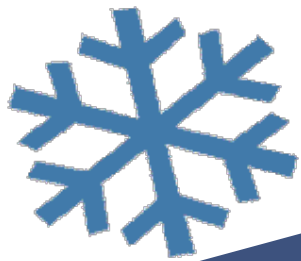


Revelstoke Nordic

SKI REPORT

December 2011, Volume 15, Issue 2



Time Trials

On Thursday, December 29th, the club is hosting time trials at the Macpherson trails. There will be distances of 1-10km, depending on age. All CCC/CCBC club members are welcome!

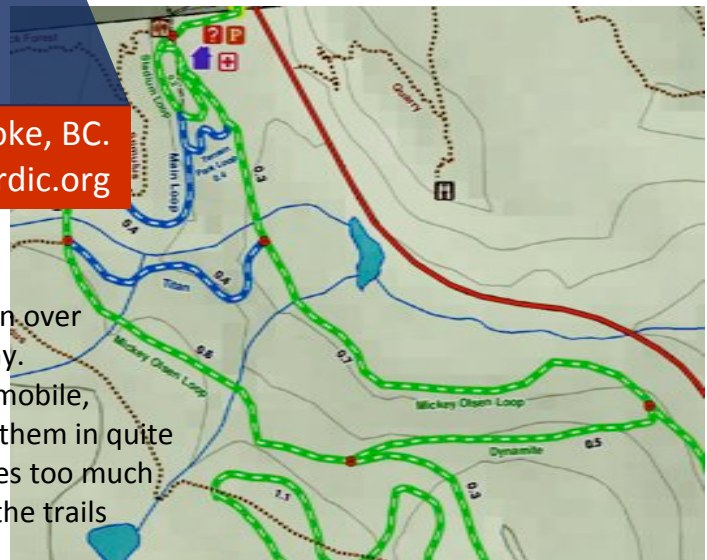


Box 1618, Revelstoke, BC.
info@revelstokenordic.org

Trails Report

The ski season started with a bang but low precipitation over the last few weeks have left our lower trails a bit patchy. However, thanks to our new Ginzu groomer and snowmobile, we have still been able to groom these trails and keep them in quite good early season shape. Where the big groomer moves too much snow for a shallow snowpack, the Ginzu can touch up the trails without sacrificing snow.

It looks like things are about to change with the weather! The snow will come! We have eleven active volunteer groomers this season. For snow condition updates, we have a white board at the lodge, our snowphone, updates on the main page of the website and an interactive Facebook page where members can update conditions. All of these resources are intended to help you plan your ski better! Our two new trails (Titan – 1.2km and Dynamite – 2.5km) are groomed but are a little thin on snow. Titan has a hill and a sharp corner so take it slow. The trails are shown on the map to the right. They make great loop options within Mickey's Loop. They also make great options for future time trials! Enjoy them!



Custom Clothing

There are a limited number of custom nordic jerseys and jackets available for club members. If you would like one, please drop into Flowt Bikes and Skis to try one on.

Lodge Manager

The Lodge has a new interim volunteer custodian! Tara Harris, along with our regular force of volunteers from the club, will be looking after Lodge duties until the new coach arrives. She is very personable and likely will be greeting you when you arrive to say hi and check for passes. We are very fortunate to have such wonderful help, so please drop in and say hi if you haven't met Tara yet!



Social Events

We are still looking for people to host some club social activities and take full advantage of having a beautiful lodge! We want all the membership to benefit and we know that we have keen and creative people that may be interested in helping organize some sort of club activity, such as an evening ski or a potluck dinner or even a slide show! If you have an idea, you can contact Ian Brown directly or send us an e-mail from our website.

President's Report

As I write this update, the Macpherson trails have been officially open for one month! That is the earliest start, I believe, for the club on record. The main reason we were able to open the trails so early was due to the fact that we now have a Ginsu groomer and snowmobile. If we had to rely on the larger groomer to set the trails, there is a good chance we still might not be open. The use of the Ginsu allowed us to pack down a solid base which has nicely set up for the season. Thank you to all of the groomers who have given time to make the early season skiing so great.

As our Nordic facilities continue to improve and expand, the Club Executive is discussing the potential of formalizing trails for snowshoeing. The use of our existing Nordic trails is not particularly compatible with snowshoeing. We would like to establish new trail network for snowshoers. For the most part, these trails would use existing mountain biking trails. We are looking for someone who might be interested in spearheading this initiative. If you are that person or know someone who might be interested in taking this challenge on, please have them contact the club.

We are still awaiting the arrival of our new club coach, Andrei Pascu from Romania. Once he gets here, he will be kept very busy with running our children's ski programs, setting up a Master/Adult program and working as the Lodge Custodian. He will also be providing private ski lessons for individuals and groups and running the ski instruction programs for the local school district grade 4 children.

Finally, now that we are fully operational, we need volunteers to staff the ticket Office. Last year, the Ticket Office brought in almost \$10,000 worth of trail fees. This amount offsets all of our fuel costs for our grooming equipment for the year. If the office is not staffed we lose this income. The end result is that we the members have to cover the costs and that may mean increases in membership fees. Therefore, if you have not already done so, please sign up for a two hour Ticket Office Shift by contacting Nadine Smith (250-837-4575 or nadinesmith@telus.net), our Ticket Office Coordinator.

Have a happy and safe holiday season and see you on the trails!
Happy skiing.
Dave Kaegi

Masters Programs

The Master's Canadian Championships will be held in Golden, BC in March 2012. As a follow up to last years World Masters's at Sovereign Lakes, this is another fantastic chance to participate while it is so close to home! Keep tabs on the Golden Ski Club website for registration details and more. These races are open to skiers of all abilities, and include a variety of distances for both classic and skating. Keep tabs on the Revelstoke Nordic Masters Racing facebook page for info as well.

Master's Programs are on the horizon! As the new club coach arrives and gets settled in, we will be scheduling a variety of coaching, training, and clinic style programs designed for adult skiers who want to improve their technique, train for events, or just get out and ski. Stay tuned!



A ski story by Emily Suchy

Three weeks ago Debbie Koerber and I went to Canmore for a ParaNordic camp. We got to meet Canada's Paralympic coach Robin McKeever, six time paralympian sit skier Colette Bourgonje, the BC Provincial Sport Advisor for ParaNordic Tony Chin and a whole bunch of other really important people. It was so touching; all these people are interested in helping me and think I have potential... a lot of pressure for success! I definitely learned a lot. On the way to Canmore, Debbie and I were talking about how we have NO knowledge about sit skiing whatsoever. Questions like "What ski do we get?", "Are the techniques we are practicing good?", "Are all the people going to be really experienced?", "How will I get up the hills?" and most of all "How do I get DOWN the hills without crashing?!" hovered in the air. But we returned with reassured, information-overflowing heads. The majority of the time was spent trying a variety of sit skis. I sat in one, went up and down the hill, and then did it again on a different ski. This time was well spent though... every ski is designed for a certain disability, and every disability is just a little different. Every day was filled with the best, and most up to date training information and techniques. And every day I left trying to remember everything I learned. The quote of the weekend would have to be something like "Well, Robin McKeever said..." or just all the little remarks like "Too bad you have feeling in your legs" or "Too bad your legs weigh so much... that adds an extra 30 pounds!" or "Well, you have abs so we might as well use them!"... Debbie and I laughed over those. But they weren't kidding... they were completely serious and strategic about it. One day we ran into a double leg amputee. The coaches got all excited, already trying to assess the percentage he would get off his time in a race. Just last weekend we went to Silver Star to do a qualifying time trial for the BC Winter Games. The time I had to beat was 18 mins for a 3 km course. I finished in 16:39 minutes so I'll be heading back at the end of February for the BC Winter Games! In the future I think it would be super cool to compete Nationally, but that's a lot of work away. I am so thankful for (and frankly surprised by) all the interest and support people are showing. I think that's part of the reason why I'm even considering possibly competing Nationally in the future. Everyone that I've met in the sport so far has been really inspiring and helpful. It's such an amazing new opportunity for me.

Help Wanted (of the volunteer nature!)

1) Wanted Club members who are available mid week (mostly Thursday mornings 9:30-11:30 am) beginning Jan12th to work with the club coach and elementary school grade 5 school groups. Preferably we need a commitment of 4 consecutive outings. The responsibility is to assist the coach, co-lead a trail ski tour providing supervision and group safety while helping students develop stronger skiing skills. Strong intermediate cross country skiers please. Criminal record check required. Contact: [250 814 4264](tel:2508144264). Leave a message with the club of your availability.

2) Parents of preschoolers – freedom at last to ski the Macpherson trails with the wind in your hair! The club is interested in hearing from you if you believe this service would be a lifeline in helping you to xc ski more often. This would be organized as a co-op arrangement - parents taking turns offering childcare supervision in and around the lodge facility then taking their turn for a child-free ski! We are arranging for the loan of a couple of baby chariots during this program. To be held weekly Fridays, 9:30-11 AM beginning January 13th continuing weekly as long as interest is strong. Looking for a program facilitator – contact Sally [250 837 5784](tel:2508375784) sally_thomson@telus.net.

Team Scream

The Team Scream Ski Relay race will be held this year on Saturday February 11 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 involves two skiers, one classic and one freestyle, each skiing a lap around the Mickey Olson Loop. The best combined time in each category wins. There is also an individual pursuit category where one skier does both the classic and freestyle laps themselves. The emphasis for this race is on participation and 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. This year the theme for costumes is Witches/Wizards/Harry Potter. Use your imagination. We expect to see lots of great costumes!

The club will provide free burgers and chilly for all participants and spectators. There is no cost for the race if you are a club member. Non-members pay the day rate. After the race there will be a short race for the Ski League Bunnies and other young skiers.

As a special bonus this year National Ski Team Member and Olympian George Grey will be at the race. After the race he will be doing clinics but during the race he will be available to sign swag and chat to. Watch the website for more information!

Membership Cards

Laminated membership cards will be available for pick up at the ski lodge office. We currently have over 350 members.

Lantern Ski

Join us for the lantern ski on January 1st! This year we will be lighting Mickey's Loop, and using the day lodge as our hub. If you would like to ski to Ole Sanberg, please bring your own light. Also, don't forget to bring a mug for hot chocolate! The event is from 5 – 8:30pm.

ParaNordic Report

Grants are now in and we are ready to start getting a sit ski built for Revelstoke. We are working with Trent Kappler at RER who will be doing the fabricating for us. Thanks Trent!

I had the opportunity to go to a Para Nordic Camp in Canmore with one of our athletes. It was very informative and we came back inspired and confident that we can host a successful adaptive ski program out of our club.

While we are mostly working on sit skis for the program we would like to invite anyone who needs adaptive equipment to access our program. If you would like to learn to nordic ski please contact us for more information. Guides may be arranged upon request.

Debbie

For more information on Para Nordic skiing please see the

Cross Country Canada website at www.cccski.com/para-nordic.aspx.

Please contact Debbie Koerber at debbie@apexrafting.com for more information.

Dog Trails

Hello and welcome to another season to enjoy skiing with your dog at RNSC!

First, thank you doggers for cleaning up poo, keeping your dog away from the children's ski school stadium area and preventing your dog from ruining another member's ski outing. Always keep in mind this is a shared use area. Not every RNSC member values skiing around dogs.

Last March a survey proposing a dog ski loop was made available to all members of the RNSC. I presented the survey results at the April 2011 AGM. The AGM minutes are available at the lodge on the bulletin board.

In summary, one hundred and fourteen members responded.

- 77.95% requested the present dog loop be a permanent trail. While this is an overwhelming show of support, it is important to remember that Roadway Ramble is also used by many skiers as an entrance to the entire trail system. Please see the link below for specific dog/skier guidelines.

- 75% of members favour a separate dedicated dog ski trail. No money is available at this time but it is a future plan.

- 45% of RNSC survey respondents agree with an increase in fees for the use of a dog loop.

As a result of the survey and the success of last season's dog/ski loop, the loop location will remain the same. Last year members noted some dog loop rule infractions - specifically aesthetics (poo not being cleaned up) and dogs in out of bounds areas. Because we all need to be aware of the minority member's viewpoint two changes are being tried this year - registering the dog with the skier's membership and installing trowel posts.

The best news for me this season was the dog registration. As of now 48 dogs and 94 humans are registered with the club to use the Dog Loop. The registration's purpose is to promote good stewardship of the dog loop. The dog's name and description will allow follow-up of any alleged infractions. Please keep your dog's pass visible.

Feel free to continue poo clean up with bags or snowballs but also try flinging the poo into the woods using the trowel. When finished hang it back on nearest post. More trowels and posts will be added to the dog loop soon. Let's maintain Macpherson's beauty.

Instead of skiing with your dog on forbidden trails email the club asking for more groomed dog trails. Maybe suggest access to additional trails during the early morning weekdays before the grooming or volunteer to clear a new trail. Consider becoming more active in the club. info@revelstokenordic.org

Remember the dog loop is re-evaluated on a year to year basis. Follow the RNSC Dog Loop Policy. Let me know suggestions and comments.

Special Thanks to Nadine Smith, Anne Keller and Sarah Newton for your suggestions and support. You made it happen.

See you on the trails! Paula Hill

2011/12 Races

There are lots of great races near Revelstoke this season. Some of them include:

Larch Hills Fun Race/BC Winter Games Trials - January 1, 2011

BC Cup #1 - January 7-8, Kamloops

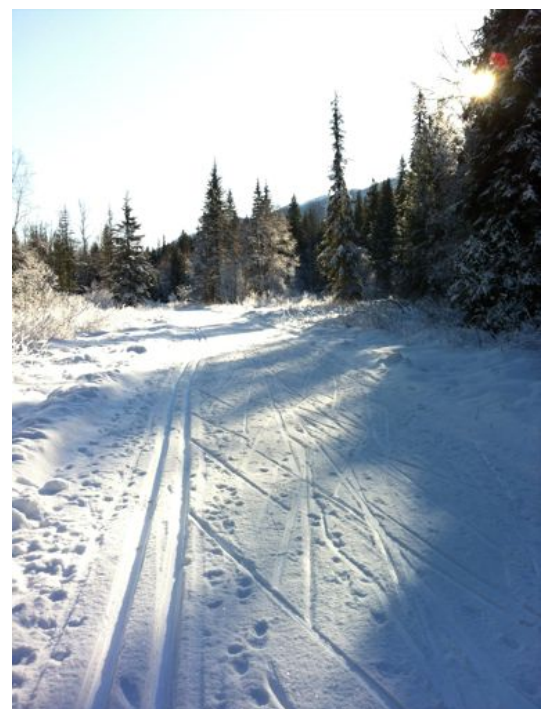
Haywood NorAm Western Canadian Championships - Jan 20-22 -
Canmore, AB

Pirate Loppet - Friday Jan 27, 2011

Revelstoke Nordic Team Scream - Feb 11, 2012

BC Championships/BC Cup #3 - Feb 18-19, 2012 - Salmon Arm

Midget Championships - March 3-4, 2012 - Kelowna



Rescue Plan

The Revelstoke Nordic Ski Club keeps first aid kits at the Revelstoke Nordic Day Lodge, Ole Sandberg Cabin, and in the groomer. The following gear is also stored in the Maintenance Building:

- Toboggan with toe bar
- Snowmobile
- Backboard, hard collars and spider straps
- Card board and plywood splints
- Blankets and tarp.

In addition, a rescue toboggan is stored at the Ole Sandburg Cabin on the deck. Inside the toboggan can be found a backboard, splits and blankets.

In Revelstoke: Revelstoke Search and Rescue

maintains a toboggan and snowmobile with trained personal. They are reached through the RCMP or by calling 911. There is good cell phone coverage throughout the entire trail network. Some staff from the Forest District are familiar with the trails and are trained in basic first aid. They also have access to snowmobiles. They may be available to respond quickly during the mid-week. The office number is 837-7611.

When communicating an emergency, note:

- The nature of the emergency. How many people involved? What happened? Is there major trauma involved? What is the chief complaint? What are the signs and symptoms?
- Who is the victim - name, gender, and approximate age –also contact name and phone number.
- Where is the accident? (See attached map).
- When did the accident happen?
- What are the current temperature and weather conditions?
- What is needed for the rescue? (Does the victim have a back or neck injury that calls for the use of a back board? Is the victim having any respiratory and circulatory problems that call for the need of oxygen and immediate transport)
- Your name and location.

If you have to leave the victim to get help, ensure they are positioned safely on the trail. Keep the victim warm from above and below through the use of extra clothing or padding. If you are reporting a missing person, provide a name and a description of the person, travel plans, when and where last seen, experience level, type of ski equipment and how prepared they may be.

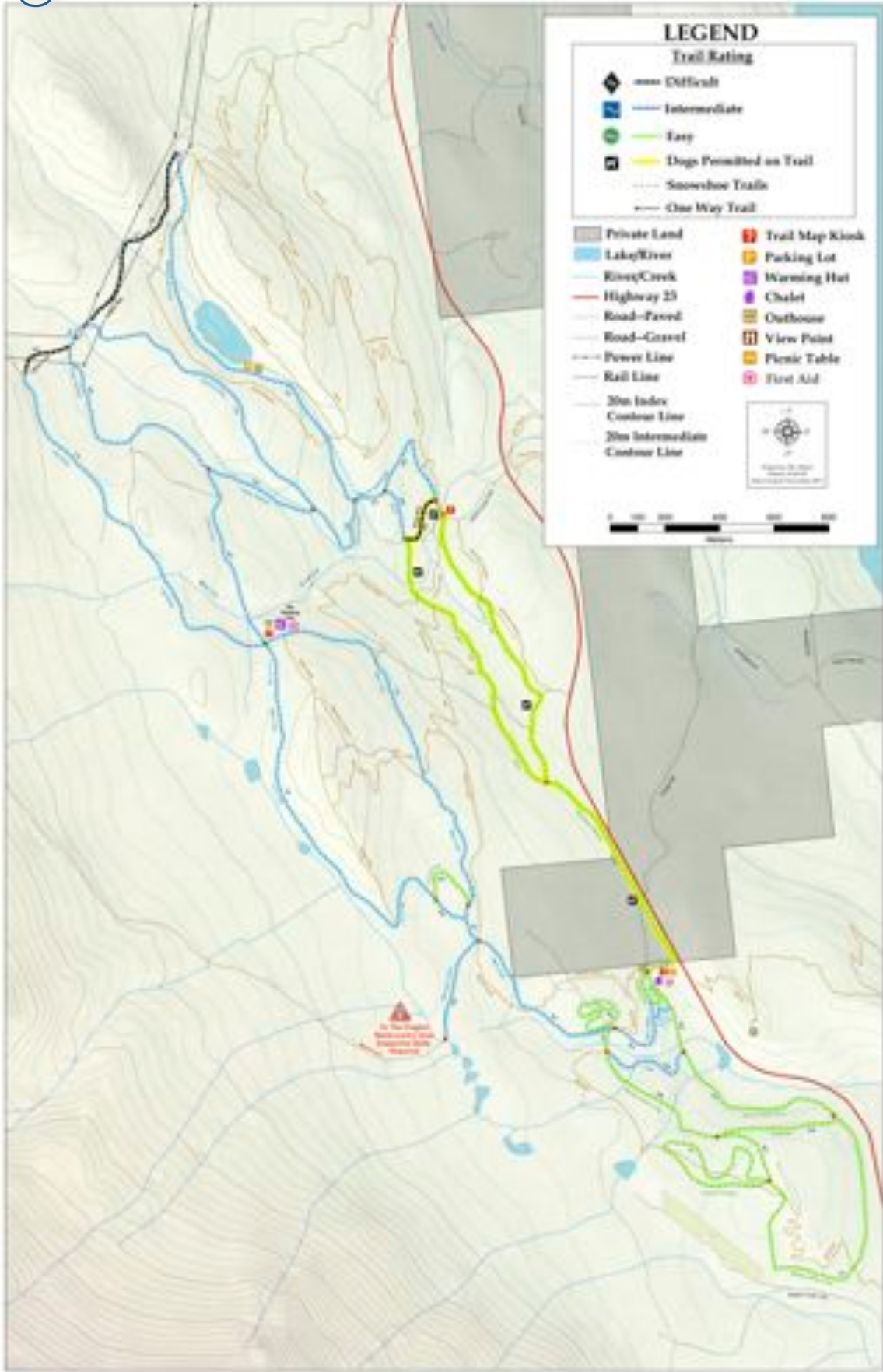
The plan will be reviewed annually. It will be posted at the Revelstoke Day Lodge, the Maintenance building and the Ole Sandberg cabin. A copy will also be maintained on the website.

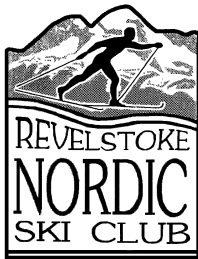
Emergency Numbers

RCMP, Fire, or Ambulance...911
MacPherson Lodge.....837-7041
Hospital.....837-2131

A phone is available at the Revelstoke Nordic Day Lodge in the Ticket Office.







*Box 1618
Revelstoke, BC*

Snow phone

For updates on trail conditions call:

250-837-7303

Website

Trail map, local ski history and more!

www.revelstokenordic.org

Would you like to receive this newsletter digitally in the future? If so, please send an email to info@revelstokenordic.org requesting email newsletters.