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# BIRKEBEINER BULLETIN



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June 2013

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**Official newsletter of the Birkebeiner Nordic Ski Club**

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5754 4606

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5754 4541

## **Secretary**

5754 4323

## **Treasurer**

5754 4606

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# 2013 President's Report

Welcome everyone.

Another successful year has passed.

During the past 12 months we have successfully conducted many events including:

- our annual casserole dinner which was held at a new venue, Bogong OEC, with guest speaker, Olympian Britteny Cox, who is a local girl and a freestyle moguls skier.
- a junior training camp based at Bogong with three days of on-snow ski coaching,
- another popular Ski de Femme day which, this year, was run in conjunction with a Fast & Female program for girls aged 9 to 19 years,
- the Birkebeiner Classic, a classical race which is part of the interclub series,
- the Rocky Valley Rush citizens' tour race and other event in the Interclub series,
- two days of the Australian XC Championships
- a moonlight ski tour (organised by Ian Franzke)
- a waxing tutorial (by Alasdair Tutt)
- four free instructional lessons for club members
- four Junior Joey on-snow fun days,
- regular Junior Birkie coaching days
- a mid-year dinner at Roi's Restaurant
- the 22nd Kangaroo Hoppet international ski race and
- an end-of-year BBQ by the lake in Mount Beauty

As well, we have had regular monthly newsletters from May to November, a website which has been updated regularly, a Facebook page, and emails to members highlighting coming events.

Several members received financial assistance with their overseas competition costs as they represented Australia at World Senior or Junior or University Championships.

Recently, the club has held three working bee days, clearing trails, moving fallen or obsolete snow poles, and cleaning or improving the clubhouse.

We have also commenced discussions with FCRM regarding leasing or licensing arrangements for the club house when our current lease expires in 2016.

I'd like to thank many people, firstly our Secretary, Trish Cross, who has done a marvellous job keeping our records and minutes, handling all the correspondence, and generally making sure that everything gets done. Trish has been tireless in her efforts and has done an excellent job. Thank-you, Trish.

Our treasurer and website co-ordinator, Paul L'Huillier, another stickler for detail, who has not only kept track of our finances and advised us on budgeting, but also has kept me up to the mark, often with a well-needed prod (metaphorically speaking!)

Our vice president, Allan Marsland, who has been a great help with wise advice on any number of matters including our dealings with Skiing Australia, Falls Creek Resort Management and the future of our leasing arrangement for the clubhouse.

Our membership secretary and newsletter editor, Bill Little. Not only has Bill maintained our register of members, but he has done a marvellous job with our monthly newsletters.

Bill has also been a stalwart for our events, doing all the timing for our races, and maintaining our timing equipment.

Our social secretary, Kerry Lucas, for organising all our social events.

Ronice Goebel for organising our Birkie Junior program and our Ski de Femme day.

Michelle Forrer for organising our Junior Joey program

Ian Franzke for co-ordinating the Search and Rescue group and maintaining the skidoo.

Judy Bottomley and the race committee, Bill, Paul, Tony Crapper, Marg Trnka and Ronice, for organising our races. It is with regret that we accept Judy's resignation as the club's Race Secretary, and I sincerely thank her, on behalf of the club, for her mighty effort over many years.

Our other Committee members for their input and assistance in conducting club events and making decisions.

And finally to all of our general members who help out at our many and varied activities in many big and small ways. Thank you, everyone. It is only through the contributions of our members that the club continues to grow and thrive to the benefit of us all.

Looking forward to this winter, we have purchased a flash, children's, double, pull-along chariot with a ski kit to convert it for on-snow use, plus another conversion kit for use by members who already have their own chariot.

The long awaited blinds have been installed on the upstairs windows of the clubhouse. These should prolong the life of the carpets and furniture by keeping out the sunlight over summer, as well as conserve the heat and lower the power bill if used overnight in winter.

We have received a uniform grant to assist in the purchase of more club vests, and also two \$500 talent scheme grants to assist two young skiers with travel expenses.

And we will be pushing for a better deal for our junior racers at an open Skiing Australia XC forum on Saturday.

Here's hoping for a consistent snow cover for this ski season, and a great deal of success and enjoyment for our members.



Helen L'Huillier  
President, Birkebeiner Nordic Ski Club

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## 2012 Race Committee Report

### **Birkebeiner Classic**

The Birkebeiner Classic this year was held in great snow conditions. It is always a good low key starter and gets us into a pattern for the next races on the calendar. We had plenty of helpers, but didn't get a lot of entries... This varies considerably from year to year. Perhaps because it is classic at the start of the season may be a reason for the low turnout, but we never really know. It was a great opportunity to give our 'track setting' team a practice without too much pressure. Racers: 47

### **Ski de Femme**

By contrast, the next day the Ski de Femme had a great turn out with about 120 skiers. This year they added 'Fast and Female' to the format and it was great to see a big group of young females out in a 'stations' format. There was lots of noise and fun for both groups. The time that our 'volunteer' coaches give is greatly appreciated by one and all and thanks to Ronice Goebel and her team for their continued good work in getting it all organized. Racers: 120

### **Rocky Valley Rush**

After lots of moving it around the calendar it was finally decided to put the RVR on the day following the Hotham to Dinner plain. This may have had a bearing on the numbers as lots of people use the week-end to stay at Hotham. Nevertheless it was held in good conditions and those who raced it enjoyed it. A big thank you to Peter Cranage and Snowgum's sponsoring of the event. Racers: 38

### **National Senior and Junior Sprints**

The National Sprints were a big effort for the Club with it being a FIS race and without having Keeps on board, a lot of people stepped up and helped. The sprints require good weather, fast flowing results and turnover of races, to be successful, and with the help of everyone (including the weather god) that was achieved. It was great to have a team of high quality international athletes competing, and great to see how fast they could go, and this was supported by a high quality team of race organisers with Finn and BD at the helm. Racers: 81

### **National Senior, Masters and Junior Distance**

The day after the sprint we held the Distance races in great weather. Again we had plenty of helpers and the event went very smoothly from start to finish. With the presentations often taking a bit of time at most races, it was great to have the certificates quickly printed off and ready to go, meaning we were finished up at lunchtime. Racers 88

The Race Committee did a big job this year with everyone putting in extra work to cover the job that Keeps knows off by heart.

A big thank you to Paul L'Huillier, Bill Little, Marg Trnka, Graeme Bottomley, Ronice Goebel, and Tony Crapper for all the work that they provided and for the many helpers who gave up their time to help on Race Days.

*Judy Bottomley*  
*Race Secretary*

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## **2012 - 2013 Search and Rescue report**

It has been a quiet year for us with no searches. A number of members participated in a training weekend at Stanley in November. Phil Evans received an award from Bush Search and Rescue for over 20 years of service. Most of the members have received new high-vis uniforms.

*Ian Franzke*

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### **Victorian Interschools New Website**

With the winter fast approaching and snow fall already landing on our resorts, it's important that we make sure all schools, parents, competitors and stakeholders are aware of the updated websites for the Interschool's events this year. Make sure you update your bookmarks with the following addresses so that you can quickly and easily stay up to date.

Interschools Snowsports Championships  
[www.interschoolssnowsports.com.au](http://www.interschoolssnowsports.com.au)

The Victorian Interschools Snowsports Championships [www.vicinterschools.com.au](http://www.vicinterschools.com.au)

It is also very important that you subscribe to the Victorian Interschools newsletter. Follow the link below to make sure you don't miss out on important updates regarding the events.

Victorian Interschools Newsletter Subscription <http://vicinterschools.com.au/subscribe-newsletter>

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### **On Line race Entries**

The on line entries for the Rocky Valley Rush, the National Championships and the Kangaroo Hoppet are open, so log on to <http://www.ausxc.com/race-calendar/> and enter. Earlybird discount entry prices for the Hoppet close at midnight on June 30."

Birkebeiner Nordic Ski Club Inc.  
**Annual Financial Summary**  
For the year ending 30th April 2013

## 1. Overview of year

1. **Net Worth of the Club** — **\$76,655.86** after a Profit/Surplus for the year of \$2,583.22.
2. **Total Income** — Actual: **\$27,564.30** (2011/12 — \$27,879.51).
3. **Total Expenses** — Actual: **\$24,981.08** (2011/12 — \$21,575.68).
4. **Profit/Surplus** for the year was **\$2,583.22** (2011/12 — \$6,303.83). This was after the Club paid out \$4,000.00 for athlete grants, \$1,000.00 a special grant and brought \$3,191.32 depreciation of fixed assets to account.
5. **Memberships** — Actual:— **\$6,671.09** (2011/12 — \$5,562.87). The Club uses The *Active NetWork* organisation to administer our Online Membership payments. Hoppet uses them also.
6. **Cheque Account** balance **\$6,895.73** — *Investment Account* totals **\$41,115.99**. Interest received for the 12 months on this investment was \$1,725.71. Total Cash at Bank = **\$48,011.72** — (2011/12 \$43,851.60).
7. **Depreciation Expense** of **\$3,191.32** was brought to account at year end. This was calculated as 10% of the written down value of our Fixed Assets. It's brought to account to better reflect the Net Worth of the Club.
8. **Hoppet Management Fee** — **\$7,794.00** — (2011/12 \$7,673.00)
9. **Races conducted** — Birkebeiner Classic, Ski de Femme, Rocky Valley Rush and two National Championship races were organised. Income from races was \$4,972.34 and expenses were \$2,657.48 leaving a profit of \$2,314.86. Skidoo costs were \$1,042.14 less hire income of \$400.00.
10. **Junior Development Camp** — This is organised on a break even basis.
11. **Junior Vests** — The Club obtained a \$1,200 Grant to subsidise the purchase of these. Each junior only paid \$12.00/vest.

In May 2013 we were told we were successful with another *Uniform Grant* of \$1,000 and this will again be used for Vests but opened to adults and juniors.

Also in May we heard that we were successful in gaining *Two Junior Vic Talent Grants* of \$500.00 each.

## 2. New capital purchases

1. Five pair of Roller Skis in February.
2. In May 2013 the club purchased a child's Chariot (Pulk) plus two ski kits which will be housed in the Clubhouse.
3. Additions to the Clubhouse included Blinds which were installed in May.

**Note: Clubhouse** — When the Clubhouse lease expires in 2016 we will be up for some major costs to comply with a new lease. Official lease inspections were carried out in late 2012 and necessary work identified.

Paul L'Huillier  
Treasurer  
(10 May 2013)

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## 2013 CLUBHOUSE REPORT

The clubhouse was extremely well utilised winter 2012. The members did a great job keeping it tidy and giving it the occasional vacuum and clean.

Last season Mike Smith erected a bannister rail for the stairs, and some new toys were purchased for the children to enjoy.

A book shelf was donated by Geoff Field and has been set up at the clubhouse to store awards, journals, etc.

A new Chariot and 2 ski sets have arrived for young families to use on the snow this season.

The second ski set will enable those families who already own a chariot but no ski set, to get out on the snow. We have retired one of the old red pulks, and the remaining 2 are being stored in

the skidoo room

A productive working bee was held at the clubhouse on the 5<sup>th</sup> May to prepare for winter. As well as a thorough clean of the clubhouse, two blinds were erected upstairs on the east facing windows to keep the summer sun off the furnishings.

The resuscitation mask is missing from the First Aid kit-does anyone know its location? If it does not surface we will need to order another.

Looking forward to season 2013!

*Paul and Bron Gray*

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## **2013 JUNIOR COMMITTEE REPORT**

### **Junior Joeys**

The Junior Joey program was a great success in 2012. All four events were very well attended with between 20 and 30 joeys at each of the four scheduled events. Some families travelled from as far as Melbourne, Shepparton and Albury especially for these sessions. The children tended to range between the ages of four and ten. The focus was on gradual skill progression and increased confidence through both immersion and play. Parents were encouraged to join in the games and act as helpers.

Thank you to the many Birkebeiner members and parents who assisted with setting up and instructing during these sessions.

### **Junior Birkies**

Numbers are still small, but a commitment by BNSC to provide a regular weekly coaching program with the assistance from our Canadian guest Veronique Beenen ensured interest was maintained until the Hoppet weekend. It has also set the scene for 2013 when a similar program will be available.

The annual Junior on-snow Birkie camp was based at Bogong Outdoor Education Centre and hosted about 30 juniors between the ages of 11 and 15. Older club juniors assisted with coaching and were applauded as great role models. They provided valuable support to Marg Trnka and Michelle Forrer who ran the camp, and were able to show leadership and give back to the club.

Some older juniors (up to U 20) continue to train and ski, representing BNSC at various levels of competition. Seven BNSC juniors travelled to Tahoe, in California USA for a training and development camp in January 2013, whilst others, including Anna Trnka, Casey Wright, Ashleigh Spittle, Nick Montgomery and Alasdair Tutt competed at the World Junior Championships in Czech. Anna Trnka also made her debut at World Senior Championships. Congratulations also to Anna Trnka being awarded the SSA Cross Country Skier of the Year Award.

Anna also initiated a Junior pre-winter training program in Mount Beauty for junior Birkies that includes strength circuits, interval training and roller ski training.

*Michelle Forrer & Ronice Goebel*

The following is a direct lift from the SSA XCC website. If you go to the website (<http://www.skiandsnowboard.org.au>) and look at it in its entirety, the links will work.



## SSA Cross Country Discipline Committee Membership

### Expressions of Interest Sought

Dear Member and Interested Person,

The Board of SSA recognises its ultimate accountability for competitive snowsports outcomes at all levels of the athlete pathway. In recent times, a great deal of work has been done to improve the overall management and communication of pathway opportunities for athletes across all disciplines.

To this end, and as one of its ongoing strategic priorities, the Board has resolved to ensure that the Discipline Advisory Committees provide appropriate expertise and input on the development and operation of the relevant disciplines.

Over the past two years the Discipline Committees of Freestyle, Snowboard and Alpine have undergone a process of assessment and "freshening up" to ensure there is an appropriate mix of skills and experience in order to deliver the strategic objectives of the organisation.

By and large, the performance of the existing SSA Cross Country Discipline Committee has been stable and effective. However, it is prudent for the SSA Board and the committee itself to evaluate the capacity and effectiveness of the current membership.

Accordingly, SSA now seeks Expressions of Interest (EOI) from suitable individuals willing to be appointed to the SSA Cross Country Committee.

A structural overview of the SSA Cross Country Committee is set out in the [SSA Discipline Committee Overview](#) document which includes:

- Roles of the SSA Discipline Committees;
  - Committee membership indicative criteria;
  - Committee membership composition and selection procedures;
  - Meeting procedures; and
- Reporting requirements to SSA Board.

Interested individuals should forward their EOI on taking into account the position paper, detailing their experience and suitability. An indicative timetable for the new appointment process is as follows.

- **17th June 2013** Closing date for EOI
- **End June 2013** Short List settled
- **Early July 2013** Interviews as necessary
- **Start August 2013** Announcement of new DC Membership.

For further information, please contact SSA, [info@skiandsnowboard.org.au](mailto:info@skiandsnowboard.org.au)

## Updated Competition Rules and Selection Policies

At the recent Cross Country Committee Meetings held in May a number of selection policies and rules were updated for the 2013 season. To view the updated documents please [click here](#).

# High Performance Program - Expressions of Interest

## **Ski & Snowboard Australia – Cross Country Skiing High Performance Program**

The Ski & Snowboard Australia Cross Country Committee (SAXC) is seeking expressions of interest for the following positions with the Cross Country Skiing High Performance Program for the 2013/2014 season:

- 2014 World Junior Championship Coach;
- 2014 World Junior Championship Team Manager;
- 2013/2014 Continental Cup Team Coach; and,
- 2013 World University Winter Games (WUWG) Coach.

Please note that not all positions will necessarily be filled and that it is possible that some positions may be combined.

The World Junior Championship Team will likely consist of 4-8 athletes aged 16-19. Additional U23 athletes from the Continental Cup or World Cup teams may potentially join the team for the 2014 World Junior/U23 Championship in Val di Fiemme in Italy. The WUWG Team will potentially contain 6-10 athletes and will focus solely on the WUWG in Val di Fiemme in Italy, 11-21 Dec, 2013. The Continental Cup Team will likely consist of 2-4 athletes aiming to reach the A-Qualification standard for the Winter Olympic Games in Sochi 2014 and/or to compete at the 2014 World U23 Championship.

Additional information is provided in the job descriptions below. Interested persons should apply via email to Finn Marsland ([finn.marsland@gmail.com](mailto:finn.marsland@gmail.com)) by **June 7**, briefly addressing the key selection criteria. Applicants may be invited to supply additional information.

### High Performance Program Job Descriptions

## Coaching Courses Coming Up in June

Applications will soon be open for the following Cross Country Skiing Coach Courses to be run in June:

### **Coach Level 0**

A Cross Country Skiing Coach Level 0 course will be held in Melbourne on Thursday June 13. The course is designed for coaches, teachers and parents working with athletes at interschool level and focusses on dryland preparation for the winter. Training techniques covered include ski walking, ski bounding, ski specific strength and roller skiing. Participants will come away with the latest technical knowledge, skill development progressions and 3 easy to follow lesson plans to help engage and prepare athletes for when the snow starts falling.

### **Coach Level 1 – Theory / Dryland Training**

A Cross Country Level 1 course will be in Melbourne on June 15/16. The Level 1 course aims to give coaches and athletes the tools to plan, conduct and review training sessions and programs and provide race support for club and state level athletes. This weekend of theory and dryland training is followed up with an on-snow instruction and assessment day during the winter. A pre-requisite for the course is the ASC online Beginning Coaching General Principles, which is free and can be accessed at the [ASC Website](#).

The presenters of both courses include Victorian Junior Coaches Jean-Claude Legras and Allison Stoddart, both of whom have coached at the World Junior Championships in recent years.

Registration for both courses will be available shortly via the Ski & Snowboard Australia website.

Interested persons should contact Allison Stoddart on 0416 627 747 or [allison.c.stoddart@gmail.com](mailto:allison.c.stoddart@gmail.com)



# Membership Renewal

It is that time of year again. I see that a few of you have had trouble with the renewal process on the web and have rejoined by creating a new membership rather than renewing. I will go through the process and hopefully it will be easy for everyone.

Go to the club website, or the link in your reminder email, and hover over the membership tab, click on on-line membership and click on the link to log on. You should then see this screen:

**Birkebeiner Nordic Ski Club**  
Phone: 0357544174, Email: [blittle@netspace.net.au](mailto:blittle@netspace.net.au) [Email Us](#)

[View, Change, or Renew Your Existing Membership](#)

**Start Your Membership**

\* Email Address:

\* Please select membership type:

- ☐ Family - \$66.00
- ☐ Senior - \$33.00
- ☐ Junior - \$20.00 [Details](#)
- ☐ Associate - \$20.00
- ☐ Search & Rescue

You can also register a group: [Learn More](#)  
[This membership calculates a special Family Rate](#)

**Do not enter** an email address on the first screen because you will create a new membership. Click on “View, Change, or Renew your Membership”, this should lead to the next screen. Here enter your email address and password. If you have forgotten your password click on “Forgotten your Password” and it will be emailed to you. You should then see the third screen, where you can click on “Renew Your Membership”.

If you see the fourth screen rather than the third, there are two possibilities. Either you are trying to renew a life membership, no need to, or you have logged on as a member of group and not as the primary member of the group. This can happen if you use the same email address for more than one group member. The easiest way around this is to fire an email off to me and I will edit the email addresses so that that you will log on as the primary member of the group and all should be sweet.

If you have any troubles fire off an email and I will get it sorted.

If you have changed your email address since joining, fire an email off to me and I will change it in the data base so you can log in with the new email address.

**Birkebeiner Nordic Ski Club** [\(View Details\)](#)

**Sign In**

\* Email Address:

\* Password:  [Forgotten Your Password?](#)

[Start a New Membership](#)

**Birkebeiner Nordic Ski Club** [\(View Details\)](#)

**Gael Little's Group - 4 attendees**

- [View, Print, or Email Membership Record and Receipt](#)
- [Cancel Entire Group](#)
- [Renew Your Membership](#)

Member	Member ID	Type	Renewal Date	Edit	Actions
1. Gael Little Primary Member		Family	01/06/2012	<a href="#">Personal Information</a> <a href="#">Membership Fees</a>	
2. William Little	49095189	Senior		<a href="#">Personal Information</a> <a href="#">Membership Fees</a>	<a href="#">Cancel</a>
3. Hannah Little		Family		<a href="#">Personal Information</a> <a href="#">Membership Fees</a>	<a href="#">Cancel</a>
4. Darcy Little		Family		<a href="#">Personal Information</a> <a href="#">Membership Fees</a>	<a href="#">Cancel</a>

[Add Another Person](#)

**Birkebeiner Nordic Ski Club** [\(View Details\)](#)

**William Little**

- [View, Print, or Email Membership Record and Receipt](#)
- [Update Only Personal Information](#)

## ANNUAL CASSEROLE DINNER 8<sup>th</sup> June 2013 6:00pm

The casserole dinner is on again. **Bogong Outdoor Education Centre** is the venue, Black Possum Road, Bogong Village. Parking at the camp is limited. Unless you get there early, drop off your food, etc. outside the dining room, then park down near the shop/restaurant.

BYO Drinks and Glasses

Bring food to share (singles - a casserole, families - casserole and dessert)

### What's on?

Steve Seal and his partner, Emi, have cycled around the world, including to Everest base camp. Their presentation is "Around the World by Bicycle".

Second hand equipment sale (bring it along, someone may buy it). Videos for the kids, lots of talk. It's a great night to meet members & get fired up for the coming season. New & old members most welcome. The Ian Ryan Award and two other awards will be presented.

RSVP by 7th June to Kerry Lucas 5754 1341 or <[km.lucas@bigpond.com](mailto:km.lucas@bigpond.com)>

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## 2013 SNOWGUM WODONGA Mini Series – Falls Creek

**Organised by Telemark Nordic Ski Club with assistance from Parents and Teachers from NE Vic Schools and Ski Clubs**

2013 will see the re emergence of a series of short X-C Ski races for Juniors at Falls Creek. There will be four (4) races held during the 2013 Ski Season over distances from 0.5 – 2.5 KM.

No. 1	Sunday 30 <sup>th</sup> June	Start 11.00 am	No. 2	Saturday 13 <sup>th</sup> July	Start 12.30 pm
No. 3	Sunday 18 <sup>th</sup> Aug	Start 12.00 am	No. 4	Sunday 1 <sup>st</sup> Sept.	Start 11.00 am

**For all children under 19 years (31<sup>st</sup> Dec 2013) who are NOT members of the Victorian State XC Ski Squads** (Note: Squad members are invited to act as guides/ forerunners and assist with organisation)

**Age Classes** — Boys and Girls in separate events

Under 19 years	Distance 2.5 km	Under 15 years	Distance 1.5 km
Under 11 years	Distance 1.0 km	Under 7 years	Distance 0.5 km

**ALL CLASSES** will be **MASS STARTED** at various Intervals

**SKI TECHNIQUES** — 50% Classic & 50% Freestyle (Skating)

Mini Series events Numbers 1 and 3 are in the Classic technique (no skating)

Events # 2 and #4 are in the Freestyle technique (skate) Note: Classic technique using "Waxless" skis is permitted in Freestyle events.

Events #2 and #3 will be started immediately after the HIGH PLAINS TOUR and ROCKY VALLEY RUSH/ SUN VALLEY RAMBLE. Parents and Teachers encouraged to enter these events then assist with their children's/student's Mini Series events.

**AWARDS and SPOT PRIZES from SNOWGUM WODONGA and at the end of the season a distinctive DIPLOMA will be awarded to all participants**

— Entry fees \$5.00 per event —

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## 2013 Junior Joeys

— A XC ski program for kids from Kindergarten to Grade 6 —



The program was the inspiration of Jim Gargan who in 2004 with the help of other club members, ran novelty races for young children in the Nordic bowl.

The aim of the **Junior Joey program** is to provide young children with a positive cross country experience where participation and fun are the main elements. The Junior Joey program commences at the start of Term 2 with pre season activities each weekend of roller skiing and blading, rogaining, fun run and a hike up Mount Buffalo.

A new event appears on this years Race Calendar called the '**Snowgum Wodonga Mini Series**' at Falls Creek comprises low key races over distances of 0.5, 1.5 & 2.5km using both the classical (C) and skating (F) styles. These are ideal introductory races for Junior Joeys and Birkies.

The **2013** dates are:

Sunday 30th June — Snowgum Wodonga Mini Series #1 (C) – 11am  
Saturday 13th July — Snowgum Wodonga Mini Series #2 (F) – 12:30pm  
Saturday 20th July — **Junior Joey #1**. Meet at the club house at 11am  
Saturday 10th August — **Junior Joey #2**. Meet at the Nordic Bowl at 11am  
Sunday 18th August — Snowgum Wodonga Mini Series #3 (C) – 12noon  
Sunday 1st September — Snowgum Wodonga Mini Series #4 (F) – 11am followed by **Junior Joey #3** – a family fun day in the Bowl.

Junior Joey events are run by parents and usually involve such activities as: novelty races, bumps and jumps, fun games and activities, snowgaines and family dress-up days. The juniors then progress on to the Birkebeiner junior program – which gives the children an opportunity to improve technique and further develop their personal skiing skills.

**Contact** – Michelle Forrer ☐ **Mob:** 0417 206 672 ☐ **Em:** [forrer.michelle.l@edumail.vic.gov.au](mailto:forrer.michelle.l@edumail.vic.gov.au)

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## 2013 – Junior Birkie Program

**Junior Birkie Coaching Sessions** are for age 11-16 years who may be interested in some racing and is focused on skill development and fun with participation in some races (not compulsory though!). It is definitely not for beginners. Registration is required.

**Note** — All juniors from grade 5 and up, including beginners are encouraged to attend the super popular **Junior 2 day Development Camp** in the school holidays. Click **HERE** for an Application Form.

Junior Birkie coaching sessions are on Sundays between 11:00am –1:00pm meeting in the clubhouse at 11:00am. **Note the first session for 2013 will be after the Victorian Interclub Relays Sunday 14th July meeting at 1:00pm in the Nordic Bowl – this will be a 1 hour session.** There will no session on the weekend of July 27 - 28th when BNSC conducts the Australian Championships at Falls Creek.

Also available is the **Snowgum Wodonga Mini Series** which is a series of 4 fun races for all juniors including Junior Joeys and skiers of ALL abilities. **Note:** Skiers in the Victorian Junior XC Ski Team are not eligible to enter the Mini Series but they are invited to help out on the day! Click **HERE** for details.

2013 will be a great year to improve your skill and style out on the snow. This year, we have club coaches including some who have returned from the 2013 northern winter as members of the Australian Team and **Victor Gustafsson** who is a young skier from Sweden. Victor arrives in Australia on 26 June and will be here to help out and

pass on some of his expertise at most sessions.

**Registration** — Junior skiers should be registered **by July 14th** and be prepared to participate in most sessions. Register with Ronice by leaving the Name of junior, his or her age, and parents' names and contact details.

Email : [ronice.goebel@gmail.com](mailto:ronice.goebel@gmail.com)

Mobile : 0409 332 642

A coaching schedule and possible races of interest will be posted in the clubhouse and on the BNSC website.

Thanks to Ronice Goebel for all her hard work in putting this program together and to all her instructors/coaches that have offered to help.

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## 2013 XC Ski Skills Development Camp Applications now open

- Monday 8th of July to Tuesday 9th of July
  - Year 5 to 8 — Beginners to Advanced
  - Cost \$50.00
  - Juniors must be members of the club (refer to club website for details)
  - Accommodated at Bogong Outdoor Education Centre
- Ski at the Falls Creek Alpine Resort

Please logon to the club's website <http://www.birkebeiner.org.au/programs/junior-camps/> for General Camp Information and Application Form.

Applications close Saturday 6<sup>th</sup> July.

**Contact** — Michelle Forrer

- Mob: 0417 206 672

Email: < [mishforrer@gmail.com](mailto:mishforrer@gmail.com) >

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## Golf Course

Club members are reminded that the golf course is private property and that we should not be using it for training purposes.



## BNSC Working Bees 4/5 May

An enthusiastic team of Birkie volunteers did a fantastic job working on maintenance of the Falls Creek XC Trails on the 4/5 May.

With the help of Ben Derrick and some FCRM equipment as well as BNSC members with power and hand tools these jobs were tackled:

- Bushes that were encroaching on the Hoppet Start area slashed. (The finish chute still to be done)
- The Nordic Bowl, Hoppet Start and Aqueduct trail mowed. (Thankyou Richard on his 4x4 ride-on mower)
- Bushes encroaching on trails around the bowl cut back
- Overhanging branches on Pipeline and Aitkens trimmed and the tracks cleared

On Sunday another team of volunteers spruced up the Clubhouse and made it ready for the snow season. Blinds were also erected in the clubhouse to keep the sun off the furnishings during summer. The children enjoyed a morning treasure hunt activity organised by some more talented Birke volunteers.

Brian Keeble was also able to get enough help to do some more work on the snow pole lines.

All up 20 members helped out on the tracks and pole lines, and another 10 members worked on the Clubhouse and helped entertain the kids.

The hungry helpers enjoyed a well-deserved BBQ provided by the club at the conclusion of the working bee on Sunday.

A fantastic effort!! Well done to all involved.



## 2013 Ski Distance Card Information

The SKI Distance Pin ( Mark) is the same as the Norwegian System used in many schools and for the general Skiing Public. The aim is to stimulate and encourage all forms of skiing Cross Country, Alpine , Telemark and Roller Skiing

We wish you many fine trips in the mountains and Ski Resorts

### Record

Alpine and Telemark Skiing - estimate the length of Ski Run x number of runs.

Cross Country and Roller Skiing - Estimate the total distance covered each trip.

### Set a Goal for the Season

If you intend to ski more than once or twice a year set yourself a GOAL. You may qualify for the GOLD Pin.

Check out the tabled distances required for Gold, Silver and Bronze, and also the Iron Pins for your age group ( Ages taken as of 1<sup>st</sup> June ) and the images of the Distinctive Norwegian Marks i.e. Pins to wear on your hat or Parka.

### Get Started today

Start recording the distances for any trips already completed to date in this year

At the end of September send your Ski Distance Card to SNOWGUM Wodonga — 161 High Street WODONGA 3690 (Tel: 02 6056 6605) or scan and attach to email and email <[wodonga@snowgum.com.au](mailto:wodonga@snowgum.com.au)>

For 2013 the first 50 Cards received will receive their Norwegian Distance Mark FREE along with an individual Diploma showing your name and total distance See <[www.crosscountyskier.com.au](http://www.crosscountyskier.com.au)>

### Cost

Cards are FREE. Download from <[www.crosscountyskier.com.au](http://www.crosscountyskier.com.au)> or call in or request the Number of Cards you require for your family, school, friends etc. The original Norwegian DISTANSE-KORT pa SKI is available on request.

Individual Pins \$5.00 each. You can purchase all four Pins in the same year if you qualify for gold, or forward your recorded details during the season as you achieve each level.

### 5 Years Trophy

If you achieve the Gold Pin in 5 consecutive years, You may purchase the 5 Years Trophy (Pokal) as shown on the web and Distance Card.

— Supported by SNOWGUM Wodonga —

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## Swedish Coach Visit

Victor Gutafsson arrives in Australia on June 27th. We welcome him to Mt Beauty and BNSC and look forward to seeing him ski around and help out with our Junior Birkie Coaching. Victor will also be an assistant coach with the Victorian Junior XC Ski Team and will be at our Junior Birkie Camp in early July. He may also offer some clinics to those of us long out of juniors! We thank the following local families who have offered billeting: Marg and Michael Trnka, Mishy and Conrad Forrer, Trish and John Cross, Ronice and Keebs and Kerry Lucas. *Editor: Thanks to Ronice Goebel who has organised all of this.*





## Birkie Vests for Juniors & Adults

The club has secured another grant to subsidise vests for the club's juniors and, this year, also for adults. Buying and wearing a club vest is a great way to be associated with our fantastic club! The vests will be 290gsm low-pill navy blue polar fleece with two pockets. The club name will be embroidered on the back, and the club logo and name on a sewn badge on the front. The subsidised cost to members is \$15.00.

Important — Place your order by email to Marg Trnka with the numbers and sizes (refer to the chart below). Email: [marg@trnka.com.au](mailto:marg@trnka.com.au)

Pay by direct credit to the club's bank account and reference it with your surname and "vest" to identify the payment, e.g. "Jones vests". Details are:

Account name: Birkebeiner Nordic Ski Club Inc.

BSB: 063722

Account #: 10012154

Orders close — Monday 10th of June 2013

### Vest Size Chart

Size	Length	Chest
<b>Adult</b>		
S	55	65.5
M	57.5	67.5
L	60	69.5
XL	62.5	71.5
2XL	65	73.5
3XL	67.5	75.5
4XL	70	77.5
5XL	72.5	79.5
<b>Ladies</b>		
8	49	59.5
10	51.5	61.5
12	54	63.5
14	56.5	65.5
16	59	67.5
18	61.5	69.5
20	64	71.5
22	66.5	73.5
24	69	75.5
<b>Kids</b>		
4	37.5	46
6	40	50
8	42.5	54
10	45	57
12	48	60
14	51.5	63



Hannah Gray on the left and Hannah and Zoe Gray modeling the new vests.



## Esther Bottomley's Northern Hemisphere Report

This past season I left Australia for Canmore, Canada, mid October where I was on snow straight away with 'Frozen Thunder', a 2km man made loop. My race season ended mid March with Swiss Champs. There were two new World Cup venues for me this season. After 9 years of racing World Cups, new

venues are rather scarce as FIS seem to stick to a very similar race schedule each year.

The first new venue was where the Aussie World Cup team started our season, in Quebec City. Here we raced a City sprint that was situated right next to the Old City. It was beautiful, somewhat like being in a cute European, cobble street city, with French Canadian being the language of choice.

My view from the window was the race track, 17 floors up. I could see the entire course, which came in handy watching the Boys race the team sprint. Usually I would go and yell my lungs out on course, but due to a not very nice head cold and a rather cold windy day, the view from the comfort of my hotel room was a pretty great substitute.

The second new venue of the season was Sochi, Russia. We were there for the trial events for the 2014 Winter Olympic Games. Foreign skiers were allowed to try out the newly built venue for the first and only time pre Olympics - of course Russian athletes don't have this restriction.

We flew on a charter flight and landed with a mighty thud into the city of Sochi airport, to 16 degrees, drizzle and palm trees. All the athletes, after a long time waiting for our bags to arrive or finding out that your bag was one of the ones left in Zurich, got onto a bus, and drove up a valley for about 45 minutes, waited a bit more on the bus, then in the line for accreditation and then finally got in a gondola to the restaurant for a midnight dinner...eventually we hopped in a car for 5 minutes to our accommodation and finally in bed around 1am.

Being in Sochi was very interesting! It was amazing how much construction and infrastructure had been completed and also at how much more work there still is to go. When Sochi put in their bid for the Olympic Games, the Alpine area had one lift; that was it! Our venue, which is on the opposite side of the valley, didn't exist - it was just forest. Now you can only access the cross country and biathlon venue by Gondola (although a huge cable train seems to be in construction).

At the bottom of the valley there are now some completed, 'flash' hotels, (but mostly unfinished accommodation) which have replaced fruit and vegetable farming land where in the past locals would obtain their fresh produce. That is largely gone, and seeing the concrete jungle that is left was a fairly overwhelming image.

Skiing in Sochi was fantastic, we were lucky enough to have a few days where it snowed and a couple where you could see the spectacular views of the surrounding rugged mountains. The race tracks are interesting, the Sprint course for women was fantastic, one hill, some flat, corners, downs, good length, (unfortunately this was one of my worst races of the season but I do still think the course is great). The men's sprint course on the other hand...well, it starts the same as the women's, but then turns off our course to make theirs a 'little' longer. They go down a long steep hill, and then have the longest, hardest hill I have ever seen in a sprint!

This 'mens sprint hill' features in all the distance races too; the classic course is great, undulating skiable ups and downs, then you do the 'men's sprint hill'; the skate loop of the skiathlon drops a km or two down hill and then you get the pleasure of skiing all the way back up an A grade climb, which pretty much attaches itself to the 'men's sprint hill' (which means a 2nd A grade climb attached to the first).

So, Sochi has something for everyone and it's a bit of luck whether that something is on the race course that you'll be skiing in.

One thing is certain, if you are going to compete there in any event other than the woman's sprint and team sprint, I'd get practicing long, steep climbs.

If you are going there as a spectator, it will be interesting to see if the accommodation you book will be complete, and also if the train they are building up to the venues will be finished. So much to do and in such a short time.

For those who get to compete at the Winter Olympic Games next year, one thing is for sure; it will be an experience!

Thanks Birkebeiner Nordic Ski Club for your continued support. Looking forward to seeing you all out on the slopes again this season.

Esther Bottomley



## Alasdair Tutt Season 2012/2013 Report

Hello BNSC members,

My journey overseas began all the way back in September when I departed Australia for Norway on the 27th. I landed in Oslo and did some “tourist training” involving a long run with Marius Prestegaard (competitor in the 2012 Hoppet) and a training session exploring Akershus with Ole-Herman Roennevig (also competitor in the 2012 Hoppet).

My final destination was a place called Skien in the “fylke” of Telemark, the home of skiing! It’s about 2.5 hours south west of Oslo and is the 6-7th largest city in Norway with all of 50,000 people. There I met my host and Coach for the 2 month stay, Sondre. I trained with two groups, the school team of Top-pidrettgymnaset i Telemark (one of about ten elite level cross country skiing schools in Norway) and Team Grenland Ski. Over the following 10 weeks we had several training camps at the ski field in Rauland, one dryland and three on-snow weekends as well as half day training trips to Svarstad and Svans-tul. I competed in one race weekend: the first open-entry FIS race in Norway, BUL-Sprinten and proceeded to a) have my train break down on the way, delaying me two hours b) arrive in Vinstra to find out that no busses operate to Gaalaa in winter and c) lug all 55kg of my luggage 3km down the road to where the turn off was so that I could hitch a lift. Not idyllic pre-race preparation by any means.

BUL-Sprinten is infamous for being incredibly cold and it kept it up with a day-before temp of -17, race morning temp. of -16 and the following day when the race was cancelled when it plummeted to -24. I finished well, unhappy to make the top 30 juniors but glad to see some faces I knew again and to finish off stage 1 of the trip. I got a lift back to Lillehammer where I paid \$7 for a Latte (thankfully it was decent) and then hopped on a train for Oslo and the Youth Hostel. On the way out I ran a further 32km with Marius through mud and snow in Nordmarka. Proving that even some of the best skiing places in the world don’t always get early snow (like Falls Creek).

I joined the Australian Team in Seefeld after an hour and a half flight and a four hour train trip, whilst managing to ring nearly the whole Australian ski team in the process as I thought I’d told Nick Grimmer the wrong time. Luckily I hadn’t. We had two weeks training in Seefeld, which was perfect as always, lots of snow and good coffee to be found. Our first race was the St. Ulrich OPA Cup on the 14-16 December. I participated in the Classic Sprint and the 10km Freestyle with good placings in each but quite tired from the training block.

We then moved to Klingenthal on the German - northern Czech border for our second block. Whilst there we gradually lost our snow due to rainfall, competed in two lots of races at nearby Oberwiesenthal and Nick Montgomery and I managed two very long skis of 40 and 52km. In the first Oberwiesenthal races I managed to get through to my first european sprint finals and led out for the first 100m before being shown how it was done by the fastest qualifier over the top of the course... The 10km was very tough, with 5 long, steep hills in each 4.5km lap. I got my PB FIS points for the trip in that race, so not all bad.

In the second races, the OPA Cup came to town and we were based in “not so nearby” Kovalska. Allison managed to empty our super-efficient diesel van in one weekend with back and forth driving. I had a stronger sprint, deciding to double pole the course this time, but no finals. In the 10km the course was deep, heavy, chopped up and unpleasant for the bigger skiers.

As we then had run out of snow, we decided to cut and run back to Seefeld for 10 days before the kick-off of World Juniors in Liberec. It was fantastic skiing and restored our faith that the world wasn’t against us. The German juniors were there too making us feel not so slow.

Finally, we drove to Liberec. The drive was badly timed with a snowstorm that brought Bavaria to a standstill and our van just scraped through before a large traffic jam blocked the others for an hour or so. We settled into the rather fantastic Hotel Babylon over a few days, explored Liberec a little and skied the race trails thoroughly. I only managed to get kicked off once when they were snow making which ruined my final ski before the race.

The Classic Sprint goes down as one of those memorable moments where I managed to ski a course as well as I could've on the day and threw down a nice 64th out of 82. Carrying on the high I started the 10km a little quicker than I should've (Nick told me afterwards he'd thought about yelling at me to slow down) and somehow managed to get a cramp in my quad, making for some lopsided skiing around. I finished with a sprint but wasn't happy, signing the list of finishers. The 10+10 Skiathlon started a little more relaxed as we had to wait for all the traffic jams over the first kilometre before settling down. Nick M and I aren't sure what compliments it pays to Australian skiing when if we passed someone, they would retire from the race. I skied a nice classic leg and managed to get into the last 3-4km of the skate leg before I was lapped by the winners. I put on a sprint to the line and again got hit with "...and here comes the final finisher." Bummer. Around 10 people had pulled out, notably most them behind Nick and I during the classic. So we simply count them as being too soft to handle 20km.

The experience of World Juniors was even more fantastic than last year in Turkey with such a large team (10 athletes all up) and having an extra language under my belt with which to socialise in. The hotel was a little bizarre and the food a little bland but it was well and truly made up for. There is nothing more motivating than failing to reach one's goals and I'm looking towards the coming season to improve and perform well towards Val di Fiemme 2014 for U/23 World Championships. Please feel free to talk to me about any experiences from Norway and the rest of the trip at any time in the future. A huge thanks to the BNSC for their financial support and the messages of support we received throughout the trip. It certainly helped during the 4 hours of daylight in Norway towards the end (brown cheese and honey does the trick). Coming home was a bit of a shock, 2 years of continual winter and autumn have taken their toll. Currently adapting to the heat whilst trying to study Sports Coaching up in Canberra.

See you out on the tracks.

Alasdair Tutt.

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## Club Calendar

Day	Start	Race	Location	Contact	Number
<b>June</b>					
Sat 8	6:00pm	Annual Casserole Dinner	BOEC	Kerry Lucas	5754 1341
<b>July</b>					
Sat 6	10:00am	Birkebeiner Classic (C) 2.5/5/10km@	Falls Creek	Bill Little	0357544174
Sun 7	10:00am	Ski de Femme (F) 1/2.5/5km @	Falls Creek	Ronice Goebel	0357544910
Sun 7	10:00am	Fast and Female	Falls Creek	Allison Stoddart	0416 627 747
Th 25	7:00pm	Mid Season dinner	Rois	Kerry Lucas	0407814114
Sat 27	9:30am	Aust Sprint Champ's (F) Open/Jun */** CC/FIS	Falls Ck	Bill Little	03 5754 4174
Sun 28	10:00am	Aust Open/Jnr 2.5/5/10 (C) */** CC/FIS	Falls Ck	Bill Little	03 5754 4174
<b>August</b>					
Sun 18	10:30am	RV Rush/Sun Valley Ramble (15/7.5km) (F)@	Falls Creek	Race Secretary	03 5754 1045
Sat 24	9:30am	Kangaroo Hoppet (F) 42km CC/FIS @	Falls Creek	Race Secretary	03 5754 1045
	9:40am	Australian Birkebeiner (F) 21km @			
	9:50am	Joey Hoppet (F) 7km @			

## Timing Plea

I am intending to pass my timing duties on to anyone who expresses an interest in taking them on. I have been doing the timing of all our races since 2001 in this stint and it is time the club got some new blood. To this end I am trying to come up with a system that is a bit easier to use than the current one. If anyone is able to write a data base or they know of someone who can, or they know of an existing data base, could they please let me know. I will include the details of what is required.

The fields in the data base would need to be as follows

Field	Contents
Race:	Mount Beauty Half Marathon
Code:	21
Bib:	634
Surname:	Little
First Name:	Bill
Class:	MO60
State:	VIC
Start Time:	
Finish Time:	
Elapsed time:	
% behind winner.:	

I would need to be able to enter data straight into the data base, or for it to read in data from a CSV or text file. I would need to be able to enter start times from a text file, and finish times as well, with the ability to over write as the file would already contain the start time. If possible the data base could take the times live as they occur. I have the communication protocol for the timer if that is required.

The reports would need to be able to be sorted on Gender, Class, Race and contain Placing, Surname, Christian name, bib, State, Class, time, % behind winner. They would ideally be tab delimited text or document files or even CSVs.

If you can do this or know someone who can, please drop me a line.

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### **2013 BNSC Mid Season Dinner**

Thursday, 25<sup>th</sup> July, 7pm at Roi's Diner, Tawonga

BNSC members will get a delicious meal The club providing a subsidy for the meal.

Vegetarians will be catered for but you must pre-book the vegetarian option a.s.a.p.

Details as to times and prices will be in the next newsletter.

The mid-season dinner is an opportunity to socialise with club members off the snow.

Please RSVP before Monday, 22<sup>nd</sup> July to Kerry on 0407 814 114 (text or message) or email [km.lucas@bigpond.com](mailto:km.lucas@bigpond.com) or Trish on 5754 4323 or [trishacross@bigpond.com](mailto:trishacross@bigpond.com)