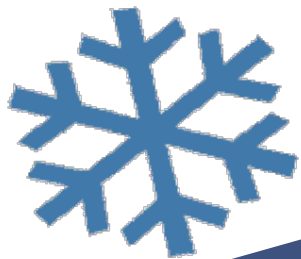


Revelstoke Nordic

# SKI REPORT

February 2010, Volume 13, Issue 2



## Team Scream!

The Team Scream Relay Race is on Saturday, February 13th. We need a few more volunteers to help out with registration, parking, course set up and marshalling. If you can help phone Keith @ 837-5910.

Box 1618, Revelstoke, BC.  
[info@revelstokenordic.org](mailto:info@revelstokenordic.org)

## Ski Racing in Revelstoke

Be an 'olympic hero'

The fifth annual Team Scream Ski Relay race will be held on Saturday February 13 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 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. The emphasis of this race is on participation and FUN so get a partner 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 Olympic Heroes so designing a costume should be lots of fun, use your imagination. We expect to see lots of great costumes.

The club is providing free burgers and chilly for all participants and spectators again this year, just to add to the fun.

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



### Coach's Corner

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Read about our amazing Revelstoke athletes!

### Skate Clinics

June Hawkins ran 2 skate clinics Sat, Feb 6; one for beginners and one for advanced. If you are interested in future clinics, Contact Brendan at 837-4044.

## In case of Emergency

You are responsible for your own safety when skiing the Mount Macpherson trails. You can help yourself and others by carrying a cell phone. Should a situation arise where you or someone else requires assistance, contact Revelstoke Search and Rescue (SAR). SAR is a volunteer group that maintains a snowmobile with a toboggan, and has members trained in first aid. They can be reached through the RCMP by calling 911. Calling ahead to the hospital (837-2131) will help them prepare for your arrival.

While waiting for the snowmobile, it is extremely important to keep the victim warm. The club provides backpacks containing insulating pads, blankets, and first aid kits. These are kept at the Ole Sandberg Hut and at the trailhead booth in the parking area. The groomer also carries first aid materials.

Please report all incidents to Revelstoke Nordic so they can be documented for CCBC.

## President's Message

Hello happy skiers!!

I hope everyone had a great festive season and was able to get out and enjoy some cross country skiing over the holiday period. Despite the slow start to the season, and problems with the groomer, we appear to be well on our way to a great ski season. The lantern ski on January 1<sup>st</sup> was once again a huge success. A big thank you to all of the volunteers who helped out with the event. The skiing the past couple of days has been top notch. Thanks again to the groomers and hut volunteers for your time.

We are slowly marching ahead with our plans for the new Day Lodge, Custodian Residence and Maintenance Storage Facility. As you may recall, we have raised \$350,000 (\$75,000 from CBT, \$125,000 from the CSRD Economic Opportunities Fund, and \$150,000 for the City of Revelstoke's Tourism Infrastructure fund). In addition, the Club will be investing \$50,000 into the project. We have additional potential funding for wages from the Province of BC which at the time of writing, has still yet to be officially confirmed. However we are hopeful it will be approved.

We have officially submitted our development plan to the Province for review and approval of our proposed Licence of Occupation (LoC). The LoC is for a small area to cover the buildings and associated infrastructure. As one might expect, the process is taking longer than we would like but we are still hoping to begin construction this coming spring or summer. It is our goal to have the facilities up and running by the start of ski season next fall.

One of the Club's esteemed skiers had a nasty fall recently and was injured. This brought to light the importance of all skiers being aware of the Club's emergency procedures. Please read carefully the Emergency Plan posted in this newsletter. It is always a good idea to ski with a partner, or if you are skiing on your own, to always carry a Cell phone. Otherwise if one is injured; it could be a long, cold wait until help arrives!

Don't forget about the Team Scream fun race coming upon on February 13<sup>th</sup>. Hope to see you there!

Dave Kaegi  
Club President



Rossland Medals

## Coach's Corner by Sally Thomson

The race season for the Jr. Development group was off to a challenging start this season with coaches and athletes eagerly waiting for snow to arrive at Mt. McPherson. Various creative ideas emerged to fulfill the need to ski. Should we ride the gondola and ski up the low gradient, wide downhill trails at RMR to the awe and amazement of onlookers? Would we need a pilot sled or snow cat to help dodge descending skiers? Don't laugh; we'd do anything to raise an athlete!

Under the persistence and determination of Wade Viznaugh, the group maintained fitness through the continuation of a weekly dry land program in December. Weekends were also spent attending regional camps with other clubs to receive enhanced coaching, team build and establish Nordic sport friendships. In early December, brother and sister Bronte and Kellen went in search of early season race opportunities at an Albert Cup in Canmore. This was followed the next day with a body burner relay event held in the Bow Valley.

The Jr. Development team faced off with their first formal race at Larch Hills on January 3<sup>rd</sup>. For 5 team members, it was sweet success in that they raced a classic course qualifying for the BC Winter Games and managing to secure a spot on the Okanagan Zone team. Club athletes Isaac Smith, Megan Evans, Gordon Mason, Bronte Viznaugh and Hanna Thomson are on

their way to 3 days of competition at the Onion Lake Nordic Centre south of Terrace, March 3-7. We are hoping for great things from this group so stay tuned to results on the BC Winter Games website during that period and cheer loudly.

On the weekend of January 10/11, the Jr. Development team joined forces with our newest athletes from the Track Attack team to ski the BC Cup #1 at the Telemark Ski Club in Westbank. A tremendous effort was shown by our athletes on a course that is of legendary challenge both aerobically and technically. Thanks to our trail topography at Mt. McPherson our athletes know how to persevere on continuous climbs. On the first day of BC Cup action, Hayden Mallett managed gold, skiing to 1<sup>st</sup> place in the Atom boys classic event. Alana Brittin also brought home loot, winning two silver medals in the Pee Wee girls classic and free technique events. Gavin Mason managed a 3<sup>rd</sup> place finish in free technique, while team mate Hanna Thomson was 1<sup>st</sup> in classic and 2<sup>nd</sup> in free technique within her age group.

And it doesn't stop there. Club athletes took the Kootenay Cup #3 at the Blackjack Club in Rossland by storm on the weekend of January 16/17. Here's what it looked like:

## Coach's Corner Continued...

*Josi Koerber (Pee Wee Girls) Free Technique: 10<sup>th</sup>, Classic: 3<sup>rd</sup>*  
*Tayla Koerber (Midget Girls) Free Technique: 2<sup>nd</sup>, Classic: 2<sup>nd</sup>*  
*Isaac Smith (Midget Boys) Free Technique: 2<sup>nd</sup>, Classic: 3<sup>rd</sup>*  
*Kellen Viznaugh (Midget Boys) Free Technique: 4<sup>th</sup>, Classic: 2<sup>nd</sup>*  
*Bronte Viznaugh (Juvenile Girls) Free Technique: 8<sup>th</sup>, Classic: 7<sup>th</sup>*  
*Hanna Thomson (Juvenile Girls) Free Technique: 4<sup>th</sup>, Classic: 1<sup>st</sup>*

The annual Reino Keski Salmi Loppet was attended as usual by some of our club youth and master's athletes. The results speak for themselves that while we are a small club, we can make waves among the best. Congratulations to our medal winners on the 6 km course 10-13 yrs: Rhys Evans 1<sup>st</sup> male, Megan Evans 3<sup>rd</sup> female, 7-9 yrs: Alana Brittin 1<sup>st</sup> female. Of special note was Brittany Evans who skied the 18 km course for the first time, representing a significant jump in race distance. She won a silver medal even though she is one of the youngest athletes in her category.

Four club athletes made the long trek to BC Cup #2 held in Prince George on January 30/31. The event included a free technique sprint event on the first day followed by a classic event on the second day. Hanna Thomson received a silver medal by missing a critical early lead on the 600m course in the juvenile girls (JVG2) A final race. An intense battle ensued with a rival competitor from the Telemark club. With a score to settle, Hanna took first in her classic event on the second day, beating her rival by just 1.5 seconds!! Equally exciting was Megan Evans who won a silver medal, 4 seconds off the leader in a 5 km classic course. Kellen Viznaugh was 4<sup>th</sup> in his sprint event narrowly missing 3<sup>rd</sup> place. Rhys Evans and Kellen Viznaugh were 5<sup>th</sup> and 7<sup>th</sup> respectively in the 3.5 km classic event, with only 1 min 17 seconds narrowly separating them from the first place finisher.

As a result of their strong finishes at BC Cup #2, both Hanna and Megan were chosen to receive athlete sponsorship through Cross Country Canada to attend the upcoming Haywood Ski Nationals in Whitehorse, Yukon in March. This would be the club's first athletes to attend a nationally sanctioned competitive event. Well done girls!

Finally, it is with great pride that juvenile skier Brittany Evans was chosen to be an Olympic torch bearer with the recent event held in Revelstoke. She was an excellent choice not only as she is a club member but is also a capable competitive cross country skier. Presently a grade 10 student at RSS, Brittany's accomplishments are wide ranging. Brittany participates on school teams, plays rep soccer and maintains a great track record in academic achievements.

Thanks again to the Knights of Pythias, Royal Order of the Moose and to the Hillcrest Hotel for generously contributing funding to the Club's Jr. Development team. This has helped greatly to supply the team with much needed waxing equipment to ensure the success of our athletes well into the future.



### Boot repairs

It is often difficult to have repairs done on cross country ski boots. A few club members are looking for help with zippers. If you or someone you know can repair boots, please contact the club.



### Lantern Ski 2010

Thanks to all the volunteers who made the event glow!

Isabel Pallister, Ellen Remblay, the Blackie family, the Brittin family, Kathy Bellis, Brendan MacIntosh, Mardi Syrnyk, the Harper family, Mandy Kellner, Brian Gawiuk, Glen Mcgregor, Rubyanne Meda, Bev Clark, Gord McCartney, Geoff Battersby, and of course, Micky, Allan and Brian for their never ending volunteer work.

## Coaching Course by mary clayton

Our club ran a very successful Community Coaching workshop Jan 15 – 17, and the participants are now all set for coaching the many avid young skiers we have enlisted in our ski league program this year. From our club we had Emma Magarian, Dawn Howe, Mary Clayton, Angus Woodman, Janette Vickers, Ian Brown, Eleanor Wilson and Rory Luxmoore. Two other participants from Vernon, Rick and Chris, also joined the group.

We felt very fortunate to have as Darren Desrochie as our instructor. As well as being an Olympian (cross-country skiing, Albertville 1992) Darren is also the head coach at Sovereign Lake. Darren's love for the sport and enthusiasm for coaching was a terrific inspiration. A significant proportion of the course was based on technical feedback for the participants' skiing, and Darren did a great job of tweaking our techniques. We also learned a lot about coaching kids in the 6 – 10 year old age group, and we all have a lot more games in our repertoires now! A special thanks to Cam Molder for organizing the course and providing Darren with a place to stay. Thanks Cam and Karyn!



Pirate Loppet

## Snow Phone

We were having trouble with the snow phone earlier in the season, but the bugs are worked out, and thanks to Bev Clarke, the phone is updated as often as possible. Try it out:

**250-837-7303**

