



Nordic Tracks

FEBRUARY 2016

UPCOMING

EVENTS AT

NELSON

NORDIC:

- ◆ **Feb 8:** BC Family Day, FREE SKIING AT NNSC
- ◆ **Feb 14:** Valentines Night Ski (see pg 3)
- ◆ **Mar 5:** Slopes for Hope Poker Ski Fundraiser (pg 4)
- ◆ **Mar 6:** Clearwater Challenge SUF7 Race (pg 5)

NNSC Sponsors Para-Nordic Athletes to Attend the BC Winter Games

NNSC is pleased to support two local young women competing in the BC Para Winter Games in Penticton, February 25-28.

Jessica Rideout and Haley Olinyk are visually impaired teens who are excited to be going to the games. In addition to visual impairment, Jessica has been diagnosed with a condition that causes her to lose her balance, so Nordic skiing is particularly challenging.

The athletes attended NNSC's Para-Nordic clinic in December, and were inspired to take the sport further.

Both have previously competed for BC in Goalball. Haley was scouted to the Canadian team and won gold at the World Junior goalball Championship in Colorado last summer. She hopes to compete at the 2020 Para Olympics in Tokyo.

Jessica graduates this year and plans to follow her childhood dream and take Early Childhood Education at Okanagan College next year. She believes it is important not to live her life in a way that perpetuates the stereotype of people with disabilities.

Each athlete is accompanied by a volunteer guide - Mikayla Richen and Sofeya Devji are in this valuable role!

We wish them all the best and congratulate them on their courage and determination!



Photo: Tyler Harper, Nelson Star

Free Skiing on BC Family Day!

Spread the word to non-members, this is a great chance to enjoy the trails with the whole family!

Strong Performance for Nelson Team at BC Midgets



L-R: Elias Lussier, Kaelum Smith, Felix Barron, Oscar Willems, Noah Malenfant, Tess Nuttall, Maya Abraham, and coach Doris Hausleitner.

“ Coach Doris Hausleitner expressed how proud she was of the kids for skiing smart, clean races and representing Nelson well. ”

A small but determined contingent from Nelson Nordic Ski Club returned from the BC Midgets in Salmon Arm with a bronze medal, several ribbons and some proud and funny moments to remember.

Nine-year-old Maya Abraham captured third in the 2006 girls’ 300 metre sprints and fifth in the 2 km classic race, while teammate Kaleum Smith nabbed 5th in both events for

the 2006 boys, and also took home one of the coveted technique awards in the classic event.

In the 2003 age category, Noah Malenfant won the B final of the boys’ sprints for a 7th place finish overall, with Felix Barron placing 12th overall after an unfortunate spill in the home stretch.

First-year racer Elias Lussier (2006 boys) pulled off an 11th place in the sprints and 14th in the classic. Oscar Willems (2005) and Tess Nuttall (2003) also showed good technique and finished strong.

The event known as “Midgets” is the provincial championships for skiers aged 9-12. The Midgets are a great learning experience for all who attend.

Coach Doris Hausleitner expressed how proud she was of the kids for skiing smart, clean races and representing Nelson well. All of the young athletes

benefitted from the positive attitudes and encouragement of the coaches – Hausleitner and Karen Redfern – and the early-morning dedication of the wax techs, Erik Leslie and Kurstun Smith (and the good humour of siblings!)

The coaches’ race and the team relays were definite highlights for the kids – Hausleitner’s hastily improvised bright orange Lone Ranger mask added levity and laughter to the occasion, as did the surprised announcer’s comment, “We don’t know who he is [sic], but that little guy can ski!”

Nelson Nordic’s youth racers now have a bit of a break from competition until Feb 27/28 when Rossland’s Blackjack Nordic Ski Club hosts their annual Loppet and the final race of the Teck Kootenay Cup circuit.

Thanks to Jennie Barron for the article and photos!

Oscar Willems skates the anchor leg of the boys’ team relay



Top finishers in the girls’ sprints – NNSC’s Maya Abraham is second from the right

Nelson Kootenay Cup Success



The Teck Kootenay Cup Race #3 held January 17th was a smashing success. The weather obliged us with fresh snow and relatively clear skies, temperature 0 C.

The Free Technique race course took full advantage of the trails, and 118 participants enjoyed the good glide and upbeat atmosphere.

Many fine draw prizes were donated by local businesses, reminding the racers our community doesn't hold back when it comes to giving. A big thanks to the volunteers who made it all happen!

Nelson skiers put in a strong performance, collecting lots of club points and putting Nelson Nordic in the overall lead for the Kootenay Cup, at least temporarily!

The next Kootenay Cup races are in Fernie, Feb. 13, and Rossland, Feb. 28.



Both photos: John Belanger



NELSON NORDIC SKI CLUB 14TH ANNUAL

VALENTINES NIGHT SKI

WHEN: SUNDAY FEB. 14/16

WHERE: APEX TRAILHEAD

TIME: 6:00 P.M. – 9:00 P.M.

**ENTERTAINMENT: 6:30P.M.-
9:00P.M. TBA**

**FIREWORKS: 7:00 P.M. (WEATHER
DEPENDENT)**

**WISH LANTERNS: 7:30 P.M.
(WEATHER DEPENDENT)**

BON FIRE

HOT APPLE CIDER

**COST: NON-PERISHABLE FOOD
ITEM FOR THE NELSON FOOD
CUPBOARD**

**DONATION OF VALENTINE
GOODIES/FRUIT ETC. GREATLY
APPRECIATED**

PLEASE EMAIL

**AJPO@NETIDEA.COM TO CONFIRM
YOUR GOODIES CONTRIBUTION**

**REMEMBER: BRING A CUP, WEAR RED
AND BE SURE TO CAR POOL**

SLOPES FOR HOPE



SKI OR SNOWBOARD
to fight cancer



March 5th: Poker Ski Fundraiser

The Nelson Nordic Ski Club has been invited by the Slopes for Hope Whitewater Committee to participate in their fundraising event for the Canadian Cancer Society.

We have accepted the challenge but added a Poker Ski event to our day to make it more fun for the whole family.

The challenge is to ski the equivalent of the height of Mount Everest or 29,029 feet which we've rounded up to 9km. If you are brave at heart, we've also included a Ski all the Trails option, approximately 28km. If you ski all the trails as a team, each member can do a portion of the course.

You can participate as an individual or a team and can register online at:
[http://convio.cancer.ca/site/TR/Events?
pg=informational&type=fr_informa
tional&sid=9700&fr_id=20715](http://convio.cancer.ca/site/TR/Events?pg=informational&type=fr_informational&sid=9700&fr_id=20715)

**Start: Any time after 10am,
and finish by 2:30pm**

Participants will register at the Apex Hut and drop off any offline donations (cash/cheques) at that time.

Skiers will receive punch cards and instructions for the Poker Ski and decide if doing the 9km loop (Apex and Busk Euphrates) or ski all the trails. NNSC will provide a map that shows people where to go for this event.

After your ski, turn in your punch card to the Apex Hut and receive your Poker hand. This must be done by 2:30pm.

The winning Poker Hand will be determined at 3pm. Winner(s) receive a Nelson Nordic Shirt.

WH20 Shuttle & Awards 3:00-5:00pm :

Head up to Whitewater Ski Resort at 3:00pm on the free shuttle, and participate in the Awards Ceremony at the Whitewater Ski Resort lodge. Shuttle will return to Apex at 5:00pm.

There will be Individual, Team, and Youth awards in both the Alpine and Nordic divisions of the event.

Check out the amazing participant prizes and buy your 50/50 raffle tickets. Stay for a meal and a beer as the facility will be open.

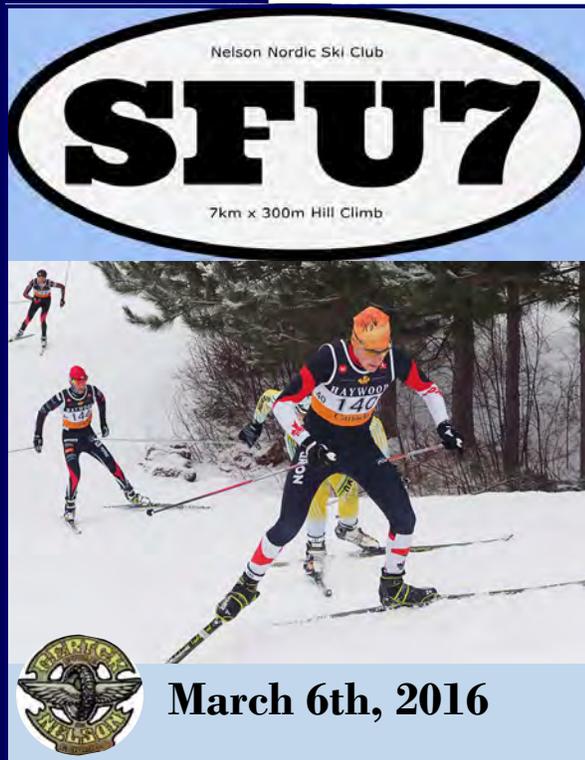
We encourage all our members to participate to help raise funds for the Canadian Cancer Society, and have fun while you are at it.



Canadian Cancer Society
Société canadienne du cancer

New Event This Year:

Clearwater Hill Challenge



Come out and test yourself on this awesome 7km, 300 vertical metre climb!

All proceeds to benefit NNSC's Track Attack race team.

Format: Free Technique, individual or three-person relay

Registration: 8:30—9:30am; \$20 race fee

Start: 10:00am, interval start

Draw prizes, spirit prizes, and awards at BBQ following event

* **No high-fluoro wax**

For more info, email travis_hauck@yahoo.com or gmunby@gmail.com

Volunteer Opportunities & Rewards

The Nelson Nordic Ski Club is a non-profit organization and we rely greatly on volunteer help.

We are always looking for more assistance with the following:

- Fee collection/kiosk staffing
- Board of Directors (Elected at AGM in November)
- Coaching (BC Rabbits, Track Attack) —the club pays for coaching courses as long as you plan to coach within our ClubFall Trail Brushing and Work Bee

We offer a great opportunity to those who wish to volunteer to reduce their membership costs.

There are 3 levels of volunteer options:

Bronze: 8 hours of volunteer work you will receive \$30 off your next season's membership.

Silver: 16 hours of volunteer work you will receive \$60 off your next season's membership.

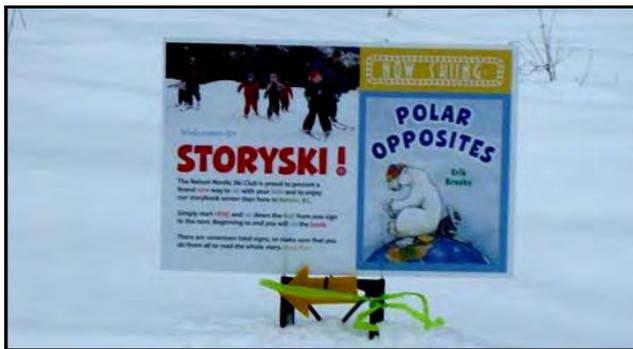
Gold: 40+ hours of volunteer work (or Board of Directors) you will receive a FREE membership.

If you are interested in volunteering, please contact Lisa Butterworth at lisab05@shaw.ca

Reminders to all Members:

- * Busk-Euphrates trail will be closed for a weekend Cadets camp at Camp Busk in late winter—closure will be posted on website, Facebook, and info boards
- * Your photo ID ski pass with current sticker should be on hand to verify your membership. Volunteer fee collectors may not recognize you so please be sure to present your pass on arrival. There is a \$5 fee after Feb 1/2016 for replacement or sticker update
- * Vandalism—we have experienced multiple incidents this season and the RCMP have been asked to monitor the area. If you see anything suspicious, please contact the RCMP immediately.
- * There are signs posted at the trail heads, and occasionally some trails are closed; please respect them to ensure a safe and enjoyable ski for all.
- * Please Sign In – The statistics from these sign in sheets helps with grant applications and prioritizing grooming.
- * Watch your Step- the parking lots and stairs at Apex can be slippery, especially when wearing your ski boots.
- * Children’s Play Area – Please be sure to clean up after using this area for everyone else to enjoy.
- * Tobogganing—the area to the north side of the shop is designated for tobogganing. There is NO tobogganing permitted on the Terrain Garden or any other ski trails.
- * Garbage- pack it in, pack it out.

New! STORYSKI Series on the Trails



Next time you are skiing on the Night Loop, make sure you check out the Polar Opposites STORYSKI series!

Designed to encourage children to keep skiing, these charming signs tell a magical story, drawing the reader down the trail in a series of engaging, beautifully illustrated signs.

Ask the trail attendants where to find the first sign, then follow the arrows and enjoy!



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Check out our website:

www.nelsonnordicski.ca

Mission Statement:

“The NNSC shall provide healthy, family-oriented, quality, community-responsive cross country ski facilities, trails and programs that can be enjoyed by skiers of all ages and all levels regardless of their abilities. The Club shall be especially responsive to environmental considerations.”

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