

SKI Cross Country

A PUBLICATION OF CROSS COUNTRY BC



2020/21



KOOTENAY NORDIC

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Photo credit: Steve Ogle / Nelson Kootenay Lake Tour

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SKI *Cross Country*

THE BC GUIDE TO CROSS COUNTRY SKIING 2020-21

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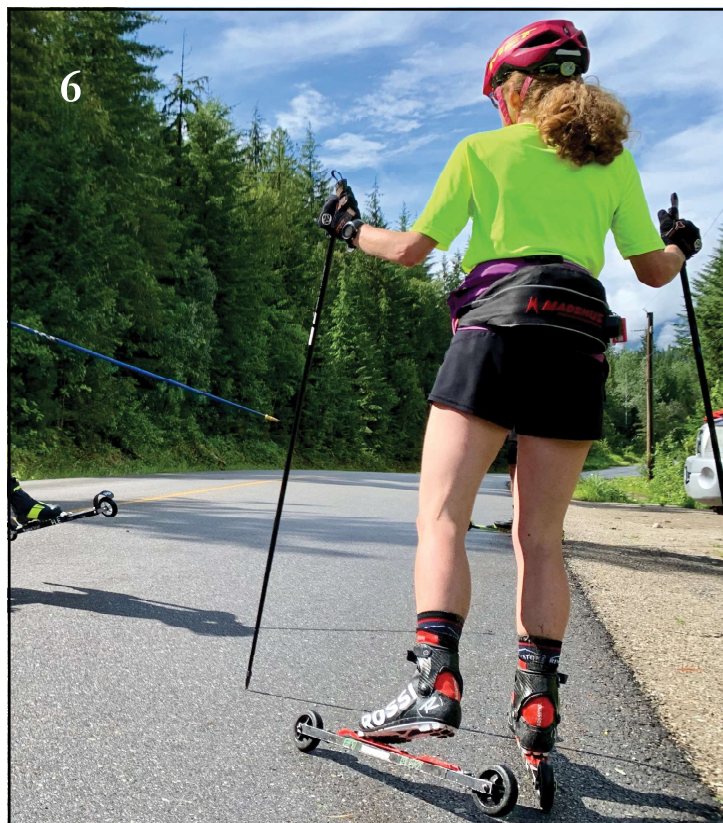
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Front Cover: Elizabeth Elliott, FIS World Junior Championships, GER

Front Cover Photo: D. Stephen



SKI Cross Country

is a publication of Cross Country BC
the provincial sport organization for
cross-country skiing in British Columbia.



Cross Country BC Mission Statement

To develop and maintain support structures for the delivery of cross country ski programs (recreational through to competitive) to a broad cross section of the community.

To achieve international competitive excellence by the establishment and maintenance of programs and activities that support an integrated athlete development system up to the National Ski Team level.

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SKI Cross Country 2020

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2020 Teck BC Midget Championships



Photo: D. Stephen

Canadians Win Nation's First Ever Team Relay Medal at 2020 World Junior Championships

A new generation of Canadian cross-country skiers won the first ever silver medal for Canada in the 4x5 kilometre team relay at the 2020 FIS World Junior Championships in Oberwiesenthal, Germany.

Canada has never before won a relay medal in a cross country ski competition at a World Championship or an Olympic Winter Games.

Xavier McKeever (AB), Olivier Lèveillé (QC), Tom Stephen (AB) and Rémi Drolet (BC) combined to complete the four five-kilometre legs of the relay in a time of 55:30.4. The American team won the gold with a time of 54:54.9. The Italians finished behind the Canadians in third at 55:50.3.

Rémi Drolet (Black Jack Cross Country Ski Club, Rossland) was dominant in the anchor leg where he crossed the finish line in the silver-medal position. With the Americans breaking off the front, Rémi quickly caught two skiers ahead of him in the battle for the silver medal.

“This is absolutely incredible. We were so stoked to start this race, and we told ourselves last night we are going to go for the medal today,” Rémi said following the competition.

Canada's only men's World Cup medal-winning relay squad

– Alex Harvey, Lenny Valjas, Devon Kershaw and Knute Johnsgaard - teamed up to win the bronze in Ulricehamn, Sweden in 2017.

The only other time a Canadian cross-country ski team won a World Cup relay medal came 30 years ago in Canmore, AB when a women's foursome of Angela Schmidt-Foster, Carol Gibson, Jean McAllister, and Marie-Andree Masson earned bronze.

Above photo (left to right): Tom Stephen, Rémi Drolet, Xavier McKeever and Olivier Lèveillé.

Do you know.....?

The name of the oldest ski club in BC (with sustained membership since 1891)?

The name of the BC athlete that finished 16th in the 1932 Olympics – a Canadian record until Pierre Harvey finished 14th at the 1988 Olympics?

The name of the BC coach who the Canadian Government hired to lead the TEST program in 1967?

Which BC club has hosted the Canadian Cross Country Ski Championships seven times?

....cont'd on page 37



Getting Started with Roller Skis

Photo: Hollyburn Cross Country Ski Club

WHY ROLLER SKIING?

Roller skiing is an effective method of exercise for cross country skiers. As you know, you get good at what you practice, and roller skis are as close to regular skis as you can get.

Roller skis are not only an effective way to train during the off-season, but they are fun as well.

If you put in time on roller skis during spring, summer and autumn, you will have a big head start once the snow falls.

Double poling on roller skis is a great way to improve your upper body strength. This can be done on either skate or classic skis, but it is important to use classic poles with both.

BE SAFE!

Before you start thinking about going fast, make sure you will be safe. Below are a number of things you should consider, and most of it starts before you even put on your roller skis.

Plan your outing and choose appropriate routes

Since most roller skis do not have brakes, it is important to know where you are going. You need to know what is over the crest of the next hill and around the next corner before you get there. Choose your route wisely.

Have the right equipment

To be safe, you need the right equipment.

Above all, it is important that you wear a helmet. There are models to choose from that are safe, light and cool. Make sure to invest in a good one, as this decision could make a difference.

In the case of poles and boots, you can use the very same equipment that you use when skiing in winter.

Even though you are significantly higher above the ground when you are on roller skis, the poles should be the same length as when you are skiing on snow (because in this case they won't be sinking into the snow).

As long as you have the same type of bindings on your roller skis as on your snow skis, you can use the same ski boots. However, most skiers prefer to use an old pair of boots or purchase new boots specifically for roller skiing because of the damage caused by water and dirt. You can also find roller ski boots that have less insulation and are significantly cooler than traditional ski boots.

Everyone on roller skis will take a spill at some point. If you are just starting to roller ski, you may want to use additional protections such as knee pads and elbow pads.

Take care of your roller skis

It is a good idea to inspect your skis at regular intervals and keep them clean between roller ski sessions. The easiest way to keep your skis clean is to rinse them off each time you use them. This way you get rid of the dirt and mud that might otherwise penetrate the wheels and cause problems over time.

If you notice rattling and vibration noise as you roll down the highway check out your skis before you use them again.

LEARNING TO ROLLER SKI

For more information on roller skiing, including videos, check out the CCBC website at <http://www.crosscountrybc.ca/roller-skiing>



Photo: M. Swannie Jacob, Revelstoke Nordic Ski Club



Photo: M. Lundgren, CCBC



Photo: C. Manhard, CCBC



Photo: M. Lundgren, CCBC



Photo: D. Clark, Kimberley Nordic Club

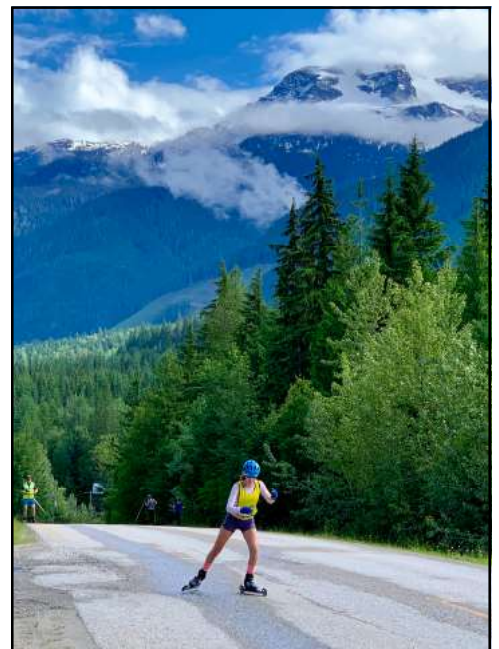


Photo: M. Swannie Jacob, Revelstoke Nordic Ski Club

B-TOUR JOURNAL



From February 14 to March 2, 2020, eight members of the BC Ski Team took part in a 20-day competitive tour in Europe (Austria, Italy and Switzerland).

Seefeld, AUS - Saturday, February 15th

Our time spent in Europe so far has been amazing and we have spent the last two days in Seefeld, Austria. Unfortunately, there isn't a whole lot of snow in Europe, but Seefeld is nestled high on a plateau with plenty of snow for cross country skiing, and the skiing has been phenomenal. It's no wonder the World Championships were chosen to be hosted here last year. The rolling trails through mountains and valleys are so entrancing that if you're not careful, it's very easy to ski longer than what's prescribed on your training plan! Our first day here we got turned around trying to walk to the ski area from the hotel, so circumnavigated the town on foot prior to finding the trails, it didn't help that it was snowing and a bit foggy!

On day 2 things started looking up when we woke up to beautiful blue skies and were able to find the ski area on our first try! Everyone has definitely been feeling the effects of jet lag these past few days, but hopefully soon we'll all be feeling back to normal. The food has also been great, and the coaches are trying to best a previous weight-gain record for this trip.

Seefeld, AUS - Sunday, February 16th

Today we woke up early for a 7:15am breakfast which the hotel kindly provided for us 15 minutes early so we could hit the road to Saint Ulrich am Pillersee in time for an 11:00am

start to our 3-person relay races. The drive was through Innsbruck and lots of little villages. The skiing in Saint Ulrich was rather flat, mainly on farmers' fields, but did have some notable short steep hills. Racing was interesting as most of our teams started at the very back of the pack. Being visitors to the local races, we didn't have great starting positions, but we made up those places in both the senior men and women categories.

My team of Fred and Gregory ended up finishing 1st in a very local field of Austrians. After we received our goodie bags from the race (local milk, yoghurt and buttermilk – which made for an excellent recovery snack), we packed up quickly and drove on to “Ramsau am Dachstein”. Driving up and over mountains on a windy, sketchy road was interesting and fun which added to the excitement of the day. Thanks to the superb driving skills of our two coaches, we made it through those mountain passes without a hitch. The hotel is outside of Ramsau, at the base of the Dachstein Glacier. There are amazing views from our hotel rooms down into the valley and all around the mountain range. The hotel is right next to where the base of the gondola is so skiing tomorrow should be easily accessible.

Ramsau am Dachstein, AUS - Monday, February 17th

After breakfast we drove down to Ramsau for a 2hr classic ski through the town and out on to open fields with amazing vistas. After a wonderful lunch we headed out to catch the afternoon gondola up to the Dachstein Glacier. The views from the top of the glacier and the bridge walk that you can take along the

side of the cliff was breathtaking, as you could see forever over the Alps, and it felt like you were on top of the world. The walk on the bridge led into an ice cave/palace with spectacular ice sculptures and funky lighting. The cave is built within the actual glacier, with 6m of ice above the ceiling! The striations within the ice were really cool to see.

After experiencing the tourist attractions at the top of the glacier we put our skis on and skied down to where there were groomed cross country ski tracks alongside the T-bars. The short but sweet ski on the glacier led to us climbing back up the ski lift as we missed the time cut-off for the ride back up using the T-bar. It was much better, however, to have missed the timing for the T-bar then to have missed the ride down in the gondola (which we luckily didn't – we caught the last gondola down from the top, which made for some great photos with the sun starting to set) and arrived safely back at the hotel in time for dinner.

It was a surprise to find out that as an option, a limited number of gondola patrons are actually permitted to ride on top of the gondola! This seems so dangerous, but this culture seems to be the norm here in Europe. Safety third!!

This evening's supper was made up of soup and pizza followed by chocolate cake. As most of the team has overcome the jet lag, spirits are high and we are looking forward to the rest of the trip.

Ramsau, AUS - Tuesday, February 18th

On the morning of February 18th, we woke up and had breakfast at our regular time of 7:30. Shortly after this we prepared our skate skis and headed to the trail network, which is quite extensive here in Ramsau. It was a gorgeous day for skiing, and perfect for short group sprints followed by the optional threshold that we did in preparation for our coming weekend race. To complement the intensity, we also had a fabulous technique session involving a morning video and an afternoon analysis. In the afternoon the group went for a short run down the mountain to a nearby historic village that offered amazing views and insight into the farming and lifestyle that started here years ago, and continues still in the summer months. All in all, we had a very productive and amazing day.

Ramsau, AUS - Wednesday, February 19th

February 19th was a very anticipated day for many of the athletes and coaches. Today we were extremely lucky to be able to tour the Salomon and Atomic ski factory in Altenmarkt, a short drive from Ramsau. The day started off relaxed, with a late 12:30 departure to the Salomon factory. Once we arrived, we were first in awe by the sheer size of the facility, later learning that it housed a staggering 900 workers. We were given a private tour through the facility (which manufactures only the top model Salomon skis) by Jean Marc, a middle-aged, goatee-adorned jolly fellow that knew everyone in the facility by first name. Jean Marc had previously been a



Dachstein Glacier, Ramsau

member of the Swiss National Cross Country Ski Team, and is one of the two people who pick Canada's S-Lab race skis for Salomon's Nordic Racer Program. The tour started with the raw materials all being kept in a humongous warehouse. Then the honeycomb core and poplar wood sidewalls are glued and pressed together. Next, this core piece as well as the base material, ski tips and tails, laminate, and top sheet are all carefully placed together then pressed precisely to the specifications given. During this process the ski is adjusted every 7cm to achieve the optimal flex. After this the ski is taken to another building where it goes through a rigorous cleaning and quality control process. During this time the ski is carefully shaved into its desired shape, the base is ground six times, and the groove is cut into the bottom of the ski. After this every ski is hand checked and matched to guarantee the highest quality, and to find an identical pair to match the ski perfectly. Once this is done, the completed skis are sent to another warehouse that can hold an amazing 10,000 pairs of skis at once. This experience was really eye opening for us, giving us a much deeper appreciation for our skis, how they are made, and why they cost as much as they do.



When we had entered the factory, it had been a nice sunny day with a few clouds building, but when we left it was a full-on snowstorm. The van carrying the team members was just barely able to make it back up to the hotel, battling the snow, wind, and worst of all traction control, giving little to no power to the van. This made it nearly impossible to make it around the steep and winding switchbacks with the ever-building snow accumulating. Five minutes later, star athlete Cole Turner and star head-coach Chris Manhard tried to tackle the hill in the ski van, but they had little chance with the bald tires on their vehicle. Miraculously they made it three quarters of the way up the road, but then got stuck and were forced to walk the rest of the way up the road in the snow storm with no winter jackets (actually, that should be singular, as only one younger member forgot to bring their jacket!) and 90kph winds to add to the struggle. Luckily, as these two poor souls started walking towards the hotel, they were rescued by a friendly Austrian couple (with a Comox , B.C. connection! – amazing how 6 degrees of separation works around the world) with snow chains, ending another adventurous day.

Ramsau, AUS - Friday, February 21st

Today we left from Ramsau and drove to Saint Jakob im Rosental. Picture a drive from more or less the middle of Austria to the southern edge, close to Slovenia, and a bit further east from the Italian border. A 2-hour drive can bring you to a totally different part of the country here, and we went from a winter wonderland, to a springtime scene, with temperatures above 10 degrees Celsius. When we arrived we first skied the race course. There was no snow in the whole valley except for the 2.5 km loop of man-made snow, and the very tops of the 1800m peaks in this area. The town only sits at around 500m above sea level, and though they apparently get a ton of snow, the warm weather has totally destroyed their season here. The strip of snow we were skiing on is reminiscent to some of the World Cup race courses these days, with green, lush grass growing on either side of the track. The track went through some farmer's fields and up two decently sized hills (one of which is a small downhill resort with a rope tow). All of the downhills were sketchy due to the fact that they were sheets of ice, so the race organizers set a slalom course down the face of the ski hill to slow down the speed of the skiers. While here, we stayed in this old farmhouse (Gasthof Rausch) that has been converted into a guesthouse (aka Gasthaus or Gasthof in Austria), and totally modernized. It's very nice, and we are the only guests in the entire building, as this is usually their off-season. We went to dinner at an Austrian Pizzeria, overate, and went to bed early to rest up for our weekend of races.

St. Jakob im Rosental, AUS - Saturday, February 22nd

Today we woke up and prepped ourselves for the first day of the Austrian National Championships (an FIS event) with a hearty breakfast. The boys raced 15km and the girls 10km on that miserable 2.5km loop. There were pros and cons to this course.



Austrian National Championships, Rosental

Pros:

- You get to know the course really well by the end.
- You get to see the spectators more often.
- You are never far from the finish.
- You can lap through with others starting and get pushed by them.
- You can get splits more often if they would have been given to you.

Cons:

- It's easy to lose count of which lap you're on.
- You get the urge to stop every time you come around the finish area.
- Getting multiple attempts at falling on the heart stopping, high speed, icy downhills, thus increasing your fear of that part of the course with each passing lap.
- You get dizzy.
- Your coaches yell at you 6 times as often.

The coaches worked hard in the morning to put us on fast and really grippy classic skis, and as there were no warm-up trails, we had a delightful warm up of running on the highway or in the grassy fields instead. The locals were more prepared for this and had brought their roller skis!

Everyone did very well with Beth coming in 3rd in the U20 and Emma and Marielle coming in 3rd and 4th in U18. Emma was so surprised when they were calling her name for the podium that she ignored those calls, and didn't make it in time! Opportunity lost. The boys also did very well with Cole coming in 4th in the U20 and Fred, Torin and Gabe having some good races against the older athletes. There was a reasonable selection of bloody elbows from our team, and we had 3 of our skiers wait in line with the many other racers getting patched up by the local paramedics. As I (Gregory) descended the insanely treacherous downhill on my slightly shaky and weary legs, it wasn't long before I found myself sailing through the air to land in a painful heap of skis and Lycra. Due to the high chance of getting plowed into by other out-of-control skiers descending the hill, the marshals grabbed and pulled me off the course like a sack of potatoes on the way to market. The hill was so icy, it would have been impossible to stand up regardless. Luckily I didn't require the paramedic stretcher, which had been in use 10 minutes earlier for another skier on the hill. The coaches were very grateful that a visit to the local hospital was narrowly avoided this time.

Below is a link to a brief video of what the top of the course looked like. It was super steep going up, and then went straight down. Everyone snowplowed the top (except the top 2 men)!

Austrian National Championships

Video clip: <https://vimeo.com/393525680>

St. Jakob im Rosental, AUS - Sunday, February 23rd

Sunday marked the second day of the pursuit on the seemingly endless 2.5-kilometre loop. For the guys, this race was a 10km skate race, and for the girls, 5km. The jury decided to cut out the upper portion of the course; a steep climb and then a one hundred and eighty degree turn into an immediate downhill that contained several sharp S-shaped turns. This was due to the course casualties from the day before, which had created a line-up of injuries for the paramedics to tend to, and dozens of other falls. All of us boys (except for Cole Turner) fell on those corners; likely he wasn't taking it as hard or as fast as the rest of us. Racing conditions were much like the day before – a thin layer of slush over hard ice, and warm. All of the BC team raced extremely well, especially Emma, who pulled off a third and got to represent Canada up on the podium (this time making sure she got to actually step onto the podium with the others). As Gregory was not able to finish the day before, due to his huge crash, he was not allowed to participate on the second day of the pursuit race, despite the begs and pleas from our coaches.

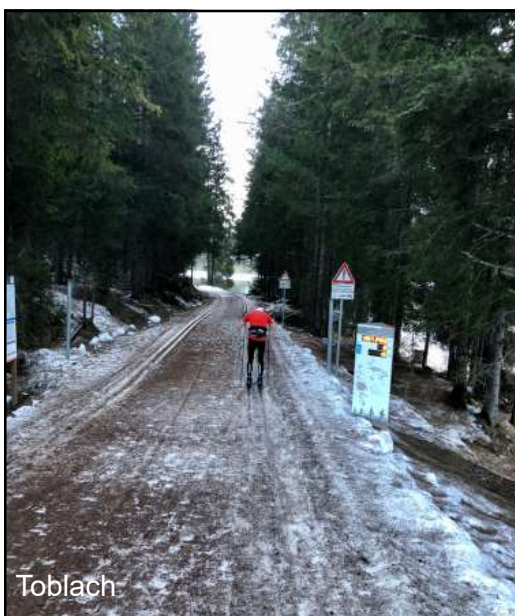


Slovenia was only a stones-throw away from Rosental, and so after packing up all of our ski gear, we trekked down into this foreign country to visit Bled Castle, a castle atop a mountain overlooking a lake, that was half-blanketed by an algae-stricken, reddish blanket. Ironically enough, the lake is named Bled Lake. The town of Bled itself was a tourist hub decades ago, and still remains so now. The beautiful backdrop of the Julian Alps makes the scenery stunning. We had an excellent tour around the castle and got a glimpse of life hundreds of years ago. The castle was also a reminder of how short people used to be, with door-heights being low even for me. Fleeing back into Austria after the touristic visit was easy, at least for most of us. The main portion of the team in Coach Frank's van made it across the border no problem, but Coach Chris was not so successful. He was pulled aside because we had not bought passes for the Slovenian highway as we were only driving 8km on that highway anyways. Lucky for him, although we will never know how he did it, he was able to sweet talk and

woo the male border officer out of a 300 Euro fine. I suspect he has had some experience in those situations from his past. Upon arrival back in Rosental, we departed for an excellent Italian dinner, mainly consisting of pizza, weirdly enough.

St. Jakob im Rosental, AUS - Monday, February 24th

We departed Rosental in search of better snow conditions and foreign cheese, after first visiting a nearby farm with the largest pig in Austria! It stood at a staggering four and a half feet tall and weighed over three hundred pounds (it's been named Schnitzel). After witnessing such a husbandry achievement, the team had to stop at McDonald's along the way to compare the menu to our Canadian counterpart, and it turns out the Austrians do it better.



Upon arrival in Toblach, Italy, amidst the sweltering heat (+10 degrees Celsius and sunny), the team made it out for a short skate ski. The trails would have been great except they were all heavily covered in pine needles, moss, twigs, and any other debris that would have fallen from the trees and the sky in the previous month, making the workout much harder than intended. The world-famous Toblach stadium, with the trails curving over the race office, was partly green and also covered in debris. It was somewhat sad to see this amazing venue in such a state.

After a relaxing visit to the spa, we settled in for a delicious five course meal that made us all question the amount of training needed just to burn off dessert.

Toblach, ITA - Tuesday, February 25th

We woke up in Toblach, expecting a balmy summer day like the day before, but instead found ourselves in a grey, wet cloud. We feasted on a massive breakfast spread, where the bread and pastries were by far the best we've had. After klistering up our skis (much to the dismay of all the athletes) we drove straight up the side of a very windy mountain road, trying to find better snow to ski on. On our way, we picked up a German couple and gave them a lift up the last stretch which made it a bit of a tight squeeze, but typical Canadians, we can't help being nice. We had hoped that our elevation gain would bring us out of the clouds, but unfortunately, the fog was even thicker there. We found ourselves in a high alpine plateau at 2000m elevation, where the skiing conditions were comparatively great. At first we had to be a little tentative on the downhill as we could barely see more than 2 meters in front of us, but we got used to terrain quickly, thanks to the posts on the side of the trail that keep the groomers on the right track. While it cleared up slightly at the very end of the ski, we were never able to see the alleged "amazing" view from this mountain plateau.

We had planned to have lunch at around 12:30 but because of our coaches' eagerness to ski as long as possible, we were a little late getting back. Luckily the hotel was very flexible and we dined on four delicious courses, the ice cream dessert being the favourite. Afterwards we had a lesson on how to use Training Peaks from Head Coach Chris. Some were shocked and had a lot to learn as they have only ever used Google sheets as a way of recording their training (if they ever remembered to update said Google sheets). All in all, it was an important lesson on how to be the best athletes we can be, for ourselves and for our fantastic coaches.

At the end of the day we were all keen to utilize the spa in the hotel, but there was a clear notice about the dress code requirements at their spa (or lack thereof). See the notice at the top of page 13 for the hotel rules. This was a bit of a shock to all of us, so we decided to all wear our bathing suits and keep them hidden under our towels in order to not cause any problems.

Toblach, ITA - Wednesday, February 26th

This morning, we woke up to a beautiful snowfall. It was met with a considerable amount of relief seeing as the trails had been significantly dirty and skiing on them had not been particularly enjoyable. After over-stuffing ourselves on croissants and other pastries, we headed out on the freshly covered trails. Unfortunately, the new, wet, heavy snow made the skiing climbing up towards the pass quite a slog. While Coach Chris had said that the grade was perfect for practicing one skate, there were a few of us who simply had to offset in order to stay in our heart-rate zones. Despite the painfully slow pace,

everyone managed to get in quite a long ski, and the snow-covered scenery with hints of blue sky were incredibly beautiful.

After a quick afternoon nap, we headed to a cheese factory just down the road. While production was not happening while we were there, we still got to see all the equipment, learn about the cows, and taste a selection of cheeses. We were also able to see into the maturation room where the cheese is aged. The tall shelves, stacked high with the huge wheels of cheese were quite impressive. After making a few purchases, the team then headed to Cortina, a ski resort town on the other side of the pass. Being a typical resort town, all the shops were tremendously expensive but the views were incredible. To finish off the day, almost everyone headed back to the hotel spa for a relaxing sauna and/or steam room.

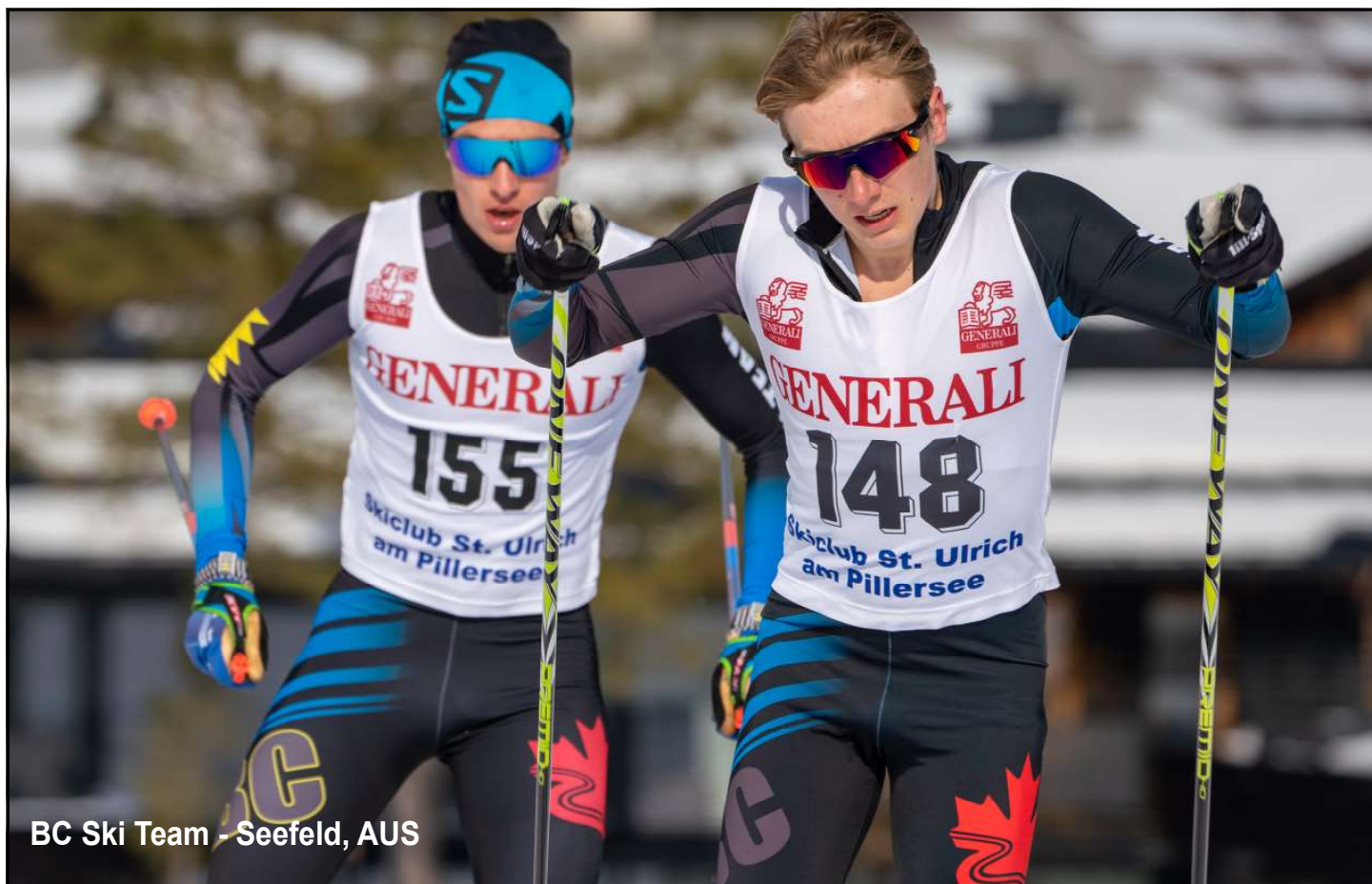


Klosters, SUI - Friday, February 28th

After a long day of travelling on Thursday, we woke up the next morning to baby blue skies stretching out over Klosters, Switzerland. It was a gorgeous day for a ski, and they had the best real snow we've seen since Seefeld. Right after breakfast, we headed out to pre-ski our race courses for the next two days. The trails were a 3-minute walk from our hotel and the

race start was only a few hundred meters from where we put on our skis. Ideal location for us. We skied up to the race site and hopped through a fence to enter the stadium and begin inspecting the race course. This course crossed a road four times, which is unheard of back home. The road crossings were more like a narrow driveway that led to about a dozen homes. Two volunteers manned each crossing to control traffic and make sure there was enough snow for skiers to cross without having to take off our skis and walk across, as well as stop traffic on the road!

....cont'd on page 38



BC Ski Team - Seefeld, AUS

Teck Skier Development Program



Photo: Pryceless Photography



Photo: C. Manhard, CCBC

- *There have been 4,243 participants in the Teck Regional Camp Program in the eight years since its inception in 2012.*
- *There have been 37,000+ participants in Teck-sponsored competitions since 2012.*

Sport Canada’s Long Term Athlete Development Model (LTAD) is a catalyst for change and improvement that can help our sport achieve its goals of fostering both life-long participation and international excellence.

Within the LTAD framework, the Learning to Train (L2T) and Training to Train (T2T) stages of development are identified as the most important stages of athletic preparation. In recognition of this, in 2012 Cross Country BC launched a new athlete development initiative – the Skier Development Program sponsored by Teck, a diversified resource company based in British Columbia.

The Teck Skier Development Program targets skiers 9-14 years of age, and combines developmental camps and races with a focus on regional activity that is both affordable and accessible. The first eight years of the new program have been an unprecedented success, with a record number of young skiers participating in both camps and races.

Cross Country BC wishes to thank Teck and the many volunteers who made these developmental opportunities possible. For more information about the program, visit: <http://crosscountrybc.ca>.

- *Teck Kootenay Cup Series club aggregate winner: Kimberley Nordic Ski Club (Kimberley)*
- *Teck Coast Cup Series club aggregate winner: Hollyburn Cross Country Ski Club (Vancouver)*
- *Teck Okanagan Cup Series club aggregate winner: not applicable in 2020*
- *Teck Northern Cup Series club aggregate winner: Bulkley Valley Cross Country Ski Club (Smithers)*



Photo: D. Clark, Kimberley Nordic Club

Teck Regional Camp Program

The Teck Regional Camp Program is an integral part of a progressive provincial athlete development system. It targets athletes 9 to 14 years of age and provides an affordable, accessible step into Cross Country BC's Provincial Camp Program. Camps help skiers learn ski related technical skills, teamwork, self reliance and good eating habits. They motivate, promote friendships, influence lifestyle choices and provide positive exposure to activities that encourage physical fitness. For more information contact the CCBC Office at (250) 545-9600.

Region: Coast

- Sept 25-27 Teck Regional Fall Dryland Camp
Whistler, BC
Head Coach: Jake Weaver
Contact: biweaver@shaw.ca
- Sept 25-27 Teck Regional Fall Dryland Camp
Mt Washington, BC
Head Coach: Andrea Stapff
Contact: andrea.stapff@gmail.com
- Dec 4-6 Teck Regional Snow Camp
Whistler, BC
Head Coach: Maria Lundgren
Contact: coaching@crosscountrybc.ca
- Dec 27-30 Teck Regional Snow Camp
Mt Washington, BC
Head Coach: Andrea Stapff
Contact: andrea.stapff@gmail.com

Region: Northern

- Sept 25-27 Teck Regional Fall Dryland Camp
Prince George, BC
Head Coach: Eric de Nys & Nicole Perrin
Contact: headcoach@caledonianordic.com
- Dec 4-6 Teck Regional Snow Camp
Smithers, BC
Head Coach: Matt Smider & Patrick Williston
Contact: inkyblue@telus.net

Region: Kootenay

- Sept 25-27 Teck Regional Fall Dryland Camp
Kimberley, BC
Head Coaches: Graham Maclean & Frank Ackermann
Contact: frankackermann@me.com
- Nov 27-29 Teck Regional Snow Camp
Invermere, BC
Head Coaches: Graham Maclean & Ted Bigelow
Contact: darren.tamelin@canfor.com

Region: Okanagan

- Sept 11-13 Teck Regional Fall Dryland Camp #1
Kelowna, BC
Head Coach: Adam Elliot
Contact: adam.elliott556@hotmail.com
- Sept 18-20 Teck Regional Fall Dryland Camp #2
Revelstoke, BC
Head Coach: Matt Smider
Contact: coach@revelstokenordic.org
- Nov 20-22 Teck Regional Snow Camp #1
Vernon, BC
Head Coach: Adam Elliot
Contact: adam.elliott556@hotmail.com
- Nov 27-29 Teck Regional Snow Camp #2
Vernon, BC
Head Coach: Matt Smider
Contact: coach@revelstokenordic.org



Photo: Pryceless Photography

Teck Regional Cup Series

The Teck Regional Cup Series offers affordable, accessible, competitive opportunities for developing athletes. All Regional Cup races offer age-appropriate categories for children 14 years of age and younger, and most offer the full spectrum of categories for skiers of all ages. For more information contact the race organizers listed below, or the CCBC Office at (250) 545-9600; office@crosscountrybc.ca.

Teck Coast Cup Series

- | | |
|-----------|--|
| Dec 20 | Teck Coast Cup # 1
Callaghan Valley, BC
Contact: racesecretary@hollyburnxc.ca |
| Jan 3 | Teck Coast Cup # 2
Callaghan Valley, BC
Contact: sdp@whistlernordics.com |
| Jan 30-31 | Teck Coast Cup #3 & #4
Mt Washington, BC
Contact: info@strathconanordics.com |
| Feb 20 | Teck Coast Cup # 5
Callaghan Valley, BC
Contact: info@seatoskynordics.ca |
| Feb 21 | Teck Coast Cup #6
<i>Coast Cup Series Finale</i>
Callaghan Valley, BC
Contact: dfflos@hotmail.com |

Teck Northern Cup Series

- | | |
|--------|--|
| Jan 2 | Teck Northern Cup #1
Smithers, BC
Contact: jennifer.plummer@hotmail.com |
| Jan 3 | Teck Northern Cup #2
Prince George, BC
Contact: raceoffice@caledonianordic.com |
| Jan 31 | Teck Northern Cup #3
Burns Lake, BC
Contact: juliemsheppard@gmail.com |
| Feb 20 | Teck Northern Cup #4
100 Mile House, BC
Contact: carlsonglb@gmail.com |

- | | |
|--------|--|
| Feb 21 | Teck Northern Cup #5
Smithers, BC
Contact: jennifer.plummer@hotmail.com |
| Mar 6 | Teck Northern Cup #6
<i>Northern Cup Series Finale</i>
Vanderhoof, BC
Contact: bwruntwo@telus.net |

Teck Kootenay Cup Series

- | | |
|-----------|---|
| Dec 19-20 | Teck Kootenay Cup #1 & #2
Rossland, BC
Contact: adelepratt@hotmail.com |
| Jan 16-17 | Teck Kootenay Cup #3 & #4
Nelson, BC
Contact: jaime@nelsonnordicski.ca |
| Jan 30-31 | Teck Kootenay Cup #5 & #6
Invermere, BC
Contact: info@nipika.com |
| Feb 20-21 | Teck Kootenay Cup #7 & #8
<i>Kootenay Cup Series Finale</i>
Kimberley, BC
Contact: frankackermann@me.com |

Teck Okanagan Cup Series

- | | |
|-----------|--|
| Feb 20-21 | Teck Okanagan Cup #1 & #2
Revelstoke, BC
Contact: mike@urbanworkbench.com |
| Mar 6 | Teck Okanagan Cup #3
<i>Okanagan Cup Series Finale</i>
Kelowna, BC
Contact: mike.edwards@telemarknordic.com |



A Focus on Excellence. A Commitment to the Future.

Supporting B.C.'s young athletes

Teck is proud to be the title sponsor of Cross Country BC's skier development program. Through our partnership with Cross Country BC, we are supporting excellence in sport and providing youth with experiences that will help prepare them for the future.

For more information, go to www.crosscountrybc.ca



Teck



Photo: R. Kitamura, Overlander Ski Club



Photos: BC Games Society Volunteers



Photo: R. Thomas, Revelstoke Nordic Ski Club



Photo: B. Grimsrud, Whiskey Jack Nordic Ski Club

ATHLETES AT THE TOP

The National/International Scene



Jasmine Drolet

Six BC Athletes Qualify for National Ski Team Programs

Rémi Drolet
*Black Jack Cross Country Ski Club
Rossland, BC*

Molly Miller
*Black Jack Cross Country Ski Club
Kimberley, BC*

Joe Davies
*Whistler Nordic Ski Club
Whistler, BC*

Jasmine Drolet
*Black Jack Cross Country Ski Club
Rossland, BC*

National Para-Nordic Team

Emily Young
*Telemark Nordic Club
Kelowna, BC*

Natalie Wilkie
*Larch Hills Nordic Society
Salmon Arm, BC*

Historic FIS World Junior Championship Results for BC

Six of the 10-member team to represent Canada at the 2020 FIS World Junior Championships in Oberwiesenthal, Germany were from BC, and they were our most successful team ever.

Rémi Drolet (Black Jack Cross Country Ski Club, Rossland) anchored the Men's Relay team and delivered a silver medal result for Canada. This was the first ever World Junior Championships medal for a BC athlete and Canada's first ever medal in a relay event. For more details refer to page 5.

BC also had a best ever individual result at the Championships when Rémi finished 4th in the Men's 30 km skating event. Rémi was 10 seconds off the pace from becoming just the third Canadian ever to win an individual medal at this event. Rémi, who is a student-athlete, is in the first year of his post-secondary education at Harvard University.

Other highlights include Rémi, Elizabeth Elliott (Revelstoke Nordic Ski Club) and Benita Peiffer (Whistler Nordic Ski Club) all cracking the top-30 in the free technique sprint races. Elizabeth (front cover photo) and Benita (photo on page 25) skied to 23rd and 25th respectively in the junior women's race, while Rémi was 23rd in the men's event.



Rémi Drolet, Silver Medal, Men's Relay

Other members of the team from BC were Molly Miller (Black Jack Cross Country Ski Club), Michael Murdoch (Whistler Nordic Ski Club) and Jasmine Drolet (Black Jack Cross Country Ski Club).

For more information about past BC performances at the World Juniors visit:
<http://www.crosscountrybc.ca/world-jr-championships-bc>

Photos on pgs 22-23: D. Stephen ▶

BC SKI TEAM

Aidan Hay	Hollyburn
Alexandra Luxmoore	Revelstoke
Benita Peiffer	Whistler
Beth Granstrom	Revelstoke
Cole Turner	Telemark
Elizabeth Elliott	Revelstoke
Elliot Wilson	Revelstoke
Emily Macleod	Revelstoke
Fred Albrechtson	Nickel Plate
Gareth Williams	Telemark
Garrett Siever	Telemark
Gregory Baxter	Bulkley Valley
Hannah Mehain	Sovereign Lake
Hugo Henckel	Strathcona
Ian Mayer	Telemark
Ian Williams	Telemark
Jaclyn Elliott	Revelstoke
Jasmine Drolet	Black Jack
Joe Davies	Whistler
Julianne Moore	Larch Hills
Katie Weaver	Hollyburn
Lucas Sadesky	Sovereign Lake
Marielle Ackermann	Kimberley
Masha Stich	Toby Creek
Michael Murdoch	Whistler
Molly Miller	Black Jack
Quinn Morgan	Kimberley
Quinn O' Shea	Hollyburn
Remi Drolet	Black Jack
Samantha Vukadinovic	Larch Hills
Taschi Klaschka	Sovereign Lake
Torin Andrews	Sovereign Lake
Tyson Green	Caledonia
Zara Bucher	Larch Hills

BC PARA NORDIC TEAM

Daryl Yuen	Nordic Racers
Ethan Hess	Nordic Racers
Emily Young	Telemark
Leo Sammarelli	Nordic Racers
Natalie Wilkie	Larch Hills
Andy Lin	Nordic Racers



Benita Peiffer, 2020 World Junior Championships





TECK KOOTENAY REGIONAL CAMP

Photo: D. Clark, Kimberley Nordic Club

COACHING PROGRAM



Photos (l & r): Pryceless Photography



Photo: Yingtao Pan

COACHING PROGRAM

MANDATORY QUALIFICATION

Standards for Cross-Country Skiing

Did you know that coaches are required to have minimum training in order to supervise, instruct or coach ski activities for children under the age of 16 years? If an individual is teaching someone to ski, they must have this training. If an individual is just helping the group (serving hot chocolate, following behind the last skier in the group as they ski around a trail, helping to put on gloves and skis), they do not require minimum training.

NCCP Intro to Community Coaching Online Modules

There are two progressive online e-learning modules designed to provide parents and other beginner coaches with basic information and a feeling of confidence as they begin their role as a coach. These modules educate individuals on how to deliver a series of age-appropriate skill development sessions under the supervision of more experienced coaches. The orientation is towards children under nine years of age (“Active Start” and “Fundamentals” stages of athlete development). Coaches are taught basic coaching skills, growth and development considerations, and how to set up a ski playground. This is entry level, and there are no prerequisites except enthusiasm and the minimum age requirement of 14 years.

<i>Coach Initiation in Sport Module</i>	<i>1 hour</i>	<i>\$15.00</i>
<i>NC ICC' Module</i>	<i>6 hours</i>	<i>\$52.00</i>

NCCP Community Coaching Workshop

The “CC” Workshop is the third step in the NCCP coach education program. It provides essential training for coaches delivering effective skill development programs for children six to nine years of age (the “FUNdamentals” stage of skier development). This program is designed to train coaches to teach children technical skills, select games that reinforce the technical skill being taught, design and lead on-snow sessions, select and prepare equipment for young children, and make learning FUN. This workshop includes on-snow sessions. Successful completion of the ICC Workshop, enthusiasm and a minimum age of 14 years are the only prerequisites.

16 hours. *The workshop fee for NC/CCBC members is \$105.00.*

NCCP CCI (L2T) Workshops

The CCI program develops skills and provides tools that a coach can use to (1) create a fun, team-oriented environment that will motivate children to achieve their personal goals in sport and develop a lifelong interest in the fitness and health benefits of cross-country skiing, and

(2) deliver a well-rounded sport program with an emphasis on skill development to children nine to 12 years of age (the “Learning to Train” stage of development).

The **L2T (Dryland) Workshop** is the fourth step in the NCCP progression. Coaches are taught about developmental age, physical literacy, team building, athletic components (aerobic fitness, speed, etc.), nutrition, how to design their own sport program, adventure-based activities (year-round), roller-skiing and planning a practice. Prerequisite: Community Coach Workshop.

18.25 hours. *The workshop fee for NC/CCBC members is \$100.00.*

The **L2T (On-Snow) Workshop** is the second half of the L2T program and the fifth step in the NCCP progression. This workshop is designed to train coaches on team management, supporting athletes at a competition, teaching and learning, equipment selection, ski preparation and how to effectively teach ski technique. Prerequisite: L2T (Dryland) Workshop.

16.5 hours. *The workshop fee for NC/CCBC members is \$100.00.*

NCCP CCI Advanced (T2T) Workshops

The CCI Advanced program provides tools and develops skills that a coach can use to (1) teach athletes how to build an aerobic base, speed and strength and further develop and consolidate sport specific skills as appropriate for their developmental age, and (2) design and deliver an annual sport program that takes into consideration optimal trainability and the maturity/readiness (physical, mental, cognitive and emotional maturity) of individual athletes 12 to 16 years of age (the “Training to Train” stage of development).

The **T2T (Dryland) Workshop** is the sixth step in the NCCP progression. Coaches are taught about growth and maturation, energy systems, training intensities, monitoring and recovery, strength, speed, flexibility, roller-skiing and other dryland ski simulation techniques, exercise performance and health, etc. Prerequisite: L2T (On-Snow) Workshop.

The **T2T (On-Snow) Workshop** is the second half of the CCI Advanced program and the seventh step in the NCCP progression. It is designed to train coaches to develop an effective competition plan for a team, prepare for a competition, support athletes at a competition, teach basic mental skills, refine all ski techniques, test and prepare skis, and make ethical decisions. Prerequisite: T2T (Dryland) Workshop.

17.5 hours / workshop. *The fee for each workshop is \$125.00 for members of NC/CCBC.*

COACHING PROGRAM

NATIONAL COACHING CERTIFICATION PROGRAM (NCCP)

NCCP COMMUNITY COACHING (CC) WORKSHOPS

Nov 14-15	Vernon	Eric de Nys	(403) 609-7197
Nov 21-22	Whistler	Lynn Ayers	(604) 815-3452
Nov 21-22	Kimberley	Dan Clark	(250) 427-6628
Nov 28-29	Revelstoke	Matt Smider	(250) 683-9012
Nov 28-29	Rossland	Andi Fancy	(778) 212-4140
Nov 28-29	Smithers	Michelle Doogan-Smith	(250) 847-0022
Nov 28-29	Whistler	Nancy Hill	(604) 790-1637
Nov 28-29	Houston	Greg Yeomans	(250) 845-9498
Dec 5-6	Fort St. John	Eliza Stanford	(250) 785-0973
Dec 5-6	Penticton	Steve Bamford	(250) 809-7551
Dec 5-6	Prince George	Lanita Horning	(250) 564-3809
Dec 5-6	Golden	Graeme Torrie	(587) 873-8504
Dec 12-13	Invermere	Cam Gillies	(250) 342-9605
Dec 12-13	Sunshine Coast	Stefanie Reznik	(604) 741-5993
Dec 12-13	Salmon Arm	Luke Heckrodt	(250) 832-2912
Dec 12-13	Kelowna	Deren Sentesy	(250) 979-8005
Dec 19-20	Vanderhoof	Richard Burkholder	(250) 567-9000
Jan 2-3	Courtenay	Marilyn Atkinson	(250) 338-9345
Jan 9-10	Williams Lake	Robin Dawes	(778) 417-0166

NCCP L2T (DRYLAND) WORKSHOPS

Sept 11-13	Whistler	Nancy Beaumont	(250) 545-9600
Sept 18-20	Kimberley	Dan Clark	(250) 427-6628
Oct 2-4	Smithers	Michelle Doogan-Smith	(250) 847-0022
Oct 2-4	Kelowna	Deren Sentesy	(250) 979-8005
Oct 16-18	Salmon Arm	Megan Brooke	(250) 832-2912

NCCP L2T (ON-SNOW) WORKSHOPS

Nov 28-29	Whistler	Nancy Hill	(604) 790-1637
Dec 4-6	Whistler	Katrina Heron	(604) 902-8914
Dec 11-13	Houston	Greg Yeomans	(250) 845-9498
Dec 11-13	Vernon	Eric de Nys	(403) 609-7197

NCCP T2T WORKSHOPS

Sept 11-13	Dryland	Whistler	N. Beaumont	(250) 545-9600
Nov 20-22	On-Snow	Whistler	N. Beaumont	(250) 545-9600

NCCP L2C WORKSHOPS

Sept 9-12	Dryland	Whistler	N. Beaumont	(250) 545-9600
Nov 19-22	On-Snow	Whistler	N. Beaumont	(250) 545-9600

CCBC SKI PREPARATION WORKSHOP November 20-22, 2020, Invermere, BC.

This weekend workshop covers shop set up, what goes in the tool box, maintenance of tools, ski selection, wax application, testing procedures (grip & glide), hand tuning and stone grinding.

Who is it for? Club wax technicians and coaches

Presenter: Graham Maclean, former National Ski Team Wax Technician

Workshop registration: Ph: (250) 545-9600

Cross Country BC Contact List

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headcoach@crosscountrybc.ca

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Maria Lundgren
(604) 906-1081
coaching@crosscountrybc.ca

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SUN PEAKS
RESORT

CCBC CLUB DIRECTORY

Who to Contact & Where to Ski in British Columbia



Beaton Provincial Park Ski Trails, Fort St John

Photo: BC Games Society Volunteers

CCBC CLUB DIRECTORY

Arrow Lakes CC Ski Club

Contact: Kathy Smith
420 Nakusp East Road, Nakusp, BC
V0G 1R1 (250) 265-4950
alccsc.1988@gmail.com

Club Facilities:

Wensley Creek CC Ski Trails
8.3 km groomed trails (classic),
terrain suitable for recreational skiing
Warming hut on trail system
Grooming: snowmobiles

Barriere Outdoor Club

Contact: Franz Friesinger
Box 647, Barriere, BC V0E 1E0
(250) 672-1968

friesingerfranz@gmail.com
barriereoutdoorclub.weebly.com

Programs: Ski S'Kool; Adult Skill
Lessons

Club Facilities: *Barrier Forks Trails*
6 km groomed trails; warming hut;
ski playground
Snowmobile, groomer, tracksetter
Warming hut (250 sf)

Bear Mountain Nordic Ski Club

Contact: Jill Squires
Box 21033, Dawson Creek, BC
V1G 4X8 (250) 782-8796
Snow Ph: (250) 219-4488
bearmountainnordic@gmail.com
www.nordicski.ca

Programs: Ski S'Kool; SDP; Adult
Skill Lessons; Jr Racing

Club Facilities:

Bear Mtn Nordic Ski Trails
26 km groomed trails
Grooming: Bombardier Snowcat
Cabin at trail head (1000 sf); 3
heated trail shelters/cabin

Black Jack Cross Country Ski Club

Contact: Dave Gibson
Box 1754, Rossland, BC V0G 1Y0
(250) 362-7164; info@skiblackjack.ca
www.skiblackjack.ca

Programs: Ski S'Kool; SDP; Adult
Skill Lessons; Jr & Sr Racing

Club Facilities:

Black Jack Recreation Area
45 km groomed trails; 2.5 km lit
trails; 2.1 km K-9 trails
Grooming: 2 Snow Cats, 2 Ginzu
Daylodge (400 sf); wax shelter; 2
warming cabins on trail system

Bulkley Valley CC Ski Club

Contact: Ben Forsyth
Box 4412, Smithers, BC
V0J 2N0; chair@bvnordic.ca
www.bvnordic.ca

Programs: Ski S'Kool; SDP; Jr
Racing; Adult Skill Lessons

Club Facilities:

Bulkley Valley Nordic Centre
52 km groomed trails; 5 km lit trails;
10 km K-9 trails; ski playground
Grooming: PB Snow Cat;
snowmobile
Daylodge (4000 sf); heated
washrooms; waxing hut

Caledonia Nordic Ski Club

Contact: Angela LeFebvre
8141 Otway Rd, Prince George,
BC V2M 7B4; (250) 564-3809
manager@caledonianordic.com
www.caledonianordic.com

Programs: Ski S'Kool; SDP;
Jr Racing Program; Adult Skill
Lessons; Masters Racing; Adaptive

Club Facilities: *Otway Ski Area*
55 km groomed trails; 10 km lit
trails; ski playground, K-9 trails,
snowmaking, varied terrain
Grooming: PB 100; Ginzu
Daylodge (4500 sf); rental shop;
heated washrooms; 2 technical
buildings; wax facilities

Cariboo Ski Touring Club

Contact: Brian Kennelly
Box 4433, Quesnel, BC V2J 3J4
info@caribooski.ca;
www.caribooski.ca

Programs: Ski S'Kool; SDP;
Adult Skill Lessons

Club Facilities:

Halls Lake Trails
75 km groomed trails; 3.5 km
lit trails; 10km K-9 trails; varied
terrain; ski playground
Daylodge (3000 sf); heated
washrooms; open daily; rental
shop; 4 backcountry cabins
Grooming: PB 100, Ginzu

Chetwynd Outdoor Society

Contact: Winston Ho
Box 1258, Chetwynd, BC V0C 1J0
chetoutdoor@gmail.com
www.chetoutdoors.wordpress.com

Clinton Snow Jockey Club

Contact: Roland Higginbottom
Box 143, Clinton, BC V0K 1K0
(250) 459-2487
rolly2@bcwireless.com

Club Facilities:

Big Bar Ski Trails
35 km groomed trails; terrain
suitable for recreational skiing
Grooming: single track snowmobiles
6 log shelters on the trail system

Elkford Nordic Ski Club

Contact: Marcel Hoveling
Box 602, Elkford, BC V0B 1H0
(250) 865-2759; mhoveling@yahoo.com
Club Facilities: *Boivin Creek Ski Trail*
7km groomed trails; 2 shelters
Grooming: Yamaha; Skandic

Fernie Nordic Society

Contact: Megan Lohmann
Box 843, Fernie, BC V0B 1M0
(250) 531-0690; info@ferniennordic.com;
www.ferniennordic.com

Programs: Ski S'Kool; SDP; Jr
Racing; Adult Skill Lessons

Club Facilities:

Elk Valley Nordic Centre
12 km groomed trails
Grooming: Snow Cat; snowmobile
Warming hut (450 sf)

Fort Nelson CC Ski Club

Contact: Cathy Dolan
Box 1888, Fort Nelson, BC V0C 1R0
(250) 774-6359; cbdolan@northwestel.net

Club Facilities: *Fort Nelson
Community Forest & Golf Course*
20 km groomed trails, 0.5 km lit
trails; K-9 trails

Grooming: 2 Alpine Twin Track
Shelter at trail head

Golden Nordic Ski Club

Contact: Dan Vese____lic
Box 1991, Golden, BC V0A 1H0
(250) 939-8504
info@goldennordicclub.ca
www.goldennordicclub.ca

Programs: Parents & Tots; Ski
S'Kool; SDP; Adult Skill Lessons,
Masters, Special Olympics

Club Facilities:

Dawn Mountain Nordic Trails
33 km groomed trails; ski
playground; 1 km K-9 trails

Grooming: 2 Bombardier Snow
Cats; Ginzu; snowmobiles
Daylodge (2000 sf); rentals; heated
washrooms; waxing facilities
Day use cabin (400 sf) on trails

Highland Valley Outdoor Assoc.

Contact: Ray Town
Box 415, Logan Lake, BC
V0K 1W0 (250) 523-7494
gayle_ray@telus.net
handvalleyoutdoorassociation.com

Club Facilities:

Logan Lake Ski Trails
34 km groomed trails; 2 km lit
trails; 7 km K-9 trails; 3 shelters
Grooming: Bombardier 250; Ginzu

Hollyburn Cross Country Ski Club

Contact: Dirk Rohde
Box 16101 Lynn Valley
North Vancouver, BC V7J 3S9
(604) 942-6410; www.hollyburnxc.ca
info@hollyburnxc.ca

Programs: SDP; Jr Racing; Adult
Skill Lessons

KORTS Nordic Ski Club

Contact: Ken Butt
Box 1024, Kaslo, BC V0G 1M0
(250) 353-2898; korstbc@gmail.com
www.korsbc.blogspot.ca

Programs: SDP; Adult Skill Lessons
Club Facilities: *KORS Nordic Trails*
12.5 km groomed trails; 2.9
km K-9 trails; ski playground
Grooming: snowmobiles;
Ginzu
2 warming huts

Kimberley Nordic Ski Club

Contact: Dan Clark
Box 464, Kimberley, BC
V1A 3B9 (250) 427-9300
info@kimberleynordic.org
www.kimberleynordic.org
Programs: Ski S'Kool; SDP;
Jr Racing; Adult Skill Lessons;
Masters; Adaptive

Club Facilities:

Kimberley Nordic Centre
31 km groomed trails; ski
playground; 3.3 km lit trails
Daylodge (1200 sf); washrooms;
rental shop; wax cabin
Grooming: Snowcat; Ginzu

CCBC CLUB DIRECTORY

Larch Hills Nordic Society

Contact: Karen Tanchack
Box 218, Salmon Arm, BC
V1E 4N3 Ph: (236) 586-5711
info@skilarchhills.ca
www.skilarchhills.ca

Programs: Ski S'Kool; SDP; Jr
Racing Program; Adaptive

Club Facilities:

Larch Hills Ski Area

40 km groomed trails; K-9 trails;
varied terrain; daylodge (3600
sq. ft.); 1 backcountry cabin; 2
shelters on trail system
Grooming: PB 200

Mackenzie Nordique Ski Club

Contact: Olivia Van Jarrett
Box 747, Mackenzie, BC V0J 2C0
mackenzienordiques@gmail.com
www.mackenzienordiques.ca

Programs: SDP

Club Facilities: Mackenzie Cross Country Ski Trails

32 km groomed trails, 5 km K-9
trails; 5 km lit trails; ski playground
Grooming: PB; snowmobiles; Ginzu
Daylodge; 3 warming huts on
trail system

Manning Nordic Ski Club

Contact: Jo Hughes
Box 1600, Hope, BC V0X 1L0
(604) 668-5933 x 1339
jo@manningpark.com

Programs: Ski S'Kool; Adult
Skill Lessons

McKinney Nordic Ski Club

Contact: Kim Staus
152 Road 9, Oliver, BC V0H 1T1
(250) 408-4585
kstaus@gmail.com
www.mckinneynordicskiclub.com

Programs: Ski S'Kool

Club Facilities: McKinney Trails

15 km groomed trails
Grooming: Bombardier 301
Snowcat
Three shelters; 3 outhouses

Morice Mtn. Nordic Ski Club

Contact: Greg Yeomans
Box 1573, Houston, BC V0J 1Z0
mmnsclub@gmail.com
https://sites.google.com/site/

moricemountainnordicskiclub/

Programs: SDP, Adult Skill
Lessons

Club Facilities:

Morice Mtn Cross Country Ski Trails

30 km groomed trails; varied
terrain; 2 km lit trails; K-9 trails; ski
playground
Daylodge (900 sf); wax hut;
rentals; 1 backcountry cabin
Grooming: Bombardier 400

Nechako Nordics Ski Club

Contact: Richard Burkholder
Box 437, Vanderhoof, BC
V0J 3A0 (250) 567-9600
bur9000@telus.net

Programs: Ski S'Kool; SDP; Jr
Racing Program; Adult Skill Lessons

Club Facilities: Nechako Valley Sporting Association Trails

11.5 km groomed trails; varied
terrain; 2.6 km lit trails; ski
playground
Grooming: Scandic SWT 800
Daylodge (2400 sf); washrooms;
wax facilities

Nelson Nordic Ski Club

Contact: Jaime Frederick
Box 486, Nelson, BC V1L 5R3
(250) 354-4299; Snow Ph: 354-4292
info@nelsonnordicski.ca
www.nelsonnordicski.ca

Programs: Ski S'Kool; SDP;
Jr Racing Program; Adult Skill
Lessons

Club Facilities: Apex-Busk Ski Trails

30 km groomed trails; 1.3 km lit
trails; ski playground
Grooming: Prinoth Husky; BR 180
Daylodge at trail head, 2 warming
huts on trail system

Nickel Plate CC Ski Club

Contact: Tricia Wilson
777-650 Duncan Ave. W.
Penticton, BC V2A 7N1
Snow Ph: (250) 292-8110
info@nickelplatenordic.org
www.nickelplatenordic.org

Programs: Ski S'Kool, SDP, Jr
Racing Program, Adult Skill lessons

Club Facilities:

Nickel Plate Ski Area
56 km groomed trails; ski

playground; 3 km K-9 Trails
Daylodge (4000 sf); rental shop;
heated washrooms; waxing facilities
Grooming: Prinoth Husky; Ginzu

Nordic Racers

Contact: David McKee
#119 2416 Main Street
Vancouver, BC V5T 3E2
membership@nordicracers.ca
www.nordicracers.ca

Programs: Para Nordic Skill
Lessons/ Racing Program; Adult
Ski Lessons; Masters

Omineca Ski Club

Contact: Agathe Bernard
Box 1008, Burns Lake, BC V0J 1E1
(250) 698-7737; info@ominecaskiclub.ca
www.ominecaskiclub.ca

Programs: SDP; Adult Skill Lessons

Club Facilities: Omineca Ski Trails

50 km groomed trails; 1.5 km lit
trails; K-9 Trails; ski playground
Grooming: BR 275; PB 70
Daylodge (3000 sq ft); heated
washrooms; showers, rentals;
heated wax cabin

100 Mile Nordic Ski Society

Contact: Kristi Iverson
Box 1888, 100 Mile House BC V0K 2E0
(250) 395-2104; info@100milenordics.com
www.100milenordics.com

Programs: Ski S'Kool; SDP; Adult
Skill Lessons

Club Facilities: 99 Mile Ski Trails

45 km groomed trails; 4.5 km lit
trails; ski playground
Grooming: PB 200; Ginzu
Daylodge (3000 sf); open 9-4
daily; hot meals; rental shop;
heated washrooms; wax facilities
2 warming cabins on trail system

Overlander Ski Club

Contact: Vesta Giles
Box 1191, Kamloops, BC V2C
6H3
info@overlanderskiclub.com
(250) 376-9147

Snow Ph: 372-5514
www.overlanderskiclub.com

Programs: Ski S'Kool; SDP;
Jr Racing Program; Adult Skill
Lessons

Club Facilities:

Stake Lake Cross Country Ski Trails
60 km groomed trails; 4.5 km
lit trails; 5 km K-9 trails; varied
terrain; ski playground
Grooming: Bombardier MP; 2 Ginzu
Daylodge (2900 sf); heated
washrooms; 6 trail shelters

Phoenix Cross Country Ski Society

Contact: Brian Fletcher
1915a Central Ave., Grand Forks
VOH 1H2 Ph: (250) 442-8561
info@rideandslide.ca

Programs: SDP

Club Facilities:

Marshall Lake CC Ski Trails

12 km groomed trails
Grooming: BR 170 Snow Cat
Cabin (200 sf)

Revelstoke Nordic Ski Club

Contact: Bridget Daughney
Box 1618, Revelstoke, BC V0E 2S0
info@revelstokenordic.org
(250) 814-4264; Snow Ph: 837-7303
www.revelstokenordic.org

Programs: Ski S'Kool; SDP; Jr
Racing Program; Adult Skill Lessons

Club Facilities:

Mt. MacPherson Ski Trails
30 km groomed trails
6 km lit trails; ski playground; K-9 trails
Grooming: BR 350; snowmobiles;
Ginzu
Daylodge (1200 sf); heated
washrooms; rental shop; wax
facilities; cabin (400 sf) on trail
system

Sea to Sky Nordic Ski Club

Contact: Rick Smith
Box 2245, Squamish, BC V8B
0B5
info@seatoskynordics.ca
www.seatoskynordics.ca

Programs: SDP, Jr Racing
Program; Adult Skill Lessons

Skmana Ski Club

Contact: Debi Kalinin
Box 786, Chase, BC V0E 1M0
(250) 371-1602; www.ski-skmana.
com
skiskmana@gmail.com

CCBC CLUB DIRECTORY

Club Facilities:

Skmana Lake Recreational Area
18 km groomed trails; K-9 Trails;
terrain suitable for recreational skiing
Warming hut (200 sq ft)
Grooming: Skidoo; Ginzu

Snow Valley Nordic Ski Club

Contact: Liz Thorne
Box 404, Kitimat, BC
V8C 2M4 (250) 632-6055
snowvalleynordic@gmail.com
www.snowvalleynordics.com
Programs: SDP; Adult Skill
Lessons

Club Facilities:

Onion Lake Ski Trails
35 km groomed trails, 5 km lit trails,
6 km K-9 trails; ski playground
Daylodge (900 sf); rentals
Grooming: Prinoth BR 350; Ginzu

Sovereign Lake Nordic Club

Contact: Troy Hudson
Box 1231, Vernon, BC V1T 6N6
(250) 558-3036; Snow Ph: 260-5335
info@sovereignlake.com
www.sovereignlake.com
Programs: Parents & Tots; SDP; Ski
S'Kool; Jr Racing Program; Adult Skill
Lessons; Masters; Adaptive

Club Facilities:

Sovereign Lake Nordic Centre
56 km groomed trails; terrain; 4 km lit
trails; ski playground; 7 km K-9 trails
Grooming: 2 PB 400; 2 Polaris
Tracker Quads; Ginzu
Daylodge (4000 sf); heated
washrooms; 1 Technical Building;
2 cabins; wax cabin; 1 shelter on
trail system

Spud Valley Nordic Association

Contact: Delores Franz Los
9440 Hurley River Rd, Pemberton,
BC V0N 2L2.
(604) 894-6189; dfflos@hotmail.com
www.spudvalleynordics.com
Programs: SDP

Club Facilities:

Nairn Falls Campground
3.5 km groomed trails; ski
playground
Grooming: snowmobile; Ginzu

Strathcona Nordic Ski Club

Contact: L. Apedaile
Box 3085, Courtenay, BC V9N 5N3
Snow Ph: (250) 203-0225
info@strathconanordics.com
www.strathconanordics.com

Programs: Parents & Tots;
Ski S'Kool; SDP; Jr & Masters
Racing; Adult Skill Lessons;
Adaptive

Stuart Lake Nordic Society

Contact: Paul Inden
Ft St James, BC VOJ 1P0
(250) 996-5244; Snow Ph: 996-8513
inden@live.ca

Club Facilities:

Murray Ridge Ski Trails
20 km groomed trails; 2.6 km lit
trails; K-9 trails
Grooming: Skandic SWT
Daylodge (3500 sf)
Warming cabin with wax table

Sun Peaks Nordic Club

Contact: Ivor McMahan
Box 255, Hefley Creek, Sun Peaks,
BC; V0E 1Z0 (250) 392-0141
sunpeaksnordicclub@gmail.com
www.sunpeaksnordics.weebly.com
Program: SDP

Sunset Ridge Ski Society

Contact: Shelly Hume
PO Box 1391, Sparwood, BC
V0B 2G0; (250) 433-1000
info@skisparwood.com
www.skisparwood.com
Programs: SDP; Adult Skill
Lessons
Club Facilities:
Daylodge (1000 sf)
10 km groomed trails; K-9 Trails
Grooming: BR 400

Telemark Nordic Club

Contact: Mike Edwards
Box 26072, West Kelowna, BC
V4T 2G3; gm@telemarknordic.com
(250) 707-5925 ;www.telemarknordic.com
Programs: Ski S'Kool; SDP, Jr
Racing Program; Adaptive; Adult
Skill Lessons; Masters; Special
Olympics
Club Facilities: *Telemark Ski Trails*
50 km groomed trails; ski

playground; 3 km K-9 Trails; 3.4
km lit trails
Daylodge (3000 sf); rental shop;
concession; heated washrooms
Grooming: PB 400; Ginzu

Tetrahedron Outdoor Club

Contact: Stefanie Reznick
Box 545, Gibsons, BC V0N 1V0
(604) 886-6693; www.tetoutdoor.ca
dakotaridgenordics@gmail.com

Programs: SDP

Club Facilities: *Dakota Ridge
Winter Recreational Area*
20 km groomed trails; 7 km K-9 trails
Warming hut

The Vancouver Skiers

Contact: Diane Whiteley
2633 Panorama Dr., N. Vancouver,
BC V7G 1V7 (604) 924-3533
web@theskiers.ca; www.theskiers.ca/
Programs: Day/overnight Trips;
Adult Skill Lessons

Toby Creek Nordic Ski Club

Contact: Darrren Tamelin
Box 892, Invermere, BC
V0A 1M0 (250) 342-1537
info@tobycreeknordic.ca
www.tobycreeknordic.ca

Programs: Parents & Tots; Ski
S'Kool; SDP; Jr Racing; Adult
Skill Lessons; Masters

Club Facilities:

Lake Windermere Whiteway
35 km groomed trails; K-9 trails
Grooming: Skidoo; Ginzu

Valhalla Hills Nordic Ski Club

Contact: Scott Kipkie
PO Address: 113 Reibin Rd
New Denver, BC, V0G 1S1
Ph: (250) 358-2494;
hillsnordic@gmail.com
www.hillsnordic.wordpress.com

Programs: SDP

Club Facilities:

Valhalla Hills Ski Trails
12 km groomed trails, ski
playground
Grooming: Ginzu

Wells Gray Outdoors Club

Contact: Dave Poole
1197 Barber Rd, Clearwater, BC

V0E 1N1 (250) 587-6120
drspoole@gmail.com
www.wellsgrayoutdoorsclub.ca

Programs: Parents & Tots; Ski
S'Kool; SDP; Adult Skill Lessons

Club Facilities:

Candle Creek Ski Trails
32 km groomed trails
Grooming: PB 100; Ginzu
Daylodge (600 sf)

Whiskey Jack Nordic Ski Club

Contact: Eliza Stanford
9508 113th Ave., Ft. St John, BC
V1J 2W9 (250) 785-0973
whiskeyjacknsc@gmail.com
www.whiskeyjacknordic.ca/

Programs: Parents & Tots; SDP;
Adult Skill Lessons

Club Facilities:

Beaton Provincial Park Ski Trails
15 km groomed trails; 4 km K-9 trails
Grooming: Skandic SWT; Ginzu
Warming cabin at trail head (200 sf)

Whistler Nordic Ski Club

Contact: Tony Peiffer
PO Box 591, Whistler, BC V0N 1B0
admin@whistlernordics.com
www.whistlernordics.com
Programs: SDP; Jr Racing;
Masters

Williams Lake CC Ski Club

Contact: Deb Burdikin
Box 4026, Williams Lake, BC V2G 2V2
(250) 392-2468; info@bullmountain.ca
www.bullmountain.ca

Programs: SDP; Adult Skill
Lessons; Jr Racing Team

Club Facilities:

Bull Mtn Cross Country Ski Trails
28 km groomed trails; K-9 trails;
ski playground; 3.5 km lit trails
Warming cabin (1000 sf)
Grooming: Ginzu

Yellowhead Ski Club

Contact: Brenda Monroe
Box 258, McBride, BC V0J 2E0
yellowheadskiclub@hotmail.com

Club Facilities:

Belle Mountain Ski Trails
17 km groomed trails
Grooming: Alpine Twin Track
Cabin on trail system



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COMPETITION SCHEDULE

Provincial, National & International Events

DECEMBER, 2020

Dec 11-13 **FIS NorAm**
Canmore, AB
Nordiq Canada
<https://nordiqcanada.ca/races/race-calendar/>

Dec 18-20 **FIS NorAm/
Teck Kootenay Cup #1 & 2**
Teck Kootenay Cup Series
Rossland
Adele Pratt
(250) 368-7787
adelepratt@hotmail.com

Dec 20 **Teck Coast Cup #1**
Teck Coast Cup Series
Callaghan Valley
DJ Hay
604-789-7212
racesecretary@hollyburnxc.ca

JANUARY, 2021

Jan 2 **Teck Northern Cup #1**
Teck Northern Cup Series
Smithers
Jennifer Plummer
(250) 847-0314
Jennifer.plummer@hotmail.com

Jan 3 **Teck Northern Cup #2**
Teck Northern Cup Series
Prince George
Robin Ditto
(250) 962-6426
raceoffice@caledonianordic.com

Jan 3 **Teck Coast Cup #2**
Teck Coast Cup Series
Callaghan Valley
Katrina Heron
604 902 8914
sdp@whistlernordics.com

Jan 7-10 **FIS NorAm/
World Jr/U23 Champ Trials**
Whistler
DJ Hay
604-789-7212
secretary@wjc2023.ca

Jan 16 **Reino Keski Salmi Loppet**
Salmon Arm
Brad Calkins
rksloppet@gmail.com

Jan 16-17 **Teck Kootenay Cup #3 & 4**
Teck Kootenay Cup Series
Nelson
Jaime Frederick
(250) 505-3703
jaime@nelsonnordicski.ca

Jan 21-31 **FISU World University Games**
Lucerne, SUI
<https://www.winteruniversiade2021.ch/en/>

Jan 23 **Snow Valley Open**
Kitimat
Travis Carter
(250) 635-6435
travisluvsbikes@gmail.com

Jan 23-24 **Teck BC Cup #1**
Teck BC Cup Series
BC College/University Series
Prince George
Robin Ditto
(250) 962-6426
raceoffice@caledonianordic.com

Jan 29-31 **Western Canada Cup**
Red Deer, AB
Nordiq Canada
<https://nordiqcanada.ca/races/race-calendar/>

Jan 30-31 **Teck Coast Cup #3 & 4**
Teck Coast Cup Series
Mt. Washington
Len Apedaile
(250) 203-0225
info@strathconanordics.com

Jan 30-31 **Teck Kootenay Cup #5 & 6**
Teck Kootenay Cup Series
Invermere
Marni Kreutzer
(250) 342-6516
info@nipika.com

Jan 30-31 **Nipika/Toby Creek Loppet**
Invermere
Marni Kreutzer
(250) 342-6516
info@nipika.com

Jan 30 **Cascade Cup Loppet**
Manning Park
Jo Hughes
(604) 668-5933 x1339
jo@manningpark.com

Jan 31 **Teck Northern Cup #3**
Teck Northern Cup Series
Burns Lake
Julie Sheppard
(778) 995-4937
juliemsheppard@gmail.com

FEBRUARY, 2021

Feb 1-7 **FIS World JrU23 Championships**
Zakopane, POL
Nordiq Canada
<https://nordiqcanada.ca/races/race-calendar/>

Feb 6 **Jess4Kids Relay**
Vernon
Troy Hudson
(250) 558-3036
info@sovereignlake.com

Feb 6-7 **Teck Track Attack Championships**
Salmon Arm
Alan Corbett
(250) 833-0247
askacorbett@hotmail.com

COMPETITION SCHEDULE

Feb 6-7 **Huckleberry Loppet**
Golden
Joan Dolinsky
(250) 344-0017
joandolinsky@gmail.com

Feb 7 **Sunshine Coast Loppet**
Gibsons
Natasha Gellatly
(604) 740-1822
sunshinecoastloppet@gmail.com

Feb 7 **Spud Valley Loppet**
Pemberton
Delores Franz Los
(604) 894-6182
dfflos@hotmail.com

Feb 13-14 **Teck BC Cup #2**
Teck BC Cup Series
BC College/University Series
Kamloops
Natalie Manhard
(250) 320-0486
nmanhard@shaw.ca

Feb 14 **Morice Mountain Challenge**
Houston
Greg Yeomans
(250) 845-9498
jgyeomans@gmail.com

Feb 20 **Teck Coast Cup #5**
Teck Coast Cup Series
Callaghan Valley
John Heilig
info@seatoskynordics.ca

Feb 20 **Teck Northern Cup #4**
Teck Northern Cup Series
100 Mile House
Gary Carlson
(250) 395-2063
carlsonglb@gmail.com

Feb 20 **Black Jack Loppet**
Rossland
Adele Pratt
(250) 368-7787
adelepratt@hotmail.com

Feb 20 **Moose Marathon**
Kitimat
Travis Carter
(250) 635-6435
travisluvsbikes@gmail.com

Feb 20-21 **Teck Okanagan Cup #1 & 2**
Teck Okanagan Cup Series
Revelstoke
Mike Thomas
(250) 814-4583
mike@urbanworkbench.com

Feb 20-21 **Teck Kootenay Cup #7 & 8**
Teck Kootenay Cup Series Finale
Tier 2 Points Races
Kimberley
Frank Ackermann
(250) 427-0644
frankackerkmann@me.com

Feb 21 **Teck Coast Cup #6**
Teck Coast Cup Series Finale
Callaghan Valley
Delores Franz Los
(604) 894-6182
dfflos@hotmail.com

Feb 21 **Snow Fun 50**
Vernon
Marcus Boyle
(250) 307-3263
marcus.projeny@gmail.com

Feb 21 **Teck Northern Cup #5/
Chris Dahlie Open**
Teck Northern Cup Series
Smithers
Jennifer Plummer
(250) 847-0314
jennifer.plummer@hotmail.com

Feb 21 **Snowshoe Hare Loppet**
Fort St John
Becky Grimsrud
(250) 262-1900
beckygutteridge@gmail.com

Feb 23-
Mar 7 **FIS World Championships**
Oberstdorf, GER
<https://www.oberstdorf2021.com/en/the-wcs/>

Feb 26-28 **Teck BC Championships**
Teck BC Cup Series
BC College/University Series
Vernon
Marcus Boyle
(250) 307-3263
marcus.projeny@gmail.com

MARCH, 2021

Mar 4-12 **Masters World Cup**
Canmore, AB
mwc2021@albertaworldcup.com
<https://www.world-masters-xc-skiing.com/en/masters-world-cups.html>

Mar 6 **Coast Outdoors P'ayakentsut**
Callaghan Valley
Sherryl Yeager
sherryl@callaghanxcski.ca

Mar 6 **Teck Northern Cup #6**
Teck Northern Cup Series Finale
Vanderhoof
Wanda Nemathy
250-567-5324 / 250-524-0550
bwruntwo@telus.net

Mar 6 **Teck Okanagan Cup #3**
Teck Okanagan Cup Series Finale
Kelowna
Mike Edwards
(250) 707-5925
mike.edwards@telemarknordic.com

Mar 7 **Kelowna Apple Loppet**
Kelowna
Mike Edwards
(250) 707-5925
mike.edwards@telemarknordic.com

Mar 7 **Wetzin'kwa Loppet**
Smithers
Jennifer Plummer
(250) 847-0314
jennifer.plummer@hotmail.com

SCHEDULE

- Mar 13 **Omineca Loppet**
Burns Lake
Julie Sheppard
(778) 995-4937
juliemsheppard@gmail.com
- Mar 13 **Best in Snow Loppet**
Vernon
Marcus Boyle
(250) 307-3263
marcus.projeny@gmail.com
- Mar 14 **Blackwall Bash**
Manning Park
Jo Hughes
(604) 668-5933 x1339
jo@manningpark.com
- Mar 14 **Spirit of the Rivers Loppet**
Prince George
Robin Ditto
(250) 962-6426
raceoffice@caledonianordic.com
- Mar 14 **Sun Peaks Loppet**
Sun Peaks
Phil Youwe
(250) 578-7734
phil.youwe@gmail.com
- Mar 14-20 **National Championships**
Gatineau, QC
Nordiq Canada
<https://nordiqcanada.ca/races/race-calendar/>
- Mar 20 **Vancouver Island Loppet**
Mt. Washington
Len Apeidaile
(250) 203-0225
info@strathconanordics.com



Reino
Keski-Salmi
LOPPET

37
ANNUAL

The heart fund loppet

SATURDAY
JANUARY 16, 2021
Larch Hills, Salmon Arm, BC

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CLASSIC TECHNIQUE!

FIRST TRACKS continued from page 5...

In what year was skating introduced to the BC Cup Series?

Who was the first BC athlete to medal in an FIS World Cup competition?

To find the answers, refer to landmark events in the history of cross country skiing in British Columbia at this link: <http://www.crosscountrybc.ca/articles>

Seizing an Opportunity

Preparing for the 2020 BC Winter Games was a game-changer for Whiskey Jack Nordic Ski Club in Fort St John. In only a couple short years, they built a stadium, a groomer/storage shop, a timing hut, and an accessible outhouse, hosted multiple coaching and officials workshops, and secured new grooming equipment thanks to the Games' Powering Potential Fund and the Northern Development Initiative Trust.

"It was a really busy summer and fall, but we managed to pull together a lot of incredible volunteers from within our club and beyond our club into the community," says Eliza Stanford, long-time president of the club. "That was pretty rewarding, to be able to reach out and engage with more people in the community."

"We managed to host a successful BC Winter Games! It was an incredible capacity building opportunity for our little club and drew a lot of positive attention to our trails and facilities. Recruiting and coordinating that number of volunteers was a huge task in itself. We are eternally grateful for the visiting officials from clubs across BC, most particularly Caledonia Nordic who not only provided expertise but much needed race event supplies. The BC cross country ski community is truly amazing!"

Whiskey Jack has more than doubled their membership in the past number of years, and in only four years has created a thriving Skill Development Program, starting from scratch. Next on the list is a day lodge for which they were recently awarded \$357,159 a Investing in Canada Infrastructure Program grant; construction starts next summer!



B-TOUR JOURNAL continued from page 13...

We only ended up skiing for about an hour and then headed back to the hotel for a quick bite to eat before leaving for Davos to check out the ski shops and cafés, and practise our paparazzi skills. After walking around main street and popping in and out of stores for many hours we came up mostly empty handed. Every ski specific store is incredibly expensive, and none of us had the financial support from our parents to spend 100 Swiss Francs on a headband so we headed back empty-handed to Klosters.

On the walk over to dinner a coach from the Davos team slowly rolled by us and asked us what our plans were for the next day. Confused, we replied and told him “we’re racing buddy!” He informed us that the races were cancelled! Our coaches were 50 meters behind us and hadn’t told us yet. Here’s the brief summary of the sequence of events:

- The Coronavirus has been causing grief for China for some time.
- The Coronavirus recently had an outbreak in the Milan area.
- Several small towns in Italy were under quarantine.
- New cases of Coronavirus were being diagnosed in Austria and Switzerland.
- 24 hours previously, the Swiss government announced that all events with 1000 or more people present would be cancelled until further notice (that meant that the large Engadin Loppet that was scheduled for the following weekend had to be cancelled, along with large festivals, soccer matches, concerts, etc.).
- The local Organizing Committee (OC) of the Swiss Cup races met with the city officials the night before to discuss this new ruling, and even though this event wasn’t going to see anywhere near to 1000 people, they decided to

cancel the Awards Ceremony that was scheduled to take place as a celebration in the city centre both evenings.

- Then today, Friday, February 28th, at 15:00, the Swiss government came up with some amendments to their ruling, emphasizing that any event with international or inter-regional participants (regardless of the size) would also need to be cancelled!
- The Swiss government allowed each Canton (province) to decide when they wanted to implement this new ruling, and the local Canton decided to implement this ruling immediately!
- This ruling was discussed at the TCM at 17:00, much to the surprise to the Organizing Committee (OC), as well as all of the coaches present.
- See the race cancellation poster on page 13 (top right).

The team was shocked, but there was nothing we could do. The OC was very apologetic, but this decision was entirely out of their hands. So unfortunately, the rest of the weekend turned out to be training days. But on the bright side, we came back to the hotel and finished off the day with a solid sauna session, neo-Austrian style.

Klosters, SUI - Saturday, February 29th

Since the Swiss Cup was cancelled, we decided to drive up to Davos to ski on their amazing network of trails (hard to imagine when we’ll be back here). The ride to Davos wound around the side of the valley and around the mountains. It was a lovely drive, and we could spot chairlifts climbing up to the distant peaks of the mountains. Davos is a hub for downhill skiing especially - there are many luxury hotels and ski stores around town. The snow conditions in Davos were excellent, and the trails were well groomed - perfect for intensity! After completing a painfully enjoyable session of MAS, we dragged

our tired bodies back to the van. We looked around for the World Cup trails before heading back to Klosters, but unfortunately couldn't find them. Like many venues in Europe, the sprint stadium is likely made the week before, and then dismantled afterwards. Tonight we indulged in our last post-dinner team sauna. It was truly a bonding experience (the coaches aren't quite sure what this really means...).

Although we greatly enjoyed our time in Klosters, we were also excited to travel back to Germany, because that meant one important thing: Kronehit Radio. This radio station became an ongoing theme throughout our three weeks travelling in the vans. Since crossing the Austrian border into Italy and then Switzerland, the BC Team as a whole had been going through Kronehit Radio withdrawal symptoms. Kronehit radio cycles endlessly through the same playlist all day, every day, with no more than a dozen songs in its repertoire. Dance Monkey, of course, was a crowd favorite among us. Once we were fortunate enough to hear this classic on Kronehit five times within two hours! All in all, Davos and Klosters was a beautiful experience that lacked only two things: Kronehit and ski races.

Klosters, SUI - Sunday, March 1st

Today was our last full day of our European adventure. With our cancelled racing schedule, we weren't as rushed today. Everyone went for a beautiful ski in the Klosters valley on

freshly-groomed trails, then packed the vans and headed to Frankfurt.

Sundays are always busy on the highways in Europe, as most vacationers are on the move that day. We made a planned stop in Liechtenstein to try their version of McDonald's, and really enjoyed their Quinoa-Curry burger and Ovomaltine McFlurry (some of us anyways). Several traffic jams on the Autobahn re-routed us and lengthened the drive to Frankfurt, but once again, thanks to the expert driving skills of our two coaches, we returned back to where we started, all unscathed, and without any traffic fines! One last repacking of all of our bags and we'll be ready for our flight home tomorrow.

Article by:

Beth Granstrom (Revelstoke Nordic Ski Club)

Cole Turner (Telemark Nordic Club/Williams Lake)

Emma Wong (Strathcona Nordic Ski Club/Courtenay)

Fred Albrechtson (Nickel Plate Cross Country Ski Club/Penticton)

Gabe Gledhill (Strathcona Nordic Ski Club/Cumberland)

Gregory Baxter (Bulkley Valley Cross Country Ski Club/Smithers)

Marielle Ackermann (Kimberley Nordic Club)

Torin Andrews (Sovereign Lake Nordic Club/Vernon)

Photos by: BC Ski Team athletes and coaches

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Skill Development Program (SDP)



Photo: L. Bare, Cariboo Ski Touring Club

The Kal Tire SDP is a modern, state-of-the-art progression of skill development programs for children. This exciting program conforms to the Canadian Sport for Life (CS4L) Model and provides a vertically integrated continuum of development opportunities for children in the first three stages of skier development.

The first level is the **Bunnyrabbit Program**, which is directed at children in the “*Active Start*” stage of development (children five years of age and younger). Program materials include an enrolment kit, a kid-friendly, age-appropriate booklet, and skill award stickers. It has been developed in parallel with the first level of the competency-based National Coaching Certification Program (NCCP), which now provides coach training specific to the needs of this age group. The objective of the new program is to introduce cross-country skiing and the healthy lifestyle associated with it through organized activity and active play. In addition, the program is designed to:

- Help children develop a positive self-image.
- Be fun.
- Provide children an opportunity to make ski friends.
- Develop fundamental movement skills.
- Help children develop an awareness and appreciation of our natural environment.

The **Jackrabbit Program**, which is directed at skiers in the “*FUNDamentals*” stage of development (children six to nine years), is the second level of the program. It has been developed in parallel with the second level of the competency-based NCCP, which provides coach training specific to the needs of skiers this age. Program materials include an enrolment kit, an age-appropriate booklet that provides a comprehensive record of the young skier’s ski career, and “technique” and “program” award stickers to chart the different levels of achievement. The objective is for children to learn basic cross-country ski skills (both classic and skating) and to instill a lifelong interest in the sport, thereby enhancing their quality of life and health. In addition, it is designed to:

- Help children develop confidence.
- Be fun.
- Provide children an opportunity to ski and socialize with their ski friends.
- Build overall motor skills.
- Help children develop outdoor winter safety skills.

The **Track Attack Program**, which is directed at skiers in the “*Learning to Train*” stage of development (skiers 10 to 12), is the third level of the program. It has been developed in parallel with the third level of the NCCP system. Program materials include a program-specific enrolment kit and coaching materials specific to this stage in the skier development progression. The objective is for the participants to become technically competent cross-country skiers, and to utilize those skills to explore a wide range of cross-country ski activities, from back country excursions to Ski Tournaments. In addition, it is designed to:

- Develop fitness through active play, games and other activities.
- Be fun.
- Provide an opportunity to be part of a sport “team”.
- Develop competence in cross-country ski skills.
- Expose children to a variety of “adventure-based” cross country ski activities.



Photo credit: Dan Clark



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Officials



Announcing

Photo: Pryceless Photography

The Officials Program consists of five steps from entry level through international level. It includes technical delegate, event management and course conductor training as well as standard training for officials.

LEVEL 1

This is an eight hour course that provides an overview of what a cross-country ski competition is all about. The focus is on the duties of minor officials for “Olympic” style (interval start, pursuit start, mass start, team sprint, individual sprint, relay) and “Loppet” style (mass participation) competitions.

Course fee for NC/CCBC members: \$85.00

Course fee for non-members: \$160.00

LEVEL 2

This is a 16 hour course that prepares officials for a leadership role on a competition committee for club, provincial, and most national level races, including the Teck BC Cup Series, Teck Regional Cup Series, BC Winter Games and loppets. The course covers all official race formats, rules and regulations, rule interpretation, electronic timing, all aspects of the results system and volunteer management.

Course fee for NC/CCBC members: \$100.00

Course fee for non-members: \$200.00

LEVEL 3

This is a 3.5 day course. It is designed to prepare an official to: (1) effectively structure, staff and manage a Competition Committee at provincial through national level competitions, (2) perform any ‘major’ official role at the National Championship level, (3) perform the role of a provincial Technical Delegate for provincial and national races, and (4) have a good understanding of Nordiq Canada/FIS rules.

For updates on Cross Country BC’s Officials Course Schedule and officiating resources such as the NC/FIS Competition Rules & Regulations and NC Officials Manual visit: <http://crosscountrybc.ca/competitions>

Course Schedule

Date	Course	Location	Contact	Telephone
TBD	Level 2	Squamish	N. Beaumont	(250) 545-9600
Oct 24	Level 1	100 Mile House	G. Carlson	(250) 395-2063
Oct 24	Level 1	Smithers	J. Plummer	(778) 210-1919
Nov 7	Level 1	Kimberley	J. MacDonald	(250) 427-0044
Nov 21	Level 1	Quesnel	P. van Leusden	(250) 992-7205
Nov 28	Level 1	Fort St. John	E. Stanford	(250) 785-0973
Dec 10-13	Level 3	Canmore, AB	N. Beaumont	(250) 545-9600



Awards

Photo: Pryceless Photography

Teck BC Cup Series

The Teck BC Cup Series is the premier race series for cross country skiing in British Columbia. It is a principle component of the athlete development model for high performance cross country skiing, as well as a family-oriented event that encourages participation from skiers of all age groups and a wide range of skill levels.

There are three special features built into the Series: the **BC Championship Club Trophy** that recognizes the achievements of club teams, and the **BC Cup Series Overall Awards** and **College/University Aggregate Awards** that recognize individual performances.

BC Championship Club Trophy:

The Teck BC Championships is a two-day event with an 'interval start' (Saturday) and 'relay start' (Sunday). Club skiers of all ages and skill levels participate in order to help their club achieve points. The club that accumulates the most points is the winner of the Club Trophy. Guidelines for this program are available from the Cross Country BC website. This is the most exciting competitive event of the season and a great opportunity to introduce young skiers to the Teck BC Cup Series!.

2021 SCHEDULE

January 23-24

Teck BC Cup #1

Prince George

February 13-14

Teck BC Cup #2

Kamloops

February 26-28

Teck BC Championships

Vernon



Photo: Pryceless Photography

BC Cup Series Aggregate Awards:

All events in the series with the exception of the relays are used to accumulate points for the BC Cup Series Aggregate Awards.

College/University Aggregate Awards:

All events in the Series with the exception of the relays are used to accumulate points for the College/University Aggregate Awards.

Additional Series Information:

Results of nationally sanctioned races (for age categories U14 through Senior) are included on the Canada Points Lists. All competitors in the U14 through Senior age category must have a Nordiq Canada Racing Licence or Nordiq Canada Day Licence in order to participate.



Photo: Pryceless Photography

Undercover Start

Inclement weather required an innovative approach from organizers wishing to protect the start area for the 2020 Teck BC Midget Championships (above).

Put it on your radar - Canada hopes to host the 2023 FIS World Junior/U23 Nordic Ski Championships!

Plans are underway to bring the FIS World Junior/U23 Nordic Ski Championships to Canada in January 2023. The 10-day event will bring the world's best 16 to 23-year-old athletes from the sports of Cross Country, Nordic Combined and Ski Jumping to compete at Whistler Olympic Park.

The Local Organizing Committee (Black Tusk Nordic Events Society), comprised of representatives from the three sports, the venue and the local clubs, has been hard at work for more than a year preparing the groundwork for a bid to host the event.

If the bid is successful, the event will be the biggest undertaking at Whistler Olympic Park since the 2010 Olympics.

If you would like to get involved contact Norman Laube at normanwlaube@gmail.com, or check www.wjc2023.ca for updates.

Masters World Cup 2021

The 2021 Masters World Cup is scheduled for Canmore, Alberta from March 4-12, and organizers would like to ensure all masters racers in Canada have this event on their race schedule for next winter.

March 4	Unofficial Training Day
March 5	Official Training Days and Opening Ceremonies
March 6	Race #1 30/15/10 Free
March 7	Race #2 30/15/10 Classic
March 8	Race #3 AM10/5 Classic – PM 10/5 Free
March 9	Cultural Experience Day
March 10	Relays 4 X 5 Classic/Free
March 11	Race # 5 45/30/15 Free
March 12	Race #6 45/30/15 Classic
March 12	Closing Ceremonies
March 13	Departure

All masters skiers are invited to check the event website for updates: www.albertaworldcup.ca

Fluoro Wax Ban Update

International Ski Federation (FIS) Rules, Article 222.8 - Fluorinated Ski Wax Prohibition

“Use of fluorinated wax or tuning products containing fluorine is prohibited for all FIS disciplines and levels.

CCBC BULLETIN BOARD

Fluorinated wax can be a competitive advantage and its use in competition will result in disqualification (see competition rules and equipment specifications).”

Nordiq Canada Position

Nordiq Canada, alongside their North American snowsport partners, made an official announcement of a full North American-wide fluoro ban across all snow sports on June 15th, 2020.

All Tier 1 events are FIS sanctioned and will fall under the FIS ban. Therefore Nordiq Canada will have an across-the-board full fluoro ban for their FIS sanctioned events next season. Tier 2 events sanctioned by Nordiq Canada will move to a full fluoro ban as well.

Impact on Cross Country BC

The NorAm Series and BC Cup Series are included in the above ban.

More information will be posted on the Cross Country BC website as it becomes available.

A Banner Year Fundraising for Grooming Equipment

Nickel Plate, Sovereign Lake, and Telemark Nordic Ski Clubs received Gaming grants (\$169k, \$230k, \$250k) and purchased new snow cats. Overlander received an anonymous donation of \$100k and Nelson received one for \$25k. Nelson also got \$34k from SIDIT and \$44k via their Regional District. Whiskey Jack received \$47k from NDIT and \$15k from BC Games’ Powering Potential Fund for a side-by-side and two Ginzus. In addition multiple clubs raised substantial funds through Cross Country BC’s online fundraising campaign. Congratulations to all clubs for their successful fundraising efforts.

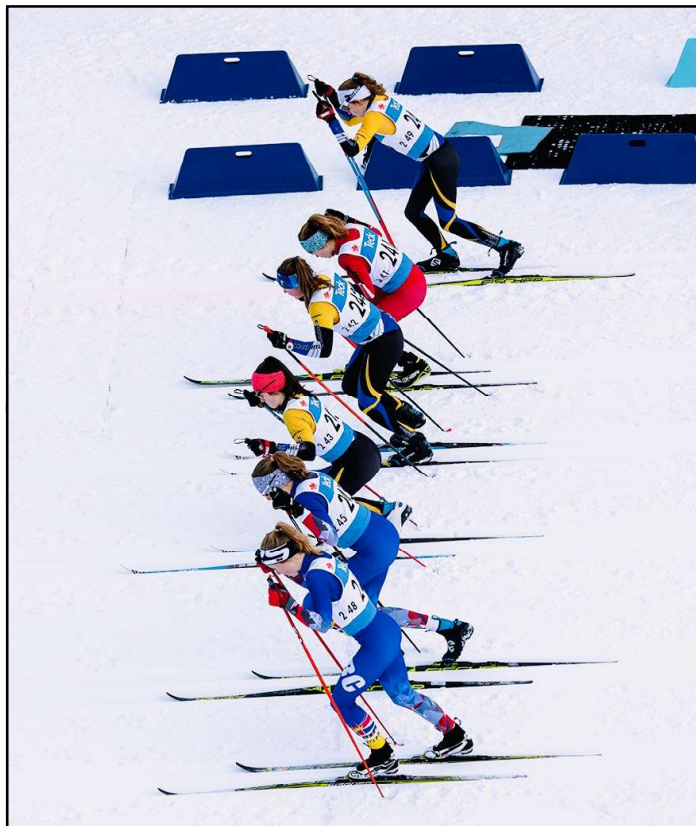


Photo: R. Buchanan, Revelstoke Nordic Ski Club



It takes a community. Thank you Jim Pattison Subaru Northshore for supporting our healthy “sport for life”.

Photo: M. Swannie Jacob, Revelstoke Nordic Ski Club

FOR THE RECORD

PROVINCIAL EVENTS

TECK BC CUP SERIES

Overall Series winners by category:

U23 Men	Alex McDonald	TEL
U23 Women	Gina Cinelli	REV
U20 Men	Ian Williams	TEL
U20 Women	Quinn Morgan	KIM
U18 Boys 2	Grayson McKinnon	TEL
U18 Boys 1	Torin Andrews	SL
U18 Girls 2	Emma Wong	SN
U18 Girls 1	Jaclyn Elliott	REV
U16 Boys 2	Garrett Siever	TEL
U16 Boys 1	Adam Heale	BJ
U16 Girls 2	Alexandra Luxmoore	REV
U16 Girls 1	Marin Lowe	S2S
U14 Boys 2	Raleigh Tarte	KIM
U14 Boys 1	Lucas Gitt	HB
U14 Girls 2	Ruby Serrouya	REV
U14 Girls 1	Anna Segelken	HB
U12 Boys 2	Cedar Jacob	REV
U12 Boys 1	Ian Orchard	LH
U12 Girls 2	Gillian Galik	SN
U12 Girls 1	Reese Major	LH
U10 Boys 2	Ty Huston	OV
U10 Boys 1	Tye Major	LH
U10 Girls 2	Linnaea Heidt	SL
U10 Girls 1	Isla Witso	CAL

TECK BC CHAMPIONSHIPS

Kelowna

Club Championship Trophy:

Larch Hills Nordic Society

Individual Winners:

U23 Men	Gareth Williams	TEL
U23 Women	Gina Cinelli	REV
U20 Men	Ian Williams	TEL
U20 Women	Quinn Morgan	KIM
U18 Boys	Grayson McKinnon	TEL
U18 Girls	Emma Wong	SN
U16 Boys	Garrett Siever	TEL
U16 Girls	Alexandra Luxmoore	REV
U14 Boys	Raleigh Tarte	KIM
U14 Girls	Dasha McCabe	MV/USA
U12 Boys	Ben Kaufman	MV/USA
U12 Girls	Marit Nelson	MV/USA
U10 Boys	Cash Stuart	OV
U10 Girls	Linnaea Heidt	SL
U8 Boys	Ezekiel Liebich	LH
U8 Girls	Annika Heale	BJ
PN Sit-Ski Men	Ethan Hess	NR
PN Std Women	Maya Jonas	NR

TECK BC MIDGET CHAMPIONSHIPS

Kamloops

Club Aggregate Award: Larch Hills Nordic Society

Interval Start:

Boys:	Lucas Gitt	HB
Girls:	Anna Segelken	HB

Individual Sprints:

Boys:	Lucas Gitt	HB
Girls:	Jeremia Bucher	LH

Relays:

Boys:	Hollyburn Cross Country Ski Club
Girls:	Sovereign Lake Nordic Club

BC WINTER GAMES

Fort St John, BC

Individual Sprints:

2005 Boys:	Nathan Achtem	TEL
2005 Girls:	Emmylou Grieve	TC
2006 Boys:	Lenni Stitch	TC
2006 Girls:	Meya Musseau	REV
PN SS M:	Kaden Baum	LH

Interval Start:

2005 Boys:	Adam Heale	BJ
2005 Girls:	Carly Nickurak	TC
2006 Boys:	Raleigh Tarte	KIM
2006 Girls:	Ruby Serrouya	REV
PN SS M:	Kaden Baum	LH

NATIONAL EVENTS

WESTERN CANADIAN CHAMPIONSHIPS

Callaghan Valley, BC

1st U20 Women Sp F	Benita Peiffer
1st U20 Men Sp F	Ian Williams
1st U20 Women 15km F	Elizabeth Elliott
1st U20 Men 15km F	Ian Williams
1st U20 Men 15km C	Ian Williams
1st U18 Girls 7.5km C	Maggie Beckner
1st U18 Boys 10km C	Fred Albrechtson
1st U18 Boys Sp F	Grayson McKinnon
1st U16 Girls Sp F	Zara Bucher
1st U16 Boys Sp F	Garrett Siever
1st U16 Girls 5km C	Alexandra Luxmoore
1st U16 Boys 7.5km C	Garrett Siever
1st U14 Girls Sp F	Meya Musseau
1st U14 Boys Sp F	Lucas Gitt
1st U14 Girls 5km C	Ruby Serrouya
1st U14 Boys 5km C	Finn Redman
1st PN SS Men 2.5km C	Leo Sammarelli
1st PN Std Women 5km C	Maya Jonas
1st PN SS Men Sp F	Leo Sammarelli
2nd Open Women 15km F	Gina Cinelli
2nd Open Men 15km F	Gareth Williams
2nd Open Men 15km C	Gareth Williams
2nd U20 Women 15km F	Benita Peiffer



BIGGEST & BEST 2019-2020

- CCBC Membership – 18,698
(*Nordiq Canada's largest Division*)
- CCBC Skill Development Program enrolment – 2464
- Club with most SDP participants: Hollyburn Cross Country Ski Club – 243
- Club with largest membership: Sovereign Lake Nordic Club – 1996
(*Nordiq Canada's largest club*)
- Loppet with most participants: Coast Outdoors P'ayakentsut – 659
- Race with most participants: Teck BC Championships - 659

2nd U20 Men 15km F	Michael Murdoch
2nd U20 Women 10km C	Beth Granstrom
2nd U20 Men 15km C	Michael Murdoch
2nd U20 Women Sp F	Elizabeth Elliott
2nd U20 Men Sp F	Michael Murdoch
2nd U18 Girls Sp F	Marie Molinaro
2nd U18 Girls 7.5km C	Emily Macleod
2nd U18 Boys 10km C	Grayson McKinnon
2nd U16 Girls Sp F	Samantha Vukadinovic
2nd U16 Boys Sp F	Aidan Hay
2nd U16 Girls 5km C	Samantha Vukadinovic
2nd U16 Boys 7.5km C	Elliot Wilson
2nd U14 Girls 5km C	Isabella Pighin
2nd U14 Boys 5km C	Eamon Wilson
2nd U14 Girls Sp F	Alessia Galvagno
2nd PN SS Men Sp F	Daryl Yuen
2nd PN SS Men 2.5km C	Paul Finkbeiner

WORLD JR/U23 CHAMPIONSHIP TRIALS

Mt Ste Anne, Quebec

1st U20 Men 30km F	Rémi Drolet
1st U20 Women 15km F	Elizabeth Elliott
1st U20 Men 10km C	Rémi Drolet
1st U20 Women 5km C	Molly Miller
1st U20 Men Sp F	Rémi Drolet
1st U20 Women Sp F	Elizabeth Elliott
2nd U20 Women 15km F	Jasmine Drolet
2nd U20 Women 5km C	Jasmine Drolet
2nd U20 Women Sp F	Benita Peiffer
3rd U23 Men 30km F	Gareth Williams
3rd U20 Women 5km C	Beth Granstrom
3rd U23 Men 15km C	Gareth Williams
3rd U20 Women Sp F	Molly Miller
3rd U23 Women Sp F	Hannah Mehain
4th U20 Men 30km F	Michael Murdoch
4th U20 Women 5km C	Alexandra Luxmoore
4th U20 Women 15km F	Alexandra Luxmoore
4th U23 Women 15km F	Gina Cinelli
4th U23 Women 10km C	Hannah Mehain
5th U20 Men 30km F	Joe Davies
5th U20 Women 15km F	Benita Peiffer
5th U20 Women 5km C	Benita Peiffer
5th U20 Men 10km C	Ian Williams

INTERNATIONAL EVENTS

WORLD JUNIOR CHAMPIONSHIPS

Oberwiesenthal, Germany

2nd Men x 4 Relay C/F	Rémi Drolet
4th Men 30km F	Rémi Drolet
23rd Men Sp F	Rémi Drolet
23rd Women Sp F	Elizabeth Elliott
25th Women Sp F	Benita Peiffer
29th Men 10km C	Rémi Drolet
32nd Women 5km C	Jasmine Drolet
36th Women 15km F	Jasmine Drolet

FIS WORLD U23 CHAMPIONSHIPS

Oberwiesenthal, Germany

36th Women Sp F	Hannah Mehain
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YOUTH OLYMPIC GAMES

Lausanne, Switzerland

17th Women 5km C	Jasmine Drolet
20th Women Sp F	Jasmine Drolet

US NATIONAL CHAMPIONSHIPS

Houghton, Michigan, USA

1st Men Sp C	Julien Locke
1st Jr Women Sp C	Molly Miller
1st Jr Women Sp F	Molly Miller

IPC WORLD CUP

Altenberg, Germany

3rd Std Women Sp F	Natalie Wilkie
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DEC 4 - 6	NOV 30 - DEC 4
DEC 11 - 13	DEC 7 - 11
JAN 22 - 24	



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Partnering with CCBC to develop community role models across the provinces and territories for all Canadians.

Partenariat avec CCBC pour développer des modèles au sein de la communauté dans toutes les provinces et territoires pour tous les canadiens.



Photo by Doug Stephens



Photo by CPC

From club to international podium, we welcome all Canadians to find their start line on skinny skis.

Du niveau club aux podiums internationaux, nous invitons tous les canadiens à chausser des skis de fond.

NORDIQCANADA.CA

All CCBC members are also members of Nordiq Canada. Learn more at www.nordiqcanada.ca

Tous les membres de CCBC sont également membres de Nordiq Canada. Visitez www.nordiqcanada.ca pour en savoir plus.