



TELEMARK
Nordic Club

February, 2013 Newsletter



Message from the President



Time for another newsletter, written between groups of students in the school programme. Having 60 - 120 kids per day bouncing around our trails certainly increases the energy level at Telemark Nordic. The programme provides a taste of how much fun skiing can be, helps pay for grooming and lets us maintain a well equipped rental room. As usual we are booked every day during January and February for a total of 3000 plus student visits from 18 different schools.

We have had a big increase in snowshoe people this year. With this increase a few problems with snowshoers on ski trails have occurred. These problems should decrease with time as everyone gets used to our trail system. We are bringing in some smaller snowshoes for rentals so parents can take younger kids out with them on the shorter trails. Down the road we are looking at expanding the K-9 trails for snowshoeing and parking across from the present lot.

I would like to give a big thanks to all those volunteers for our races and loppet. It was -14C when I handed out medals and a long, cold day for all the helpers. (Hint: if you ever have to do this do not actually touch the medals, my fingers stopped working.) I got a lot of comments from people racing on how well our events are run.



Let us hope we get some more snow and cooler weather to extend the season this year. In all the years skiing at Telemark I have never seen so much standing water all season long. We have also had 80 plus trees come down on our trails creating a lot of extra work for our groomers and trail maintenance people.

Keep skiing and take a friend out to show them all we have to offer.

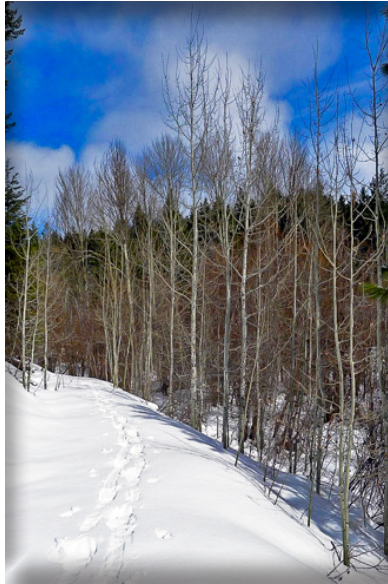
Bob Rogers, President

Snowshoe Ramble

Rod Heater

Welcome to the first ever snowshoe ramble. It's purpose is to help you enjoy snowshoeing at Telemark. First: About myself: My name is Rod Heater and since I retired I've been spending time with Larry maintaining the snowshoe trails. That's Larry Krar, Telemark director who made the snowshoe trails and maintains them. We've wondered why most snowshoers shoe on the same trails and avoid others. I'm hoping this column will help you expand your horizons. The plan is to do a short weekly article, although if I get lazy, who knows?

First I'd like to address navigating the Telemark snowshoe trails. There are four types of marking: flagging tape, red tags on tree trunks, blue signs, and maps. The trails are laid out in one direction and although it's permissible to snowshoe in either direction, it's probably smart to wait until you're perfectly familiar with the trail before going in the other direction because all the marking except for flagging tape can only be seen going one way. A note about the maps: They're all laid out with north at the top. If you don't have good trail sense it might be a good idea to carry a com-



pass to help you understand them.

If you've been out on the trails at all this season, I'm sure you've noticed a lot of wind-falls on the trails. We've been cutting the smaller ones out by hand and some of the larger ones with chainsaws but some are hard to reach. I think that the detours around some of them actually add to the enjoyment of the trail, but if you find some that you can't get around or send you off in the wrong direction, send me an email: rheater@shaw.ca While you're at it, if you have ideas for this column or thoughts you'd like to share, email me.

A word about snowshoeing on the ski trails. In a few places, snowshoe trails run alongside ski trails. In this case, signs instruct snowshoers to stay far left or far right. In all other instances, stay off the ski trails. Snowshoes ruin the trail for skate skiers as well as pose a collision hazard.

Next week I hope to introduce you to "options"; how to add or subtract side trails to the main trails to customize the length of your outing. Until then "Happy snowshoeing".

Gaming Branch Community Grant

Clive Gilbert

Hooray for our School Program volunteer coaches! As reported in the October newsletter, our biggest sponsor by far, the Gaming Branch in Victoria, allocated us \$22,200 on the strength of our youth programs. We were very pleased with this assistance but a bit upset that two other requests were ruled ineligible. Consequently we submitted a "reconsideration". Our items on this request seem to have been ignored **but, on the further strength of the school program alone, we received another \$3,800.**

For those of us who are lucky enough to ski midweek, it is a joy to come across one or more of these groups of red faced, happy youngsters.

Thank you again coaches.

Special Olympics Cross Country Skiing Garth Vickers, Head Coach



Jordan Lige, Gerard Gougere & partner Richard Gillis, Gerry Morrison & partner Glen McIntyre

Three Special Olympics athletes completed the 15 km classic ski at the 2012 Telemark Loppet. Glen McIntyre, Jordan Lige and Richard Gillis, who ski with the Special Olympics program at Telemark, partnered with skaters Gerry Morrison, Steve Bioli and Gerrard Fougere.

All three skiers, who were dominant at the 2012 Special Olympics National Winter Games, were thrilled to race against such a strong field in a generic race.

Prior to the race, all 3 skaters met our athletes, pre-skied the course with them and offered racing tips. Gerry Morrison, who has always been a strong advocate for Special Olympics, even took his partner Glen's skis home and waxed them.

I understand Gerry is a bit competitive! The Telemark Nordic Club's outstanding support of Special Olympics has enabled us to build the biggest program in British Columbia.

Skiing the loppet has helped to strengthen our connection to Telemark.

Our athletes and I wish to thank the executive, staff and members for the terrific support you always provide. We look forward to racing in future generic races. We will be hosting athletes from around BC and Alberta for a Special Olympics race March 2. Huge thank you to Gerry, Steve, Gerard and Ron Earle for all of their support.



Glen McIntyre, Gordon Lige & Richard Gillis looking relaxed prior to the race

Telemark Biathlon Marianne Morgan, Biathlon Board Rep

The Race Team of 12 athletes has travelled to Canmore and Whistler for races.

Eric Byram, Carson MacKenzie, and Mirena Dimova have had 1st place finishes.
(photo at Whistler Olympic Park)

Great conditions this year. Biathletes were able to practice right through the fall at the new and improved Telemark Range and got on snow by early December.



We just had a busy "GIVE IT A SHOT" day at the range. Over 60 people turned up, including a troupe of girl guides.

We hosted a Biathlon BC Cup Race at Telemark Feb 8-10.

Our fastest growing program is Master's Biathlon.

The Bears program is bustling with 14 youngsters

Two of our Biathlon parents started a new ADVENTURERS multisport program - the kids have skied and snowshoed so far.

Julia Ransom and Jasper Mackenzie were in Austria at the World Junior Biathlon Races.



Telemark Biathlon Marianne Morgan, Biathlon Board Rep



Julia Ransom and Jasper Mackenzie are in Austria at the World Junior Biathlon Races now.

The Telemark Biathlon and Junior Racing teams wish to extend a sincere thank you to all of the Club members who supported our athletes by selling or purchasing tickets in our Fresh Air Experience raffle. With the help of the wonderful prize package donated by Fresh Air Experience in cooperation with Salomon and Silver Star, we raised over \$4500 to help fund our race athletes' pursuit of excellence.

The Telemark racing program is about technique, talent, teamwork, fun and competition. This year we have 80 young athletes ages 9 to 18 on the Biathlon and Junior Racing teams. They are gaining a wonderful life experience, learning good work ethics, developing a lifelong love for the sport and acting as role models to hundreds of youngsters just entering the world of Nordic skiing through our ski league and school programs and yes, also winning medals while competing under the club's banner. Anyone who has interacted with these young athletes will tell you emphatically that they are special. They emerge from this experience as academic and community leaders who are highly valued. It is not unusual that a resume containing "Cross Country Ski Racer" or "Biathlete" automatically get added to the stack to be invited for an interview or considered for a scholarship.

It has been said that it takes a community to spawn a cross country athlete. This is so true. A critical part of the experience is to have great coaching and access to good equipment and infrastructure and that involves costs and resources beyond the reach of the athletes. We are grateful that you, as part of the Telemark Nordic community, are able to help the race athletes on their journey with your financial support. Thank you.

Congratulations to the lucky raffle winners:

Kerry Kriese:

Salomon S-Lab Equipe 10 skis, boots, and poles donated by Fresh Air Experience and Salomon.

Dirk Van Ulden:

Couples Nordic Weekend Getaway donated by Fresh Air Experience and Silver Star.

Robyn Lynch:

Atlas 10-series snowshoes, gaiters, and poles donated by Fresh Air Experience.

After working hard through the summer and fall, members of the Telemark Nordic cross-country Junior Racing team are in a position to do well at competitions this winter. "Right now the team is looking very good," says Head Coach Adam Elliot. "We will be in the fight for medals at all major competitions this year," he predicts. "Which is really exciting."

The team got off to an early start the weekend of Dec. 1&2, with 8 skiers traveling to Canmore to compete in an Alberta Cup. Facing stiff competition on the hilly Olympic course, the racers had several top 10 and top 15 finishes.

"Our training starts the beginning of May," explains Elliot.

"We take about a 4 to 6 week break after Nationals, (held in late March) more of a recovery than a break really, and then we start up running and roller skiing all the way through until we are on snow." This year the team began skiing around Nov. 15 at Sovereign Lakes trails out-



side of Vernon and have been back home at Telemark since the local trails opened Dec 15.

More than 20 Telemark skiers competed in the first B.C. Cup at Sovereign Lakes the weekend of Dec. 8 & 9. Athletes ranged in ages from 8 to 17, with several masters racers as well. The team earned a number of medals: in classic technique, Garrett Siever and Nikhil Filatow were 2nd and 3rd for eight year old boys. Ian Mayer placed 3rd for nine year olds, with Erik Haaheim in top 5. Grayson Mckinnon was 2nd for ten year olds. Ian Williams took 3rd in the twelve year old group. David Walker was 1st in fifteen year olds. For freestyle (skate) technique, Nikhil Filatow was 3rd and Alexandra Myshak-Davis was 5th for sixteen and seventeen year old girls.

Elliot predicts the athlete's hard work will pay off. "The skiers who will be good to watch will be the ones who did their training," he says. "I can look at a training diary and know pretty quickly who has been doing the work."

Competitive cross country skiing takes a lot of dedication

Elliot points out. "Athletes at Alex Myshak -Davis' level are putting in over 500 hours a year, training 1 to 3 hours a day, 6 days a week." Each athlete follows an individualized training plan, which includes strength training and speed work as well. "We have been working for more than half of the year before we even see snow," says Elliot.

B.C. Cup #2 will be held here in Kelowna January 12&13. The Telemark club will host over 200 skiers from across the province, with racers from Alberta expected to join as well. Athletes will race over 2 days, with lots of opportunity for spectators to see the team competing. Then it's off to Prince George for the provincial championships in early February.

The Canadian National Championships will be held at the Olympic trails in Callahagn Valley, March 23 to 30. Skiers from all across Canada, including 5 athletes from the Telemark team, will gather north of Whistler for a week of competition. This is the first year that Williams and Walker will be of age, though both competed 2 years ago as fourteen year olds, for the experience. Emily Ertel, a club member who is going to school and training in Quebec, will attend as well.



Elliot is very hopeful for Myshak-Davis. "Alex was in the top 12 for every one of her races at nationals last year," he says enthusiastically. At age 16, she was going against 17 year olds in her category. This season, Elliot has been entering Alex in races with older skiers to give her experience with stiffer competition. "The weather, the snow, getting the wax right, are all variables in a ski race," he explains. "But this year, at 17, I would be very surprised if Alex doesn't make the podium at Callahagn."

For information about the Telemark Junior Racing Team, please contact Head Coach Adam Elliot, (250) 769-3750 or coachadam@telemarkracers.org, or visit our web page telemarkracers.org.

I was skiing on Panorama Ridge a couple of weeks ago in perfect conditions - 8, fresh snow, sunshine and tracks begging for someone to ski on them. The trees on the northern part of the trail had their trunks plastered with snow, while drooping branches weighted with snow caused reflected sunlight on airborne snow particles, such a wonder. It got me thinking of the amount of unseen work that goes into the production of such good grooming. Apart from the mechanical equipment, there are our dedicated grooming and trail clearing crews and of course, the constant desire to eliminate grooming obstacles, rocks, stumps, drippers, shrubbery, face smackers and eliminating decreasing radius corners. Early season grooming conditions this year were some of the worst that I can ever remember.

This was caused by heavy rain on top of about 10 cm of compacted snow, a lot of which was washed away, and the pooling of water beneath the snow on top of semi-frozen ground. Then came some good dumps of heavy moist snow which loaded up the trees, and as the ground was not frozen, caused, a lot of trees to come crashing down due to snow weight and wind. I lost count

of downed trees at 68. Imagine grooming early morning, 4 am onwards, and having to clear timber across the trails, often having to buck up the trees and either drag or push them off the trail, all the whilst hearing another tree come crashing down. All unseen but necessary work, which added hours to our grooming costs.

I was quite thankful for the forestry students that we had for 4 days this past Fall who were able to remove quite a number of dead trees bordering some of our trails, as most of them would have added to our downed trees. We hope to be able to retain their free services again this coming Fall, but you can still volunteer to help. Our new Ginzu has been put to some good use for both The BC Cup and our own Loppet. Our sign shed had an extra door installed so the Ginzu could be driven in and out. Now if we can only get the snowshoers to keep off the ski trails and have people park nose to nose in the centre of the car park.

Eric

Kicking Horse Coffee Fundraiser



For a limited time, pick up a couple cans of the outstanding Kicking Horse coffee and support the Telemark Junior Racing team.

Available for \$13.00 from any race athlete or from the lodge concession.

Thank you for your support!



454 Horse Power [Dark]

Heavy-bodied coffee with an earthy taste. Deep, dark-roasted coffee, with hints of cocoa



Kick Ass [Dark]

A great mix of Indonesian and Central American beans that is guaranteed to kick some sense into you. Intense, full-bodied, dark-roasted attitude.



Three Sisters [Medium]

Triple punch of light, medium and dark roasts of Indonesian, Central and South American beans. Lots of flavour comes together in a perfectly balanced shot.

Club Executive

| | | | |
|-----------------------------------------------------------------------------------------------------|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| President griffinlabs@yahoo.ca | Bob Rogers 768-7388 | School Program telemarkschoolprogram@yahoo.ca | Bob Rogers 768-7388 |
| Vice President | You? | Gaming bcgilbert@shaw.ca | Clive Gilbert 769-4406 |
| Past President smorrison@shaw.ca | Gerry Morrison 762-8885 | Trails larkrar@telus.net | Larry Krar 767-3381 |
| General Manager tccsc@telus.net | Ron Earle 768-1494 | Ski League derens@gmail.com | Deren Sentesy 979-0338 |
| Director/Recording Secretary sbriphagen@yahoo.ca | Brian Riphagen 768-5520 | Athletic Development/Racing Liaison barry@telemarkracers.org | Barry Allen 768-4856 |
| Treasurer lplatt@alpineaerotech.com | Lanita Platt 470-1417 | Biathlon drmm@telus.net | Marianne Morgan 765-2314 |
| Head Coach coachadam@telemarkracers.org | Adam Elliot 769-3750 | Coach and Regional Coach for the Biathlon program coachrob@criticalperformance.ca | Rob Swan 764-2615 |
| Special Olympics jwgerhardt79@shawbiz.ca | Wulf Gerhardt 860-7905 | Skill Development Program Coordinator telemarkskidevelopment@hotmail.com | Iva Rozek 778 477-4721 |
| Head Coach Special Olympics gvickers@sd23.bc.ca | Garth Vickers 762-8476 | Chalet Office & Snow Phone | 768-1494 |

Please Support Our Sponsors!

Gorman Bros. Lumber

Urban Harvest

Holiday Inn Westbank

Kelowna Cycle

Ogopogo Rotary Club



Fresh Air
Experience

Interior Savings

Province of British Columbia