



# NORDIC TRACKS

**Nelson Nordic Ski Club Newsletter**

**January 2009**



## 7<sup>TH</sup> ANNUAL VALENTINES NIGHT SKI

**When:** Saturday Feb. 14/09

**Where:** Apex Trailhead

**Time:** 6:00 p.m. – 9:00 p.m.

**Cost:** donation of non-perishable  
food item for the Nelson Food  
Cupboard

**Apex trail lit with tiki torches  
Bonfire**

**Live music 6:30 p.m. – 8:30p.m.**  
By Selkirk Music Students  
Ryan Tapp and Nicole Byblow

**Lots of sweets and hot apple cider –  
Please try to remember ...**

**bring your own mug  
and Carpool !!!**

**We could sure use donations of  
baked goods. If you are able to  
donate please confirm with the  
trail attendant or call -  
(250) 354-4299 , leave a message.**

**Fun for the whole family –  
don't forget to wear red!**



Photo courtesy of Jeff Godfrey  
see page four to link to more...

# SKI IMPROVEMENT CLINIC

The weather was perfect the morning of Saturday, January 24<sup>th</sup> for the Ski Improvement Clinic held at Apex. Approximately 40 people took part, and enjoyed instruction from our very qualified and dedicated teachers.



**Diane White**  
*Ski Improvement Clinic Coordinator*



The feedback I received from the participants indicated that they had a great time, and learned some techniques to improve their skiing from our instructors. I want to thank our volunteer coaches Roger Pratt, Miriam Green, Dominique Preney, Matt Nutall, Gerry Moore, Jay McKimm and Denise Uhrynuk...without whom this event would not have been possible.

This event is a win-win situation for the Club and members alike. The NNSC makes some contributions to its finances and the members who take part get some valuable instruction. Thanks to all who came out to enjoy the morning.



## **DO YOU KNOW...**

Who's who? The Red Mountain Racers are searching for the great granddaughter of **Olaus Jeldness** who was instrumental in organizing the first racers. They are having "an event" and would like to know if Jeldness's granddaughter would like to be involved. If you know of this person, or are this person, please contact Flori Valentine at 362- 5800!





Lilli and Diane

For 18 years, on the new moon following the winter Solstice (the darkest night of the year), my friend Diane and I go for our annual ceremonial ski.

We ski around the loop counter-clockwise for as many times as it takes to "undo" whatever it is we want to cleanse or let go of from the past year., sprinkling salt (or other cleansing and purifying things) in each of the directions (we have special spots along the trail representing east, west, north, and south).

When we feel complete with our purification, we turn around and ski clockwise, stopping for the planting of intentions and visions and hopes and

dreams for the coming year. This year we sprinkled lavender seeds at each of the directions. as well as teeny rose quartz beads and turquoise pieces.

Each year we plant many things along this loop - semi-precious stones, crystals, wild flower seeds, etc.

We honor whatever insights and inspirations emerging as we move around the circle.

Afterwards we snuggle into the hut with our tea and journals and write about our experience.

This place holds many significant and precious experiences and memories for us; it is truly sacred ground. We are so full of gratitude for its existence - and for all of you who make it possible to have this amazing opportunity in our backyard.

Lilli

## Nelson Nordic Adult Skate Ski Improvement Lessons

**Two Levels  
Four Evening Sessions Each**

### **Intermediate Skate Clinics**

Wednesday 6:00 -7:30 pm

Feb. 4, 11, 18, 25

### **Novice Skate Clinics**

Thursday 6:00 -7:30 pm

Feb. 5, 12, 19, and March 5

*First Come First Served.*

Classes are Filling up quickly!

Call Miriam for details- 250-352-2919

**Fee-\$75.00**

Please watch [www.nelsonnordicski.ca](http://www.nelsonnordicski.ca) events calendar for more notices.



Photos courtesy of **Jeff Godfrey**, to view more of his wonderful pics, visit link below..

[http://jeffgodfrey.smugmug.com/gallery/7226450\\_v6Sb9/1/464307647\\_hXfuJ](http://jeffgodfrey.smugmug.com/gallery/7226450_v6Sb9/1/464307647_hXfuJ)



If you have some photos to share  
please email them to  
[photos@nelsonnordicski.ca](mailto:photos@nelsonnordicski.ca).



[www.nelsonnordicski.ca](http://www.nelsonnordicski.ca)



Thank you to Sandra and Leo for the following Pics and writeup

## Kootenay Cup 2009

The Nelson Nordic Ski Club hosted the annual Kootenay Cup # 2 and # 3 on January 31 and February 1. With incredible help from many volunteers and sponsors, the weekend was a great success. A little sunshine, great music, good food and fierce competition made the races fun for all. Congratulations to all who participated !

On Saturday, Atom Oliver McDougall - Eisele tore across the finish line in 1st place, with Sophie Edney not far behind in 3rd and Felix Barron ripping up the trail in 4th .

Peewee Boys saw total domination by Nelson racers with Jack Mckim taking 1<sup>st</sup>,

Quinn Barron 2nd and Ira McKimm 3rd . In Peewee Girls, Kelly Hellman narrowly beat Annie Hellman for 1st place. Anna Milde placed 4th .

Galen Boulanger placed 1st and Stuart Milde 2nd in Mini midget boys. In Mini midget girls Nelson Nordic's Arianna Steed came 1st .

Kirsten Douglas breezed across the finish line for 1st place in Midget girls, followed by sister Jan in 2nd and Robin Locke in 3rd . In Midget Boys, Tobin Eberle placed 3rd .

Juvenile boys showed their speed as Julien Locke and brother Peter Locke took 1st and 2nd place and Shawn DeGroot came 3rd.

In Junior Boys, Nelson's Josh Hall placed 2nd .

Junior Girls saw Lauren DeGroot capture 2nd place with Sonja Poole hot on her tail in 3rd .

The adults raced a 12km course and recreational skiers enjoyed a 7km skate race. Sundays' Classic Sprints were exciting to watch,

with close finishes and racers putting forth their best efforts. The final Kootenay Cup is scheduled for Kimberley Feb 14 and 15.



## **Thank You Businesses and Volunteers**

*The Nelson Nordic Ski Club would like to extend a big thank you to all the volunteers who helped make the Nelson Kootenay Cup races a great success. We would also like to thank the following businesses and individuals for their generous donations:*

**Main Street Diner, Save On Foods, Kootenay Coop, Safeway, Kootenay Bakery, Gravity Climbing Centre, Gericks, Mountain Sky Soap, Reo's Videos, Hume Hotel, Mallards, Whitewater, Subway, Kutenai Clothing Company, Ripping**

**Giraffe, Oso Negro, Pixie Candy Shop, Prestige Lakeside Resort, Sacred Ride, ROAM, Evening Ridge Designs, Shelly Adams, Hellman Canoes, Ellison's Market, Theresa Waters, Otter Books, Through the Looking Glass, NRG Enterprises, Capitol Theatre, Snowpack and Live Metal Works.** *All your donations and efforts were very much appreciated.*



### **Nelson Nordic Junior Racers Update**

Nelson Nordic Junior Racers have been very busy this year. In November they attended two training camps. Paul and Miriam Green continue to provide local coaching and athletes also receive training plans from Mike Cavaliere, who coaches the Alberta World Cup Ski Academy in Canmore.

Sonja Poole and Lauren Degroot started off the season with strong finishes at the NorAm's in Vernon in early December. At the first BC Cup in Prince George, Lauren

won the Junior girls 5km classic race, Sonja came 3rd in the same category, and Kirsten Douglas 4th in Midget girls. In the 7.5 km skate race, Sonja placed 2nd, Lauren 6th and Kirsten 3rd. They will be travelling to Kelowna this weekend for BC champs, and to Canmore on February 18th for Western Canadians. Lauren and Sonja were chosen by CCBC to represent BC at the National Championships in Duntroon, Ontario during spring break.



**SNOWPHONE  
250-354-4292**