



Birkebeiner

# BULLETIN

Volume 40 No 3 Sept 2017



Another successful Ski de Femme!

## More and more snow....

Hi everyone and welcome to the September 2017 Birkebeiner Bulletin.

Hope everyone has enjoyed a great season. Looking forward to the spring skiing and catching up with Birkie members at the annual AUSXC Cocktail Night!

Cheers, Kate Prest



### AUSXC Cocktail Night

Come along and help raise money for AUSXC and come along to their cocktail night.

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### Thanks Hoppet helpers

Thanks to everyone who helped at the Hoppet. Lots of hands make light work!

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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

## National Team Member Travel Grants

### Calling for applications

BNSC members selected for National Teams are eligible to apply for club grants as outlined below.

#### *Guidelines for funding:*

1. An applicant must have been a *BNSC member* for a *minimum of three years*. This condition could be waived in exceptional circumstances.
2. An applicant must be a *member of a Ski and Snowboard Australia (SSA) Cross Country Ski Team*.
3. It is expected that recipients of the grant contribute to the life of BNSC and identify, represent, and compete as a BNSC member.
4. Written applications must be received no later than October 8th.
5. The application must be accompanied by a *financial statement that includes a trip budget* outlining – (a) anticipated expenses for full participation in the team. (b) other sponsorship arrangements held, and (c) other grants received by the applicant.
6. BNSC grants will only be made if other levels of funding leave a significant shortfall.
7. A *maximum of \$3,000–\$4,000* will be allocated for national team member grants in any one year with a *maximum of \$1000 to any one individual*, regardless of the number of grant applications received.
8. The grant is to be used for the purpose intended. Should circumstances change, the funds granted will be reimbursed to BNSC.
9. These guidelines will be reviewed biennially by the committee or by a sub-committee appointed by the committee.

To download an application form, **see website**

*Email applications to the secretary Doug Hamilton*  
<[weegie@live.com.au](mailto:weegie@live.com.au)> or post to:

BNSC (Grant Applications)  
PO Box 192  
Mount Beauty 3699

\*Applications must be received by the **8th of October**. Late applications will not be considered.

## Annual End of Season BBQ

Annual End of Season BBQ at the Pondage on **Saturday 18 November**. BNSC provides meat, bread and sauce, and great company! Further details coming soon!



Our coach this year Miles Havlick (1<sup>st</sup>) and Phil Bellingham (2<sup>nd</sup>) at the finish line of the 2017 Kangaroo Hoppet. Well done to both of you!



Department of  
Transport, Planning and  
Local Infrastructure

Sport and recreation





## AUSXC Cocktail Night

The 2017 AUSXC Cocktail Night will take place in Armadale in Melbourne on Friday October 13. This is a great opportunity to get together with team athletes and coaches to celebrate everything cross country ski racing in Australia.

On top of that, this event is one of the main fundraisers for the National Team, raising \$10K+ from the registration fee and auctions towards athlete expenses at major events overseas. While the biggest event in the coming season will be the 2018 Winter Olympics in Pyeongchang, as that part is funded by the AOC funds raised through the XC Towards 2018 campaign will be directed primarily to World Cup and Pyeongchang preparation. A sizeable chunk will also go towards athlete expenses at the 2018 World Junior/U23 Championships in Switzerland.

**BOOK NOW!** <https://www.trybooking.com/book/event?eid=314037>



The poster features a dark grey background with white text. At the top, there is a header bar with the 'SKI & SNOWBOARD AUSTRALIA' logo (a kangaroo silhouette), the 'AUSXC' text, and the 'FallsCreek' logo. Below this, the main title 'AUSXC PRESENTS 2017 COCKTAIL FUNDRAISER & AUCTION' is written in a large, white, sans-serif font. The event details are listed in a smaller white font: 'JOIN US ON FRIDAY THE 13TH OF OCTOBER TO CELEBRATE & SUPPORT OUR ATHLETES', 'TICKETS: ADULTS \$50 STUDENTS: \$30', '7PM START, DRINKS AND CANAPÉS PROVIDED', 'MONTGOMERY HOME', and '28 GLASSFORD ST, ARMADALE'. At the bottom of the poster is a photograph of four female cross-country skiers in racing gear, smiling and holding a large Australian flag. The background of the photo shows a snowy ski race track with spectators and trees in the distance.

## Pictures from Ski de Femme



Linky Grimmer, Michelle Forrer, Casey Wright and Johanna Pihkanen.



Ronice Goebel working her magic at the Ski de Femme





Alice Hamilton, Kat Paul and Ronice Goebel handing out the spot prizes at Ski de Femme



Our esteemed coach Milly (aka Miles Havlick) with Ronice Goebel.

## Thank you Hoppet Helpers...



**Saturday August 26<sup>th</sup>, our backyard out the back of Falls Creek in the spectacular Bogong High Plains held the largest international XC Skiing event in the southern hemisphere! This was the 27<sup>th</sup> Australian Kangaroo Hoppet.**

Yes, the 42km of trail was groomed perfectly, yes the weather was almighty fine, yes the snacks from the drink/food stations were tasty, yes there were 992 entries, Yes, there were 23 different nationalities represented, yes it was an amazing race to the finish line for first place and yes – there was a mighty large team of volunteers that made the event possible this year.

A huge thank you with much appreciation to the members of Birkebeiner Nordic Ski Club, the Hoppet Race Committee and many other people from the Mount Beauty and Falls Creek community, that made contact to come along as volunteers and worked very hard to set up the event in the days before, be Course Marshals, stand at drink stations to assist skiers and those helpers, (including several who had also skied 42km...) that stayed back until the last star dropper was back in the shed Saturday afternoon after other Hoppet participants had gone home. For the first time this year, 20 Year 9 students from Mount Beauty Secondary College helped with the task of transforming the Nordic Bowl into a stage to host the event. Their contribution was part of the Future Makers Programme with Bogong Outdoor School that has students getting involved in their local community and was great to have you involved.

The volunteer contribution to help make this event the success that it was shows that our community has lots of wonderful people that are able to host large events of a professional calibre and was great to have you part of the team. It was a fine example that demonstrates that XC Skiing in Australia is strong and is wonderful to see this event provides for young children skiing with their families for fun, right through to our elite Olympic athletes who are able to participate together in this international atmosphere.

**That is the Kangaroo Hoppet, right here in our own backyard.**

**Nicholas Wright**  
**Kangaroo Hoppet Volunteer Coordinator**







September 2017



## And from the President...

After what always seems like a long winter, with at least two memorable dumps, some of us are planning a November ski!! In the meantime, with close to 2 metres of snow still, Rocky Valley dam is almost empty in anticipation of the huge snow melt to come.

Apart from on the snow and our annual social events calendar, to celebrate BNSC 40<sup>th</sup> year, two evening events marked the occasion. The terrific presentation by PK (Paul Kovacs) of his photos, travels and living in Alaska saw many of us deciding a visit in this life time would be fabulous, and a screening of the Last King which is the dramatic account of the saving of Prince Haakon by the famous "Birkebeiners" from whence we are named. If anyone can make a replica of those skis, a wooden class in our Birkie Classic could be introduced!

BNSC committee has monthly meetings between April and November and over the next few months will continue working behind the scenes on various projects and issues. These include

- Responding to and implementing Victorian Child Safe Standards with an initial Risk Assessment and then drafting of a new policy that reflects the provisions of BNSC activities. (Some committee members also attended a "Child Safe Information" organized by Alpine Shire session this week)
- A working group will monitor and respond to the shortly to be announced "Alpine Resorts Restructure". BNSC has always been an advocate for cross country skiing at Falls Creek and has an interest in decisions that affect the alpine environment, resourcing, infrastructure and issues that affect provision and development of cross country skiing for recreation and competition.
- Identifying a summer works program at the Race Hut and Falls Creek, and planning of two working bees in partnership with FCRM.
- Exploring Club house heating options for 2018
- A review of our Junior Program with a focus on future planning

The Race Committee has also met to review the season with a view to process improvements in 2018, AND for Marg Jowitt to do a final handover of the reigns as race secretary to Ann Bellingham. We extend a special thanks to Marg for her tireless and impeccable efforts as race secretary over many years. Her knowledge and expertise running citizen and FIS races has been invaluable. We know combining skiing and equine interests is challenging, but no doubt we will see her around some time. Best wishes from all of us at BNSC Marg.



# 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.





*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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