

Revelstoke's NORDIC SKI REPORT

Volume 10, Issue 13

Box 1618, Revelstoke, BC V0E 2S0

November, 2006

www.revelstokenordic.org

President's Message

Welcome to another season of cross country skiing! Winter has certainly started with a bang. Let's hope it sticks around and gives us a great ski season.

As detailed in Ken Gibson's article, there have been many trail improvements made over the summer and fall. Most of these will not be entirely obvious to the skier. However, water control and a general widening of the trail system should provide us with a longer-lasting and more consistent snow pack. Another bonus will be much faster track setting. The groomers will no longer have to finesse the machine around numerous obstacles with only inches of clearance. The extra width should allow the tracksetter to be shifted on successive groomings and hopefully reduce or eliminate the soft spot in the middle which frustrated skaters (and the groomers!) at times last year. All of this was accomplished by an extraordinary effort on the part of our volunteer groomers headed by Allan McInnes. They persevered despite a serious setback when a windstorm battered the MacPherson area in July.

Speaking of volunteers, this is a good opportunity to emphasize the importance of volunteering. Nobody expects all members to put in huge volunteer hours, but if most members can give a little bit of their time to the club, it makes everything run a whole lot smoother. So please, consider donating a bit of time to either collecting fees at the "Hut", or some of the other activities such as the Lantern Ski or the Team Scream Relay. Sign up sheets will be at Member's Night on November 28th.

I'd also like to touch upon the member's survey included in this newsletter. The intent is to gauge member satisfaction and to give a sense of direction

to the Board as to where the club should, or should not, be moving. Please take a few minutes to fill it in and return it via the mail, or better yet at Member's Night. Hope to see you there!

-- Robert Mohr, President

Board of Directors 2006-2007

Rob Mohr	President
Keith McNab	Vice President and Secretary
Bev Clark	Treasurer, Lantern Ski
Karen Bray	Membership
Cam Molder	Jackrabbit Coordinator
Mary Clayton	Jackrabbit Coordinator
Michael Morris	Newsletter, Website
Wade Viznaugh	Director

- Trailhead Hut Coordinator: Nancy Martin
- Trail Crew: Brian Abear, Allan McInnes, Mickey Olson
- Newsletter Crew: Jackie Morris, Diana Graham



Members Night

Tuesday, November 28, 2006

7:00 p.m

Revelstoke Community Centre

- Renew your club membership
- Register for Children's Program
- Hear what's new for this year
- Children's nordic ski swap

Jackrabbits and Bunnies

A cross country skiing program for children

The Revelstoke Nordic Ski Club continues to offer Saturday morning ski instruction for kids. The last few years have seen tremendous growth in interest in this program under the supervision of Sally Thomson. The program is now led by Cam Molder and Mary Clayton, who plan to continue following Sally's successful formula. We are pleased to welcome the return of coaches Sally Thomson, Rebecca Parkin, Kim Blommstein, and Cam Molder. Bruce Granstrom, Colleen Wahl, Mary Clayton, and Karyn Molder represent our "new blood."

As always the focus is on fun and fitness for young skiers. Coaches will take children on a different nordic adventure during each session. Through games, ski time, and special events, your child's skills will improve throughout the season.

Nine Saturday sessions will be offered between January 6th and March 3rd. Sessions are on snow at Mount MacPherson ski area. The four general categories are:

1. **Bunnies** for children ages 3 to 5 is for the first time skier and focuses on fun, making ski friends and very basic skills. 10:30 a.m. to 11:15 a.m. Cost is \$25 per child for club members, \$35 per child for non-members.
2. **Jackrabbits** for ages 6 to 9 introduces the diagonal stride and skating techniques and builds skiing confidence. 10:00 a.m. to noon. Cost is \$35 per child for club members, \$45 per child for non-members.
3. **Track Attack** for ages 10 to 12 continues to improve ski technique and fitness through ski activities and games. 10:00 a.m. to noon. Cost is \$35 per child for club members, \$45 per child for non-members.
4. **Junior Development Program** for ages 10 and up. This will be a training and race event oriented program. The training schedule will vary according to race events. There will be some after school sessions. Cost is \$35 per child for club members, \$45 per child for non-members. Coach is Sally Thomson (837-5784).

For more information on the program contact Cam or Karyn Molder at 837-2914, or molder@telus.net

Registration for Jackrabbits and Bunnies



Registration night is on Tuesday, November 28th at 7:00 p.m. at the Revelstoke Community Centre. *No registrations will be accepted after December 8th.*

The registration form is included in this Nordic Ski Report and is also available on line at www.revelstokenordic.org. Register in person on registration night, or mail the form to:

Revelstoke Nordic Ski Club
Box 1618
Revelstoke, V0E 2S0

Waxing Tip: Removing the sticky stuff

Here's a tip for cleaning off the klister you left on your skis last spring. First, heat up the old wax with a heat gun, propane torch, or hair dryer until the wax is almost liquid. Then place a strip of toilet paper on top of the melted wax. Take a scraper and, starting at one end, scrape off the toilet paper in one smooth motion. The wax will come off easily with the paper. Similarly, old glue can be removed from climbing skins by using an old sheet and a clothing iron. First, tear the sheet into strips, lay a strip on the glue side of the skin and use the iron on the strip. This will lift the glue into the strip. Repeat until the glued surface appears clean. It is not necessary to remove all the old glue, just the dirty, lumpy stuff. Newspaper can be substituted for the sheet but it does not work as well.

-- Michael Morris

Children's Nordic Ski Swap

When: Registration night, 7:00 p.m.,
November 28 at the Community Centre.

What: Your kids' outgrown nordic skis and boots.

How: Come to register and bring your items with a reasonable price in mind.

Trail Report: Allan and Mickey to the rescue

Much has taken place on our trails during the summer thanks to Allan McInnes and Mickey Olson who spent most of the summer and fall working on the Mount MacPherson trails. The trails are in the best shape ever. As proof, I skied on set tracks on November 4 and hit no rocks or obstacles.

Because our new grooming machine is wider than our previous one, Al and Mickey began the summer project by marking trees for removal in order to create the required width. Most of these trees were then felled by Ministry of Forests protection crews.

Mickey and Allan borrowed an old skidder from Dan Boltwood and commenced bucking and skidding the felled timber. No sooner was this work done when a major blowdown event hit the trails. It was like a mini-tornado that went around the Mickey Olson loop, knocking down over 100 big trees onto the trail. Again Mickey and Allan came to the rescue. They did most of the falling, bucking, and skidding to get the trail operational again. Gary Shiller also helped out by providing an excavator. Blowdown areas can be dangerous to log. In some cases when the trees are being bucked, a backhoe has to hold them in place. When the logging was done Allan hopped on Gary Shiller's cat and did six long days of grading, leveling, and widening the trails.

It should also be mentioned that Evelyn was out as much as Allan and Mickey, watching and supporting the boys and ensuring their safety. Glen McGregor also put in a week of labour.

Once this work was done the Forest Service and Ministry of Tourism, Sport and the Arts, brought in Bruce Watt, who, under the supervision of Mickey and Allan, ditched many portions of the trails and installed over thirty culverts. Rob Parkin was also hired and replaced the decking on the upper and lower bridges of the Mickey Olson Trail.

For backcountry skiers, a fire protection crew put a bridge over the creek at the top end of the Mountain Climb Trail and brushed a wide swath along the old road up towards the Fingers.

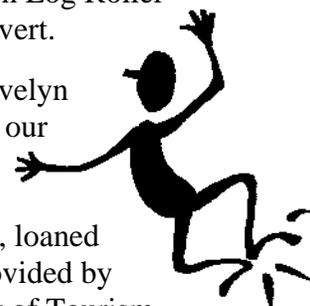
Cam Molder, Rob Mohr, and I roughed in some more trails for the Rabbits in the vicinity of the Rabbit Loop. Unfortunately, we missed the window to get these trails ready for this season.

Rob organized a very successful work bee this fall to get the trails brushed. Over a dozen people came out. We had more people than saws so some people worked on spreading grass seed on the disturbed areas on some of the trails.

Brian Abear worked on getting the trail groomer serviced. Effort was put into tightening the tack bolts, cleaning it up, changing oil and doing all the necessary checks. Brian looks after the groomer like it was a well-tuned race car.

Next year, the plan is to do some more contouring of the trails with a grader and then seeding with grass. The beaver dam bridge on Log Roller will also be replaced with a culvert.

Together Mickey, Allan, and Evelyn put in over 200 person-days on our trails. This is well beyond the call of duty of any volunteer. Between their volunteer efforts, loaned equipment, and the funding provided by the Forest Service and Ministry of Tourism, the equivalent of nearly \$100,000 was spent on our trails this summer. You will notice the difference once you start skiing on them.



When you see Mickey, Allan, or Evelyn, please thank them. Their volunteer effort is unsurpassed. They are truly the corner stones of this club. I sure hope I am like Mickey at 80 and Allan at 71 years of age, out in the bush having fun, falling and bucking trees, setting chokers, and running machines. They generously did all this work so that we can have some great skiing this year and for many years to come.

-- Ken Gibson

Renew Yourself

Your club membership from last winter has expired. Renewing your membership promptly will ensure that you will receive newsletters. Email alerts are sent out occasionally for urgent items, so if you'd like to receive them, please include your email address on your membership form.



Important dates.....

Members' Night	November 28 7:00 p.m.	Community Centre
Children's Program Registrations	November 28 7:00 p.m.	Community Centre
Lantern Ski	January 1	Mount MacPherson
First Children's Program Day	January 6	Mount MacPherson
Team Scream Relay Race	February 17	Mount MacPherson



Revelstoke Nordic Ski Club

Box 1618, Revelstoke BC V0E 2S0



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