

Birkebeiner

BULLETIN

Volume 40 No 1 May 2017



Looking forward to this year's Ski de Femme?

Winter is on the way....

Hi everyone and welcome to the May 2017 Birkebeiner Bulletin.

This year I have taken over from the amazing Paul L'Huillier. I have been xc skiing since I was in my teens, but only discovered the Birkie Club when my daughter was young. We are based in Melbourne and spend most weekends at Mt Beauty over winter.



Looking forward to seeing everyone at the Casserole dinner and on xc skis very soon.

Cheers, Kate Prest



Annual Casserole Dinner

Make sure you put Saturday 10th June in your diary for our annual casserole dinner at Bogong Outdoor School with a very special guest speaker - Steve Bell.

pg. 6



Junior coaching

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

pg. 12

Office Bearers

2016/2017

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 Representative: Nick Wright

Meet our new guest coach for 2017

Hello Birkebeiner Ski Club!

My name is Miles Havlick and I have been lucky enough to be selected as the BNSC Overseas coach for 2017! I just wanted to take the opportunity to introduce myself and express my excitement about joining your program this winter!

I was born and raised in Boulder, Colorado where I began racing for the Boulder Nordic Junior Racing Team when I was 10 years old. There was nothing I enjoyed more than following the twists and turns through the forest after school each day and breathing the crisp mountain air! Before long, posters of Thomas Alsgaard and Per Ellefson began to cover the walls of my room and rollerskiing began to consume my summers. With a lot of hard work and dedication, I landed a spot on the University of Utah Ski Team where I competed for 4 years. In addition to 2 individual NCAA championships, I helped the Utes to 3 consecutive second place National Collegiate team titles including my senior year as team captain.

After completing a BS in Physiology, I continued my skiing career by racing professionally with the Sun Valley Gold Team in Ketchum, Idaho. After three incredible years with the Gold Team, I felt like it was time for a change. This past August, I decided to pursue a 2-year Master degree in Exercise Physiology at the Norwegian University of Science and Technology in Trondheim, Norway. Apart from studying, I enjoy backcountry skiing, riding my bike, rock climbing and fly-fishing. I am very much looking forward to meeting you all and using my knowledge to bring you a step closer to your goals!

In the meantime, enjoy that summer sunshine from me. It's pretty dark in Norway at this time of year!

Cheers! Miles





Old Birkie Junior Photo – What year and who do you recognise?



Department of
Transport, Planning and
Local Infrastructure

Sport and recreation





Membership for 2017

Please remember 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/>



Jim Crebbin in his 'Man Cave' repairing the Club's Skidoo Trailer (originally built in 1980 and still being used today)
Thanks Jim for the repairs



2017 FIS Nordic World Championships, Lahti Finland
Club Members pictured – front row Kat Paul and Valerio Leccardi (Coach)
Back row: Phil Bellingham & Paul Kovacs

Come to the Casserole Dinner and meet...

Pre-Season Casserole Dinner – Saturday 10th June – 6pm

Bogong Outdoor Education Centre, Bogong Village.

RSVP: By Wednesday 7th June to Kerry Lucas (Social Secretary)

Email: km.lucas@bigpond.com Ph: 5754 1341 Mob: 0407 814 114

Parking- It would be best to drop off food and passengers then park down at Bogong Jack's Café

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.

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

This year we have a very special Guest Speaker:



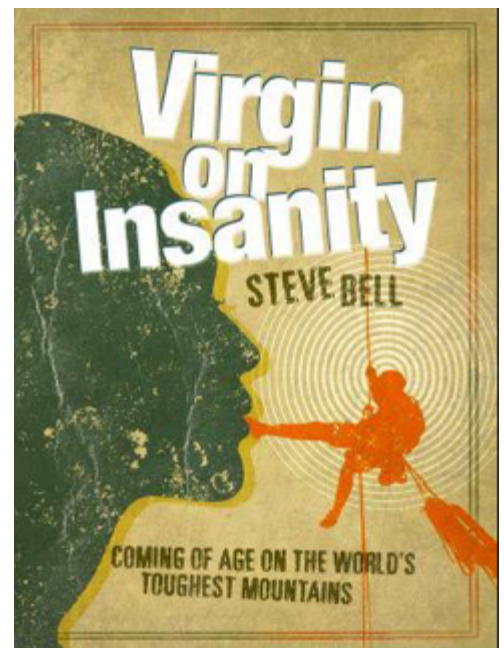
Adventurer and author, Steve Bell, is an author and former Everest mountain guide who finds compelling stories from his life. His first book, *Virgin on Insanity*, is a coming of age memoir, but his talk will cover his more recent Everest experiences, including the first British guided ascent of Everest in 1993.

In his talk, he will tell his remarkable

story of survival set against the loss of his friend, Bruce Herrod.

Steve will also be selling and signing his books on the night, \$35 each (\$10 off the list price).

<https://www.amazon.co.uk/Virgin-Insanity-Coming-Toughest-Mountains/dp/1910240834>



'Over 30 years of Wilderness I can tell you that yours was 'up there' amongst the top ranking speakers we have had' Wilderness Lectures, 2016.

'Wow, what a journey...told in a very unassuming and humble way. Steve had our clients on the edge of their seats' Financial Lifestyle Partners, 2015.

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

Thank You from the Bottomley Family

Graeme and Judy Bottomley would like to thank everyone for their kind wishes, thoughts and deeds over the past twelve months. We have appreciated it greatly. Hope you all have a wonderful skiing season.

Congratulations to Marg Trnka

At the AGM, president Ronice Goebel presented Marg Trnka with the 2017 Skiing Australia XC Volunteer of the Year Award.



Adult Clinics

Yes adult coaching clinics are on again this year. Watch this space for details of dates and sessions!

And finally a fast fact...

Do you know it is the Club's 40th Birthday this year?



Winner of the 2016 Ian Ryan Club Award – Helen L'Huillier

Congratulations Helen for all dedication and all your hard work over the years.

Pictured – from left: Helen L'Huillier, Julie Ryan and club president Ronice Goebel.



Allan Marsland OAM

Congratulations to Allan who received an Medal of the Order of Australia in the General Division for service to cross country skiing.

Pictured – from left: Ben Derrick (Hoppet Race Director), Ronice Goebel (BNSC president), Allan Marsland (OAM) and Helen L'Huillier (Hoppet Race Secretary retiring)

To groom or not to groom?

By Stella Ajani

Here Are Some Answers:

Cross-country trail grooming is kind of like politics, everyone has an opinion but very few people actually understand it. Here at 'THIS WEEK' we have decided that someone needs to put an end to the ambiguity of grooming and explain to us in plain and simple terms, why trails are or aren't groomed. To get to the source of this information we couldn't think of two better people to interview than Snow Services Supervisor Geoff Sorensen and Grooming Operator Paul Lupton.



After years of experience, grooming for resorts in France, United States and Canada, Paul, our resident groomer, has returned to Falls Creek for his fifth winter. As he heads out in the Falls Creek Prinoth BR350 grooming machine, Paul aims to provide the best trails he can to the cross-country ski community. The grooming machine has been in operation for three seasons and is specifically chosen for the mountain. It has completed around eight hundred hours of grooming and continues to provide tracks for skiers throughout the 2016 winter.

The grooming process aims to compact fresh snow so that skiers have a firm skiing base and proper classic tracks. Other snow is then groomed to maintain a smooth skiing surface and moved to ensure all track areas have adequate snow coverage.

If we are not faced with torrential rain or blizzard conditions then grooming at Falls Creek will occur seven days a week. Groomers will head out a time of the day that coincides with weather considerations and events that may be occurring amongst the trail network (such a cross-country ski race or technique clinic). If there is a racecourse that needs to be set then groomers will communicate with race organisers and all other trails will be groomed according to snow quantity and quality.

Grooming at its roots is all about the preservation of snow. The aim of the groomer is to maximise the season for all mountain lovers. There are many factors a groomer must consider before heading out on the tracks for the day. If the snow is wet then grooming may negatively affect the snow cover in the long run. The heat and friction that the machine can impose on the snow will potentially deteriorate the flakes. This process may create fantastic hard-packed ski tracks but also may ruin the prospect of long-lasting, high quality trails for the future.

**North East Primary Schools
X-C Ski Carnival**

Thursday August 17th 2017
11.00 am - 2.00 pm
Nordic Bowl, Falls Creek

An event to promote XC skiing and develop skills in a carnival atmosphere

Fun!

To start: Ski skills and activity stations
To finish: Inter school relays

Please note: This carnival is for students from Grades 4-6. It is NOT for first day beginners. Some experience and competence is required.

Further information and registration
Ronice Goebel: 0409 332 642 or xcskicarnival@birkebeiner.org.au

Supported by

Logos for YMCA, Birkebeiner Nordic Ski Club, Falls Creek, and Victoria.

There are certain times of the season that the impact of grooming is seriously greater than others. For example, throughout winter groomers must consider the environmental impacts when preparing tracks. Paul explained that the Falls Creek team prefers to have minimal if not zero impact on the environment. If nature, such as exposed bushes, creeks or moss beds, is present on the tracks then the preference is to preserve the wildlife and thus, cease grooming on that particular area. The environment is particularly sensitive throughout the winter months and because of this fragility, the grooming team aims to find the balance between happy skiers and a healthy environment.

As we can see, it all comes under the issue of short-term use vs long-term gain and a groomer's decision may not always suit the skier. It's often difficult to think about long-term gain when you're up at the Nordic Bowl, ready to head out on a long ski and a particular trail isn't groomed. However, we urge you to understand the importance of snow preservation and think about the longevity of the season.

And before we mention the word 'groom' or 'grooming' one more time, here are our top three

tips for trail preservation:

1. **Communicate-** The cross-country grooming report can be found on the Falls Creek website (www.fallscreek.com/xcreport). The groomer at the end of every grooming shift updates this great communication platform. Although Paul recommends this information channel, he told us that nothing is better than someone who stops the groomer to have a chat. Paul stressed that he is more than happy to have a chat and explain his grooming procedure or accept recommendations. Next time you have a question, don't stay silent about it!
2. **Share wisely-** The Nordic skiing trails are a shared trail network. As they can be accessed for free by all, no particular group has precedent over another. Having said that, the trails are primarily groomed for skiing but walkers and snowmobiles have all the same rights to be there. Walkers are advised to stick to the left of the trails to avoid the snow groomed for skating and the classic tracks if possible. Snowmobile tour tracks are groomed in the Mt McKay area when Eastern trails are groomed for cross-country skiing in order to maximise satisfaction from both parties.
3. **Enjoy!** Remain positive about grooming and remember that groomers are professionals in their field and therefore know their stuff better than most. These people have a huge job grooming all the Nordic trails, toboggan runs and the village and need as much positive re-enforcement as possible. So this week we are asking you to ask questions, make recommendations and make an effort to understand why groomers do what they do. And we'll all have a better on-snow experience.

A Successful Club Working Bee

On the 6th of May, in fine weather, many Birkebeiner Club members and friends, together with Falls Creek Resort Management (FCRM) staff, had a very successful Birkebeiner cross country trail working bee. We successfully:

1. Opened the clubhouse;
2. Readied the snowmobile for the season;
3. Levelled the southern side bench on the Rocky Valley impoundment wall so we can ski on it more this season;
4. Cleaned up overgrowth around the inner trails to facilitate grooming;
5. Installed poles to mark track to help the groomers;
6. Improved the drainage around Panorama;
7. Relocated poles near the Nordic Bowl.

This is definitely going to make skiing at Falls better this season. As it is now flatter, it will be easier for the groomers to groom the southern side bench of the impoundment wall, which will mean we will have another option to cross the wall on a groomed track (given good snow) when the snow is low on the road, and or when the wind seems strong enough to blow us off the dam wall. The vegetation cleared from trails will stop groomers hitting their cabins on gum limbs, and the drainage works will stop water washing away the tracks. The pole work will make a significant difference to the ease with which groomers can do their work.

Thanks go to all these volunteers: Ann, Russ and Phil Bellingham, Blair Hume, Bob Flower, Chris Hamilton, Ewen Sylvester, Mich Forrer, Geza Kovacs, Greg Beanland, Helen Jerome, Ian Franzke, Jim Gargan, Paul L'Huillier, Mike Manning, Nick Wright, Ric Spiller, Ronice Goebel, Trish Cross, John Bailey, Warren Sanders, Jacyn Hamilton and Emma, and Ben.

Apologies to anyone there who was left of the list.

Thanks to the clubhouse crew for organising lunch.

Again, thanks to you all for volunteering and for the work you did.

Thanks also to Geoff Sorensen of FCRM for his part in identifying and organising the work, liaising with AGL on the work on the impoundment wall, and getting equipment and extra tools.

by Doug Hamilton

Are you a member of our Birkebeiner Facebook Group?

Take a peek at all the wonderful volunteers working hard moving a very big boulder! Thanks Jacyn Hamilton posting the video!

Working Bee Photos



Ian Franzke & Nick Wright – skidoo servicing



Phil Bellingham



Bob Flower & Doug Hamilton
– also looking strong!



Johanna Pihkanen - cooking up a storm



Ben Derrick – looking strong!

Junior Joey #3 - Snowgaine



Louise Prest, Amelie O'Brien & Emma Prest making snow slushies

Snowgaine was held on Sunday 7th August. We had four groups that had a great morning skiing around finding markers and treasure.

Audrey Proft, skied with her dad Warren.

Ella White, Louise Prest and Wolf O'Brien skied with Wayne O'Brien and Andrew Prest.

Spencer, Barnaby and Hal Slocombe skied with their parents Andy and Chrissie.

Hannah and Zoe Gray, Emma Prest and Amelie O'Brien, skied with Bron Gray. The girls were keen to get to every marker which they achieved in the 90 minute time limit. Well done girls!

A sausage sizzle was enjoyed by all to finish the morning. Thanks to Kate and Andrew Prest for organising this.

Thanks to Paul Gray for putting out all the markers the evening before.

Key Dates for Junior Joeys

Junior Birkie Development Camp - 22/23rd July with overnight at Outdoor School Bogong.

Junior Joey Sessions:

Saturday 1st July – 11am

Saturday 15th July – 11am

Sunday 13th August – 10.30am

Saturday 26th August – Joey Hoppet Day



Junior Cross Country Ski Development Camp

Dates: Saturday 22nd – Sunday 23rd July

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

- ❖ learn to Cross Country Ski
- ❖ improve your skiing to ski smoother and faster
- ❖ pick up some tips for the Joey Hoppet
- ❖ have some fun with other Birkie juniors

The cost will be \$50 (Non members \$75, includes \$25 student m'ship 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. Cross Country skis can be hired from Mount Beauty Secondary College and transport will be the Bogong mini bus.



More information and Application forms are on the BNSC website www.birkebeiner.org.au. Applications close 30th June 2017.

Any questions can be directed to Bron Gray at bron.gray.ibag@gmail.com or 0402105237.

Annual Meeting Reports

PRESIDENT'S REPORT, MAY 2017

Welcome everyone.

2016/17 was marked by enthusiasm and action on many fronts through out the year. BNSC continues to be valued for its friendly atmosphere and efforts to promote XC Skiing and provide 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 SXCVC, works closely with FCRM and often makes deputations and submissions in the interest of cross country skiing. Several members who represented Australia at World Junior and U23 Championships in Soldier Hollow (USA received club grants for overseas competition costs.

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

- Presentation of the Ian Ryan Award to HELEN L'HUILLIER
- Development and production of the NEW COOL CLUB JACKET.
- Ski de Femme
- Consolidation and successful use of NEW TIMING SYSTEM that provides LIVE TIMING
- Purchase of 12 new pairs of SWIX classic roller skis.
- Coach Education opportunities – increasing coaching capacity of BNSC
- Junior Joey on-snow fun days
- Introduction of Joey Gliders, led by Aliena Oldis
- Junior Birkie coaching days each Sunday
- Organisation of The Birkebeiner Classic
- OS Coach Project (Kristian Holmson from Norway took on role of junior coach)
- XC Ski clinics midweek and weekend for adults
- Brianna Oldis and Nicola Smith each received a \$750 Vic Talent Award
- The Australian XC Ski Championships
- 26th Kangaroo Hoppet International ski race
- Annual casserole dinner held at Outdoor School Bogong, with guest speaker, Ewan Silvester
- Mid-year dinner at Roi's Restaurant
- End-of-year BBQ by the lake in Mount Beauty
- Cub working bees for trail infrastructure and club house

- Consolidation of new access track up to the club house
- BNSC selected to Junior and Senior National Team.
- Athlete grants allocated to National Team members
- Representation on the Falls Creek XC Advisory Committee, which significantly saw the introduction of a Face Book site to improve communication of daily trail conditions.
- Administration to ensure governance requirements fulfilled.

A FEW THANKS

Thanks again to those who showed up for the productive working bee. An impressive chain gang on the south side of the Dam Wall smashed and moved rocks to improve winter access and grooming, trails were cleared, drainage on the Pipeline and Sun Valley attended to, and there was pole realignment in the Nordic Bowl. The club skidoo was serviced and the club house had its excellent annual clean up and clean out. Thanks to DOUG AND BLAIR for liaising with FCRM. Please appreciate these efforts when you enjoy skiing and the club house facilities this winter!

DOUG HAMILTON has continued his excellent and diligent maintenance of records and minutes, handling of the correspondence, and generally ensuring as secretary that administrative tasks are done. Doug joined the race committee and facilitated the recent annual working bee at Falls Creek.

PAUL L'HUILLIER is our broadcaster and editor of the newsy Bulletin. BNSC has regular monthly newsletters from May to November, a website which has been updated regularly, a Facebook page, posts and emails to members highlighting coming events. Paul will continue to manage the website after stepping down recently from newsletter editor, so extra big thanks for the work done and smooth handover to KATE PREST. Fortuitously, Kate recently offered to take on a job that could be done remotely.

MICHAEL 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, we saw the successful timing of the Australian Championships and the Kangaroo Hoppet in 2016. Michael has a timing team and has pursued further training to fine tune system, seeing through the project of testing, purchasing and developing the new timing system and keeping it up to date.

Marg Trnka has done an efficient and fabulous job as race secretary for many years, and subsequently presented the Victorian Volunteer of the Year Award for her contribution by SSAXC. So, congratulations to Marg.

Treasurer ANNE BELLINGHAM, handles the MoneyWorks system and efficiently tracks our finances and advises the club on budgeting issues, along with assisting race organisation and Ski de Femme.

Vice President BLAIR HUME who has picked up the reigns and has actively promoted the working bees. His role working for Parks Victoria provides a conduit to working with both Parks and FCRM.

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 Chairman of the Kangaroo Hoppet Board. BNSC also recognises and congratulates Allan for the award of an OAM for services to Cross Country Skiing.

TONY KEEBLE and MEGAN BENNE for overseeing the highly valued and comfy Birkie Club house.

The 2016 Winter feedback has been positive. Tony continues to respond in a timely manner to any issues that arise.

Social secretary, KERRY LUCAS, organises BNSC social events, venues and highly engaging guest speakers. She led a subcommittee to design and produce the new stylish club jacket.

NICK WRIGHT has clocked up the most kilometres driving the BNSC skidoo ferrying gear and people and ensuring our racecourses are set up. He also assists Ian Franzke in maintenance and servicing. Nick facilitates the billeting arrangements for our Birkie OS Coach Project ensuring our guest coach is looked after.

ALICE HAMILTON took on the lions 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. The ever popular Junior Birkie camp in July was successfully held with assistance from parents and our junior coaches.

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.

Jim Gargan for membership secretary and writing of submissions.

Penny Goebel for picking up loose ends and supporting Ski de Femme.

The RACE COMMITTEE, Paul L'Huillier, Michael Trnka, Nick Wright, Doug Hamilton and Marg Trnka as Race Secretary, 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 all of our general members who help out at our many and varied activities in many big and small ways responding to requests to help out, a big thank you one and all. I would like to stress the importance to our club of EVERYONE doing "one thing" to keep our club strong. Lastly, may we have a brilliant snow cover for this ski season, continued camaraderie and enjoyment for our club members celebrating 40 years of BNSC.

Ronice Goebel

President,
Birkebeiner Nordic Ski Club
12 May 2017

Annual Meeting Reports

Birkebeiner Nordic Ski Club Inc. Annual Financial Summary For the year ending 30th April 2017

1. Overview of year

1. **Net Worth of the Club** — **\$81,665.71**
2. **Bank Accounts** = **\$52,698.62** — (2015/16 \$40,593.43)
 - *CBA Cheque Account* balance **\$5,977.08**
 - *Bendigo Bank Club Account* balance **\$9,750.90**
 - *Term Deposit* totals **\$36,970.64**
3. **Total Income** — Actual: **\$37,404.43** (2015/16 — \$25,181.31)
4. **Total Expenses** — Actual: **\$30,311.56** (2015/16 — \$24,736.05)
5. **Profit** for the year was **\$7,092.87** (2015/16 — \$445.26)

Major expenses the Club paid out - \$4,000 for National team grants, \$2,125.33 for an overseas coach and \$1,355.25 for skidoo repairs.
6. **Memberships** — Actual: **\$7,487.34** (2014/15 — \$6,986.17). 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** — **\$7,582.00**— (2015/16 \$7,372.00)
8. **Race Program** — Birke Classic, Rocky Valley Rush and the National Championships: Income was \$6,235.74 and expenses were \$4,306.74.

Skidoo running costs were \$963.36 and hire income was \$430.00.

Leaving a profit from races of **\$533.36**.
9. **Junior Development** - the junior camp at Bogong ran this year and Junior Joeys. The Junior Gliders was initiated with a donation of \$1,000. All programs are enhanced by the overseas coach program which is seen as an investment in future athletes and club members. Overall costs to the club: \$2,834.99 (not including the donation).

2. New capital purchases

1. The club's rollerskis and poles were stolen this year (including five new sets of skate roller skis purchased last financial year) and have been replaced last week (May) at a cost of \$4,188 which will show in next year's financial statement.

Ann Bellingham
Treasurer
(14 May 2017)

Q&A maximum classic pole lengths

Why was this rule accepted? What is the primary goal of the rule?

The primary goal of the rule is not to ban double poling but to add an additional tool to protect classical technique and all its aspects (diagonal, double poling, kick double poling, herringbone) so that competitions in classical technique are fair for everybody.



After two years of discussions, surveys, experiences and scientific studies it was time to give a signal and to provide answers to the Cross-Country community. The great majority is in favour of two techniques (classic and free technique). The Committee also agreed that if classical technique should develop to only double poling without kick wax, it will be a technique, which is impossible to control. Double poling is not seen as an independent technique and no events are going to take place in only double poling by definition, in the future.

The Cross-Country Committee underlined the necessity to involve in the discussion on the future of

Classic technique a wide range of people working or competing at different competition levels. Even if the current situation seems to be more or less under control at the World Cup level, the situation is definitely more challenging at lower levels and Popular races. The current developments in training methods and use of equipment especially for the young athletes are also some important factors that were taken into consideration.

Who proposed and accepted this rule?

The decision making process in the FIS is complex. The Council is the supreme authority of FIS and between the Congresses makes all necessary decisions. The Council appoints the Chairmen and the Members of Committees, Sub-Committees and Working Groups that shall be advisory to the Council and shall be responsible for the technical and other specified activities of the FIS.

Former elite Cross-Country Skiers, head coaches of national teams, directors of Cross-Country skiing/Nordic NSAs departments and other experts represent their National Ski Associations at the Cross-Country Committee and its Sub-Committees.

The Cross-Country Committee received the maximum pole length proposal from the German Ski Association in the summer 2016. All Committee members received this proposal with a task to discuss it in their National Ski Associations. At the FIS Autumn meeting in Zurich the proposal was discussed at the Sub-Committee for Rules and Control, at the Sub-Committee for World and Continental Cups and at the Cross-Country Committee.

After an open and democratic discussion, the Cross-Country Committee unanimously accepted the proposal, with a modification of the maximum pole length definition.

Why was it accepted at the FIS Autumn Meeting and not in the spring?

For several years, the Cross-Country community has been discussing the future of classic technique. Cross-Country Skiing has been facing an intensive evolution comparable to emergence of free technique in the mid 80's. The evolution of double poling has been challenging the core of the Cross-Country Skiing sport. Several measures to slow down this development have been put in place (see paragraph 5).

Ideally the maximum pole length should have been decided in June but the evolution has been quick. After long discussions during the meetings in Cancun, Mexico, each NSA was asked to go through all the aspects of the problem at all competition levels. The outcome was a concrete proposal from Germany, which came during the summer.

Why 83% of body height?

Feedback from many coaches was that a lot of athletes this summer, were testing classical poles which were more than 10 cm longer than last year. The original proposal submitted by the German Ski Association was 85% of body length (average pole length used by the athletes in the last years), measured without boots and for the total length of the pole. 83% of body height is measured with boots, and for the length of the pole from the tip to where the strap enters the pole.

Will it save classic?

The maximum pole length rule does not stand alone in the attempt to preserve classic technique. It is only one out of a set of tools. For a few years now a lot of attention has been paid to finding suitable courses for classical technique competitions. Cross-Country Juries have been stricter and have been sanctioning half skating steps, gliding phase in herringbone, skating in corners etc. Additionally, the decision making process of the Jury in classical technique rules infractions has been made faster.

As well, many National Ski Associations are going to test technique zones where double poling will be forbidden. Now the Cross-Country Committee has introduced a maximum pole length rule of 83 %. This will not stop anyone from double poling even in steep uphill but it is expected to stop the unwanted evolution of classic technique. The experiences from the upcoming season will be carefully examined next spring and further steps including a lowering of the percentage may be discussed.

Does this rule apply to the FIS Cross-Country World Cup only?

No, the 83% body length rule applies to all FIS competitions and for all age groups.

How will the new rule be enforced?

The pole measurement device should already be available during official training so that athletes can check their equipment themselves. The controls will be performed randomly and/or will be targeted. It will be possible to perform the measurements before the start and after the finish. If necessary, more than one measurement device will be available.

What happens if an athlete comes to the start with wrong length of poles?

Athletes with equipment not compliant with the ICR will not be permitted to start.

What happens if a competitor breaks a pole in a competition?

Breaking a pole in competition is very common, especially in mass starts, pursuits and sprints. When an athlete breaks a pole they need a new one as soon as possible. It is possible that the new pole will not match with the 83% rule. In this case, skiing with poles of different lengths is seen not as an advantage. The size of the given pole is irrelevant and athlete can finish the competition without any sanction.

What happens if a competitor breaks both poles in a competition?

If both poles are broken in the competition and athlete gets a new pair, the poles must comply with the 83% body length rule.

<http://www.fis-ski.com/cross-country/news-multimedia/news/article=maximum-classic-technique-poles.html>

BNSC Roller Ski Safety Guidelines

It is that time of year when people are out rolling and getting fired up for winter on snow! We think it is timely, in particular to remind families with adolescents, that the Club has Roller Ski Safety Guidelines:

BNSC ROLLER SKI SAFETY GUIDELINES

It is the responsibility of the individual to ensure that he/she possesses the skills to roller ski safely in the selected terrain. It is also the responsibility of the individual to ski in a safe, non-hazardous manner. Always obey the rules of the road and wear proper protective equipment including a helmet and proper roller ski gloves. Due care and common sense must be exercised and surface and weather conditions assessed.

IN PARTICULAR

- Skiers must wear a helmet at all times when skiing.
- Skiers must wear bright highly visible clothing or high vis vest when skiing. A flashing rear light could be considered (as on bikes)
- Skiers should avoid roller skiing at dusk, and not ski in the dark.
- Skiers should keep to the left hand side of the road, and when vehicles approach, skier should double pole or use classic ski technique.
- When traffic is coming in BOTH DIRECTIONS, the skier should get off the road.
- Ski under control. If in doubt, walk down steep hills or intentionally fall before reaching an unsafe speed; and,
- Do not wear "i-pods" or other electronic devices that will decrease your ability to hear and react to any situation that may occur.
- Wearing gloves is advised: They will prevent blisters and may save your hands.
- Knee and elbow pads are highly recommended for beginners.
- Skiers must check the frame and wheels and "feel" the bearings before each outing.
- IF skiing in wet conditions, wipe skis clean and dry and lubricate the wheels properly after skiing.
- Ski poles should always have roller ski ferules (special roller ski tips) with carbide tips and should be checked and sharpened with a diamond file regularly.
- When Dams Rd is used, the "Athletes Training Roller Ski Sign" should be visible.

NOTE: VIC ROAD RULES FOR WHEELED RECREATIONAL DEVICES DO NOT make note of, or include rollerskis. BNSC therefore advises prudence, common sense, and that the "ROLLERSKI SAFETY GUIDELINES" be observed. Further information <https://www.vicroads.vic.gov.au/safety-and-road-rules/road-rules/a-to-z-of-road-rules/scooters-and-wheeled-recreational-devices>



*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 Birkiebeiner Nordic Ski Club

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