



# Revelstoke's NORDIC REPORT

Volume 7, Issue 3

Box 1618, Revelstoke, BC V0E 2S0

March 2004

[www.revelstokenordic.org](http://www.revelstokenordic.org)

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## Upcoming Events

### **\* Tailgate Party**

Saturday March 27,  
Mount MacPherson Staging Area  
Starts at noon.

### **\* Annual General Meeting**

Wednesday April 21,  
Revelstoke Community Centre  
7:00 p.m.

*Last Track  
Setting  
April 10<sup>th</sup>  
(Conditions permitting)*

## *President's Message*

Our groomers – Mickey Olson, Allan McInnes, and Brian Abear - have been great. I would like to take this opportunity to thank them and to let everybody know the dedication and the hard work this crew has been doing for the club.

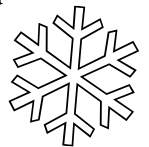
During the storm cycle at the end of January the trail crew worked 8 hour plus days for 5 days in a row to keep up with the snow. They had to - so that our little Piston Bully could keep on moving. Al and Brian worked a long day and cut 200 plus snow laden trees that were encroaching on our trail. Brian took time off work to groom and help achieve club goals. Mickey groomed Christmas day. The trail crew (especially Al) has been instrumental in helping out with the Lantern Ski. Many other clubs pay employees to do what our trail crew is doing. These guys are the true corner stones of our club.

The Club wants to say thanks! We are sending them to the Black Forest Restaurant for dinner on us (an idea from Julie Briese) and we asked members to sign a thank you card at the Lantern Ski. We also encourage club members to personally acknowledge the hard work and dedication this crew has shown.

We rented our lanterns to the Golden Nordic Ski Club. The forest service helped out with some of the transportation. The Golden Club had a good event. They did note that it was a lot more work to run than anticipated -something our volunteers have come to accept.

I have enclosed an emergency plan in this newsletter in the event of a mishap on our trails. Please have a read of the plan and feel free to pass on any comments that may make it better.

--Ken Gibson, President  
Revelstoke Nordic Ski Club



## *New Groomer in 2005*



This past month Mickey, Allan, and I have received numerous thank yous for our hours of grooming. We appreciate the cards presented on the February 7<sup>th</sup> Lantern Ski. It's nice to have our efforts acknowledged.

As of February 18<sup>th</sup> we have groomed the trails 35 times and will likely set a record of more than 55 settings for the season. The PistenBully is working fine. A few minor repairs to the muffler and ongoing repairs to the tiller comb are the extent of the work to date.

As most members know we are planning for a replacement groomer in 2005. Our existing machine is a used 1983 PistenBully 170 that was purchased in 1997. It has served us well. However there are some expensive repairs on the horizon. The track belting needs to be replaced and with it at least 30 track bars. The cost of these repairs would be approximately \$20,000. In addition the final drives on both sides require new seals. The machine has not had a dealer service since its purchase in 1997. Such an inspection would likely turn up additional repairs.

The replacement unit would have several advantages over the present machine. Firstly the tiller would be 30 cm wider providing a wider skating lane. The tiller would rotate 50% faster, which allows for a faster travel speed especially in the wet sticky snow conditions. The newer groomers have 60% more horsepower to both travel faster and power the tiller. The new tillers incorporate more plastics and a better comb to provide the perfect finish. The cat blade has hydraulic folding wings which enable the operator to groom wider thereby allowing the tiller corner flaps to lie flat. The tiller is also articulated, which enables smooth tracksetting around curves. Our present groomer operates at 4 - 6.5 km/h depending on snow conditions. With the increased horsepower and tiller efficiency, the travel speed should be

around 9-10 km/h. Grooming times should be less than 3 hours under good conditions.

Our plan is to replace the groomer in the summer of 2005 with a much newer unit. The tracksetters on our present machine are worth \$12,000 – \$15,000. They will come off our current machine and be installed on the new groomer. The trade-in value of the PistenBully is approximately \$10,000. The cost of a newer (used) groomer is \$80,000-\$85,000. The club executives have been planning for a replacement groomer since 1997. I am happy to report that we are very close to having sufficient funds to make the purchase.

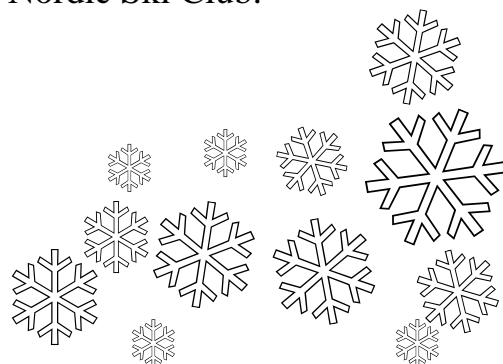
-- Brian Abear

## *New Colour Trail Map Now Available*

Have you seen the new full colour Nordic Trails brochure and map? Stop by the Revelstoke Chamber of Commerce office on Campbell Avenue to pick one up. Thanks to Gerry Gardiner and the Chamber of Commerce for producing the map.

## *Membership Report*

Karen Bray reports the Revelstoke Nordic Ski Club has 314 members, of which 93 are new memberships. Club memberships are essentially the only source of income for the Revelstoke Nordic Ski Club.



## Logging on Mickey's Loop

I'm sure observant nordic skiers have noticed the yellow rings painted on some of the trees around Mickey's Loop, and have wondered what they were for. Well, here's the answer to the mystery.

Logging will be taking place on Mickey's Loop throughout March. The construction of the upper and lower roads which allowed the creation of Mickey's Loop, were put in place by the Ministry of Forests to facilitate harvesting in the area. Logging will consist of removing only the trees painted with yellow rings, and for constructing skid trails to access them. The final result will be an intact, albeit thinner, forest. The long range plans will be to conduct periodic harvesting of a similar nature every 15-20 years, and to regenerate young trees in the gaps.

Some may be wondering why this activity could not proceed in the summer when there is no conflict with skiing. Foresters decided that harvesting should be scheduled in winter to minimize soil disturbance on steeply sloped areas. A deep snowpack will be used to construct the skid trails from snow and soil, and thereby minimize the amount of soil disturbance. All the activity will be from the Begbie Road area south of the parking lot. No logging traffic will cross over the bridges installed by the Nordic Club, and except for Mickey's Loop, skiers will still be free to enjoy the beautiful trails of Mount MacPherson for the remainder of the winter. Both the upper and lower entrance/exit points to Mickey's Loop will be blocked off when activity begins, and signs will be erected. Please do not attempt to ski into the area once activity has started, as this could be hazardous to your health!

For more information, call me at the Ministry of Forests office at 837-7611.

-- Rob Mohr

## Annual Potluck Moves Outdoors

Saturday March 27<sup>th</sup>

Mount MacPherson Staging area

Starts at Noon

This year we have a new twist on the annual potluck dinner. Come on out at noon on March 27<sup>th</sup> for a ski with family and friends around the trails at Mount MacPherson. Stop in afterwards for the "Tail Gate Party" in the staging area by the parking lot. The Jackrabbits will have their awards ceremonies. Plan on participating in some fun-on-snow group events.

- Please bring along a bowl for your chili, a mug for tea or hot cocoa and a chair to relax on.
- There will be hot dogs for the kids.
- Potluck desserts are welcome! (Hint, hint!)

Everyone is welcome to attend. No charge for members and non-members can pay by donation. Coordinators are Karyn and Cam Molder. Call them at 837-2914 if you have questions.



## *In Memory of Murray McQuarrie*

We were saddened to hear of the passing of Murray McQuarrie, a long-time member and enthusiastic participant in all activities of the Nordic Ski Club. The club was pleased and honoured to hold a memorial for Murray on the occasion of the Lantern Ski on January 1<sup>st</sup>. It was attended by the McQuarrie family: wife Marlene, sons Gregor and Brian, Gregor's wife Cathy, great granddaughter Hannah, and the little Jack Russell Terrier Kelli, who was Murray's faithful companion while hiking or skiing. The beautiful moonlit night with perfect snow conditions was most fitting for the occasion.

Murray grew up on a farm in Manitoba and joined the army as a teenager in World War Two. He participated in the Normandy invasion, landing one day after the first troops (June 7, 1944) and served on the crew of a Bren gun carrier doing reconnaissance in the campaigns through France, Holland, Belgium, and Germany. He was in the forefront of the action and on two occasions, was the only survivor of his crew. He was wounded in the knee and still had bits of shrapnel coming out of it.

After the war he worked in mining and dam construction, then moved to Revelstoke in 1953 and worked as a trainman and conductor on the CPR until retirement in 1985. He cared deeply for his family. Murray and Marlene celebrated their Golden Wedding Anniversary in 2001.

Murray was a man of action who loved the outdoors where he enjoyed hunting, fishing, hiking, skiing, trap shooting, and sailing. He also had a spiritual side which was nourished by the time he spent in nature. He made many friends with the kindred spirits he met on the trails of Mount Revelstoke and Mount MacPherson, along with Kelli. Many of us will best remember Murray on these trails; hiking, skiing or clearing brush off the trails in the fall.

If a person's life can be thought of as a trail, then I think that for Murray, it is well described by a quotation found in a book. *Pioneer Days in British Columbia*, which Marlene had loaned to me.

“I believe that every mind should be free to act according to the light within or without. I have located a short trail over the divide to the great beyond, but unlike creed trails, heaven is along mine at every step, and it is not necessary to die in order to get some of it.”

“My trail has plenty of the sunshine of love, mercy, gentleness, kindness, and other rays of light that bless and sweeten those who travel it.”

“It is a pleasant road that I have built, with others, to that great territory from whence no prospector has ever returned....”

*Quoted from R.T. Lowery  
in the New Denver Ledge of August 9, 1906*

We wish you happy trails in that “great beyond”, Murray.

-- Jeff Nicholson

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## *Many Thanks to Our Lantern Ski Volunteers*

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***JANUARY 1, 2004***

*About 220 happy skiers (and at least one group of snowshoers!) attended the first Lantern Ski of the year.*

Groomers - Brian Abear, Mickey Olson

Lantern Pole/Lamp Set up and Tear Down - Allan and Evelyn McInnes, Glenn McGregor, Lionel Wheeler, Cam Molder, Ken Gibson.

Food/Drink Donations - Mengia and Jeff Nicholson, Brian Gawiuk, Lisa Longinotto, MaryLou Mohr

Food/Supply Purchases and Deliveries - Bev Clark, Ron Cholach

Light Up - Nancy and Wayne Martin, Josee and Gordon Woodman

Light Adjustors - Geoff Battersby, Mike Tomlinson, Ellen Tremblay

Lights Out - Bill Shuttleworth, Ken Gibson and Family, Brian and Dennis Gawiuk, Bev Clark

Welcome Hut - Rubyanne Meda, Bev Clark

Cabin Set Up - Gwynn Battersby, Bev Clark

Cabin Hosts

5:00 - 6:00 Pat Anderson, Joan McGregor

6:00 - 7:00 Diana and Howard Graham

7:00 - 8:00 Ruth and Tom Harvie

8:00 - 9:00 Mengia Nicholson, Bev Clark

Clean and Inspect Lamps - Wayne and Nancy Martin, Bev Clark

Promotion and Advertising – Michael and Jackie Morris

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***FEBRUARY 7, 2004***

*About 140 people attended the second Lantern Ski. We were joined by the Friends of Mount Revelstoke and Glacier – poor snow conditions led to cancellation of their Moonlight Ski in January.*

Groomers - Brian Abear & Mickey Olson

Lantern Pole/Lamp Set up and Tear Down – Allan & Evelyn McInnes, Glenn McGregor

Food/Drink Donations - Friends of Mt. Revelstoke and Parks Canada

Food/Supply Purchases and Deliveries - Bev Clark, Ron Cholach

Light Up - Nancy and Wayne Martin, Josee and Gordon Woodman

Light Adjustors - Ellen Tremblay, Kathy Bellis, Margie Bos

Lights Out - Bill Shuttleworth, Ken Gibson, Brian and Dennis Gawiuk, Paula Hill, Bev Clark

Welcome Hut - Rubyanne Meda, Bev Clark

Cabin Set Up - Mickey Olson, Bev Clark

Clean and Inspect Lamps, and Filling - Allan & Evelyn McInnes, Brian Abear, Ken Gibson, Ruth Harvie, Bev Clark

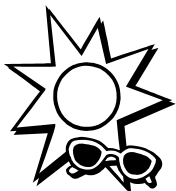
Parking Lot Attendants - Diana and Howard Graham

Promotion and Advertising - Michael and Jackie Morris

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*Nordic Natasha's  
Newsletter Tip of the Month*

## *Snow Blindness*



Sunny days are the most enjoyable for skiers. But remember! You must protect your eyes! In the winter, your eyes are exposed to light from above and below when it's reflected up off the snow. This doubles the intensity of ultraviolet rays.

Prolonged exposure can actually burn your eyes and eventually cause snow blindness. Symptoms of snow blindness include pain in the eyes and extreme sensitivity to light.

With a good pair of sunglasses you can protect your eyes from both the sun and the wind. Avoid sunglasses with metal frames that are cold against your face. Be sure your lenses have the proper UV protection. For the best protection, choose sunglasses that block UVA and UVB rays between 290 and 400 nanometers (nm).

-- Natasha

*Revelstoke Nordic Ski Club*  
\* ***Annual General Meeting*** \*  
Wednesday April 21, 2004  
Revelstoke Community Centre  
7:00 p.m.

## *New Trailhead Map*

A new trailhead map has been erected at the start of the Mount MacPherson trails. Many thanks are due to Lisa Longinotto for seeing to this! Thanks also to the supporting advertisers: Revelstoke Alpine Equipment, High Country Sports, Big Eddy Pub, Remax Realty, and MacPherson Lodge. One advertising space is still available, for a one foot by four foot sign, at the rate of \$200 for a two year period.

## *BC Rabbit News*

The BC Rabbit program is well underway. We have 27 Rabbits ages 6-12 years, 9 Bunnies ages 4-5 year and 16 After School skiing kids. What enthusiasm! All participants arrive weekly bright eyed, bushy tailed, eager to ski and experience the fun of the sport. We are really proud of their progress.

Thanks to our Rabbit Leaders: Rob Evans, Lorraine Beruschi, Bart Larson, and Kendra Von Breman, as well as our part-timers Angus Woodman and Bruce Granstrom. A huge thanks to Jeanette Magarian and Kim Blommstein for keeping our Bunny program alive and well. Tammy Viznaugh has been a huge administrative support as well. Finally, thanks to Ken Gibson and Norm Tennant for lending a hand each Monday afternoon with your capable coaching.

A few highlights in the final weeks of our program:

- On February 14<sup>th</sup>, Rabbits took part in a free technique ski race event completing a 2.5 km course. The competitors discovered the mystery word was *Skinny Skiing Rules!* We thank parents for helping to make this event a success.
- On February 21<sup>st</sup>, our Leaders took part in an on-snow technique session with Lisa Patterson to become more familiar with skill progressions in skate skiing. Thanks to CCBC for assisting our Club in coaching development.
- On March 7<sup>th</sup>, we held our final wind up event, Mini Olympics 2010. We welcomed international countries to participate. Although each challenge was not an "official" Olympic sport, it was still fun to imagine!

All BC Rabbits & Bunnies are invited to the Club's Year End Tailgate party on March 27th. Don't miss the games and award presentations at **3:00 p.m.!** Bush Rabbit Record forms with total distance skied over the season are due by **March 22**, following Spring Break. (firm!) Due to time constraints, that badge will be presented, but issued at a later date. **Please forward to:** Tammy Viznaugh: Box 1707 V0E 2S0 PH: 837-2775 FAX: 837-4229 [tammy-v@telus.net](mailto:tammy-v@telus.net)

-- Sally Thomson, BC Rabbit Coordinator

## Trail Etiquette

- Obey all signs and ski within your ability.
- Dogs welcome only on the first part of Main Loop and Mountain Climb Trail.
- Pack out all garbage; do not litter.
- If you happen to fall, fill in your hole and fix the track.
- Avoid herringboning on top of set tracks.
- When stopping, move to the side of the trail.
- Skiers coming downhill have the right-of-way.
- Slower skiers should give way to faster skiers.
- Faster skiers should give a courteous warning when passing slower skiers.
- Do not walk or snowshoe on set tracks.
- Contribute to trail upkeep. Buy a membership, pay the trail fee, or make a donation.

## Web Sites of Note

Cross Country BC <http://ccbc.junction.net>

Cross Country Canada <http://canada.x-c.com>

Cross Country Ski Area Association [www.xcski.org](http://www.xcski.org)

## Hut Helpers Still Needed

Many thanks to those who helped out at the hut over the winter! We need volunteers for hut duty until the end of March. Call Kathy Bellis at 837-3950 or [kathybellis@hotmail.com](mailto:kathybellis@hotmail.com).

Julie Briese wrote this poem while on hut duty in late January.

### *Bev's Bungalo Sojourn*

Looking skyward  
To where blue hides  
Teasing, creating  
Its surprise.

Re-affirming, even unseen  
Reality waits  
To be embraced, accepted  
And then released  
Offering one a path to peace.

*Julie Briese*

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## Revelstoke Nordic Ski Club

### *Board of Directors*

Ken Gibson	President
Bev Clark	Treasurer
Rob Mohr	Secretary
Brian Abear	Trail Coordinator
Karen Bray	Membership
Keith McNab	Director
Cam Molder	Director
Michael Morris	Director
Sally Thomson	Rabbit Coordinator

### *Trail crew*

Brian Abear  
Alan McInnes  
Mickey Olsen

### *Hut Coordinator*

Kathy Bellis

### *Newsletter Crew*

Jackie Morris  
Diana Graham

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## ***“Racing Rabbits” Compete in Kamloops***

Our "Racing Rabbits", Emily, Alei, Brittany and Cam, took part in the BC Midget Cross Country Ski Championships hosted by the Overlander Ski Club in Kamloops on February 28 and 29. The event, designed for ages 9 -12 years, involved 14 teams from across the province. Thanks to parents and Kendra Von Bremen who helped out. Some notable highlights are:

Brittany Evans: Finished 8<sup>th</sup> out of 21 female competitors in 300 metre Sprint event.

Cam Kaegi: Finished 5<sup>th</sup> or 6<sup>th</sup> out of 23 male competitors in the 300 metre Sprint event.  
Finished 6<sup>th</sup> in the 2.5 km Classic, finished 13<sup>th</sup> in a field of 110 male/female competitors.

Alie Mohr: Finished 6th in the 2.5 km Classic out of 21 female competitors.

Emily Smith: Finished 3rd place after the 300 Sprint Timed Trials out of 21 female competitors. In Emily's second heat, her pole basket was stepped on causing her a forward fall. Emily was prematurely out of the heats due to this setback, otherwise she may have sported a medal!

Finished 8th in the 2.5 km Classic out of 21 female competitors.

Relay Team: Our team raced in the Male category and placed 11th out of 14 teams.

Complete race results can be found at: [www.overlanderskiclub.com/midgetresults.htm](http://www.overlanderskiclub.com/midgetresults.htm)

--Sally Thomson

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### **Revelstoke Nordic Ski Club**

Box 1618, Revelstoke BC V0E 2S0

[www.revelstokenordic.org](http://www.revelstokenordic.org)

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*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](http://www.revelstokenordic.org)**

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