



# NORDIC TRACKS

**Nelson Nordic Ski Club Newsletter**

**Winter 2015**



## 13TH ANNUAL VALENTINES NIGHT SKI

**When:** Saturday February 14

**Where:** Apex trail head

**Time:** 6:00 PM– 9:00 PM

**Cost:** non-perishable food item to be donated to the Nelson Food Cupboard.

**Apex trail lit with tiki torches !**

**Entertainment TBA**

**Bon fire**

**SKI wish lanterns for the kids-** these are rice paper lanterns with a wick that you'll be lighting to release into the sky- Weather permitting - you will need to bring a lighter. One per family.

**Hot apple cider & lots of goodies.**

**PLEASE BRING YOUR OWN CUP.**

Baked donations are greatly appreciated. Please email [ajpop@netidea.com](mailto:ajpop@netidea.com) or call 354-4299 if you will be donating.

**Don't forget to wear red !**

And since it's Valentines, cozy up with your neighbour & **CARPOOL.**

## Nelson Nordic Ski Club Ski Improvement Clinic Registration

**(Adults 18 yrs + )**

Date: **Saturday February 7**

Time: **10am to 12pm**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_

NNSC Member

Non-member

Group Choice (check either classic or skate, then level):

### **Classic Skiing**

beginner intermediate advanced

### **Skate Skiing**

beginner intermediate advanced

Drop off the completed registration form before

Thursday February 5<sup>th</sup> with \$10 (cash or \*\*cheque) to either Apex or Busk ticket booth. Non-members will need to purchase the \$11 day pass the day of the clinic.

**Please register early to ensure  
availability of coaches.**

\*\*Cheques are to be made out to:  
**Nelson Nordic Ski Club.**



Skate Ski Clinic January 2015 – Awesome Technique!

Judy Banfield, owner of Mountain Baby has posted a very interesting blog:..."Never risk hurting you baby in the beautiful outdoors"  
 Visit <http://blog.mountainbaby.com/never-risk-hurting-your-baby-in-the-beautiful-outd...> good information for all parents who enjoy the outdoors with young children/ babies.



Visit us at [www.nelsonnordicski.ca](http://www.nelsonnordicski.ca)

From our friends at Castlegar Nordic Ski Club

Our Annual Fun Troll Loppet this year is on Sunday January 25 starting at 10am. More info will be posted as the date approaches. Plan to join us for a fun-filled day!

👍 For more info on all upcoming events... Visit our "Calendar of Events" on our web page.

**Remember to "Like" us on Facebook.**

**JUST DRIP**  
  
**& TREATS**

**MENU\***

COFFEE	\$2.50	JUICE BOX	\$1.50
TEA	\$2.50	SODA	\$2.50
HOT CHOC	\$2.00	WATER	\$1.00
APPLE CIDER	\$3.00	ICE TEA	\$2.00
HOT CHOFFEE	\$3.00	GATORADE	\$2.50

**ASSORTED TREATS**

CHIPS, CHOCOLATE, BREAKFAST BARS, MUESLI BARS,  
 COOKIES, CHEESE & CRACKER PACKS, FRUIT, ETC..

**HOURS**  
 (DAWN TO DUSK)

MONDAY - SATURDAY  
 @ NELSON NORDIC SKI CLUB PARKING LOT

SUNDAY  
 @ BUSK PARKING LOT (2MINS TOWARDS SALMO)

WE LOOK FORWARD TO SEEING YOU AT OUR LITTLE COFFEE TRAILER

\*CASH ONLY PLEASE :)



**Important Info from Ann...**

For those members old and new, a few reminders:

**Photo ID's**

These ski passes are used from season to season, so please place them in a safe space at the end of the season for renewal for your next ski season. We just adhere new year stickers. A cost effective method for the Club.

There are various volunteer fee collectors working the trail heads and therefore it is mandatory for all

members to bring/carry their photo ID membership cards for all ski attendances.

For those of you who still require a photo/stickers etc. please take care of this policy to ensure the validation of your membership.

### Stairs at Apex

Please use the stairs with caution. They can be quite slippery at times. This is especially true when wearing your ski boots down from the parking lot, those boots have a hard plastic base and can be dynamite on the wooden stairs.

### Volunteer Discount Schedule

8 hours of Volunteer Work = \$30 off membership cost

16 hours of Volunteer Work = \$60 off membership cost

40+hours of Volunteer Work = FREE membership (you will still be required to pay the \$18.00 CCBC fee)

You are required to do the volunteer work, and then receive your discount for the "following" ski season. The season starts for hour accumulation mid Nov – Oct.31 (varies depending on the dates of our Swap Meet) and ends at the Swap Meet the following season. No hours are carried from season to season.

At this time, Lisa Butterworth is scheduling volunteer fee collectors. This is usually a 2 hour shift at Busk. If you have not been contacted and interested in this position you can email Lisa [lisab05@shaw.ca](mailto:lisab05@shaw.ca) or call 250 229 2116.

The NNSC leases the Busk property for our trail system. On occasion, the Boy Scouts or Cadets plan a winter camp. Due to this multi use, the NNSC closes the Busk/Euphrates Trail during such camps. There is a camp planned in February. As it stands the **Busk/Euphrates will be CLOSED for skiing Feb.8-10 and re open for skiing Feb.11.** Thank you for your co operation.



**Kootenay Cup #7**  
**Sunday March 1/15**

## Mass Start Free Technique

**Host Club:** Nelson Nordic Ski Club  
[www.nelsonnordicski.ca](http://www.nelsonnordicski.ca)

**Date:** Sunday, March 1

**Start Times:** Bunnies & Atoms 10:30am & 10:45am  
PeeWees & Older 11:00am & later

**Race Location:** Nelson Nordic Ski Club  
Apex area

**Rules:** Cross Country Canada Rules and Regulations

### Information:

Chief of Race: Kaj Gyr - 250-352-4662

Race Secretary: Jennie Barron - 250-352-5740

Chief of Timing: Leo Degroot

Chief of Course: George Edney

**Registration Deadline: Saturday, February 28th**

**How to Enter:** Registration and fee payment are online at [www.zone4.ca](http://www.zone4.ca)  
Click on the Teck Kootenay Cup Series #7 to register.  
Fees include the Zone4 processing fee.

**Event Waiver:** The Event Participation Waiver is completed as part of the online registration.

**Start Lists/Maps:** Start lists and maps will be posted race day at 9 a.m. on the board outside the Nelson Ski Hut.  
Depending upon the level of participation, categories may be combined.

**Bib Pickup:** Bib pickup at the Nelson Nordic Ski Hut by 10 a.m. March 1.

**Food:** A free lunch buffet and hot drinks will be provided at the lodge after the race (for participants only).

**Facilities:** Near the course start there is a cabin and first aid kit. Outhouses are located nearby. No waxing facilities are available at the race site.

**Accommodation:** We have special rates (for two queen beds) of \$139.95 at the Prestige *Lakeside* (250-352-7222) and \$99.95 at the Nelson Prestige Inn (250-352-3595). Reference the Kootenay Cup for these special rates.

**Warm Up / Wax Testing:** The race courses will be clearly marked and marshalled. Due to time constraints, the race course will not be open for inspection the day of the race. No wax testing allowed on the course during the competition.

**\*\*\*IMPORTANT\*\*\*** The Nelson Nordic Ski Club is hosting a **No High Fluoro wax event**. We ask that skiers in all categories refrain from using high fluoro waxes (and powders) at this event due to health, financial, and environmental concerns. We thank you in advance.

**Awards:** Awards will be given outside the Nelson Nordic Hut following the races. Draw prizes will also be available.

(Note: Bunnies/Atoms awards will be given immediately after their races.)

- 1- Ages 8 and under receive Teck participant ribbons.
- 2- Ages 9-14 Teck medals for top 3 finishers, Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup> place finishers.
- 3- Awards will be given for the top three finishers in all junior, open and masters categories.



## **FULL MOON SKI and POT LUCK**

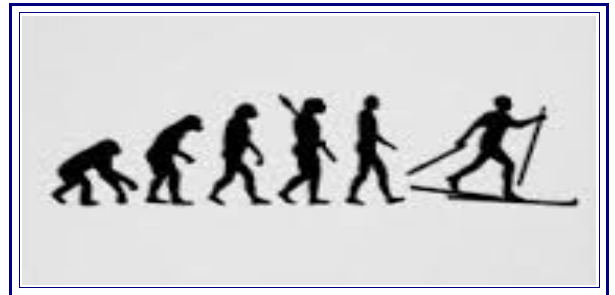
**Feb 03/15  
Apex**

contact Christine Sutherland for further details...  
[christine@sutherlandmassageproductions.com](mailto:christine@sutherlandmassageproductions.com)

**Buy and Sell Items** – if you have ski related items for sale, email [jillmark@telus.net](mailto:jillmark@telus.net) and I will put it in the next newsletter.

### **Looking for Equipment:**

1. If you have 3pin boots collecting dust...mens size 8.5, please contact Andre Piver [andrepiver@shaw.ca](mailto:andrepiver@shaw.ca)
2. Looking for classic skis/boots for 4 yr. old...100 - 110 cm length and size 1 boot. contact Lila Orr 250 551 3252 or email [ljansma@hotmail.com](mailto:ljansma@hotmail.com)



## **A Reminder ... Trail Etiquette**

*Good Trail Etiquette makes skiing more enjoyable for all:*

- The warming hut is user maintained – please remove your garbage.
- Fill in your sitzmarks!
- During recreational skiing, slower skiers yield to the right when faster skiers are passing. Faster skiers should call out “track” when approaching slower skiers, and should pass on the left.
- Skiers coming downhill have right of way.
- Try to ensure a safe run out from a downhill section of the trail to avoid slower skiers at the bottom of the trail.
- If you need to stop, or if you fall, move off of the trail to allow clear passage for other skiers.
- Move off the trail if you wish to socialize.
- Do not litter. If you packed it in, pack it out.
- Respect private property.
- It is customary to say a friendly “hello” when passing other skiers.