

Revelstoke's NORDIC SKI REPORT

Volume 11 Issue 2

Box 1618 Revelstoke BC V0E 2S0

January 2008

www.revelstokenordic.org

Team Scream Tandem Relay Race ...goes Hawaiian!

The third annual Team Scream Tandem Relay Race will be held on Saturday, February 2 at the Mount Macpherson Ski Trails. The format this year is the same as previous years: two skiers, one classic and one freestyle, each ski a lap around the 3.7 km Mickey Olson Loop. The best combined time in each age group wins. The emphasis is on participation and fun, so get a partner and come out to enjoy the race! If you don't have a partner we'll help team you up.

A prize will be awarded for the best costume again this year. We have a *Hawaiian theme* so designing a costume should be lots of fun. We expect to see lots of great, colourful outfits!



- * Free lunch of burgers and chili will be provided for all participants and spectators again this year.
- * There is no cost for the race if you are a club member. Non-members pay the day-use fee.

After the Team Scream race there will be a short race for the Bunnies and other young children.

To volunteer to help, for information, or to register, call **Keith McNab** at **837-5910**

President's Message

Once again Revelstoke is enjoying a great winter with copious amounts of snow on Mount Macpherson. It may be hard to believe after last season, but our snowfall to date is ahead of last year at this time. December's snowfall was actually the third highest recorded in Revelstoke, falling just under the records set in 1956 and 1971. Of course all the fresh snow has been a challenge for the grooming crew who have been out on many consecutive grooming runs only to have their efforts covered up by a new batch of snow a few hours later. We are indeed very lucky to have such a dedicated volunteer grooming crew who annually put in many hours of their time keeping our trails in great condition. Many thanks to Brian Abear, Al McInnes, and Mickey Olson.

All the snow and stable temperatures also set the stage for a fantastic Lantern Ski held on January 1st. Judging by the attendance, which appeared to be at record levels, this event has really become a great annual tradition for the club and an integral part of the holiday season in Revelstoke. Many thanks to all the volunteers who gave their time to make the event a such a success, particularly Brendan MacIntosh who coordinated the event, and Al and Evelyn McInnes as well as Tom Harper, who set up and took down the 115 lanterns and hangers along the trail.

continued on page 2...

Team Scream Tandem Relay Race Saturday, February 2

Mount Macpherson ski area
Registration 9:30 a.m. to 10:30 a.m.
Race at 11:00 a.m.

President's Message, continued....

Now that the season is fully under way, some of you may have noticed the more visible changes that occurred last year. Forested areas along Mickey's Loop, which were extensively damaged by a windstorm in 2006, were salvaged logged this fall. Although the weather was less than co-operative with extensive rain in September and October, logging was completed just before snowfall. The remaining debris piles will be disposed of next fall, and replanting is planned for spring of 2009. A few wind firm trees, which did not present a safety hazard, were also left, mainly for aesthetic reasons, but also to provide a seed source for additional regeneration.

You may have also noticed that the Jackrabbit Loop and flat area directly below it were expanded to provide additional room for the Ski League program which now has over 50 children. The new loop isn't just for kids. Give it a try and test your cornering skills!

I'd also like to touch upon a few safety issues. Please note that if you plan on skiing alone, it's a good idea to bring along a cell phone since the Nordic Ski Club does not provide a ski patrol or qualified first aid. Our ski area is close to town, but an injury can make it very difficult to get back to a place which can offer first aid. Nordic skiers often wear light clothing and if immobilized due to injury, are very susceptible to hypothermia, so a quick rescue is essential and greatly expedited if you have access to a phone.

Also, for dog owners please note that it is essential that your dog be under control at all times when skiing up the Main Loop to the Mountain Climb trail. An out of control dog presents a safety hazard to other skiers, particularly those skiing downhill. Please consider a leash if you do not have good control of your dog.

On that note I would like to close out this article by appealing for volunteers. Our club relies heavily on volunteers to make it work. You can lighten the load by just volunteering a small amount of time. Help out at the fee hut, help organize the Team

Scream relay race, or help with the year end wrap-up dinner, there's definitely a spot to give a bit of your time! In the meantime, enjoy the great skiing and see you on the trails!

-- Robert Mohr, President



Nordic ski lessons

For beginners and novices, classic and skating techniques. Any day except Thursdays. Prices are:

- Private \$35.00
- Semi-private \$30.00 each
- Group of 3 or more, \$20.00 each

Robyn Abear

CANSI Level 1

Phone 837-4084

What's in a name?

Mount Macpherson is named for Sir David Lewis Macpherson (note the spelling). He emigrated from Scotland to Montreal in 1835 when he was 17 years old. He amassed wealth in his family's shipping business before entering politics.

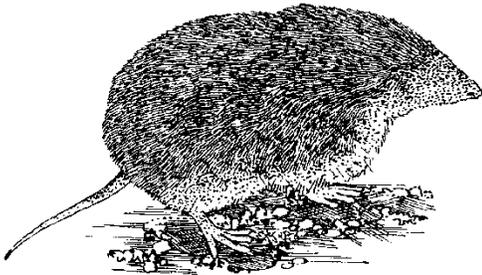
Macpherson was the Minister of the Interior (1883-85) during the peak of construction of the Canadian Pacific Railway. The "interior" at the time meant most of western Canada, as Saskatchewan and Alberta did not yet exist as provinces. His ministry's lack of understanding of Métis culture and their system of land tenure on the prairies, considered to be the cause of the North West Rebellion of 1885, compelled his resignation from politics.

-- Michael Morris

Nature Notes

We share the Mount Macpherson trails with many other creatures. Keeping an eye on the snow, I almost always see tracks of snowshoe hare, marten, and coyote. I frequently see tracks of moose, squirrel, and once, tracks of a wolverine.

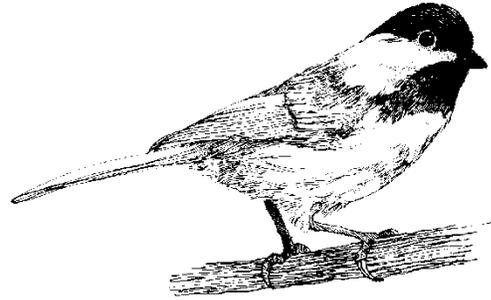
The smallest track maker is the shrew, the world's smallest mammal. I would not be able to discern these tiny tracks other than when I get to watch them run along the trail or over my skis. Shrews are dark grey, about the size of a ping pong ball, with a pointy nose. They spend most of the winter under the snow eating insects, larvae, and seeds. |



Shrew

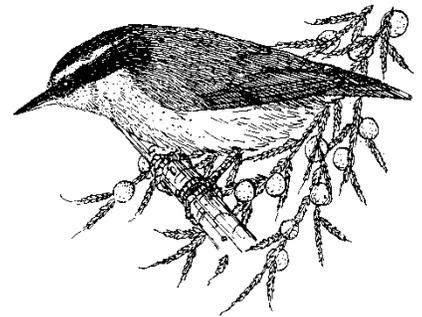
I often see spiders on the snow. Most insects would freeze solid at temperatures below zero, but these particular spiders have the ability to make a glycol-based antifreeze, like that in your car's radiator, to replace the water that would normally be found in their cells. However, minus four degrees Celsius is their limit. Before the temperature drops to minus four, the spiders return to beneath the snow pack via the openings created by trees. The insulating nature of snow keeps the temperatures at ground level close to zero.

Due to a bumper cone crop this summer, we are being visited this winter by flocks of tree-seed eating birds, mostly redpolls. There was a record number of these birds this year on the local Christmas Bird Count. Before New Year's Day some flocks seen along our trails had hundreds of individuals. Most of them have moved on now, but you can still see some places where the remaining birds have fed marked by the litter of tree seeds on the snow. Cedar and birch seeds seem the preferred food.



Black-Capped Chickadee

Not as numerous, but with us every year, are the chickadees, nuthatches, and kinglets, which can be heard chirping in the higher branches. They can often be detected if you wait quietly. If you want to be able to identify what you are hearing, the Friends of Mt. Revelstoke and Glacier sell a CD of local bird sounds.



Red-Breasted Nuthatch

Again during Christmas week, the ravens were busy vocalizing and flying back and forth from somewhere to the south of the trail system. Likely, there is a carcass that they are eating. A common scenario in a heavy snowfall winter such as this one is that a moose may be walking on the highway at night because its easier traveling . It is struck by a vehicle and then limps a distance into the bush where it perishes from the injury, thus providing a bonanza for scavengers; ravens, jays, coyotes, marten, wolverines, weasels, and other smaller creatures.

-- *Michael Morris*

Bob Lynburne nominated to the BC Sports Hall of Fame

Alice Brown, the daughter of ski jumper Bob Lynburne, has requested our support for her nomination of Bob to the BC Sports Hall of Fame. Bob was the first Canadian born skier to hold a world record in skiing.

Born in Ontario, he moved to Revelstoke as a child in 1912. As a teenager he built a ski jump on the family farm and went on to set world record jumps on Mount Revelstoke in 1932 and 1933. Also in 1932, starting in town, he skied to the summit of Mount Begbie in nine hours. He participated in the Olympics in Lake Placid, New York that year. A concussion suffered while jumping on Mount Revelstoke in 1935 ended his career.

Lynburne worked for the CPR as a fireman. After his concussion he was given work around the rail yard but was never the same. He wandered off into the woods and his body was never found.

The club was contacted by Alice's son who found us via the club website. The Revelstoke Nordic Ski Club's Board of Directors was pleased to provide the Lynburne family with a letter of support.

-- Michael Morris

Skating Clinic with Nikki Norrie

Sunday January 27, 2008

10:00 a.m.

Mount Macpherson ski trails

Nikki and the Nordic Ski Club are pleased to offer a skating clinic for adults. Come out and have your technique analyzed and improved by Nikki. She has international level experience as a competitor and coach in Nordic skiing. Please indicate your participation in advance. Contact Cam at 837-2914 or molder@telus.net.

"Name That Loop" contest

A new 560 meter loop has been created at the Jackrabbit flats. I think the young and the young at heart will appreciate its twisty curves steady climbs and rolling descents. It is a great tool for teaching our youngest skiers many different techniques for Nordic skiing and they appreciate its shorter distance. Funds for this project were donations made to the club on behalf of Muriel Rudd. Now we need to name it. The club is offering a fifty dollar gift certificate at Flowt Cycle and Ski to the youngster who comes up with the most catchy and appealing name. So get out there and ski the loop with your youngster and see what they come up with. Email your entry to Cam at molder@telus.net Good Luck!

-- Cam Molder

Year End Pot Luck Dinner & Rabbit Awards

Sunday April 13, 2008

5:00 p.m.

Revelstoke Community Centre

Wax your waxless skis

The fish-scale pattern beneath your foot on your "waxless" skis eliminates the need for grip wax when skiing. However, the performance of your stride will be enhanced by applying a glide wax to the smooth parts of the base. Wax as you would a downhill ski using an iron to melt wax, or apply a paste wax, a simpler but less durable product.

If your skis are icing on the fish-scales, paste wax will help that too. Rough areas on the smooth part of the base are also prone to icing. Scrape the base smooth with a metal cabinet scraper or fine sand paper. Any ski shop can do this for you, or sell you what you need to do the job at home.

-- Michael Morris



Ski League Report

Saturday, January 5, was our first ski league session. Despite the rain there was lots of enthusiasm and many smiles. There are lots of new faces and many familiar ones, with a record 55 children registered this year. The breakdown is 11 Bunnies, 29 Rabbits, 8 Track Attack, and 7 Junior Development skiers. Older skiers received a ski wax box and younger skiers seemed thrilled with their snappy new orange Ski League backpacks.

Coaches this year include Karyn Molder, Kendra von Bremmen, Mary Clayton, Lucy Peruse, Colleen Wall, Brant Benum, Cam Molder, Bruce Granstrom, Thomas Harper, Nikki Norrie, Sally Thomson, and Wade Viznaugh. Emma Magarian will be assisting as a junior coach. We are very lucky to have such a large group of talented coaches. Bex Parkin and Kim Blommstein are taking a break from Ski League this year. Many thanks to them for their excellent help with Bunnies over the last few years. We hope they will be back in the future.

On January 12, a coaching course was held in Revelstoke. Nine of our coaches participated. Many new ideas and skills were learned by all. We look forward to seeing these out on the trails.

The club has 20 pairs of skating skis to loan out to older Rabbits and Track Attack. We will be teaching this fun technique during the season.

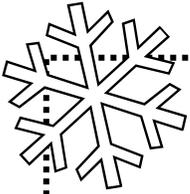
Ski League encourages participants to ski with their family outside of regular sessions. Please keep a tally of your skier's outings for our Snow Level Awards.



Notable Ski League Events

January 19	Ski League and Salmon Arm Loppet (for those interested)
January 26	Ski League sprint day
February 2	Team Scream Tandem Relay Race (a fun race for all ages)
February 16	Swamp Skiing and Avalanche Awareness
February 23	Ski League
March 1	Ski League
March 8	Mini Olympics and final session
April 13	Potluck Dinner and Ski League awards

We look forward to seeing you all out there on the snow. Don't hesitate to call or email me if you have any questions or concerns. Cam Molder at 837 2914 or molder@telus.net.

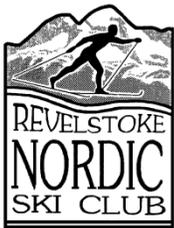


Important dates

Team Scream Relay Race
Pot Luck Dinner & Ski League Awards
Annual General Meeting

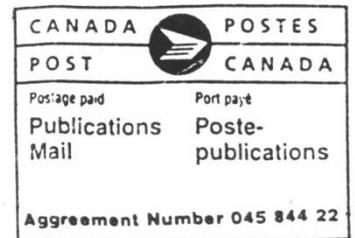
February 2
April 13
April 23

Mt. Macpherson
Revelstoke Community Centre
Revelstoke Community Centre



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