



Nordic Tracks

The Newsletter of the Nelson Nordic Ski Club

Vol. 20, No. 2

December 2001

New Years Special
New Years Special

Are you having family or friends home for the Holiday Season?

The NNSC will be offering a special on Day Passes for use through the Holidays

6 Day Adult Passes for \$37.50

6 Day Junior (6-18) for \$20.00

The regular rate for Adult is \$7.50/day and for Juniors (6-18) is \$4.00/day

Valid from:

December 21, 2001 until January 6, 2002

Available at Apex or call 354-4299

NELSON NORDIC SKI CLUB SKI IMPROVEMENT CLINIC

SATURDAY JANUARY 12, 2002

10:00 AM- 12:00PM

Cost: \$10- All proceeds go to the Nelson Nordic Ski Club, so come out to improve your skiing and support the club.

Where: Meet at Apex Warming Hut and please be ready to ski at 10:00 AM.

Pre-registration is required:

Fill out a registration form in this newsletter, otherwise extras are available at the skier registration booth.

For more information phone:

Kristyn McIntosh @ 352 5496.



President's Message

We have three new additions to our trail system this year,

Cottonwood will be back as soon as conditions permit. It is a bit different than you may remember, but nonetheless it returns this season.

Clearwater Road will be groomed for a further 2.5 km up to the second bridge. The eventual goal is to use the new logging road on the far side of Clearwater Creek to make a new 5.0 km loop. It means one more bridge crossing and some work, and so it's something that the executive will be planning



Doug Hurst explains successful ski swap sales technique to Mark Dodsworth.

for next year.

Old Rail line loop adjacent to the Euphrates Loop.

Now that the rail line has officially changed hands, we have installed proper vehicle restrictions posts and have winter responsibilities to maintain trails on a section of the old BNR rail bed. It should add another dimension to skiing the Busk Euphrates Loop.

Logging up Clearwater Creek –

Atco has been building a new road branching off of Clearwater Road. It will access timber on the far side of Clearwater Creek. This work will delay our use of Clearwater Road a bit more than normal, though next year their plans include early harvesting to finish well before the snow flies.

Kalesnikoff had hoped to do some harvesting in the first km of Clearwater Road this fall, but poor market conditions have delayed that work. We hope to use some of the access as trails on completion of the work. You will see that they have developed a new road at about the 1.5 km marker on Clearwater Road.

Volunteers

Thanks to all the volunteers who made the season start-up a success. Thank you in advance to volunteers who will assist us through out the winter.

Have a great holiday season and enjoy the skiing everyone.

Douglas Hurst
352-5573 / dshurst@telus.net

B.C. Rabbits Ski Program

Registration is under way for the BC Rabbits to begin Sunday Jan 6, 2002 1:00-2:30 at the Apex Trails. If you are interested in registering your child and have not yet done so, please contact me.

A big thanks you to the leaders who have volunteered to share their time and talents with the rabbit skiers. Our coaches for this year are Lex Baas, Doug Hurst, Tom Johnson, Kristyn McIntosh, Roger Pratt, Denise Uhryuk and Bruce Walgren. Please give me a call if you think you might like to get involved as a rabbit leader either this season or in the future.



Photo: Catherine Locke

The level 1 course date and location were changed and it took place the first weekend of December in Castlegar. Many of our coaches were unable to make this course so if there is enough interest, the possibility exists of running another course later this winter. If you are interested in attending a level 1 technical course please contact

Catherine at 825-4181 or calocke@netidea.com as soon as possible.

We are also looking for parent volunteers. Time spent volunteering counts as volunteer time toward a discount on next year's membership. There are many ways that the parents can help out, on the snow and off.

Some examples include helping the coach with the weekly sessions, making snacks for special activities, working with other parents to build a fun activity trail through the woods, contributing to the creation of a new terrain garden for our young skiers, being a class rep who would phone other families occasionally to convey a message for the coach and helping to organize special events.

A person does not need to know how to ski to be a parent volunteer. Being a parent, grandparent, or someone who enjoys children is the only prerequisite! Please consider volunteering to help enrich the rabbit program.

Catherine Locke 825-4181 or
calocke@netidea.com



Kootenay Cup Races

The first Kootenay Cup race in the series was in Kimberley on December 8-9 2001.

The next one is in Castlegar on January 6, 2002.

The third one is in Rossland on January 12. This race includes the BC Winter Games Trials, to be held in Williams Lake in February.

The fourth race in the series is in Nelson on March 3. You do not have to be a superstar to compete in this series. Participation is the important thing. Why not get out and meet skiers from other areas?

Roger Pratt



Why Every Club Volunteer Should Become A Rabbit Leader.

Actually this is why I have been one:

I started years ago when my son was in the program and the beginner instructors needed help. They always do.

It felt good to help little ones.

I found out that kids liked me even when they didn't listen to me.

The lessons got me out of the house no matter what the weather or my health were doing: the wilder the storm, the better we felt in the end.

I have taken free teaching and ski clinics with great instructors to start off every season.

After the B.C. Rabbit Leader clinic I always wondered why adults keep skiing in large circles when they could be playing games together.

I quickly began to feel part of the leader and parent community.

I have learned a little about teaching, e.g. how to shout in front of crowds of people, how to break down a complex activity into manageable bits, and how to ham it up. I am still learning how to be bossy.

The NCCP clinics have been a great inspiration. Some years I could barely keep up with the group, others I felt like one of the hot shots. Every time I would leave with a feeling of improvement in my technique, exited about what I could do that year.



Photo: Catherine Locke

My son had long finished the program, so it was nice to spend time with young children when my teenager didn't want to be seen on the same side of the street with me.

The only winter I have ever suffered from cabin fever was when I didn't have a vehicle to get out to the tracks. I should have taught that season.

For the kids I went into my first race last year and lost. Now I can say that racing is not just about winning and mean it. And I will do it again.

Irina Peters

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Memberships & Volunteers

I would like to take this opportunity to THANK all the volunteers for a successful pre-season membership drive.

Your photo I.D.'s should be with you when you plan to use the facility. The fee collectors will be asking to see them prior to entering the trail systems. These I.D.'s are to be kept from year to year. If you lose it there will be a \$5.00 replacement fee.

Anyone who received their I.D.'s in the 1997/1998 and 1998/1999 season will have new ones processed for the 2001/2002 season. You will not necessarily need to have your photo retaken. Photo retakes will be available for Juniors (6-18). It will be necessary for you to hand in your old I.D. before a new one is issued.

For all members: Please take the time to "SIGN IN" at both the Apex and Busk Trailheads. The club uses these tallies for planning future trail construction.

Ann Popoff
354-4299 or ajpop@netidea.com

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Nelson Nordic Junior Racers

Robin Simms took first place in the junior girls' 5 km freestyle event at the Subaru Continental Cup, in a time of 17 minutes, 21 seconds. Excellent early season conditions made for some great racing at this highly competitive event held Nov. 23rd -- 25th at Sovereign Lake, near Vernon.

Only three members of the team participated in Vernon. Mark Dodsworth finished 6th in the 5 km juvenile boys' freestyle race, and 11th in the 6 km classic event. Over the same distances, Amie Nottebrock was fifth in the juvenile girls' freestyle, and sixth in classic.

At the first of this season's Kootenay Cup events, on the weekend of December 7/8, Heather Mehain was 1st in both classic and skate races in the Mini-midget girls category. Tom Dodsworth finished in 1st place in the Midget Skate race and 2nd in the classic event, while David Terry took 3rd place in both races, which took place in Kimberley.

This is the fourth season of competition for the Nelson Nordic Junior Racers, a team that has



Photo: Catherine Locke

produced one British Columbia Ski Team member, has two skiers in the Development Squad along with several in the Talent Squad.

If your daughter or son is aged ten or older, and has enjoyed the BC Rabbits program, you may wish to find out more about the team. One way to introduce your young skier to the world of nordic ski racing might be to travel with the team to some of this season's races.

Alan Dodsworth
505-2100 or journeys@netidea.com

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Other News

News from Cross Country BC

The Olympic Games are from February 9 to 24 2002 in Salt Lake City.

The BC Winter Games are in Williams Lake from February 21 to 24.

You are encouraged to visit the Cross Country BC website at <http://ccbc.junction.net>. (NB do not use *www*) This site contains a lot of information, including competition schedules.

NNSC Web Page

The NNSC web page can be found at <http://www.kics.bc.ca/~nnsoc>. The web site will soon provide information on ski conditions as Al MacDonald (NNSC trail groomer) will update the web site from his laptop from Apex on finishing the days grooming. It won't necessarily be updated daily but will give similar info as found on the snow phone.

For Sale

Atomic classic ARC racing skis 203 cm with Salomon bindings for \$220. 825-4181

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NNSC SKI IMPROVEMENT CLINIC- REGISTRATION

NAME:

ADDRESS:

PHONE:

SKI LEVEL: (Check one) Never skied Beginner Intermediate Advanced

No. of Times Skiing Last Year: 0-5 5-10 10-20 20+

Technique interested in: Classic or Skating

DATE:

SIGNATURE:

REGISTRATION FEE: \$ 10- PER PERSON

Please make cheques payable to the NELSON NORDIC SKI CLUB or bring exact change

For more information phone: Kristyn McIntosh 352-5496 **or email:** mcintosh@netidea.com