



# Revelstoke's NORDIC SKI REPORT

Volume 8, Issue 2

Box 1618, Revelstoke, BC V0E 2S0

December 2004

[www.revelstokenordic.org](http://www.revelstokenordic.org)

## *See you at the Lantern Ski!*

January 1, 2005  
5:30 p.m. to 9:00 p.m.

*Bring a mug  
for hot chocolate.*

Have you signed up for  
a shift at the trailhead  
hut? Call Larry White to  
book your time.

814-0039

[larry.white@telus.net](mailto:larry.white@telus.net)

## *President's Message*

The Ministry of Forests has donated a kiosk to the club. It has been placed at the trailhead parking lot. I took this project on, on behalf of the club, as the Forest Service had a kiosk at the bottom of the Beaver Lake road that was not being used any more. The kiosk (basically one big bulletin board) provides another means for club members to communicate. We can use it to post the club rescue plan, notices about our club events, various loppets, etc. Club members can use the kiosk to post notices for buying and selling used gear. Over the years we have been striving to improve the communication between club members via the newsletters, the Snowphone, the web site, and now a kiosk with a bulletin board. Please take advantage of all these means of communicating. Good communication makes us a better informed club.

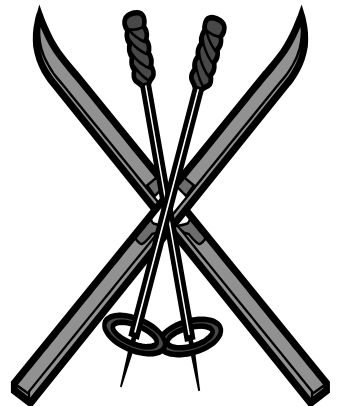
*--Ken Gibson*

## *Ski Club Rescue Plan*

The club's Rescue Plan is included with this newsletter. Please familiarize yourself with the plan. You may wish to keep the page in your ski pack for on-the-spot reference should the need arise.

## *Thanks for the Waxing Clinic*

Twenty four members were treated to a session on the alchemy of ski wax, presented by wizard Jim Maybee of Skookum Ski and Cycle (Salmon Arm) December 2, at the Community Centre. Jim led us through the magic of stick and glide, the use of irons and other tools, and why to wax our waxless skis. As a finale, he showed us how to deal with klister in the field, using toilet paper! As a gesture of thanks at the end of the session, event organizer Sally Thomson presented Jim with a T shirt embroidered with the club logo.



## Advice from Nordic Norm

Dear Nordic Norm,

Every time I talk to you on the trail you seem to know all about the racing action of Canada's National Team. I never see anything in the media, so where do you get your information?

*Signed, Out in the Cold*

Dear Soon to be Warm,

If you are waiting to hear all the action from the mainstream media hell may freeze over first. I get all my info off the Internet. Here are a few great sites to keep you up to speed through the winter season. Some of these sites have tips on waxing, technique, equipment, and training. Here are a few of my favourites.

[www.ccski.com](http://www.ccski.com)

[www.crosscountrybc.ca](http://www.crosscountrybc.ca)

[www.xeskiworld.com](http://www.xeskiworld.com)

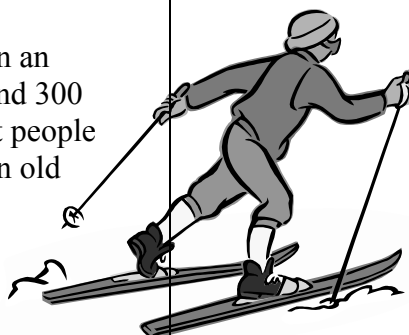
Dear Nordic Norm,

Just when you think you have seen it all, along comes something so bizarre you can't believe your eyes. While in a ski shop the other day I saw an iron, that's right, an iron, and the price tag was \$175.00. What in the world is going on here?

*Signed, Steamed*

Dear Hot Under the Old Crinkled Collar,

Just imagine if you would have seen an expensive one. The Swix wax iron is around 300 bucks! Here's the line on wax irons. Most people that actually wax their skis start by using an old regular iron or one of those small travel irons. Like all simple solutions there is a problem. The temperature variation on a regular iron is relatively wide because clothes really don't seem to care that much. Ski bases, on the other hand, do. Speciality wax irons have a narrower temperature range so in other words it doesn't change too much. If the iron gets too hot you can seal the base, which changes the structure and slows the skis down. So, do you run out a buy a wax iron? Well, most likely not. Just make sure your regular iron is on a lower setting and make sure the wax doesn't smoke (nor should you) and keep the iron moving along the base.



## Introducing Our New Hut Coordinator – Larry White

The new ski season is upon us and if you are like me, I can hardly wait. I am looking forward to a fun season in my new position as hut coordinator, and getting to meet lots of new people. Please do not be shy about calling me to volunteer for hut duty this season! I have already received one such volunteer for a January shift. As relative newcomers to Revelstoke, we did have the good fortune of skiing at MacPherson on holidays, and even taking part in the Lantern Ski at New Year's. We were thrilled by the excellent snow, the well groomed trails, and how friendly everyone was. Believe me, conditions are not this wonderful in other parts of the country; we are truly lucky. Thanks to all of those who signed up to volunteer for hut duty at the membership meeting. I will be calling. (Actually I will be calling everyone on the membership list!)

Larry White

814-0297 (work) (at home 7 a.m. to 3:30 p.m., has voice mail)

814-0039 (house)

[larry.white@telus.net](mailto:larry.white@telus.net)

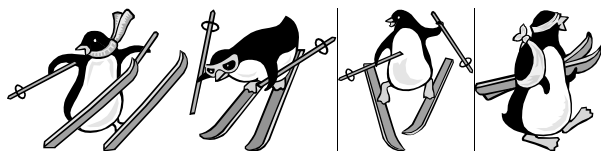
***We currently have  
177 members!  
This year's donations in  
support of buying our new  
groomer now total \$835.00.***

## Reminder to Dog Owners

At the Mount MacPherson cross country ski area, dogs are allowed only on Mountain Climb Trail. To access this trail, head up the main loop and keep to your left at the first yellow gate. Dogs are not permitted on any of the other groomed areas. They must be under close control at all times, and you are required to clean up after your dog.

## *Selling Your Used Gear*

Members of the Revelstoke Nordic Ski Club are welcome to post notices for used gear on the kiosk at the trailhead. You could also place a free ad in our newsletter (contact newsletter editor Jackie Morris before January 12 at 837-9354, or send an email to [jackie.morris@telus.net](mailto:jackie.morris@telus.net)).



### *Team Scream Tandem Relay Race*

The club executive is excited about the race we are planning for February 20, with the assistance of Skookum Cycle and Ski from Salmon Arm. We will use a two person team relay format, hence the name "Team Scream Tandem Relay Race". The emphasis will be on fun and participation, so we are hoping to have as many participants as possible, and have as much fun as possible.

Details of the race are still being worked out, but the plan so far is to have two person teams with one person on skating skis and the other on classic skis. Each person will do one or more laps of a fairly short course. The teams will be drawn at random to keep them as even as possible and keep the emphasis on fun. A chili lunch will probably be included with the event – similar to the tailgate party we held last spring.

Watch for more details in the January newsletter and set February 20 aside so you don't miss the fun of the first annual Team Scream Tandem Relay Race. For more information or to volunteer to help with the race, contact Cam Molder at 837-2914 or Keith McNab at 837-5910.

#### *Newsletter Submissions Welcome!*

The deadline for the next newsletter is January 12. Email your item to Jackie Morris at [jackie.morris@telus.net](mailto:jackie.morris@telus.net) or phone her at 837-9354.

**Membership Forms are Available at:**  
[www.revelstokenordic.org](http://www.revelstokenordic.org)

#### **FOR SALE**

Exel XC Ski Poles  
120cm in length  
Used twice only  
Paid \$50.00  
Will Sell for \$35.00  
Phone 837-4100 before 3 p.m.



## *2004/2005 Calendar of Events*

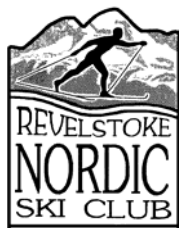
<b>Date</b>	<b>Event</b>
January 1	Lantern Ski
January 1	Orientation BC Rabbits / Bunnies
January 7-9	NCCP Coaching Course
January 8	Start, Rabbit / Bunny Sessions
January 12	Newsletter submissions due
January 17	Start, Rabbits After School
January 22	Newsletter #3
February 20	Team Scream Tandem Relay Race
February 21	Final Rabbits After School
March 5	Final Rabbits / Bunny session
April 9	Last Grooming
April 2	Year End Potluck
April 20	Annual General Meeting





## *Lantern Ski*

This year the club will be hosting one Lantern Ski. Start the New Year off in good style by joining us between 5:30 p.m. and 9 p.m. on January 1. Volunteers will hang lanterns along the Main Loop, and provide hot chocolate at the Ole Sandberg cabin. Please bring your own mug. Coordinator Bev Clark reports that although she has enough volunteers, a few more would be appreciated. You can call her at 837-5554.



## **Revelstoke Nordic Ski Club**

Box 1618, Revelstoke BC V0E 2S0

[www.revelstokenordic.org](http://www.revelstokenordic.org)

## *Revelstoke Nordic Ski Club*

### *Snow Phone*

For updates on trail conditions call:

**837-7303**

### *Web Site*

Trail map, local ski history, and more!

[www.revelstokenordic.org](http://www.revelstokenordic.org)

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