



TELEMARK
Cross-Country Ski Club
December 2010

Message from the President

Gerry Morrison

Thankfully, we had our first significant snowfall on December 11th-12th with close to 25cms. at Telemark. Prior to that we had received several smaller amounts but nothing to really allow us to jump start the season. We opened for business on December 4th which is very close to our opening date averaged over the past 25 years and 2 weeks earlier than last. With snow on the Valley floor, we are seeing much more skier activity than last year at this time. Our membership to date, is very close to last year's numbers and with a more normal winter we should surpass that. Our snow level at the chalet is about two and half times what we had last year at this date (Dec.17th) The "early season" conditions have been good. Most trails do not require the use of rock- skis which is not often the case this early in the season. Both our retail sponsors report better Nordic business than last year. Our first Demo day is Saturday the 18th of December.



The newer groomer has had most of its early season growing pains looked after by All Cat Services, Eric Rayson and the groomers. Groomer Mike has become quite attached to our black snowmobile he has named "Black Mumba", carting it back and forth to the dealer several times after a recent major overhaul. Groomer John had just returned from Italy in time for his first session. Groomer Lyle had first crack with the groomer at the major snowfall we had last weekend in very tough conditions with temperatures hovering around the freezing mark. It is very difficult to achieve good grooming in these conditions.

Many of you will have noted the soft snow mounding and large depressions in the skating lanes . This can only be rectified over time with repeated grooming and temperatures below zero. This has happened over the past week on our trails. Everyday the tracks are getting flatter, the depressions less and the tracks straighter. Many of you will have noted the trails to be hard on the surface now. This resulted from sunshine and temperatures above zero for 2 days last week.

The areas receiving a lot of sun exposure showed balls of ice close to the classic tracks, again the result of daily warm temperatures followed by night time freezing. My advice in this situation would be to ski the shaded trails like Fern Creek, which was wonderful when I skied it on Wednesday the 15th of December. Ideally, once the surface gets very hard, we would like to use our renovator along with the groomer. This allows the groomer to break up the hard surface



and ice resulting in a much smoother skiing surface. Presently, we do not have enough packed base to do this without exposing dirt and rocks. Repeated snowfalls with consistently sub- zero temperature are a groomer's dream, unfortunately this does not happen often enough to keep us happy all of the time. That is the nature of XC skiing. We are always dealing with constantly changing conditions.



One change you will note this season is that our grooming will not be done on a daily basis as in past. Eric Rayson, myself and the groomers have determined that it is not always in the best interests of the trails nor necessary to do so. It will be assessed daily based on trail usage, snowfall amounts, depth of our packed base and temperature conditions.

I have one final plea for the club. We have a major event coming to Telemark on February 4th-6th inclusive. The Western Canadian XC Ski Championships /Nor-Am/BC Cup will bring between 400-500 athletes to Telemark. It will be the largest event Telemark has ever hosted and bring significant revenue to the club. The Race Committee of Jill Stamp, Denis Brown, David Lloyd and Brian Riphagen have been hard at work organizing this. Our Chief of Volunteer Services, Clive Gilbert, will be knocking at your door soon so please, please offer your services as he will need all the help he can get to pull this off ! Susan Morrison has been volunteered to look

after food for the Volunteers and will be soliciting all types of baking in place of the Loppet goodies so please keep this in mind for early February. The Volunteers need to be fed and kept happy as it will be a long day for some.

Finally, I truly hope all our members, both XC and Snowshoers, use the trails as much as you can for our season is relatively short. Ron and his staff prefer to have all members and visitors utilizing both the chalet and trails regularly. The busier we keep them, the happier the club executive allowing for more future club improvements.

Logging

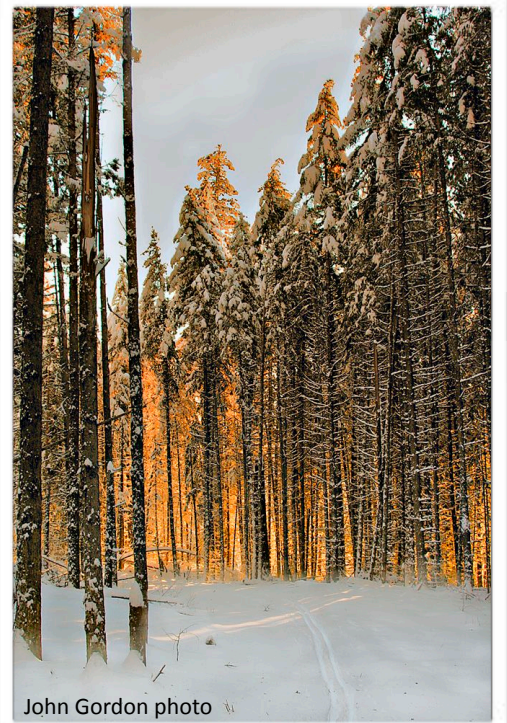
Emile Brokx

As you probably have noticed we have had a significant attack by pine beetles at Telemark. Especially in the Fern Creek, Carol Trail, Connector and Crystal Rim trail areas there are large sections of dead trees. We are somewhat fortunate that there is much more of a mixed forest along the other trails and so there are smaller pockets of beetle attack along the Rabbit, Telemark, racing trails and inner trails. There is no beetle attack in the Panorama area.

During the last six years or so we have been trying to control the outbreak by selectively logging affected trees. Unfortunately we have not been successful in our attempt to stay ahead. One problem has been that lately the lumber prices have been so low that it has not been economical for us to do any selective logging. We have been discussing this issue with the Westbank First Nations as Telemark now lies within their Community Forest. It has been decided to remove most of the lodgepole pine in our area this coming summer.

This winter, logging boundaries will be flagged by them and then a logging plan will be drawn up and discussed between the WFN and ourselves. So over the next few months you will see people in the forest putting up the flagging. Logging by the WFN could start as early as May.

There is no doubt that this will have a major impact on our area.



Grooming Talk

Eric Rayson

I would like to dispel the latest rumour that was relayed to me yesterday - which was that, "The present grooming conditions are caused by our newer Bombardier 275". Beats me how these things get started!

The good news is that we do have a Bombardier 275, which is a 2003 model with only 4869 hours on the clock. The old Bombardier 400 had 10000 hrs and was showing its age - sort of like myself - as we put on 400 - 450 hours per season, this unit should serve us for a long time.

The last 4 years we have experienced tough early season grooming and this season started off the same way. While the recent welcome, but heavy, wet snowfall of last Sunday provided plenty of the white stuff, coupled with exceedingly warm temperatures, it made grooming almost impossible, and in hind sight, we should have just closed shop for a day to allow for natural settlement and cooling. As it was, Lyle Harrison our senior groomer was out there for 11 hours on Sunday.

With the present cooling trend you should see and experience grooming conditions that we are accustomed to, but please realize that the average start date for decent skiing at Telemark is usually about December the 15.

I would like to take this opportunity to wish you all good skiing for the remainder of the season with a special note of thanks to our three Musketeers (our groomers) Lyle Harrison. John Gordon and Mike Shannon. May you have steady falls of snow and temperatures in the -5 range for the rest of the season.



Trails

Larry Krar

Thankfully, the snow has come and all trails are in very good early season condition. Thanks to everyone who assisted in trail clearing in the fall – we have had few

problems of overhanging branches that were such an issue last December. Best wishes to all for a great skiing and snowshoeing season!



Telemark Racing and Development Racing Program

Ross McKinnon

Head coach Adam Elliot is entering his third season at the helm of Telemarks cross-country ski racing program. Elliot oversees the training of both the racing and development racing programs. The racing program is geared towards older athletes aged 13-18 while the development program is aimed at athletes aged 10-13.

In November Adam has taken part in a coaching course with Dave Wood who is the previous Canadian national team head coach. On the following weekend Coach Elliot took part in a ski preparation and waxing course with Olympic waxer and former national ski team member Alain Masson. The third weekend in November involved a trip to the Callaghan Olympic course where Adam was involved in coaching at the annual BC ski team on-snow camp. Emily Ertel, Alex Myshak-Davis, Jeff Kerkovius and David Palmer participated in the camp.

On the last weekend in November Adam was the head coach for the annual Okanagan/Interior snow camp held at Silverstar. This camp had 48 athletes aged 10-18 including 15 racers from Telemark.

The team has had a busy November transitioning from roller skiing and running to snow skiing. A new training strategy Adam has undertaking is having the athletes take part in is high altitude training camps at both big white and Nickelplate.

On the December 11-12 weekend the Telemark Nordic Racing Team took part in the season opening Nor-Am races at the Sovereign Lake Nordic ski club in Vernon. The races featured top racers from across Canada and the U.S. The Telemark racers gained much needed experience in very competitive fields. The results were positive despite high training volumes leading up to the races.

Saturdays races were skate sprints with the following results:

Junior Male 1.4km	Junior Boys 1.4km	Junior Girls 1km	Open Men 15km	Open Women 10km	Junior Boy 5km	Junior Girls 5km
Kurt Behnsen 28th	David Palmer 7th	Emily Ertel 7th	Jeff Kerkovius 9th Junior Male 1	Emily Ertel 17th Junior Female 1	Gareth Williams 17th Juvenile Boy 1	Alex Myshak-Davis 7th Juvenile Girl 2
		Alex Myshak-Davis 20th	David Palmer 14th Junior Male 1			Desirae Martin 2nd Junior Girl 2
		Desirae Martin 37th	Kurt Behnsen 21st Junior Male 1			

Sundays skate races were held in very difficult conditions with 20cm of snow overnight resulting in very soft tracks. Emily Ertel, David Palmer and Gareth Williams each skied up an age group to race against more experienced skiers.

The next set of races over the December 17-19th weekend are Nor-Am races in Rossland BC at the Blackjack ski club. These three races serve as BC Canada Winter Games trials. Telemark has five athletes that potentially can qualify for BCs Canada Winter Games team.



Schools Program

Sue Camp

January 2011 is just around the corner... soon the excited voices of students will be echoing throughout the trails of Telemark. The program is booked, organized and the volunteer coaches are just waiting for that first day of the program to commence.

This program runs Monday thru Friday with 3 different sessions available between the hours of 9:30 to 2 pm, most often skiing January thru the first week of March. Volunteers are always welcome. Through the devotion of the volunteers, this Schools Program has become extremely popular, thus a strong volunteer base is essential for this program to continue to grow.

For further inquiries, please contact Sue Camp @ 250-864-1044 or telemarkschoolsprogram@gmail.com

Haywood NorAm / Western Canadian Championships

David Lloyd

Telemark hosts Haywood NorAm/Western Canadian Championships

Mark your calendars! On February 4, 5 and 6, Telemark enters the big leagues of national racing. Our club has been selected to host the Haywood NorAm/ Western Canadian Championships. The factors that sold Telemark to Cross Country Canada include our key group of very qualified volunteers (the organizing committee), our good infrastructure and Kelowna's central location. The athletes (over five hundred of them) and their coaches are excited about racing in good weather on interesting and challenging terrain.

The club will benefit from this event in several ways. First, we gain revenue. At the end of the races, the organizing committee will forward many thousands of dollars to the club. Secondly, the club's reputation and profile will be enhanced. Third, our pool of volunteers will be challenged and will learn more about modern cross-country ski racing. The biggest benefit, however, is to our local youth who get to participate in a race of this calibre and see their cross-country heroes in person and in action.

Our cross-country ski club has an obligation to support ski racing. We all enjoy seeing Canadian athletes on the podium at world events. We have the opportunity to help them on their journey by hosting events of this calibre that give them high level experience.

Are you in? To make this race a success worthy of our club, we need a large number of volunteers.

Volunteer by contacting Gloria Haug- glohaug@shaw.ca or Clive Gilbert - bcgilbert@shaw.ca.

Thank you. David Lloyd,
Chief of Race, Haywood NorAm/Western Canadian Championships

Ski Lessons

Jack Smith

We would like to introduce Eric Berlie who will be instructing with us this year.

We will be offering our next Adult-night-out on January 6th, 13 and 20. Lessons are from 6:30 to 8:00 pm. They will be offered in both Classic and Skating techniques. You can sign up in the lodge or by e-mail (jacksksmith@shaw.ca). Happy Holidays,

Jack and Phyllis



Telemark Biathlon

Ken Ransom



December has been a busy and successful month for our race team. Our novice racers, Hailee, Bryson and Tyler put in solid performances with some clean shooting, a couple of medals, and lots of effort. Eric and Hayden medalled in the BC Cup in both the Sprint and Pursuit races. Carson continued his winning streak placing first in the Alberta Calforex Pursuit and both BC Cup races. Devon showed improvement over last year and placed 3rd in the BC cup Pursuit. Both our senior racers, Jasper and Julia confirmed their abilities by qualifying for the CWG BC team to go to Halifax in February next year. Lastly, at the time of writing this, Julia is one race from qualifying for the Canadian Youth Team to attend the World Youth Championships in Nove Mesto, Cze.

On the home front, our Bear's program has started with a keen group of young athletes. In the new year, we are hoping to expand the Bears program to have a larger group participate Saturday mornings. If you are interested, please give Rob Swan a call at 250-764-2615

Over the holidays you'll also see the air cadets on the range as they prepare for their zone race on January 9th at Sovereign.





To follow more of what's happening at Telemark in biathlon, please check out www.telemarkbiathlon.ca for more pictures, race results and write-ups.

Lastly, we have another Demo Day coming up Jan. 2nd ,1pm to 2:30pm.

Supervised by our coaches and one on one with our athletes, it will be another great chance to come out and find out more about biathlon and give it a try.



Club Executive

President email	Gerry Morrison 762-8885	Gaming email	Clive Gilbert 769-4406
Vice President email	Bob Rogers 768-7388	Grooming email	Eric Rayson 764-7313
Past President email	Emile Brokx 768-0870	Trails email	Larry Krar 767-3381
Director/Recording Secretary email	Brian Riphagen 768-5520	Ski League email	Ross McKinnon 769-2771
Treasurer email	Lanita Platt 470-1417	General Manager email	Ron Earle 768-1494
Athletic Development/ Racing Liason email	Eric Berlie 768-5246		
Website email	Deanne Mould 801-6404		
Head Coach email	Adam Elliot 769-3750		
School Program email	Sue Camp 864-1044		
Head Coach Special Olympics	Garth Vickers 762-8476		
		Coach and regional coach for the Biathlon program	Rob Swan 764-2615
		Skill Development Program Coordinator email	Candace McKinnon 769-2771

Please Support Our Sponsors!

Gorman Bros. Lumber	Urban Harvest	Holiday Inn Westbank
Kelowna Cycle	Fifth Avenue Auto	Alpine Helicopters
Fresh Air Experience	Ogopogo Rotary Club	
Interior Savings	Province of British Columbia	

Dates to Remember!

January 2011	
2	Biathlon Demo Day
8	Fresh Air Experience Super Demo Day Start date for Bunnies
15	Winter survival skills and sleepover
28 - 29	International Children's Winter Games
February	
4 - 6	Western Canadian BC Cup at Telemark
13	Tips Up Cup at Sovereign Lake (Vernon)
19 - 20	BC Midget Championships in Kamloops
March	
5 - 6	BC Special Olympics Provincial Championship



2011 Kal-West Interior Loppet Series



Salmon Arm | Kelowna | Penticton | Vernon

Reino Keski-Salmi Loppet
36K classic technique
Saturday, January 15
Salmon Arm
www.skilarchhills.ca

Nordic Cross-Country
Ski Club
30K free technique
15 K rec. free technique
Saturday, January 29
Kelowna
www.kelownanordic.com

Nickel Plate Loppet
(classic technique)
Saturday, February 12
Penticton
www.nickelplatenordic.org

Sovereign Lake Loppet
(free technique)
Saturday, March 12
Vernon
www.sovereignlake.com

①

Ski any distance in all four events to earn a prize. Race directors get credit for their race towards a participation prize.

②

Ski three designated races to earn an entry into a draw for Rossignol skate skis!

Three races must be completed to qualify for Series awards. Top 3 in each age group win Series awards.

③

④

Series Contact:

John Davina

john@kalwest.com

