



# TELEMARK

Cross-Country Ski Club

## Message from the President

December 2011

Bob Rogers

Hello to everyone from the new guy. November weather provided a good start to the season with over 30 cm of snow. I actually managed to get out on my old skis November 20th. One day of warm rain brought us back to reality. Luckily our great grooming staff managed to roll and pack most trails with the Skidoos to save our snow base. We need a lot more snow before we can get out with the big Bombardier groomer. We have spent a lot of time removing rocks to smooth out and straighten sharp corners on some trails (big improvement on first half of Rabbit.) We have a new renovator to make the trails even better this year.

Our general manager, Ron Earle, has a new office staff in place eager to help members (hopefully over 1000 again) and visitors. The rental room is all



Lori with a pair of size 25 and a size 50 rental boots. Telemark doesn't want **anybody** to have an excuse not to ski!

topped up with classic and skate skis, boots and poles. We've also added eighteen pairs of high end snowshoes (with heel lifts for some serious slopes.)

The schools programme begins again the first week in January and goes every weekday until the end of

February. You will no doubt hear and see us on the inner trails and stadium. We will try and keep out of your way but some days it's like herding cats. They do have a lot of fun and are, hopefully, our skiers of



the future.

You will notice a few changes on some of our trails this season. Due to logging of beetle kill trees, there are some large open areas especially in the High Country and Telemark areas. This has created some wide vistas new to our trails. It has also provided some new open slopes for some of us who like to put on some fatter skis and play in the ungroomed deeper stuff. Larry Krar, our snowshoe guy, has worked hard to reroute and mark our snowshoe trails in some of those open spaces. I would love to see more of our skiers on some of the upper trails (i.e. Crystal Rim and High Country.) The views and terrain are great.

Good luck to all our competitive skiers from Telemark and I hope everyone will support their events this year. I hope to meet a lot of you out on the trails this season. Let's hope we're still skiing in March.

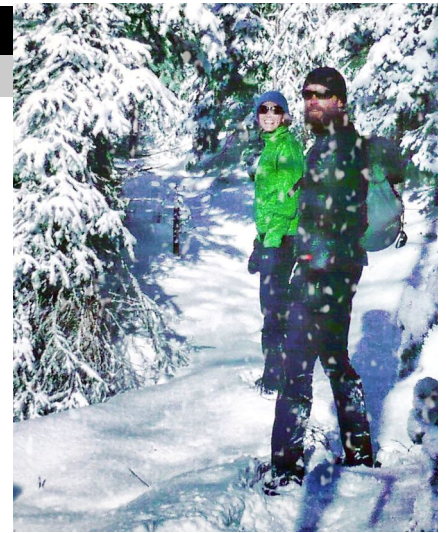


New rental snowshoes are equipped with heel lifts for steep climbs; great for cross-training fitness and the best views!

## Trails

Larry Krar

Hopefully we will have had a significant dump of snow by the time this newsletter reaches you. The trails are actually in surprisingly good shape considering the meager amount of snow to date. Weather is something that we can't control but the improvements to the trail surfaces over the last few years has given us a better chance of reasonable ski conditions despite the thin snow base. Hopefully we will get enough snow over the remainder of the season to allow for skiing into April. Last year, I did my final ski up to the summit of Crystal Rim on the first weekend in May so there is still lots of skiing (or snowshoeing) to be done if you are so inclined.



## Telemark Policies

Emile Brokx

The 2011-2012 policy guidelines have been posted on the Telemark website. It includes the following major changes:

- \* An updated Biathlon Range Safety Policy.
- \* Changes to the athlete parent/guardian agreement
- \* An updated Code of Conduct for coaches
- \* A revision of the emergency action plan
- \* Some amendments to the sponsorship policy



## Schools Program

Sue Camp

Once again our popular school programme is fully booked for January and February. We are expecting over 2000 student visits during that time. The programme introduces students from grades 5 to 12 in Kelowna and West Kelowna areas to the lifelong sport of cross country skiing. This year we are providing an opportunity to try snowshoeing as well for groups of up to twelve.

We welcome additions to our volunteer base so please contact us if you have spare time during the week. Contact Sue Camp at [www.telemarkschoolsprogram@gmail.com](mailto:www.telemarkschoolsprogram@gmail.com)

## Event Dates To Remember:

[Fresh Air Experience Demonstration Day](#)

Saturday, January 7th

[Telemark Bring a Friend Day](#)

Sunday, January 8th

[Telemark Apple Loppet](#)

Saturday, January 28th

[BC Midget Cross Country Championships](#)

Saturday March 3rd - Sunday March 4th

[Biathlon BC Cup #3 and #4](#)

Saturday February 11th - Sunday February 12th



# Telemark Racing and Development Racing Program

Barry Allen

## Junior Race

There are 35 athletes in the Telemark Junior Race program this year. They train at Telemark Tuesday and Thursday nights and Saturday mornings under the guidance of Head Coach Adam Elliot.

The race season kicked off in December with back-to-back weekend Nor-Am races, first at Sovereign Lake (Vernon) then at Blackjack (Rossland). Our team was represented by Dana Allen, Veronika Dimova, Madeleine Ertel (Juvenile Girls), Gareth Williams, James Sader (Juvenile Boys), Alexandra Myshak-Davis, Mirena Dimova (Junior Girls), Jon Sader (Junior Boys), and Kurt Behnsen (Junior Men). The competition level is very high at Nor-Am races with many skiers from the Canadian National team and the National Training Centers as well as top-seeded racers from all across North America. Our team place well. Gareth and Alexandra advanced to the B-side finals in the sprints in Vernon, and Madeleine brought home a bronze medal in sprints and gold medal in 2.5K free from Rossland.

Upcoming January and February is very busy with a race nearly every weekend starting with BC Winter Games trials on New Year's Day for 13 and 14 year olds – we will have 5 athletes competing. BC Cup #1 in Kamloops, World Juniors in Callaghan, Western Canadian Championships in Canmore, Telemark Apple Loppet, BC Cup #2 in Prince George, Nickel Plate Loppet in Penticton, BC Championships in Salmon Arm, BC Winter Games in Vernon, and BC Midgets Championships at Telemark. Lots of travel for our athletes!



The race team will be doing a fundraiser "ski hot waxing while you wait" on Saturday, January 14 from 12:30 until 3:00. Pamper your skis – give them the same care and attention that our top race athletes get! Price is "by donation". We are grateful for your generous support

[www.telemarkracers.org](http://www.telemarkracers.org)



## Telemark Biathlon

Marianne Morgan

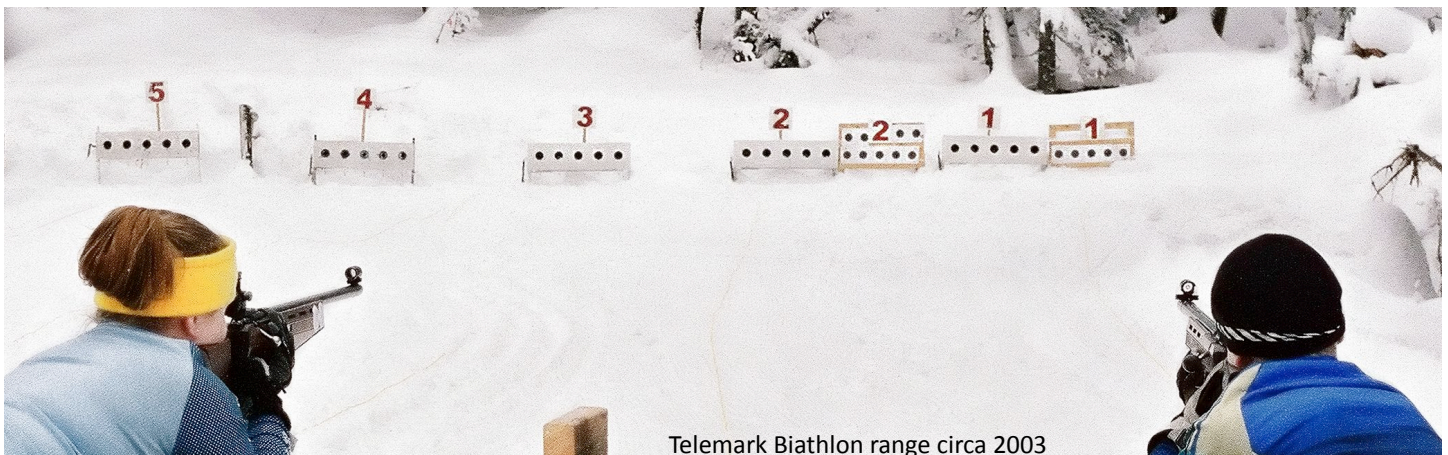


Senior and junior athletes are now training hard. Air rifle Bears have also started up with several new people and one parabiathlon athlete that uses a laser rifle. The team is travelling to Burns Lake in January and to Whistler Olympic Park in March.

Earlier in the fall sixteen family members were certified with P.A.L.S. courses. BC Winter Games trials are taking place December 31st with races in February.

Planning is underway for the B.C. Cup race the weekend of February 11/12. Approximately 100 volunteers per day are needed. To keep current with events, results and special happenings, please our website [www.telemarkbiathlon.ca](http://www.telemarkbiathlon.ca)

For range safety, or more information, go to our webpage, [www.telemarkbiathlon.ca](http://www.telemarkbiathlon.ca).



Telemark Biathlon range circa 2003



## Apple Loppet

Clive Gilbert

### APPLE LOPPET - Race 2 of the 7 Loppet Kal-West Series!

Come and join in this Club activity on **Sunday, 28<sup>th</sup> January, 2012**

There are so many ways you can enter from young to old; recreational or serious and everything in between!

If you don't want to SKI, then perhaps you could help the organizational team by volunteering a few hours – usually from 8.30 am to 1 pm. In total we need about 50 volunteers to help with bib distribution and collection, marshalling, controlling in the stadium and on the course, food and drinks, set up and take down. Please do consider helping out and working with other Club members you may not have met before. For your efforts you will have lunch provided, snacks and warm drinks plus a complimentary day pass and a chance to win a draw prize. Phone 250-769-4406 and give your name to Clive.



## Kal-West Loppet Series - 2012

John Davina

Ski 5 of the 7 loppets in the series to qualify for a participation prize.

If you're the competitive type, points for the top three best finishes will determine 1st, 2nd, and 3rd place winners in each age category, male and female.

Challenge yourself either against others, or to complete five loppets, or both. Support our local ski clubs, organizers, and volunteers, but most importantly, have fun!

### Reino Keski-Salmi Loppet

January 14, 2012

### Kelowna Apple Loppet

January 28, 2012

### Cariboo Marathon Gold Rush

February 4, 2012

### Nickel Plate Loppet

February 11, 2012

### Kelowna Nordic Ski Club Loppet

February 25, 2012

### Overlander Loppet


March 3, 2012

### Sovereign Lake Loppet

March 10, 2012



## Club Executive

President <a href="mailto:griffinlabs@yahoo.ca">griffinlabs@yahoo.ca</a>	Bob Rogers 768-7388	Gaming <a href="mailto:bcgilbert@shaw.ca">bcgilbert@shaw.ca</a>	Clive Gilbert 769-4406
Vice President	Vacant	Grooming <a href="mailto:emrays2@telus.net">emrays2@telus.net</a>	Eric Rayson 764-7313
Past President <a href="mailto:smorrison@shaw.ca">smorrison@shaw.ca</a>	Gerry Morrison 762-8885	Trails <a href="mailto:larkrar@telus.net">larkrar@telus.net</a>	Larry Krar 767-3381
Director/Recording Secretary <a href="mailto:sbriphagen@yahoo.ca">sbriphagen@yahoo.ca</a>	Brian Riphagen 768-5520	Ski League <a href="mailto:derens@gmail.com">derens@gmail.com</a>	Deren Sentesy
Treasurer <a href="mailto:sbriphagen@yahoo.ca">sbriphagen@yahoo.ca</a>	Lanita Platt 470-1417	General Manager <a href="mailto:tccsc@telus.net">tccsc@telus.net</a>	Ron Earle 768-1494
Athletic Development/ Racing Liaison <a href="mailto:ericberlie@shaw.ca">ericberlie@shaw.ca</a>	Eric Berlie 768-5246		
Website <a href="mailto:demould@shaw.ca">demould@shaw.ca</a>	Deanne Mould 801-6404		
Head Coach <a href="mailto:adam_elliott556@hotmail.ca">adam_elliott556@hotmail.ca</a>	Adam Elliot 769-3750		
School Program <a href="mailto:telemarschoolsprogram@gmail.com">telemarschoolsprogram@gmail.com</a>	Sue Camp 864-1044	Biathlon <a href="mailto:drmm@telus.net">drmm@telus.net</a>	Marianne Morgan
Head Coach Special Olympics	Garth Vickers 762-8476	Coach and regional coach for the Biathlon program	Rob Swan 764-2615
Special Olympics Executive Liaison <a href="mailto:jwgerhardt79@shawbiz.ca">jwgerhardt79@shawbiz.ca</a>	Wulf Gerhardt 860-7905		
Ski League Development Co-ordinator <a href="mailto:irozek@wavebalance.com">irozek@wavebalance.com</a>	Iva Rozek 870-6281		



## Please Support Our Sponsors!

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