



Nordic Tracks

The Newsletter of the Nelson Nordic Ski Club

Vol. 24, No. 4

February 2006



President's Message

We are in the middle of our ski season and the weather makes it look like it is spring skiing. This has been a very difficult year for us. We had to deal with either a lack of snow or too much snow at once. We are presently in a freeze - thaw pattern, which requires good timing for grooming in order to provide good trails. We have been using our new snowmobile and the grooming attachment on a regular basis which has been a real saviour given this difficult year.

Please make note of the upcoming Valentine's night, Kootenay Cup and Gericks Cycle Challenge. These events are a lot of fun and geared for the whole family. If you can volunteer for any of these activities please contact Ann Popoff 354 4299.

Happy Skiing,
Richard Marchand



Fun Events!

NNSC ACTIVITIES

4th Annual Valentines Night Ski

When: February 14, 2006

Where: Apex Warming Hut - Hwy 6 (across from Whitewater Ski Hill Road)

Time: 6:00 p.m. – 9:00 p.m.

This is a wonderful event for the whole family, Apex trail is illuminated by tiki torches, the enchanted forest trail is also lit, there is a bon fire to sit by and enjoy the tasty treats donated by volunteers of the Club, along with some warm refreshments.

Cost: Free to Members

½ Price Night Fees for Non-Members

\$2.25/Adult

\$1.75/Child



3rd Annual Gerick Cycle & Sport Challenge Ski

When: February 26, 2006

Where: Apex Warming Hut – Hwy 6

Time: Registration is at 9:00a.m.

Ski begins at 10:00 a.m.

This is a fun event for all ages. The Challenge is to ski the whole Nordic trail system, which is close to 30km. This is not a timed event, but one to test your endurance. A light lunch will be served along with many prizes to give away.

Cost: \$10.00/ person.



Kootenay Cup Race

When: March 4th & 5th

Where: Apex Warming Hut – Hwy 6

On the 4th will be the Kootenay Cup Race, and on the 5th will be a Sprint Race hosted by the Nelson Nordic Ski Club Jr. Racers.

This is fun for the whole family. The BC Rabbits, ages 6-12, will also be participating in the Kootenay Cup along with skiers from Rossland, Castlegar, Trail, Kimberley, and we even get some skiers from Washington and Idaho State. This year the Jr. Racers are putting together a Dinner afterwards, to have time to visit with their fellow racers.

The Dinner is at the United Church in Nelson.

When: Saturday March 4, 2006

Time: 5:00 p.m.

Cost: \$10.00- kids under 10

\$15.00 – for anyone 10 or older.

The ladies will be offering both meat and vegetarian homemade Lasagna, salad, buns, and refreshment. MMmmm Good!!! Everyone is welcome!! Details last page.

Sprint Race:

When: Sunday March 5, 2006

Where: Apex Warming Hut – Hwy 6 Time: Watch for posters as we approach March for additional info.

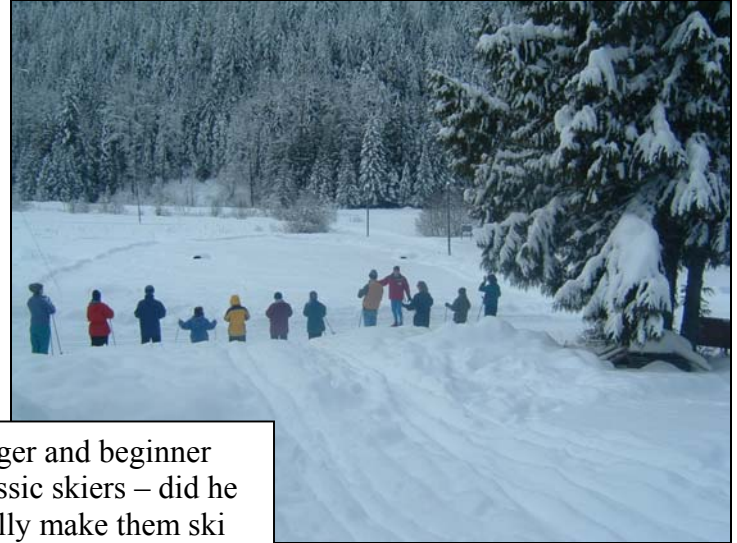
Want to be a Coach? Upcoming Coaching Clinic



Mae Hooper, head coach of the Nelson Nordic Racing Team is offering a coaching clinic. The clinic is open to anyone who is interested in improving their technique in both classic and skating techniques with the goal of becoming a coach and taking the NCCP Coaching Course to help in one of the areas of either B.C. Rabbits, Racing Rabbits or the Racing Team. Mae is a highly qualified Level 4 CANSI Instructor more recently a Level 3 Coach.

Mae believes that we really need to work in the area of developing more coaches for the future for all of our programs. Once we have more coaches available then we can work on expanding each program within the Club. So come on out!!!

For more information you can contact Mae at 354-1680



Roger and beginner classic skiers – did he really make them ski the steep and deep (see tracks in photo)?

Ski Improvement Clinic

A big thank you to all 51 participants, 5 coaches and 2 registration volunteers who helped to make the annual Ski Improvement Clinic a great success. Participants were treated to amazing weather, nicely groomed trails, efficient registrars Yvonne and Dorothy, and top-notch instructors Roger Pratt, Doris Hausleitner, Ira Schwartz, Tom Johnston, and Paul Greene. Thanks also to the groomers for the extra care and attention and to Deb in the hut for stoking the fire and looking after my baby ☺

The Ski Improvement Clinic, which was started several years ago by Mae Hooper, and continued, by Kristyn McIntosh and myself, is both a service to the members and a fundraiser for the club. If you missed out this year, look for the clinic in January of next year. If you made it – practice, practice, practice!

Finally, praise to Ullar, the Norse God of Snow who paid us a visit the week prior to the clinic. It is a welcome change from the drab days of December.



Tom and his SK8'ers

Gear For Sale

If you would like to put an advertisement in the newsletter please email Allison Lutz at arlutz@shaw.ca

Congratulations!

Congratulations to local racer Heather Mehain who has been named to the BC Ski Team. We're very pleased for you Heather!

“GLIDE WAX” and “KLISTER”

This section is a place for members to express their appreciation and frustrations. Please submit your comments.

For the **Glide Wax:**

- to the skiers that always take a moment to greet me on the trails_

....Happy Go Lucky.....

-to the people who clean up after themselves in the warming hut-

....Pleased Attendant.....

-to the groomers who have provided me with some great skiing so far this season-

...Grateful Member....

-to the gentleman who stopped and helped me wax my ski's –

.....No Longer Clomping.....

For the **Klister:**

-to the skiers who can't make it to the bathroom and leave unsightly messes along the trails-

.....Don't Eat Yellow Snow.....

-to the driver who riddled my windshield with stones on my way to ski, just to arrive at the same place, at the same time.

....Shattered....

-to the skate skier who almost poked out my eye with there ski pole while passing me-

....One Eyed....

-the the skiers who don't yield the right of way to skiers coming down steep slopes-

...Scar Face.....

If you have any suggestions for this column for our next newsletter please submit them to Allison Lutz @ arlutz@shaw.ca.

For the love of sport

Schedule for Cross-Country Skiing The Olympics on CBC Television

Event	Time(ET)	Date
Ladies' 15 km Pursuit (7.5+7.5)	04:00	12 Feb
Men's 30 km Pursuit (15+15)	07:45	12 Feb
Ladies' Team Sprint Semifinal 1	04:00	14 Feb
Ladies' Team Sprint Semifinal 2	04:20	14 Feb
Ladies' Team Sprint Final	05:20	14 Feb
Men's Team Sprint Semifinal 1	04:40	14 Feb
Men's Team Sprint Semifinal 2	05:00	14 Feb
Men's Team Sprint Final	05:42	14 Feb
Ladies' 10 km Classical	04:00	16 Feb
Men's 15 km Classical	04:00	17 Feb
Ladies' 4x5 km Relay	03:45	18 Feb
Men's 4x10 km Relay	04:00	19 Feb
Ladies' Sprint Qualification	04:00	22 Feb
Ladies' Sprint Quarterfinals	06:30	22 Feb
Ladies' Sprint Quarterfinals Heat 1	06:30	22 Feb
Ladies' Sprint Quarterfinals Heat 2	06:35	22 Feb
Ladies' Sprint Quarterfinals Heat 3	06:40	22 Feb
Ladies' Sprint Quarterfinals Heat 4	06:45	22 Feb
Ladies' Sprint Quarterfinals Heat 5	06:50	22 Feb
Ladies' Sprint Semifinals	07:24	22 Feb
Ladies' Sprint Semifinals Heat 1	07:24	22 Feb
Ladies' Sprint Semifinals Heat 2	07:29	22 Feb
Ladies' Sprint Finals	07:46	22 Feb
Ladies' Sprint Final B	07:46	22 Feb
Ladies' Sprint Final A	07:55	22 Feb
Men's Sprint Quarterfinals	04:30	22 Feb
Men's Sprint Quarterfinals Heat 1	06:57	22 Feb
Men's Sprint Quarterfinals Heat 2	07:02	22 Feb
Men's Sprint Quarterfinals Heat 3	07:07	22 Feb
Men's Sprint Quarterfinals Heat 4	07:12	22 Feb
Men's Sprint Quarterfinals Heat 5	07:17	22 Feb
Men's Sprint Semifinals	07:35	22 Feb
Men's Sprint Semifinals Heat 1	07:35	22 Feb
Men's Sprint Semifinals Heat 2	07:40	22 Feb
Men's Sprint Finals	08:05	22 Feb
Men's Sprint Final B	08:05	22 Feb
Men's Sprint Final A	08:15	22 Feb
Ladies' 30 km Free, Mass start	05:30	24 Feb
Men's 50 km Free, Mass start	04:00	26 Feb

Volunteer Profiles

Ever wondered how the NNSC came to be what it is today? It took many years and a small army of committed volunteers. In each newsletter, we will profile a volunteer who has been dedicated to the Nelson Nordic Ski Club.



Volunteers – Yvonne & Dorothy at the Ski Improvement Clinic

This month we are talking to volunteer groomer Wess Pilkington.

Wes where are you from, and how did you come to Nelson?

I was born in Princeton B.C. on the 22nd of March 1936. My Dad worked at the Hedley Mascot Mine at the time and I was the last of six kids. My Mom was having trouble with me, which is why I was born in Princeton (they had a fine new hospital there at the time). The family moved to Keromeos and on to Penticton and on to Kamloops. I joined the RCAF in 1953 and got out in 1958. I worked at the Airport in Richmond for Transport Canada. My son is a BC Highways engineer and when he moved up to Nelson I retired and came with him. I now live in a trailer park up on Georama RD.

How did you get involved with the ski club?

I joined the Nelson Nordic Ski Club in 2001. I skied at least twice a week and loved it. I had been skiing for about 15 years before that.

At the club's annual meeting in 2002 I volunteered to learn how to groom. Al McDonald and John Van Der Holt took me under their wings and taught me how to run the PB60 and 160. We also had a grooming seminar with Clark Smith that year and I must say most of what he was trying to portray went over my head. He was out a while ago to update us, and this time it was much more rewarding.

Of all of the places I have skied I always marveled at the job the groomers did and thought what a great thing it would be to do. Now I know what it takes to keep the trails in shape. It's hard some times.

How many hours do you put in each year?

I put in 111.5 Hrs in 02-03, 175 Hrs.03-04. 180 Hrs.04-05. I'm not sure what it will be this year, for I have

scaled back because my heart is acting up and I have to take it a bit easier.

Any snow spirits out there in the wee hours?

I haven't seen any snow ghosts but I have had a couple of Moose run-ins. I was up at the top of Beaumont at night and came upon a Moose in the middle of the trail. It kept plodding along, looking over it's shoulder at me as if to say "*Get lost with that noisy thing and leave me alone*". It finally stepped off the end of the trail into some pretty deep snow and disappeared. A couple of days later we had to close Cottonwood because an old Moose was laying under a tree not moving and the Wildlife Branch had to be called in to look into the matter. The old Moose died shortly after and I felt very bad for hastening its demise.

Just a couple of weeks ago I was going up Clearwater and there in the middle of the trail was a young Moose. It was snowing and it kept trotting a few paces, to stop and look at me and when I got very close, trot off some more. This went on for about a half an hour or so. I thought to myself that I would be able to get past it when I got to the #2 loop. What happened was that it stopped at the entrance of #2 loop turned and faced me. I stopped and it charged passed me and ran off down the trail. I guess it figured it was getting too far from home and said "*To Hell with this*."

The only other sightings I've had was a Coyote having a snack on the Cottonwood rail grade, and a beautiful white Hare went roaring past me down in Euphrates.

Where are your favourite ski trails?

I have to say that Sovereign Lakes in Vernon, were the best trails I have skied.

When I lived at the coast I travelled a lot with Sigge's Cross-Country Bus Trips. Sigge's is a cross-country ski store on 2nd Ave in Vancouver and he had bus trips to Manning Park every Sunday and Whistler twice a month on Sat. Sometimes three busses. Every year he had two special trips. Vernon was always one of them but on the others I have been to Lac La Jeune Kamloops, Sun Peaks, and Mt Washington, (that was on the Fast Ferry).

Any words of wisdom?

Please keep on doing things like cross-country skiing, hiking, and walking. In other words, stay active and you will live a much richer life.

See you out there,

Wess

Nelson Nordic Race Weekend

Kootenay Cup # 5 and Sprints

12:00am Saturday March 4th Free 12 km
 5:00pm Dinner Saturday March 5
 10:00am Sunday March 5th Classic Sprints

RACE LOCATION: On the Night Loop at the Nelson Nordic Ski Trails

For more information, and to download the registration, go to: <http://nnsr.kics.bc.ca>

REGISTRATION:

Enter using the following options:

By internet - Zone4 (www.zone4.ca)

Deadline 9:00 pm Saturday February 25 for the Dinner

Deadline 8:00pm Friday March 3 for the Free technique race

Deadline 8:00pm Saturday March 4 for the Sunday Sprint race

On location - At the warming hut at the Apex Trails (across from the Whitewater Ski Hill Rd)

10:00am-11:00am, March 4

8:30am – 9:30am, March 5

Late entry fees or day of race entries please add \$5.00 per person per race.

PAYMENT ON RACE DAY: Payment by cash or cheque only. No credit cards accepted.
 Please make cheque payable to: Nelson Nordic Junior Racers.

START LISTS AND BIB PICKUP: Start lists will be posted shortly after registration closes at the Warming hut. Bib pick up at the same location on the day of the race, 1/2 hour before start time.

RACE START TIMES: March 4, 12:00am
 March 5, Individual Time Trials for seeding START: 10:00am Heats begin 11:00 am.

Category	Year born	Free T. Race distances		Sprint Race distances		Race Fees (per race)	Race Fees (for both races)	Both Races and dinner	Dinner only
		Saturday	Sunday	Saturday	Sunday				
		M	F	M	F				
Atoms	1998 -	1 km	1 km	150m	150m	\$8	\$15	\$20	\$10
Peewee	1996-97	1 km	1 km	150m	150m	\$8	\$15	\$20	\$10
Mini-midget	1994-95	4 km	4 km	400m	400m	\$12	\$20	\$25	\$10
Midget	1992-93	4 km	4 km	400m	400m	\$12	\$20	\$25	\$10
Juvenile	1990-91	12 km	12 km	650m	650m	\$20	\$30	\$40	\$15
Junior boy/girl	1988-89	12 km	12 km	650m	650m	\$20	\$30	\$40	\$15
Junior m/w	1986-87	12 km	12 km	650m	650m	\$20	\$30	\$40	\$15
Open m/w	1976-85	12 km	12 km	650m	650m	\$20	\$30	\$40	\$15
Master m/w	600m	12 km	12 km	650m	650m	\$20	\$30	\$40	\$15

Please come and join us for the year-end buffet at the United Church in Nelson (corner of Josephine and Silica) at 5pm after the race on Saturday. We'll have homemade meat and veggie lasagna, 2 salads, buns, drinks and dessert. The awards for Kootenay Cup #5 and the points winner of the Kootenay Cup for 2006 season will be announced at the dinner.