



Birkebeiner

BULLETIN

Volume 41 No 1 May 2018



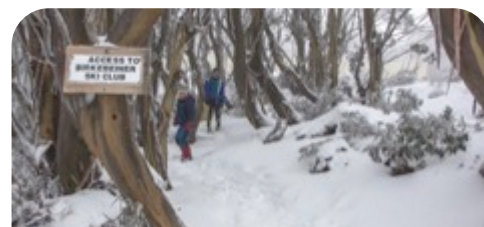
Birkie Juniors at an SSA U16 Development Camp at the AIS

It's getting cold...

Hi everyone and welcome to the May 2018 Birkebeiner Bulletin.

Looking forward to seeing everyone in the Club House again this winter...

Cheers, Kate Prest



Annual Casserole Dinner

Make sure you put Saturday 16th June into your diary for the Annual Casserole Dinner with Greg O'Donohue as speaker.

pg. 4



Junior program director

Interested in a new coaching position...read on to find out more?

pg. 8

Office Bearers

2018/2019

Officers

President: Ewen Silvester

Vice President: Michelle Forrer

Secretary: Ronice Goebel

secretary@birkebeiner.org.au

Treasurer: Jeanette McLaren

treasurer@birkebeiner.org.au

Committee Members

Ann Bellingham

Brian Keeble

Nick Wright

Penny Goebel

Blair Hume

Paul Gray

Peter Smith

Scott Vercoe

Allan Marsland

Portfolio Positions

Bulletin Editor: Kate Prest

Website Administrator: Paul L'Huillier

Race Secretary: Ann Bellingham

Membership Secretary: Nick Wright

membership@birkebeiner.org.au

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 2018

This year our club will welcome Cambria McDermott from the United States. Since 2012, Birkebeiner have provided a voluntary opportunity for people from other countries who are skilled and passionate about skiing to experience an Australian winter and take a lead role in developing our junior skiers and assisting our more experienced athletes and club members with instruction clinics and Hoppet Training Sessions.

This opportunity has proven to be valuable in providing a wonderful way for us to appreciate and learn what skiers from other cultures can bring, as well as offering them an international experience that includes their love of skiing.

Cambria will arrive during the July School Holidays and will first be helping with the Birkie Junior Development Camp and Junior Victorian Team/Squad.



Hello Birkebeiner Ski Club! My name is Cambria, I am 24 years old, living in Bozeman, Montana USA and I am so excited to join your team for the summer.

I grew up in Vermont, a small state on the North Eastern edge of the United States, and have been skiing since before I can remember. I was fortunate to attend a ski-specific high school in Vermont (Stratton Mountain School) and then move west to spend my college years ski racing for Montana State University and studying Exercise Physiology.

After college, I spent a year living in Norway and racing for a Norwegian ski team. In Norway, I took some ski - specific physiology classes; it was fascinating to learn more about their research and training methods. I stopped ski racing last year, and have been filling my time with friends, mountain biking, ski touring and working at a small medical clinic.

I am really looking forward to a summer full of skiing! Ski racing has brought me to so many amazing places and people, I can't wait to share my passion for our sport with your club and learn more about all of you.

Cambria

Key Dates for your Calendar

 AUSXC AUSTRALIAN CROSS COUNTRY SKIING 2018 RACE CALENDAR DRAFT V3.1 1/05/18						
Day	Start	Race	Location	Contact	Contact No.	
Apr 14	9:30am	Australian Rollerski Championship	Canberra	Finn Marsland	0408 147 940	
May 6	10:30am	Victorian Rollerski/Skiing Championship	Lake Mountain	Andrew Paul	0488 642 782	
June						
Sun 24	10:00am	Fast and Female	Lake Mountain	fastandfemaleaus@gmail.com		
Sun 24	11:00am	Snow, Trek & Travel Mini Series #1 (C) 0.5/1.5/2.5 km	Falls Creek	Lynn-Maree Cullen	0409 592 226	
Sat 30	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	0428 159 336	
July						
Sun 1	11:00am	Cooma Clean Out the Cobwebs (F) 1/5km	Perisher	Bolt	0456 559 686	
Sat 7	8:30am	Come & Try XC Skiing open day	Perisher	info@snowsportsACT.com.au		
Sat 7	12:00pm	NSW Junior Sprint (C)	Perisher	Peter Ward	0409 338 978	
Sat 7	10:00am	Fast and Female	Falls Creek	fastandfemaleaus@gmail.com		
Sat 7	1:00pm	Snow, Trek & Travel Mini Series #2 (F) 0.5/1.5/2.5 k	Falls Creek	Lynn-Maree Cullen	0409 592 226	
Sun 8	10:30am	Birkebeiner Classic (C) 2.5/5/10km	Falls Creek	Ann Bellingham	03 5754 1815	
Sun 8	8:30am	ACT Ski de Femme	Perisher	R Cunningham	0400 718 047	
Sun 8	11:00am	Cooma Clean Out the Waxbox (C) 5km 1km (F)	Perisher	Bolt	0456 559 686	
Sun 8	10:00am	Junior Sprint X	Lake Mountain	Ray Malins	03 9728 1894	
Sun 8	1:00pm	Lake Mountain Mini Series 1 (F) 0.5/1.5/2.5km	Lake Mountain	Ray Malins	03 9728 1894	
Wed 11	1:30pm	Paddy Pallin Junior Shield (C) 0.5/3km	Charl Pass	Rod Peile	0448 670 586	
Sat 14	11:00am	Snow Trek & Travel High Plains Tour (F) 2.5/5/10	Falls Creek	Len Budge	0417 352 845	
Sat 14	9:30am	NSW Sprint Champ's (F)	Perisher	Peter Ward	0409 338 978	
Sat 14	1:00pm	Come & Try XC Skiing open day	Perisher	info@snowsportsACT.com.au		
Sun 15	11:00am	YMCA Howmans Gap Vic Relay Champs (C/F) 2.5/5	Falls Creek	Len Budge	0417 352 845	
Sun 15	10:00am	ACT Distance Champ's (F) 2.5/3/5/7.5/10 km	Perisher	Peter Cunningham	0477 356 835	
Sat 21	9:30am	Vic Junior Sprint Champ's (C)	Falls Creek	Ben Derrick	0400 110 046	
Sat 21	9:30am	AUS Open Sprint Champ's (C) *F** CC/FIS	Perisher	Peter Cunningham	0477 356 835	
Sat 21	11:00am	PXC Cup 10km (F)	Perisher	Wayne Pethybridge	0431 285 566	
Sun 22	10:00am	Vic Junior Distance Champ's (F) 2.5/5/10km	Falls Creek	Ben Derrick	0400 110 046	
Sun 22	10:00am	AUS Open Champ's 10/15 (F) *F** CC/FIS	Perisher	Peter Ward	0409 338 978	
Sun 22	11:00am	Bullfight Charge (F) 3.5/8km	Lake Mountain	Ray Malins	03 9728 1894	
Sun 22	11:00am	Lake Mountain Mini Series 2 (F) 0.5/1.5/2.5km	Lake Mountain	Ray Malins	03 9728 1894	
Sat 28	9:30am	AUS Junior Championships Sprint (F) **	Perisher	Peter Ward	0409 338 978	
	pm	TBC Aus Junior XC-Cross event				
Sun 29	10:00am	AUS Junior Championships Distance (C) **	Perisher	Peter Cunningham	0477 356 835	
Sun 29	11:00am	Lake Mountain Mini Series 3A (C) 0.5/1.5/2.5km	Lake Mountain	Ray Malins	03 9728 1894	
Sun 29	1:00pm	Lake Mountain Mini Series 3B (F) 0.5/1.5/2.5km	Lake Mountain	Ray Malins	03 9728 1894	
August						
Sat 4	9:00am	Fast and Female	Perisher	fastandfemaleaus@gmail.com		
Sat 4	11:00am	Cooma Open (F) 10km	Perisher	Bolt	0456 559 686	
Sat 4	11:00am	Hotham to Dinner Plain (F) 12km	Hotham	Mick Sinclair	0408 127 325	
Sun 5	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 5	10:30am	City Tatts Boonoono Open (C/F) 5km	Perisher	Michael Sterndale	0412 043 900	
Sun 5	9:00am	Vic Interschol XC Championships	MT Buller	David Speirs	1300 853 633	
Mon 6	11:00am	Charlotte Pass Open (C) 5km	Charl Pass	Chris Hegarty	02 9411 5974	
Mon 6	6:00pm	NSW Night Relays (F)	Perisher	Peter Ward	0409 338 978	
Wed 8	10:00am	KAC X-C Classic (C/F) 8.5km	Perisher	Chris Hegarty	02 9411 5974	
Wed 8 - Fri 10		AUS Secondary Schools Ski Team Championship	Falls Creek	Heath Matheson	03 5754 4005	
Thu 9	11:00am	Sundeck Handicap Race (F) 7.5km	Perisher	sundeckhotel.com.au		
Sat 11	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km	Perisher	Peter Cunningham	0477 356 835	
Sat 11	10:00am	Ski de Femme (F) Fun Race 1, 2.5 & 5km	Falls Creek	Ronice Goebel	03 5754 4910	
Sun 12	9:00am	NSW Ski Orienteering Champs	Perisher	Marina Iskhakova	0412 308 310	
Sun 12	10:30am	Rocky Valley Rush/Sun Val Ramble (15/7.5km) (F)	Falls Creek	Ann Bellingham	03 5754 1815	
Sun 12	10:30am	Tullacouty/St Phillack Cup (F) 5/8km	Baw Baw	Paul Proctor	0417 352 052	
Thu 16	11:00am	North East Primary School Relays	Falls Creek	Ronice Goebel	0409 332 642	
Sat 18	10:00am	Canberra X-C Ski Club Kosciusko Tour (C/F) 18km	Perisher	Rowan Christie	0418 241 496	
Sat 18	9:30am	AUS Open Sprint Champ's (F) *F** CC/FIS	Falls Creek	Ann Bellingham	03 5754 1815	
Sun 19	10:00am	AUS Open Champ's 5/10 (C) *F** CC/FIS	Falls Creek	Ann Bellingham	03 5754 1815	
Sun 19	11:00am	Amelia Time Trial and Team Sprints	Perisher	Leslie Ludwig	0459 642 222	
Wed 22	9:00am	NSW Interschol Races	Perisher	Peter Ward	0409 338 978	
Thu 23	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045	
Sat 25	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				
September						
Sat 1	11:00am	NZ Merino Muster	Snow Farm	www.snowfarmnz.com		
Sat 1	11:00am	Snowy Mountains Nordic Family Cup	Perisher	Tim Greville	0428 159 336	
Sat 1	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 5	9:00am	Australian Interschol XC Champ	Perisher	Peter Ward	0409 338 978	
Tue 4		ANC NZ Continental Cup 5/10km (F) CC/FIS	Snow Farm	www.snowfarmnz.com		
Wed 5		ANC NZ Continental Cup Sprint (F) CC/FIS	Snow Farm	www.snowfarmnz.com		
Thu 6		ANC NZ Continental Cup 10/15km Mass (C) CC/FIS	Snow Farm	www.snowfarmnz.com		
Sat 8 / Sun 9		Perisher Cup	Perisher	Alan Davis	0411 189 974	
Online entries: NSW - https://regonline.activeglobal.com/2018perishercrosscountryeventreg						
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

Event details, times and dates may be subject to change without notice. Skiers should confirm details with race organisers. Updates will be posted at www.ausxc.com/

You are invited to the annual...

Birkebeiner Casserole Dinner

Saturday 16th June

at **Arby's Place**

(cnr Kiewa Valley Hwy and Mountain Creek Rd)

6-10pm

Please bring a casserole (singles) and a salad or dessert to share (families). We will have the pizza oven going if you would like to bring a pizza to throw in.

Our guest Speaker will be

GREG O'DONOHUE

A Groomer's Life : Hotham To Antarctica
(xc groomer, environmentalist and photographer!)

We will endeavor to have a child friendly activity (night walk/movie).

Also, remember to bring your unwanted ski gear for the

SECOND HAND GEAR SALE

Please RSVP to the secretary@birkebeiner.org.au by June 14th

Birkie bits by Nordic Ned

Remember to renew your Birkie Membership for 2018!

Winter is a season to be excited for and will be great to catch up with everyone again out on the snow!

For you and your family to stay as members of Birkebeiner Nordic Ski Club, your fees are now due. To be covered by our club insurance and to use the Clubhouse facilities, you need to be a current financial member.

We have a new Online Membership Database this year, which can be accessed via the Birkie website <https://www.birkebeiner.org.au/membership-2/on-line-membership/>

Remember Birkie Bank Account Details have changed!

Account Name: Birkebeiner Nordic Ski Club Incorporated

BSB: 633-000 Account Number: 159796739

Congratulations to Nick Wright

At the AGM, president Ronice Goebel presented Nick Wright with the 2018 Skiing Australia XC Volunteer of the Year Award for his outstanding and ongoing commitment to the BNSC and Kangaroo Hoppet Race Committees.



Athletes' Reports

The full athlete reports will be available shortly on birkebeiner.org.au

"My season started a little differently to most. This year I was first in La Grand Bornand of France staying with my girlfriend Iris Pessey. We were lucky to get some early snow this year and started skiing straight away, the season never looked back as it continued to snow and end up being one of the biggest in years." **Phil Bellingham**



"The support of the Birkebeiner Nordic Ski Club has been amazing. I could not of done what I've done without the support of the ski club, so I'm extremely grateful and indebted to the club. I look forward to being able to pay the club overtime for giving so much to me and to pay it forward to the next generation. This will be my last trip report for the club as a pro athlete on the grant system, so I thank everyone that's read my reports over the years and I thank the club for support once again I wish the club nothing but success in the future I look forward to seeing you all again soon when I'm back in Australia."

Paul Kovacs



"WOW!! what a year it has been.

This season I was finally able to fulfil my dream and tick off a goal that had been in my sights for the last 3 years. I represented Australia at the PyeongChang Winter Olympics." **Casey Wright**

"Most importantly, there were many gruelling hours spent sliding around the world-class trails of Davos. There was also some Dario Cologna spotting and even an evening of 'sledging' (traditional Swiss tobogganing)."

Jarrah Forrer



"A couple weeks into the trip the team was given the opportunity to spectate at the Lenzeheide stage of the Tour de Ski. The experience was unforgettable and whilst I enjoyed myself I also learnt a lot about competition at the elite level. To see your idols ski right in front of you, to watch their each and every movement as they climb these ridiculously steep gradients with ease was just mind blowing, but it showed me what you need to aim for in the future." **Nick Blackwell**

May 2018

Working Bee Photos



The working bee started with lots of cutting through, driving under and over trees.



And lots of snow



And then we got to do lots of cool stuff in the huts to make this winter great!



Thanks to Blair Hume, Rob Boland, Nicholas Wright and Scott Vercoe

Junior Program

New Position

Junior Program Director of the Birkebeiner Nordic Ski Club

- Plan and organise pre-season (Term 2) weekend program
- Liaise with Mount Beauty SC staff to assist Autumn training program (before and after school sessions)
- Plan and organise volunteers for Junior Program (Joeys, Gliders, and Junior Birkies) including the new 'Possum' program pilot.
- Assist in the delivery of winter junior program where possible on designated weekend day.
- Assist Birkie Junior Development Camp co-ordinators
- Provide race support to Birkie juniors at the Victorian Junior Champs
- Manage junior registration and medical forms
- Manage WWCC records, ensure Codes of Conduct are available and signed by coaches.
- Car pooling options developed
- Investigate grant opportunities to subsidise race costs to Birkie juniors attending Junior Nationals in 2018 at Perisher, NSW.
- Needs to be a member of Birkebeiner Nordic Ski Club
- Reimbursement of expenses to be negotiated.

Please contact secretary@birkebeiner.org.au for more information or to express interest in this position.

Key Dates for Junior Joeys



Annual Meeting Reports

PRESIDENT'S REPORT, MAY 2018

Welcome everyone.

2017/18 has been another busy year with action on all fronts. Recent snowfalls and working bees amongst a range of other projects have raised the anticipation of getting out on those skinny skis again soon. In 2017, we celebrated our 40th year. Celebrations did include a social evening and screening of the story of the BIRKEBEINERS in "The Last King" and another evening where Paul Kovacs made a inspiring presentation of Skiing in Alaska. BNSC continues to be valued for its friendly atmosphere, efforts to promote XC Skiing and provision of opportunities to enjoy the sport at any level.

The collective volunteer effort of our club members is critical. To thrive and get things done depends on our friendship, goodwill and willingness to help out where we can. BNSC is an advocate for XC Skiing in Victoria sending representatives to SXCVC, it works closely with FCRM and often makes deputations and submissions in the interest of cross country skiing.

In 2017/18, we saw two new initiatives developed by BNSC. The projects, partly funded by the Victorian Government Snowsport Development Grants (VGSDG) are the

1. NE Primary Schools XC Ski Carnival at Falls Creek that is scheduled again for 2018 attracting about 100 children in 2017.
2. THE AUSSIE POSSUM XC SKI AWARD PROGRAM. Inspired by the Bronze, Silver, Gold Ski Tests from some time ago and the Canadian Jack Rabbit Program, is a NEW skills award program aimed at developing skiers. It is about to go to print and includes Skills Cards, A Teacher/Coach Resource Booklet and an A2 Poster that allows children to track their progress with bright colourful stickers. BNSC and a few local Primary Schools schools will trail the program this winter. Thanks to Hannah Little for her design concept, contagious enthusiasm and ensuring the project stayed on target.

Of note this year several BNSC members represented Australia at World Junior and U23 Championships in Switzerland, and The Olympic games in Korea. Casey Wright made her debut joining Phillip Bellingham and Aimee Watson in their second Olympic Games. Huge hearty congratulations to these athletes.

SPECIAL CONGRATULATIONS NICK WRIGHT recently awarded the Victorian Volunteer of the Year by SSAXC. Nick was recognised for his generous time spent as the Hoppet Volunteer Co-ordinator, Hoppet Race Committee and BNSC Race Committee, noted often the last to leave events!.

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

- Cub working bees for trail infrastructure and club house
- Presentation of the Ian Ryan Award to Nick Wright
- Ski de Femme
- Junior Joey on-snow fun days,
- Junior Birkie coaching days each Sunday
- OS Coach Project (Miles Havlick from Boulder Colorado took on role of junior coach)
- Development of BNSC Rollerski Policy and replacement of club classic and skate rollerskis.
- XC Ski clinics midweek and weekend for adults
- Liam Flanagan and Nicola Smith each received a \$750 Vic Talent Grant
- Organisation of The Birkebeiner Classic and Rocky Valley Rush
- The Australian XC Ski Championships
- Australian Junior XC Ski Championships
- 27th Kangaroo Hoppet International ski race
- Annual casserole dinner held at Outdoor School Bogong.
- Mid-year dinner at Roi's Restaurant
- End-of-year BBQ by the lake in Mount Beauty
- 8 members of BNSC selected to Junior or Senior National Team.
- Nine junior BNSC members participated in the 4 week Victorian Junior training camp to Silver Star, managed by Ronice Goebel.
- Athlete grants allocated to National and Junior Team members
- BNSC is developing policy in response to the Child Safe Standards legislated in 2017.
- Administration to ensure governance requirements fulfilled.

A FEW THANKS

Recently, the BNSC has held working bee days with FCRM. Clearing trails, realigning poles, working on the Race and Hoppet Hut were a few things on the long list. Thanks to BLAIR for liaising with FCRM.

DOUG HAMILTON, BNSC Secretary, (recently resigned) kept minutes, handled all the correspondence and generally ensured everything got done when required.

Our membership secretary JIM GARGAN is maintaining 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 supported by PAUL GRAY. 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.

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 Michael has persevered and seen through the project introducing LIVE TIMING in 2017.

New Treasurer JEANETTE MC LAREN now handles the MoneyWorks system and efficiently tracks our finances and advises the club on budgeting issues. Thanks to Julie Smith who generously took on that role, but resigned due to a ski injury.

Vice President Michelle Forrer who has picked up the reigns and has actively promoted junior programs in the club.

ALLAN MARSLAND, long time committee member who continues to provide wise council and advice on any number of matters including our dealings with Ski and Snow Board Australia, Falls Creek Resort Management, SXCVC and of course continues his involvement in the Kangaroo Hoppet.

TONY KEEBLE and MEGAN BENNE for overseeing the highly valued and comfy Birkie Club house. BRIAN KEEBLE for managing the Race Hut and providing sound policy background to ongoing projects.

Social secretary, KERRY LUCAS, organises BNSC 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 racecourses are set up. He also helps facilitate the hospitality arrangements for our Birkie OS Coach Project ensuring our guest coach is looked after and is the volunteer coordinator for the Kangaroo Hoppet.

ALICE HAMILTON took on the lionesses share of organising the Ski de Femme day.

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.

KATE PREST as Newsletter Editor and PENNY GOEBEL for picking up loose ends and supporting Ski de Femme.

The RACE COMMITTEE, Ewan Silvester, Michael Trnka, Nick Wright and Marg Jowitt 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. After many years of being the energetic efficient hub as Race Secretary, Marg Jowitt has resigned. Many thanks to Marg for her years of service. We welcome ANN BELLINGHAM as our new Race Secretary.

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, continued camaraderie and enjoyment for our club members.

Ronice Goebel

President,
Birkebeiner Nordic Ski Club
12th May 2018

<https://www.birkebeiner.org.au/wp-content/uploads/2018/05/PRES-AGM-2018.pdf>

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 Birkebeiner Nordic Ski Club

PO Box 192
Mount Beauty VIC 3699

Secretary: Ronice Goebel
Email: secretary@birkebeiner.org.au
Website: <http://www.birkebeiner.org.au>