



Message from the President Gerry Morrison

December, 2009

I had planned to wait until Telemark opened before composing this message but with a deadline looming and dry Arctic air covering most of western Canada there is no sign of snow locally until early next week which would make for a mid-December opening and very close to the same dates as the last two years.

XC skiing has been excellent at both Sovereign Lake and Silver Star the past several weeks. Many of our members have been seen skiing there. We are fortunate to have this venue reasonably close as XC Skiing in other parts of Canada has been off to a slow start. Our latest opening date on record was 2002 when we did not open until Dec. 27th so hopefully we do not break that record.

The club is still requesting someone to please come forward with an offer to serve as club president for the next two years. So far we have not received any offers from our club of 960 plus members after my initial plea in the September newsletter. This concerns me as the club really needs someone to co-ordinate all the activities of the various executives for it to continue on our path of ongoing growth and financial health. This will be my third and final year at this position so someone

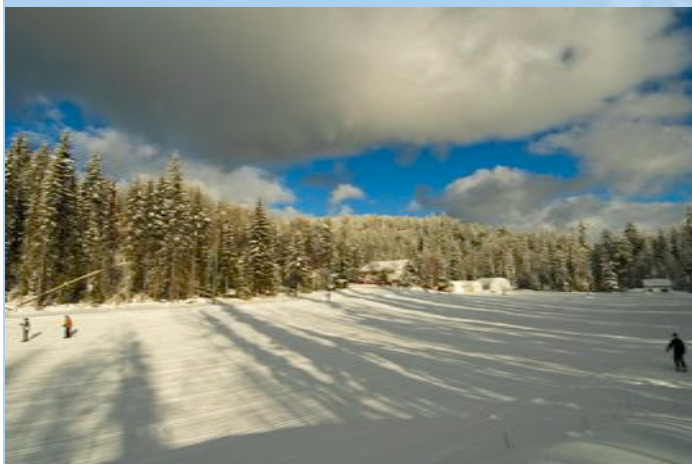


needs to step forward and offer their support for their club and the community at large.

Last year our club had the second largest growth in membership, at 8%, out of 52 registered CCBC clubs. We were surpassed only by Caledonia of Prince George. Most clubs actually experienced a decline in membership. Our pre-season registrations, as of December 1st, are up 6% compared to last year at this time

Ron Earle, our new general manager, will be there to welcome you. I know he is getting antsy for the season to start. The new carpet for the chalet has been installed and some modifications done to the rental room. Trail upgrading with rock removal to improve the grooming of the inner trails was done this October. Our logger, Jeff Smoody, removed many danger and beetle kill trees around Forest Lane and Rabbit. Advanced Power replaced several burnt out trail lights and repaired a low-hanging wire resulting from a downed danger tree. Everything is ready to go once mother nature delivers her winter goodies.

We did not get the Direct Access Grant, as expected, which we had planned to put towards



an updated groomer. We are still in the market and I will be pursuing the Winter Olympic supplier in the New Year as they may have some used ones coming up for sale after March 2010.

Ken Ransom has kindly submitted a fairly extensive combined Telemark XC –Biathlon report to the City, at their request, as part of their application process for the 2015 Canada Winter Games. We are one of three B.C. cities making bids, Kamloops and Prince George are the others. A decision will not be made until October 2010.

We are hosting BC Cup 1 on Jan9th /10th and our annual Loppet on the 31st of January. Fresh Air Demo Day is scheduled for January 2nd and Kelowna Cycles on January 9th.

Biathlon will be hosting the BC Winter games trials Jan. 2nd finishing by 10am. Bring a Friend Day will be January 3rd.

In closing, we are all anxious for the snow to come so we can put our skis and memberships to use as well as giving Ron some much needed company. Our season is relatively short, typically extending from early December to mid-March. Our start appears to be at least 2 weeks late so we need to get on with it and soon we hope.



2010

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Grooming Thoughts

Eric Rayson

*" All we need is snow
All we need is snow
Snow is all we need "*

The above refrain to be sung to the Beatles tune of "All we need is love" at least three times a day.

Our Grooming team of Lyle Harrison, John Gordon and apprentice Mike Shannon are waiting like hungry greyhounds straining on the leash and cannot wait for the off to be romping in the snow.

Our Bombardier 400 is as ready as our team with new tracks, over hauled brakes, repaired frame, wipers and a host of odds and ends.

Rock picking has again been carried out by Kelly Grant and his backhoe and should be more than noticeable on the Inner Trails and Telemark.

A free ski lesson by the Smiths to the first person who can tell me the locations of the rock removal, estimate the size of the largest rock removed and minor changes to a few corners.

Mike Shannon will be attending a grooming seminar at Lake Louise this coming weekend. The seminar is focused mainly on grooming, and preparation with snowmo machines. Thanks for going Mike.

Looking in my Crystal Ball I think we will be skiing at Telemark by Dec 16.

Cheers, Eric

Trails

Larry Krar

It's December 8th as I write this and we are still waiting for a good snowfall in order to open our trails. Hopefully by the time you read this, it will have arrived and you will have been out enjoying our wonderful trail system. We made a real effort this summer and fall in getting most of our inner trails in as good a condition as possible so that we could open with minimal snow however 6" is simply not enough. As of the 8th, we have actually dragged the roller around much of the trail system and packed the meagre amount of snow that we have down to about a 2-3" base. Another foot is needed until we can do a final packing and bring out the big Bombardier groomer.



It is frustrating however it is the price we pay for being so accessible to most of you. At 1000 meters, we are at a distinct disadvantage for early season snowfall as compared to Sovereign or Silver Star. Perhaps a late start will encourage more of you to ski later into the season. Telemark was almost deserted by the middle of March last year yet we had great conditions well into April.



I would like to acknowledge the work that Eric Rayson did with his backhoe friend in removing dozens and dozens of rocks from the inner trails. It will make a big difference when we finally do get more snow not only in better ski conditions but in reducing the chance of damage to our groomer.

Contact me at 767-3381 or larrykrar@hotmail.com

Biathlon

Ken Ransom

The racing season has started and we have 2 races in Alberta under our belts with another race upcoming in Rossland on the 19th December.

Both races had a high calibre of competition with Telemark athletes showing well. In the Junior boys, RJ Lee had a 2nd and 4th, Carson Mackenzie 5th and 8th, and Hayden Conlin Mouat 9th.

In the youth category Jasper placed 12th, 13th and 17th in a very competitive field, Julia Ransom had a 1st, 2 - 2nd place and a 6th. Both Jasper and Julia are heading to La Patrie in Quebec for world youth qualifiers in the hope to represent Canada (and Telemark!) in Torsby Sweden in January 2010.

We have a busy season coming up for our athletes, with high hopes to defend our title as the number 1 club in the province!

We have had 3 new athletes join us recently, and have started a waiting list for new members. We now have 3 females on the team (way to go!) and a masters athlete (double way to go!!)

A big thankyou! to Telemark for the range improvements as it goes a long way to accommodate our group in practises, as well as we will be able to host a BC Cup in 2011 .

Another highlite is that Rob Swan is starting his 6th season as our coach. A large part of the success that we have, is due to his consistent effort.

Thanks!



A blast from the past: Telemark – 2005

Cross-Country Ski Circuit Invites You and Your Family

Dorothy Quayle, Co-ordinator

We want you – and your family – to participate in a loppet. If your impression is that loppets are only for elite skiers, please think again. By definition, a loppet is a citizen's race, and the loppets in our region have distances for every age and ability. Similar to fun runs, skiers spread out over the course, and you ski with a few

like-minded people who you didn't know were your friends!

The Kelowna Apple Loppet has races with lengths up to 3 km for kids up to 13 years of age. For middle and high school students there is a 7½ km team race. And the "recreational" category is a 7½ km race that's a perfect introduction to the loppet. All of these are classic technique.

The main event at the Apple Loppet is the relay and individual pursuit. What is a pursuit? It involves both classic and free technique in one race; the free portion is typically skate-skied, however classic technique is acceptable. Our relay pursuit has the first person skiing 15 km classic, tagging off to a second person, who skis 15 km free technique. In the individual pursuit, the participant skis 15 km classic, then switches skis and skates 15 km. After the event there are refreshments, draw prizes and awards to celebrate the day.

The Kelowna Apple Loppet, on Sunday, January 31, 2010, is the third race of a cross-country ski circuit in the Thompson-Okanagan. Once you've accomplished our loppet, you can spread your wings and experience others in the region. Often your new friends appear at another race, and your cross-country skiing community expands!



Interior Loppet Series 2010

- January 16 **Reino Keski-Salmi Loppet**, Larch Hills, Salmon Arm
36k classic technique: www.skilarchhills.ca
- January 24 **Overlander Ski Marathon**, Stake Lake, Kamloops
30k and 50k free technique: www.overlanderskiclub.com
- January 31 **Kelowna Apple Loppet**, Telemark, West Kelowna
30k individual pursuit and 2 x 15k relay pursuit:
www.telemarkx-c.com
- February 14 **Nickel Plate Loppet**, Penticton
30k classic technique: www.nickelplatenordic.org
- March 6 **Sovereign Lake Loppet**, Vernon
30k free technique: www.sovereignlake.com

The Series brochure has all the details and can be found at cross-country ski lodges and ski shops in the region.

Series information contact: dorothyquayle@shaw.ca



John Davina, owner of Kal-West Building Systems and keen loppet competitor pushing hard at Larch Hills.

Thanks to John for taking on the role of title sponsor of the Loppet Series!

Junior Development

Adam Elliott, Head Coach

The Ski Development Program is Moving Forward. Since my last report, we have attended three training camps, received new uniforms, got new skiers from Bulgaria and had our first race. It feels like a blur now but at the end of September we had our first Regional Dry-land Camp in Kamloops. This was a good opportunity for skiers to reacquaint themselves with their ski friends and learn new skills like orienteering. The older boys found out that it doesn't matter how fast you run if you do not know where you are going.

The next camp was the Provincial Snow Camp which ran for the week of Remembrance Day. These were the best skiing conditions for early November at Silver Star in at least ten years. All of the best skiers in BC were there and several of our club members got to attend and further develop their technique. The last camp was the Interior Regional Snow Camp at the end of November. This is one of my main responsibilities as the Regional head coach. This year's camp featured Mental Skills, Race Plans and a Nutritionist. Most said that it was the best Regional camp they had ever attended; I was very happy about this.

Two months ago a family from Bulgaria moved to Kelowna. They share the passion which we all have for Cross Country Skiing. Mirena (14) and Veronika Dimova (11) started training with us a few days after entering Canada. More female skiers are a really good thing and I am very happy to have them as part of my team. Recently we have also received new Uniforms which were designed by Scott Davis, a ski league coach, father of two and marketing expert. The Uniforms are very bright and popular with our competitors. See photo above for the new look.

We had a **“Hero's and Mentor's” ski event for girls hosted by Becky (Laakso) Puiras**, a former National Training Development Center (NTDC) and National Ski Team skier and also a World Cup competitor **and Kerrie Fabius**, a former NTDC skier and 2005 World Cup competitor. This is a Cross Country Canada

program (sponsored by CP-Canadian Pacific Rail) that enables young girls to spend time with older female ski racers as role models in an informal training/social setting. The Hero's are really fond of our club and these female skiers. This was a great session for all of the girls who attended. At left is a picture from this event.

The race season began for us last weekend with the Vernon Noram. This event went well for us despite the cold weather producing a solid start to the season. Highlights were Julia Ransom's 1st in JG2 10km, 7th overall in the Junior Sprint and Alexander Myshak-Davis's 2nd in the JVG2 5km.

Thank You Kelowna Cycle for your Waxing support!

See You on the Slopes,

Adam Elliot



Kerrie Fabius and Becky (Laakso) Puiras are at the right and rear