
Birkebeiner Bulletin

Volume 39 No 2

June 2016



Official Newsletter of the Birkebeiner Nordic Ski Club

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Bulletin copy closes the 1st of each month — May to October

Farewell — Brian Goss



Brian Goss, our first club president, passed away in hospital in Mt Beauty on Monday night. Brian led the formation of BNSC in September 1977 and provided great leadership through our early years. Brian was a lover of the outdoors and a great leader. He helped us set up a club structure and vision that continues today. He was chief of race for many of the early Hoppets. Our sympathy and condolences to Gwen, Sandra, Michael, Simon and Paul and their families.

President's Report

Ronice Goebel



Welcome everyone.

2015/16 has been another busy year with action on all fronts, and it does not just happen in winter! BNSC continues to be valued for its friendly atmosphere, efforts in promoting XC skiing and in providing opportunities to enjoy the sport at any level.

The collective volunteer effort of our club members ensures we thrive and get things done. BNSC is an advocate for XC skiing in Victoria, sending representatives to SXCV, working closely with FCRM, and often making deputations and submissions in the interest of cross country skiing. Several members who represented Australia at World Junior and U23 Championships in Romania, and World University Championships in Slovenia received club grants for overseas competition costs. Eight junior BNSC members participated in the 4 week Victorian Junior training camp at Silver Star, Canada, managed by Ronice Goebel and coach Jean Claude Legras.

During the past 12 months BNSC has successfully conducted many events and projects including:

- The annual casserole dinner held at Outdoor School Bogong, with guest speaker, David Etheridge, on science expeditions (and skiing) in Antarctica and Greenland.

- Presentation of the Ian Ryan Award to Jim Crebbin
- Ski de Femme
- Research into, and subsequent purchase of a new timing system
- Providing some input into the new cross country trails signage project at Falls Creek
- Coach Education opportunities – increasing coaching capacity of BNSC
- Junior Joey on-snow fun days,
- Junior Birkie coaching days each Sunday
- Organisation of The Birkebeiner Classic that was unfortunately cancelled due to lack of snow.
- OS Coach Project (Eric Storvall from Finland took on role of junior coach)
- XC ski clinics midweek and weekend for adults
- Mid-year dinner at Roi's Restaurant
- Nic Blackwell and Jarrah Forrer each received a \$500 Vic Talent Award
- The Australian XC Ski Championships
- Australian Junior XC Ski Championships
- 25th Kangaroo Hoppet International ski race
- End-of-year BBQ by the lake in Mount Beauty
- Club working bees for trail infrastructure and club house
- 9 members of BNSC selected to Junior or Senior National Team.
- Athlete grants allocated to National Team members

Continued on P4



Office Bearers 2016/17

Officers

President	Ronice Goebel
Vice President	Blair Hume
Secretary	Doug Hamilton (03) 5754 1826
Treasurer	Ann Bellingham
Social Secretary	Kerry Lucas

Committee Members

Margaret Trnka
Jim Gargan
Ian Franzke
Allan Marsland
Michelle Forrer
Nick Wright
Tony Keeble
Megan Benne

Volunteer Positions

Bulletin Editor & Website Administrator	Paul L'Huillier
Membership Secretary	Jim Gargan
Clubhouse Stewards	Tony Keeble & Megan Benne
Ski de Femme Co-ordinator	Alice Hamilton
Skidoo Steward	Ian Franzke
Bush S&R Victoria Delegate	Ian Franzke

Sub-Committees

Race Committee	Margaret Trnka (Secretary) Michal Trnka Ronice Goebel Nick Wright Doug Hamilton Paul L'Huillier
Junior Committee	Michelle Forrer (Convenor) Ronice Goebel Kate Prest
Search & Rescue Committee	Ian Franzke (Convenor) Jim Gargan
Club reps. on Hoppet Board	Bill Little Ronice Goebel
Hoppet Race Committee	Bob Flower (Chairman) Allan Marsland (Race Director) Helen L'Huillier (Secretary)

In this Issue

- 1 Brian Goss Farewell & President's Report
- 2 Clubhouse News & Rules
- 3 2016 Activities Calendar
2016 Junior Calendar
- 4 President's Report continued...
- 5 Social Activities Report
Junior Report
Search & Rescue Report
Birkie Junior Development Camp
- 6 Annual Financial Summary
- 7 Race Committee Report
Birkie Bits by *Nordic Ned*
- 8 Instruction/Coaching Clinics
2016 Membership
New members
- 9 Looking Back by *Nordic Ned*
- 10 Clubhouse Report
Pre-Season Casserole Dinner
- 11 AUSXC & SSA Awards 2016
- 12-13 Nic Blackwell – Silver Star Canada experience
- 14 Working Bees
- 15 WANAKA NZ – Luxury Event Stays

Clubhouse News

Tony Keeble & Megan Benne

With winter fast approaching we are looking forward to catching up with everyone at the clubhouse. Please remember to take note of the busy weekends, especially the Birkie Junior Camp weekend, the Vic Junior Championship weekend and the Hoppet weekend. While every effort is made to accommodate everyone, the clubhouse has its limits, so on these days you might want to stagger your lunchtime so that you can access the kitchen facilities.

The clubhouse is ready to go for another winter, thanks in advance to everyone for helping with cleaning. Remember to contact us (mob: 0417 541 732) if you have any questions about the clubhouse and if there are things that need replacing or are broken please write them down on the whiteboards in the clubhouse and we will attend to them ASAP.

Clubhouse Rules

Tony Keeble & Megan Benne

Clubhouse is for day use only

For the comfort of others the committee asks all members to please observe the following rules:

1. No skis or waxing inside the building. (Waxing can be done in the skidoo shed next door, or in the Windy Corner Day Shelter waxing room.)
2. Use the shelves and hooks for your belongings, keep the downstairs benches clear for people to sit.
3. No outdoor footwear or wet clothes upstairs.
4. Clean up after yourself - no dishes to be left on the sink.
5. Take all your rubbish home. We do not have a rubbish bin in the clubhouse.
6. If you are the last person to leave the clubhouse please ensure all lights are off and the upstairs electric heater and kettle are off
7. Lock the door if are the last person to leave, even in the middle of the day, to keep our belongings safe while we are out skiing.



Victoria Local Infrastructure

Sport and recreation



2016 Activities Calendar

June		
Sun 5	• Roller Ski	Michelle Forrer (0417 206 672)
Sat 11	• Casserole Dinner 6:00 pm — Outdoor School Bogong Village	Kerry Lucas
Sat 11	• Mt Beauty Primary School Ski Sale – Community Centre 10am–1pm	
July		
Sat 2	• Birkebeiner Classic (C) 2.5, 5 & 10km – 10am	Margaret Trnka
Thur 21	• Mid-Season Dinner – Roi’s Restaurant (Two courses, subsidised \$15)	Kerry Lucas
Sat/Sun 30/31	• Australian JUNIOR Championships — Perisher Valley NSW	
August		
Sat 13	• Ski de Femme — Falls Creek	Alice Hamilton
Sun 14	• Rocky Valley Rush/Sun Valley Ramble (15/7.5 km) (C) – 10:30 am	Margaret Trnka
Sat/Sun 20/21	• Australian SENIOR Championships (Sprint F – Distance C) – Falls Ck	Margaret Trnka
Thur 25	• Falls Creek Invitation Night Sprints (F)	Finn Marsland
Sat 27	• Kangaroo Hoppet Worldloppet Race 9:30am (7, 21, 42km - F)	Helen L’Huillier
September		
Sat 3	• Merino Muster Worldloppet Race (NZ) (7, 21, 42km - F) < http://www.merinomuster.com >	

2016 Junior Calendar

June	
Sun 26	• Snow, Trek & Travel Mini Series #1 (C) – 11am — Falls Creek
July	
-----	• Junior Birkie Coaching (<i>refer to club website for timetable</i>)
Sat 2	• Birkebeiner Classic (C) 2.5, 5 & 10km – 10am — Falls Creek
Sun 3	• Junior Joey #1 . Meet at the Nordic Bowl Falls Creek – 11am
Sat/Sun 9/10	• Birkie Junior Development Camp — Bogong Village & Falls Creek
Sat/Sun 16/17	• Victorian Junior Championships – Sprint (C), Distance (F) — Falls Creek
Sat 23	• Junior Joey #2 . Meet at the Nordic Bowl Falls Creek – 11am
Sun 24	• Snow, Trek & Travel Mini Series #2 (F) – 11am — Falls Creek
Sat/Sun 30/31	• Australian Junior Championships – Sprint (C), Distance (F) — Perisher Valley NSW
August	
-----	• Junior Birkie Coaching (<i>refer to club website for timetable closer to season opening</i>)
Sat 6	• Snow, Trek & Travel Mini Series #3 (C) – 11:00am — Falls Creek
Sun 7	• Junior Joey #3 . Meet at the Clubhouse Falls Creek at 11:00 am.
Sat 27	• Joey Hoppet 9:50 am (7km-F) — Falls Creek
Wed 31 – Sept 2	• Australian Secondary Schools Ski Team Championships
September	
Sun 4	• Snow, Trek & Travel Mini Series #4 (F) – 11:00 am — Falls Creek



Junior Joey events are run by parents and usually involve such activities as: novelty races, bumps and jumps, fun games and activities, snowgaines (treasure hunt with maps & clues) and family dress-up days. The juniors then progress to the Birkebeiner Junior Program (Junior Birkies) which gives the children an opportunity to improve technique and further develop their personal skiing skills.

Contact – Michelle Forrer – **Mob:** 0417 206 672 – **Email:** <mishforrer@gmail.com>



Continued from P1

- Submissions and responses to the Planning Permit Application by FCRM for an Altitude Training Centre for the Nordic Bowl.
- Administration to ensure governance requirements fulfilled.

A few thanks

Recently, the club has held two working bee days, clearing trails, moving fallen or obsolete snow poles, and cleaning or improving the clubhouse. Thanks to **Doug** and **Blair** for liaising with FCRM.

Doug Hamilton picked up the reins from Trish Cross and has been excellently amicable and diligent in maintaining records and minutes, handling all the correspondence, and generally ensuring everything gets done.

Our membership secretary **Helen L'Huillier** has maintained our register grappling fearlessly with the online membership system and always looking at ways to make this challenge seamless and improve efficiency.

Paul L'Huillier is our broadcaster and editor of the newsy Bulletin. BNSC has regular monthly newsletters from May to October, a website which has been updated regularly, a Facebook page, posts and emails to members highlighting coming events. Paul is also the BNSC race volunteer coordinator who keeps the cogs turning.

Michal Trnka, our timing guru who along with the race committee manages timing for our races that are world class in organisation and must meet FIS rules. In particular Michal has persevered and seen through the project of testing, purchasing and developing a new timing system (in Trnka's lounge as well I believe, to say nothing of timing non humans) Michal has a timing team and has pursued training to fine tune system knowledge to support future use, including the Kangaroo Hoppet for 2016.

Treasurer **Ann Bellingham**, efficiently handles and tracks our finances, paying our accounts and keeping our records using the MoneyWorks system. She advises the club on budgeting issues, and also assists with race organisation and Ski de Femme.

Vice President **Blair Hume** who has picked up the reins and has actively promoted the working bees and liaised with FCRM to improve the trail system.

Allan Marsland, long time committee member who continues to provide wise council and advice on any number of matters including our dealings with Skiing Australia, Falls Creek Resort Management, SXCV and of course continues his role as Race Director of the Kangaroo Hoppet.

Tony Keeble and Megan Benne for overseeing the highly valued and comfy Birkie Club house. After renovations we trialed a new clubhouse layout last winter, and feedback has been positive. Tony continues to respond in a timely manner to any issues that arise.

Social secretary, **Kerry Lucas**, who organises all our social events, venues and highly engaging guest speakers. She is currently chairing a subcommittee to explore the production of a new club jacket.

Nick Wright has clocked up the most kilometres driving the BNSC skidoo ferrying gear and people and ensuring our race courses are set up. He also helps facilitate the hospitality arrangements for our Birkie OS Coach Project ensuring our guest coach is looked after.

Alice Hamilton took on the lion's share of organising the Ski de Femme day and did a wonderful job organising the Hoppet presentations.

Michelle Forrer organises our Junior Joey program and pre season event calendar. Unfortunately the ever popular Junior Birkie camp in July was cancelled again due to lack of snow. It will be rescheduled for later in July to maximise chances of an on snow camp.

Ian Franzke co-ordinates the Search and Rescue arm of BNSC, maintains the skidoo and ensures members are qualified to drive the thing. JIM GARGAN also continues to provide wisdom and expertise to the **BNSC S&R** operations. To all S&R volunteers, your efforts are valued and have been gratefully appreciated by those affected.

To the **BNSC Race Committee** comprising Marg Trnka (Race Secretary), Paul L'Huillier, Michael Trnka and Nick Wright who can be relied upon to hold highly organised races. We thank our other Committee members for their input into making decisions and assistance in conducting club events and doing all those bits and pieces that contribute to making our club what it is.

To **Bob Flower** who chaired the Hoppet Race Committee and oversaw all committee positions and responsibilities leading up to the event, while still managing to complete his 25th Hoppet on the day.

To all of our general members who help out at our many and varied activities in many big and small ways responding to requests, a big thank you, one and all. Lastly, may we have a brilliant snow cover for this ski season, and continued camaraderie and enjoyment for our club members.

10 May 2016

Falls User Guide — A new web based resource
Click this link <www.fallsuserguide.com>

The website covers both winter and summer activities at Falls Creek and includes excellent maps of all village and high plains cross country ski trails (*refer to the image below*). When out and about you will need a data plan on your smart phone to access the site. Note: It's a website NOT an App.





Social Activities Report

Kerry Lucas

Casserole Pre-Season Dinner – Sat 6th June 2015

This was held at the Bogong Outdoor Education Centre with around 100 guests attending.

The guest speaker was David Etheridge who gave a 20 minute presentation “1 inch of powder on a mile of base” about his scientific expeditions to Antarctica and Greenland. The Ian Ryan Club award was given to Jim Crebbin. Everyone had a good night!

Rois Dinner – 23rd July 2015

35 people attended the Mid Season Dinner which was a little bit fewer numbers than previous years. The Club paid \$15 per head and each person paid an extra \$20 for their 2 course meal. It was great to see so many members socialising and enjoying time off the snow.

End of Season BBQ – 22nd November 2015

Around 45 members attended the BBQ at the pondage. The weather was good, and the club spent \$90 on the catering.

Junior Report

Michell Forrer

Unfortunately the *Junior Development camp* had to be cancelled in early July due to a lack of snow. This means that the camp has been cancelled twice in the last 5 years.

The first *Junior Joey* event was also cancelled due to lack of snow. The second event saw about ten juniors participate in a snowgaine and the third involved a combined social event/BBQ with the final mini series event.

Many of our juniors participated in the *Snow Trek and Travel Mini Series* events with some juniors completing all three events.

Many of the clubs juniors competed in both the Vic Junior championships and Australian Junior Championships that were both held at Falls Creek in 2015 with some fantastic results.

Search & Rescue Report

Ian Franzke

We had one local call out on Bogong (see report below). We were also awarded the *Community Organisation of the Year* from the Alpine Shire at the Australian Day Awards.

Mount Bogong rescue of injured skier

BSAR members participated in the rescue of an injured skier on Mt Bogong on 12 August 2015 in overcast weather and snow showers following a local call-out by Mt Beauty Police. The rescue involved a stretcher haul from Taddell Point then down Eskdale Spur to Michelle Hut under the supervision of Police SAR.



Michelle Hut (1,620m) - Eskdale Spur Mt Bogong

Checkout the Club website for the history and organisation of the S & R Group

Click this link: <https://birkebeiner.org.au/search-rescue/organisation/>

Junior XC Skiing Development Camp

Saturday 9th – Sunday 10th July 2016

This camp is for YOU if you are in year 5 to year 8 and want to:

- learn to XC Ski
- improve your skiing to ski smoother and faster
- pick up some tips for the Joey Hoppet!
- have some fun in the school holidays with other Birkie juniors

Cost will be \$50 (Non members \$75, includes \$25 student membership fee to BNSC)



Accommodation is at Outdoor School Bogong for Saturday night. Parents will need to arrange to meet us at Bogong at 8am or at Windy Corner, Falls Creek at 9am on Saturday morning. The camp will finish at Bogong at 3.30pm on Sunday. Meals (except Saturday lunch) will be provided and the club will provide great instruction. XC Skis can be hired from Mount Beauty Secondary College and transport will be the Bogong mini bus.

Expressions of interest and questions can be directed to:

Michelle Forrer — Email mishforrer@gmail.com

Mob: 0417206672

More information and **Application Forms** click [\[HERE\]](#)



Birkebeiner Nordic Ski Club Inc.
Annual Financial Summary

For the year ending 30th April 2016

1. Overview of year

1. **Net Worth of the Club — \$78,012.84**
2. **Bank Accounts = \$41,972.43 — (2014/15 \$51,697.11)**
 - *Cheque Account* balance **\$5,911.60**
 - *Term Deposit* totals **\$36,060.83**
3. **Total Income — Actual: \$25,181.31 (2014/15 — \$22,993.79)**
4. **Total Expenses — Actual: \$24,736.05 (2014/15 — \$30,052.68)**
5. **Profit for the year was \$445.26 (2014/15 — \$7,068.89 Deficit)**

This was after the Club paid out \$2,072.80 for leasehold improvements, \$12,309.94 for new timing equipment, \$3,000 for athlete grants, \$2,585.81 for an overseas coach and \$1,786 for five pairs of rollerskis.

6. **Memberships — Actual: \$6,986.17 (2014/15 — \$6,944.70).** The Club uses The *Active NetWork* organisation to administer our Online Membership payments.
Note: fees - Family \$75.00, Individual \$35.00, Junior \$25.00, Associate \$25.00.
7. **Hoppet Management Fee — \$5,000.00— (2014/15 \$7,266.00)**
8. **Race & Junior Development Program —** Junior camp at Bogong was cancelled and so was the Birke Classic. National and Vic Championships numbers, particularly juniors, increased significantly. Income from races was \$7,874.89 and expenses were \$1,647. Skidoo costs were \$1,121.39 and hire income was \$300.00. 16
 Leaving a profit of **\$5,406.34.**

2. New capital purchases

1. The club purchased timing equipment. A grant from the Alpine Shire (\$1,379) significantly reduced the cost of the camera (\$1,674.75) to \$295.75.
2. The Clubhouse lease compliance work was still ongoing this year with electrical work mainly, totalling \$2072.80.
3. Five new sets of skate roller skis were purchased and some second hand poles bought from the Outdoor School at Bogong to go with the rollerski kit.

Ann Bellingham
 Treasurer
 (10 May 2016)





Race Committee Report

Margaret Trnka

The 2015 season presented exciting changes for the club in staging National Junior and Senior Championships with the introduction of a new timing system. Led by Michal Trnka as our Chief of Timing, we investigated replacing our system which was originally put together by Chris Heberle a very, very long time ago. That system had limped along for many years under the patient and tender hands of Bill Little. After several consultation meetings and a demonstration by Aaron Clarke of Event Timing, we purchased our new system. It had its first run at the Junior Nationals weekend in early August and we were all extremely pleased with the accuracy and reliability of the system and the opportunity to go “live” with our race timing. This was implemented at the Senior Nationals in the following weeks, with racers and spectators glued to the Race Result website. The committee made a handsome profit for the races. The Junior Nationals had over 100 participants (on both days) and the Senior National some 40 entrants.

Unfortunately the Race Committee was once again unable to run the Birkebeiner Classic event due to a lack of snow. The Rocky Valley Rush was run by the Telemark Nordic Ski Club and the Cranage family and crew for 2015, but will be returning to us this year and it will be run as a classic event.

On the back of the success with the winter race timing the race committee approved Michal’s use of the system to run a number of summer events to test the system further. He was valuably assisted by Brian Scott at the Myrtleford fun run. They then tested the Passive chip system at the Mt Beauty Marathon. Michal, Brian Scott and Phil Thomas attended a timing conference in Melbourne in October last year as well which was paid for by the club. Paul L’Huillier tracked down grants to fund the purchase of camera equipment that will support our races even further. Bill and Michal proposed that they take over the timing of the Hoppet which they will do in 2016.

A huge thank you to all of our hard working Birkies last season, particularly to Paul L’Huillier for his amazing work to organise a volunteer group and set up and run the races, Finn Marsland for his assistance over the winter, Nick Wright for his tireless work on the skidoo, Keebs and Ronice for their great support, Helen L’Huillier for her assistance with entries and Michal for the timing.

Finally I am looking in the club for someone who would like to work with me this year with a view to taking of the race secretary role in 2017 - form an orderly queue.



Birkie Bits

by Nordic Ned

Birkebeiner Classic Race & Federal Elections

Members please note that the Birkebeiner Classic club race is on Saturday 2nd July starting at 10 am which is the same day as the Federal Elections. There is no voting at Falls Creek or Tarwonga so please make other arrangements. You can vote at Mount Beauty between 8 am and 6 pm at the Community Centre (next to the bakery).

Marg Trnka (race secretary) would like to hear from anybody willing to act as an official for this race. Her contact details are: Tel: 03 5754 4637 and Email <marg@trnka.com.au>.

New Clubhouse access track

At a pre-season working bee a new access track was cut by Blair Hume from Windy Corner through the trees below the Clubhouse. This was requested by the Falls Creek Resort Management as there is still a safety issue with members accessing the Clubhouse via the track next to the SES building and walking along the apron in front of the Workshops. As from this season, members are ask to use this new track. Of course, members can still use the road and the steep hill if they wish.

Birkebeinerne Movie

The Birkebeiner story has been made into a movie and was released in Norway in February 2016. It is not available in Australia yet but the Club is making enquiries. Click [\[HERE\]](#) see a short trailer of the movie.

Graeme Bottomley

Graeme recently suffered a stroke and is currently undergoing rehabilitation in Melbourne. The Club wishes him a speedy and full recovery.

Australian XC Skiing Training Diary — update & reprint

Allison McArdle (currently coaching in Canada) is heading a project to update and reprint the Australian XC Skiing Training Diary. This will be the 5th reprint and update since it was first produced in 1986. It is anticipated that it will be available for this winter.

Discover XC website

An introductory web portal that aims to boost cross country skiing participation at grassroots level. The website is now live for people to browse. Click this link.<www.discoverxcski.com> For more information on getting started in the sport, check out the *Get Started* section on the website!

National XC Skiing Website

Click this link to check it out <www.ausxc.com>. The National Race Calendar can also be viewed on the site.

Worldloppet AGM – Lahti Finland 16-19 June 2016

Allan Marsland will be attending his 27th consecutive Worldloppet meeting in June. He leaves on 3rd June and will be joined at the meeting by Ben Derrick.



Instruction/Coaching Clinics



This season BNSC is excited to welcome **Kristian Holmsen** as our invited coach from Fossum IF Ski Club in Oslo Norway. Kristian will coach our Junior Birkies, run adult instruction sessions, work with Mt Beauty Primary and Secondary Schools, run a waxing clinic for club members and provide assistance to the Victorian Junior XC Ski Team. No doubt he will be a great classic skier and we will see him enter a few races too.

Adult Instruction Timetable

Adult Instruction Timetable		
JULY	TUES 12 11:00-12.30 pm	CLASSIC INTERMEDIATE
	SAT 16 10:00-11.30 am	SKATE INTERMEDIATE
	SAT 23 2:00-3.30 pm	SKATE INTERMEDIATE - ADV
	TUES 26 11:00-12.30 pm	CLASSIC BEGINNER
AUGUST	SUN 7 1.30-3 pm	SKATE BEGINNER
	THURS 11 9.30 – 11 am	CLASSIC INTERMEDIATE
	SUN 14 2:00-3.30 pm	SKATE INTERMEDIATE
	TUES 16 11-12.30 pm	SKATE INTER/ADVANCE
	THURS 25 9.30 – 11 am	SKATE INTERMEDIATE

Meeting place & time — Nordic Bowl Race Hut 15 minutes before the start of the session. If using waxed skis for the classical sessions make sure your skis are waxed and ready to go.

During winter, Kristian will be out on the tracks offering adult ski skill *development* sessions.

Limited numbers in each session so places will be allocated on a *first-in first-served basis*.

Bookings essential — To Nick Wright (*BNSC liaison committee member*): Email: <wright.nick@bigpond.com>.



Membership 2016

Jim Gargan – Membership Secretary

Yes, June is time to renew your club membership. You need to be a paid up member by 30th June at the latest.

The AGM decided to keep membership fees the same as last year.

Please log on, register, and pay with your credit card. Click this link — https://regonline.activeglobal.com/bnsc_2016

Here are some helpful hints.

1. Ignore any request for a password at the start. If your email is recognised, look for the link: “Start a new membership with this address”. Otherwise just fill in the boxes.
2. *Families*: Please enter just one adult for the family membership, and then list the other family members in a single line in the box provided. That means only one form for you to fill in, and one payment of \$75.
3. *Couples or parent and child*: Enter one adult, then click on ‘add another person’ (don’t check out yet!). You may need to create a password in order to add the second person. Ignore any further requests for another password for the second person before proceeding to checkout.

Having trouble? **Email:** Jim <jegargs@gmail.com>

Mob: 0409 493 202

Fees: Family \$75.00, Single \$35.00, Junior/Student \$25.00 and Associate/S&R member \$25.00.

New Members

We welcome six new members*:

- Taylor family — Tawonga
- Ben Bryss-Hampton — Mount Beauty
- Crossley/Smith family — Bright
- Packer family — Northcote
- Ann Curnow — South Melbourne
- Lou Carrington — Wangaratta

**provisional until approved by committee*





Looking Back

by Nordic Ned

Upper Kiewa Valley Winter Olympians and Senior World Championship participants (all skiing disciplines)*

- Chris Heberle** **Cross country:** 1988 Winter Olympics, Calgary Canada.
- Paul Gray** **Cross country:** 1992 Winter Olympics Albertville France and 1998 Nagano Japan.
- Mark Gray** **Cross country:** 1994 Winter Olympics, Lillehammer Norway.
- Esther Bottomley** **Cross country:** 2006 Winter Olympics, Torino Italy, 2010 Vancouver and 2014 Sochi, Russia.
- Paul Murray** **Cross country:** 2006 Winter Olympics, Torino Italy, and 2010 Vancouver Canada.
- Phillip Bellingham** **Cross country:** 2014 Winter Olympics, Sochi Russia.
- Finn Marsland** **Cross country:** 1993 World championships Liberec Czech Republic and 2011 Oslo Norway. *Cross Country Skiing Coach* at the 2006 Winter Olympics, Torino Italy, 2010 Vancouver Canada and 2014 Sochi Russia.
- Paul L'Huillier** **Biathlon/Cross country:** 1979 World Biathlon (Cross country skiing & shooting) Championships, Ruholding West Germany. *Cross Country Skiing Coach* at the 1988 Winter Olympics, Calgary Canada, and 1992 Albertville France.
- Gerry Van Der Ploeg** **Cross country:** 1978 World championships, Lahti Finland.
- Mark Van Der Ploeg** **Cross country:** 2009 World championships, Liberec Czech Republic, 2011 Oslo Norway and 2013 Val de Fiemme Italy.
- Nick Grimmer** **Cross country:** 2009 World Championships, Liberec Czech Republic and 2011 Oslo Norway.
- Lescinska Fackerell** **Cross country:** 2013 World Championships, Val de Fiemme Italy.
- Ben Derrick** **Cross country:** 1997 World Championships, Trodnheim Norway, 1999 Ramsau Austria, 2001 Lahti Finland and 2005 Oberstdorf West Germany.
- Steven Lee** **Downhill:** 1984 Winter Olympics, Sarajevo Yugoslavia, 1988 Calgary Canada and 1992 Albertville France.
- Adrian Costa** **Freestyle Moguls.** 1992 Winter Olympics, Albertville France, 2006 Torino Italy and 2010 Vancouver.
- Paul Costa** **Freestyle Moguls:** 1994 Winter Olympics, Lillehammer Norway.
- Britany Cox** **Freestyle Moguls:** 2010 Winter Olympics, Vancouver Canada and 2014 Sochi Russia.

*this list with some additions will appear in a soon to be published book about the History of the Upper Kiewa Valley written by Diane Edmondson



Nordic Bowl early 1950's

1987 High Plains Winter Crossing — Some record!

The record for the winter crossing from the Mountain Creek Campground > Mt Bogong (1,986m) > across the Bogong High Plains > Mt Hotham Loch Carpark was created in 1987. Skiers had to climb ~2,620m and descend ~1,420m over the ~50km distance. It included a lot of unskiable terrain.

The record is held by:

- **Men:** Audun Endestad (USA) 5hrs 30min
- **Women:** Christine Brugger (Sui) 7hrs 30min

Audun and Christine completed the crossing in the spring of 1987 in perfect weather and snow conditions. They started together very early to use the firm snow and skated. Of course there would have been plenty of walking, running, scrambling and ski boot to track shoe changes involved.

The previous record was established by Danny Flynn (Wangaratta Ski Club member) in 1975 using the classical style at 10hrs 15min. I believe it was the first time a record was created (*Editor*).



Clubhouse Report

Tony Keeble & Megan Bennie

The clubhouse is looking great at the moment. The work done over the past 12 months has been fantastic. The recent working bee was spent cleaning and preparing for this coming winter. Thanks to Alice and Helen.

Thanks Jim for all the outside and structural work. Thanks to all the builders for their time and thanks to all the volunteers.

At present everything seems to be going fine with the changes.

Megan and I are open to ideas so if any members have ideas to improve the usage of the clubhouse please let us know.

Megan and I are happy to be the clubhouse managers for the coming year if this is the decision of the committee. If the committee would like someone else to manager the facility that is fine too.

We are very thankful to the families who help us clean during the Winter. We tend to do a major clean each Sunday afternoon. We also visit the clubhouse prior to any busy weekends to ensure all supplies are stocked.

We are looking forward to this winter and another year as clubhouse managers.



Pre-Season Casserole Dinner

Kerry Lucas

When: 6.00 pm Saturday 11th June 2016

Where: Outdoor School – Bogong Village

RSVP: By **Wednesday 8th June** to Kerry Lucas:

Email: <km.lucas@bigpond.com>

Tel: 5754 1341 or **Mob:** 0407 814 114

Parking — It would be best to drop off food and passengers then park down at Bogong Jack's Cafe. Parking is limited around the School.

Food — Bring food to share (singles - a casserole or dessert, families - casserole and dessert), plus your own drinks and glasses. There are plastic beakers for kids' drinks. Plates and utensils are provided.

Children- Main course dinner for the children will be served first at 6.30 and then be supervised by some of the older children.

Guest Speaker ????

- Second hand equipment sale (bring it along, someone may buy it. Label it with your name and the asking price).
- DVDs and other activities for the kids.
- Lots of talk. It's a great night to meet members and get fired up for the coming season.
- The *Ian Ryan Award* will be presented.
- New and old members most welcome.

Mount Buffalo Pre-season walk

Thirteen brave Birke members tackled the *Mt Buffalo Big Up Hill Walk* starting in fog and finishing in sunshine!



From left: Kerry Lucas, Russ and Ann Bellingham, Zhou (friend of Kerry's), Conrad & Jarrah Forrer, Johanna, Harry, & Ewen Silvester, Liam McPherson, Ash Forrer (front), Tommi Silvester



AUSXC & SSA Awards 2016 by AUSXC

The inaugural AUSXC Awards were held in Canberra on April 9. There was an impressive turnout for the new event, with 90+ participants and a great atmosphere. As well as the nominees being announced for the SSA Awards that were subsequently held in Melbourne on April 28, the achievements of a cross country skiing athletes and officials over the previous 12 months were recognised and celebrated as AUSXC award winners.

The full list of 2016 SSA Award and AUSXC Awards winners is as follows:

SSA Award nominees (also AUSXC Award winners)

- Athlete of the Year: **Phillip Bellingham** ●
- Junior Athlete of the Year: **Katerina Paul** ●
- Outstanding Achievement: **Jessica Yeaton**
- Rising Star: **Lilly Boland & Liam Burton**
- Coach of the Year: **Randy Gibbs**
- Development Coach of the Year: **Robert Jones**

AUSXC Award winners

- U23 Athlete of the Year: **Jackson Bursill**
- Young Achievers: **Jarrah Forrer** ● **Freya Clarke**
- Masters Skier of the Year: **Adrian Blake**
- Volunteers of the Year:
 - NSW: **John Sim & Sonja Thorvaldson**
 - ACT: **Geraldine Blanch**
 - VIC: **Ronice Goebel** ●

● Birkebeiner NSC member

Special mention was made of **Peter Ward**, whose immeasurable volunteer efforts over many years saw him awarded the Medal of the Order of Australia on Australia Day this year for his services to cross country skiing. The SSAXC committee also recognised the great work of **Robert Finlay**, who clocked up 30 years as coach of the Wangaratta High School ski team in 2015.



Pictured left is **Jarrah Forrer** proudly holding his *Young Achievers AUSXC Award*. He won the award for his excellent results last season i.e. Under 16 National Junior Champion in Distance Skate, 1st in the Joey Hoppet 7km and 3rd in Men U20 in the Senior Nationals 7.5k skate.



Nic Blackwell — Silver Star Canada experience

It's a sunny morning on Boxing Day of the year 2016, I and 14 other athletes and approximately seven parents and coaches are sitting in Melbourne airport awaiting the arrival of our flight that will take approximately 18 hours to Canada with only one domestic stop in Sydney. I was excited to be on this trip since it was the first time I had been overseas solely for skiing. This trip lasting 30 days incorporated a large portion of what it had to offer in terms of XC skiing and racing. Over the whole 30 days I believe I personally missed only two days of skiing.

Approximately 18 hours after leaving the tarmac of Melbourne airport we touched down in Vancouver international Airport. I personally was well rested after such a long period of sleeping, watching films or otherwise resting, although not everybody had experienced such a smooth flight. The weather in Vancouver was not as pleasant as possible but completely normal for a winter's day in a Canadian city with spitting rain and temperatures in the single figures. The Canadian people on the other hand were very warm and welcoming. The people we talked to in the streets of Vancouver or on the public transport were extremely warm, welcoming and engaging, although we stood out a little with the differing accents.



We spent about a day and a half in Vancouver which was essentially devoted to getting into time with the Canadian time zones, a little gym session and exploring Vancouver's streets and stores. I ended up buying a set of waterproof casual shoes that day and was among many who had made purchases in the very diverse Canadian stores. The next morning we headed for Vancouver airport again, this time for a domestic flight to Kelowna airport, approximately two hours from Vernon, the closest city to Silver Star our ski resort and mountain.

The flight itself was exciting and slightly unnerving as the plane only seated 150 to 200 passengers and was powered by two propeller engines. Tim Cooke, another athlete and I were seated at the very front forward facing seats near the door, but across the row and backed up against the cockpit were two backward facing seats and in them were two of our fellow team mates Freya and Charlie. Landing in Kelowna we got to experience Canadian snow for the first time, theirs is so much lighter and fluffier than ours any day of the week. It was amazing, but cold as we rushed forward out of the plane into the warmth of Kelowna airport. From there we gathered our luggage and moved it on to a shuttle that would

take us the full three hour journey to Silver Star.

We arrived late in the afternoon and the sky was already darkening. After unloading and settling into our accommodation we were able to go for our first ski in Canada and it was amazing. We skied for two hours on luxuriously wide and well groomed trails, surrounded by falling snow and pine trees. It was beautiful. That night after the ski we had a beef stir fry for dinner and went to bed, now all tired and eager to ski the next day. We woke the next morning ready to go for our first full day of skiing in Silver Star. We were lucky enough, each day, to have access to the Canadian coaches and were able to ski with them almost every day.

I only managed one single day of skate through the whole trip after I put a tear in my left knee's medial meniscus, but that didn't even really dim the mood, because with a brace I was able to ski out the rest of the trip in the great open snow-drowned Canadian trails. Most of the early days skiing in Silver Star were to gain skiing hours, experience and regain the feel for skiing again. I was able to do 40km in a day just relaxed double pole skiing because the trails were just so nice, quick and flowing. The others were also making good progress with scheduled training with the

Canadian instructors covering what they could do with each discipline of XC skiing in the given time of each lesson, later I was able to partake in some of the classic lessons and they were fun, educational, sometimes competitive and overall facilitated the improvement of every skier on that trip. Within that trip athletes were given the option of approximately three downhill days. Most people elected to do it and from all reports thoroughly enjoyed the days with approximately four metres of snow to plow through with about waist high powder on the downhill slopes, but even deeper in places if you went looking hard for it. Off snow, we completed multiple gym sessions which focused on strength and conditioning to keep us in top shape. As the trip approached the half way mark the athlete and their training began to focus on speed, agility and power with the sessions becoming higher in their intensity and interval based. This was to prepare them for the races they had been entered in which were part of British Columbia's ski club annual tournament known as the BC cup which featured multiple races in multiple resorts. We were just competing in the one local to Silver Star at an area called Sovereign Lakes which is a devoted XC skiing area five minutes out of Silver Star. I



was not allowed to compete but instead helped out the other athletes with the waxing of their skis. The weekend event, much similar in structure to our junior or senior nationals, comprised of a classic sprint on the Saturday and a distance skate on the Sunday. Both events produced good results with some athletes making it to the finals of the classic and finishing in solid positions in the skate, but we have still got a bit of space for improvement yet. After our races we continued training at Silver star and at Sovereign Lakes. We established good relationships with the athletes and skiers of the club there. The training became more general with some days consisting of high intensity sessions or sometimes long slow distance skis to make us all well rounded skiers. Aside from skiing and training we did manage, as a group,

to make it off the mountain to see an ice hockey game. It was one of the most intense games I have ever witnessed with players colliding, dodging, spinning or otherwise flying in all directions at high speed in pursuit of the plastic puck which is used to score a goal, similar to normal hockey.

As a whole this trip was a blast. I was in a great communal atmosphere with the other coaches, parents and athletes and am sure everyone else felt the same. To wrap it up, the whole experience was beautiful, exciting, educational, and fun but most of all, we got to experience some of the best skiing the world has to offer and I'm so thankful I was able to attend.

KANGAROO HOPPET 26

27 August 2016 • 42km • 21km • 7km
Falls Creek Victoria Australia

The poster features a yellow diamond-shaped warning sign with a kangaroo silhouette and the text 'KANGAROO HOPPET'. Below the sign, there is a stylized winter scene with snow, a tree, and two skiers. At the bottom, there are logos for various sponsors: a crest, SIA&L Energy in action, FallsCreek, ALPINE, VICTORIA, and F/V/S. The website address www.hoppet.com.au is displayed at the bottom in red text.



Working Bees

Two working bees were conducted in May. Work was centred on the clubhouse, skidoo repairs, access track from Windy Corner and cleaning and disposing of rubbish from underneath the race hut. **Participants were:** Blair Hume, Doug Hamilton, Ewan Silvester (Yack), Alice Hamilton, Helen L’Huillier, Leonie Campbell, Brian Keeble, Nick Wright, Ian Franzke, Matt Flanagan (Wang) and Paul L’Huillier. Resort Management assistance was provided, with thanks, by Geoff Sorenson.



Alice Hamilton & Helen L’Huillier



*Ian Franzke & Nick Wright
(replacing the skidoo fuel tank)*



*Brian Keeble & Doug Hamilton
(Sign erection & ski rack repairs)*



*Blair Hume
(access track construction)*



*Doug Hamilton
(start of access track)*



*Doug Hamilton & Ewan Silvester
(placing a snow gauge on the race hut – very optimistic, our Doug & Ewan - 2m+)*



Plenty of usable space under the race hut now



WANAKA-XC Luxury Event Stays NZ

Looking to expand your XC ski racing horizons this year - how about the **Merino Muster Worldloppet race in New Zealand?**

Tim and Nicole David know Falls Creek and the Kangaroo Hoppet well, having managed Tivoli Ski Lodge in 2004 and skied in three Hoppets since.

In 2015 Tim and Nicole took a year long 'mountain change' and moved from Melbourne to Wanaka, New Zealand. Wanaka is a spectacular mountain town idyllically located on the shores of the lake of the same name close to both XC (Snow Farm) and downhill resorts (Treble Cone and Cardrona). At Snow Farm, Tim and Nicole discovered the Merino Muster, New Zealand's Worldloppet race and couldn't understand why the race isn't attended by more Australians or other international skiers. After a great season and a strong finish in the 2015 event (Nicole was third) they felt compelled to share their new found knowledge and experience and set up Wanaka-XC.

Wanaka-XC offers a **"luxury event stay"** based out of Wanaka. Wanaka-XC's stay helps a skier get the most from the Merino Muster event. Maximising time on snow, training quality and race preparation while staying with like-minded

skiers in a comfortable and convenient house in an idyllic mountain resort.

The luxury stay includes: transport to and from Queenstown international airport, 7 nights accommodation in a modern home situated in the middle of beautiful Wanaka, daily transport to and from Snow Farm, entry to the Merino Muster, daily Snow Farm trail fees, 6 nights' meals, all breakfasts and all lunches. Tim and Nicole can also assist with ski technique analysis, ski prep and race support. The stay is capped at 10 people.

Looking for an entertaining holiday whilst training? Tired of having to organise and ski alone? Want to share the experience with other keen skiers? Why not join Wanaka-XC this year - they'd love to have you on board.

Contact Tim and Nicole at:

- **Email** <wanakaxc@gmail.com>
- **Telephone:** + 61 (0)474 081 089
- **Website** <www.wanaka-xc.com>
- **Like us on facebook** <www.facebook.com/wanakaXC>

