



Birkie News Bulletin

21 July 2022

Mid-Season Dinner - Thursday 28th July - *A reminder ...*

- **When:** Thursday 28th July 2022.
- **Where:** Roi's Diner, 179 Kiewa Valley Highway, Tawonga.
- **Time:** 6:30 pm for a 7:00 pm meal.
- **Cost:** The two-course meal is partly subsidised by the club (\$15). Members & guests will pay just \$35.00. You pay for your own drinks.

Numbers are limited so be sure to RSVP early so you don't miss out!

Please **RSVP** with any dietary requirements by **Sunday, 24th July** to Social Secretary **Mary Hall**. Email: anmhall@yahoo.com, mobile: 0492 960 885 or text.

Note – This function will also acknowledge the **26th Anniversary of the opening of the Clubhouse in June 1996** with a slide presentation, a 10-minute video of the construction and opening, and a short talk by Jim Crebbin, the construction manager.

To read an article taken from the *Birkebeiner Bulletin* – June 1996 written by **Phil Evans** on the opening of the clubhouse, click or tap [\[HERE\]](#).

As a courtesy to Roi and Sue, who need to know in advance of any special dietary requirements, please let Mary know ASAP.

Cheers
Mary Hall
Social Secretary



Race Entry Registrations

Australian OPEN Championships (FIS) – Falls Creek

- Sprint – Saturday 30th July – 9:30 am (Classic)
- Distance – Sunday 31st July – 10:00 am (Freestyle)

For information and to register click or tap [\[HERE\]](#).

NOTE – Entries close Tuesday 26th July at 8:00 pm

PLEASE NOTE THE "NO FLUORO" PROTOCOL (Version 2) that is explained below.

Falls Creek Schools Nordic Day – Friday 22nd July

To find out more details and to register follow this link [<https://www.snow.org.au/events/142758/>](https://www.snow.org.au/events/142758/)

The Falls Creek Schools Nordic Day includes a **Cross Country Freestyle race open to schools**. An optional **Biathlon** event will follow the Cross Country Freestyle event, organised by the

follow the Cross Country Freestyle event, organised by the Australian Biathlon Association and Biathlon East Australia.

If you are entering the biathlon race, training on the laser biathlon system will be available at the end of the XC race and before the biathlon race begins. It is recommended that participants attend the training before the biathlon race.

Each competitor will receive an event race bib. There will be an Awards Ceremony for both events immediately after completion, which will recognise the top 3 individual skiers in each Interschools division.

Birkebeiner Classic – Sunday 24th July

For more information and to register click or tap [\[HERE\]](#)

Ski de Femme – Saturday 13th August

For more information and to register click or tap [\[HERE\]](#).

Kangaroo Hoppet – Saturday 27th August

For more information and to register click or tap [\[HERE\]](#). Enter before 13th August to get the cheapest entry price.

Click or tap [\[HERE\]](#) for more information and to register for the **2022 Virtual Hoppet**.

The Merino Muster Challenge – A **virtual event** organized by the Merino Muster Worldloppet - New Zealand. Click or tap this link for

more information and to register <<https://alpinetiming.com.au/rg296>>.

Birkebeiner Classic



Falls Creek

Sunday 24th July 2022, 10.30am

Organised by Birkebeiner Nordic Ski Club

Distances
2.5km 5km 10km

	<table border="0"><tr><td>Junior</td><td>(Under 12)</td><td>M</td><td>W</td><td>\$10</td></tr><tr><td>Junior</td><td>(Under 14)</td><td>M</td><td>W</td><td>\$10</td></tr><tr><td>Junior</td><td>(Under 18)</td><td>M</td><td>W</td><td>\$10</td></tr><tr><td>Open</td><td>(18 - 49)</td><td>M</td><td>W</td><td>\$25</td></tr><tr><td>Masters</td><td>(50+)</td><td>M</td><td>W</td><td>\$25</td></tr></table>	Junior	(Under 12)	M	W	\$10	Junior	(Under 14)	M	W	\$10	Junior	(Under 18)	M	W	\$10	Open	(18 - 49)	M	W	\$25	Masters	(50+)	M	W	\$25		
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Masters	(50+)	M	W	\$25																								

Age as at December 31st 2022
Maximum family entry \$50.00

Prizes: You may select any distance, but prizes will only be given (following the race, at the Nordic Bowl) to the winners of

*2.5km: U/12 M & W, U/14 M & W *5km: U/18 M & W, Open M & W, Masters M & W
*10km: Open M & W, and Masters M & W

Enter online <https://alpinetiming.com.au/rg305>
More information: 0427 006 246



For more information and to register click or tap [\[HERE\]](#)

For more information and to register click or tap [\[HERE\]](#)

Falls Creek Lakeside Development Petition

Hi All

Kate Prest (part of our [Action Group](#)) has just put up a petition on www.change.org. If you value the World Class XC Skiing that Falls Creek currently offers please sign the petition (link below) and share it far and wide. If you have time, please also fill out the reason for signing.

<https://chnng.it/MdtvnKHJLQ>

We hope to have a website launching soon with all the FACTS about this proposal.

Yours in XC skiing

Paul Gray

<paul.gray.ibag@gmail.com>

Note — The Petition page explains the cross-country skiing position.

Membership is now overdue!

At the recent AGM, it was resolved to keep the fees the same as last year, i.e. Family \$75.00, Individual \$35.00, Junior or Student (not in a family membership) \$25.00 and Associate* \$25.00. Fees are payable by 30th June 2022.

**Intended for existing members who no longer ski, nor use the clubhouse, but would like to remain club members and receive correspondence and the bulletin newsletter, or for search and rescue squad members who do not require the use of club facilities.*

Click or Tap [\[HERE\]](#) to renew or join.

Thanks to *Michal Trnka*, Alpine Timing, and new membership

secretary, *Stephanie Germancheva*, for all the work they put in to get our membership payment system online.

Birkebeiner Nordic Ski Club presents

Ski De Femme



Saturday 13th August 2022

A community cross-country ski event for women at Falls Creek
Free coaching clinics - classic and skating

Start: 10am Meet in the Nordic Bowl
12pm 1km, 2.5km and 5km races



GREAT SPOT PRIZES TO BE WON!
NO RACE FEES
BEGINNERS WELCOME
IT'S FUN!!

For more information
Ronice Goebel 03 5754 4910 or 0409 332 642
or

Ann Bellingham: 0427 006 246

REGISTRATION: <https://alpinetiming.com.au//rg322>
www.birkebeiner.org.au



FALLS CREEK
CROSS COUNTRY



For more information and to register click or tap [\[HERE\]](#).



2022 Mini Series

Falls Creek Event Dates

Date	Start Time	Technique
Sunday 07-08-2022	11:00am	Classic
Saturday 10-09-2022	11:00am	Freestyle

Note:

- Classic technique is permitted in Freestyle events
- All age classes will be mass started at various intervals
- Race registration is preferred via the following link:
<http://www.tnsc.com.au/event-registration.html>
OR from 9:15AM on the day at Windy Corner Day Shelter, Falls Creek.

Distances and Age Grouping

Under 8	.5km
Under 10	.75km
Under 12	1.0km
Under 14	1.25km
Under 16 and Under 18	2.5km
ADULT	2.5km

Entry Fee

Child \$15 per event
Adult \$20 per event

OPEN TO: All children under 18 years of age at the 31/12/2022 who are NOT members of the National X-C Ski Team. All Adults from beginners to seasoned tour skiers welcomed.

- At the last miniseries event a diploma will be awarded to all participants and a medal for those who complete both events
- **Contact/Enquiries:** Lynn-Maree Cullen – 0409592226 or lmc0511@gmail.com
www.tnsc.com.au



NO FLUORO WAXING POLICY 2022



In line with the decision by the International Ski Federation (FIS) to ban the use of all fluorinated waxes for the 2022-2023 and beyond, Snow Australia Cross Country Committee (SAXC) is bringing in a **no-fluoro policy for the 2022 Australian winter**. This prospect was flagged in 2021.

Unlike the previous low-fluoro protocol endorsed by SAXC for club and school level competitions since 2016, which was designed to reduce costs and time spent on waxing, this new no-fluoro policy endorsed by Snow Australia and FIS is based on protecting the environment.

NO-FLUORO IMPLEMENTATION

- For 2022 all **Snow Australia organised events** will be covered by the no-fluoro waxing policy. This includes **state and national championships**, and **all Interschools events**.
- Other club events listed on the national race calendar may choose to follow this policy.
- Snow Australia organised events will include in the participant waiver as a condition of race entry a commitment not to use fluorocarbon-based waxes.
- Coaches supporting club, state and national teams may also be required to sign a similar declaration.
- Information will be distributed via state / club / school networks.
- TD's & FIS race organisers are working with FIS to develop appropriate Jury guidelines for enforcing the rule, and sanctions are already included in the latest FIS rules.

In addition to the fluoro ban, SAXC **recommends** for junior athletes and all national team athletes not to use top layer waxes (e.g. powders, sprays, rub-ons) in club level competitions. This follows the aims of the earlier low-fluoro protocol that has been in place for club and state level competitions since 2016. These aims have been to:

- Create a **LEVEL PLAYING FIELD** at 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.

This is an honesty system and it is hoped that all athletes, parents and coaches will follow the principles of the protocol. The protocol is supported by all the state committees and teams operating under Snow Australia, including the NSWACT XC Team and Victorian Cross Country Team. Self-policing, education, and the cooperation of the cross country community should make these protocols viable and keep costs low to encourage increased participation in the sport.

RECOMMENDATIONS FROM STATE COACHES

- **Where possible state team coaches will confer and give a recommendation of no-fluoro waxes for each event, so that everyone can choose to be on similar waxes.**



placed on the mailing list as a valued club supporter.

Our mailing address is:

Birkebeiner Nordic Ski Club Inc.

PO Box 192

Mount Beauty

Victoria 3699

Australia

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