

Revelstoke's NORDIC SKI REPORT

Volume 11 Issue 1

Box 1618 Revelstoke BC V0E 2S0

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www.revelstokenordic.org

President's Message

It's that time of year again! Time to start dusting off the skis and thinking about another fabulous Revelstoke winter! Let's hope it comes close to matching last year's fantastic conditions. I'm sure the buzz of activity on Mt. Mackenzie has certainly captured people's attention. However, things have also been happening on Mt. MacPherson as well, albeit at a smaller scale. Once again Al McInnes has spearheaded another series of trail improvements which has widened trails and improved drainage, all of which should extend our early and late season conditions. This type of work is crucial to our trail system especially in light of what appears to be warmer and wetter winters.

Skiers will also notice that the parking lot has expanded. This is in response to the lack of parking space which occurred on weekends last year. Not only was parking very tight, but snow removal was becoming increasingly difficult and occupied a great deal of the groomer's time. Hopefully the expansion will resolve both of these issues. As I write this article there are still plans to expand the Jackrabbit trail into a longer winding loop suitable for sprints, a very popular event with members of the Ski League program. All of this would not be possible without a heroic effort from Al and Evelyn McInnes, and Mickey Olson. We are indeed very fortunate to have them as members of our club, along with Brian Abear who takes such good care of our groomer. I should also mention that we have also received generous support from the Forest Service and from the Ministry of Tourism, Sports, and the Arts, in particular Ken Gibson.

In response to our survey last year, the directors tried to move forward a proposal for construction of a lodge and grooming shelter at the parking lot. The proposal gained momentum in March when the City of Revelstoke offered to match an Olympic Live Sites funding proposal. The generous offer from the City created a flurry of activity and a funding application was quickly assembled. A proposal was discussed at last year's AGM as we awaited the results of the Olympic Live Sites

committee. Needless to say it created quite a bit of discussion. In response to some concerns brought forward by members, and the fact that we were not successful at obtaining funding, the board has decided to delay the lodge proposal in favour of creating a shelter for the groomer and improving its fuelling facilities.

The groomer and fuel are currently housed at the MacPherson Bed and Breakfast (run by Graham and Wendy Harper). This arrangement is vital to our operations and we are very grateful to the Harpers for their generosity. We hope to maintain this relationship with these improvements and at the same time protect our biggest asset from the ravages of the Revelstoke climate.

In closing, no message from the President would be complete without an appeal to members for a donation of their time. Our club's strength lies in its volunteers, so please consider donating some of your time to manning the fee collection hut or helping with some of our events such as the Lantern Ski. Volunteering can be a great way to meet new people who share your interests, plus it just feels good. See you at Membership Night!

Robert Mohr, President

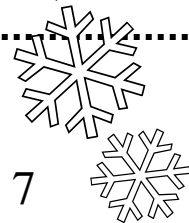
Membership Night

Wednesday, November 7

7:00 pm

Revelstoke Community Centre

- Renew your club membership
- Register for Ski League Program
- Hear what's new for this year
- Children's nordic ski swap



Cross country ski gear comes to town

The availability of nordic ski equipment in Revelstoke has improved.

Steve Bruyere of **Skookum Cycle and Ski** on Grizzly Plaza stocks Fischer, Salomon, Rossignol skis, Excel poles, and Salomon and Rossignol boots. The shop's ski selection will include kids packages, recreational packages, and skate or classic skis for advanced or novice skiers. The shop can custom fit boots and stone grind bases. Ask about their buy back policy for children's equipment. Norm Tennant will be on staff starting in November.

Brendan MacIntosh of **Flowt Bikes and Skis** off Victoria Avenue carries Madshus and Peltonen skis for skate and classic technique, NIS Rottefella (a screwless adjustable plate) and SNS Salomon binding systems, Madshus boots, and Rex and Louis Garneau poles. The name "Flowt" is derived from combining the words flow and float—the Zen of the ride, according to Brendan.

Both shops have clothes, wax and other accessories.

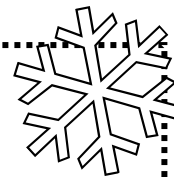


Board of Directors 2007-2008

Rob Mohr	President
Keith McNab	Vice President and Secretary
Bruce Granstrom	Treasurer
Karen Bray	Membership
Cam Molder	Ski League Coordinator
Mary Clayton	Ski League Coordinator
Michael Morris	Newsletter, Website
Wade Viznaugh	Director

- Trailhead Hut Coordinator: Nancy Martin
- Trail Crew: Brian Abear, Allan McInnes, Mickey Olson
- Newsletter Crew: Jackie Morris, Diana Graham
- Lantern Ski: Bev Clark

Renew Yourself



Your club membership from last winter has expired. Renewing your membership promptly will ensure that you will receive newsletters. Email alerts are sent out occasionally for urgent items, so if you'd like to receive them, please include your email address on your membership form.

Coaching Courses

In October of this year, our club helped fund six people to take the "Introduction to Community Coaching" course, held here in Revelstoke. This course is the first step of a coaching program presented by Cross Country BC (CCBC), and gives the participants a theoretical and practical basis for coaching young children up to age six. Brant Benum, Nikki Norrie, Thomas Harper, Heather Cretelli, Kendra Von Bremen, and Wade Viznaugh are the proud graduates. Congratulations all! The Ski League is always looking for new coaches. We look forward to seeing new and old faces helping out with the kids this upcoming season.

Revelstoke will also host the next step in this progression with a "Community Coaching" course January 11-13. This course involves practical, on-snow techniques as well as theory, and participants will learn skills suitable for coaching children up to age nine. We need eight participants in this course to qualify for funding from Cross Country BC and Sportsfunder, so we encourage anyone with an interest in coaching and improving personal skills to enrol. The course is free for all those helping with ski league. Contact Cam at 837-2914 or molder@telus.net for more information.



SUPPORTING SPORTS IN BC

Ski League Registration

Register for Ski League on Membership Night! Ski League representatives will be on hand to help you find the best program for your young skiers. Ski League will run from January 5 to March 8. Here's a rundown of the programs available:



Bunnyrabbit Program

The Bunny program is for kids aged 4-5 and introduces the sport of cross-country skiing through organized activity and active play. In addition, it is designed to:

- Help children develop a positive self-image
- Be fun
- Provide children with the opportunity to make ski-friends
- Develop fundamental movement skills
- Help children develop an awareness and appreciation of our natural environment



Jackrabbit Program

The Rabbit program is for kids aged 6-9. Here the objective is for children to learn basic cross-country ski skills (both classic and skating) and to instil a lifelong interest in the sport. In addition, it is designed to:

- Help children develop confidence
- Be fun
- Provide children an opportunity to ski and socialize with their ski-friends
- Build overall motor skills
- Help children develop outdoor winter safety skills



Track Attack Program

The “Track Attack” program is for 10-12 year olds and aims to help participants become technically competent cross-country skiers and to utilize those skills to explore a wide range of cross-country ski activities. In addition, it is designed to:

- Develop fitness through active play, games and activities
- Be fun
- Provide children an opportunity to be part of a sport “team”
- Develop overall sport skills
- Expose children to a variety of “adventure-based” cross-country ski activities

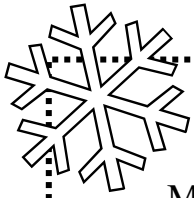


Junior Development Program

Coached by Sally Thomson this small but keen group of skiers made waves on the BC racing circuit last year with some impressive results. If your youngster is age ten and up and has a competitive bent then this may be the program for them. This group trains at least twice a week and attends a number of race events in Southern BC each season. Direct inquiries to Sally at 837-5784.

If you're still holding on to **skis that belong to the Ski League**, please return them on Membership Night. We are also planning a **Ski Swap** on Membership Night. If you have equipment that's not being used, this is a great opportunity to give it a new home. Bring in your skis, boots and poles with a price marked on them and help another family outfit their kids. See you there!

-- Cam Molder

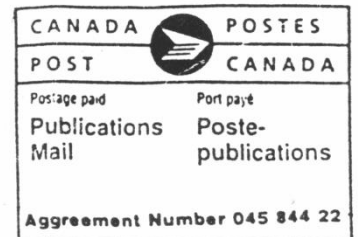


Important dates

Membership Night	November 7, 7:00 pm	Community Centre
Ski League Registrations	November 7, 7:00 pm	Community Centre
Lantern Ski	January 1, 2008	Mt. MacPherson
Team Scream Relay Race	February 2, 2008	Mt. MacPherson



Revelstoke Nordic Ski Club
Box 1618 Revelstoke BC V0E 2S0



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