

Winding Trails: by Al Hobart

Thursday, Feb. 9, 1967
Illinois Valley News

X-C Ski Racing

What does one do on a cold, white weekend in winter?
According to the Encyclopedia Packersgulchia there are only two worthwhile alternatives: you (1) spend your time indoors stoking up the fire and drooling over a good murder mystery, or (2) pack up your x-c skiing equipment and head for the high, dry ski country, such as Lake of the Woods, Howard Prairie or Crater Lake, stopping in Grants Pass only long enough to become again temporarily identified with the enthusiastic members of one of your adopted families and proceeding with them to the selected ski-touring area, there to join, by prearrangement or probable chance, other like-minded, all-season outdoor lovers.
It so happens that I'm one of the group of lucky ski fans who

have been gathered around John Day, kingpin of the nation's x-c ski program, to form the Oregon Nordic Club, nucleus of the burgeoning winter sport's western activities.
It all adds up to a feeling that Santa Claus is still dogging my footsteps. For a \$2 yearly membership fee I receive a \$2 million package of fun, health, priceless companionship and numerous personal-type club benefits out of all proportion to the two measly frog skins it cost me to join the club. As just one example, after our recent 15-mile ski run from Crater Lake to Diamond Lake, in which John D. participated and took numerous pictures of the event, each of us charter members received a packet of about 20 postcard-size pics of the tour, most of them in color.
Last Sunday we were given a real treat. Big Chief John and his second in command, Bill Pruitt, staged our first big official meet for cross-country ski racing. The momentous (especially for members

of the newly-formed club) event took place at Lake of the Woods, and lasted most of the afternoon. The public was invited—anyone could enter the races of his (or her) class.
First, second, and third place trophies were issued to the respective winners of each event. There were races for children, women, and several different classes of men's races. If I had known the trophies were to be so beautiful and of such high quality I'd have really trained for the big event. I did enter one race, the relay race, and I'm sure my team would have won a trophy but, through an oversight or something, no consolation prizes were provided.
One of the most important figures at the meet was the lady of the Chuckwagon. The Chuckwagon, a miniature restaurant on wheels, disgorged, on command, hot sandwiches, hot drinks, pastry and all kinds of goodies to cater to the ravenous appetites induced by the cold pure air of that high altitude and the calorie-consuming exercise

indulged in by the skiers.
All you had to do to avail yourself of the gustatory joys of the Chuckwagon was to cross the palm of the lady with a smattering of small change and name your poison.
I didn't count noses, but there must have been about 50 people in the crowd, including interested spectators. A good share of them entered the races. Two women, with their respective sons, came all the way from Wenatchee, Washington, expressly for this skiing event. One of the Wenatchee boys took first place in the junior race; the other took a second prize.
Next week we're going to have another Lake of the Woods wingding of the same kind and caliber, one that will probably attract a much greater gathering than we had in response to this first clarion call to all lovers of the long, light, x-c touring skis, with the lasting benefits and joys they can provide.
The races constitute only one of the many thrills to be enjoyed

by x-c ski-tour enthusiasts. From the moment you clamp on those light, fast runners, and stab your ski poles into the snow for a send-off, till you step off them at the end of an exhilarating tour, every minute is one of extreme pleasure. Even the weariness you feel at the end of the day seems to have a quality of freshness, due partly to the super-oxygenated bloodstream the excellent exercise and pure air doctored up for you, and partly to the supercharged memories of this last wonderful experience that still dominate your mind.
I can hardly wait for our next big meet, only a few days away. My vision is blurred by the image of those shiny, magnificent trophies, and the only way I can correct that visual aberration is to go out after one.
Watch the next installment for the glad tidings—or notice my shamefaced departure for Singapore.

ROGUE VALLEY



Food & Friends Menu

FRIDAY - FEB. 10

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MONDAY - FEB. 13

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WEDNESDAY - FEB. 15

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In Cave Junction there will be a workshop at the Siskiyou Community Health Center, 25647 Redwood Hwy., Wednesdays, March 1 through April 5, 2017.

You must register for this event by calling 541-864-9611. You can get more information by visiting www.sohealthyoregon.org.

You can contact I.V. Wellness Resources at www.ivwellnessresources@gmail.com. Please like our Facebook page by searching for [ivwellnessresources](http://www.ivwellnessresources.com).



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Valley seniors are looking for transportation, caregivers, firewood, handymen, computer skills, housekeepers and yard work.

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SENIOR BULLETIN

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FREE ADS

If you are a senior and want to place a FREE AD for a living or health care need call Laura Mancuso at 541-592-2541 or email laura@illinois-valley-news.com.

CHAIR FITNESS

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With this comprehensive program you will find the keys to a new life in just eight weeks. When you sign up for this program you will hear the Doctor's presentations via DVD each Monday evening, the small Friendship Groups provide caring support, and help you put into practice what you are learning. The all new colorful workbook exercises, and additional helpful reading material will reinforce lessons from Doctor Nedley's advice. Take advantage of this opportunity now, and learn how you can overcome depression and anxiety, find motivation to help you achieve your goals, and achieve optimal health. You are not alone, there is hope.

For more information:

Come on over to an Orientation site that fits into your schedule

Sunday Feb. 19 at Kerby Belt Building at 7 p.m.
24353 Redwood Hwy, Kerby

Monday Feb. 20 at the Senior Center at 7 p.m.
520 River Street in Cave Junction

Tues. Feb. 21 at the Family Coalition Building at 7 p.m.
535 East River Street in Cave Junction

For more Information call Kathy at 541-291-7016

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