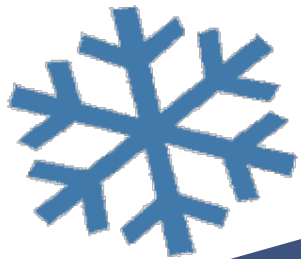


Revelstoke Nordic

SKI REPORT

November 2010, Volume 14, Issue 1



Almost There!!

If you haven't checked out the new Macpherson facility, take the time to see it! Thanks to many volunteers and the hard work of Bob Dickson and his crew, we're almost there.

Box 1618, Revelstoke, BC.
info@revelstokenordic.org



Adult Nordic Races

For the upcoming ski season, in an effort to continue to develop the adult programs section of the club, we are in the process of organizing some local races and training sessions. These will be fairly informal fun races, but will give the master's skiers a chance to step it up a notch and compete against one another as part of their normal ski regime. This will also provide a forum to work on waxing, ski technique and tuning your training program. At this time we are open to suggestions as to what times and race formats you might prefer. Please send us your ideas! We will also need a few volunteers to help with registration and timing. If you can help out please let us know. For all the Masters' skiers planning to race this winter and to attend the Master's World Championships, it's time to get ready!

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YOGA for Skiers

The Revelstoke Nordic Club is hosting a new pre-season training opportunity this fall...Yoga For Nordic Skiers. This will be a series of yoga classes custom designed for x-country strength and flexibility, as well as a general strength and core training workout. This is a great way to kick off the season, get those limbs limbered up, tighten up (or at least locate) that 6 pack, and prevent injuries. If you missed this pre-season session but are interested in participating in the future, let us know, and we will see about another session later in the winter.

Board Members

President: Dave Kaegi
VP / Secretary: Keith McNab
Treasurer: Bruce Granstrom
Membership: Debbie Koerber
Ski League: Mary Clayton
Ski League: Angus Woodman
Newsletters/Awareness:
Brendan MacIntosh
Junior Development:
Wade Viznaugh
Trails: Kevin Bollefer

Contributors

Sally Thomson:
Junior Development
Cam Moulder: Head Coach
Pete Smiley: Adult Programming
Nadine Smith: Ticket Office
Brian Abear: Grooming
Mickey Olson: Grooming
Allan McInnes: Grooming

President's Message

It is with great enthusiasm and excitement that I write this article as I anxiously await for snow to arrive on our trails. As you are all aware, our new trail head facilities (Day Lodge, Maintenance Facility and new stadium loop) are progressing well and nearing completion. And therein lies the conundrum; I want snow to come so we all can ski, yet I want the snow to hold off so we can finish our construction projects before the snow flies. But my desire for skiing wins so ...LET IT SNOW, LET IT SNOW!

As you can see by the photos in this newsletter, our new Day Lodge with Custodian Residence and Maintenance Facility are almost complete. I cannot go any further without thanking the financial contributions the club received from the Columbia Basin Trust (\$75,000 for building construction costs plus \$10,000 for stadium construction costs), Columbia Shuswap Regional District – Economic Opportunities Fund (\$125,000), the City of Revelstoke's Tourism Infrastructure Fund (\$150,000), Revelstoke Credit Union (\$3,000 for stadium construction costs), and the provincial governments wage subsidy program through the Ministry of Housing and Social Development – Employment and Labour Market Services which has covered 80% of all the wage costs for our construction workers. In addition to this direct financial support, we have also received incredible support from our local businesses. Without fail, every contractor and hired equipment we have used on this project has reduced their invoices to the club in recognition of their commitment to a community sponsored initiative. This savings has equaled an amount close to \$200,000!!!

Finally many of our club members have donated countless hours to turn these projects into a reality that we all will be able to enjoy in a few short weeks. On behalf of all members and the Club Executive, we truly thank you for your effort and time.

I am looking forward to meeting many of you for a hot chocolate in our Day Lodge this winter.

Dave Kaegi
Club President



Ski League 2010/11

We're getting close to another season and our kids are asking, "Where is the snow?" Our Track Attack team (ages 9 – 12) has been meeting weekly throughout the fall for dryland training, led by ever-steady Bruce Granstrom and the "king of pain" Cam Molder. Enrolment includes 25 Rabbits (ages 6 -9) and almost the same number of Track Attackers. However, we only have 13 Bunnies. This group is for ages 4 – 6 and we've had easily twice that number over the past couple of seasons. Are we in a Bunny drought? I hope not.

The deadline for registering for Ski League is December 1. We need to have all kids registered by that date so we have time to submit our information to Cross Country BC, the folks who supply our insurance and supply us with all the goodies we get to hand out to the kids every year.

If you know anyone with kids interested in Nordic ski lessons, please get them to register as soon as possible. They can download a registration form from the website (revelstokenordic.org) and mail it in with their payment to the club, or drop it off at the Canadian Avalanche Centre c/o Mary Clayton. If you have children in your life ready to learn cross-country skiing, it's time to get hopping!

Important Dates

Dec 1st, Deadline for enrolling in Ski League

Jan 1st, Lantern Ski

Feb 12th, Team Scream



Wish List



Thank you for the kind donations of day lodge furnishings. We are still in need of many items. If you have any of the following in good working order, and are able to donate it to the lodge, please contact us at info@revelstokenordic.org

- | | | | |
|---|-----------------------|---|------------------------------------|
| 2 fridges | 2 Microwave ovens | Electric kettle | 2 set of pots, pans, baking sheets |
| Hot water Urn | 2 Bar stool chairs | 1 set of plates, glasses, cups, cutlery | |
| Office safe | Office filing cabinet | 1 restaurant set of dishes, flat ware, etc for day lodge | |
| 2 TV's | Workshop bench | 4 Storage shelving units (storage room, office, wax room, maintenance | |
| 2 Office desk chairs | | Mops, brooms, brushes, pails, hoses | shed) |
| 1 Dresser Drawers | | Queen size bed and side tables | |
| 2 Living room lights/Bed side lights | | 2 Living room side tables, coffee tables | |
| Snow Shovels | | Power tools (drills, bench grinder, angle grinder, skil saw) | |
| A variety of hand tools (hammers, full wrench set, socket set, screw drivers, wrenches) | | | |

Team Scream 2011

The Team Scream Ski Relay race will be held this year on Saturday February 12, 2011 at the Mt Macpherson Ski Trails. Registration is from 9:30 to 10:30 with the race starting at 11:00. The format for the tandem race is the same as previous years with two skiers, one classic and one freestyle, each skiing a lap around the Mickey Olson Loop. The best combined time in each category wins. This year we are adding an additional category of individual pursuit where one skier does both the classic and freestyle laps themselves. The emphasis as always for this race is on participation and FUN so get a partner or get organized to do it yourself and come out to enjoy the fun. If you can't find a partner come out to watch or we'll help match you with a partner.

A prize will be awarded for the best costume again this year. This year the theme for costumes is Western/Cowboy so designing a costume should be lots of fun. Use your imagination!

After the race there will be a short race for the Ski League Bunnies and other young skiers.

There is no cost for the race if you are a club member. Non members pay the day rate.

Ticket Office:

Instead of our old portable ticket booth (a.k.a. Bev's Bungalow), we now have a comfy cozy Ticket Office in the new Day Lodge. The Ticket Office will still need to be staffed by volunteers on weekends throughout the season. Nadine Smith (250-837-4575 or nadinesmith@telus.net) has graciously offered to take on the task of coordinator for Ticket Office volunteers. We need volunteers to staff morning and afternoon shifts in the Ticket Office. Please contact Nadine if you can help.



Volunteering

All of the activities provided by the Club are done by club volunteers. This includes the coaching for our children's programs, trail grooming (summer and winter), collection of trail fees, maintenance of equipment, hosting of races and special events. By using volunteers to complete these projects, the club is able to keep its membership costs extremely reasonable and affordable (see membership fees below). As one can imagine, all of these activities can take a considerable amount of time for a few hardy hands, or a small amount of time for many helpful hands. As a club member, please consider how YOU will provide volunteer help to ensure the club's continued success in the future. Below is a listing of volunteer initiatives that require folks to help with.

Grooming:

One of the corner stones our club provides is the provision of groomed cross country ski trails. For many years, this task has stalwartly been carried out by a trio of musketeers; Brian Abear, Mickey Olson and Al MCinnes. These three club volunteers have provided thousands of hours over the years grooming our trails. These gentlemen could use a hand in helping to spread the load of continuously providing groomed trails for skiers after each and every snow fall, or spring melt /freeze event. We would like to increase our contingent of trained groomers from 3 up to 8 or 10. With this number of groomers, not only will we be able to spread the burden of grooming amongst more people, we will be able to increase the frequency of grooming. We will be holding a "Groomer training" session in the coming weeks (when the snow flies). If you are interested, please contact Kevin Bollefer (250-837-5733 (w) or 250-837-9441 (h), Kevin@rcfc.bc.ca).

Lantern Ski

The 2011 edition of the Lantern ski will be on January 1st. This is a great family event. Lanterns are set up along the whole Main Loop, and families are encouraged to ski the loop and stop at the cabin for snacks and refreshments. The event goes from 5pm to 9pm. If you can help with setup, cabin hosting or parking control please contact Brendan at flowtbikesandskis@gmail.com. We hope to see you there!



Membership Options

To purchase a membership, download the form and the waiver from www.revelstokenordic.org, and mail it to Revelstoke Nordic Ski Club, Box 1618, Revelstoke, BC, V0E2S0.

Type	Adult	Youth	Family
Mt MacPherson	\$75.00 (plus \$10 CCBC fee)	\$25.00 (plus \$10 CCBC fee)	\$188.00 (plus \$10 CCBC fee per person)

Daily User Fees Mount McPherson

Family	\$18.00
Adult	\$7.50
Youth	\$4.00

