



Message from the President

Bob Rogers



I must admit I'm getting excited about the approaching ski season. It started the first week in September when, after a flurry of phone calls and emails, our School Ski Programme was fully booked again after only 3 days. Then last week Environment Canada started to mention snow levels on their forecasts.



The final kicker occurred this week when I came home from a round of flog to find twelve large cartons of skis, poles and boots between me and my back door. Now we just have to mount the bindings, wax the bases and label everything.

A lot of people have been working hard during the summer months doing things that might not be noticeable once the snow falls. There has been a lot of reshaping of some of the mounds in the stadium to make them easier to groom and ski. Thanks to Larry and Rod clearing the brush from the trails you won't notice the branch that doesn't smack you as you ski down the trails. The snowshoe paths that get overgrown so amazingly quickly have become clear again.

The rocks and boulders don't break the Bombardier tracks because of their removal by the excavator. Several culverts have been added to improve the drainage in front of the chalet. A door has been added to the Ginzu shed with snow steps on the roofline. Many thanks to Eric for all his labours in regards to the drainage and berm work.

We hope to reach 1000 members again this year and when you sign up, pay close attention to those little ticks boxes where you volunteer. We especially need help with the School Programme. Come and observe one of the classes and you'll see how much fun the kids have and how rewarding it is for both students and instructors when they go from not being able to stand on their skis to skiing down the trail. Those of us involved are getting a little older but the kids never do.

Once again we have an exciting cyclocross race before our AGM and ski swap at the end of October. Gather up your nearly new used equipment and help our race teams out and maybe find a little (or big) something for yourself. We've seen some great buys over the years.

We had some snow last year for the AGM. Let's hope for more and an early start to the season.



Do you find that you are thinking of skiing and snowshoeing when it is 30 degrees outside? If you do, you love Nordic winter sports. Welcome back to another year at Telemark Nordic Club. Last year was a very successful season, so we will continue to make our non-profit sports club better. We want to improve the experience for our members and visitors.

Once again broken pavement on Glenrosa Road has been repaired, to improve safety for those driving to Telemark. You will see a new sign at the entrance to the parking lot



that shows our new name. The parking lot was graded to remove rocks, and we will put in some more permanent structures to better organize the parking patterns so that there is more room on those busy days, so people can get onto the trails quickly. If we can find attendants for the parking lot, we can improve access for our visitors during busy times. The Westbank First Nation has created a large modern map of the facility which will be posted at the entrance to the trails. Notice the orthophoto background and trail colors. You will see the new map located throughout the property. New hand maps will match.

The website has been improved. A camera has been installed, which you can access on the website, that will

show the current weather conditions in the stadium. You can look at the weather before you come to Telemark.

There is a new wildlife section on www.telemarknordic.com that describes the many animals you see at Telemark, with pictures of what their footprints look like in the snow.

We are also posting the new maps in digital format on the website, so that they can be downloaded to your smart phone for use on the trails. Like last season, you can register and pay for season passes and programs on-line, or submit a paper application. However, paper applications and newsletters will only be sent out by email, to reduce the use of paper. You can also call the lodge to purchase passes and programs after October 1st. Early bird prices end on October 31st.



On top of our fine ski and snowshoe trails for recreational skiers, we will again be offering many programs. They are: *Racing, Biathlon, Ski League, School Program, Special Olympics, Adult Ski Lessons, and a Women's Snowshoe Group.* These programs will be directed by the same people as last year. You can find a list of directors on the "About Us" page of the webpage. Telemark will now be open on Friday nights for night skiing. So come up for a ski to start the weekend. There will be two ski races this season, the 27th Kelowna Apple Loppet and the BC Cup.

In the lodge we have placed cross country skiing artifacts for your viewing. For safety, the lodge decks have been once again painted with no slip paint. The drainage around the lodge has been improved so that snow will last longer towards the end of the season. We have added more cross country ski equipment to our rental inventory, to keep the equipment current for visitors and those registering in our programs. Due to the growth of snowshoeing, we have added more snowshoes to the rental pool. We now rent children's snowshoes.



Work was done on our trails and in the stadium to remove rocks. This allows an earlier opening date. We have renamed a couple of trails to avoid confusion on Fern Creek and Cut-off. We are fortunate to have the same grooming team in place this year. At Telemark there is a wealth of experience in cross country ski grooming to call upon. Due to a great year in 2012/2013 we put away more money into our groomer replacement fund. Please remember, grooming costs our club \$ 275.00 an hour. It is Telemark's single largest cost, by far.

Telemark is a unique organization because we earn our customers from word of mouth. If you are satisfied with your experience at Telemark tell your friends, neighbours and coworkers. This will help our non-profit sports club become financially successful, and continue to improve year after year.

We look forward to seeing you at the annual ski swap and general meeting on Sunday, October 27th!



The big news concerning trails is included in Eric Rayson's article in this month's newsletter. Thanks for his efforts in coordinating some very significant improvements to the ski trail system. We are currently working on clearing off summer growth on the trail surface and at the sides. We created a new kids playground area behind the washrooms and it should provide a variety of fun opportunities for our younger members.

As always, we could use your help with the trail clearing over the next month. If you can spare half a day or more, please contact me and we will provide you with one of our bladed weed-whackers to remove the new growth. We could also use some help in raking and smoothing out those areas that the excavator worked on recently.

No major additions were made to our snowshoe trail system but we are re-routing a few sections to make for a more enjoyable experience.



Volunteers Needed!

As returning members know, but may have forgotten, **and** as new members need to realize, this wonderful facility we call Telemark Nordic is the result of forty years of volunteers. From Ski League, races and steering committees Telemark has grown into a great community and recreational facility.

But we still need new and previous (I nearly wrote old) volunteers. Please check off the boxes that interest you on your registration. This season we will check them carefully but if we miss one, please leave your name at the office.

Gaming Grant

We have again collated all the directors information, filled in the required forms, jumped through the government hoops and received **\$26,000** from the gaming branch. This specifically **MUST** be spent on our "under 18" programs which include:

Ski league Biathlon Racing Special Olympics School Program

We do this by proportionally allocating costs of grooming which, of course, benefits us all.

The Provincial Government's formula really likes our school program!! It is here that we need some extra help this season Please contact Bob Rogers or Ron Earle if you are interested in encouraging these young learners. For some of them, it's their first time sliding or gliding. No previous experience required, we will show you!!

The 2013/2014 ski season was a financially successful year for Telemark Nordic Club. This was due to an early season, good snow conditions, a healthy membership base and spending within our budget.

Our successful BC gaming fund applications have been consistent over the years which has assisted in our financial stability and the ability to earmark cash annually into a groomer fund.

Long term expenditure:

The current Bombardier groomer was purchased in the 2010/11 season and we are expecting to replace this high value piece of equipment in 2020. From the surplus in the 2013/2014 season, Telemark was able to invest \$30,000 into a Term deposit for our future groomer fund.

Future short term expenditures:

Replacing a skidoo, replacing the quad, maintaining the rental inventory of ski equipment and on-going trail maintenance.

Here's to having another year of great conditions and welcoming the Okanagan community to continue enjoying Telemark's beautiful trails.

Another season approaching, cooler and shorter days, leaves starting to turn. Almost time to put the bike away and dig out the skis once again.

Happy to report that our Bombardier is tuned up and ready to go, oil changes have been completed and damaged grouser bars replaced, thanks to Lyle Harrison and his apprentice Phil Klotz. Our Flex Tiller has had some major welding done on site - Thanks to Phil - certainly convenient to have the means to do welding repairs on site, and have an expert welder on staff. The Flex Tiller is at "All Cat" having some bushings & bearings replaced and will be back on site in October.

Trail improvements with a small excavator have been underway with a number of reducing radius corners, changed to constant radius corners - much more pleasant to ski and way easier for the grooming crews. A good number of rocks have also been removed. Skiers should be able to notice these changes particularly on Telemark blue hill and parts of Panorama. Wood chips have been spread on a number of rocky areas in an attempt to insulate the snow from the rocks. Stadium berms have had some rework completed, with sides of two berms having been back filled and graded to provide slopes for the younger ones to play on (actually older ones too). All in all a lot has been done.

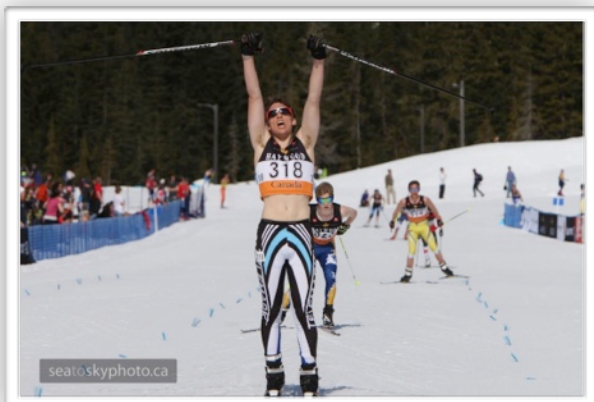
A new overhead door is will be installed to replace the existing sliding door on the Ginzu shed and snow stops have been added to the shed roof, so access should be greatly improved (sorry Rod, for the time you spent on the old door). Drainage will be installed in front of the Chalet in an attempt to delay the spring snow melt.

We were fortunate to find two local contractors thanks to Lyle Harrison; Bicep Services Ltd. and Nextmove@shaw.ca who have been involved with the above machine work for all the grading.

Happy to report that our grooming staff will all be available for the upcoming season (a *Good Crew* indeed). As for myself I think it may be time to up-shift, sit up and drift to the back.

Cheers, Eric

Junior X-C Racing Team – contact Barry Allen (barry@telemarkracers.org)



David Walker obviously pleased with a 4th place finish at Nationals

Alex Myshak-Davis was selected to the Canadian National Talent Squad and the BC Ski Team; David Walker and Gareth Williams were both selected for the BC Development Team.

The younger development racing program had another fantastic season, learning to ski fast with great technique all while having fun! The Telemark Nordic Club did a fantastic job as the host club for BC Cup #2 in January. We had 80 athletes aged 5 to 19 who raced, surely a record for the Telemark club! We were well represented at the Midgets Championships in Revelstoke this year, placing 3rd overall.



Start of Midgets Relay in Revelstoke



Klister!

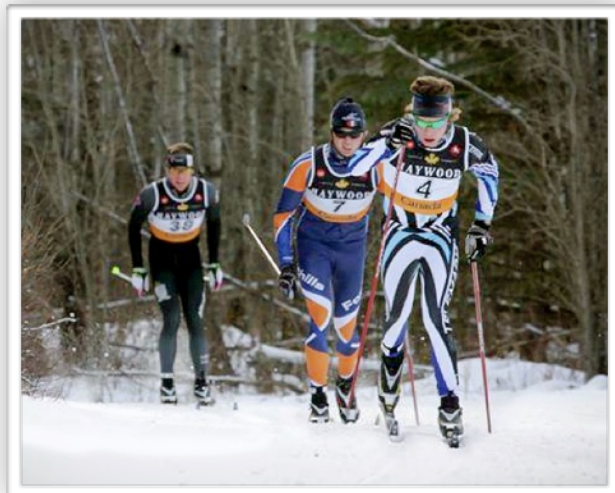
X-C Junior racing is planning several events for club members for the coming year. All proceeds from these events help us fund our race program. Check <http://telemarkracers.org/> for dates and times or subscribe on the web page to our news list to receive automatic alerts.

Annual Ski Swap at the Telemark lodge, Sunday Oct. 27

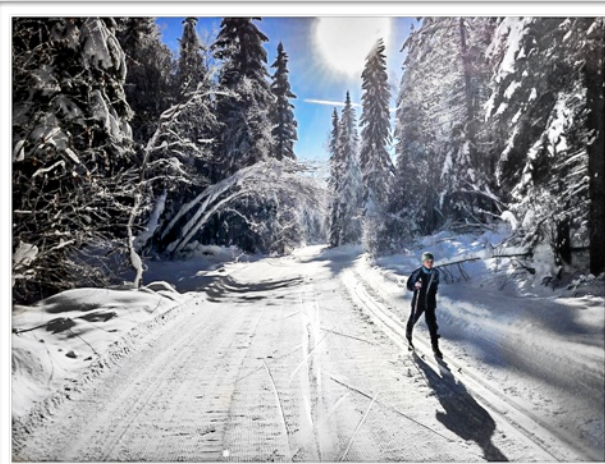
New and used ski gear and clothing at excellent prices. We encourage you to bring your no-longer-used gear to our swap – this is the best venue you will find to sell used gear because our Race coaches are there to help match buyers with sellers, fit the equipment and answer all the questions that buyers have. There will be a food concession.

Cyclo-Cross race at Telemark, October 27

On the morning of Sunday, Oct. 27, come out early for the ski swap and watch this competitive and entertaining event, the 4th of 5 races of the *Interior Cross Race Series*.



Kurt Behnsen at Westerns in Grande Prairie



Why X-C ski?

Please visit the Telemark Race program web page <http://telemarkracers.org/> for the calendar of events, training schedule, results and much more.

Anyone interested in joining the race team should contact Head Coach Adam Elliot via email coachadam@telemarkracers.org or phone (250) 769-3750 any time between now until mid November. If you are looking for off-season cross training, summer biking, running or paddling it doesn't get any better (or more fun) than Nordic ski racing.

Pamper your skis

Let the Race team's ski waxing experts hot wax your skis at the Telemark lodge while you wait. We will have your skis ready to go in less than 10 minutes! The plan is to offer this service at least two Saturdays during the peak of the ski season.

Hot dog sales

Most Saturdays at the lodge.

Interested in recreational or competitive coaching?

There is an opportunity to take the first four NCCP cross country coaching courses at Telemark this year. Plus, for anyone who is coaching at any level at Telemark, Head Coach Adam is conducting two no-cost "Coaching Better" seminars in December and January. Check <http://telemarkracers.org/> schedule page for details.

Want to volunteer for race staffing? We are hosting the *BC Championships race at Telemark on February 28th, March 1st and 2nd* and we need about 150 volunteers for timing, course marshaling, posting results, queue management and many other tasks. It's an excellent chance to get up close to the racers. No experience necessary and it only requires about a four hour commitment.



Coach Adam "takes one for the team" on the trip to BC Champs in Prince George

We are looking forward to another great season. As well as the programs listed below we are planning 3 Demo Days this fall and winter for anyone to try the sport.

Biathlon Bears

These introductory programs are for young boys and girls ages 9 to 14. All participants use rifles to work on their marksmanship skills. The focus is to learn how to safely use a firearm, develop good skate ski technique and to have fun. It is strongly recommended that the athlete also participates in a Telemark Nordic Club ski program such as Jackrabbits (Ski League), Adventure or Junior Development.

Black Bears: for those in their first year of biathlon

Grizzly Bears: for those in their second year of biathlon

Polar Bears: for those in their third or fourth year of biathlon

Cost is \$125 plus biathlon rifle rental of \$60 (ammunition is provided). Bears must also purchase a Telemark Nordic Club membership, and a Biathlon BC membership through Biathlon Canada.

The Bears program is coached by volunteer coaches under the supervision of our biathlon coach. Coaches have a minimum of Community Coach level and have a PAL or POL license.



Telemark Biathlon Team at Run in Colour to support KGH

Mirena Dimova Photo

Biathlon Racing Program

These programs are geared for athletes who wish to compete. The programs encourage the athlete to develop precise shooting and powerful skate ski skills. The programs use the “Learning to Train” and “Training to Train” levels, following the Canadian Biathlon Long Term Athlete Development Model.

Biathlon Development Racing Program: for athletes who wish to enter into competition. The program includes two, 2-hour sessions each week (usually Saturday morning and Tuesday evening).

Cost is \$275 and athletes must supply their own biathlon rifle and ammunition (rifle rentals are available on a limited basis).

Biathlon Advanced Racing Program: for athletes wishing to compete at a higher level. The program includes three 2-hour sessions each week (usually Saturday morning, Tuesday and Wednesday evenings).

Cost is \$300 and athletes must supply their own biathlon rifle and ammunition (rifle rentals are available on a limited basis). There are also a variety of ski technique practices.

All athletes that competitively race in IBU level races must either have a PAL or POL. Race Team members must also purchase a Telemark Nordic Club membership, and a Biathlon BC membership through Biathlon Canada.

Cadet Biathlon Program

Cadets is a national program for youth ages 12-18. This program is open to any athlete who is part of an active Cadet squadron/corps which currently has, or wants to start, a biathlon team. It is run as a civilian program using civilian Telemark Biathlon coaches and is designed to prepare Cadets to compete in the zone, provincial and national *Cadet Biathlon Race Series*. This is a civilian program designed to teach the skills necessary to compete in the series.

The club will work alongside the squadrons/corps to integrate Cadet rifles into the program once they have been issued to the units, however it will be up to the units/corps to register the Cadets in the zone race. A Cadet does not need to race in order to participate in this program. Participating youth must be a member of a Cadet Unit (air/army/sea).

Cost is \$135 and includes the use of club rifle and ammunition. Cadets must also purchase a Telemark Nordic Club membership and a Biathlon BC membership through Biathlon Canada. This program will begin in October and end with the zone race at the end of December. Cadets wishing to join this program should contact the [Telemark Biathlon Program Coordinator](#) directly.

Para Biathlon Program

This program encourages and welcomes athletes with a variety of disabilities. By using laser rifles or air rifles, athletes are able to participate in biathlon at both a recreational or competitive level. We have athletes able to act as guide skiers for sight impaired, as well as coaches and parents able and willing to work with athletes with other disabilities. Contact the [Telemark Biathlon Program Coordinator](#) if interested.

Recreational Teen Nordic Program

This program is for teenagers who have had limited ski experience and want to sample a variety of nordic sports. The program is led by peer athletes. The focus will be on classic, skate, biathlon and snowshoe techniques with an emphasis on learning skills to enjoy the winter outdoors.

Cost is \$120 and includes the rental of equipment. Contact [Telemark Biathlon Program Coordinator](#) if interested. Recreational Teen Nordic athletes must also purchase a Telemark Nordic Club membership, and a Biathlon BC recreational membership through Biathlon Canada.

Biathlon Adult Program

This is geared for the 'youth at heart'. Our program focuses on helping you become a competent biathlete to either enjoy a time on the range or in a competitive peer race. Some sessions are mentored by higher performance biathletes for specific ski and shooting techniques.

Cost is \$300 and athletes must supply their own biathlon rifle and ammunition (rifle rentals are available on a limited basis). This program runs on Saturdays and Wednesdays.



Hailee Friesen and Sam Ruse- Tree Planting at Telemark in May aided by Westbank First Nations - Fundraiser for Biathlon and Cross Country teams

All prices quoted above are 2013/14 prices. Note that program capacities are limited based on availability of coaches and rifles.

Range Updates

Over the summer the biathlon team completed the outhouses that they constructed in the biathlon stadium. Come and try out our works of art.



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Vice President	<u>You?</u>	Adult Ski School	Chris Haramata 1 250 492-0719 chrisjan@telus.net
Past President	Gerry Morrison 250 762-8885 smorrison@shaw.ca	Trail Manager	Larry Krar 250 767-3381 larrykrar@hotmail.com
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Recording Secretary	Brian Riphagen 250 768-5520 sbriphagen@yahoo.ca	Racing Director	Barry Allen 250 768-4856 barry@telemarkracers.org
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