



Birkebeiner BULLETIN

Volume 40 No 2 July 2017



Junior Birkie Camp Group Photo!

The snow has arrived....

Hi everyone and welcome to the July 2017 Birkebeiner Bulletin.

Hope everyone has had a chance to get out on your xc skis and make some new tracks. This Birkie Bulletin has lots of information on how you can be part of our fantastic club, meet new people and make a big difference.

Cheers, Kate Prest



Play your part and volunteer

Be part of the Birkie Club and volunteer to help out at events. Meet new people and be part of the community!

pg. 8



Junior coaching

Lots of opportunities for coaching for all juniors. Read further to find out more!

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Office Bearers

2017/2018

Officers

President: Ronice Goebel

Vice President: Michelle Forrer

Secretary: Doug Hamilton

Treasurer: Julie Smith

Committee Members

Jim Gargan

Blair Hume

Ann Bellingham

Brian Keeble

Nick Wright

Allan Marsland

Ewen Sylvester

Penny Goebel

Kerry Lucas

Portfolio Positions

Social Secretary: Kerry Lucas

Bulletin Editor: Kate Prest

Website Administrator: Paul L'Huillier

Race Secretary: Marg Trnka

Membership Secretary: Jim Gargan

Clubhouse Stewards: Tony Keeble & Megan Benne

Ski de Femme Co-ordinator: Ronice Goebel

Skidoo Steward: Nick Wright

Bush S&R Vic Delegate: Ian Franzke

Kangaroo Hoppet Board Reps: Ronice Goebel and Bill Little

Book now for the adult instruction clinics...

This winter, Miles Havlick from Boulder Colorado, is our volunteer coach. Miles will be coaching our Junior Birkies, coordinating Adult Instruction sessions for members and also work with the local school groups and provide assistance to the Victorian Junior XC Team.

Meeting place & time — Nordic Bowl Race Hut 10 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.

Limited numbers in each session and reserved only for members, so places will be allocated on a first-in first-served basis.

Bookings essential through Nick Wright (BNSC committee member) via email: nick@birkebeiner.org.au

ADULT INSTRUCTION TIMETABLE

Saturday 29th July
2pm – 3.30pm
SKATE INTERMEDIATE

Wednesday 2nd August
10.30am – 12 noon
SKATE BEGINNER

Sunday 6th August
1.30pm – 3pm
SKATE INTERMEDIATE

Saturday August 12th -
1.30 – 3pm SKATE BEGINNER

Tuesday 15th August
10.30am – 12 noon
SKATE INT/ADVANCED



Paul, Bron, Zoe (left) & Hannah (middle) Gray out enjoying the snow in 2017



Department of
Transport, Planning and
Local Infrastructure

Sport and recreation





Membership for 2017

Please don't forget to renew your Birkebeiner Membership for 2017.

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



Key Dates for your Calendar

<div>  <div> AUSTRALIAN CROSS COUNTRY SKIING 2017 RACE CALENDAR V2.6 31/3/17 </div>  </div>						
Day	Start	Race	Location	Contact	Contact No.	
Apr 8	9:30am	Australian Rollerski Championship	Canberra	Finn Marsland	0408 147 940	
Apr 30		Victorian Rollerski/Skike Championship @	Lake Mtn	Andrew Paul	0488 642 782	
June						
Sat 24	10:00am	Lake Mountain Sprint-X	Lake Mtn	Andrew Paul	0488 642 782	
Sun 25	10:00am	Fast and Female	Lake Mtn	fastandfemaleaus@gmail.com		
Sun 25	11:00am	Snow, Trek & Travel Mini Series 1 (C) 0.5/1.5/2.5 km	Falls Creek	Lynn-Maree Cullen	0409 592 226	
July						
Sat 1	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	0428 159 336	
Sat 1	10:00am	Fast and Female	Falls Creek	fastandfemaleaus@gmail.com		
Sun 2	10:30am	Birkebeiner Classic (C) 2.5/5/10km @	Falls Creek	Marg Trnka	03 5754 4637	
Sun 2	9:00am	NSW Biathlon Laser Biathlon Sprints	Perisher	Meg Neuhaus	0406 420 380	
Sun 2	11:00am	Cooma Clean Out the Cobwebs (F) 1/5km M	Perisher	Bolt	0456 559 686	
Sat 8	8:30am	Come & Try XC Skiing open day	Perisher	info@snowsportsACT.com.au		
Sat 8	12:00pm	NSW Junior Sprint (F)	Perisher	Peter Ward	0409 338 978	
Sat 8	11:00am	Snow, Trek & Travel High Plains Tour (F) 2.5/5/10 @	Falls Creek	Len Budge	0417 352 845	
Sun 9	11:00am	YMCA Howmans Gap Vic Relay Champs (C/F) 2.5/5@	Falls Creek	Len Budge	0417 352 845	
Sun 9	11:00am	Cooma Clean Out the Waxbox (C) 5km 1km (F) M	Perisher	Bolt	0456 559 686	
Sun 9	10:00am	Junior Sprint X	LakeMtn	Ray Malins	03 9728 1894	
Sun 9	1:00pm	Lake Mountain Mini Series 1 (F) 0.5/1.5/2.5km	LakeMtn	Ray Malins	03 9728 1894	
Wed 12	1:30pm	Paddy Pallin Junior Shield (C) 0.5/3km	Charl Pass	Rod Peile	0448 670 586	
Sat 15	9:30am	Vic Junior Sprint Champ's (F)	Falls Ck	Ben Derrick	0400 110 046	
Sat 15	10:00am	NSW Sprint Champ's (C)	Perisher	Peter Ward	0409 338 978	
Sun 16	10:00am	ACT Distance Champ's (F) 2.5/3/5/10/15 km M	Perisher	P Cunningham	0477 356 835	
Sun 16	10:00am	Vic Junior Distance Champ's (C) 2.5/5/10km	Falls Ck	Ben Derrick	0400 110 046	
Sat 22	9:30am	Aust Open Sprint Champ's (F) ** CC/FIS	Perisher	Peter Ward	0409 338 978	
Sun 23	9:00am	Aust Open Champ's 5/10 (C) *** CC/FIS M	Perisher	P Cunningham	0477 356 835	
Sun 23	11:00am	Bullfight Charge (F) 3.5/8km @	LakeMtn	R Bayly-Jones	0425 820 806	
Sun 23	11:00am	Lake Mountain Mini Series 2 (F) 0.5/1.5/2.5km	LakeMtn	Ray Malins	03 9728 1894	
Sun 23	11:00am	Snow, Trek & Travel Mini Series 2 (F) 0.5/1.5/2.5 k	Falls Creek	Marion Baines	0400 111 486	
Sat 29	9:30am	Aust Jnr Champ's Sprint Champ's (C) **	Falls Ck	Marg Trnka	03 5754 4637	
	pm	Aus Junior XC-Cross event				
Sat 29	9:00 am	ACT Ski de Femme	Perisher	R Cunningham	0400 718 047	
Sat 29	1:00am	Come & Try XC Skiing open day	Perisher	info@snowsportsACT.com.au		
Sun 30	10:00am	Aust Jnr Champ's 2.5/3.5/5/7.5 (F) **	Falls Ck	Marg Trnka	03 5754 4637	
Sun 30	11:00am	Cooma Open (F) 10km M	Perisher	Bolt	0456 559 686	
Sun 30	11:00am	Lake Mountain Mini Series 3A (C) 0.5/1.5/2.5km	LakeMtn	Ray Malins	03 9728 1894	
Sun 30	1:00pm	Lake Mountain Mini Series 3B (F) 0.5/1.5/2.5km	LakeMtn	Ray Malins	03 9728 1894	
August						
Sat 5	9:00am	Fast and Female	Perisher	fastandfemaleaus@gmail.com		
Sat 5	10:00am	KCros Tour (C) 12/4km M	Perisher	Warren McCourt	0404 208 085	
Sat 5	11:00am	Hotham to Dinner Plain (F) 12km @	Hotham	Mick Sinclair	0408 127 325	
Sun 6	11:00am	Snow, Trek & Travel Mini Series 3 (C) 0.5/1.5/2.5 k	Falls Creek	Lynn-Maree Cullen	0409 592 226	
Sun 6	10:30am	City Tatts Nottage Int. Boonoon Open (C/F) 5km M	Perisher	Michael Sterndale	0412 043 900	
Sun 6	12:00am	Vic Interschool XC Championships	Mt Buller	David Speirs	1300 853 633	
Mon 7	11:00am	Charlotte Pass Open (C) 5km M	CharlPass	Sue Clark	02 9411 5974	
Mon 7	6:00pm	NSW Night Relays (F) M	Perisher	Peter Ward	0409 338 978	
Wed 9	10:45am	KAC X-C Classic (C/F) 8.5km M	Perisher	Sue Clark	02 9411 5974	
Thu 10	11:00am	Sundeck Handicap Race (F) 7.5km M	Perisher	sundeckhotel.com.au		
Sat 12	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km M	Perisher	P Cunningham	0477 356 835	
Sat 12	10:00am	Ski de Femme (F) Fun Race 1, 2.5 & 5km @	Falls Creek	Ronice Goebel	03 5754 4910	
Sun 13	9:00am	NSW Ski Orienteering Champs	Perisher	Marina Iskhakova	0412308310	
Sun 13	10:00am	NSW Biathlon Laser Biathlon Come & Try	Perisher	Meg Neuhaus	0406 420 380	
Sun 13	10:30am	Rocky Valley Rush/Sun Val Ramble (15/7.5km) (F) @	Falls Creek	Marg Trnka	03 5754 4637	
Sun 13	10:30am	Tullicoutty/St Phillack Cup (F) 5/8km @	Baw Baw	WarwickDavis	03 9744 5987	
Thu 17	11:00am	North East Primary School Relays	Falls Creek	Ronice Goebel	0409 332 642	
Sat 19	9:30am	Aust Open Sprint Champ's (C) ** CC/FIS	Falls Creek	Marg Trnka	03 5754 4637	
Sat 19	10:00am	Canberra X-C Ski Club Kosciusko Tour (C) 18km M	Perisher	Rowan Christie	0418 241 496	
Sun 20	10:00am	Aust Open Champ's 10/15 (F) *** CC/FIS	Falls Creek	Marg Trnka	03 5754 4637	
Mon 21	9:00am	NSW Biathlon Schools Laser Biathlon Relays	Perisher	Meg Neuhaus	0406 420 380	
Tues 22	1:30pm	Amelia Time Trial and Team Sprints	Perisher	Leslie Ludwig	0459 642 222	
Thu 24	9:00am	NSW Interschool Races	Perisher	Peter Ward	0409 338 978	
Thu 24	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045	
Sat 26	9:30am	Kangaroo Hoppet (F) 42km CC/FIS @				
	9:40am	Australian Birkebeiner (F) 21km @	Falls Creek	Race Secretary	03 5754 1045	
	9:50am	Joey Hoppet (F) 7km @				
Wed 30 - Fri 1 Aust Secondary Schools Ski Team Champ's						
September						
Sat 2	11:00am	NZ Merino Muster	Snow Farm		www.snowfarmnz.com	
Sat 2	11:00am	Snowy Mountains Nordic Family Cup	Perisher	Tim Greville	0428 159 336	
Sat 2	11:00am	Snow, Trek & Travel Mini Series 4 (F) 0.5/1.5/2.5 k	Falls Creek	Lynn-Maree Cullen	0409 592 226	
Wed 6	9:00am	Australian Interschool XC Champ	Mt Buller			
Thu 7		ANC NZ Continental Cup 5/10km (F) CC/FIS	Snow Farm		www.snowfarmnz.com	
Fri 8		ANC NZ Continental Cup Sprint (C) CC/FIS	Snow Farm		www.snowfarmnz.com	
Sat 9		ANC NZ Continental Cup 10/15km Mass (C) CC/FIS	Snow Farm		www.snowfarmnz.com	
Sat 9 / Sun 10		Perisher Cup	Perisher	Alan Davis	0411 189 974	
Online entries: NSW - https://regonline.activeglobal.com/2017perishercrosscountryeventreg_1653004						
Vic - http://ausxc.com/race-calendar/						

RACE SECRETARIES

National & ACT
Peter Cunningham
29 Redwood Ave
Jerrabomberra NSW 2619
P (02) 6299 9641
M 0477 356 835
peter.petercunningham@gmail.com

New South Wales
Peter Ward
M 0409 338 978
nswxc1@gmail.com

Victoria
Andrew Walker
0407 072 152
awalk347@gmail.com

LEGEND

F Freestyle race

C Classic Race

* Senior Selection

** Junior Selection

CC Continental Cup

FIS FIS Race

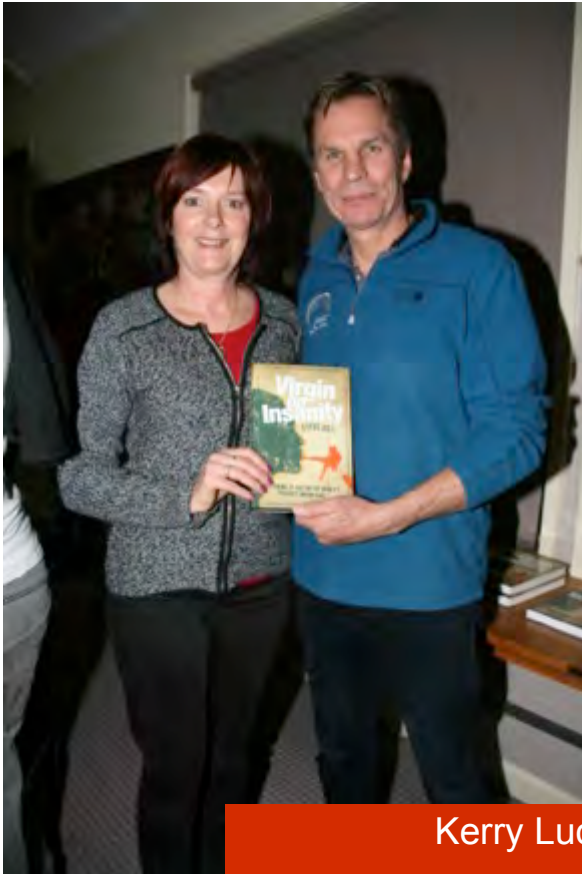
@ Vic Ski Chase

M NSW Masters

Series

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

Pictures from the Casserole Dinner



Kerry Lucas with the guest speaker, Steve Bell.



A great turnout for the Casserole night.

And the winner of the Ian Ryan Award for volunteer service is...Nick Wright!



Ian Ryan Award being presented to the 2017 winner Nick Wright. From left: Ronice Goebel (president), Nick Wright and Helen L'Huillier (last year's winner).

And congratulations to Ronice Goebel who is now a life member of our club!



Michelle Forrer (vice president) presenting Ronice Goebel with her Life Membership after 30 years of service to the club.

Birkebeiner Nordic Ski Club

**Nomination of Ronice Goebel
for Life Membership of the Club**

18th May 2017

Nominated by: Paul L'Huillier

Seconded by: Helen L'Huillier

Citation

Club

1. Club member for 30 years.
2. Has been President twice each time for a 4 year tenure.
3. Has been a committee member for many years.
4. Has been Social Secretary.
5. Has been on the Race Committee for a number of years
6. Has co-ordinated the Ski de Femme Day for 15 years.
7. Co-ordinated the Junior Club Program for 15 years.
8. Initiated the visiting Overseas Coaching Program. Now in its 7 year.
9. Is the Club representative on the Kangaroo Hoppet Board (8 years).
10. Always willing to volunteer for any role on Club conducted Race Days. In 2016 was the Chief of Race for the Senior Nationals at Falls Creek.
11. In 2016 initiated the designing and production of the new Club Jackets.

State:

1. Manager of Vic XC Junior Squad 12 years +.
1. Club delegate on many occasions to Vic XC Committee meetings.
2. Ski XC Victoria - Volunteer of the Year Award 2016

National:

2. Member of Australian XC Committee Board (6 years).
3. Qualified FIS Technical Delegate.
4. SSAXC - Volunteer of the Year Award 2016

International:

1. Worldloppet Master – Skied all Worldloppet races plus one of the associate races last year in Iceland.
2. Manager of the Australian World Junior Championship Team in 2013
3. Ronice is always on the lookout for ideas that can be brought back to Australia and tried

18 May 2017

Note: Life members Allan Marsland, Bob Flower and Bill Little considered the nomination and voted unanimously in favour of it.

Play your Part and volunteer!



FROM THE PRESIDENT : BNSC NEEDS YOU!

If you enjoy being part of our ski club PLEASE volunteer to do “something” this season to help out.
Our club is GREAT because our members are GREAT

EVERY LITTLE BIT HELPS : WHAT YOU CAN DO

SKI DE FEMME	Coaching clinics, help run race, organize morning tea and spot prizes, make scones,
JUNIOR PROGRAM	Joey's Gliders, Junior Birkies
ROLLERSKIS/UNIFORMS	Maintenance
JUNIOR BIRKIE CAMP	Planning, Organising, Instructing, cooking
CLUB HOUSE	Vacuum, tidy, sweep, wash tea towels, take rubbish, wipe fridge, benches,
RACES	Timing, race official, marshals, set up, clean up, drive skidoo, take photos, First Aid, Bib washing
SUMMER WORKING BEE	All day or a few hours tracks and trails.
KANGAROO HOPPET	Lots of choice!
SEARCH AND RESCUE	Training and searching
BNSC COMMITTEE	Membership, Social, Snow mobile, Newsletter, Website, Treasurer, Club House Maintenance, Governance, Grant applications etc etc

Be a Hoppet Helper...



The Kangaroo Hoppet is the major event for Australian XC Skiing & can't run without BNSC volunteers. Birkebeiner Nordic Ski Club receives significant funding from Kangaroo Hoppet in recognition of the club's involvement in organising the event and the volunteer contribution of club members.

These funds are used to support club programs including Junior Birkie activities, coaching clinics, social activities, the race program and support for our elite athletes training and competing overseas.

All helpers are provided with a Hoppet T-Shirt, lunch, drinks and an awesome day out!

Thank you - from the Kangaroo Hoppet Organising Committee.

Contact Nick Wright to register where you can help - nick@birkebeiner.org.au

Friday 25th August – Help set up the start/finish area in the Bowl..

This task will start at 9.30 am at the Race Hut in the Falls Creek Nordic Bowl and should finish after lunch.

- Helpers are needed to transform the Nordic Bowl into an international event stage with bunting/fences, tents, flags and signs around the Nordic Bowl. Looks great!!
- You just need to make your own way to Falls Creek, Windy Corner Car Park and then either walk or ski the 600m up to the Nordic Bowl.
- All volunteers will be provided with a Hoppet shirt, lunch and a drink.

Drink Station Set-up

Seriously fun job for anyone who likes machines! Jump aboard a Bombardier and drive out across the High Plains to Drink Station sites for tent erecting, set-up tables...

BNSC members who have skied in the Joey Hoppet or the Australian Birkebeiner are asked to volunteer for the afternoon shift and event pack up in the Nordic Bowl. Non skiing members, the afternoon pack up is an awesome way to help after watching the race!

Lots of help needed on Hoppet Day!

Complete setting up the start/finish area in the Nordic Bowl

Meet 0730h at the Race Hut and should finish by 0830. A great opportunity to help (or warm up) before your race.

Start Line Marshals – until last wave of Joey Hoppet skiers set off -

- From 0900h. Start line marshals monitor the entry gates to the start group paddocks and ensure competitors start in the correct group.
- Possibly one of the best and most valuable roles for Birkebeiner members and their family who are not skiing the event. A great opportunity to volunteer after helping set up the Nordic Bowl earlier.

Course Marshals – The next best Marshal Job to see all the on course action out on the High Plains! (free snowmobile ride)

- Course marshals ensure participants are able to follow the correct course for their event and, where necessary, close the course at appropriate times. Detailed instructions will be provided in the days before the event, at a catch up at the Hoppet Shop.
- As some positions need someone to be there for extended periods, a changeover will be possible through the day with more helpers.
- Transport across the High Plains hanging off the back of a Snowmobile can be arranged!

BNSC members who have skied in the Joey Hoppet or the Australian Birkebeiner are asked to volunteer for the afternoon shift and event pack up in the Nordic Bowl. Non skiing members, the afternoon pack up is an awesome way to help after watching the race!

Final Clean Up – Nordic Bowl and Hoppet Start Area –

- 1) After the half-way cut-off time for the Hoppet (1315h), dismantling and packing up the Hoppet Start Area.
- 2) The second part of the clean-up will start at 1500h in the finish area, and the task is to pack away the fencing, bunting and signs from the finish area into the Race Hut. Lots of members needed, in order to be done quickly.

Drink Station Pack-up

- Seriously fun job for anyone who likes machines, or an easy job for someone who has just finished skiing the Hoppet earlier in the day!
- Jump aboard a Bombardier and drive out across the High Plains to Drink Station sites to load the equipment and drive it back to Falls Creek.

As the event is organised by Birkebeiner, our club receives significant funding for providing club members to make this event possible. So this event can continue to be a success for Birkebeiner programs, the Hoppet Organising Committee requires BNSC members including those have skied in their event, especially for pack up.

Thank you from the Hoppet Organising Committee.

Birkie bits by Nordic Ned

New Bendigo Bank Account Details for the club

Account Name: Birkebeiner Nordic Ski Club Incorporated

BSB: 633-000 Account Number: 159796739

Play your part and help on other race days

Marg Trnka and the Race Committee are looking for help on the:

- Junior Nationals, 29th/30th July,
- Rocky Valley Rush, 13th August
- Senior Nationals, 19th/20th August.

Jobs are either in the bowl (collecting bibs and anklebands, drink station, place judging) or marshaling on the course.

The Race Committee would love to see some new people helping and promise to give you lots of support and training. Remember, many hands make light work! Please contact Marg Trnka marg@trnka.com.au if you can help.

Welcome to our newest Birkie!

Congratulations to Esther and Valerio on the safe arrival of Arianna Ellen Leccardi, born on Tuesday 25th July (the due date!). Unsurprisingly, Arianna is a cute little bundle, 2.88kg and 47cm, another pocket rocket to be. Mother and bub both well.

On line entry links:

Entries close soon for many events. (See the dates on the calendar on p4)

Senior National Championships
<http://my.raceresult.com/78308/>

Rocky Valley Rush
<http://my.raceresult.com/79033/>

Kangaroo Hoppet
<http://www.hoppet.com.au>

Ski de Femme
<https://www.eventbrite.com.au/e/ski-de-femme-2017-tickets-35196657149?aff=erelexpmit>



Ski de Femme 2017

A fun cross-country ski day for women! – Ski de Femme 2017

On Saturday 12th August the Nordic Bowl at Falls Creek will be buzzing with women keen for a great day out on cross-country skis. Birkebeiner Nordic Ski Club's annual Ski de Femme is on again with free instruction from some of Australia's top cross-country skiers.

Ski de Femme is in its 24th year and is designed as a day out on cross country skis for women. Free coaching and instruction is provided from some of Australia's top cross-country athletes. Casey Wright is back from training and competing in Alaska and Katerina Paul will be fresh from the podium at the Australian Championships. Along with keen women from Birkebeiner Nordic Ski club, they will be excited to share their tips for enjoying cross-country skiing and improving your technique in your choice of either classic or skate. Birkebeiner's 2017 international coach, Miles Havlick may even make an appearance disguised as Milly!

Following the 1.5 hr coaching session, participants can re-fuel with a cup of tea and a deliciously more-ish brownie from Brazen Brownies. Participants are then encouraged to enter the 1km, 2.5km or 5km fun races and be eligible to win a spot prize. This is excellent training for Hoppet events and the perfect opportunity to participate in your first race! The spot prizes are worth it too with 2 x resort entry season passes from Falls Creek Resort Management, an accommodation package from YMCA Howman's Gap, and a gift voucher from Sassy Road all up for grabs, and more!

Participants need to organise their own skis and equipment. Hire is available from Falls Creek Nordic Centre at Windy Corner. Rocky Valley Bikes & Snowsports in Tawonga South and Snow Trek and Travel in Wodonga can also sort you out with hire or any XC specific equipment purchases you might need too.

Birkebeiner Nordic Ski Club's Rocky Valley Rush (15km) and Sun Valley Ramble (7km) are also on the following day (Sunday 13th 10:30am) so why not make it a big XC weekend!

Participants are asked to register online at:

<https://www.birkebeiner.org.au/eventsracesracing/ski-de-femme/>

Arrive at the Nordic Bowl from 9:30am to register for a 10am start.

Ski De Femme

Saturday August 12th 2017

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 1km, 2.5km and 5 km races

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 IT'S FUN!!

BEGINNERS WELCOME!

Registration preferred. Register at
www.birkebeiner.org.au/eventsracesracing/ski-de-femme/

For more information:

Ronice Goebel: 03 5754 4 910 or 0409 332 642 or
Alice Hamilton: 0419 349 319

www.birkebeiner.org.au



No High-Fluoro Waxing Protocols



Ski & Snowboard Australia
Cross Country Committee (SSAXC)



NO HIGH-FLUORO WAXING PROTOCOL: CLUB & STATE LEVEL XC RACES

The Ski & Snowboard Australia Cross Country Committee (SSAXC) is continuing in 2017 with the **No High-Fluoro Wax Protocol** for club and state level competitions that was introduced in 2016.

MAIN GOALS

- Create a LEVEL PLAYING FIELD and events that demonstrate the skiing ability of participants.
- REDUCE time spent waxing so more focus can be put on preparing for competition.
- REDUCE the cost to athletes, parents and teams to compete in XC Skiing.
- MINIMISE potential health risks from high-fluor waxing with poor ventilation.

This is a self-governed policy and it is hoped that all athletes, parents and coaches will be fully supportive. Similar waxing protocols exist throughout Canada and the USA and have been successful in keeping costs low and the competition fair. While there may be some concerns and challenges, we believe the vast majority of skiers & families would like this policy implemented. Self-policing, education, and the cooperation of retailers should make this change for the better a real possibility and keep costs low to encourage increased participation in our sport.

Note that this protocol does not extend to Australian Championships or Australian Junior Championships, nor to the Kangaroo Hoppet (incl. Birke/Joey), which is an international event.

WAXING PROTOCOLS THAT WILL APPLY

- Only no-fluoro or low-fluoro waxes are to be used for glide waxing (such as Swix LF7, LF8 or LF10), with no high-fluoro waxes or high/pure fluorocarbon coats (liquids, powders, blocks) to be used.
- Where possible state team coaches will confer and give a recommendation of LF7, 8 or 10 (or other brand equivalent) to athletes, so that everyone can be on the same wax.



Athletes and those making entries on behalf of athletes will be asked to acknowledge and agree to the protocol when making their on-line or on-the-day race entries. The protocol is supported by NSW Cross Country, Ski XC Victoria, Snowsports ACT and Ski & Snowboard Australia XC.





AGAIN FOR 2017

HOPPET TRAINING GROUP

Starts Monday July 24th (5 sessions)

Skate Technique : Will suit intermediate and experienced skiers and provide structure to your Hoppet preparation. Get some training advice and kilometres in the legs , improve your timing and how you feel. Meet Miles at 10 am -12pm

Up to 10 people can join.

COST \$30. CONTACT RONICE TO REGISTER 0409332642

ronice.goebel@gmail.com

What a successful Junior Birkie Camp!



We had 21 enthusiastic skiers aged between 9 and 13 at the Junior Birkie Camp. And next year we are planning a bigger and better event.

Thank you to Bron and Paul Gray for organising such a fantastic Birkie Camp.

And thank you also to the following people for volunteering their time and making the weekend a huge success:

- Our coaches (Miles, Freya, Paul, Dean, Tony, Ian and Aliena)
- Cath, Johanna, Kate for coordinating the food
- Tony for his assistance at Outdoor School Bogong.
- Parent helpers (Rob, Wayne and Mark)
- Parents who helped at the Birkie hut with food preparation and provided baked goodies.





Key Dates for Junior Joeys

Junior Joey Sessions:

Sunday 13th August – 10.30am

Saturday 26th August – Joey Hoppet Day



And finally looking back...

The First Australian Birkebeiner (6th September 1979)

(compiled by Paul L'Huillier)

Norway's gruelling 56km Birkebeiner tour race is the Lauberhorn of Nordic skiing but most Australians know little about it until March, 1979, when Colleen Bolton scored second place in the women's classes. Then on September 16, at Falls Creek, the first Australian Birkebeiner was staged by the Birkebeiner Nordic Ski Club. The Australian course was only 25km long, but like their overseas counterparts, the local contenders all carried the traditional 5kg pack.

The name "Birkebeiner" originated during the 13th century, when Norway was torn by civil war between two factions, each with a pretender to the crown. The smaller faction, consisting mainly of poor people, was often on the run, its members forced to live out in the open. These people were in such dire need that they wrapped their feet in bark torn off birch trees. Thus they were nicknamed the "Birch-legs".



Lauri Jortikka

When their 18-month-old Prince Haakon was pursued by the enemy in January 1206, two of the best skiers among the "Birch-legs" brought the little child in safety over the Lillehammer Mountains. Later, Haakon became king, established peace in the country, and under him Norway enjoyed its heyday.

Now, every year, on the third Sunday in March, Norway commemorates this historical event with the "Birkebeinerrennet" (Birkebeiner race), the 5kg pack carried by contestants representing the weight of Prince Haakon.

On the eve of the first Australian Birkebeiner, members of the Birkebeiner Club spent an uneasy night. The track for the race had taken all Saturday to prepare and the weather prospects were not good. Early on the morning of the race, threatening clouds billowed in, driven by a stiff breeze.

With this threat hanging over their heads, 90-odd participants made their way to the Rocky Valley Dam wall, anxious not only about the weather, but also their ability to race 25km – a distance which to many usually meant a full day's tour. Adding to this doubt was the load of a 5kg pack to be carried by young and old. Scales were available before the race to check the weight, but the packs were officially checked at the finish.

The start (*on the far side of the Dam wall*) was ideal, 150 metres wide, and slightly uphill, with about 250m before the tracks converged into a mere two grooves, which were then followed for most of the course. From that point on, it was a typical tour race scenario.

By the time the tracks converge, competitors are already strung out. But only the stronger skiers manage to hang on to this pace for long. The usual jostling up front for position, and "Snap!" in typical tour race fashion, a stock is broken. Undaunted, this poor unfortunate carries on, looking like the ugly duckling as the point of the broken stock digs into the softening snow and throws him off balance. But, thank heavens, a control point is on the ball when they hear a bellow, heard all over the High Plains, "STOCK!!!!"

The race has settled down by now, the finishing order being more or less established for the first dozen or so.



Lauri Jortikka competing in the Finlandia

Aching bodies flog themselves up *Watchbed Creek Road*, paying the penalty for a fast start. Once at the top, It's a beautiful ski across the plains into *Fitzgerald's Hut* where the drink station attendants are caught off guard, having themselves skied in before the race and taken a little longer than anticipated. But they cope very well, and most are grateful for a drink at this stage.

With the leaders battling out the places, the minor skirmishes are shaping up back in the field. The men are trying to beat the women. The wax skis out-glide the non-wax, but slip uphill. Packs make their presence felt, and straps break, testing ingenuity with the question of repair – in a hurry. Hasty repairs don't last distance, however, and some stop four times with "pack distress" – a new dimension in tour racing. For others, enjoyment is the object of the trip, and all is well at *Edmondson's Hut*. But then, the climb up *Heathy Spur* begins. By this time, the weather is quite warm and the snow has that porridgy consistency.

At the top of the climb, it's a straight run home, or it usually is. Alas, the track-setters, in order to give everyone their full quota of enjoyment, have snaked the course back to the Dam so that the usual three or four kilometres are lengthened to six or seven. But the weather has improved, making the views towards Feathertop, Fainter etc., superb. The descent to the dam lacks the excitement of an icy day, and most get down without a slip. A cruel finale though, is the climb out of the creek below the dam wall up to the observation point – a steep herring-bone followed by a steep uphill ski, or walk in most cases.



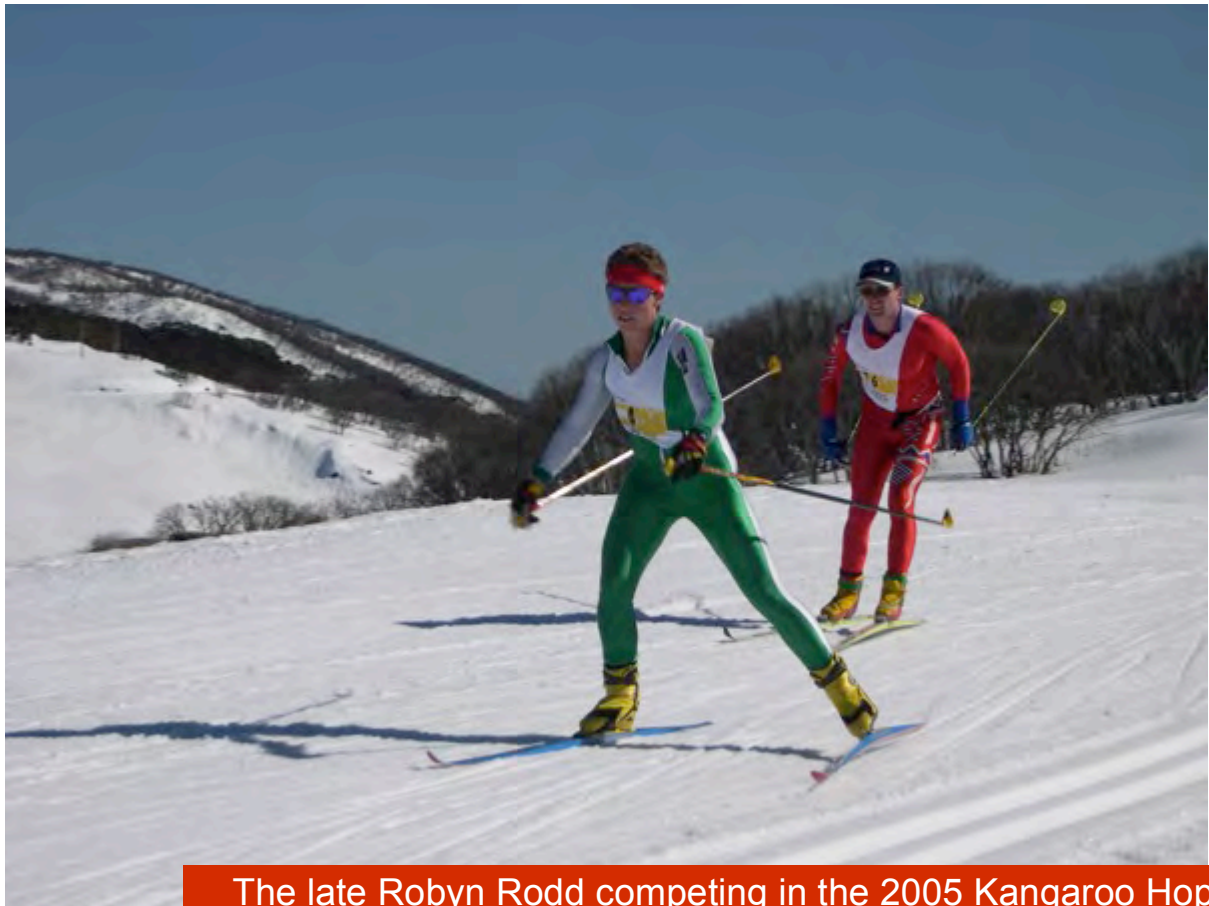
Robyn Rodd

Through the finish line, then a pack weigh-in, and who would have thought anyone would voluntarily carry 6.5kg? Yet there are more than a few over the mark. Much discussion concerns the contents of the pack. Beside the compulsory parka and windproofs, "I've got rocks", "a packet of nuts and bolts, "sand", "a large bottle of water", "dirt". At no other time in the history of the High Plains has so much junk been carried for 25km on skis by so many people.

Victorious is **Lauri Jortikka** (Vic) who virtually led from the gun. 17 places behind is **Robyn Rodd** (Vic), the first woman. A total of 83 skiers finish the course.

The race was a huge success, but not without a considerable number of people unselfishly giving up their time at the various check-points and drink stations. They all skied out to their positions before the race, carrying much more than a 5kg pack in some cases, then skied the remainder of the course, checking to see that no skier came to grief.

The thanks of all competitors go to these people. (And thanks to Gerry van der Ploeg for the original race report.)



The late Robyn Rodd competing in the 2005 Kangaroo Hoppet

Note: *The 1991 International Kangaroo Hoppet Worldloppet Ski Race originated from this first Australian Birkebeiner.*

Click this link for more history on the race <<https://www.birkebeiner.org.au/about/history/>>

(Article published in the 1979 Australian Ski Year Book)



*By Tony Keeble
& Megan Benne*

Clubhouse Rules

The Clubhouse is for Day Use only. And 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.*

Newsletter of the Birkebeiner Nordic Ski Club

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