



NORDIC TRACKS

Nelson Nordic Ski Club Newsletter

February 2012



10th ANNUAL VALENTINE'S NIGHT SKI

When: Tuesday Feb. 14

Where: Apex Trailhead

Time: 6:00 PM– 9:00 PM

Cost: non-perishable food item to be donated to the Nelson Food Cupboard

Apex trail lit with tiki torches !

Entertainment TBA

Bon fire **Fireworks 7:00 p.m.**

Sky wish lanterns for the kids- these are rice paper lanterns with a wick that you'll be lighting to release into the sky- Weather permitting - you will need to bring a lighter.

Hot apple cider & lots of goodies
PLEASE bring your own cup

Baked donations are greatly appreciated please email ajpop@netidea.com or call 354-4299 if you will be donating

Don't forget to wear red !
And since it's Valentines, cozy up with your neighbour and **CARPOOL.**



**Our hard working groomers.
Machines to celebrate !!**



Nelson Nordic Club Racers perform well in the Kimberley Kootenay Cup

The Nelson Nordic Club racers had a fantastic weekend of great performances at the Kootenay Cup Nordic ski races in Kimberley, January 14-15. This event involved an exciting prologue skate ski race followed by thrilling sprint ski races on Saturday. In these races, skiers went head to head around a short hilly course that tested both speed and skiing ability and had many “photo finishes”. On Sunday, our young athletes competed in a classic distance race that ranged from 1-5 kilometers.



In the Skate technique Sprint Prologue, the Nelson team cheered on as Felix Barron placed first and Sabien Edney was 3rd in

Atoms. In Pee wee boys, Quinn Barron placed first, with Kieran Marchand 4th, Oliver McDougall-Eisele 6th and Reece Boulanger 7th.



In Pee wee girls, Anna Milde was 5th, Sophie Edney was 8th, Sonje Boyd was 9th and Ruby Creighton was 13th. In Midget girls Kluane Peabody was 7th, in Juvenile girls Arianna Murphy-Steed was 3rd and in Juvenile boys, Galen Boulanger was 1st and Stuart Milde 3rd.



The races resumed later that day with a series of gruelling elimination sprints at night. Skating in the dark added a whole new element to the races but the Nelson team brought home the hardware. In Atoms, Felix Barron placed first and Sabien Edney was a close second. In Pewee boys, Quinn Barron

placed first, with Kieran Marchand 4th, Oliver McDougall-Eisele was 6th and Reece Boulanger was 8th. In Pee wee girls, Anna Milde 3rd, Sonje Boyd 6th, Sophie Edney was 9th and Ruby Creighton as 11th. In Midget girls Kluane Peabody was 7th and in Juvenile girls Arianna Murphy-Steed was 3rd. In juvenile boys, Galen Boulanger was 1st and Stuart Milde was 3rd.

The following day were classic technique races and Nelson also had a great showing; in Atoms, Felix Barron placed first and Sabien Edney placed second. In Pewee boys, Quinn Barron placed first, Kieran Marchand placed 4th,



Reece Boulanger was 5th and Oliver McDougall-Eisele was 8th and. In Pee wee girls, Sophie Edney was 6th, Anna Milde 11th, Ruby Creighton was 12th and Sonje Boyd 14th. All our Juvenile competitors qualified for the 2012 BC Winter Games based on their 5km classic race times including: Arianna Murphy-Steed 3rd, Galen Boulanger 2nd and Stuart Milde 3rd. This is the first time in about four years that Nelson has sent a team to represent us at the Winter Games. As a result, the whole team wishes to thank coaches Doris Hausleitner, Denise Uhrnyk and Roger Pratt for their

deep commitment to volunteerism, travelling with the team, waxing help and dedication to the club.

Next up is the [Kootenay Cup in Nelson](#) on February 11th. Be sure to catch it! The Nelson Nordic racers hope that with good performances they can retain the coveted Kootenay Cup that is awarded to the Kootenay region ski club that has the best combined performance in all of the Kootenay Cup race series.

Written by Reece Boulanger

(with a little assistance from John & Darcie)



School Outreach Update

Hello Fellow Skiers;

The School Outreach Program is in full swing. The program is 100% booked for the remainder of the season, with Karen, Sarah and Genevieve busy. I hope their voices hold out.

We've had a number of schools participate already -- to rave reviews. Some parents are saying they plan to enroll their kids in the Bunnyrabbit or JackRabbit programs next year.

It's time to thank some of our sponsors: our biggest contributor was Mountain Equipment Coop. The MEC made a huge gift in the form of skis, boots and poles. If you see anybody associated with MEC, give 'em a thumbs up.

Gourmet Gliders Women's Clinic a Success

Not far behind in generosity was the Columbia Basin Trust. The CBT provided funds for the purchase of a significant number of skis, poles and boots from local suppliers. In addition, a portion of the CBT funds went towards the building of the School Outreach Hut (see accompanying photo). If you see any of your Area F, Area E or Nelson city elected officials, give them a big hug.



On January 21st the Gourmet Gliders hosted their first ever women's ski clinic. The event was completely sold out and the participants received instruction from three certified coaches, Doris Hausleitner, Denise Uhyrnuk and Roger Pratt, all followed up with an incredible meal from Marianne Abraham and the Whitewater cooks cookbook series.



Next, check out the door on that shed! How Peter's Windows and More managed to provide us with that door for such a low cost I'll never know. Peter always seems to be working, but if you do spot him around, a thumbs up is probably be the safest. I'm not sure how he takes to strangers giving him hugs.

Finally, the Nelson Nordic Ski Club itself made a significant contribution towards the construction of the aforementioned building. If you see any of the NNSC directors, give them a thumbs up, give them hugs. We will also accept cash in unmarked bills. (just kidding)

Happy skiing to you all -- Matt Nuttall

The NNSC staff provided incredible grooming throughout the day to provide excellent conditions on the biggest snow day of the year! Feedback from the event was excellent across the board.



The Gourmet Gliders will be having a second, classic ski for women clinic on February 18th.

You can register for this event at Apex or at Gerick's in Nelson.

Thanks to Doris Hausleitner for article and photos.

Gourmet Gliders

Brings you a **SECOND** Women's Nordic Ski Clinic

Where: Apex Nordic Ski Area

When: February 18/ 10am-3pm

Classic Technique*

Beginner, Intermediate, Advanced

\$80 clinic includes trail pass, certified coaching: 2 hour morning lesson, 1.5 hour afternoon lesson, gourmet lunch from the Whitewater Cooks series, waxing demo, video analysis and hot drinks.

Register by February 12, 2012: In person at Gerick's/Apex for details email Doris Hausleitner: dorishaus@shaw.ca or call 250-354-7937



Racing Rocks Double Cross Rodeo Event

After the cows had been tended to, on the 5th of February 2012, 53 cowhands from Nelson and Castlegar, ranging in the ages from 5-12 participated in an event to cap the climax. *It was the amazing Racing Rocks Rodeo!* The buckeroos went head to head in some exciting racing action. They jumped, turned, cut some dirt and roped bunnies in exchange for cool rags

donated by Cross Country Canada, cookie medals and

some mean chow donated by Save on Foods at the end of the day.



One of the famed racers was quoted as saying "fast is good, but accurate is better". Another "no matter where you go, there you are". And the final word has to go to special rodeo guest, Chief redhand weasel lips, "I gotta see a man about a horse". Let's ride.



SKI IMPROVEMENT CLINIC ...

held January 28th and enjoyed by 53 participants! Thanks goes to Roger, Charles, Denise, Matt, Kaj, Gerry, and Jay for volunteering their time and expertise.



I'm happy to write that I saw lots of smiles and heard lots of praise but received NO complaints from those whose confidence and skill had been elevated.



Congratulations again to our fabulous team of instructors. Next year, the club would like to run two clinics - one earlier in the season (December) and the other mid-season.

SNOWPHONE 250-354-4292

VOLUNTEERS

NNSC cannot operate without volunteers. Adults who are interested in getting involved can check out the NCCP program and upcoming coaching courses at www.crosscountrybc.ca and contact me, Nancy Quackenbush, at nquackenbush@sd8.bc.ca.

Get out and enjoy the beautiful Nordic trails!

Best to all, Nancy Q.

NNSC CLASSIFIEDS

For Sale ...

1) Crosscountry skate ski package for sale. Fischer LS Skatecut 177 cm skis, Salomon boots ladies size 7.5, Salomon bindings and Swix poles. \$400.

Excellent condition, used only 7X.

2) Child's classic crosscountry skis for sale. Fischer RCS Sprint Crown 150cm with Salomon bindings. Fischer boots sizes 3 and 6. Skis plus one pair of boots: \$150.

Contact: hearsay@telus.net or 250-551-2214

1 pair of brand new waxable Fischer RCR vasa classic skis, 192 stiff, for a skier around 135lbs. With NIS binding mounting plates. asking \$300, as they are \$465 in stores before tax.

Email Cam ; cshute@gmail.com

<http://www.fischersports.com/en/Nordic/Products/Skis/Race-Classic/400-RCR-Classic-Vasa>

If you would like to list a wanted, lost or for sale item please email jillmark@telus.net
The next newsletter will be early spring.