



# Birkebeiner Nordic Ski Club

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## News Bulletin — Early July 2021

### Birkie Classic is on...Sunday

The **Birkebeiner Classic Race** will take place on **Sunday 11th July at Falls Creek**. There's good snow and reasonable weather is predicted. So come along and take the opportunity to test out your classic technique.

There will be three distances, close to 2.5, 5 and 10km. You may select any distance, but prizes will only be given to the winners of:

- \* 2.5km: U14 M & W
- \* 5km: U18 M & W, Open W, Masters M & W
- \* 10km: Open M & W and Masters M & W

Bibs will be available in the Nordic Bowl from 9:00 am with a start at 10.30 am. Skiers can enter online right up to start time.

**Registration and payment is online:** <https://alpinetiming.com.au/rg221>

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### Snow Trek & Travel High Plains Tour

**Snow Trek & Travel High Plains Tour** is on Saturday 10th July starting at 11:00 am at Falls Creek. It is a freestyle race over distances of 1/2.5/5/10km.

**Registration and payment**

online: <https://www.snow.org.au/eventsregister/105292/&cat=240&f=list>

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## Junior Birkie Ski Team Program on the ABC

Tim Retchford spoke on ABC Goulburn Murray this morning about the program.

There was an article printed in the ABC News called **Cross-country ski program bridges gap to train Olympians of tomorrow in regional Victoria**

**Paste this link into your web browser to view**

<<https://www.abc.net.au/news/2021-07-07/cross-country-skiing-lessons-for-children/100272946>>

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## Cross Country Skiing is the Magic Pill of Exercises

Two respected doctors share how and why

*Dr Kenneth Forsythe, M.D. Fellow American College of Sports Medicine and former medical consultant to the President's Council on Physical Fitness and Dr Robert Arnot, M.D. author and a regular on CBS evening news conclude that taking up cross country skiing is one of the best things you can do for your body and soul—be it young or old.*

*Below they discuss some of their findings and reasonings.*

**Dr K Forsythe says:**

- The metabolic changes experienced during XC skiing are incredible—one hour of gentle XC skiing will have an 8 to 9 hour effect on our basic metabolic rate. This means you are still burning calories for 7-8 hours after you've stopped XC skiing.
- The production of Beta Endorphins—which create the feeling of calm and euphoria that you get after the right kind of exercises—is maximal with gentle XC skiing. And, these calming effects can last 5-9 hours after you have stopped!
- The reason that XC skiing is so much better than other sports is because it uses the whole body— from the fingers to the toes, there aren't any muscles that aren't used.

- XC skiing is better for your joints than almost any other exercise because it uses them through their full range of motion and in a manner that doesn't stress them.
- The exercise goals for women are weight control in a safe environment, for men—looking better and feeling younger—XC skiing enables both sexes to achieve their goals.
- A little known but substantial benefit is the terrific back conditioning created by XC skiing.
- For people that love jogging there isn't better cross training exercise than XC skiing.

• XC skiing improves the condition of your skin because it is the most aerobic of sports, and aerobic activity stimulates the production of new blood supply to the skin.

**Dr Arnot says:**

- No matter how much you run or cycle, remember that two-thirds of your muscle mass is above your hips, untouched by many aerobic exercises. Developing this muscle mass via XC skiing creates a tremendous engine to roll back the years.
- Ski skating wraps alpine skiing and rollerblading into a sport that will inspire you to become a true aerobic animal—those athletes with the strongest, healthiest hearts are XC skiers.
- XC skiing builds an enormous heart-lung engine, far more powerful than is required for running. And, because the work-out is spread out over so many more muscles than cycling or running, it doesn't feel like half the exertion at the same rate.
- Ski skating is great for all-body muscular development—the buttocks, thighs, abdominals, triceps, chest and back are all given a workout.
- XC skiing burns calories and rips off fat faster than a surgeon's knife—a 90kg man in good condition can burn over 1,600 calories an hour. Rather than burning the 3,500 calories in 2kg of fat in a week's worth of running, you burn it off in 2 hours of high-level XC skiing.
- I've found it to be the fountain of youth—Maurillo DeZolt led the Italian XC ski team to an Olympic gold medal in Lillehammer Norway in 1994. He was 43 years old—as old as the fathers of some of his

may in 1974. He was 75 years old—as old as the fathers of some of his competitors. Previously, he had won the Olympic silver medal for the gruelling 50km race at 41 years of age.

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