
BIRKEBEINER BULLETIN



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Official newsletter of the Birkebeiner Nordic Ski Club

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Annual General Meeting

Date Wednesday 15th May, 2013.

Time 7.30 pm

Venue Kangaroo Hoppet Office – in the big room.

Supper Will be provided.

Agenda The agenda at the AGM will include

Reports from the President, the Treasurer and several Sub-Committee convenors. The agenda will also include the election of the General Committee and Executive Positions for 2013/2014. Here is an opportunity to get more involved with the club and to see how things work from the inside.

For more info: contact Sec., Trish on 5754 4323

Send nominations to – trishacross@bigpond.com – prior to the meeting.

ANNUAL CASSEROLE DINNER 8th 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?

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 will be presented as well as any life memberships and appreciation certificates
RSVP by 8th June to Kerry Lucas 5754 1341 or <km.lucas@bigpond.com>

Birkebeiner's Monster Working Bee Sunday 5th of May at Falls Creek

We need three work teams:

1. Club house clean-up in preparation for winter.
2. Trail clearing
3. Fallen snow poles resurrection

Meet at the clubhouse at 10 a.m. or meet at the Hoppet Office in Mt Beauty at 9 a.m. for car pooling.

1. Bron will lead a team at the clubhouse. No equipment required.

2. Jim Gargan will lead a track-clearing team around the Nordic Bowl. Bring your best suited tools e.g. rake, long-handle shears, pruners, chainsaw, etc., plus gloves and other protective equipment. (If you can bring a ride-on or heavy duty mower or tractor and slasher, please give Jim a call.) Please let Jim know by Fri 3rd, if you can come and what tools you can bring. 0409 493 202, 03 5754 1785 or email <gargan@internode.on.net>. Jim has organised some folk and machinery to help on Saturday 4th as well. Please let Jim know if you can help on Saturday instead of, or as well as, on Sunday.

3. Keebs needs two strong helpers to drive to the 5 or 6 fallen snowpoles and re-erect them. Bring a long-handled shovel and/or a crowbar if you have them. (03 5754 4910)

This is a family friendly day. Michelle Gilbert is organising morning activities for the kids, the club will provide a BBQ lunch, and there will be a bike ride after lunch for those interested.

RSVP for catering purposes, Bron Gray 0402 105 237 or email <bron.gray@ibag.com.au> by Friday 3rd May.

Accommodation: Some billets available or \$15 bed in a holiday house in Tawonga South. Contact Jim Gargan for bookings.

If you can't make it to the weekend but can contribute at any other time contact Jim Gargan for details of work still required.



FAREWELL GEOFF

The Birbebeiner Nordic Ski Club gathered to farewell long time BNSC member, Geoff Field.

Geoff was the BNSC Committee Treasurer for 4 years from 2006 and Hoppet volunteer for many years. He was Chief of the Finish Line at the Hoppet. The evening was held at Stockpot Restaurant in Mt. Beauty on Thursday, 31st January and guests included inaugural BNSC President from 1977, Brian Goss. Geoff and Jan are leaving Mt. Beauty and moving to Laurieton on the mid north coast of NSW.

NEW INITIATIVE FOR 2013 WINTER

The above photo features Victor Gustafsson (the leading skier) who will be here as our “Guest Coach and Instructor” for the 2013 Winter. Victor, 22, hails from Mora, Sweden (home of the Vasa Loppet) and skied for Sweden at the World Junior Championships in Germany in 2010, so we know he can ski!

Victor will be coaching the Birkie juniors, offering some master clinics and will be available to assist Mt Beauty Secondary College as Veronique did in 2012. Victor’s visit is jointly funded by BNSC and the Victorian Junior XC Ski Team and he will also spend time coaching that team, many of whom belong to BNSC.

In his words “I’ve been coaching kids, age 8-14, when I was working for the Swedish Ski Association. I have helped Anna Haag with a training camp that was also for kids, and was assistant coach on a training camp for the Swedish Junior Team. I helped Staffan Larsson with both groups and single consultations.”

We are looking forward to welcoming Victor to Mt Beauty and Falls Creek, and his involvement in our club. We are also looking for club members to offer billeting to Victor for 2 week periods whilst in Mt Beauty.

If you can assist, please contact Ronice 0409332642 or ronice.goebel@gmail.com





Alpine Champions: The 2012 Great Alpine Challenge winners (from left) David Brett (over 40's-Frankston Vic), Michelle Forrer (over 40's-Mt Beauty and Birkie member), Alice Hamilton (open-Mt Beauty and Birkie member) and Ian Franzke with Bethany (open-Mt Beauty and Birkie member). The Great Alpine Challenge is the world's longest triathlon (over 5 months) and includes the Mt Beauty Half Marathon, the Kangaroo Hoppet ski race, and the Mitta to Mt Beauty mountain bike race.



Jim presenting Phil with a certificate of recognition from Bushwalking Search and Rescue for all his years as club delegate. This took place at the end of year BBQ.



The crew who attended the end of year BBQ at the pondage last November.

Resort Entry Online Pricing 2013

Day Passes

Day	Before 1pm	After 1pm
1	\$ 40.00	\$ 20.00
2	\$ 80.00	\$ 60.00
3	\$ 120.00	\$ 100.00
4	\$ 160.00	\$ 140.00
5	\$ 200.00	\$ 180.00
6	\$ 240.00	\$ 220.00
7	\$ 280.00	\$ 260.00
8	purchase a season pass	\$ 300.00
9		purchase a season pass
10		

Overnight Passes

Night	Days	Before 1pm	After 1pm
1	2	\$ 80.00	\$ 60.00
2	3	\$ 120.00	\$ 100.00
3	4	\$ 160.00	\$ 140.00
4	5	\$ 200.00	\$ 180.00
5	6	\$ 216.00	\$ 200.00
6	7	\$ 252.00	\$ 236.00
7	8	\$ 288.00	\$ 272.00
8	9	purchase a season pass	\$ 308.00
9	10		purchase a season pass
10	11		

Season's Passes

Early Bird Falls Creek	\$ 270.00	purchases before 1st May 2013
Falls Creek	\$ 310.00	purchases after 30th April 2013
Early Bird All Resorts	tbc	purchases before 1st May 2013
All Resorts	tbc	purchases after 30th April 2013

Resort Entry Pricing 2013

Day Passes

Day	Before 1pm	After 1pm
1	\$ 42.00	\$ 20.00
2	\$ 84.00	\$ 62.00
3	\$ 126.00	\$ 104.00
4	\$ 168.00	\$ 146.00
5	\$ 210.00	\$ 188.00
6	\$ 252.00	\$ 230.00
7	\$ 294.00	\$ 272.00
8	purchase a season pass	\$ 314.00
9		purchase a season pass
10		

Overnight Passes

Night	Days	Before 1pm	After 1pm
1	2	\$ 84.00	\$ 62.00
2	3	\$ 126.00	\$ 104.00
3	4	\$ 168.00	\$ 146.00
4	5	\$ 210.00	\$ 188.00
5	6	\$ 219.00	\$ 202.50
6	7	\$ 255.50	\$ 239.00
7	8	\$ 292.00	\$ 275.50
8	9	purchase a season pass	\$ 312.00
9	10		purchase a season pass
10	11		

Season's Passes

Early Bird Falls Creek	\$ 275.00	purchases before 1st May 2013
Falls Creek	\$ 315.00	purchases after 30th April 2013
Early Bird All Resorts	tbc	purchases before 1st May 2013
All Resorts	tbc	purchases after 30th April 2013

The online prices are slightly cheaper.



Paul and John setting up the bookcase in the clubhouse. Geoff Field donated the bookcase and Trish, John and Paul delivered it. It will house a collection of books that has yet to be set up.
Photo T. Cross

Birkebeiner Nordic Ski Club (inc)



Join Australia's most successful cross country ski club and become a Birkebeiner!



Learn to ski, meet other skiers, discover the peace and beauty of the Bogong High Plains in winter, experience an exhilarating outdoor activity and participate in one of this country's fastest growing sports.

Enjoy the great outdoors on a pair of cross country skis this winter! Choose from club activities such as learn to ski days, skating clinics, tours for groups of all standards, and snow camping. Or join the club's search and rescue group.

The Birkebeiner Nordic Ski Club (Inc) was formed in September 1977 and has its base in Mount Beauty. It is a very active club, with many family, single and student members.

A bit of HISTORY

Brooke L'Huillier, Esther Bottomley and Naomi Bottomley. Taken approx. 1992.

Backcountry film festival 2013 season

The Winter Wildlands Alliance created the Backcountry Film Festival in 2005 to help grassroots and professional filmmakers to show audiences their love of the winter outdoors. Since then, the annual festival has become something of an institution amongst many outdoor communities.

The festival is now a pre winter event here in Australia.

Melbourne

Wednesday May 15

At The South Melbourne Commons

corner of Bank & Montague St in South Melbourne

Suggested donation: \$8 conc/ \$12 waged

Seven films over 90 minutes, largely covering backcountry skiing and boarding.

7pm. Come and grab a drink and catch up

7.30. Films start, the show runs til 10pm (with a 20 minute break in the middle).

Alpine history saved from fire

FIREFIGHTERS have gone to extraordinary lengths to protect property in the mountains — including wrapping historic cattlemen's huts in silver foil.

Elite rappelling-crew firefighters from Ovens were dropped from helicopters into the isolated locations above the snow-line to undertake the work when the Harrietville fire broke containment lines last week.

Alpine meadows adjoining the huts were also raked over to create a mini-firebreak in a bid to protect the shelters used by walkers and cross-country skiers.

Hazmat fire wrap was used on the timber walls of the huts to offer some protection against the fires.

Parks Victoria Chief Ranger Alps Peter Jacobs said his team was glad to have the Hazmat material on hand.

"We purchased it a couple of years ago with the help of the Victorian High Country Huts Association after the 2006-07 fires burnt three huts. It was great to have it on hand and ready to



● Westons Hut, rebuilt after the 2006 fires just a year ago, was also wrapped in foil and the ground cleared around the hut's perimeter.

use and for the helitack crews to be on hand," he said.

"Federation Hut, rebuilt after the 2003 fires with more fire resistant materials, and the University of Melbourne's Mountaineering Club Hut were protected from direct fire by a retardant called Phoscheck.

"This was sprayed by aircraft on and around the huts and on nearby vegetation to reduce fire intensity."

Mr Jacobs said al-

though the fire was not out yet, a combination of good planning and having the right materials and trained crews to do the works had protected the huts from fire damage and destruction at this stage.

"These huts are precious to many people for many different reasons," he said.

Westons Hut, on the Bogong High Plains, was re-opened just over a year ago after being razed by the 2006-07 fires.

Victoria's Environment and Climate Change Minister Ryan Smith praised Parks Victoria and DSE staff on their quick thinking and new fire technology for protecting several historic huts.

"The staff of both agencies deserve the utmost praise on their foresight, rapid response and bushfire preparations in protecting a significant part of Victoria's alpine cultural heritage," Mr Smith said.

Trish Cross submitted this article from the Border Morning Mail of 7th February 2013. It's about how DSE/Parks Vic protected some of the Huts during the Harrietville/Mt Hotham fires. This hut is actually Dibbins Hut, not Westons as mentioned in the article. There is an online article with a colour photo at <http://www.bordermail.com.au/story/1284824/blaze-shows-its-not-done-yet/>

Birkebeiner NSC Phil Bellingham's Report

I had a fairly whirlwind start to my season this year. After finishing my last exam at university I was on a plane within two days. After landing in Canada I was racing a Continental Cup race in Canmore four days later. A couple of days later we flew across the continent to Quebec for the World Cup sprints that weekend then back to Canmore for the World Cup the following weekend. There were some mixed results for me in amongst this hectic schedule; in the first races in Canmore the sprint was great, qualifying for heats and getting some awesome FIS points, the 15km classic was pretty horrible, felt rough with jetlag and started questioning where my form was at. The World Cup in Quebec was great though, placed 50th, my best World Cup result to date. Then the World Cup in Canmore wasn't so good, felt great but somehow managed to pole myself on the downhill section, crashing out and finishing quite a way back... After this racing block I stayed on in Canada to train for a couple of weeks.

I then left to Europe for another weeks training before heading to U/23 World Champs in Czech. These Championships weren't the most successful for me; I finished 57th in the Classic sprint and 73rd in the 15km Skate. This was a little concerning heading into the Sochi World Cup in Russia. This was one of the most important races for me as it was an Olympic selection race on the 2014 Olympics race site so I opted to skip the 30km at U/23 World Champs to focus on it.

Arriving in Russia was quite an eye opener! It didn't go smoothly either, I came down with food poisoning after a day of being there and felt rubbish for the following 3days leading into the World Cup. Somehow, on an extremely hard 1.8km skate sprint course, I managed to scrape a good race together and finished 63rd of 84 and inside the top 75% of the field. With another two selection races next year this result should hopefully hold me in good stead for the Olympics this following year.

It was then back to Europe (Switzerland) for a World Cup in Davos and then World Champs in Val di Fiemme (Italy). In Davos I was happy to start my first ever distance World Cup with a 15km skate; it was a tough race on a brutal course and I was pretty happy to just not come last! The Classic sprint was a bit better, suiting me a lot more; I ended up 64th which is definitely one of my best classic sprint results yet. The following week at World Champs I didn't have a whole lot of success. In the 10km skate qualifier I was just 2 seconds outside the top 10 just missing out on qualifying for the 15km skate which was quite disappointing. The classic sprint was OK, I placed around where I should have but felt I skied poorly and not quite to my full potential. The team sprint with Callum was a blast like it always is, we ended up 25th, I love this event so much, especially when it's skate, so much fun!

We then had a week of training before flying into Lahti, Finland for the second of the teams Olympic selection races. I had some mixed results here. I had one of my best skate Sprints yet finishing in 66th only 7secs behind the winner but then followed it up the following day with a dead last in the 15km classic. I think this 15km classic race showed me that my form was starting to drop off after a long season of solid racing. Cal and I then flew to Norway by ourselves where I raced the classic sprint World Cup in Drammen city and the Norwegian Birkebeiner. I didn't have any stellar performances in either of these races but both were a good experience, especially the Norwegian Birkebeiner! I stayed on in Lillehammer for a couple of weeks and did some quality training with Great Britain skier Andrew Young which was great as I was happy to have a break from racing for a bit! I briefly went back to Czech to race in the Red Bull Nordix World Final which is a skier-cross event for XC skiers. I came 14th out of 162 and won the best trick comp. Had a blast, highlight of my season!

I am now in Tahoe, California racing US Nationals in another hectic racing schedule; tomorrow we have a classic sprint, today was a 15km classic mass start and yesterday was a 3.3km skate prologue, with a hill climb and a 50km to follow these, should be some fun!

On a whole I feel this season has been quite successful and I have achieved quite a few of the goals I set out for. Right now its race, race, race and then I should be back in Australia early May sometime to hopefully catch a few small rays of sunshine before the Australian season starts.

Once again I would like to thank the Birkebeiner NSC for their continued support! It is always appreciated greatly and I look forward to seeing you all out and about on the trails at falls Creek very soon!

Phil Bellingham

5/4/13

Phillip in action on his trip



Casey Wright's Report

Dear BNSC,

I would like to thank you for your help and support over the 2012/2013 European winter.

I travelled as part of the Australian Junior Cross Country Ski Team European Tour, to train for and compete in the World Junior Championships as well as other OPA Cup and German Cup races.

My Trip started in Seefeld, Austria with a 10-day training period. This was followed by my first OPA cup and European race in St Ulrich. It was at this race that I learnt how fast Europeans ski!

My second training period was in Klingenthal, Germany. We trained here for approximately 4 weeks with two racing opportunities in Oberwiesenthal, Germany as part of the German and OPA cup series. It was my goal that during these races I would obtain the 195 FIS points required to compete at the World Junior Championships, Liberec Czech Republic. I did achieve my goal in the 5km skate in the OPA Cup racing weekend.

Following these races I returned to Seefeld, due to lack of snow in Klingenthal, and completed my World Junior preparation in the Austrian Alps.

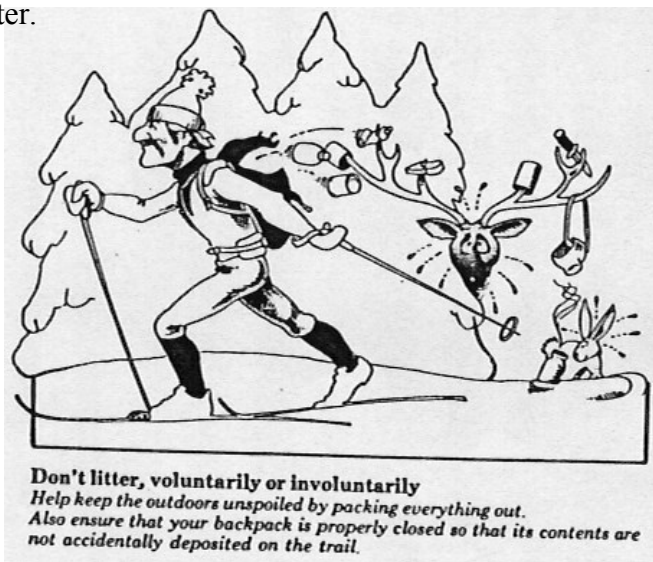
I competed in the 5km skate, classic sprint and female relay at the World Junior Championships. I obtained my best result of 50th in the classic sprint time trial. Unfortunately due to a fall in the 5km skate, I

did not have the most enjoyable of races. Regardless, it was a fantastic opportunity to gain experience and knowledge about racing at an international level. The most exciting part of these championships was being a member of the first women's relay team to compete at World Juniors. I was the 3rd skier and skied the first of the skate legs. Anna Trnka, Xanthea Dewez and Ash Spittle all skied fantastic legs.. As a result of my fall in the distance race, I had injured my thumb, which made double timing in particular quite painful. Despite this I had an absolutely amazing time and feel honored to have been part of this team.

Again I would like to thank you for the support you provided to not only me but all of the other athletes that competed in the 2012/2013 Northern Winter. I look forward to seeing you skiing around Falls this



winter.



5km Skate, World Junior Championships

Anna Trnka's Report

I flew out of Australia in early December with the Junior Ski Team to begin our trip in Austria. Of all the places I have travelled, including the new ones I visited this trip, Seefeld and the Tirolian Alps are my absolute favourite place to ski. For the next 10 days in Seefeld it snowed, A LOT. But we still got great training in and remembered how to actually ski, which was going to be crucial in our plan for ski domination (i.e. not coming last).

After a few weeks that ranged from high functioning skiing to minor failures I finally managed have a quality race, in true Australian conditions (i.e. bucketing rain, poor visibility and ankle deep slush, perfect for a skate distance race). Armed with rain coats and visors we headed out to warm up on slowly deteriorating snow. The men went first meaning the Aussie boys had slightly better conditions than the girls (which was okay because as everyone knows girls are better and therefore a handicap was justified). By the time I got around to racing, I had to flip up my visor within 30 seconds, unable to see the incredibly chopped up track. One of the sharp corners was so rutted out that you could actually see a patch of the ground! The 5km course at Oberwiesenthal, Germany has 5 steep hills each followed by a steep descent, increasing in difficulty as the race goes on. So naturally my plan for the race was to go out as hard as possible from the start and hope that I didn't crash and burn. Surprisingly this paid off and I got a PB with 181 FIS points which gave me full qualification for WJC in Liberec. With 3 weeks until WJC and qualification out of the way it was time to get down to business and get in some serious training.

Going to Liberec, the Czech Republic for WJC was amazing, there was a water park, laser tag, mini golf, bowling, theme parks and of course the occasional bit of skiing (when we could drag ourselves away from all the activities in the basement of our hotel). For me Monday's classic sprint was a warm up

for the 5km F on Wednesday. Having said that I still skied my little heart out and double poled my even littler arms off to come in 57th/68. I was feeling good in the 5km skate and having started out relatively early on in the field I crossed the line in first place, (only to be knocked out within 15 seconds), however unfortunately 60 odd other girls also passed me. Although the elusive top 50 had evaded me I got my season best FIS points which qualified me for World Senior Championships! The second last race at WJC was the 10km skiathlon, which was one of my best races for the whole season. I avoided the chaos that was 70 girls starting in 6 lanes that suddenly changed to 3 lanes and had a great classic leg. I came into the changeover area in 50th place however as I began the skate leg I cramped pretty badly (see picture) and dropped back into 54th.

The last event at WJC was the relay which was pretty exciting because Australia had never had a women's relay team at WJC before. I started us off in the classic leg and passed over to Xanthea in 12th with Canada and Kazakhstan behind us. Casey skied a strong skate leg considering she could only double time with one hand due to a fall earlier in the week and Ash finished us off in 14th place. It was soon after this I would bid my team mates goodbye as they headed back to Australia while I was going to be staying on for an extra month to go to WSC (after some nifty plane ticket reshuffling by my trusty travel agent-mum).

After having a week off skiing and spending time with my family in Czech the next stop was Davos, Switzerland. Highlights of Davos included the brilliant hot chocolates from Kaffee Klatsch, amazing long classic skiing up the different valleys, racing in minus 20 at Lenzerheide and getting to meet Jessica Diggins (current world champion) who was very impressed by my ability to put on 3 layers of gloves.

Do you know what's great about Italy? Everything. From the rolling Marcia Longa loppet tracks, to the challenging FIS courses, the amazing, warm, sunny weather and the even better food (you may not be aware of this, but Italians make GREAT pasta). My big aim for the World Championships was to qualify for the 10km F, in order to do this I need to be in the top 10 in the 5km race at the start of the week. I felt really strong that day and slowly moved up the field of about 40 starters. Coming down the last hill and into the long finishing straight was the most amazing feeling ever. There was biggest crowd I'd ever skied in front of and at the end of the stadium there was a massive TV showing me skiing the final 2 minutes of the race. Though I didn't know it at the time I was fighting Sarah Young from Great Britain for 10th place, unfortunately she was 4 seconds quicker and I just missed out on qualifying for the 10km. The next day I'd like to say I raced in the classic sprint at World Champs but I think "participated" is a more appropriate term. My final race for World Champs and for the season was going to be the 15km skiathlon. Similar to my skiathlon at WJC I had an amazing classic leg where I was only 3 minutes behind the leaders and first Australian however after the changeover to skating I cramped up pretty badly in my calves again (you'll be glad to hear that I've been doing lots of squats since I got home!). I struggled towards the finish losing a few places and I'm ashamed to say our team physio had to help half carry me away from the finishing area. All in all it was still one of my best results and I get to say I lined up on the same start line as Marit Bjogren!

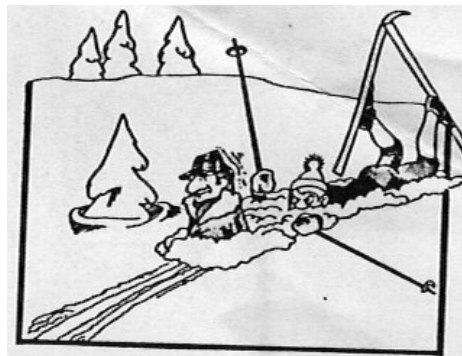
After my last race I spent a few lazy days skiing in Italy with my dad before going to Venice for some sightseeing and flying home. The whole trip from start to finish was an amazing experience; I had some great results and got to go to a lot of new places. The Birkebeiner Nordic Ski Club has always supported me in my skiing and once again their contribution to funding my trip was invaluable. Without the support of the club over so many years, I would not have made it this far, so thank you to everyone.

Cheers,

Anna



Australia's first women's relay team with coach, Nick Grimmer and Manager, Allison Stoddart



Don't walk on the trail
Walking on trails, especially in soft snow,
DESTROYS them.



Anna skiing with Michal.

Mount Beauty 3k, 10k and Half Marathon



Sat 18th May, 2013
Starts 10 a.m.

All participants go into the draw for a brand new mountain bike – drawn at the presentations.

Save money, enter on-line NOW.

www.mtbeauty.com/mt-beauty-half-marathon/

Limited late entries on the day from 8-9 a.m.

This is the first leg of the
Great Alpine Challenge

Further details from:

0438 556 583



● Part of the area to be included in the Falls Creek resort, raising the possibility of further development.

Falls land swap boost for resort

BY BRAD WORRALL

FALLS Creek will look to expand its role as a high-altitude training centre with plans to add water frontage to the resort.

About 10 hectares of national park, including land on the shores of Rocky Valley dam and a shed once used to train Antarctic explorers, will be added to its holding under a bill before the Victorian parliament.

The area is used extensively by elite rowing squads, including national and state teams.

The trade-off is a slightly larger parcel of rugged terrain, home to an endangered skink, be-

low Mount Mackay, that will now become part of the Australian Alpine National Park.

Member for Benalla Bill Sykes said the swap was a win-win outcome.

He said the bill offered the opportunity for private investment partnerships to develop the foreshore, while, at the same time, handing back highly valuable and relatively undisturbed environmental land.

"This will enhance Falls Creek's potential for summer tourism and support its vision to become a high-altitude training centre for elite athletes.

"We want to encourage

more altitude training, lake events, road cycling and mountain biking.

"Already in the past financial year the resort has hosted the Geelong Football Club, Melbourne Rebels and national and international cycling teams."

Falls Creek chief executive David Herman said land that housed resort infrastructure and a road snow-clearing base would also now come under its responsibility.

"The land being added to the resort is highly disturbed, the legacy of the resort's hydro-electric heritage," he said.

"But it will also allow us to contemplate meas-

ured development along the Rocky Valley Dam foreshore near the shed that was once used by scientists looking to see whether they could survive in the Antarctic.

"We are continuing to look at a range of high-altitude training options for the entire resort."

Victorian Environment and Climate Minister Ryan Smith said the Falls Creek biodiversity management system had also identified the land to be added to the national park as suitably habitable for the critically endangered alpine water skink.

The land also contains snow gum woodland.

Reprinted from the Border Morning Mail.

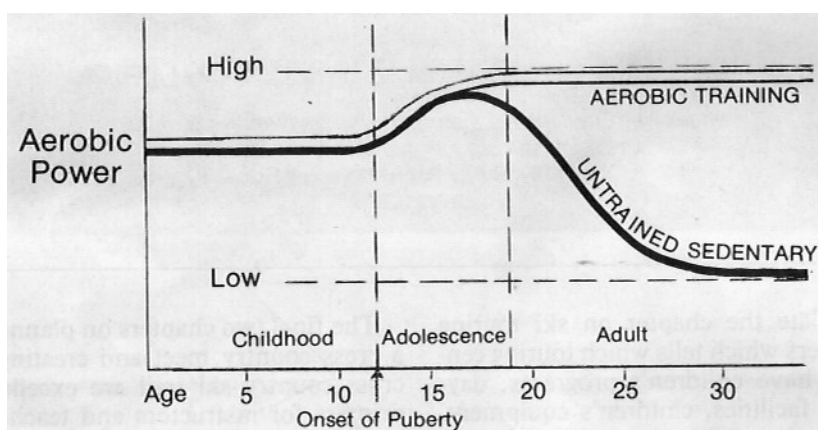
Parents, Children and Cross Country Competition

by Edward G. Hixson, M.D., F.A.C.S.
Past Director, Medical Supervisory Team
1991 USA Nordic Ski Team

One of the greatest joys of parenthood is to have a child excel in some area of endeavour. For parents involved in cross country skiing, it is- only natural that they encourage their children to ski. How can children be encouraged, however, without "turning them off"? A child may have gold medal potential, but if he becomes cold, exhausted and discouraged at an early age, he may not try again.

To start with, knowledge of child development is helpful. Our society is age group oriented. The system is ingrained in our schools and carried over into our skiing organization. Our senior, junior, and Bill Koch League divisions are based upon age. Unfortunately, child development does not accurately correlate with age. (Just look at the differences in height in any of your children's classes).

We must view our own children's athletic progress with respect to their developmental age rather than their chronologic age. Physiologic maturity is best correlated with the development of secondary sex characteristic (pubic hair, breast size, menarche, genitalia). The onset of puberty is most significant (males - mean age 12, range 11-16) (females -mean age 10.5, range 10-12). The "growth spurt" occurs following the onset of puberty. Strength and aerobic power develop following puberty as growth is slowing down. Refer to graph below.



Parents are often concerned about the small male child who is outdone athletically by girls, (and, thus, humiliated). This is simply a reflection of the fact that females will reach physiologic and sexual maturity one to two years earlier than males. A little patience is in order, however, as males, with more chance for pre-pubertal growth, will on the average, end up larger, stronger, and with more aerobic power. In a similar fashion, "late bloomers" are often outdone by their peers (whether male or female). This is always disconcerting to parents. When puberty is delayed (in the absence of disease) often greater adult height, strength and aerobic power may be attained as, again, there is more time for preadolescent growth. The "late bloomers" are often psychologically tougher due to the problems they necessarily encounter at school.

Parents concerned about their child's development should check with their paediatrician who is able to exclude disease states and endocrine problems (both of which are uncommon). In addition, he has growth charts (some of which are correlated to parental size) etc., and is able

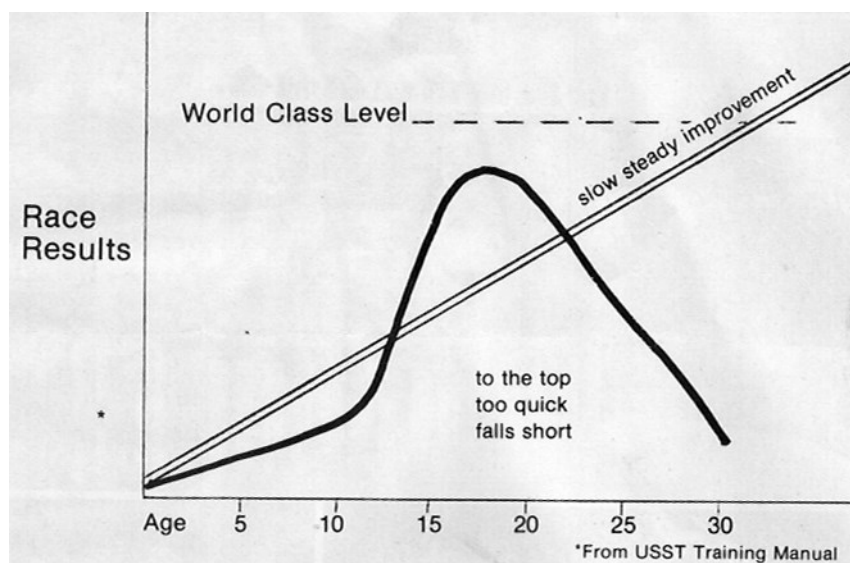
to give an estimate of development and maturation (often along with the necessary reassurance).

The crux of all this is to neither underestimate the *ultimate* athletic potential of the child who is small and weak for his or her age, nor to over-estimate the potential of the larger and stronger. As even I conventionally write in terms of chronologic age, *consider your child's physiologic age*. By the way, don't load the "late bloomer" down with mega-vitamins, growing pills, or tonics. What is needed is understanding and good medical assessment. Slow development is not inferior, unless parents make it that way.

Aerobic capacity is, to a degree, genetically determined. World class cross country skiers have the highest aerobic capacity of all athletes. (Max VO₂ uptakes in excess of 80 ml/kg/min.) Their muscles are predominantly of the aerobic type. They are 70% to 80% "red" or slow twitch muscle fibres which have a high capacity to use oxygen. Sprinters, on the other hand, have anaerobic muscles. These are high in "white" or fast twitch fibres. Those muscles give bursts of power using less oxygen and are most suited for sprints or team sports. Many physiologists believe that one's percentage of red versus white fibres is genetically determined. You are born either a sprinter or an endurance type (or somewhere in between).

Should your child have a muscle biopsy to determine his fibre type to find out if he is destined to become a great cross country racer? This would be impractical, potentially erroneous, and no child likes needles. I prefer natural selection. If you have an adolescent who is a good hockey player, don't talk him out of it and talk him into skiing to please yourself. His choice may be determined by his natural ability or predominance of slow or fast twitch fibres.

For dedicated cross country ski racers, the road to the top is longer than most sports. Starting at an early age, with long-term goals is important. *Pre-adolescent children* (up to age 11) should be introduced to skiing. It is most important, at this stage, that the child enjoy skiing. Technique instruction should be avoided. Classes are boring and children are great natural mimics and can learn best by watching others. Should an eight-year old train? No; training would quickly turn him or her off. For that age child aerobic training is superfluous. The average eight-year-old is constantly operating at 80% of maximum. Children's Play is a series of wind sprints!



— A rapid ascent to the top often falls short of the goal —

Will distance skiing harm a child? No, not physically; but most children get little satisfaction from knocking off more kilometres. Ski play, games, and family skiing have better acceptance than a marathon.

It is of particular importance to equip children well, with the emphasis on warmth. Skiing should always be fun. Races can be fun, too, for this age group. However, the emphasis should be on participation, NOT level of performance. The child should be first and foremost, a child, not an athlete. Children play; athletes compete. A child attains no long term competitive advantage over his peers by sacrificing his childhood to a stop watch.

The *onset of puberty* marks also the beginning of strength and aerobic power development. For ages 11-15 play is left behind and skiing becomes a sport. Technique is taught at this time. Year round sports participation is encouraged (all kinds of sports, not just endurance). During this rapid growth phase, training and competition begins. The emphasis at this time should be on learning the sport. High performance level in competition is not very significant as it may be more indicative of rapid maturation.

For *ages 15-18 (post pubertal)* serious aerobic training is appropriate. It is at this stage that maximum aerobic capacity is being developed. At this point, year round endurance sports should be encouraged. Volume and intensity of training should increase about 20% per year. Those with the gift of high genetically determined aerobic capacity will be naturally selected at this time.

The *19-30 age group* is the age for maximum year round training and maximum competitive achievement. After *35 years*, skiing continues, but for the maintenance of good physical condition (we also start writing about it).

In the United States, we are competition and win oriented. A rapid ascent to the top at an early age is often encouraged. The rapid spurt, however, often ultimately falls short of the goal. Perhaps this is why we follow behind the Scandinavians in cross country racing.

Our competitive zeal in a pill oriented society sometimes takes the form of drug abuse. No pill has ever improved athletic performance (Anabolic steroids can do permanent damage to growing children, and stimulants can kill). Fad diets and supplements are unnecessary. A balanced diet with increased carbohydrate in proportion to energy output is all that is needed.

In summary, the road from childhood to the elite is a long one. All will not get there, but the experience leads to a lifetime of pleasure. The childhood experience in skiing is very important; it should be fun. Adolescent achievement levels should be correlated with maturation. Good medical advice is as important as good coaching in the development of racers.

(This article originally appeared in a past edition of *Australian XC News* and was submitted by Paul L'Huillier for inclusion in the Birkie Bulletin)

Birkebeiner Nordic Ski Club – Pre Season activities 2013

Date	Event	Details/Contact
Sunday 28th April	Bright Fun Run	5 – 21km events starting from 8;45am More info: http://www.brightfunrun.com
Sunday 5 th May	Nail Can Hill Run Clubhouse working bee	11.3/5km options For further details: http://www.nailcanhillrun.com.au Two ride options or rollerskiing available at lunch or afterwards
Saturday 11th May	Big Walk – Mount Buffalo	Meet at park entrance car park at 10am Lunch at the Gorge car park Ronice Goebel 0409332642
Saturday 18th	Mount Beauty Half marathon	Starts at 10am. 3,10 and 21km options. http://www.mtbeauty.com/mt-beauty-half-marathon/
Sunday 19 th May	Mountain bike ride. Beechworth to Everton via rail trail and 'Flame Trees' tracks.	Meet at rail trail head in Beechworth at 10am Michelle Forrer - 0417206672
Sunday 26 th May	Rollerskiing session	Meet at Mount Beauty Secondary College at 3pm. Please bring protective gear and helmet.Trnkas': 57544637
Sunday 2 nd June	Rogaine (on foot)	Big Hill mountain bike park. 3pm Michelle Forrer 0417206672



AUSTRALIAN CROSS COUNTRYSKIING **2013 RACE CALENDAR** Draft V3.3 22/04/13

FallsCreek

All Season Alpine Resort

Day	Start	Race	Location	Contact	Contact No.
June					
Sat 29	10:00am	Lake Mountain Sprint-X	Lake Mtn	Andrew Paul	0488 642 782
Sat 29	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	02 6456 3834
Sun 30	11:00am	Cooma Clean Out the Cobwebs (F) 5km M	Perisher	Bolt	0438 477 929
Sun 30	11:00am	Snowgum Wodonga Mini Series 1 (C) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657
July					
Sat 6	8:30am	Come & Try XC Skiing open day	Perisher	P Cunningham	0411 129 363
Sat 6	10:00am	Birkebeiner Classic (C) 2.5/5/10km@	Falls Creek	Bill Little	03 5754 4174
Sun 7	10:00am	Ski de Femme (F) 1/2.5/5km @	Falls Creek	Ronice Goebel	03 5754 4910
Sun 7	10:00am	Fast and Female	Falls Creek	Allison Stoddart	0416 627 747
Sun 7	11:00am	Cooma Clean Out the Waxbox (C) 5km M	Perisher	Bolt	0438 477 929
Wed 10	1:30pm	Paddy Pallin Junior Shield (C) 0.5/3km	Charl Pass	Rex Cox	02 6457 5223
Sat 13	10:00am	NSW Distance Champs (C) 2.5/5/10 km M	Perisher	Toni Hulme	0406 420 380
Sat 13	11:00am	Snowgum Wodonga High Plains Tour(F) 2.5/5/10 @	Falls Creek	Len Budge	0417 352 845
Sat 13	12:30pm	Snowgum Wodonga Mini Series 2 (F) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657
Sun14	10:00am	ACT Distance Champs (F) 2.5/5/10/15 km M	Perisher	P Cunningham	02 6299 9641
Sun 14	11:00am	YMCA Howmans Gap Vic Relay Champs (C/F) 2.5/5km	Falls Creek	Len Budge	0417 352 845
Sun 14	10:00am	Junior Sprint X	LakeMtn	Ray Malins	03 9728 1894
Sun14	1:00pm	Lake Mountain Mini Series 1 (F) 0.5/1.5/2.5km	LakeMtn	Ray Malins	03 9728 1894
Sat 20	9:30am	Vic Junior Sprint Champs (F)	Falls Ck	Ben Derrick	0400 110 046
Sat 20	9:30am	Victorian Biathlon Championships – Sprint (F)	Hotham	Phil Colebourn	0417 268 565
Sun 21	9:30am	Victorian Biathlon Championships – Mass Start (F)	Hotham	Phil Colebourn	0417 268 565
Sun 21	10:00am	Vic Junior Distance Champs (C) 2.5/5/10km	Falls Ck	Ben Derrick	0400 110 046
Sun21	11:00am	Cooma Open (F) 10km M	Perisher	Bolt	0438 477 929
Sun 21	11:00am	Inter-schools Classic (C) 0.5/1.5/2.5km	LakeMtn	Ray Malins	03 9728 1894
Sun 21	1:00pm	Lake Mountain Mini Series 2 (F) 0.5/1.5/2.5km	LakeMtn	Ray Malins	03 9728 1894
Sat 27	8:30am	ACT Ski De Femme	Perisher	R Cunningham	02 6299 9641
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
Sun28	11:00am	Bullfight Charge (F) 3.5/8km @	LakeMtn	Malachy O'Dolan	0428 880 367
Sun28	1:00pm	Lake Mountain Mini Series 3 (F) 0.5/1.5/2.5km	LakeMtn	Malachy O'Dolan	0428 880 367
August					
Sat 3	9:00am	Fast and Female	Perisher	Allison Stoddart	0416 627 747
Sat 3	10:00am	KCros Tour (C) 12km M	Smiggin Hole	Warren McCourt	02 6242 6613
Sat 3	10:10am	KCros Tour Juniors (C) 4km	Smiggin Hole	Warren McCourt	02 6242 6613
Sat 3	11:00am	Hotham to Dinner Plain (F) 12km @	Hotham	Mick Sinclair	0408 127 325
Sun 4	11:00am	City Tatts Nottage Int. Boonoon Open (C/F) 5km M	Perisher	Carl Melvey	02 9130 3309
Sun 4	1:00pm	Laser Biathlon NSW Races	Perisher	Meg Neuhaus	0412 112 754
Sun 4	12:00am	Vic Interschol XC Championships	Mt Buller	Bec Clarke	0408 006 415
Mon 5	11:00am	Charlotte Pass Open (C) 5km M	CharlPass	Sue Clark	02 9411 5974
Mon 5	6:00pm	NSW Night Relays (F) M	Perisher	Peter Ward	02 6457 1161
Wed 7	10:45am	KAC X-C Classic (C/F) 8.5km M	Perisher	Sue Clark	02 9411 5974
Thu 8	11:00am	Sundeck Handicap Race (F) 7.5km M	Perisher	sundeckhotel.com.au	
Sat 10	9:30am	ANC NZ Continental Cup 5/10km (F) CC/FIS	Waieriau NZ		
Sat 10	9:30am	Aust Open 15/30 km Championships (F)	Perisher	P Cunningham	02 6299 9641
Sat 10	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km M	Perisher	P Cunningham	02 6299 9641
Sat 10	11:00am	Justoyota Stirling Silver Hill Climb (F) 7.5 km @	Mt Stirling	Helen Lee	0411 815 415
Sat 10	9:30am	Australian Biathlon Championships – Individual (F)	Hotham	Phil Colebourn	0417 268 565
Sun 11	9:30am	Australian Biathlon Championships – Sprint (F)	Hotham	Phil Colebourn	0417 268 565
Sun11	9:30am	ANC NZ Continental Cup 10/15km (C) CC/FIS	Waieriau NZ		
Sun 11	10:30am	Tullincouty/St Phillack Cup (F) 5/8km @	Baw Baw	WarwickDavis	03 9744 5987
Thu 15	9:50am	ANC NZ Continental Cup Sprint (F) CC/FIS	Waieriau NZ		
Sat 17	9:30am	Aust Sprint Champ's (C) Open/Jun *** CC/FIS	Perisher	P Cunningham	02 6299 9641
Sun 18	10:00am	Aust Open/Jnr 2.5/5/10/15 (F) *** CC/FIS	Perisher	Toni Hulme	0406 420 380
Sun 18	10:30am	Rocky Valley Rush/Sun Valley Ramble (15/7.5km) (F)@	Falls Creek	Race Secretary	03 5754 1045
Sun 18	12:00am	Snowgum Wodonga Mini Series 3 (C) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418568657
Tues20	9:00am	NSW Interschol Races	Perisher	Peter Ward	02 6457 1161
Thu 22	6:00pm	Falls Creek Invitation Night Sprints	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 @			
Wed 28 – Fri 30		Aust Secondary Schools Ski Team Champ's			
September					
Sun 1	10:00am	Canberra X-C Ski Club Kosciuszko Tour (C) 18km M	Perisher	Jo-Anne Clancy	0411 156 959
Sun 1	11:00am	Snowgum Wodonga Mini Series 4 (F) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418568657
Tues 3	10:00am	Fast and Female	Mt Buller	Allison Stoddart	0416 627 747
Wed 4	8:00am	Australian Interschol XC Champ	Mt Buller	Bec Clarke	0408 006 415
Sat 14 / Sun 15		Perisher Cup	Perisher	Alan Davis	0411 189 974
Online entries: NSW - http://regonline.activeglobal.com/2013perishercrosscountryeventreg_1229187 Vic - http://ausxc.com/race-calendar/					

RACE SECRETARIES
National & ACT Peter Cunningham 29 Redwood Ave Jerrabomberra NSW 2619 P (02) 6299 9641 M 0477 356 835 Peter.cunningham@actewagl.com.au
New South Wales Toni Hulme M 0406 420 380 sangha@optus.home.com.au
Victoria Andrew Walker (03) 9836 1105 Munro.walker@bigpond.com
ABA Race Secretary Phil Colebourn M 0417 268 565 or 0419 426 718 aces@biathlon.asn.au
LEGEND F Freestyle race C Classic Race * Senior Selection ** Junior Selection CC Continental Cup FIS FIS Race @ Vic Ski Chase M NSW Masters Series
Event details, times and dates may be subject to change without notice. Skiers should confirm details with race organisers. An updated calendar will be posted at http://ausxc.com/ or http://www.biathlon.asn.au

RACE SECRETARIES

National & ACT
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New South Wales
Toni Hulme
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Victoria
Andrew Walker
(03) 9836 1105
Munro.walker@b.igpond.com

ABA Race Secretary
Phil Colebourn
M 0417 268 565
or 0419 426 718
aces@biathlon.asn.au

LEGEND

F Freestyle race
C Classic Race
* Senior Selection
** Junior Selection
CC Continental Cup
FIS FIS Race
@ Vic Ski Chase
M NSW Masters Series

Event details, times and dates may be subject to change without notice. Skiers should confirm details with race organisers. An updated calendar will be posted at <http://ausxc.com/> or

<http://www.biathlon.asn.au>

Keeping Our Girls Racing

by Linda Laundry
Reproduced from X-C Canada 1989

Coaches and parents, did you know that:

- 80% of the Canadian female population stops participating after the age of 11 years;
the female 'maximum oxygen uptake' drops at puberty and many participants become discouraged and drop out of sport!

Within our own sport girls quit skiing after Jackrabbit and/or the early years of racing.

Why do they quit?

Teens are involved in sport for five(5) main reasons:

fun
challenge
skills
fitness
social

It is known that boys in our racing programs thrive on challenge, physical exercise and becoming "hot shots". Girls can be as task oriented and as hard-working as any counterpart. However, as a coach, don't be caught thinking that you can treat these girls as guys and all things are equal!

The priorities of girls in sport are different from boys:

Boys involved for:

fun
challenge
fitness
skills
social

Girls involved for:

fun
social
skills
fitness
challenge

Take note coaches because if you are treating your midget, juvenile and junior girls just like the guys, you run the risk of losing them. Yes, there are exceptions but don't deny the needs of your girls because you have one female skier who fits in like the guys.

Girls like to be together while they are having fun. Your practices should be fun and you should allow for social interaction to occur. There are so few girls racing that a girl can attend practices and not have any female companionship, let alone socialization. Grouping together is important at this age. Everything they like to do involves their peers.

Our sport is in competition with shopping malls, dances, new-found boyfriends and fluctuating hormones. At one time or another the 11 to 16 year old will challenge your coaching skills by showing a lack of interest in training and racing. It will take a skillful coach and/or parent to recognize the needs of their daughter/athlete.

The greatest need will be that she has a friend to talk to. Make yourself available, keep talking to her parents, don't be afraid to tell her that she's important, that what she's experiencing is a common feeling, she's not alone, that she hasn't lost the right stuff and remind her of her love of the sport. If you show her that you care, the odds are good that she will care too!

Clubs that are successfully developing female athletes have something special for the girls to relate to. There are other girls, a female coach or older athlete as a role model and a program which allows a girl to be a girl.

It is known that a woman's ski technique is different than a man's; that she learns detail differently than a man; that she has less physical strength and endurance than a man. However, a woman's desire to meet her goals, strength of mind, tenacity, cunning wit and strategic planning are qualities generic to mankind. These qualities are in the young girl as well and will need to be nurtured to blossom.

And remember, late bloomers are very common in the sport of cross country racing!

(This article originally appeared in a past edition of *Australian XC News* and was submitted by Paul L'Huillier for inclusion in the Birkie Bulletin)

Race Committee Vacancy

After many, many years of wonderful service Brian Keeble has resigned from the race committee. This coupled with the fact that Judy, our usual race secretary and Paul will both be away for parts of June and July means that the race committee is short of personnel. Please consider offering to help. Getting enough people to help on race days is never a problem, we need some people in the planning and organising stages.

What did you do last the summer?

Paul and I spent several days at Falls Creek volunteering with the Bogong High Plains Hawkweed Eradication Project.

The eradication of Hawkweeds from the Victorian Alps is dependent on a consistent effort each season to locate and control these dangerous weeds, and volunteer surveys play an important role. This season, 66 volunteers contributed 1150 person hours to the program. The project was supported by Falls Creek Resort Management (vehicles and accommodation for volunteers), Parks Victoria (project management, field staff and logistic support) and the Department of Primary Industries (project funding, catering, prizes, and facilitation of cross agency linkages).

The project involves line searches across GPS plotted grids, searching for Hawkweed plants which usually flower between December and February. Any discovered plants are marked, logged and later sprayed with herbicide. These sites are then checked monthly for regrowth.

We met some really interesting people and I found the whole experience very enjoyable.

If you are interested in being involved in 2013/2014, recruitment will begin in late September/early October.

Article/photo Helen L'Huillier



Paul Kovacs' Report

The 2012/13 Northern hemisphere winter has been one hell of a rollercoaster ride, emotionally and physically. I know it sounds really cheesy to start off with a cliché, but for once I feel it actually describes the last 6 months and two days of my life well.

I set a lot of big goals for the season, qualify for World Cup, race World Cup, qualify for World Championships in Val De Fiemme, Italy and race there. I was also gunning to try and hit a top 30 in Liberec, Czech Republic for the U23 World Championships.

As I reflect on my season and the goals I set, I'm confused and unsure to be honest if I'm happy or not. I achieved all my goals, bar the top 30 in U23 World Championships. I raced very poorly in Liberec and paid the price for it.

On the other hand I was lucky enough to be started in the Canmore World Cup and had three starts at the World Championships racing the 10, 30 and 50 kilometre races.

Now I know my previous statement of discontent sounds weird. However I feel like a child who was offered a new bike and then had it snatched away before his very eyes. The feelings I had racing on the world's largest cross country stage has created an amazing hunger that only more racing at a higher level can sate.

I landed in Lake Tahoe, California, on the 20th of October with fellow teammate Callum Watson and the next day we were greeted with a few feet of fresh snow. Between the Australian winter of 2012 and the Northern hemisphere winter, I had just over three weeks off snow. With new Australian Team Coach August Teague who is based in Tahoe, we knew we were in for a massive training period (not that we hadn't already been grinding out the hours) and the Boss didn't disappoint!

With a massive training block under our belt, we headed north to West Yellowstone and then on to Canada for the first World Cups that the Australian team would race. Here we met up with fellow BNSC athletes Phillip Bellingham and Esther Bottomley along with Australian Team Director Finn Marsland. In Canada I managed to hit almost all my goals in just two races. Firstly I hit the qualification for both World Cup and World Championships and then the next race I was started in the World Cup 1.3 km sprint in Canmore!

After Canmore it was back to Tahoe City for more training over Christmas before hitting the road once more and heading to Soldiers Hollow in Utah for the U.S Nationals. Here I had a mixture of results and what I feel started a slight down point in my season. From Utah I headed to Liberec in the Czech Republic for the U23 World Championships. Until this point Europe had been suffering badly from a warm winter and so the laps were all shortened making the racing a lot tighter and harder. The 30km Skiathlon showed signs of my form coming back, but it was the last race of the championships and it was too little too late.

It was then onto Davos, Switzerland which feels like my European home for a training base and a shot at starting the Davos World Cup. The form train arrived a day too late for me, with the selection race being on the Saturday. I produced an excellent race on the Sunday with a sub standard race on the Saturday.

Instead of getting frustrated, the Boss and I looked at this as an opportunity to do a really good training block leading into World Championships, instead of just having a few days between races to prepare.

World Championships was an amazing experience. Racing in front of tens of thousands of spectators is

just amazing (and also a little daunting)! The racing was ok. I was fairly nervous for the 10km and hence choked a little, but the whole aim of me qualifying for the championships was to gain experience and get familiar with the surroundings so that next time I'm there, I can really make something of the whole event.

I then returned to California for a few weeks of solid training before the Spring Series started, which is the last of the American Super tour events. They started brilliantly for me, I scored the lowest points of my career to date in distance. However the rest of the series was a little less spectacular.

As always, BNSC has shown me huge support throughout the entire six months and I would like to sincerely thank you all for your help. I look forward to the future with you as my home club and greatest support.

Thanks again BNSC.

Train hard, rest easy, live for the moment.

Paul Kovacs

Forum about Junior XC Skiing and its place in the race calendar.

Saturday 18th May, 4 p.m. at Info Centre Auditorium in Mt Beauty

The national cross country committee will be meeting in Mt Beauty on the weekend of the Half Marathon (May 18-19). As part of this, they will be having an open forum to talk about a recent proposal from our club regarding the National Junior Championships and junior participation in general. Everyone is welcome. Come along and listen and/or contribute.

Social Event to follow: Come and share a meal with members of Skiing Australia Cross Country Committee at Settlers Tavern from 6.30 p.m. Saturday 18th May.

NEW club ROLLER SKIS

BNSC has a collection of roller skis that are used to support the junior program. We have just purchased 4 new pairs of Swenor Skate Roller skis to complement the pairs we have. They have Saloman bindings. Come to the club working bee if you'd like to try them! Must bring a helmet and other protective gear for the alpine area.