. There are a few extra hats that can be purchased at the coffee shop for \$10 from Linda Frost or Gary. The hats have a great ONC logo.

If you would like to add your name to the list of CONC volunteers, please email Gary at gary.s.kelley@gmail.com. Also, you can visit the CONC website's [Activities](http://conc.freehosting.net/activities.htm) page at <http://conc.freehosting.net/activities.htm> for more information about volunteering.

The trails and shelters are looking better than they have for several years. Thank you Gary! And thank you too to all our volunteers!

- Linda Frost -

Bill Sullivan To Talk About Oregon's Wilderness Areas

In what has become an anticipated annual tradition, Oregon's bestselling outdoor author, Bill Sullivan, will visit Central Oregon this spring to give presentations on Oregon's natural history. He will be here in early May to talk about Oregon's wilderness areas and Oregon's greatest natural disasters.

Sullivan is well known by most hikers in our area because of his excellent book 100 Hikes in the Central Oregon Cascades. His popular "100 Hikes" series of books covers the entire state.

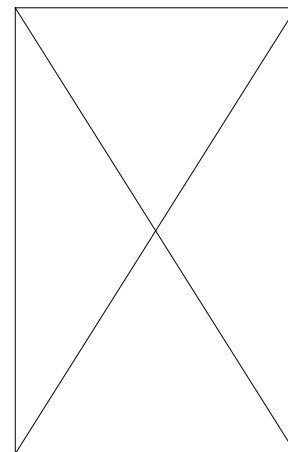
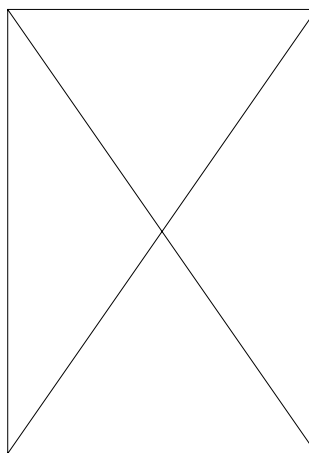
Sullivan's first talk in our area will focus on Oregon's wilderness areas. He will present this lecture and slide show on Wednesday, May 6th, at the Bend Public Library in downtown Bend at 6:30PM. The event is co-hosted by our club.

Sullivan will present a slide-show tour of the state's most beautiful Wilderness Areas -- including areas about to be designated by Congress. From Mt. Hood to the Wallowas, from the Oregon Dunes to Steens Mountain, expect tips for summer backpacking, winter tours, and day hikes amidst Oregon's most spectacular scenery. The presentation will be based on Sullivan's upcoming Atlas of Oregon Wilderness. Sullivan always spices his talks with notes on the geology, wildlife, and history of the land.

The following day, Sullivan will be in Redmond to present a slide-show tour of Oregon's greatest natural disasters. If you missed last year's talk on this topic in Bend, you can catch it this year in Redmond. His talk will be based his book Oregon's Greatest Natural Disasters.

Although Oregon's natural disasters occur at irregular intervals, Sullivan shows that they are in fact part of natural cycles. It is not possible to predict these catastrophic events precisely, but we can prepare for their impact. Are we ready for the giant earthquake and tsunami that is coming to western Oregon? And how will global warming change the natural cycles behind Oregon's forest fires and floods?

Bill will present this lecture on Thursday, May 7th at 6:30PM at the Redmond Public Library in Redmond.



Thank you CONC from the High School Cross-Country Ski Program

During the season, the Oregon Interscholastic Ski Racing Association (OISRA) Nordic Division, holds five races at the League Level, and a two-day State meet. There are two leagues in the Cross Country Ski Program: a Northern and a Southern League. The Leagues run a series of five races where each student earns points at each race. The points cumulate through the season and each team also cumulates points in order to win the league championship.

The CONC sponsored the awards for both the Northern and Southern League Championships.

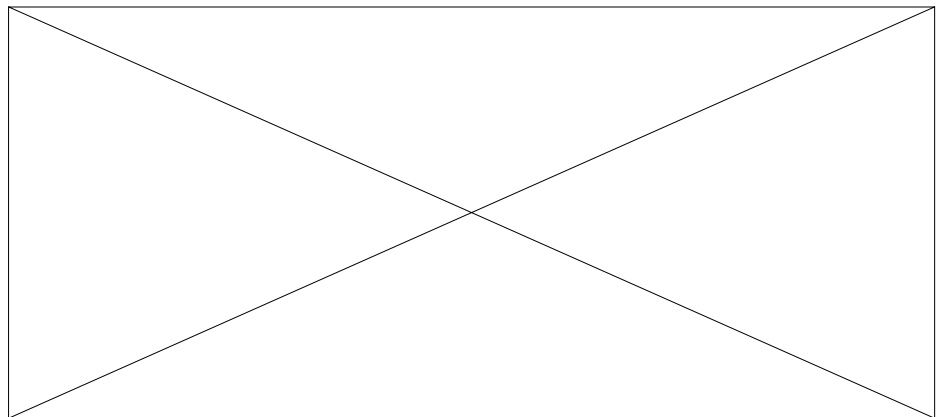
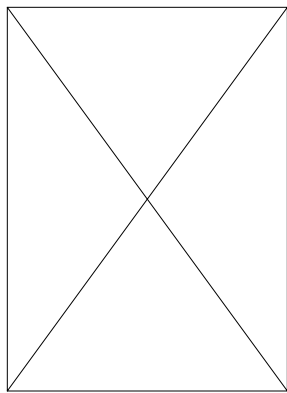
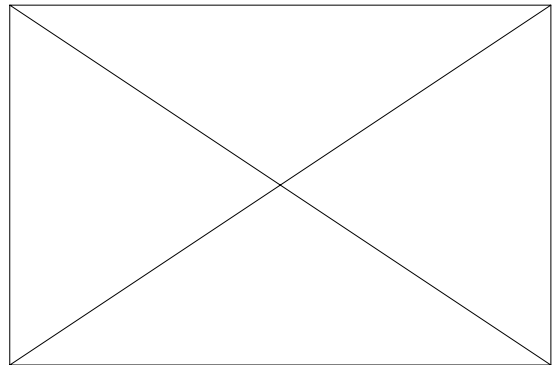
The CONC also sponsored the Central Oregon Nordic Club Jamboree ski event on January 3, 2009 at Diamond Lake. Several students from Middle School, High School, and recent graduates competed in either a 4 Kilometer skate-ski race or a 4 Kilometer classical-ski race. There was also a 100 meter sprint race and an 8 Kilometer hot-pursuit race where the racers changed from classical-race equipment to skate-race equipment half way through the race.

The students were from Bend, Eugene, and Ashland. This race

is the first race of the season, and for many of the new skiers to the program, it is the first ski race of their lives.

Thank you to the members of the CONC for making this program a success.

- Bill Martin -



Preparing Your Skis For Next Season

Whether storing your skis for a few weeks or for the summer, you should store your skis with a layer of wax on them.

Before waxing your skis for summer storage, you should first clean them. Remove any pitch or dirt that may have accumulated during your Spring skiing. A solvent

such as Swix Citrus Solvent can be used. If very dirty, wash the

skis with soap and water. A dilute solution of Simple Green works just right. Rinse and dry the skis.

"... for the summer, you should store your skis with a layer of wax on them."

After cleaning, melt a soft glide wax on the ski base and store in a warm place until next season.

[Information provided, in part, by Bill Martin from a past article on waxing your no-wax skis.]

Forest Service Trail Maintenance Training

If you are interested in helping maintain Forest Service trails, and want to make a meaningful contribution in a magnificent setting, come volunteer for a variety of opportunities on the Deschutes and Willamette National Forests.

The **High Cascade Forest Volunteers** and the **Pacific Crest Trail Association** are teaming up to offer spring training that will prepare you for fun and rewarding projects. Come alone, or bring your friends and family, and have some fun being a part of your National Forest. Several Nordic Club members enjoyed last year's trails-training class.

Volunteers are needed for a wide range of activities. While some tasks are more strenuous, there are many available for everyone's interest and skill level. Tools and equipment will be provided. Horses or llamas will help carry equipment for some of the organized summer projects.

The trail-skills training sessions will cover such topics as

- Adopting your favorite lake/trail
- Learning advanced trail building techniques
- Working with a trail crew for a weekend
- Cleaning campsites around lakes
- Clearing rocks and brush from trails.
- Surveying trails for winter damage.
- Restoring overused sites
- Maintaining trail signs for summer and winter trails

The sessions may also include training on specific skills such as trail crew leadership, First Aid/CPR certification, cross-cut and chain saw re-certification, compass/GPS, identify/remove noxious weeds, monitoring historic sites, and outdoor survival tips.

To be a forest volunteer, the Forest Service asks that you attend one of two training weekends. There is no charge for either weekend and free camping is available. The first weekend is scheduled for May 16th through 18th at the Westridge School near Oakridge. The second weekend is scheduled for Friday May 29th through Sunday May 31st at the Allingham

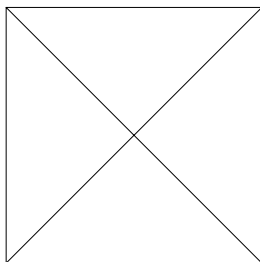
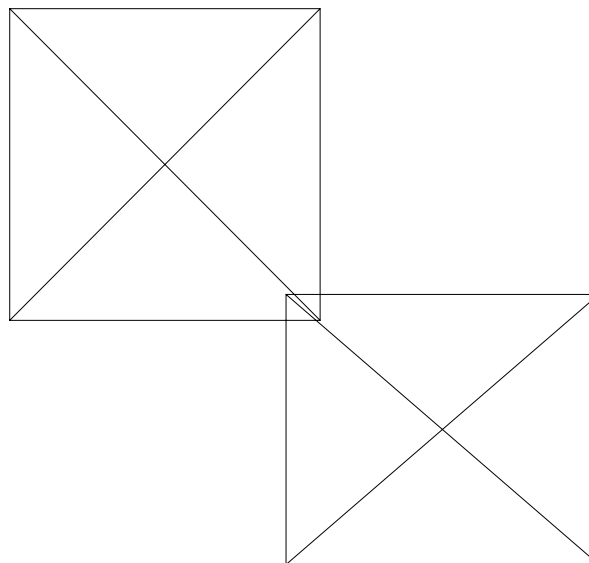
Guard Station located west of Sisters near Camp Sherman. Registration for the Allingham training near Sisters closes May 1, so don't delay.

Classes may include trail maintenance, For the complete 2009 training weekend schedule, and to register for the sessions, check the volunteer web page at <http://www.fs.fed.us/r6/willamette/admin/volunteer/index.html>.

This is a great opportunity to meet other Forest volunteers and Forest Service staff. Come learn new information or brush up on what you already know.

For more information about the National Forest Volunteer Program contact Jean Nelson-Dean, Volunteer Coordinator, at 541-383-5576.

John Schubert
Trails Specialist & Volunteer Coordinator
Deschutes National Forest
jschubert@fs.fed.us
541-383-4743



2009 John Craig Mail Carry

Five CONC members participated in this year's Mail Carry portion of the John Craig Memorial Wilderness Ski Classic. This ski event was held on March 14, 2009, along the McKenzie Pass Highway nine miles west of Sisters.

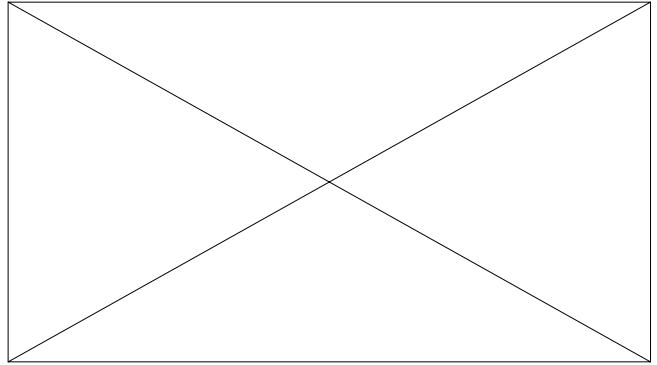
Club members James Cagney, Gary Kelly, Ron Lambert, Al Matson, and Allan Sykora completed the almost 22-mile ski up and over the McKenzie Pass. The John Craig event is named in honor of a 19th century mail carrier who died attempting to do the same thing.

Unlike the ill-fated attempt by John Craig in 1877, the modern version of the winter McKenzie Pass crossing is well supported with aid stations and course monitors. And, at the end of the ski trip, there are burritos - provided by our club - waiting for the participants in Sisters.

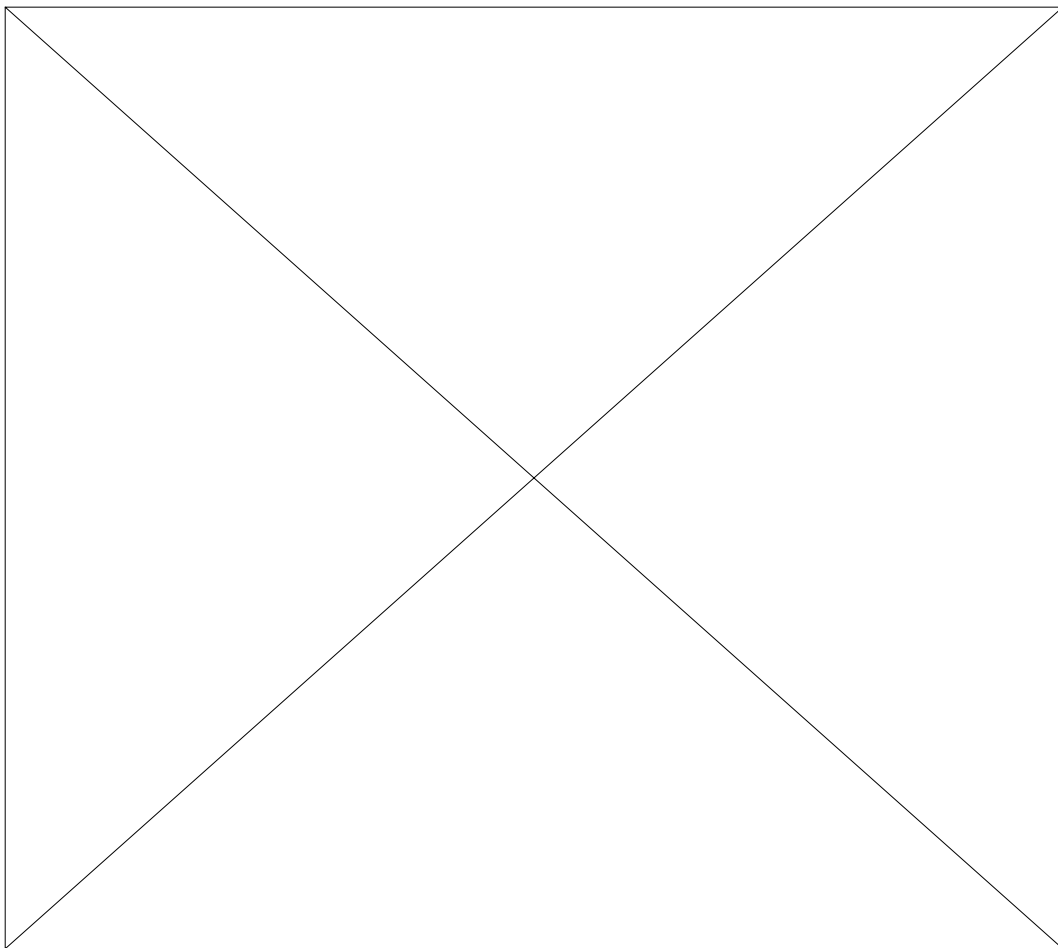
As can be seen from the trip profile below, the first three quarters of the ski is a steady uphill to the summit of McKenzie Pass at the Dee Wright Observatory. This is followed by a

steeper, 5-mile downhill run to the east snow gate near Sisters. The snow was in good condition this year with good coverage the length of the route. It was snowing and the wind blowing strongly at the summit.

- Ron Hoyt -



[Photo provided by Ron Lambert]



CONC Overnight Ski Trips 2009

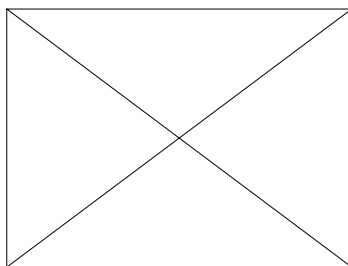
January and February were busy months for CONC members as they traveled to take part in various overnight ski trips offered to club members.

The destinations this year ranged from Crater Lake in Oregon to the Methow Valley in Washington state to the Alps of Italy and Austria. Descriptions of the trips were given in the **October-November 2008** issue of the *Nordic News*. In the rare event that you did not save that issue of the newsletter, you can visit the Club's website at <http://conc.freehosting.net> to see an online version of it - in color. Once at the website, click on [Newsletters](#) and then [archives page](#).

Photos taken on these trips appear in the next few pages of the newsletter. The trips are briefly described - in chronological order - below.

The Methow Valley - January 19 to January 24

The week-long ski trip to the Methow Valley in Washington state, was organized by **Joanne Dalsass**. More than twenty CONC members joined Joanne at the Mazama Country Inn, located near the town of Winthrop, for the week. As usual, the grooming was excellent as were the meals and accommodations at the Inn.



The photos of the trip, shown on Page 10, were contributed by Terry Hollstein.

Italy/Austria - January 29 to February 15

The two-week ski trip to Italy and Austria was organized and led by Club members **Shari Hogshead** and **Paul Gauthier**.

There were sixteen people were on the trip: ten from Bend and six from Seattle. Eight, including the leaders, were CONC members. The group spent the first week in the Dolomites of northern Italy in the town of Dobbiacco/Toblach. This section of Italy was part of Austria before the First World War; many of the towns in the region have both Italian and Austrian names. Evidence of the conflict, in the way of forts and gun emplacements, can still be seen.

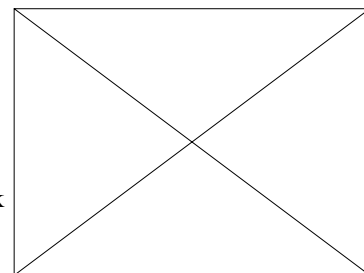
The second week of the trip was spent in the Austrian town of Ramsau am Dachstein in the Tyrolean Alps. The "am Dach-

stein" is added to distinguish it from other towns of the same name. Ramsau is located on an elevated plateau at the base of the Dachstein mountain range. This plateau was the site of the 1999 Nordic World Championships and this area contains no less than 200 km. of groomed ski trails.

The skiing terrain differed between Italy and Austria. In Italy, Dobbiacco was surrounded by mountains and valleys. The group generally took public transportation to a different valley each day and skied down the valley past different villages. In Austria, the group took public transportation to different parts of the plateau on which Ramsau is situated. Some days, the ski trail ended back at the hotel. One day, the group took gondolas up to a broad ridge and skied along the ridge.

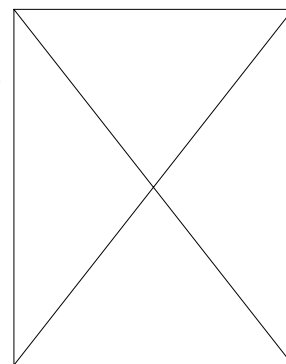
The cross-country skiing in Europe is "civilized" in my opinion. First, there are hundreds of kilometers of trails groomed for classic skiing, skate skiing, and walking. Because of the groomed walking trails, called Winterwanderwegs in Austria, there are very few snowshoers. Snowshoes are not needed there - just snow boots. People of all ages use the groomed trails - if not for skiing, then for walking.

Second, the groomed trails connect villages and trail-side cafes. Each village, it seems, has at least one church and one café. So, every few kilometers, you can take your skis off; walk into a café; and order coffee, hot chocolate, beer, and food.



Third, the ski-trail passes also act as bus and train passes. Although it was possible to ski directly from the hotels where we stayed, on most days we took public transportation to a village or trailhead to begin our day's ski. Just show your ski pass and get on the bus.

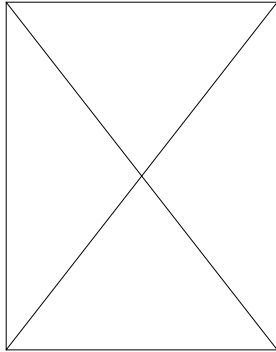
While in Austria, the group skipped skiing for a day in favor of a visit to Salzburg, the birthplace of Mozart. The apartment building shown in one of the photos on Page 9 is the building where Mozart was born.



Linda Frost, our club's president, brought Gummy along on the trip. On the next page is a photo of Gummy about to enjoy an elegant dinner And, if you look carefully, you can see

CONC Overnight Ski Trips 2009 (Continued)

Gumby in one of the photographs on Page 9. Linda acquired Gumby at the holiday pot luck in December. Sadly, we only have photographs to remember Gumby by now. Linda left Gumby sitting in a trail-side café/pub in Austria. Since Gumby was kind of a party guy anyway, he is probably enjoying himself in his new digs.



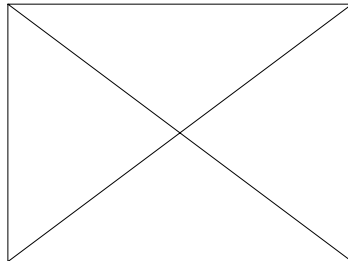
More information about this European ski trip and photos taken on the trip will be presented at a future slide-show meeting of the Club.

The photos of the European trip, shown on the next page, were contributed by Linda Frost, Ron Hoyt, Ron Lambert, Don Sechrist, and Larry Weinberg.

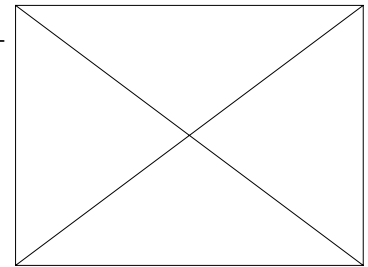
Crater Lake - February 27 to February 28

The annual, long-weekend ski trip to Crater Lake, organized by CONC president **Linda Frost**. Although overcast much of the time, there was fresh snow for skiing.

The Crater Lake Lodge is closed in the winter. So, as in previous years, the group stayed at the Prospect Hotel in the small town of Prospect located about 20 miles south of Crater Lake.



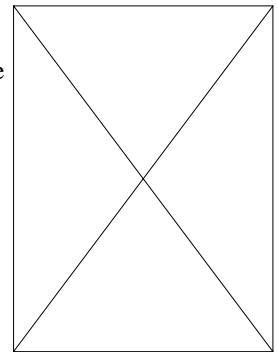
The hotel's dining room, normally closed in the winter, was opened to accommodate the CONC group.



Some members of the Ochoco Nordic Club, located in Prineville, joined us this year. The photograph shown on first page of this issue of the *Nordic News* was taken by Ochoco Club member Michelle McSwain.

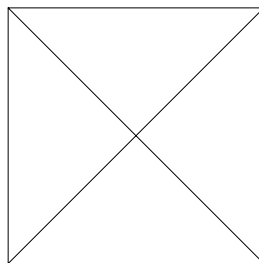
The Ochoco chapter is a sister chapter of the state Oregon Nordic Club. You can visit the Ochoco chapter's website at <http://www.onc.org/ochoco/index.html>.

A resurrected Gumby or, more likely, a Gumby clone also went to Crater Lake as can be seen from the photo on the right. The little guy's incredible.

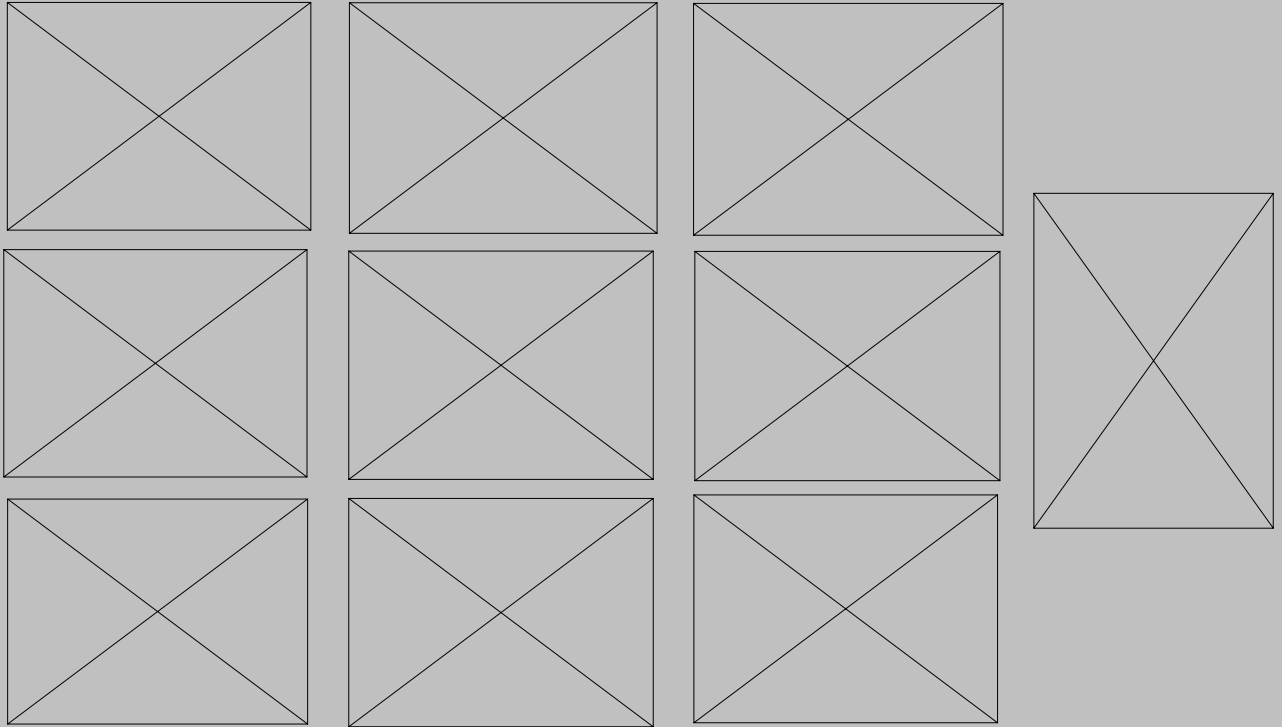


The photos of the Crater Lake trip, shown on Page 10, were contributed by Linda Frost, Gary Kelley, and Michelle McSwain.

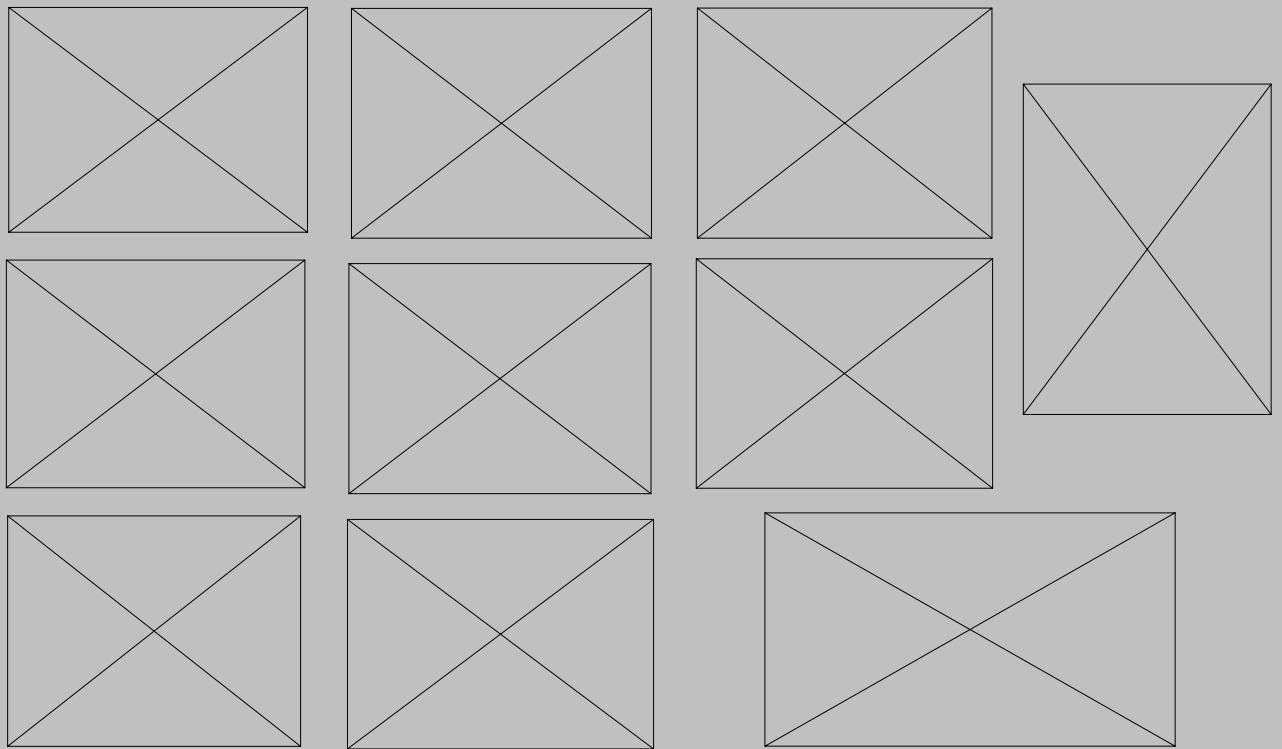
- Ron Hoyt -

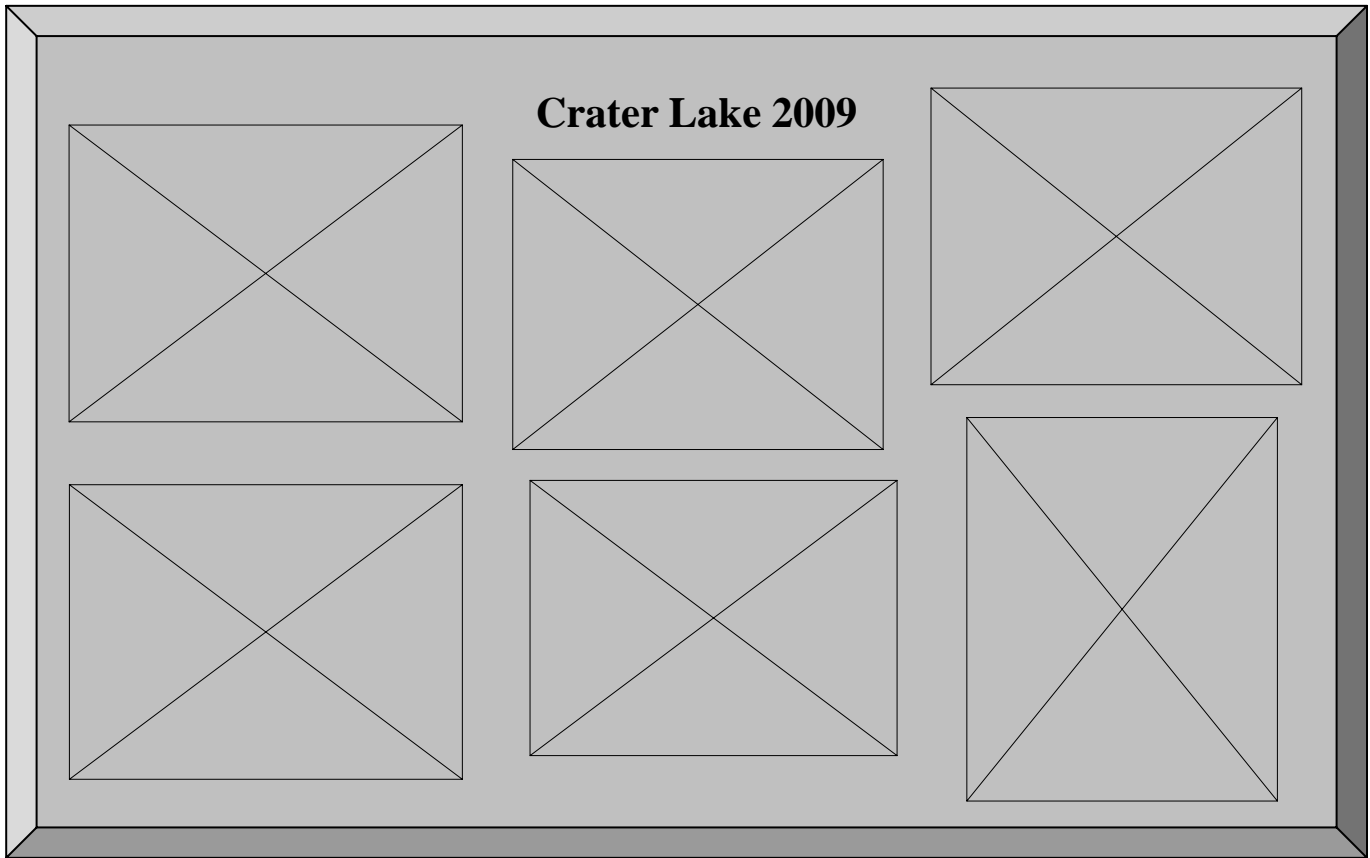
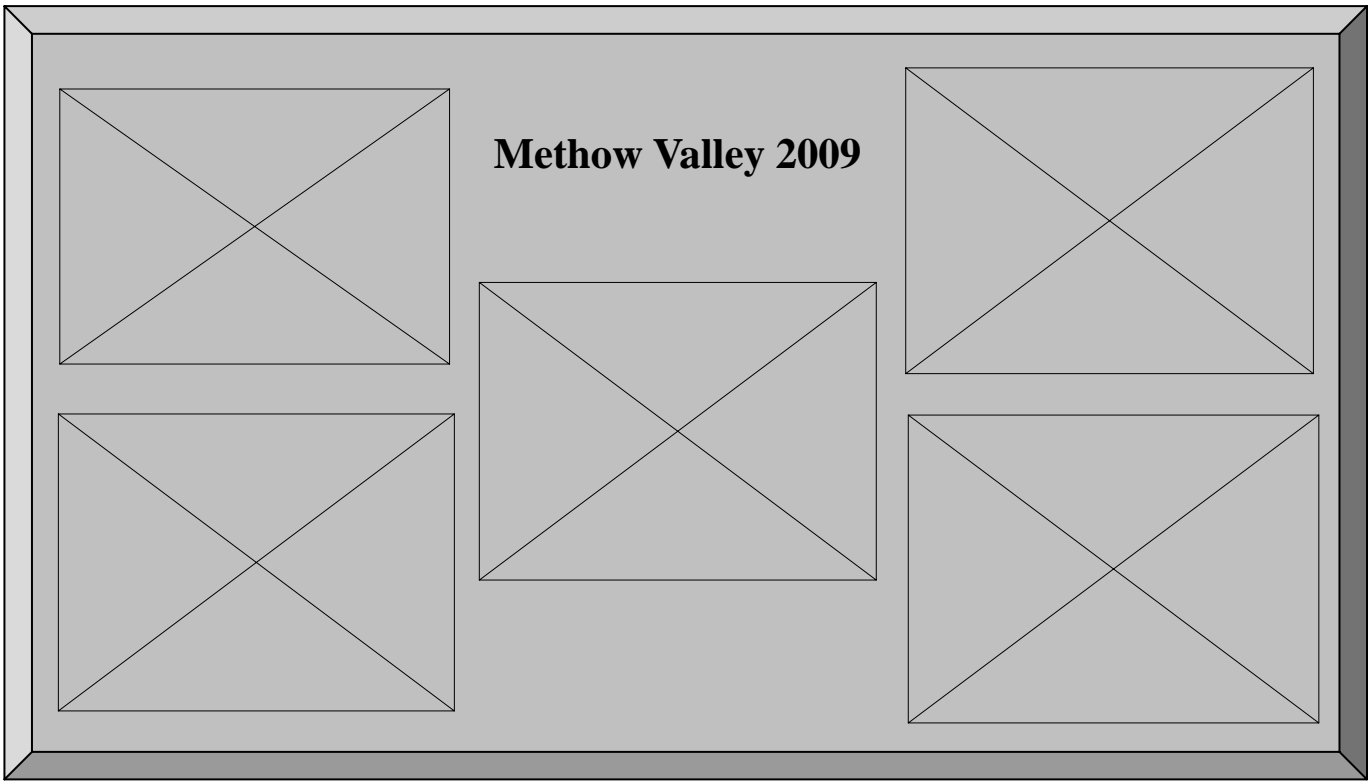


Italy and Austria 2009 - Italy



Italy and Austria 2009 - Austria





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

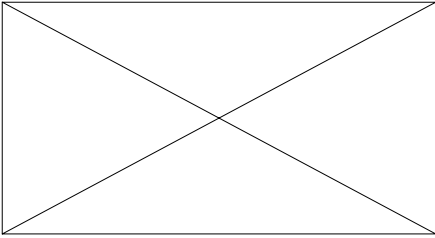
I am interested in volunteering for (Please check as many as you would like):

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: _____