

Newsletter of the Southern Oregon Nordic Club

Website: <http://onc.org/oregon-nordic-club/sonc> E-mail: southern.oregon.nordic@gmail.com Facebook Page: <http://www.facebook.com/groups/southernonc/>

General Meeting and End of Season Potluck

6:30 PM Thursday, 2 April 2015

at [D&S Harley Davidson](#)

3846 S. Pacific Highway 99, Phoenix

1.0 mile south from South Stage Road on Hwy 99 (right side)

0.3 mile north from Fern Valley Road on Hwy 99 (left side)

Be sure to attend our last meeting of the season. We'll start the evening with dinner, so we're meeting **one half hour earlier** than usual, at 6:30. The menu is lasagna from Rosario's and salads, **veggie side dishes and desserts provided by members** – that's the potluck part. To stay green, **we ask that you bring your own silverware**, plate and beverage cup in addition to the side dish of your choice. The club will also provide coffee, tea, and juice. If you prefer another beverage, you must provide it. **No alcoholic beverages are permitted in our meeting area**, however.

We'll follow dinner with club business, including board elections, a discussion of out-of-area trips during the next season, and a look at the ultimate in out of area skiing, a trip above the Arctic Circle. **There is a great raffle prize, too: a cool day pack from REI.**

Since we are ordering food, we must have a response from everyone planning to attend. Please email your **RSVP** to Ginny Blankinship at blankinship.vl@gmail.com with SONC in the subject line **by Monday, March 30**. I expect to order the lasagna on Tuesday afternoon.

Remember, the deadline for responding is Monday, March 30

SEE YOU THERE!

Ginny Blankinship



President's Message – Retiring Club Officers

I recently received the unfortunate news from two officers in our club that they are not continuing in their positions. Ginny Blankinship you would know as the Meetings chair. John Fertig is currently serving as Newsletter Editor and Trails Liaison.

Many of you already know the great service that Ginny has done at our general meetings. She has done a great job of not only getting informative speakers, but very entertaining ones as well. Some of you may not know that she had gotten the majority of the programs set during the summer months prior to the season.

I did also want to make light of John Fertig's numerous other contributions. Over a number of years he has stored the club material to wax skis and had taken it upon himself to conduct personal lessons at his home on waxing skis. Additionally, in his work as Trails Liaison he has stored a large amount of club items regarding trail maintenance. If you have ever used one of the club cargo sleds you would have picked it up at his home as well. Furthermore, with his career in the Forest Service he has served as a great asset as an advisor on subjects brought up at the board meetings.

So sorry to see both John and Ginny go. You have both been great assets!

I also want to make light of the years of work by Reider Peterson and Dan Bulkley. Both Reider and Dan have discontinued their service as club officers as well. If you had the fortune of seeing each of them during the John Day Ski Race it has been only one of the ways they have contributed. Dan has done meeting programs and has helped a large number of us learn to ski. Dan was one of the founders of the ONC that has evolved into ten chapters statewide with over 1000 members. Reider has contributed to the John Day from the beginning also and has also been our connection to the state organization for a number of years. Reider has held many other positions with the SONC over the years.

Thanks again to all them for their years of service. You will be missed!

Kevin Wood

Newsletter Editor Needed

The SONC will need a Newsletter Editor next year as Bonny and I are moving out of the Rogue Valley to Central Oregon (which is where we moved from about 25 years ago). The Club has a basic format for the newsletter but the editor has a lot of artistic freedom with the final product. We only mail two copies of the newsletter so the job is much easier than in the past. If you are interested in working on the newsletter contact Kevin Wood at 541-261-3547.

John Fertig

Planning Ahead to Chase Snow Next Year

Board member Marian Telerski has volunteered to organize an out-of-area trip for next winter for the club. Come to the April meeting to find out what she is working on. Note: Marian will be researching the options and details. Any participants will need to make their own reservations for lodging, transportation, etc.

Friends of the SONC:

* Tognar Toolworks	800-299-9904
* Rogue Ski Shop , Medford,	541-772-8047
REI Medford	541-732-1938
* Northwest Outdoor Store	541-245-4000
Mt Shasta Nordic Center	530-605-9395
* Lake of the Woods Resort	866-201-4194
* Kokopelli , Ashland	541-201-7694
* Get 'n Gear , Ashland	541-482-5181
Diamond Lake Resort	800-733-7593
Black Bird , Medford,	541-779-5431
* Ashland Outdoor Store ,	541-488-1202

*Offers discounts to members. Ask at the store

Perks of SONC Membership

SONC owns two cargo sleds (not suitable for hauling children) that are available to members. Contact ???

SONC owns two hard shell ski cases that members can use for trips. Contact Stefanie Ferrarer at simon0402@charter.net for the double case or Marian Crumme at marian05@yahoo.com for the single case.

The club has available group first aid kits for outings. Medford area contact is Kevin at 541-261-3547. Ashland area contact is Michael at 541-482-2703.

Officers and Board 2014-2015:

President:	Kevin Wood kevinawood@yahoo.com	541-261-3547
Vice-president:	Marian Telerski mtelerski@gmail.com	541-535-5166
Secretary:	Marian Crumme marian05@yahoo.com	541-531-3010
Membership:	Bobbie Plummer boborobbie@yahoo.com	541-488-5003
Outings Schedule:	Bobbie Plummer boborobbie@yahoo.com	541-488-5003 Retiring
Trails Liaison/ Grooming Coord:	Bob Plummer boborobbie@yahoo.com	541-488-5003
Treasurer:	Edgar Hee ejhee@juno.com	541-734-4872
Newsletter:	John Fertig infertig@gmail.com	541-601-5687 Retiring
Meetings:	Ginny Blankinship blankinship.vl@gmail.com	541-535-1736 Retiring
Ski School	Michael Dawkins	541-482-2703
State Rep:	Stefanie Ferrara Simon0402@me.com	541-890-2979

The Club needs replacements for the Retiring Positions



SONC Scheduled Events (April 2015)

Note: Due to the lack of snow in most local areas we are not scheduling tours in April.

If we get sufficient snow we will notify club members via e-mail of outings.

Shared Transportation Costs:

SONC policy is that members who provide rides to trailhead locations for other members shall receive a donation to cover their vehicle costs. The amount of the donation is based on the distance traveled.

The suggested donation amount per person is:

- Short trips, such as Buck Prairie and Mt. Ashland – \$5
- Medium trips, such as Summit Snow Park and Pederson – \$10
- Long trips, (Crater Lake, Diamond Lake & Mt. Shasta) – \$15
- Overnight destinations such as Bend – arrange with driver.

Since the outing destination is usually known in advance, plan ahead, and bring the suggested amount with them. Donations are usually given to the driver at the beginning of the outing.

Important Notice about Nordic Skiing:

Nordic skiing includes risks and hazards which can never be eliminated because of the inherent nature of the activity. Anyone choosing to participate in Oregon Nordic Club activities should be aware of prevalent risks and hazards. By making the decision to participate, **each person must accept individual responsibility for their safety**, realizing that accidents can result in personal injury or even death.

The Southern Oregon Chapter's ski tour ratings are based on a combination of factors including tour distance, elevation change, steepness, and navigation. While ratings primarily reflect required technical skills (climbing, descending, turning etc.), difficulty ratings are adjusted upward as increased stamina is required.

All ratings assume average snow conditions (packed power). Low snow cover, re-frozen snow/ice, deep new snow will increase the actual difficulty of the trip.

If in doubt, check with the trip coordinator.

Ski Tour Ratings:

Beginner

- Cross-country skiers with little or no previous experience
- Bring water, food, extra clothing, personal first aid items, etc.
- Trip Length: 2-3 hours of skiing

Novice

- Reasonable skill in the basic techniques: diagonal stride, sidestep, kick turn, step turn, snowplow, and snowplow turn.
- Control speed on gradual downhills and sidestep steeper pitches
- Able to ski 2-5 miles on rolling terrain
- Able to follow marked ski trails
- Trip Length: 2-4 hours of skiing

Intermediate

- Proficiency in all the basic techniques plus the traverse and herringbone on moderately steep terrain. Typically a full season or more of progressive experience
- Climb and descend long, moderately steep and short, steep sections of terrain
- Good stamina, ability to ski 8-10 miles or make long climbs

- Trip Length: 3-5 hours of skiing

Advanced

- Excellent proficiency in all ski touring techniques and wide range of snow conditions
- Negotiate long, steep sections of terrain including densely wooded areas
- Strong skier able to ski 10+ miles with long uphill sections in widely varying snow conditions
- Navigate poorly marked trails
- Trip Length: 4-7 hours of skiing

Expert

- Excellent all around ski touring and mountain person
- Negotiate very steep terrain in nearly all conditions
- Exceptional endurance - ability to ski 15-20 miles with long climbs
- Navigate using a topographic map and compass
- Trip Length: 6-8 hours of skiing

Trip Responsibilities

Trip Coordinator Responsibilities:

1. Identify yourself as the Trip Coordinator at the meeting point and/or at the trail head.
2. Have participants complete "Trip Register" including emergency contact with telephone number. Communicate trip liability waiver information.
3. The Trip Coordinator should remind participants of trail etiquette (ski to right, downhill skier has right-of-way).
4. Trip Coordinator should use a map of ski area to orient people to the route.
5. Trip Coordinator should inform participants when a lunch break can be expected and the ETA back to the vehicles.
6. Coordinator should identify a lead skier and the last skier. If enough people are on the outing, have a trouble shooter to roam back and forth among the group.
7. The Coordinator should remain until all skiers return.
8. Return "Trip Register" to **Bobbie Plummer**.

Trip Participant Responsibilities:

1. Contact trip coordinator before participating in any outing so they know who to expect at the meeting point and understand the expected difficulty and duration of the trip.
2. Please participate in those outings that match your abilities. Understand that trip difficulty and duration will be dependent on weather and snow conditions and on the abilities of the group.
3. Dress properly for the activity (Moisture wicking non-absorbing base layers and avoiding cotton base and insulation layers that retain moisture. Dress in "layers" to avoid overheating.)
4. Share ride expenses.
5. Cooperate with the Trip Coordinator and participate in making and abiding with decisions affecting the safety and well-being of the group.
6. Participants should leave an item at the side of the trail (or tell someone) if you must leave the route for any reason.
7. Carry safety and first aid equipment appropriate for the outing and expected weather conditions.

MEMBERSHIP FORM / GROOMER DONATION / LIABILITY WAIVER

Checks should be made payable to SONC.

Please mail to Bobbie Plummer, 3368 Siskiyou Blvd., Ashland, OR 97520

Household Membership: \$ 20.00 check # _____ date _____
Groomer Donation Fund: \$ _____ (for grooming the road from Hyatt to Buck Prairie)
TOTAL \$ _____

Name(s) _____

Address: _____

City _____ State _____ Zip _____

Phone: _____ Email _____

SONC will not share your personal information with anyone outside of the club. Name only will be furnished to outdoor stores giving member discounts unless you decline by checking here ☐.

SONC publishes a contact list for members only with name, phone number and email. Check here if you do not want to be included on this list ☐.

Number in Family Participating (**All must sign below**) Adults _____ Children _____

Ski Interests: ☐ Family Tours, ☐ Snowshoe, ☐ Back Country Tours, ☐ Back Country Telemark, ☐ Lift Assisted Telemark, ☐ Racing, ☐ Groomed Trails, ☐ Winter Camping, ☐ Skate Skiing

Would you: ☐ Lead an outing, ☐ Co-lead an outing, ☐ Organize work party, ☐ Participate in work party?

Assumption of Risk and Liability Waiver

Outdoor adventures by their very nature are inherently dangerous and involve some degree of risk. I am aware that participating in the Oregon Nordic Club's activities may expose me to certain risks and dangers including, but not limited to the hazards of mountainous, aquatic, or wilderness terrain, accident, illness, the forces of nature, and travel to and from the activity location or point of departure. I am aware that it is not possible to foresee all of the potential hazards of outdoor activities. Each participant in a Nordic activity is responsible for his or her decisions.

To the best of my knowledge, I feel physically and mentally able to assume full participation in the activities in which I will participate. I understand that the Oregon Nordic Club is a volunteer organization and that trip leaders do not have medical or rescue training. In consideration of voluntarily participating in this outing, trip, or activity, I have and do hereby assume all the risks inherent in these activities and agree to hold harmless, from and against any and all liability, claims, and demands of any nature, including but not limited to liability for negligence, the Oregon Nordic Club, and any of their agents, tour leaders, officers, assistant leaders, instructors, and other participants.

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 within the skier's own ability.

I have read and understand the statements on this page concerning the Oregon Nordic Club's Outing Program.

PRINT YOUR NAME

SIGN YOUR NAME

PRINT YOUR NAME

SIGN YOUR NAME

PRINT YOUR NAME

Signature (if participant is a minor, participant's Guardian must sign.)