



The Revelstoke Nordic Ski Club Newsletter 2018

A MESSAGE FROM THE PRESIDENT:

WWW.REVELSTOKENORDIC.ORG

Welcome to the RNSC!

by Gary Graf

Welcome back to all our returning members and a hearty welcome to our new members. As we hit stride for the 2018 season, we certainly hope that you are enjoying your time at the RNSC.

This season marks my second as our club's President and I can't help but reflect on the tremendous support that our club receives from many sources.

Our Members

Our membership continues to be the mainstay of our club and provides the board with the confidence to move forward. This year, we have asked our members to provide feedback to help us shape our club in the years ahead.

Our Executive

Our board continues its commitment to maintain top quality programs and services while meeting budgetary targets. This season, we especially appreciate the extra efforts of our directors with the absence of a treasurer.

Our Volunteers

We continue to rely heavily on our large cadre of volunteers who support all aspects

of our operations. Trail and facility maintenance, grooming and youth programs are parts of our standout volunteer contributions. Special events like the Lantern Ski and Race events bring a vibrancy to our club, and we can't succeed without your help. We want to thank our army of volunteers for their time each season.

Our Staff

Finally, we certainly could not function as we do without the ongoing sense of teamwork, dedication, and expertise of our staff. Duane Dukart provides a steady and organized lead in operations, and this season we are very pleased to welcome Paula Martens and Vanessa Freberg to our staff. Paula and Vanessa will be running our lodge office for the season.

It takes a great many people to make a club work, and we are fortunate to have such a fine collection of people who, as a collective, care about Nordic skiing in Revelstoke.

Happy skiing to all,

Gary Graf

President
Revelstoke Nordic Ski Club



Check the Web!

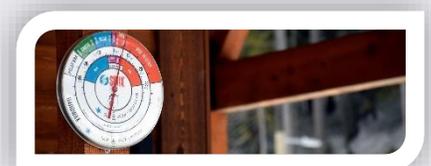
You may notice some small changes to the website this year, and we hope that you continue to find www.revelstokenordic.org a useful site.

Check the trail and grooming reports, read the latest posts, and get all the updates and information that you need for a great season (or day) of skiing.

You may also see reports from our new weather station at the lodge. Thanks to Mike Thomas for setting up this station for the club.

As always, we are happy to hear from you if you can think of ways to improve our website.

www.revelstokenordic.org



Dogs on the Trail

by Lucie Bergeron

Welcome to another great season of skiing with your dog! The Revelstoke Nordic Ski Club (RNSC) has one of the best dog loops going, and it is unique in a number of ways. A quick survey of other clubs across the province reveals that clubs that offer trails that welcome dogs are quite rare. Further, when trails are available, they are often segregated from the main trail system, very short, and rarely groomed. Our dog loop is groomed regularly, is a respectable length, is accessible from the parking lot, and includes connector trails that make it fun to loop around and around. All this to say, love your loop! Review the club's dog policy on our website, respect other skiers, and please, please, please clean up after you pet. Take it a step further and toss any waste that you run across while skiing.

To ensure the continued success of the dog loop going forward, there are few minor issues that can easily be addressed through the cooperation of members who use the dog loop:

Numbers:

The RNSC Dog Policy sets a limit of two dogs per person on our trails. Large groups of uncontrolled dogs are a hazard anywhere, but they are a major concern on ski trails.

The Parking Lot:

Please keep your dog on a leash in the parking lot. This protects your dog, and as the parking lot is often busy and slippery, it is a courtesy to others. Dog should be on a leash in the stadium area as well. Finally, dogs should not be tied to, or brought into the lodge.

There is a hitching post at the beginning of Roadway Ramble that can be used to secure your dog while you are getting organized.

Roadway Ramble:

As you move your dog from the parking lot to the dog loop proper, you will be skiing along a trail where you are most likely to run into very young, novice, and elderly skiers. Please keep your dog on leash for the first 200 meters of the trail.



Saturday is for Bunnies

On Saturdays, please consider waiting until after 11:45 am to take your dog for a ski. Our very youngest skiers, the Bunnies, are often on Roadway Ramble on Saturday mornings, and so the on-leash area extends to the woods on Roadway Ramble at this time. Any good-sized dog easily looks these little guys in the eye, and an uncontrolled dog can be terrifying for them.

Intersections and Downhills

Please ensure that your dog enters intersections in a safe manner. Train your dog to move out of the way of oncoming skiers, particularly on downhills.

Brown Klister (Poo)

Known as brown klister in some circles, nobody wants dog poo on their skis or churned up in a freshly groomed track. Please pick up any messes along the trail.

There are trowels at regular intervals along the trails for this purpose. If you dislike skiing back to get a trowel, using your ski pole or a branch is also an option. If the possible repercussions of mismanaging this fill you with dread, it is also possible to use a dog waste bag as a glove and throw the waste off the trail. Whatever

method you use, make sure that the waste is well off the trail. If none of these options appeal to you and you really prefer to bag your waste, please be careful not to drop it, and make sure to dispose of it at home.

Finally, keeping your dog close-by ensures that you are aware of the need to clean up.

Looking Ahead

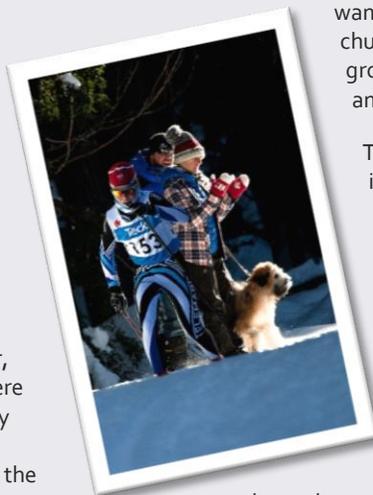
The success of the Revelstoke Nordic Ski Club's Dog Loop is a testament to the cooperative and invested spirit of all our members: those who don't ski with dogs, for bearing with the growing pains and changes as the loop has evolved, and those who do ski with dogs, for taking the needs of others into account and for owning their responsibilities as dog owners.

The Dog Loop enjoys a lot of support, and it is the cooperation of dog-owners and their respect of RNSC policies that will help keep our club dog-friendly for years to come.

Future plans involving changes to the dog loop will be considered as part of the strategic planning that is underway as the board works to meet the needs of all club members.

Concerns, questions, and feedback about the dog loop can be addressed to Lucie Bergeron:

c_blackie@telus.net
250-837-2536.



The Future of the RNSC

by Lori Milmine

The RNSC is a Nordic club to be proud of. We have a volunteer executive and last year we had almost 700 members join our club.

We also have a dog loop, night skiing, a new groomer, and a wonderful lodge.

We employ a small staff to run the day-to-day operations of our facilities and to help our members and guests. We also have a great head coach who runs a thriving race program, and we offer a terrific ski league for our younger skiers.

We are lucky to have a wonderful crew of volunteers who assist the club at all levels and in many capacities. At the end of the day, there are many, many, people who care about, enjoy, and contribute to our club.



The RNSC executive wants to continue to provide a top-notch experience at our club, and we are planning ahead to ensure that we get things right. However, we can't do this without your input.

Do we need more lit trails? Do we want to upgrade our stadium area so we can host races at a provincial level? Do we want more social events at the lodge? How about high-elevation trails? Do we want to broaden our membership demographic? It would be nice to be able to do all of these things and more, but the reality is resources are limited, and we have to set priorities.

To assist us in our planning, the board has initiated a strategic planning process and we appreciate the time you have taken to submit your surveys or contact members of the executive. We want to know where, in your opinion, should the club should be putting its energy and money.

Thank you for sharing your thoughts with us!

**Our strategic planning process is supported by a grant from BC Rural Dividend Fund and we have engaged a consultant to guide the process. Please talk to Gary or Lori if you would like more information.



The RNSC Race Program

by Matt Smider

Off-Season Training

Without a doubt, the Revelstoke Nordic skiers were spotted training throughout the off-season! You may have seen us roller-skiing on Meadows in the Sky or adventuring on Joss Peak. Perhaps we were sloggin' up Kill the Banker or settling into an easy distance ski down Airport Way. Maybe you caught us working the suspension trainers at the Nordic lodge or paddling down to Blanket Creek. Whether on skis, in runners, on bikes or in the water, our skiers have been working hard beginning in May for the Junior Development crew (ages 13+), with our younger Track Attack skiers kicking off their season in September. Since mid-November, we have transitioned (with a few unfortunate disruptions) to on-snow sessions. Our TA crew is on skis three days weekly, while the JD has four weekly team sessions.

A Great Team of Coaches

Our team is led by Coach Matt and supported by a superb network of volunteer coaches: Robyn Thomas, Bruce Granstrom, Rory Luxmoore, Kip Drobish, Megan Evans, Ann-Marie Gill, Mandy Kellner, Matti Little and Tanya Wolgram. We want to extend our thanks to this great team for their time, expertise, and dedication to our athletes and our program.

Camps: On and Off the Snow

As always, our dryland season was highlighted by the vast array of training camp opportunities. As a club, we hosted a local six-day camp in July; in addition to a 100-person regional camp at Blanket Creek in September and another 60-person on-snow regional camp at Silver Star in November. 17 Revelstoke athletes have benefited from the monthly provincial team camps based throughout the province and the Haig Glacier; three of which are co-lead by Coach Matt. One BC Ski Team member, Beth Granstrom, had the great fortune of attending a two-week camp in Sweden this past August.

Race Season is Here

We're now begun another exciting race season. To date, we've had a pre-season event in October

on Canmore's Frozen Thunder, followed by two back-to-back early season NorAm races in Vernon and Rossland. Our team posted excellent results at the Okanagan Cup and BC Winter Games Trials in Salmon Arm on December 30th; the BC Cup in Whistler on January 6th and 7th; and our World Junior Trials in Mont Saint-Anne from January 6th – 10th. Not only has the 2018 season started off with a bang, a new generation of wax technicians has been trained up and they are excited to make use of our brand spankin' new fleet of testing skis.

Parents and Fundraising

Our program would not be possible without the efforts of our parental support network. In particular, parents are integral to our fundraising efforts. In June, we held our firewood sales fundraiser raising \$5800 for the Ski League. A big thank you to Bob Walker for his wood donation and to our local wildfire crews to their efforts bucking and splitting the wood. In September, our bottle drive achieved new record success collecting almost \$2800. Finally, our sale of Save-On cards is an important ongoing fundraiser for our programs. Additionally, we were the proud recipients of two major grants: \$16,000 from the Community Gaming Grant and \$7500 from the National Winter Sports Association.

Stay tuned for updates as we glide through 2018 aboard our beloved skinny sticks!



The RNSC Race Program provides excellent coaching and many new opportunities. This year, we play host to the province:

The BC Midget Championships

by Mike Thomas

Revelstoke Nordic is hosting the BC Midgets Championships this winter. It's a two-day competition for 8-12 year old athletes from across the province, running March 3rd and 4th, 2018. As you may know, Revelstoke's an amazing venue for races, and this is often the first racing experience for the younger athletes.

With three races over the two days, Saturday morning starts with an interval start 2.5km classic race. In the afternoon, athletes compete in a team relay, 2 x 2.5km classic, then 2 x 2.5km skate, lots of teams dress up for this race, it can be very competitive! The athletes have a banquet on Saturday night, but can't stay up too late, because they have an early start with skate sprints on Sunday morning. I hope they'll have had their Weetabix, because Sunday's races are 100% action, with all the excitement happening right in the stadium area on the sprint loop.

A Call for Volunteers:

Want to lend a hand at the race? Our volunteer coordinator for the event is Natalie Macleod. Please email her at simpsonnatalie1@gmail.com if you think you can help out on March 3rd and 4th.

Ski League

The RNSC Ski League is our collection of youth programs that provide the momentum for many of our teams and special events at our club. Children of all ages gather to play, learn, and have fun in the outdoors on Nordic skis. It takes a group of dedicated volunteer coaches to make our ski league programs possible. In addition to the volunteer race team coaches, the following people deserve huge thanks for being volunteer coaches during the 2017/2018 ski league season (Bunnies, Jackrabbits, and Trailblazers). Without their efforts, our ski league programs would not be possible:

- Andrew Sheppard
- Brendan MacIntosh
- Chad Smith
- Gabriella Draboczi
- Janette Vickers
- Joe Bailey
- July Wilkey
- Kendra von Bremen
- Nikki Norrie
- Pat McMechan
- Paula Martens
- Ryan Gill
- Sarah Boyle
- Tanya Wolgram



THANK-YOU TO OUR ATHLETE DEVELOPMENT COMMITTEE!

There is also a group of dedicated volunteers that are part of the "Athlete Development Committee". Their role is to plan all the various aspects of the youth programs. The following volunteers deserve credit for their hard work ensuring that our youth programs are as successful as possible. Thanks to:

Cindy Maloney
Penny Page-Brittin
Bruce Granstrom
Robyn Thomas
Brendan MacIntosh
Eleanor Wilson
Rory Luxmoore
Natalie MacLeod
Chad Smith
Pat McMechan
Matt Smider

Team Scream is a super-fun event for all RNSC members. The date this year is February 10th.

Team Scream

In a few short weeks, skiers of all shapes, sizes, and ages will be starting a ski race/costume party known as Team Scream.

The format for the main race is fairly simple: a two-person team races the Mickey Olson loop (3.75km) in relay fashion -- the first lap is classic and the second lap is skate.

A skier looking for an extra challenge can choose the Skiathlon option and complete both laps solo.

There is also a short lap race for the youngest skiers (Bunnies) at 10:15am.

The main event starts at 11:00am, and this fun event is free for all RNSC members.

If you would like more information about the race, to find the registration links, or to see the full-sized version of the event poster, please go to our website www.revelstokenordic.org or email Eleanor or Sarah:

revyeleanor@gmail.com / sarahnewton33@gmail.com

Again, thanks to all the members who volunteer to make this race a success, and thanks to Rob Buchanan for the terrific poster!



The RNSC Executive: 2017-2018

Here are the volunteers serving on the RNSC Board for this season. Their efforts help to ensure that Nordic skiing in Revelstoke continues to thrive:

Gary Graf: **President**
Rob Serrouya: **Vice-President**
Lori Milmine: **Secretary**

Directors:

Pat McMechan: **Youth Programs**
Jeff Wilson: **Communications**
Jeff Ferguson: **Operational Planning**
Ryan Gill: **Operations/Facilities**

The board would also like to thank Koreen Morrone, Lucie Bergeron, and Josie Woodman for assisting the board with their work in sub-committees: membership, dog-loop, and seniors respectively.



THANK-YOU TO OUR GROOMER CREW!

This group of individuals gets up early or they stay up late to operate the machinery that keeps our trails in great shape through the season.

Grooming is a tricky and time-consuming task, and we are all grateful for the skills and dedication of this hard-working crew.

If you see one of our groomers on the trail or in the street, please say thank-you. Here are the names of the RNSC Grooming Crew:

Dave Kaegi
Matt Wallace
Tom Patry
Mark Gunner
Pat McMechan
Rob Evans
Jeff Ferguson
Wade Viznaugh
Kevin Bollefer
Mark Davis

Thanks!

Details from our Club Constitution:

Our club constitution states that our purposes are:

- a) To promote interest in and to develop sportsmanship and proficiency in Nordic skiing.*
- b) To organize, administer and coordinate appropriate Nordic skiing opportunities for all ages in the community.*
- c) To enter into affiliation or reciprocal arrangements with any other society or club with which it is considered advisable, that it may in any way assist in achieving any or all the purposes of the club.*
- d) To obtain and manage the necessary finances, personnel and equipment to operate Nordic skiing programs and facilities.*

Lodge Life

by Paula Martens

The RNSC welcomes Paula Martens to the position of lodge manager for the 2017-2018 season. the lodge. Here is her letter to members:

Hello RNSC Members and Guests!

Welcome to another glittering, snow-filled winter at the Macpherson lodge. My name is Paula Martens and I am looking forward to a great season with you.

Come and practice:

*Your mind emptying,
Your heart opening,
Your spirit soaring,
-Richard Wagamese*

And, if you need help getting to this place I am here to connect you to Revelstoke's amazing Nordic experience with ski and snowshoe rentals, day passes, memberships, and a cozy clean lodge.

-Paula Martens

