
BIRKEBEINER BULLETIN

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Official newsletter of the Birkebeiner Nordic Ski Club

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The Bogong High Plains Road to the bowl at the start of the season. Photo courtesy Nick Wright.

Citation: Trish Cross – recipient of the Ian Ryan Award for 2014.

This award was initiated in 2001 by the club in memory of club member Ian Ryan who tragically died at the end of the 1999 Kangaroo Hoppet. The award is to a Club member who has worked hard behind the scenes to make sure programs and activities are provided to other Club members. The inaugural 2001 winner was Judy Bottomley. To view past winners check out the club website <<http://birkebeiner.org.au/about/ian-ryan-award/>>.

Having enjoyed holidays in Mt Beauty for many years, when Trish and John retired, they sold their home in Lismore and moved to Mt Beauty at the start of 2008.

Trish is a very caring and civic minded person and she quickly became involved in many community causes. She currently volunteers with Red Cross, is on the committee of the UKV Community Association, and has provided classroom assistance at Mt Beauty Primary School. But her greatest commitment is as a Community Visitor on behalf of the Office of the Public Advocate, regularly travelling as far afield as Cobram. Community Visitors are volunteers who visit Victorian accommodation facilities for people with a disability or mental illness. They monitor and report on the adequacy of services provided, in the interests of residents and patients.

Fortunately for us, Trish and John were interested in learning to ski. Shortly after their arrival in Mt Beauty, they made friends with a number of Birkies, joined the club and came along to the annual Casserole Dinner in June.

At the time, the previous club secretary had just retired and we had been unable to find a willing replacement at the AGM a month earlier.

At the casserole dinner, someone fortuitously asked Trish if she would be willing to take on the job. I can imagine Trish saying something like, "Oh, yes, if there's not too much involved, I suppose I could do that." And so it began.

Trish has been a very capable and conscientious secretary for the past six years. She has seen off two presidents, Jim Gargan and Helen L'Huillier, and she is now organising Ronice into some sort of order.

During those past six years, Trish has been a regular volunteer in many roles. She has helped out at almost every club race day, social function and working bee. She has been a Hoppet volunteer, both on snow and in the Hoppet Shop, helping at mailouts and on bag packing days. She took over the role of Hoppet Shop co-ordinator. And she has been one of our club volunteers at bike events and the Mt Beauty Half Marathon.

In her spare time, what little there is of it, Trish plays tennis, learns French, cycles and swims. I think you will agree that Trish is a gem, and a very worthy recipient of the Ian Ryan award. How lucky are we that she joined our club.

Congratulations, Trish. And thank-you for everything you do.

Helen L'Huillier, June 14, 2014



Athletes Add Some X-Factor to SSA Cross

Country Committee

Posted on June 9, 2014 by AUS_XC

The Ski & Snowboard Australia Cross Country Committee (SAXC) welcomed some fresh, new talent into its line up at the recent Autumn meeting in Mt Beauty, with Ashleigh Spittle and Paul Kovacs joining SAXC as Athlete Representatives.

The Athlete Representative appointments now completes the expertise-based SAXC committee, which was formed in late 2013 following an extensive internal review.



SAXC Committee inspired by the Autumn splendour of Mt Beauty: Back L-R: Michelle Armstrong; Finn Marsland; Paul Kovacs; Ben Derrick; Peter Cunningham; Front L-R: Allison McArdle; Ashleigh Spittle; Ronice Goebel; Peter Ward (NSWXC Chair, invited guest). SAXC Committee members absent: Toni Hulme; Anthony Evans; Chris Darlington, Andrew Walker.

SAXC Chair, Peter Cunningham, explained that the athlete representative role adds an exciting dimension to the committee structure.

"Ashleigh and Paul are highly respected athletes with strong communication skills and connections to the ski community, particularly at the pointy end. They will bring important insights from an athlete's perspective to committee discussion, decisions and future direction," he said.

In keeping with the season's image as the time when things ripen and come to fruition, the SAXC Autumn meeting delivered a range of 'big picture' outcomes. Over the past few months the sub committees have been busy creating new strategies in areas of High Performance; Sponsorship/Fundraising and Media/Communications, as well continuing to refine best practice in areas of Athlete Development; Coaching; Events and Technical resources.

The process is ongoing and whilst the strategic direction will be driven by SAXC as the national organisation, all levels of the sport will be engaged in the implementation.

Peter Cunningham explained that the timing for Cross Country Ski in Australia couldn't be better, with recent coverage at the Sochi Olympics coupled with the current health and fitness boom.

"We are well positioned to capitalise on these opportunities, focusing on long term performance goals and strategies to ensure cross country skiing is a dynamic, successful and sustainable sport in Australia and on the international stage, for years to come. To achieve this vision we need the support of a vibrant Cross Country Ski community, so that together we can take our sport to the next level.

It is instructive to note the composition of this committee. The BNSC members are as follows. Finn Marsland (National Coach & High Performance), Paul Kovacs (Athlete Representative), Ashleigh Spittle (Athlete Representative), Allison McArdle (Coach Education & Fundraising), Ronice Goebel (Victoria Grassroots) and Andrew Walker (Rules & Officials). The following link to the club site that shows a profile of club members who have contribute to State and National XC skiing over the years.

<http://birkebeiner.org.au/about/member-contributions-to-state-national-skiing/>

History of Skiing

<http://youtu.be/bJRsoYYndI> is a link to a youtube video about "The History of Skiing" (7min 42sec) and it is interesting viewing.

Australian Junior Championship Format

As announced by the SSA Cross Country Committee (SAXC) earlier this year, the 2014 Australian Junior Championship for Cross Country Skiing will be held at Perisher on July 26/27 as a stand alone weekend separate to the Open and FIS events. At the recent SAXC meeting in Mt Beauty the format of the events on this weekend were confirmed as follows:

Saturday July 26 AM: Classic Sprint Time Trial and Finals

Saturday July 26 PM: Trial "Cross Country Cross" Obstacle Course (non-championship event)

Sunday July 27 AM: Freestyle Distance Events

The "Cross Country Cross" event on the Saturday afternoon aligns with the new event on the program for the 2016 Winter Youth Olympic Games in Lillehammer. The exact format for this event is still being developed, however it will likely involve a combination of jumps and turns designed to challenge all-round skiing skills as well as head-to-head racing.

In addition, the distances for these events were confirmed as follows:

In addition, the distances for these events were confirmed as follows:

Sprint	Distance	
Women & Men	Women	Men
U12 – ~ 0.4km	U12 – 1.5km	U12 – 1.5km
	U14 – 2.5km	U14 – 2.5km
U16 – 0.4-0.8km	U16 – 3.5km	U16 – 5.0km
	U18 – 5.0km	U18 – 7.5km
U20 – 0.8-1.2km	U20 – 5.0km	U20 – 7.5km

The main reason that the distances have come down slightly relative to recent years is to promote junior skiers learning how to ski fast and at a high intensity throughout the race, rather than pacing the race at a lower intensity just to finish. There are plenty of opportunities for juniors to ski longer distances at other events during the season, and the top Australian juniors will compete in the Open FIS races over 5/10km for women and 10/15km for men. The sprint distances and courses used will be determined by the race organisers dependent on snow conditions.

There was also discussion amongst the committee regarding why the junior men are skiing longer than the junior women in the U16 category, when they are physiologically similar at this age and should also be learning how to ski faster first before building endurance. The key factor here was a desire to begin stepping the distance up towards the World Junior Championship and Youth Olympic distances, which are 5km for women and 10km for men (3.3km and 5km in the relays). Regarding techniques, Classic was chosen for the Sprint and Freestyle for the Distance races as these match up with the styles at the World Junior Championships next year. The format of these events will be reviewed following the winter, however the general intention is to keep the same format for 2015 with alternating styles. This year this means that the techniques are the same for the corresponding Australian Championship FIS races at Perisher the following weekend, however this timing may not be the case in subsequent years.

Online race entries for the 2014 Australian Junior Championship are already open and can be found via the [PXC Website](#) and [AUSXC Calendar Page](#).

Birkie Skidoo Trailer (some history)

Back in the autumn of 1981 Alex Chapman (life member) and Chris Maloney built the skidoo trailer that is still being used today.

It has been dragged all over the High Plains and been involved in *every ski race or event* that the club has organised at Falls Creek since 1981 i.e. 34 years of use. Also all other clubs that organise races and events from the Nordic Bowl have used the trailer over this period.

There are a couple of big advantages of this design of trailer: 1. two people can be transported on the back of the trailer (standing) this, with two on the skidoo means a total of four people can be transported and 2. with a person standing on the trailer it is much easier to set a race course as flags and poles can be placed as the skidoo moves.

It has had a few repairs done to it over this time and recently Bob Flower decided to use his handyman skills in 'skidoo trailer design', welding and painting to do a major overall. He also relocated the position of the axle to better balance the trailer.

Thanks Bob, great job.

By Paul L'Huillier

Pictured are two photos of Bob on the job and one of the completed repairs.





Finn Marsland sitting & Ross Forest (Groomer) – Hoppet 2006



Brian Keeble (driver), Ewan Silvester (sitting) and Bill Little on the trailer

2014 BNSC Mid Season Dinner

Mid-Season Dinner at Roi's Diner

When: Thursday 24th July

Where: Roi's Diner Restaurant, 179 Kiewa Valley Hwy, Tawonga

Time: 6:30pm

Cost: \$20.00 per head (please note: The club is subsidising the meal by \$15.00 per head). Drinks are not included.

Club members will enjoy a delicious 2 course dinner. There will be some choice on the set menu. Vegetarians and others can be catered for, but please advise when you RSVP.

RSVP to Kerry Lucas by Monday 21st of July.

Tel: (03) 5754 1341, Email: km.lucas@bigpond.com or Mobile: 0407 814114

S&R Report

At 8 pm on Saturday night, a crew of five BNSC Search and Rescue members, Marty Eriksson Roger Blackwell, Dave Panozzo and Bob Flower (Jeremy Rosewarne was in a later group) joined the search for two walkers lost on Mt Bogong. The walkers were attempting to get from Michelle Hut to Cleve Cole Hut and had become separated from the rest of their party. In poor weather and falling darkness, they were cold, wet, tired and lost. Hypothermia was affecting their judgment as they tried to shelter themselves under their torn tent on an exposed and windy position.

Our group, one of three separate teams, made their way up Staircase Spur during the night, and spotted the men huddled under their torn tent. It took some time to get them into dry clothing and warm them up sufficiently in order to lead them safely down off the mountain next morning.

Congratulations to all involved.

And now there are twenty!

Kangaroo Hoppet skiers now have four new reasons to travel the world in the pursuit of new cross country skiing experiences, after the recent annual meeting of the Worldloppet Ski Federation decided to admit four new associate members to their annual series of international cross country ski marathons. Worldloppet is the peak international organization for long distance cross country ski races.

The new events are **Vasaloppet China**, obviously in China, the **Fossavatn Ski Marathon in Iceland**, the **Ushuaialoppet in Argentina**, and the **Merino Muster in New Zealand**, bringing the membership of the series to twenty.

In the past a big issue with new members in the northern hemisphere has been the number of available weekends in the northern winter, but this time there were no date clashes and the new members have significantly extended the international ski marathon season.

In the southern hemisphere the Argentine and New Zealand events will combine with Australia's Kangaroo Hoppet to set up three races over successive weekends in August starting in South America on the second weekend, then crossing the Pacific to New Zealand on the third weekend and culminating in the Kangaroo Hoppet at Falls Creek on the fourth Saturday of the month. While it will take a special commitment for a northern hemisphere skier to take on this epic three race challenge, it seems that the Australia / New Zealand combination is seen as being an attractive combination offering two ski events in two nations with just one big return air ticket.

In the northern hemisphere the timing of the Chinese event at New Year, two weeks before the first European Worldloppet race is very attractive, and for Australians offers the opportunity to fit in a short trip to China over their Xmas New Year break. Which leaves us with the Fossavatn in Iceland which is held at the end of April or start of May, five or six weeks after the other European events of the series.

With twenty races on five continents the addition of these new events to the series give a new meaning to the challenge 'Ski the World – Ski Worldloppet'.

Allan Marsland

Fence Pole Project

The club started this project in September 2013. The aluminium poles used to hold up the orange fencing in the Nordic Bowl had been used for 20+ years. They were past their use by date. What to replace them with needed to be investigated.

The Falls Creek Ski Race Department and Lake Mountain use a pole manufactured by an Italian company called SPM. A sample was obtained from Falls Creek and Brian Keeble brought another type of pole back when he returned from his European trip over summer. So after actually seeing the poles it was decided to purchase 300 polycarbonate poles from SPM – 250 poles with a diameter of 35mm and 50 poles with a diameter of 25mm.

The project was funded as follows:

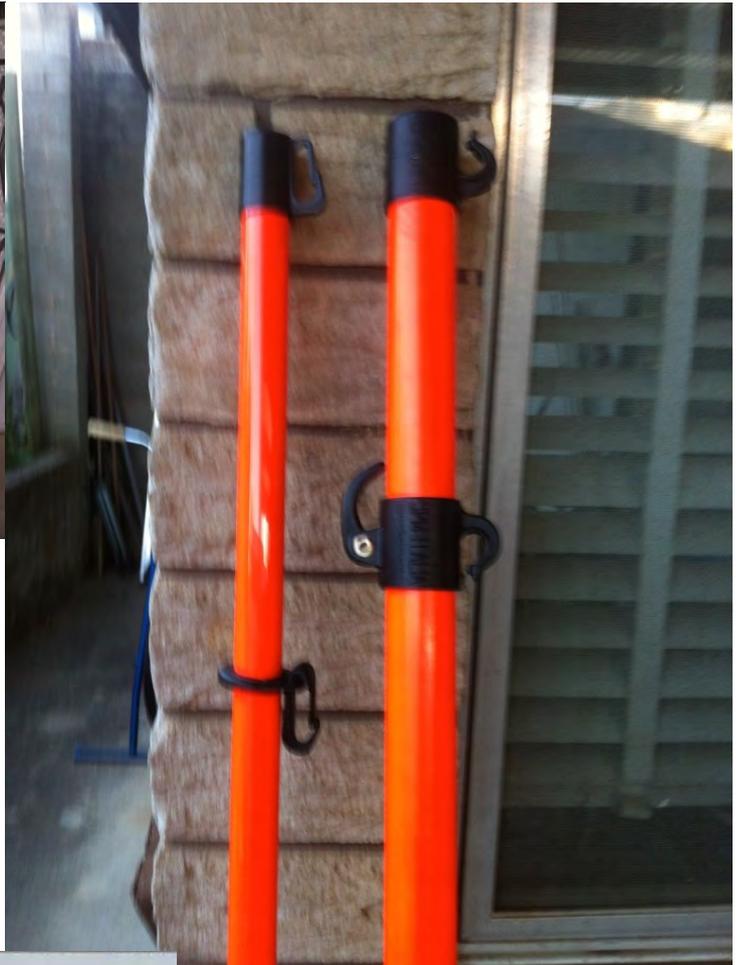
- Grants from the Alpine Shire and Bendigo Community Bank
- Four XC Ski Clubs namely: Wangaratta SC, Melbourne Nordic Ski club, Bullfight Ski club and the Birkebeiner Nordic Ski Club.
- Kangaroo Hoppet

The poles cost \$6,746.00, freight, duties & taxes \$2,786.00, drills* (x2) \$685.00 and 2 bits \$254.00. **Total cost: \$10,471.00.**

*Drills - The poles are made of Polycarbonate and the 35mm diameter ones need to have a hole drilled into the snow to insert them.

Each pole has two adjustable clips that can slide up and down and locked in place making it very easy to erect a fence. Hoppet Friday Helpers will appreciate this new system.

Paul L'Huillier



2014 Birkebeiner Classic

Another successful Birkebeiner Classic was held on 5th July. Below is a pictorial of some of our valuable volunteers, without whom these events would not happen.



Race Secretary, Marg Trnka, and Entry Secretary, Helen L'Huillier, taking entries at the Windy Corner Day Shelter.

Nick Wright, Skidoo driver for the day, was busy from early morning setting out the course to well after the last skier finished and the course was packed up. He was assisted by Blair Hume who also competed.



The Club's new timekeeper for 2014, Michal Trnka, was ready and waiting for the start. Congratulations Michal. Bill Little would have been most impressed.



Chris Wright and Liz Harvey were back-up timers. John Bailey, Marg and Mischa Trnka were back-up timers and manual recorders.



There were many other volunteers who also helped including Katerina Trnka, Paul L'Huillier, Ken Harvey, Brian Keeble and all the other marshals and volunteers. Thank you.



After a cold, wet race, skiers were rewarded with refreshments from Allan Marsland.

See you all again in 2015.

Trish Cross



Junior Joey/Mini Series Program

The **2014** dates are:

- Sunday 29th June – Snow, Trek & Travel Mini Series #1 (C) – 11am
- Sunday 13th July – **Junior Joey #1**. Meet at the Nordic Bowl – 11am
- Sunday 27th July – Snow, Trek & Travel Mini Series #2 (F) – 11am
- Sunday 3rd August – Snow, Trek & Travel Mini Series #3 (C) – 11am
- Sunday 10th August – **Junior Joey #2**. Meet at the CLUBHOUSE at 11am
- Saturday 23rd August – Joey Hoppet. Nordic Bowl at 9:50 (7km) (F)
- Sunday 31st August – Snow, Trek & Travel Mini Series #4 (F) – 11am followed by **Junior Joey #3** – a family fun day in the Nordic Bowl.



2014 Classic Results

Place	Bib	Name	Class	Club	Time
1km					
1.	171	Emma Prest	WU12	Melb	0:07:42.8
Men 2.5km					
1.	144	Fedele De Campo	MU14	VSq	0:12:25.5
Women 2.5km					
1.	141	Emma Kent	WU14	VSq	0:12:24.9
2.	145	Mayson Duffy	WU14	VSq	0:13:11.1
3.	142	Brianna Oldis	WU14	VSq	0:13:35.1
4.	143	Hannah Price	WU14	VSq	0:13:50.6
Men 5km					
1.	92	Hugh Pollard	MU18	VSq	0:20:32.7
2.	91	Rowan Kaye	MU18	VSq	0:21:02.9
3.	90	Thomas Hoogenraad	MU18	VSq	0:22:43.7
4.	84	Ollie Adams	MU18	VSq	0:22:45.9
5.	95	Will Middlemiss	MU18	VSq	0:22:56.6
6.	85	Nicholas Blackwell	MU18	VSq	0:23:05.7
7.	89	Anthony Evans	MU18	VSq	0:23:21.0
8.	87	Tim Cooke	MU18	VSq	0:23:29.8
9.	88	James Darbyshire	MU18	VSq	0:26:07.9
10.	86	Adam Burnett	MU18	VSq	0:26:46.1
11.	97	David Price	MO	-	0:30:33.7
12.	96	Chris De Campo	MO	SCV	0:34:12.4
13.	104	Glen Currie	MO		0:40:32.2
Women 5km					
1.	103	Esther Bottomley	WO	BNSC	0:18:43.2
2.	102	Xanthea Dewez	WO	Wang	0:19:31.7
3.	66	Casey Wright	WO	VSq	0:19:53.9
4.	65	Katerina Paul	WO	VSq	0:20:02.4
5.	73	Katerina Hesse	WU18	VSq	0:22:33.9
6.	68	Stella Ajani	WU18	VSq	0:22:44.4
7.	81	Emma Pollard	WU18	VSq	0:23:12.0
8.	74	Imi Hoyle	WU18	VSq	0:23:29.7
9.	80	Rachael Pescod	WU18	VSq	0:24:00.0
10.	77	Catherine Lobbe	WU18	VSq	0:24:00.4
11.	64	Elli Hesse	WO	VSq	0:24:27.6
12.	63	Katrina Bendtsen	WO	VSq	0:24:33.0
13.	75	Ella Jackson	WU18	VSq	0:24:50.5
14.	72	Freya Clarke	WU18	VSq	0:24:54.8
15.	76	Olivia Jeffrey	WU18	VSq	0:25:27.6
16.	82	Veronique Price	WU18	VSq	0:25:34.8
17.	79	Genevieve Perrignon	WU18	VSq	0:25:41.0
18.	67	Hayley Adams	WU18	VSq	0:26:26.6
19.	61	Ronice Goebel	WM	BNSC	0:26:37.1

20.	70	Willow Burrell	WU18	VSq	0:26:42.0
21.	93	Georgia Pescod	WU18	VSq	0:26:46.7
22.	71	Joyce Chung	WU18	VSq	0:26:52.6
23.	62	Tori Adams	WO	VSq	0:28:08.9
24.	100	Monica Jago	WM	Wang	0:28:19.2
25.	94	Penelope Grose	WO	Melb	0:28:47.7
26.	83	Claudia Richardson	WU18	VSq	0:29:30.2
27.	69	Teagan Atherstone	WU18	VSq	0:31:03.6
28.	106	Sarita Barnett	WU18		0:32:44.7
29.	99	Jackie Kildea	WM	BNSC	0:34:49.7
30.	101	Kate Prest	WO	BNSC	0:35:30.6
31.	78	Aliena Oldis	WU18	VSq	0:38:28.2
32.	98	Belinda Phillips	WO	BNSC	0:38:34.5

Men 10km

1.	15	Phillip Bellingham	MO	BNSC	0:32:08.8
2.	17	Paul Kovacs	MO	BNSC	0:33:07.1
3.	7	Nick Montgomery	MO	BNSC	0:35:11.5
4.	16	Mark Pollock	MO	Wang	0:36:19.2
5.	4	Kevin Tory	MO	Melb	0:37:14.7
6.	9	Ben Derrick	MO	Wang	0:38:14.2
7.	105	Grigorii Kazantcev	MO	RUS	0:39:10.0
8.	11	Seve De Campo	MO	VSq	0:39:30.7
9.	5	Ian Franzke	MO	BNSC	0:39:57.9
10.	12	Alex Gibson	MO	VSq	0:40:40.7
11.	13	Abe Wright	MO	VSq	0:40:55.8
12.	10	Finlay Clarke	MO	VSq	0:41:22.4
13.	3	Robbie Catto-Smith	MO	VSq	0:42:14.0
14.	21	Lindsay Bridgford	MM	Biath	0:42:45.3
15.	6	Blair Hulme	MO	BNSC	0:44:01.7
16.	20	Dave Hunt	MO	BNSC	0:46:38.4
17.	18	Mark Nicholds	MO	BNSC	0:47:12.0
18.	2	Andrew Walker	MM	BNSC	0:52:15.4
19.	19	Paul Hesse	MM	Ivan	1:06:56.4
20.	22	Eoin Barnett	MM		1:12:03.4
21.	8	Richard Adams	MO	Gwin	1:25:26.4

Women 10km

1.	1	Anna Trnka	WO	BNSC	0:40:19.4
2.	14	Georgia Merritt	WO		0:48:06.1



Ski De Femme

Saturday August 9th 2014

Birkebeiner Nordic Ski Club presents

A community cross country ski event for women at Falls Creek
Free coaching clinics - classic and skating.

10am Start Meet in the Nordic Bowl
12pm Fun Relays after your lesson

Presentations at Nordic Bowl or Windy Corner Day Shelter after the event.



GREAT SPOT PRIZES TO BE WON!!

NO RACE FEES

IT'S COOL AND ITS FUN!!

BEGINNERS WELCOME!



NO BOOKINGS NECESSARY
(Please advise if you are coming as a group)

For more information:

Ronice Goebel: 03 5754 4 910 or 0409 332 642

Alice Hamilton: 0419 349 319

www.birkebeiner.org.au

ON SNOW COACH OPPORTUNITY TO ASSIST OUR JUNIOR PROGRAM

(MODULES OF XC SKI LEVEL 1 COACHING COURSE)

The BNSC Junior committee is keen to increase the "coaching capacity" and confidence of club members to assist the junior XC ski program and is embarking on a coaching project.

The committee has made funding available to subsidise by 50% the cost of the On Snow components of the Level 1 course that are in July. Whilst it would be great if you eventually complete the entire course, it is not an expectation. We would just love you to feel confident to help out when you can, to increase your knowledge and even your own skiing!

WHAT YOU WILL LEARN: ON SNOW SKI INSTRUCTION & EVALUATION

This on-snow workshop will introduce new coaches to race techniques, how to teach the basics and what to look for when assessing athlete technique. Both Freestyle and Classical techniques will be covered along with race cornering and sprint starts. For registered coaches it will be an excellent opportunity to update your understanding of technique, learn what's changed and what we are focusing on in training in 2014. The workshop will also cover different evaluation methods of evaluating technique including apps and video footage. The course has both theoretical and practical components. Candidates will need to supply their own ski equipment for both classic and skating and have a pen and notebook.

To registered you need to complete the [Australian Sports Commission Basic Coaching General Principles](#), online through the [ASC website](#) prior to attending the course.

Courses are at Falls Creek. COST \$60 (\$30 for BNSC club members)

1. FREESTYLE TECHNIQUE – Offset, V1, V2 alternate and cornering
FRIDAY JULY 18th 2 - 5pm (Meet : FCRM Board room in the QT building)

2. CLASSIC TECHNIQUE – Double pole, stride double pole, diagonal stride, sprint starts
SATURDAY JULY 19th 2 - 5pm (Meet : FCRM Board room in the QT building)

CONTACT Ronice for more info 0409332642

NOTE To gain the 3 Coach Education Credits towards the full qualification of the Level 1 certificate, coaches attending the workshop will need to complete the associated assessment.

(The full course is delivered in modules and can be completed over a 3 year period. Components of the full course will be delivered through presentations, group activities and practical demonstrations. Workshop topics include: Conditioning for XC skiing; Program Planning; Mental Training; Competition Preparation; Sports Nutrition; Age Appropriate Training Activities.)



JUNIOR BIRKIES

JUNIOR BIRKIES IS ON!

If you are ready to graduate from Junior Joeys, and are in year 5 to 9, then come along on Sundays from 11am to 12.30

STARTS Sunday 13th July after the Interclub relays that YOU are encouraged to go in.

Meet at the club house and get ready to rock and roll and ski! That means getting there ready to ski by 10.45am!

You will have fun and learn a few more skills to get you zipping around the horse yards quicker or ready to race!

Coaching will be every Sunday until the Hoppet.

It's free for belonging to this great club!!

COACHES include your favorite super keen club coaches and our guest coach TOM SMITH from Sun Valley Idaho USA.

REGISTRATION: Parents to Contact Ronice, sign up juniors at the club house, and complete the medical form. A season program will be available at the club house. Parents are encouraged to be involved. Some 'times' may change when National races are on.

Check website and club notice board regularly.

KEEN? CONTACT RONICE 57544910 / 0409332642 ronice.goebel@gmail.com

Birkebeiner Nordic Ski Club Gears Up

Everything is in place for another great winter at Falls Creek and Birkebeiner Nordic Ski Club, are gearing up to make the most of the cross-country skiing on offer. A couple of months ago members of the club were busy stocking their club house and preparing the cross-country ski trails for the coming winter. Once again, they plan to host everything from fun activities for the little ones to championship events for the elite and adult instruction opportunities for newcomers.

The club just enjoyed its annual Casserole Dinner at Outdoor School, Bogong, where members enthusiastically met up, socialised, ate well and were treated to stories from inspiring adventurer, Tim Cope. Tim spoke about his epic journey, 10,000km from Mongolia to Hungary by Horse - a journey that eventually took him more than three years and led him on a deep journey into the fabric of nomad society on the Eurasian steppe. On that journey, a local Kazakh man gave Tim a dog to keep him company and provide warmth in the tent at night. The dog, Tigon, now lives in the Kiewa Valley with Tim, and everyone was pleased that Tigon was available on the night to sign copies of Tim's book, 'On the Trail of Ghengis Khan.' To find out more about adventurer Tim Cope head to www.timcopejourneys.com.

With Tim Cope's inspiring adventure fresh in everyone's minds, now the club is gearing up for upcoming events and its about to get busy!

5th July - Birkebeiner Classic (A 2.5, 5 & 10km-Classic ski race).

7th-8th July - Junior Development Camp for juniors in Years 5 – 8 (FULL).

Sunday 13th July – Junior Joey Program for Kindergarten to Year 6 in conjunction with adult beginner instruction available for parents.

Free Adult Instruction Sessions in both classic and skate for beginner/intermediate club members – Tues 15th, Sat 19th, Tues 22nd July

24th July Mid Season Social Dinner

And that's just July! Events to come in August: Ski de Femme (instruction & fun race for women), more Junior Joeys, Australian Championships, Rocky Valley Rush and the Kangaroo Hoppet Ski Race.

As you can see there is lots on offer. Birkies cover all ages and abilities from young families to elite skiers and everyone in-between. You will need to become a member to enjoy all the things Birkebeiner Nordic Ski Club has on offer. The club is welcoming new members. Membership is available online at www.birkebeiner.org.au \$35 singles, \$75 families and \$25 students due by 30th June.

Alice Hamilton



Tim Cope with (L to R) Junior Birkies, Harry and Tommi from Yackandandah, Club president Ronice Goebel and dinner organiser Kerry Lucas.



Junior Birkies having fun.



BNSC Day Tour Proposal by Jim Gargan.

I am interested in organising a weekly Thursday ski tour.

When weather and snow conditions permit, it is my intention to leave the BNSC Clubhouse about 10am and return about 3pm. Of course, weather and snow condition may modify this significantly.

I intend that the first trip will be on Thursday 17th July and continue weekly as long as conditions permit, but with a break for the week before the Hoppet (21st August)

The destination and route are obviously very weather- and snow-condition dependent but a list of possible destinations includes:

Ropers Lookout, Frying Pan Spur, Rocky Knobs, Mount Nelse, Fitzgerald's/Kelly's Hut, Wallace's/ Cope Hut, Mount Jim, Tawonga Huts, Mount Cope, Pretty Valley, as well as places closer to home and more sheltered, if necessary.

If you may be interested in coming along, please email me on <bnscc@internode.on.net>.

Adult Instruction Sessions

This year's visiting overseas coach, Tom Smith, has agreed to take some adult ski skills development sessions during the season.

Beginner sessions are being offered in conjunction with the Junior Joey events.

There will be limited numbers in each session with places allocated on a first in first served basis.

Bookings can be made by email to <bnscc@internode.on.net>

Dates and times for Skill Development sessions are planned for:

Tuesday 15 July.	10 - 11:30.	Skate
Tuesday 22 July.	10 - 11:30.	Classic
Sunday 3 August.	1:30 - 3:00.	Skate
Saturday 16 August.	2:00 - 3:30.	Skate

Beginner sessions will be conducted by Club volunteers in conjunction with Junior Joey events.

Club Run Races

July					
Sat 5	10:00am	Birkebeiner Classic (C) 2.5/5/10km@	Falls Creek	Marg Trnka	03 5754 4637
August					
Sat 9	10:00am	Ski de Femme (F) 1/2.5/5km @	Falls Creek	Ronice Goebel	03 5754 4910
Sun 10	10:30am	Rocky Valley Rush/Sun Valley Ramble (15/7.5km) (F)@	Falls Creek	Race Secretary	03 5754 1045
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
	9:30am	Kangaroo Hoppet (F) 42km CC/FIS @			
Sat 23	9:40am	Australian Birkebeiner (F) 21km @	Falls Creek	Race Secretary	03 5754 1045
	9:50am	Joey Hoppet (F) 7km @			

Marg Trnka as the race secretary and if you can assist at any of the club run races please contact her on Tel: 5754 4637, Email: marg@trnka.com.au



Rocky Valley Rush (15 km) & Sun Valley Ramble (7 km)

10.30 a.m. Sunday August 10, 2014

Sponsored by [Snow, Trek & Travel](#), Wodonga (formerly Snowgum)

A mass-start, freestyle, cross country ski race.

Adults \$20, Juniors (U20) \$10

Please note: On-line registrations close at 6 p.m. on Saturday 9th August.

Late entries at Windy Corner day shelter, 8.30 - 9.30 on Sunday (additional \$10 late fee).

<https://regonline.activeglobal.com/rockyvalley2014> is the link for online entries to the Rocky Valley Rush

<https://regonline.activeglobal.com/xc2014> is the link for online entries for the Australian Championships.



The Nordic Bowl in the late forties or early fifties.