



Revelstoke's NORDIC SKI REPORT

Volume 8, Issue 3

Box 1618, Revelstoke, BC V0E 2S0
www.revelstokenordic.org

January 2005

Upcoming Events

Moonlight Ski on Mount Revelstoke

February 19, 2005

4:00 p.m. to 8:00 p.m.

Hosted by Friends of Mount Revelstoke and Glacier and Parks Canada

Team Scream Relay Race at Mount MacPherson

February 20, 2005

Race Registration at 9:30 a.m.

Year-End Potluck Dinner

April 2, 2005

Revelstoke Community Centre

More details to come. Coordinator needed for this event.

Last Trail Grooming

April 9, 2005

Revelstoke Nordic Ski Club

Annual General Meeting

April 20, 2005 at 7:30 pm

Ministry of Forests Boardroom

Have you signed up for a shift at the trailhead hut? Call Larry White to book your time.

814-0297

larry.white@telus.net

Team Scream Tandem Relay Race

Sunday, February 20, 2005

Plans are progressing well for our first Team Scream Tandem Relay Race to be held at Mount MacPherson Cross Country Ski Area on February 20th. Skookum Cycle and Ski from Salmon Arm will be assisting. We are all very excited about this new event, and it will be lots of fun for skiers of all ages and abilities.

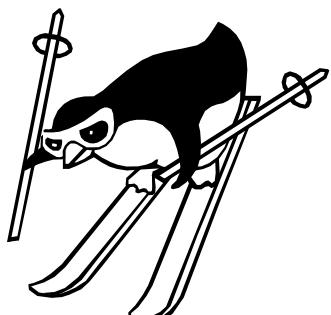
The Relay Race will consist of two skiers each racing a lap around Mickey's Loop (3.7 km). One skier must be on classic skis the other skier is freestyle (they can be on skating or classic skis). You can make up your own team of: two children, a child and a parent, a child and an adult or two adults, as long as each skier can ski independently around Mickey's Loop. We'll divide the entrants into categories depending on combined age of the team. If you don't have a team, come anyway, and we'll help pair you up. We are also planning an award for the best costume so dress as your favorite team or duo. Remember the idea is to have as much fun as possible.

The plan for the day is to have race registration between 9:30 a.m. and 10:30 a.m. with the relay race starting at 11:00 a.m..

Following the relay race we'll have burgers and hot dogs provided by the Club, and a race on Roadway Ramble for youngsters that aren't up to skiing independently on Mickey's Loop. Awards will follow the races.

The race is free for Revelstoke Nordic Ski Club members and the trail fee will apply for non-members.

For more information or to volunteer to help with the race contact Cam Molder (837-2914) or Keith McNab (837-5910).



Membership Update

Karen Bray reports a total club membership of 322 people as of January 24, 2005. So far this year, \$900 has been donated toward the cost of the new groomer we will purchase later in 2005. You can still make a donation! The more funds we have in our nest egg, the more effective we are at leveraging money from other funding sources. This will allow us to buy a better, more powerful, and longer lasting machine. Send your cheque to the Revelstoke Nordic Ski Club at Box 1618, Revelstoke BC V0E 2S0.

Potluck Dinner Coordinator Needed

Our Year-End Potluck Dinner is scheduled for April 2 at the Revelstoke Community Centre. However, we still need a volunteer to coordinate the event!! If you'd like to help out, please contact president Ken Gibson at 837-4768. Jeannette Magarian has organized this for us for the past three years, and can tell you exactly what needs to be done. You can call her at 837-5663.



Weather Statistics Online

How cold was it in January and how much rain did we get? Look up the facts on the web at the Environment Canada Weather Office. Go to: www.weatheroffice.ec.gc.ca and click on the "English" tab. Then look at the left hand column and click on "Past Weather". In this section, "Climate Data On-line" gives you daily, monthly, or yearly info for temperature, precipitation, hours of sunshine, and more. "Climate Normals" lets you compare the current numbers against the normals for the period.

Advice from Nordic Norm

Dear Nordic Norm,

I told my mother that I was going to write to an advice column and she said why don't you ask him "why, when it just snowed two feet, do all 12-year-olds still insist on wearing running shoes?". Anyway that's not my question. What I really want to know is this: I use my fatter older brother's old waxable skis and they are okay for length, but I still can't get grip. Any ideas?

Signed, Bootless in Revelstoke

Dear Soggy Feet,

Well, providing you have reasonable weight shift, here is something to think about. When most people buy equipment for kids and to some extent even themselves, they are more concerned about ski length than the stiffness (camber) of the ski. I myself would rather ski on a pair of skis a bit too long for me than a pair that has too much camber. If the ski is too stiff I can't flatten the ski when it is time to kick. This means that the wax I took so much time to apply is not in contact with the snow right under my foot, at the point when I need it the most. The result is I have no grip and I backslip. You can not ski if you have no grip and you will not have any fun either.

My advice when buying equipment is that everything should fit properly. That means poles are the right length, boots fit, and skis are both the right length and camber. If you want the skis to last two seasons for someone who is growing, then buy the correctly cambered ski for the first season. If they are soft for the second winter that's okay; they maybe a bit slower but at least you have had grip for two years.

Now if someone is into racing and they are in their mid-teens and they look like they are headed for the BC ski team, then having a soft slow ski may not be an option. If this is the case I suggest that they make a trip to the local ski store and introduce their parents to the staff. They are going to become good friends in the near future. Remember, don't let your parents leave home without their VISA card.

Oh, and by the way, wear your boots!

Ski League for Children

Through exceptionally cold conditions, rain, and huge snowfall, we have managed to hold Ski League sessions. In the face of adversity, we stand strong and resilient! This is the stuff that defines us as cross country skiers!

We have had a great response this season to our Ski League program. We registered 13 Bunnies, 29 BC Rabbits, and 8 Juniors. Development for a grand total of 50 children. We welcomed 22 new children to our Club program this season.

The fun and games on Saturday mornings have been rousing. BC Rabbits and our Development crew have been picking up the pace with ski relays, meteor-man tag and bull-dog games to the theme of "little pig - huff & puff" ... you know the rest! As a salute to NHL hockey, we even held a "ski hockey" game. This proves that anything can be accomplished on cross country skis. Kim and Rebecca have spurred on our youngest Bunny members with simple games and movement activities. We are seeing good progress in skills by keeping everyone movin' and groovin'!

The After School program is well underway with 16 participants. In the capable hands of Nordic Norm and Kamikazi Ken, the group have been steadily improving skills. Norm and Ken plan to video tape each participant to continue the work of refining technique.

A big thanks to all our leaders: Kendra Von Bremen, Rob Evans, Simone Palmer, Rebecca Reid, Kim Blommestein, Lorraine Beruschi and part-timer Angus Woodman. Thanks to Tammy Viznaugh for managing our program registration.

Good luck to our Jr. Development skiers in the BC Midget Championships at the Telemark Club (Westbank) later next month.

We're looking forward to getting everyone in the Ski League program involved with the upcoming Team Scream Tandem Relay event. Get your two-person team ready and get thinking about your "twin" costume!

Sally Thomson
Youth Programs Coordinator

Wanted to Buy



Two Headlamps

Please call
837-6562

Many Thanks to Our Lantern Ski Volunteers

Our Lantern Ski was held January 1, 2005. Coordinator Bev Clark reports that despite chilly temperatures, 178 people participated. We all offer a big THANK YOU to the many volunteers that made this event possible.

Groomers: Brian Abear, Mickey Olson, Tom Harper.

Lantern Set up and Take Down: Allen & Evelyn McInnes, Glenn McGregor, Bev Clark.

Food and Drink Donations: Brain Gawiuk, Nadine Smith, Robyn Bowles.

Food and Supply, Purchase and Deliveries: Bev Clark, Ron Cholach.

Light Up: Nancy & Wayne Martin, Ruth & Tom Harvie.

Light Adjustors: Joan & Glenn McGregor.

Lights Out: Bill Shuttleworth, Ken Gibson, Brian Gawiuk, Dennis Gawiuk, Paula Hill, Bev Clark.

Welcome Hut: Rubyanne Meda, Bev Clark.

Cabin Set-up: Mickey Olson, Ellen Tremblay.

Cabin Hosts: Prue & Todd & Callum & Lachlan Hicks, Barb & Jim & Ellie & Riley Bay, Rubyanne Meda, Bill Shuttleworth.

Clean & Inspect Lamps & Filling: Allan & Evelyn McInnes, Catherine Allen, Bev Clark.

Parking Lot Attendants: Diana & Howard Graham.

Advisors: Brian Abear, Allan McInnes.



Notice of Annual General Meeting

April 20, 2005 at 7:30 p.m.

Ministry of Forests Boardroom, 1761 Big Eddy Road, Revelstoke

Changes to Club Bylaws

The Club executive has reviewed our bylaws and decided it's time for a tune-up. The proposed changes appear in an insert to this newsletter, and will be voted on at the Annual General Meeting.

Call for Nominations for Directors

The call is now out for **nominations** for new Directors. If you are interested in being on the Board of the Revelstoke Nordic Ski Club, please give president Ken Gibson a call at 837-4768. Directors will be voted into office at the Annual General Meeting.

*You don't have to be a Director to get involved in Club activities.
All of our events require volunteers and more help is always welcomed!*



Revelstoke Nordic Ski Club

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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!

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