

March 2024 Newsletter

In the heart of Wet'suwet'en Territory. The world snow in Wet'suwet'en: *yis* & snowstorm is *yis bilh wididtélhts'it*

From the Admin:

Thank you to our trail users for this season's unwavering support. It was a tougher than normal season with various snow conditions & temperatures; thank you for your patience when it was not possible to groom our trails. A big thank you to our volunteer groomers that show up for late evenings or early mornings to work for many hours in cold temperatures, just so that you have a great ski experience and a plowed parking lot. Also, a shout out to our staff, Patrick & Kelsey for phenomenal grooming with the Piston Bully. We have a great OPS-team that create great things, & if you would like to be part of this, reach out: gm@bvnordic.ca.



BV Nordic Centre Ski Season Duration Chart:

<u>Year</u>	<u>Officially Open</u>	<u>Last Day Open</u>	<u>Days of Skiing</u>
2023-2024	Dec 8	Still open!	100+ and counting!
2022-2023	Nov 24	Apr 4	132
2021-2022	Nov 20	Apr 3	135
2020-2021	Nov 21	Apr 18	148
2019-2020	Dec 5	Apr 17	134
2018-2019	Dec 11	Mar 31	110
2017-2018	Dec 2	Apr 8	128
2016-2017	Dec 21	Apr 9	110
2015-2016	Dec 9	Mar 31	113

SAVE YOUR SEASON'S PASS:

Our season passes are now permanent. Next year, you will only get a sticker to apply to your existing pass. So, put this year's pass with your waxes or ski boots so that you can find to reuse next season.



From our Chief of Competition:

The Race Committee needs your help! We urgently need to fill the **CHIEF OF STADIUM** role for next season. The race committee has successfully held two races this season despite this vacancy. We cannot do this again next year. We are required to commit to event hosting with CCBC for next season by the end of April. **The race organizing committee will not submit events to the CCBC event calendar without this required position being filled.** If you can step forward to join the race committee for next season or to discuss what is involved, email race@bvnordic.ca. This is an excellent role for a volunteer who may also want to race, because the work is done before & after the event.



AMAZING HUMANS:

Events at the BV Nordic are not possible without the enthusiasm & efforts of volunteers. Special thanks to those that took the lead to organize events this season:

Julie Sheppard & Kate Wills (Womxn's Clinic)

Sue Harrison & Kate Kantakis (Tour de Treat)

The Race Committee, led by Robbie Dunbar, for making races, including the 35th Wetzin'kwa Loppet, possible.

To all those who pitched in at events and races: thank you!



Solstice Event:

We are seeking volunteers to form the Solstice Celebration 2024 team. The winter solstice rarely falls on a Saturday, and we have an opportunity to make this an affair to remember. Join the planning committee!



Help us help you: find BVCCSC on your preferred social media platform:

Facebook: <https://www.facebook.com/bvnordic/>

Instagram: <https://www.instagram.com/bvnordic/>

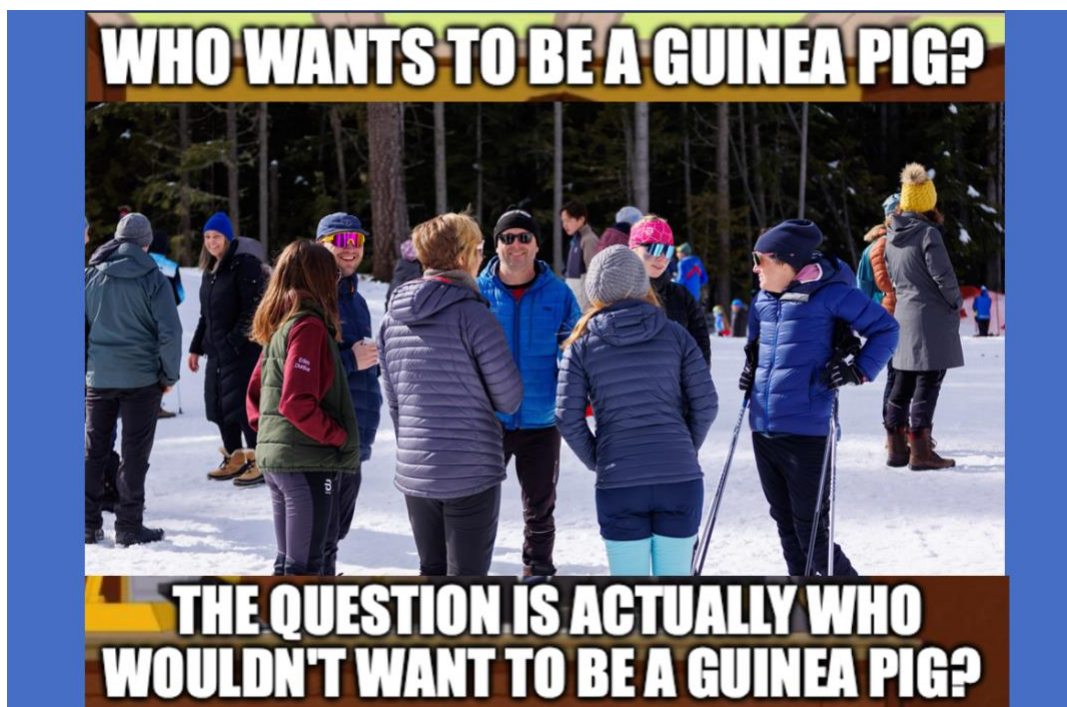
If Not You, Then Who:

Currently, we have no organizer(s) for some of next season's most popular annual events: Holiday Story Walk, Holiday Hustle, or the McBike Family Day. If you would like to take the lead on any of these events, or have a terrific idea for a new event, contact events@bvnordic.ca.



PARTICIPATE IN A FIELD STUDY:

Dr. Ray Chipeniuk needs for volunteers for a field study. Participants will be asked to walk about 500 metres on a trail, most likely the main access trail at Canyon Creek or the Nature Trail at BV Nordic. The goal of the study is to obtain information about how people react to artificial vs natural "things" they pay attention to as they move through a semi-natural setting. This topic is important for conservation planning and public mental health. To cover fuel costs, each participant will receive a honorarium of \$25. For more information, or to volunteer, contact Ray at: chipeniuk@xplornet.com and Raymond.Chipeniuk@unbc.ca, copy your message to both email addresses.



On the lighter side: <https://www.youtube.com/watch?v=57r4NpcF2B8> A shocking documentary about the negative effects of xc skiing. View with your family; everyone should to be informed about this topic.

UPDATES:

BC Champs, Mar 1-3 Larch Hills Salmon Arm Race Report:

30+ Bulkley Valley Nordic athletes joined 450 other skiers from BC & further afield. Events: a classic sprint, a skate technique interval start distance race and a classic 3 x team relay with 147 teams. Highlights:

- Fantastic racing & noticeable improvements in technique, top 10 results, & a handful of medals
- A BV wax team that provided top notch skis under challenging conditions
- A dance party following a dessert banquet hosted by Larch Hills
- Kids cheering on their parents as they raced up the final hill, *The Beast!*

Congratulations to Bulkley Valley Nordic athletes that participated. Lastly, a heartfelt thank you to our wonderful coach & the keystone of our team, Andrea Stapff. Andrea provided encouragement & outstanding technical expertise to athletes, helping them progress towards their Nordic goals.



35th Annual Wetzin'kwa Loppet March 9, 2024

A record 235 athletes competed on courses from the 0.5 km *Bunny Parade* to a 60 km challenge. Skiers chose freestyle or classic & many competed in a skiathlon (athletes do half the course in classic & switch skis to finish up on skate skis).

The event drew skiers from Houston, Prince George, Terrace, Vanderhoof, Vancouver Island, & Smithers. Skiers ranged in age from 3 to 76, showing that Nordic skiing is a sport for life and that challenging yourself is for all ages & abilities! While some chose to race the Loppet, others simply skied with friends or family & supported each other to ski further than they thought they could or participated simply to take advantage of the excellent grooming, beautiful day or tasty snacks. ☺

Fresh snow and warm temperatures added to the challenge, with the course slowing down after hundreds of pairs of skis traversed the same tracks. Cheers from the happy crowd at the lodge where skiers returned before heading out on additional loops or to cross the finish line, were a welcome boost, as were numerous signs along the route with photos of world champions and BV Nordic's head coach shouting "Dig in!" or "Goooooo!" Enthusiastic volunteers working as course marshals or at aid stations kept spirits high with cheers and ringing cow bells.

Racing was followed by a delicious barbecue, prepared by youth ski program parent volunteers for athletes & volunteers, helping them refuel after a big effort & to offer a chance to share in the highlights of the event.

Community events such as the Wetzin'kwa Loppet wouldn't be possible without the dedication of time & energy of numerous volunteers and the support of local businesses: McBike & Sport, and Nature's Pantry. A huge thank you goes out to all of those that gave time on a weekend so that others might participate in this fantastic event!

Watch the impressive start here: <https://www.facebook.com/nathan.cullen1/videos/320894020578030>



National Championships, Gatineau Quebec:

ADP athletes Finley Pearce-Gagnon & Sacha Fleury-Allen, accompanied by coach/parent Helene Fleury & head coach Andrea Stapff, represented our club at the 2024 Ski Nationals in Gatineau, Quebec. Over 700 skiers took part, from every province, two territories, and several American states.

The event will be one for the memory books, for all the outstanding athletic performances, including those of Finley and Sacha, & for all challenges presented by Mother Nature including torrential rain, warm temperatures & mud, lots of mud! Not your average Nationals but the Organizing Committee did a Herculean job preserving, making & moving the snow they did have to allow races to go ahead. There were multiple changes to race formats, disciplines, and distances, but throughout the athletes rolled with it, rose to the occasion, and delivered in their performances.

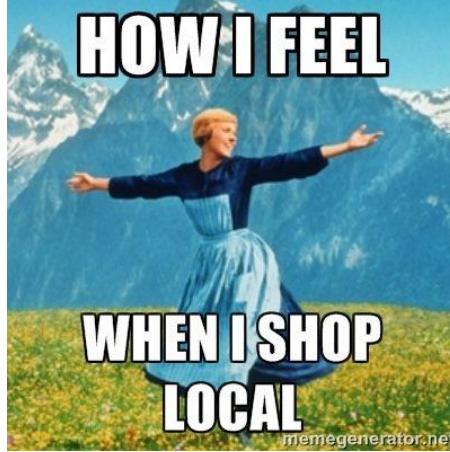
Finley (U18 girls) & Sacha (U16 girls) both raced extremely well & have much to be proud of. Highlights include 17th & 22nd place finishes for Finley in the 5km Skate Interval Start & 7.5 km Skate Interval Start, respectively & 19th & 22nd place finishes for Sacha in the 1 km Skate Individual Short Sprint Qualifier & 7.5 Skate Interval Start.

"I am so proud of these two, they skied hard, dug really deep & showed us what is possible with persistence and perseverance, hard work and a healthy dose of grit", remarked Coach Andrea. "I am also very grateful to have had Helene on our team, her support of both Finley and Sacha was tremendous. In addition, the support from the club, the support from the families who contributed to Finley's and Sacha's fundraising efforts, and the support of the team of wonderful coaches who kept programs rolling while I was away, was all amazing and very much appreciated. It takes a community, and I am thankful for all who contributed." Full results: <https://zone4.ca/event/2024/plkLW8/>.



Photos courtesy of Sarah & Paul X Newton

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