

SKI REPORT

February 2012, Volume 15, Issue 3



George Grey

The weekend of February 11th and 12th is shaping up to be a super fun weekend of events and clinics. Join us for the Team Scream fun race, and a special visit from olympian George Grey.

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

President's Report

We are mid-way through our season and by all accounts, it is turning out to be a great season! The snow has arrived by the shovel full, we have our new coach in place whom is kept busy doing ticket office duties, coaching our young kids and older skiers (masters) as well as doing custodial duties. Our grooming crew has been going out daily to provide great skiing opportunities for all of us, and we have the highest number of club memberships in our Clubs history; we are approaching the 500 member mark!



I would like to thank all of the club members who have undertaken various volunteer activities including ticket office shifts, coaching our junior skiers, hosting special events, and grooming our trails. Our club is based upon the strength and participation of our members to provide the services that we all enjoy. There are still plenty of opportunities to volunteer in some capacity for the club if you have not already done so. We have a number of special events scheduled in the coming weeks including the Team Scream fun race, and a special visit by Olympian George Grey. Please see the details in this newsletter.

Enjoy our great mid winter conditions and see you on the trails.

Dave Kaegi

Club President

Parent & Tot Drop-in

Every Friday morning from 9:30 – 11 AM the club is hosting a co-operative play Parent and Tot drop-in.

Let your child enjoy the comforts of the club's warm lodge adorned with fun toys, activities and maybe an impromptu "circle time" while you ski!

When the weather is right, we will also be outdoors exploring snow play. Then, exchange your ski time for supervision while other parents ski.

The hot chocolate is on and it is the most spirited parent mingling in town! Members are free and non-members pay the \$7.50 day use fee.

Contact Hayley for more info: johnsonhayley@hotmail.com.



Membership Cards

We currently have 483 members: a new club record! There are 95 registered dogs. There are also A LOT of membership cards in the lodge office, please pick yours up and wear it proudly on the ski trails.

George Grey Visit

George Grey is a former Olympian and National team ski racer. He is coming to Revelstoke on the weekend of the Team Scream Race to host clinics and give presentations. This is a great opportunity to learn more about waxing, ski technique, nutrition and a lot more. The Team Scream is free, and does not require pre registering. The rest of the weekends events require pre registry.

Itinerary:

Saturday, February 11th

8:30-9:45 Mingle and ski with George (warm-up type ski)

10-11 Fun Rabbit Event/Game

11-13:30 Team Scream Race, awards and food (a potential opportunity to get George to sign your swag!)

13:30-14:30 Track Attack skate ski technical instruction

14:30-15:30 Junior Development skate ski technical instruction

15:30-16:30 Masters skate ski technical instruction and best practice drills

19:00 Good to Great multi-media presentation at the Community Centre (\$5 if not already registered for the weekend)

Sunday, February 12th

8:45-10 Masters Classic technical instruction and best practice drills

10:30-11:30 Wax and grind and equipment selection technical instruction

11:30 Nutrition Presentation and Lunch (sandwiches will be provided)

13:15-14:30 Track Attack classic technical instruction and best practice drills

14:30-15:45 Junior Development classic technical instruction and best practice drills

16:00 Core training, plyometrics and weights (ages 10+) (location to be announced)

If you would like to register for the weekend Fees are \$5 for Junior racer members, \$15 for Masters members and \$20 for non-members.

There is, as usual, no charge for the Team Scream or the Rabbit event.

To register, send an email to angusandkendra@telus.net

SAR Training Exercise

The Revelstoke Nordic Ski Club and Revelstoke Search and Rescue teamed up to host a mock search and rescue practice on January 26th at the Macpherson nordic centre. Volunteer SAR members responded to a report of a missing and possibly injured cross-country skier. They completed a snowmobile search of the nordic trails until they located the missing person, treated her for injuries and hypothermia, and evacuated her to the lodge by toboggan. The exercise was a great way for the SAR members to get to know the nordic trails and refine their search techniques, so that in the event of a real emergency they can assist as needed as quickly as possible. Thanks to Revelstoke SAR for efforts and thank you to Danyelle Magnan for helping coordinate this practice and for playing victim!



Dog Trail Information



Thank you to everyone who has done their part keeping Macpherson's dog cross-country ski trails beautiful and safe for all RNSC members. Great news! RNSC has received a \$500 donation from Terry and Matt Callaghan - Arrow Helicopters for the maintenance of the dog ski trails. Terry writes "I appreciate having the dog loop so much, I want to send a big thank you to all the volunteers that help work on it!! My favorite sight to see is when I am skiing on the loop and there are many seniors out with their dogs and the moms with kids and the family dog. I know from having four children how hard it can be to walk the dog, get the kids out to play and exercise yourself. Having this awesome dedicated loop allows a family to do it all. It brings joy to my heart!" This is a very generous gift that will encourage all of us to be

better stewards of these trails.

I will begin discussing uses for the donation with the RNSC board. Better signage, more frequent touch up grooming, more trowels and a dog waste bag/container system are a few of the possibilities.

Many members have made suggestions about useful information on a dog loop sign. Describing the loop as a shared use section of RNSC is key. All skiers should follow normal ski etiquette including staying to the right on two way trails, groups not passing on both sides of fellow skiers and slowing down at intersections. With the popularity of the dog loop increasing and more beginners on Roadway Ramble-Easy Al's-BCIT care should be taken by everyone in this section. A dog loop sign at the start could inform skiers that dogs may be encountered in this section of Macpherson and include a map outlining the leashed, unleashed and prohibited areas and also inform all skiers that the continuation of the dog loop is reviewed yearly. Day skiers could be directed to the lodge to pay the usage fee.

Let me know of any ideas you may have to upgrade and maintain the dog loop.

And a big thank you to the Callaghans and Arrow Helicopters. In addition to the financial aid this gift reflects appreciation for the RNSC dog loop. Many of us can agree.

Paula Hill, RNSC Dog "liaison"

Nordic Pulk

Rob Serroya and Sylvia Wood have kindly donated a pulk to the Nordic club for members use. The pulk is available to members any time the lodge is open. This is a great way to pull your child while you get a great ski! If you would like to reserve the pulk so you know it is available for your use, you can do so by sending an email to info@revelstokenordic.org. Reservations will show up on the Calendar of the website. Otherwise, you may show up at the lodge and borrow it if it is available. The pulk will be automatically reserved on Friday mornings for the parent and tot drop in. Thanks a lot Rob and Sylvia!



Trailblazers

We are very excited to have a new addition to the ski league program. The Trailblazers group is for kids ages 10 and up, focusing on both classic and skating technique as well as offering some other adventurous activities. This program was created out of a demand for those kids not wanting or able to commit to a racing program but who wanted to keep skiing and learning. The objective of this program is simple - it is to keep kids skiing and foster a life-long passion for the sport. Trailblazers ski two times a week. So far this season, in addition to many skill development lessons, we have also had an avalanche awareness day of beacon searches and a rescue dog demonstration, an environmental awareness day where the kids learned about different ecosystems along the trails and a winter survival and safety day. Other destinations and special events are planned for the remainder of the season and by all accounts parents and kids alike seem quite happy. We are very appreciative of the support we have received from everyone, especially the club executive and Bruce Grandstrom, who was doing a great job of being as inclusive as possible with the Track Attack group. Happy skiing and see you out on the trails! Coaches Ian Brown and Rory Luxmoore.

Racing bibs

The club has created 280 racing bibs for future events. The bibs were funded through generous donations from Mica Heli Skiing and Skookum Cycle and Ski. Thank you very much to our sponsors!



One Day Clinic

On February 26th, there will be a one-day ski clinic. This is a perfect chance for intermediate and advanced skiers to improve their technique. There will be a skate clinic from 9-11am and a classic clinic from 1-3pm. The cost is \$30 for club members and \$40 for non-club members (trail pass is extra). Pre-register at the lodge with cash or cheque, or drop off your payment and contact information in the fee vault at the lodge. Contact club coach Andrei at 250 814-4264 for more information.



Lessons

Private and Semi Private Lessons are available. Lesson times are Mondays from 8am to 3pm, Tuesdays and Wednesdays from 9 to 10:30am and Mondays and Wednesdays from 7 to 8:30pm under the lights! Lesson pricing is \$40 for a semi-private and \$60 for a private lesson (trail pass is extra for non members)

Contact Coach Andrei 250 814-4264 or andreipascu58@yahoo.ca or make your booking through the Revelstoke Outdoor Centre 1 866-373-4754/250 814-5060.

Team Scream

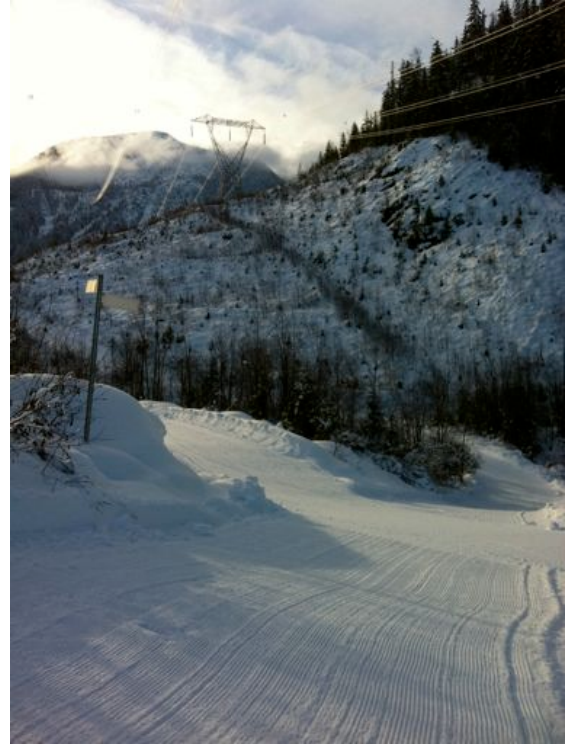
The Team Scream Ski Relay race will be held this year on Saturday February 11 at the Mt Macpherson Ski Trails. Registration is from 9:30 to 10:30 with the race starting at 11:00. The format for the tandem race involves two skiers, one classic and one freestyle, each skiing a lap around the Mickey Olson 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!

Club Jerseys

There are a few club jerseys still available. Drop in to Flowt Bikes and Skis to try one on!



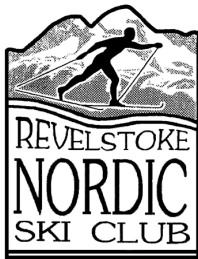
Lodge Rentals

The Nordic Lodge is available for rentals! It is a great place for business or private functions. Rentals include a rustic comfortable venue with a common room with tables and seating capacity for 60, a sound system compatible with ipods, a full kitchen with complete place settings for 24, a large outdoor covered deck and a cozy pellet stove. Our competitive rates are:

Non-Profit, community groups, sports groups: \$50 plus \$150 refundable deposit
For-Profit, private events: \$150 plus \$200 refundable deposit. For complete details, go to www.revelstokenordic.org, or send us an email at info@revelstokenordic.org.

Lodge Photos

Thank you to Cathy English from the Revelstoke Museum and Archives for allowing Rob Buchanan to select the heritage photos of cross country skiing in the Revelstoke area that now adorn the walls of the lodge. These photos have made the final touch to really complete the lodge!



*Box 1618
Revelstoke, BC*

Website

Trail map, local ski history and more!

www.revelstokenordic.org

Snow phone

For updates on trail conditions call:

250-837-7303

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