



# BULKLEY VALLEY NORDIC CENTRE

[www.bvnordic.ca](http://www.bvnordic.ca)

## Fall 2012

### Upcoming Events

**KC SKI SWAP**

*Ski Swap & Social*

Friday,  
October 26<sup>th</sup>,  
2012

St. Joseph's  
School Gym

Sale starts at 7pm  
until 9pm

Equipment DROP-OFF  
from 4:30pm – 6pm  
Equipment PICK-UP  
from 9pm – 9:30pm  
same day

*Pies & Goodies  
also available!!*

BULKLEY VALLEY  
NORDIC CENTRE

### Greetings from the Chair

This morning the mountains have a fine dusting of snow and with that the realization winter is just around the corner. With the second ski season as the chair of our club about to start I shake my head at my idea that the club business happens only in the winter. The board has had three meetings already and volunteers have been busy at the trails. This summer the group of biathlon parents have almost completed the new biathlon hut and more range up grades. Some of the trails have been up graded to be friendlier to

intermediate skiers. Dead snags have been removed from a lot of the trails and brought close for future fire wood. The first work bee has already come and gone. Our racing group has been out roller skiing and their training is starting to ramp up with our head coach Chris Werrell back on board full time after a summer of firefighting. The volunteer coaches and the racing committee have had their first meetings and are in the throes of planning for the upcoming year.

The point I am trying to make is our club is driven by the dedicated work of countless volunteers that work behind the scenes all year to provide the quality of programs and skiing opportunities all members enjoy. Over the years our club has grown and because of that we do have a few positions that receive a wage but for the most part it is a volunteer driven club that only operates at this level because of their hard work. It can be for many reasons why someone volunteers but we all share the same passion and an understanding of why the club needs this input.

So to start the season I want to say **thank you** to all the volunteers on the board that work so hard on club business and even laugh at my jokes. **Thank you** to all the other active volunteers that right now make this club run smoothly and something to be proud of. Also **thank you** to the volunteers that drove the club when I was just a parent bringing my kids to Jack Rabbits. I only now understand how much work was being done to make it possible for our family to pursue the sport of cross-country skiing.

*Jill O'Neill*

The BV Nordic newsletter is published about three times a year. Contributions are most welcome! Please send them to [news@bvnordic.ca](mailto:news@bvnordic.ca).

### **Trails and Area**

Trail work this year has been focused on the 2.5 lit trail. Widening and re-alignment of two downhill corners will provide a safer experience for novice skiers and a more positive feel for all. Work was also done at the "The Wall" where the 3.5 trail leaves the 2.5 and becomes the "Hilltop Loop". This change should allow the skier to maintain their technique and get up over this obstacle. At the biathlon range, some improvements were made to the width of the range and for safety and drainage.

Brushing was done on the roadway into the Nordic Centre for better visibility, and some trails have been brushed. The BC Forest Service Fire Crew had a falling course this summer and removed a lot of danger trees that were over the 2.5 and 1.5 trails. Thanks to the crew for that work.

Our club has received grant money to go towards a replacement groomer and the new Biathlon hut that has just been completed. The 2004 PB EDGE boasts better fuel economy, less emissions, quieter inside the cab and out, finer track & tiller pressure adjustments, improved performance, and better lights. The machine will be here by the end of October, in time for snow.

**Brant Dahlie**

### **Lodge News**

Walter Bucher will be taking over this year as Lodge Manager. The key duties of the Lodge Manager are to coordinate any work bees, repairs, and supplies needed to make the lodge run smoothly. The lodge manager also is responsible for booking the lodge, for managing the caretaker cabin, and for booking lockers. Walter will be leading a team that includes Kevin Kriese, the previous lodge manager. If you see anything in the lodge that needs attention please bring it to Walter or Kevin or Brant Dahlie's attention. If anyone is interested in being part of maintenance crew please let Walter know. It is a nice low key way to contribute to your club on your own schedule.



### **Biathlon Expansion**

The end is in sight on a three year project to expand and improve the Biathlon range. This year we finally completed the range expansion which allows us to have fifteen targets in place. The expansion required moving a lot of dirt and purchasing new targets. With the expanded range, the club is able to host provincial races and now has the space needed to handle the growth in participation we have experienced in the biathlon program. Biathlon raised funds for the range expansion by selling maple syrup and from grants received from the BV Foundation and Bulkley Valley Credit Union.

The new Biathlon cabin is the final step in completing the range project. Thanks to the grant the club received this year, we were able to construct a new cabin that is about double the size of the old one. It is a panabode style log cabin, sitting about where the old cabin was. The photos show the site at the beginning of the project and the nearly finished cabin. There is still more work to finish the inside and a grand opening will be planned for the winter.

Thanks to the many volunteers who helped out this summer. Like all of the clubs projects, the labour for this was all done by volunteers and it's the volunteer effort that makes our club a fantastic place to spend time.

**Kevin Kriese**

*Biathlon hut nearing completion.*



**Coach's Corner**



This coming season is setting up to be a big one! As some of you may have seen the Senior racers have been hitting the pavement putting the km's in on rollerskis, and the Track Attack and Extendos won't be far behind them. There won't be a big change to the programs this year. The schedule remains virtually the same with some coaches moving around the groups. The athletes this fall are very fit and ready to tackle the BC Cup circuit and Nationals at the end of March.

On October 12-14 we hosted the Teck Northwest Regional Dryland Camp in and around Smithers. We had 33 local athletes attend the camp. Activities involved roller skiing, a long run hike, a circuit session in the gym, ski specific training (ski walking, ski bounding, ski simulations), a big game of capture the flag, and a big adventure activity at Tyhee Lake. The venues we used included Muheim School gym, Riverside Park, trails around Call Lake, a parking lot on Viewmount road and Tyhee Lake. We topped the weekend off with a special event ; a group session at the bowling alley. A great time was had by all – thanks to all the coaches and volunteers.

The club is getting a new look! We will be getting design proofs back for our new club clothing in the very near future. We are working with PodiumWear to get the new fresh look off the ground and have race suits and jackets available for order shortly. Look for pictures at the ski swap! Along with the new styles, our trails will be receiving a new look as we bid farewell to our old track setter and welcome a newer, bigger machine.



**Dryland Camp.**



**Pre-season fun for Track Attack.**



See you on the trails!

**Chris Werrell**

## Biathlon

With fresh snow on the mountains and in the bush, Bulkley Valley Biathlon is gearing up for another (our 19th) season.

Our club has been busy this year with the next phase of our range upgrade project. This past summer saw additional earthwork on the range. With a grant from the province a new 16 x 20 warming hut panabode log shell was purchased. It was delivered in early August and club volunteers have been working hard throughout September and October; installing the roof, windows, door, wiring, etc. If you're handy and have some time we sure could use you.

Our club continues to generate interest from youth and adult athletes alike. We're looking forward to another busy and exciting season.

**Maple Syrup!** We still have maple syrup left from our spring syrup fundraiser. If you need more for the family or would like to give a unique gift, email [biathlon@bvnordic.ca](mailto:biathlon@bvnordic.ca) and we'll be able to help you out.

Upcoming biathlon events include our annual youth program fall camp, a coaching course and our BV Biathlon regional race in early January. Come check us out.

See you on the trails...

*Peter Tweedie*

## Rabbits

We are looking forward to another exciting Rabbits Program this season! Last year we had nearly 100 skiers, ages 4 to 10, brighten the trails and lodge on Saturday afternoons from January to March, along with coaches, parent helpers, and volunteers. This year I'm hoping for another good turn-out, so please consider signing your young children up for this program. This program is all about having fun on skis and learning fundamentals of cross-country skiing. It truly is amazing how quickly the kids learn to ski when they are playing games and spending time on snow with other kids, and a big part of the program is the time for hot chocolate and playing afterwards.

This great program is fully dependent upon volunteers, so a big thanks goes out to the Rabbits leaders who coach each session and to the volunteers who organize the hot chocolate, night ski, fun day, plus all the other goodies.



PLEASE CONTACT ME if you are interested in coaching (no experience necessary) and/or if you can be a more dedicated volunteer. New for this year is the requirement for all parents/guardians ski with their kids at least twice. Also, there will be a limited amount of ski equipment available for rent to provide families with an opportunity to try skiing.

I am happy to be coordinating the Rabbits Program this year. If you have any questions or comments, please contact me at [rabbits@bvnordic.ca](mailto:rabbits@bvnordic.ca). Thank-you.

*Leigh-Ann Fenwick*

## Race Events

Hi everyone! Well, Steve Osborn got his wish as he passing along the role of Race Events Director to me. I'm look forward to being Race Events Director and my goal is for the club to continue putting on great races. I am fortunate that I will have Steve Osborn share his knowledge and experience with me. Steve will still be around at races helping out with the timing. Also, I'm

very happy that most of last year's race committee has said they are back this year!

The club is hosting three **ski** race events this season:

**Northern Cup #1 and 2** : December 29 and 30, 2012

**Chris Dahlie Open**: February 10, 2012

**Wetzin'kwa Loppet** (formerly the BV Marathon): March 9-10, 2013

The Northern Cup is a new series sponsored by Teck Resources Limited, complementing the other regional series (the Okanagan Cup, the Kootenay Cup, and the Coast Cup). Other races in the series are scheduled in Burns Lake and Prince George.

The club's **biathlon** competition is tentatively scheduled for early January, 2013.

The **snow camp** will be held the weekend of November 30 – December 2 and a sprint race will be organized for the participants.

*Ken Eng*

## Thank You!

The Club would like to send a huge thank you to all our sponsors, funders and supporters, including:

- Regional District of Bulkley Nechako (Valerie Anderson and Corrine Swenson)
- Wetzin'kwa Community Forest
- Hy-Tech Drilling
- Stoney Stoltenberg
- Russell Klassen

## Memberships

Hi all! Snow is starting to appear on the mountains and our thoughts are turning to skiing. Some folks have been asking about registration forms, and this year there is something new! Liz Osborn has been working with CCBC to set up Membership registration on Zone 4.

So this year you have a choice to either:

1. Register online with Zone 4 and pay
  - a) With a credit card online (minimal fee), or
  - b) With cash or cheque (to BVCCSC) at McBike or Winterland
2. Register with paper forms available at McBike or Winterland and pay with cash or cheque (to BVCCSC).

Then give us a reasonable amount of time to process and make up the passes and you can pick up your passes at McBike.

Any questions, call Jill at [250-847-9780](tel:250-847-9780).

Have a great year skiing!



## Nordic Skill Development 2012-2013 CALENDAR

SEPTEMBER 2012						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**4** Bottle Drive  
**5** Dryland begins (JR/SR)  
**22** Workbee at Lodge  
**27-1** BCDS Dryland in Revelstoke  
**27-1** BLDC Dryland in PG

JANUARY 2013						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**5** Rabbit Coaches with Chris  
**9** First day Masters Drop In  
**12** First Day Rabbits  
**12-13** BC XC Cup #2 in Kelowna  
**18-20** BC BL Cup #1 in Callaghan  
**19** Rabbit Coaches with Chris  
**24** Rabbit night ski

OCTOBER 2012						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**10** Ski Testing (ER/TA/JR/SR)  
**12-14** Teck Regional Dryland in Smithers (ER/TA/JR/SR)  
**17** McBike Racer Night (TA-SR)  
**20** Dryland begins (ER/TA)  
**26** Ski swap/Club Social

FEBRUARY 2013						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

**2-3** BC XC Cup #3 in PG  
**8-10** BC BL Cup #2 in Kelowna  
**10** Chris Dahlie in Smithers  
**13** Last Day of Masters Drop In  
**17** Northern Cup #3 in Burns Lake  
**18** Racing Rocks during this wk  
**22-24** BC BL Cup #3 in PG  
**22-24** XC Westerns in Grand Prairie

NOVEMBER 2012						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**6** Parent Info Night with Chris Werrell (ER/TA/JR/SR)  
**9-12** BCTS Snow Camp in Vernon  
**16-17** Intro to Community Coaching  
**14-18** BCDS Snow Camp in Vernon  
**24** Coach session with Chris  
**30-2** Regional Snow Camp in Smithers (ER/TA/JR/SR)  
**30-2** Community Coaching

MARCH 2013						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**2-3** Midgets in Revelstoke  
**2-3** Northern Cup #4 in PG  
**9-10** Wetznkwa Marathon in Smithers  
**16** Last Day Rabbits  
**17** Last Day Ticket Booth  
**23-30** XC and BL Nationals in Callaghan

DECEMBER 2012						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**1** Ticket Booth Duty Starts  
**8-9** BC XC Cup #1 in Vernon  
**22** Coach Session with Chris  
**29-30** Northern XC Cup #1/#2 in Smithers

APRIL 2013						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**6, 13, 20** Spring into Biathlon

**Legend:**

Light Purple	Skill Development Program
Blue	Local Race
Light Blue	Out of Town Race
Green	Local Skill Development Camp
Light Green	Out of Town Skill Devt Camp
Yellow	Club and Volunteer Events
Orange	NSDP Fundraising Event
Red	Coach Training

### Dryland Practices

	Tues	Wed	Thurs	Fri	Sat
RB					
ER					10-12
TA		3:30-5:00			10-12
JR	3:30-5:00		3:30-5:00		10-12
SR	3:30-5:00		3:30-5:00		10-12
MD					
MR					
BL					
MB					

NB. All JR/SR are welcome to run with SSS from 3:15-4:30, MWF until Nov. 5.

### On Snow Practices

	Tues	Wed	Thurs	Fri	Sat
RB					1:00-3:00
ER			3:30-5:30		1:00-3:00
TA	6:00-8:00		3:30-5:30		10:30-12:30
JR	4:00-5:30	4:00-6:00			10:00-12:00
SR	4:00-5:30	4:00-6:00	3:30-5:30		10:00-12:00
MD		7:00-8:30			
MR	TBD				
BL					1:00-3:00
BLM					?10-12

### Abbreviations:

RB	Rabbits	JR	Junior Development	MR	Masters Race	BCDS	BC Cross Country Development Squad
ER	Extended Rabbits	SR	Senior Race	BL	Biathlon	BCTS	BC Cross Country Talent Squad
TA	Track Attack	MD	Masters Drop In	MB	Masters Biathlon	BLDS	BC Biathlon Development Squad

Bulkley Valley Cross Country Ski Club Board		
Title	Name	Email
Chair	Jill O'Neill	<a href="mailto:oneill21@telus.net">oneill21@telus.net</a>
Trails, Facilities	Brant Dahlie	<a href="mailto:bt Dahlie@gmail.com">bt Dahlie@gmail.com</a>
Grants, Newsletters	Andrea Scarth	<a href="mailto:news@bvnordic.ca">news@bvnordic.ca</a>
Race	Ken Eng	<a href="mailto:kceng@telus.net">kceng@telus.net</a>
Membership	Jill Krause	<a href="mailto:info@mcbike.bc.ca">info@mcbike.bc.ca</a>
Treasurer	Rosemary Barnewall	<a href="mailto:Rosemary.Barnewall@gmail.com">Rosemary.Barnewall@gmail.com</a>
Backcountry	Dave Pellow	<a href="mailto:Pellow_leighton@telus.net">Pellow_leighton@telus.net</a>
Skill Development Program Liason	Peter Tweedie	<a href="mailto:tweediebc@gmail.com">tweediebc@gmail.com</a>

Nordic Skill Development Program Coordinators and Coaches			
Program	Coordinator	Email	Coaches/Assistants
NSDP Coordinator	Larry McCulloch	<a href="mailto:larry.mcculloch@lmfms.ca">larry.mcculloch@lmfms.ca</a>	
Board Liason	Peter Tweedie	<a href="mailto:tweediebc@gmail.com">tweediebc@gmail.com</a>	
Head Coach	Chris Werrell	<a href="mailto:coach@bvnordic.ca">coach@bvnordic.ca</a>	
Bunnies/Rabbits	Leigh Anne Fenwick	<a href="mailto:leighann_joyce@hotmail.com">leighann_joyce@hotmail.com</a>	TBA
Extended Rabbits	TBA		Linda Robertson, Marlene Thimer
Track Attack	Irene Ronalds	<a href="mailto:billeterridge@gmail.com">billeterridge@gmail.com</a>	Steve Hug, Irene Ronalds, Sandra Nash, Chris Werrell
Junior Development	Anne-Marie Findlay	<a href="mailto:findlay_price@telus.net">findlay_price@telus.net</a>	Jody Barber, Anne-Marie Findlay
Senior Race	Alex Woods	<a href="mailto:4woods@telus.net">4woods@telus.net</a>	Alex Woods
Biathlon	Peter Tweedie	<a href="mailto:tweediebc@gmail.com">tweediebc@gmail.com</a>	Peter Tweedie, James Cuell, Kevin Kriese, Michelle Sasvari
School Program	Kathy Fraser	<a href="mailto:kathyfraser@xplonet.com">kathyfraser@xplonet.com</a>	TBA
Masters Drop In	Tlell Glover	<a href="mailto:masters@bvnordic.ca">masters@bvnordic.ca</a>	Tlell Glover, Teresa
Women's Ski Clinic			
Masters Race	Chris Werrell	<a href="mailto:coach@bvnordic.ca">coach@bvnordic.ca</a>	
Wellness Program	Larry McCulloch	<a href="mailto:larry.mcculloch@lmfms.ca">larry.mcculloch@lmfms.ca</a>	Chris Werrell, coaches
Masters Biathlon	Peter Tweedie	<a href="mailto:tweediebc@gmail.com">tweediebc@gmail.com</a>	TBA
Ski Boosters	Kathy Wilford	<a href="mailto:kdmacwif@bulkley.net">kdmacwif@bulkley.net</a>	LJ MacMillan, Jen Plummer, Jane Woods, Kathy Wilford
Coach Training	Jane Woods	<a href="mailto:4woods@telus.net">4woods@telus.net</a>	
Fundraising/Grants	Larry McCulloch	<a href="mailto:larry.mcculloch@lmfms.ca">larry.mcculloch@lmfms.ca</a>	Ski Boosters, Larry McCulloch, Andrea Scarth, Alex Woods

Nordic Skill Development Program Descriptions	
Bunnies	Once a week active start in skiing for children 4-6 years of age, from January to March
Rabbits	Once a week skill development for children and youth aged 6-10, from January to March
Extended Rabbits	Twice a week skill development program for children aged 7-9, from January to March. Optional dryland.
Track Attack	Three times a week skill development program for children aged 10-12, from November to March. Nutrition and mental training introduced. Some dryland activities from October-November.
Junior Development	Three times a week skill and athlete development for youth aged 13-16, from November to March. Dryland available from September-November
Senior Race	Four times a week athlete development for youth wanting to race provincially and willing to commit to an annual training plan.
Spring Into Biathlon	Three week fun introduction to Biathlon for 8-9 year olds in early April.
Biathlon	Weekly skill development for children and youth aged 10-18, from January-March
School Program	Ski school program providing lessons to local elementary students
Masters Drop In	Recreational drop in program for beginning and experienced adult skiers wanting to improve skiing skills. Wednesday evenings, January 9-Feb 16 <sup>th</sup>
Women's Ski Clinic	Weekend skill development for novice-experienced female skiers. Date TBA.
Masters Race	Skill and athlete development program for adults wanting to improve skills, fitness and racing techniques.
Masters Biathlon	Weekly skill development program for older youth and adults.
Wellness Program	Ski lessons and fun over a series of evenings for an organization's staff members in exchange for funding support.

Volunteer Commitments	
Bunnies/Rabbits	Choice of 6-8 sessions of on snow (helping groups) or in lodge (cleaning and hot chocolate)
Extended Rabbits	Bottle Drive, Ski Swap, Rabbit Duties (see above), Lodge Parent/Cleaning, 1 Ticket Booth
TA/JR/SR/BL	Bottle Drive, Ski Swap, Lodge Parent/Cleaning, 3-5 Ticket Booths.

The trail crew has been busy developing new ski trails since this map was created in 2007. Come on out and explore!! New maps coming soon...

