
BIRKEBEINER BULLETIN

Volume 37
No. 1
May 2014



Official newsletter of the Birkebeiner Nordic Ski Club

PO Box 192 Mount Beauty Victoria 3699

Telephone: (03) 57544323

Website: <http://birkebeiner.org.au>

Editor's email address blittle@netspace.net.au

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President

5754 4606

Vice President

5754 4541

Secretary

5754 4323

Treasurer

5754 4606

Newsletter Editor &

Membership Secretary

57544174

Social Secretary

5754 1341

Committee Members

Tony Crapper 0419324572

Bob Flower 5754 4469

Ian Franzke 5754 1281

Jim Gargan 5754 1785

Ronice Goebel 5754 4910

Elaine Thomas 57544185

Helen L'Huillier

helenlu@bigpond.com

Allan Marsland

allan.marsland@gmail.com

Trish Cross

trishacross@bigpond.com

Paul L'Huillier

paullhuillier@bigpond.com

Bill Little

blittle@netspace.net.au

Kerry Lucas

km.lucas@bigpond.com

acra@bigpond.net.au

flower.bob@bigpond.com

ianfranzke@hotmail.com

gargan@internode.on.net

ronice.goebel@gmail.com

ethomas@parks.vic.gov.au

Editor's ramble/rumble/grumble

A new season is almost upon us. The AGM is around the corner. Please attend, see the notice on page 3. There is a working bee planned, the draft race calendar is out and there are reports from Phil Bellingham, Paul Kovacs, Esther Bottomley and Casey Wright as well as an article from Bob Flower. There will be a meeting after the half marathon to try and raise the profile of XC ski and improve communications channels between SAXC and the ski community/external audiences. Please attend if you have any interest. The club's pre-season activities are listed on page 13. Enjoy the read.



AUSTRALIAN CROSS COUNTRY SKIING 2014 RACE CALENDAR V4.0 01/05/14



Day	Start	Race	Location	Contact	Contact No.	RACE SECRETARIES
June						National & ACT Peter Cunningham 29 Redwood Ave Jerrabomberra NSW 2619 P (02) 6299 9541 M 0477 356 835 peter.cunningham@actewagpl.com.au
Sat 28	10:00am	Lake Mountain Sprint-X	Lake Mtn	Andrew Paul	0488 642 782	
Sat 28	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	02 6456 3834	
Sun 29	10:00am	Fast and Female	Lake Mtn	Allison Stoddart	0416 627 747	
Sun 29	11:00am	Cooma Clean Out the Cobwebs (F) 5km M	Perisher	Bolt	0438 477 929	
Sun 29	11:00am	Telemark Nordic Ski Club Mini Series 1 (C) 0.5/1.5/2.5 k	Falls Creek	Bob Cranage	0418 568 657	
July						New South Wales Toni Hulme M 0406 420 380 sanchoa@ortush.com.au
Sat 5	8:30am	Come & Try XC Skiing open day	Perisher	info@snowsportsACT.com.au		
Sat 5	11:00am	Cooma Clean Out the Waxbox (C) 5km M	Perisher	Bolt	0438 477 929	
Sat 5	10:00am	Birkebeiner Classic (C) 2.5/5/10km @	Falls Creek	Marg Trnka	03 5754 4637	
Sun 6	10:00am	Fast and Female	Falls Creek	Allison McArdle	0416 627 747	
Sun 6	9:30am	Amelia Time Trial and Team Sprints	Perisher	Leslie Ludwig	0459 642 222	
Wed 9	1:30pm	Paddy Pallin Junior Shield (C) 0.5/3km	Charl Pass	Rod Pelle	0448 670 586	Victoria Andrew Walker (03) 9836 1105 awalk347@gmail.com
Sat 12	10:00am	ACT Distance Champs (C) 2.5/3/5/10 km M	Perisher	Peter Ward	0409 338 978	
Sat 12	11:00am	Snowgum Wodonga High Plains Tour(F) 2.5/5/10 @	Falls Creek	Len Budge	0417 352 845	
Sat 12	12:30pm	Snowgum Wodonga Mini Series 2 (F) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418 568 657	
Sun 13	10:00am	NSW Distance Champs (F) 2.5/3/5/10/15 km M	Perisher	Toni Hulme	0406 420 380	
Sun 13	11:00am	YMCA Howmans Gap Vic Relay Champs (C/F) 2.5/5	Falls Creek	Len Budge	0417 352 845	ABA Race Secretary Phil Colebourn M 0417 268 565 or 0419 426 718 abaracesecretary@gmail.com
Sun 13	10:00am	Junior Sprint X	LakeMtn	Ray Mallins	03 9728 1894	
Sun 13	1:00pm	Lake Mountain Mini Series 1 (F) 0.5/1.5/2.5km	LakeMtn	Ray Mallins	03 9728 1894	
Sat 19	9:30am	Vic Junior Sprint Champs (F)	Falls Ck	Ben Derrick	0400 110 046	
Sat 19	9:30am	Victorian Biathlon Championships – Sprint (F)	Hotham	Phil Colebourn	0417 268 565	
Sun 20	9:30am	Victorian Biathlon Championships – Mass Start (F)	Hotham	Phil Colebourn	0417 268 565	
Sun 20	10:00am	Vic Junior Distance Champs (C) 2.5/5/10km	Falls Ck	Ben Derrick	0400 110 046	
Sun 20	11:00am	Cooma Open (F) 10km M	Perisher	Bolt	0438 477 929	
Sat 26	9:30am	Aust Jnr Champ's ** (Events TBC)	Perisher	Peter Ward	0409 338 978	
Sun 27	10:00am	Aust Jnr Champ's ** (Events TBC)	Perisher	Peter Ward	0409 338 978	
Sun 27	11:00am	Bullfight Charge (F) 3.5/8km @	LakeMtn	R Bayly-Jones	0425 820 806	
Sun 27	1:00pm	Lake Mountain Mini Series 2 (F) 0.5/1.5/2.5km	LakeMtn	Malachy O'Dolan	0428 880 367	
Sun 27	11:00am	Telemark Nordic Ski Club Mini Series 2 (F) 0.5/1.5/2.5 k	Falls Creek	Bob Cranage	0418 568 657	
August						
Sat 2	9:30am	Aust Open Sprint Champ's (C) *** CC/FIS	Perisher	Peter Ward	0409 338 978	
Sat 2	9:30am	Australian Biathlon Championships – Individual (F)	Hotham	Phil Colebourn	0417 268 565	
Sat 2	11:00am	Hotham to Dinner Plain (F) 12km @	Hotham	Mick Sinclair	0408 127 325	
Sun 3	9:00am	Aust Open Champ's 5/10 (F) *** CC/FIS	Perisher	P Cunningham	0477 356 835	
Sun 3	11:30am	City Tatts Nottage Int. Boonoon Open (C/F) 5km M	Perisher	Carl Melvey	02 9130 3309	
Sun 3	9:30am	Australian Biathlon Championships – Sprint (F)	Hotham	Phil Colebourn	0417 268 565	
Sun 3	11:00am	School Snowsports XC Classic (C) 0.5/1.5/2.5km	LakeMtn	Ray Mallins	03 9728 1894	
Sun 3	1:00pm	Lake Mountain Mini Series 3 (F) 0.5/1.5/2.5km	LakeMtn	Ray Mallins	03 9728 1894	
Sun 3	11:00am	Telemark Nordic Ski Club Mini Series 3 (C) 0.5/1.5/2.5 k	Falls Creek	Bob Cranage	0418 568 657	
Mon 4	11:00am	Charlotte Pass Open (C) 5km M	CharlPass	Sue Clark	02 9411 5974	
Mon 4	6:00pm	NSW Night Relays (F) M	Perisher	Peter Ward	0409 338 978	
Wed 6	10:45am	KAC X-C Classic (C/F) 8.5km M	Perisher	Sue Clark	02 9411 5974	
Thu 7	11:00am	Sundeck Handicap Race (F) 7.5km M	Perisher	sundeckhotel.com.au		
Sat 9	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km M	Perisher	P Cunningham	0477 356 835	
Thu 7	TBC	ANC NZ Continental Cup Sprint (F) CC/FIS	Walorlau NZ	TBC		
Sat 9	TBC	ANC NZ Continental Cup 5/10km (F) CC/FIS	Walorlau NZ	TBC		
Sun 10	TBC	ANC NZ Continental Cup 10/15km (C) CC/FIS	Walorlau NZ	TBC		
Sat 9	10:00am	Ski de Femme (F) 1/2.5/5km @	Falls Creek	Ronice Goebel	03 5754 4910	
Sat 9	11:00am	Justoyota Stirling Silver Hill Climb (F) 7.5 km @	Mt Stirling	Helen Lee	0411 815 415	
Sun 10	9:00am	Fast and Female	Perisher	Brooke Darlington	0411 846 283	
Sun 10	10:30am	Rocky Valley Rush/Sun Valley Ramble (15/7.5km) (F) @	Falls Creek	Race Secretary	03 5754 1045	
Sun 10	10:30am	Tullioouty/St Phillack Cup (F) 5/8km @	Baw Baw	Warwick Davis	03 9744 5987	
Sun 10	12:00am	Vic Interschol XC Championships	Mt Buller	Bec Clarke	0408 006 415	
Sun 10	1:00pm	Laser Biathlon NSW Races	Perisher	Meg Neuhaus	0412 112 754	
Sat 16	9:30am	Aust Open Sprint Champ's (F) *** CC/FIS	Falls Creek	Marg Trnka	03 5754 4637	
Sun 17	10:00am	Aust Open Champ's 10/15 (C) *** CC/FIS	Falls Creek	Marg Trnka	03 5754 4637	
Sun 17	10:00am	KCros Tour (C) 12km M	Smiggin Hole	Warren McCourt	0404 208 085	
Sun 17	10:10am	KCros Tour Juniors (C) 4km	Smiggin Hole	Warren McCourt	0404 208 085	
Sun 17	12:00am	Snowgum Wodonga Mini Series 3 (C) 0.5/1.5/2.5 km	Falls Creek	Bob Cranage	0418568657	
Thu 21	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045	
Sat 23	9:30am	Kangaroo Hoppet (F) 42km CC/FIS @				
Sat 23	9:40am	Australian Birkebeiner (F) 21km @	Falls Creek	Race Secretary	03 5754 1045	
Sat 23	9:50am	Joey Hoppet (F) 7km @				
Tues 26	9:00am	NSW Interschol Races	Perisher	Peter Ward	0409 338 978	
Wed 27 – Fri 29		Aust Secondary Schools Ski Team Champ's				
Sun 31	10:00am	Canberra X-C Ski Club Kosciuszko Tour (C) 18km M	Perisher	Jo-Anne Clancy	0411 156 959	
Sun 31	11:00am	Telemark Nordic Ski Club Mini Series 4 (F) 0.5/1.5/2.5 k	Falls Creek	Bob Cranage	0418 568 657	
September						
Wed 10	8:00am	Australian Interschol XC Champ	Perisher	Peter Ward	0409 338 978	
Sat 13 / Sun 14		Perisher Cup	Perisher	Alan Davis	0411 189 974	
Online entries: NSW - http://regionline.activeglobal.com/2014perishercrosscountryeventreg TBC Vic - http://ausxc.com/race-calendar/						

Clubhouse Managers required

Bron and Paul are handing over the role of Clubhouse Coordinator at the Birke AGM. Anyone interested in taking over this role please talk to Bron or Paul. Many thanks to Bron and Paul for the job they have done over the years.

Clubhouse Working Bee

Sunday 18th May, 10am-12 noon.

BBQ to follow. Meat and bread will be provided.

Please RSVP to Bron Gray (Bron.gray@ibag.com.au or 0402105237)

Falls Creek XC Ski Trails Working Bee Weekend 17-18 May 2014

Help make Falls Creek's great Cross-country ski trails even better.

General maintenance and development of ski trails will be undertaken in consultation with Ben Derrick from Falls Creek Resort Management and Parks Victoria.

Information about specific jobs will be provided before the event.

A BBQ lunch will be provided by Birkebeiner Nordic Ski Club on both days. BNSC will also have a Clubhouse working bee on the Sunday (18th May).

Low cost accommodation may be available in Mount Beauty and Tawonga South for Friday and Saturday nights.

Please contact Jim Gargan at gargan@internode.on.net if you can help out.

Please let Jim know by Wednesday 14th of May if you can make it for all or any of the weekend. Any information about special skills or specialist tools appreciated (e.g. have chainsaw and can use, brush-cutter, power trimmer on pole, trailer, heavy duty mower, etc.)

Hope to see you there.

Jim Gargan

gargan@internode.on.net

ANNUAL GENERAL MEETING

The BNSC 2014 Annual General Meeting will be held on Wednesday, 21st May, 2014 at 7.30pm in the Auditorium next to the Mt. Beauty Information Centre

1. The business of the AGM is to confirm the minutes of the previous AGM and of the Special General Meeting held on 16th October, 2014.
 2. The meeting will receive and consider the Annual reports of the various committees and the Financial Statements for the year.
 3. The meeting will elect members of the Committee including a new President.
 4. The meeting will confirm or vary the annual subscription/joining fee.
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Roller Skis

The following is a letter we received from some Perth girls. If you are after roller skis they may be worth considering.

Dear Sir or Madam,

We are two Norwegian girls living in Perth who have started Roller Ski Australia. Our mission is to spread our passion for cross-country skiing through roller skiing in Australia. We want to get more people of all ages and fitness levels to start roller skiing in beautiful Australia. We want to give the opportunity to people who don't live near the snow to learn how to ski through learning how to roller ski. We are hoping that this will create more interest in the cross-country ski sport. We also want to promote roller skiing as a fun, low impact activity to get a total body workout.

We have been very fortunate to get the Norwegian and top quality roller ski brand SWENOR on our team and can therefore offer SWENOR roller skis to the people of Australia. We would very much appreciate if you could please inform your members about us and SWENOR roller skis are now available in Australia.

All of SWENOR's range is available and can be ordered (including spare parts and wheels). At this stage we have the following in stock at competitive prices (prices as at 21.3.2014):

SWENOR Skate \$475

SWENOR Skate Elite \$525

SWENOR Tristar Combi \$399

SWENOR Tristar Classic \$399

SWENOR Finstep Cap \$530

The price includes Rottefella bindings mounted on the skis. Shipping from Perth to your destination is not included in the price. We have good deals with Toll and STAR TRACK.

We can also put together Roller Ski Packages (SWENOR Roller Skis, bindings, poles and boots) that suit your needs.

Let us know if you want us to send you a SWENOR product catalogue.

Please do not hesitate to contact us should you have any questions.

Please like and share our facebook page to help spread our passion for roller skiing! <https://www.facebook.com/rollerskiaustralia>

Kind regards,

Vibeke Smith Kristiansen
Elisabeth Balchen Grant

Phillip Bellingham Report

My season this year was quite a hectic one, with more racing than I've ever done before! It started off in Sweden where Callum and I did a couple of months training with the Dala Sports Academy. This was really good prep for the season, as there are a lot of good World Cup skiers training there.

My season started off a little slowly and I was starting to think that despite all the extra training we had done this year, I hadn't actually made a step up. It was getting a little concerning.

After a while though, my results started to pick up a bit. My first good result of the season was at World University Games where I finished 23rd in the 30km classic, which was a bit rare, thinking my best event is a skate sprint.

We then went to the Australian Institute of Sport European Training Centre for Christmas and some more training.

I got the chance to start the World Cup Tour De Ski this year, which was amazing and despite some OK results, it was a bit of a disaster logistically!! But that's another story in itself...

Following the Tour it was a few weeks of training and then back onto the World Cup circuit. I was 58th in the World Cup skate sprint in Czech Republic and then the next week in the Poland World Cup I finished 37th just 1.5 seconds outside qualifying for the finals. My good form then continued for a few more weeks. I qualified 16th at U/23 World Champs (skate sprint), unfortunately I crashed out and broke a pole in the heats so that was a little short lived but the following day I got a 44th in the 15km classic, so I was pretty happy. My best result (ever) came two days later at the World Cup in Italy, I finished 44th but was only 5 seconds behind the winner and just 1.2secs outside the finals and top 30!

With just over a week until the sprint at Sochi and my form looking like it was only getting better I was hoping for a good one! Unfortunately I didn't ski that fast at the Olympics, it wasn't bad, it just wasn't really what I'd hoped for. Maybe I had peaked too early, maybe it just wasn't my day, either way, I feel I couldn't have done much more to ensure I raced fast and as cliché as it is, it was an amazing experience and a great thing to be a part of. I loved every minute!

We had just a couple of World Cups left after the Olympics and I skied well in one of them but as I had wondered, my form was starting to slip away. It had been a long season and there wasn't much I could do to stop it.

I am currently in Sweden and the Northern Hemisphere winter is just about finished up for me. Unfortunately this year's Red Bull NordiX event in Stockholm, Sweden, was cancelled due to lack of snow! So that was a little devastating but the rest of the season was my best yet! I think I had some more promising results this year...

Callum and I are currently weighing up our options and potentially going to make the commitment to stay training with Dala Sports Academy in Falun, Sweden, this year, and they have some good World Cup skiers training there so hopefully there are bigger things to come for me this following season and the years to come!

Once again, I would like to thank the Birkebeiner Nordic Ski Club and everyone involved for the continued support. It is very much appreciated and makes my life as a cross country skier much, much easier!

Best Regards,

Phil



Paul Kovacs' REPORT

Dear BNSC

It's quite hard to fit over half a year's trip into just a few paragraphs but I'll do my best.

I flew to Lake Tahoe California in early October where it was still warm and sunny. Autumn hadn't quite got there yet. For a few weeks I trained with August Teague, the Australian team World Cup coach, who lives there. I then flew north to Anchorage Alaska where I spent over one month training with APU, which is an elite pro team and one of the best teams in the country. APU sent 4 athletes and a coach to the Olympics. So while I was there it was a great opportunity to learn from some of the best skiers in the world and to see up close on a daily basis how they worked and trained.

I then headed south for a set of races in West Yellowstone before flying over to Europe and meeting up with the rest of the Australian team in Austria. All the Olympic selection races were in Europe. Once I arrived all the focus was on Davos, which was only a few weeks away. The Davos races went fairly well for me considering I had been a little sick the week before and so I was really happy to race solidly against such a strong field that weekend. Over the next few weeks my life became the fairly standard European travelling circus, piling into a team van, driving to another country, setting up, preparing to race, racing for a few days then piling back into the van and doing it all over again in another country.

During my time in Europe I noticed at around the half way mark of the trip my performance was starting to decline. Just before the last Olympic selection race I decided that it was in my best interests to pull out and instead fly back to my northern hemisphere home in America and not drive from France to Poland for one last World Cup race.

I stayed in the States for the rest of my time, for the first half I travelled around again with APU racing on their national circuit and I quietly re found my form for a while. In the second half, as the season drew to a close I traveled north deep into the Alaskan wilderness and did some volunteer work teaching native Alaskan children to ski. For the last week or two I have just spent some time having fun, unwinding skiing and hiking.

As always I would like to extend a huge thank you to BNSC. Each year you support me as I strive towards my skiing goals. Without your financial support, I would struggle to be an athlete and make ends meet, so I am very grateful. I look forward to seeing everyone up at the clubhouse this winter. If anyone is after more details of my trip they can be found on my blog at <http://pkovacsxc.wordpress.com/>

Many thanks.

PK



Esther Bottomley's Report

A Rollercoaster Ride.

This season started off with a bang, two Austrian FIS races with my best ever European distance FIS points (5km skate) and a solid sprint result followed by a World Cup with my best ever world cup FIS points. So I thought that the full time training I've been putting in these past couple of years was paying off and this should be a great season, and then....that was it, sick, down and out for the next month (I won't go into detail but I was quite sick, getting out of bed was a big effort, as was breathing through my very blocked sinus).

Then came the tough decision, still with blocked sinuses and ears, I was feeling a lot better than the past month and there were two world cups coming up...to race or not to race, that was the question! The 8 hr drive was a bit of a turn off, as was the fact that I hadn't put together a total combined time of 4 hr hours of training in over 4 weeks. So I made the hard choice to stay 'home' in Davos, from the World Cup race in Czech. The following weekend came the same question, with the same issues of long travel time (9hrs to Poland), health still not 100% and minimal training, and the same answer after a lot of deliberating came. I sat back and watched the world cups on TV thinking I should be there! Watching was so hard! You spend years training so that you can race and when you're sick it's very difficult to sit back and watch the events that you have scheduled to compete in!

The day of the second world cup that I missed I started a 2 week intensity block. This 'cold' was improving but not going away after 5 weeks rest, so it was time to try something different.

Six interval sessions in 12 days, very little volume between sessions and see if I can get my strength back.

I was surprised that I still had quite a bit of strength so a few gym sessions later and I was feeling pretty good. The first interval session felt OK, although I'm pretty sure had I gone to the World Cups that 'pretty good' feeling would have given me a fair hiding from the other competitors, (which now makes the decision of not going verified...phew!).

Over the two weeks I built back up some fitness and speed and finished the week off (after three easy days) with a half marathon...which went well for the first 2km, then I blew up and moved like a tortoise walking through drying cement for the next 5km, and then came good to enjoy the rest of the race.

A World Cup in Toblach, Italy with a fabulous Aussie cheer squad came the following weekend and led into the flight to Sochi; it was Olympic Winter Games time!

The Olympics were fabulous. There were three villages, cross country and biathlon were the only two sports in our hotel, which will become a five star resort. Needless to say, huge rooms, massive bathrooms, chandeliers, indoor/outdoor pool, spa, saunas and 24hr buffet, we certainly had a win here!

Gorgeous sunny warm weather made it perfect for spectators.

Gorgeous sunny warm weather also made for some interesting skiing conditions...or more to the point made you question the 2pm start times (European TV was the answer) for our events. Everyone kept saying "this is great, you guys should be used to skiing in these conditions". Well we do get a lot of beautiful warm sunny days in spring, however everyone knows that you need to finish up skiing by 11am and then not go back out to until it starts to freeze at 4pm so you don't end up skiing in deep sloping glue.

The 'salted' (firm) uphill and very much not salted (deep slop) downhill made for an interesting sprint, which I felt quite good in (I did cool down with the British girl on our race skis and on the first downhill she totally spat me out. My skis were not quick, and not because of the wax or ski choice, just because I didn't have great skis for those conditions). Then the 10km classic was my first classic race of the season (not ideal), but one that would be by far the toughest race course I have ever raced on. I was really pleased to get around and had a surprising amount of fun!

Post Olympics I thought I would hang up the race skis for FIS races for the season, until Valerio (my partner) entered two Swiss Cup races in the next valley. The day before the races I figured I may as well

race too and ended up 11th with 103 FIS points in the 5km Classic, happy with that! Then the next day raced a 10km skate mass start and was very surprised to come in 3rd with new best European distance FIS points of 81.

The following weekend was the Engadin Ski Marathon week. I raced in the night sprint where I was in 3rd position till the last 100m when Holly Brooks from USA over took me and pushed me back to 4th (still happy). And then had a really fun time in the Marathon, perfect sunny day with nice firm fast snow and a decent head wind and I ended up 12th!

That was the season that was. Quite the rollercoaster of emotions, but all in all the racing side was something I am happy with.

Birkie members - this was a long article! Thanks for those who pushed through and read it all. Thanks more for all the members who say hi and support us doing what we love to do. What a fantastic club!

See you on the snow!



Phil and Esther modelling Olympic uniform



Esther cuddling up to the Prime Minister in Davos Switzerland

The Other Silverton (*ie not near Broken Hill*)

from Bob & Jenny Flower

Whilst the cognoscenti went to Sochi, we spent February in Colorado. It was mostly a Rotary and downhill skiing mission, but we took a little time off to look around.

Driving through the semi-deserted streets of Silverton, an old 'wild- west' silver and gold mining town deep in the Rockies, we chanced upon the annual "Spark Championships". For the uninitiated, a 'spark' is a lovely little Scandinavian invention, used mostly by middle aged people to scoot around town, do their shopping, etc.



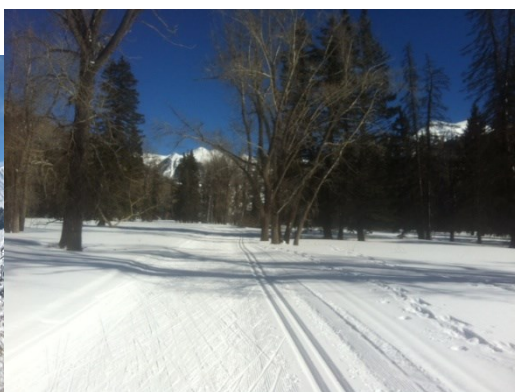
There was no timing, no results and a bring-your-own trophy tradition. It was a great way to mix with the locals for an hour or two – including Paul, a very Keebs-like character who was born in Silverton and lived there his whole life. You may be able to spot him. He said his brother had 'checked out' last year, but he was happy while he could still turn up to the annual Spark Race!



Sparks were introduced to Silverton many years back by some Norwegian immigrants, and now the annual Spark race is a good opportunity for locals to get out into the streets in mid-winter for a bit of fun and frivolity. They were happy to let me join in, and I actually fancied my chances against the twenty or so locals and dogs who turned up. All was good until I took the final bend on one skid and then had some directional issues on the downhill!. This all made no difference, of course, as there



The other pics show some cross- country and downhill skiing scenery. Colorado may not have as much powder as Japan, but there sure is a lot of blue sky!!



2013/2014 European Winter Report from Casey Wright

Firstly I would like to thank you very much for supporting me with my Northern Winter.

This winter I travelled as part of the Australian Junior and U23 ski team and competed at the World Junior Championships and International University Games both of which were held in Val di Fiemme, Italy.

My season started in Austria before I travelled down to Val di Fiemme, Italy, for the International University Games. This was a fantastic experience to compete in top level racing, make heaps of friends from around the world and race and train on the ski tracks that were to be used for the World Junior Championships at the start of February.

Following the Uni Games, I made my way up to Ostersund, Sweden, to meet up with the remaining members of the Junior and U23 Team and start my training block to prepare for the World Junior Championships. I spent the first 2 weeks skiing on year old snow that had been stored over summer in the mountains under tanbark. It was an experience nonetheless, however I was eagerly waiting for a cold snap.

My first major race in Sweden was the Swedish Junior Championships, which was their World Junior Championships qualifying race. These races also gave me a glimpse of a typical Scandinavian winter, with heavy snowfalls and temperatures hovering around -17°C. I had a fantastic championship event as I qualified for my first sprint finals in Europe, achieved my highest placing in a race in Europe with 11th position in the 10km skate, and my best FIS points result.

Before going back to Val di Fiemme, I had a pre-championship camp with the rest of the team in a little village in the Austrian Alps called Obertillach. I had heard that this was a popular destination for biathletes and I soon found out why as I soaked up the vitamin D, took in the breathtaking views and skied on some of the most well made ski trails I have experienced. My form felt fantastic and I was excited to smash it out at the World Juniors.

The World Junior Championships started with the skate sprint. I was very happy with my race finishing in 48th position and 9% behind the winner who had beaten me by 12% at the Swedish Junior Championships.

I am grateful for the experience I had of racing in the 5km classic and 10km Skiathlon and for all of the help and support I received from Ronice, Keebs, Finn, Nick, Linky and not to mention my team mates.

As the Championships came to an end, I travelled back up to Sweden for another training block, before heading home. To give what had been my most successful and enjoyable season to date a send off, I raced in the Tjejvasan, a 30km classic race that saw 10,000 women taking to the start line.

I would like to thank you all again for the support you provide athletes in their athletic pursuits. I look forward to seeing you all up at Fall Creek either on the trails or in the Birkie Club House.

Thanks,

Casey Wright



World Junior Championships, Skate Sprint

The background of the poster is a photograph of a snowy mountain landscape with bare trees in the foreground. A large, light grey hexagon is centered in the upper half, containing the event title and dates. The text 'SSA' is in blue, with 'SKI & SNOWBOARD AUSTRALIA' in smaller blue letters below it. 'FUTURES' is in large blue letters, and 'XC DRYLAND SESSIONS' is in large grey letters. The dates '10TH-11TH MAY' and 'WANGARATTA' are in large blue letters.

SSA SKI & SNOWBOARD AUSTRALIA FUTURES XC DRYLAND SESSIONS 10TH-11TH MAY WANGARATTA

OPEN TO ALL CROSS COUNTRY SKIING ATHLETES WHO:

- WANT TO LEARN FROM EXPERT COACHING & TRAINING METHODS
- AVAILABLE TO ATHLETES OF ALL ABILITIES FROM WANGARATTA & NORTH EAST VICTORIA AND BEYOND
- AGE BETWEEN 12 to 18 YEARS OF AGE

REGISTRATION CLOSES 5PM, MAY 9TH

VISIT: SKIANDSNOWBOARD.ORG.AU

FEATURING: • NATIONAL TEAM COACHES/ ATHLETES
• ROLLER SKIING, HILL BOUNDING, CIRCUIT TRAINING
• INFO ON: TECHNIQUE TRAINING, WINTER PLANNING, SSA ATHLETE PATHWAY

The SSA Futures: X-Country Dryland Sessions will aim to introduce developing athletes to National Team training techniques and to outline the Australian XC Skiing Athlete Pathway. Athletes will benefit from expert coaching from national level coaches and athletes.

Following the Futures Camp, athletes will be given information on how to join their local high school ski team and take part in local and regional XC training groups. Information will be provided on how to qualify for the Victorian Junior Team and Victorian Development Team.



Wangaratta will host a **Dryland SSA Futures Cross Country Ski Camp** on the weekend of the 10/11 May.

Futures is a Ski & Snowboard Australia athlete development and talent identification program. SSA Futures has a vision to further develop the opportunities and resources for athletes involved in the SSA athlete pathway. These camps are open to skiers of **all abilities between the ages of 12-18** although younger skiers may be considered.

Athletes will benefit from expert coaching from national level coaches and athletes.

Following the Futures Camp, athletes will be provided with information on how to join the NSW Cross Country Programs and the Victorian Junior Team and Victorian Development Team.

Fast and Female Australia will be running a power hour for female athletes who are part of the SSA Future Camps in Wangaratta as well.

Wangaratta parents are happy to host any kids who would like to stay overnight in Wangaratta, if that helps rather than travel from Mt Beauty and other parts of the Kiewa Valley.

For more information on SSA Future Cross Country Ski Camps and to sign up please go to <www.skiandsnowboard.org.au> and follow the links to the SSA Futures Page by clicking on the 'Futures' tab on the main menu bar.

Alternatively, contact **Nick Grimmer** — Mob: 0458185 485 and Email: <grimmer.nick@yahoo.com>

Registrations close— 5pm 9th May 2014.



SATURDAY 24th MAY 2014

21km, 10km & 3km events

REGISTER ONLINE AT

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

10am Start at Mt Beauty High School

Limited late entries on the day from 8am to 9am

at Mt Beauty Pool Complex

(\$10 late entry fee)



Helpers wanted for the Mt Beauty Half Marathon on Saturday May 24th. Call or email Helen to pick a job, e.g. parking office, checkpoint marshal, late entries, tee-shirt sales, finish line, early morning set-up, pack-up, etc. Ph 03 5754 4606 or 0421 273 699 or email helenlhu@bigpond.com"

Birkebeiner Nordic Ski Club – Pre Season activities 2014

Date	Event	Details/Contact
Sunday 27th April	Bright Fun Run	5, 10, 21km events starting from 8:45am More info: http://www.brightfunrun.com
Sunday 4 th May	Nail Can Hill Run - Albury	11.3/5km options For further details: http://www.nailcanhillrun.com
Sunday 11th May	DIY. Go for a walk with your mum!	Happy Mothers Day
Sunday 18 th May	Road ride to Falls Creek (then clubhouse working bee). Kids ride to Wishing Well and back after lunch.	Meet at bus turn out area on BHP road (above Tawonga Cres junction) at 7am Michelle Forrer - 0417206672
Saturday 24 th May	Mount Beauty Half marathon, 10km, 3 km	Starts at 10am. http://www.mtbeauty.com/mt-beauty-half-marathon/
Sunday 25 th May	RAMBO Mountain Bike event. Big Hill Mt. bike park Mount Beauty	Kids 1 hour, Sport 1.5 hour or 3 hour enduro mountain bike (10am). Team Mount Beauty-Jen Kromar - 0439999788
Sunday 1st June	Big Hill Rogaine (on foot)	Big Hill mountain bike park. 3pm Michelle Forrer 0417206672
Sat/Sunday 7 th /8 th June	Queens birthday	Opening of the ski season

Club Roller Skis

The club has roller skis for member use and a roller ski policy which can be viewed on our website at <http://birkebeiner.org.au/admin-2/roller-ski-policy/>

Raising the Profile of Cross Country Skiing

There will be a meeting from 2-3 pm at the Hoppet Office on Saturday 24th May to brainstorm ideas for better promotion and communication among cross country skiers? We would love some of our coaches parents and young racers especially, to come along and share their ideas with a representative of the Skiing Australia Cross Country Committee. This a chance to be heard and have an influence. Please come along.

Birkebeiner Nordic Ski Club

Nomination Form

2014/15 Committee

I, being a financial member of *Birkebeiner Nordic Ski Club*

HEREBY NOMINATE

for the position of for the year 2014 - 2015

Name of Proposer: Signature

Name of Seconder: Signature

I hereby consent to this nomination:
(Signature of nominee)

Please note:

- A candidate may only be nominated as an Officer or Ordinary Member of the Committee prior to the Annual General Meeting. Positions unfilled, prior to AGM, can be nominated at the meeting.
- All candidates, and signatories to this nomination form, must be current financial members of *BNSC*.
- If the number of nominations exceeds the number of vacancies to be filled, a ballot must be held.
- The Officers are *President, Vice-President, Secretary, Treasurer, Membership Secretary, Social Secretary* plus 6 ordinary members.

Nominations should reach the Secretary, Trish Cross, by 5pm on Wed 21st May. PO Box 192 Mt Beauty 3699, or 13 Kiewa Cres, or email to trishacross@bigpond.com

----- Tear Here -----

APPOINTMENT OF PROXY FORM

— 2014/15 —

I, of being
(full name – please print) (residential address – please print)

a financial member of the *Birkebeiner Nordic Ski Club Inc.*

HEREBY APPOINT
(please print full name and address of person appointed to hold the proxy)

.....
also being a current financial member of the *Birkebeiner Nordic Ski Club Inc.*,

or

in that person's absence from the meeting, the *Chairman* of the meeting as my proxy to vote for me on my behalf at the Annual General Meeting, and at any adjournment of that meeting.

Signed:

Date:

Nomination & Proxy Forms should reach the Secretary, Trish Cross, by 5pm on Wed 21st May. PO Box 192 Mt Beauty 3699, or 13 Kiewa Cres, or email to trishacross@bigpond.com