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# Birkebeiner Bulletin

14th August 2022

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## Falls Creek Lakeside Development

The club has a Page on our website that sets out our position. **Click [\[HERE\]](#) to view.**

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## Birkie Bits by *Nordic Ned*

1. **Rock Valley Rush** (F) – Sunday 21st August 10:30 am. Click [\[HERE\]](#) for details and to REGISTER. This is a Birkie club event so please enter to support it. Refer to the POSTER below.
2. **Australian OPEN Sprint Championships** (F) – Saturday 20th August at 9:30 am Perisher Valley NSW. Click [\[HERE\]](#) to REGISTER.
3. **Australian OPEN Distance Championships** W5/M10 km (C) – Sunday 21st August at 9:30 am Perisher Valley NSW. Click [\[HERE\]](#) to REGISTER.
4. **Kangaroo Hoppet** (F) Saturday 27th August 9:30 am – Click [\[HERE\]](#) to REGISTER.
5. **Australian Junior Championships** – Weekend of Saturday 3rd September (Sprint - F) and Sunday 4th September (Distance - C).  
**The live entry link is NOT ACTIVE yet.**

6. [DiscoverXC](#) – Check out [DiscoverXC](#) for an introduction to the sport. Tell your friends about the website if they have just discovered the sport. It is an excellent resource.
7. [Alpine Resorts Victoria](#) - What is it? (*Media Release*). This new organisation will manage all six alpine resorts at Falls Creek, Mount Baw Baw, Mount Buller, Mount Hotham, Mount Stirling and Lake Mountain, replacing four alpine resort management boards and the Alpine Resorts Co-ordinating Council.
8. **Post-Season Dinner** – The club will be conducting this function at Roi's Diner - Tawonga on Saturday 17th September and will have as its guest speaker **Senior Sergeant Greg Paul** *Officer in Charge of Victorian Police Search & Rescue Squad*. More details to come. The club has its own S&R Unit. To read more go to the club's website, click Programs and then Search & Rescue (BSAR).
9. **Club Facebook Page** – Suggest all members FOLLOW this page as important information between [Birkie News Bulletins](#) is posted there. On the Facebook site search for *Birkebeiner Nordic Ski Club*.

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## The Clubhouse - its origins...



The Birkebeiner Clubhouse

The origins – Click [\[HERE\]](#)

The clubhouse was built in eight months and opened on 1st June 1996.

*Jim Crebbin*, the construction manager has written a short report on the origins and it can be read [\[HERE\]](#).

This year (2022) is the 26th Anniversary of its opening and the club planned to conduct a dinner function with a slide and video presentation back in July to celebrate it but due to COVID that was cancelled.

The **slide** presentation and **video** has now been made into a 16-minute movie that has been uploaded to YOUTUBE and the LINK can be accessed via our website [\[HERE\]](#).



Click the Image...

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## The Petition

**NOTE** — *As of 14th August 2022 there are 3,141 signatures.*

Hi All

*Kate Prest* (part of our Action Group) has just put up a petition on [www.change.org](http://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>

*Yours in XC skiing*

*Paul Gray*

<[paul.gray.ibag@gmail.com](mailto:paul.gray.ibag@gmail.com)>

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

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## Cross Country Ski Association Victoria (XCSAV)



Click [\[HERE\]](#) to view this excellent website

An organisation to represent the interests of cross-country skiers in Victorian alpine areas.

**The inaugural AGM was held on Saturday, 13 August 2022 (via ZOOM) with 55 in attendance.** Click [\[HERE\]](#) for details. Club member *Kate Prest* has set up the *Save Falls Creek XC* website. It is excellent.

**New Committee** – **Executive:** *Ben Derrick* (president), *Kate Prest\** (vice president), *Nick Montgomery* (secretary), *James Louw* (treasurer) - **Ordinary committee members:** *Kim Franzke*, *Ronice Goebel\**, *Paul Gray\**, *Tim Retchford\**, *Simon Arch*, *Sandra Paul*. *\*Birkie member.*

**Membership is FREE.** It needs your support. Click [\[HERE\]](#) to sign up.

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## Hoppet Volunteers

More helpers are still needed for Friday 26th August (set up day) and race day Saturday 27th August. Please contact **Volunteer Coordinator** Ronice Goebel.

Hoping to hear from you!

Best wishes

*Ronice*

*2022 Hoppet Volunteer Co-ordinator*

Email <[secretary@birkebeiner.org.au](mailto:secretary@birkebeiner.org.au)>

Mobile: 0409 332 642

Thursday 25/8	8 am Sorting gear at Green Shed (near Windy Corner)
BNSC Clubhouse	3pm – 4:30pm Filling a lot of 10 lt. water containers for transport to Drink Stations.
Friday 26/8	In the Nordic Bowl <u>anytime</u> between 9:30 and about 3:00. Erecting tents, fences, flag poles, banners, inflatable arches, course marking, etc. Drink Station set-up at a time to be arranged.
Sat. 27/8	At the Start area from 9:00 till after the Joey Start at 9:50. Checking skiers enter the correct start area.
Start marshal	
Sat. 27/8	At the Finish assisting officials and ushering skiers towards the final Drinks Station. Shifts available between 10 am and 4pm.
Finish marshal	
Sat. 27/8	Collect tents, boxes and other equipment from Sun Valley, Watchbed and Park Drink Stations and return to Green Shed at Windy Corner. Transport by large Over-snow vehicle.
Drink Station Collection from 2pm approx.	
Sat. 27/8	In the Finish area packing up as practicable from 3pm.
Bowl pack-up	Also a great chance for Birkie and Hoppet skiers to help and cheer the last skiers in!

**Go ahead ... contact Ronice as above.**

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## Welcome to New Members for 2022

<b>Name</b>	<b>Town</b>
Michael Bauer	Tawonga South
Anthony Brewergray	Mount Beauty
Bronwyn Brewergray	Mount Beauty
Harrison Brewergray	Mount Beauty
Oliver Brewergray	Mount Beauty
Brigid Clarke	Bright
Belinda Coleman	Wagga Wagga
Gabe Coleman	Wagga Wagga
Sascha Coleman	Wagga Wagga
Scott Coleman	Wagga Wagga
Hugh Davies	Mount Beauty
Michelle Davies	Mount Beauty
Nicolas Davies	Mount Beauty
Owen Davies	Mount Beauty
Sierra Davies	Mount Beauty
Briony Dixon	Albury
Felicity Lyell	Albury
David Martin	Alphington
Jeff Martin	Alphington
Andrew Peters	Wagga Wagga
Kolby Peters	Wagga Wagga
Tom Roberts	Wodonga
Alexander Rosenblatt	Maribyrnong
Richard Smith	Croydon Hills

Richard Smith	Croydon Hills
Harry Svarc	TAWONGA
Loretta Thorn	Alphington
Stephen Ward	Torquay
Ben Weir	Tawonga South
Cheryl Wilby	Croydon Hills
Lily Wilby	Croydon Hills
Matthew Wilby	Croydon Hills
Elizabeth Windsor	Bright
Nicola Wunderlich	Wagga Wagga
Pia Wunderlich	Wagga Wagga

Check out our website <[www.birkebeiner.org.au](http://www.birkebeiner.org.au)>  
for all things cross country

# HOPPET

## IMPROVEMENT CLINICS

**Dates:** 21st to the 25th August

**Time:** 9:30am to 12:30pm

**Where:** Falls Creek Cross Country

**Price:** \$100 per person



The clinic instructors will be:

**Peter Holmes & Andrew Hall**

Who both have a wealth of experience and knowledge about skiing and participating in The Hoppet.



Lessons are tailored to focus on technique, speed and power depending on the group. Strategy and waxing tips can also be covered upon request. Bookings are essential, with a minimum 3 participants per clinic.

**Limited spaces available, to book please contact:**

03 5758 3408  
falls creekxc@ymca.org.au



falls creekXC

*Clinics are only available to over 16s.*



FALLS CREEK

**CROSS COUNTRY**

**Limited spaces available, to book please contact:**  
Tel: (03) 5758 3408 – Email <[falls creekxc@ymca.org.au](mailto:falls creekxc@ymca.org.au)>

# Rocky Valley Rush & Sun Valley Ramble

## Freestyle Technique



**FallsCreek**  
**Sunday 21st August 2022 10.30 am**  
Organised by Birkebeiner Nordic Ski Club



**Online entries only @ <https://alpinetiming.com.au/rg308>**

**\*Rocky Valley Rush 15km\***  
 50 years and over  
 Under 50 yrs  
 Under 20 yrs



**\*Sun Valley Ramble 7km\***  
 50 yrs and over  
 Under 50 yrs  
 Under 20 yrs  
 Under 12 yrs

**Age taken as at December 31st 2022**

**Entry Fees: RV Rush**  
 Adults:     \$ 25  
 Under 20    \$15



**Entry Fees: SV Ramble**  
 Adults:     \$20  
 Under 20    \$10

**The first Male and Female in the categories listed above will be recognised.**

**More information 0427 006 246**

**\*\*Sponsored by Snow Trek and Travel , 161 High Street Wodonga\*\***

To Register click [\[HERE\]](#).

## Ski de Femme Report



**Ski de Femme: 28th year - 120 women participating**

"Excitement mounted and it happened and we love the energy generated!" sums up the day! Three years in hiatus and Ski de Femme was a huge success thanks to all volunteers and club members who helped out on the day.

The club thinks this is a great opportunity for women, our local community and club members to have a very jolly day out. A good enough day weather-wise helped, and scones, pikelets, plenty of jam and cream and tea added to the great atmosphere of the **28th Ski de Femme on Saturday 13th August '22**. The lineup of volunteer coaches included familiar local identities Mish Forrer, Jeanette McLaren and Mary Hall, Birkie dual Olympian star Casey Wright, World Champ skiers Anna Trnka and Kat Paul and a stellar lineup of experienced coaches ensured everyone would have a few things to help them ski better.

There were lots of winners who were not necessarily placegetters on the day (who did cross the line first?), but who enjoyed the spot prizes generously donated by local businesses supporting this 'girls' day-out.

The club would like to thank the following **sponsors** who generously made the effort and racing heart rates worth it. FCRM, YMCA Howman's Gap Accommodation and YMCA XC Ski Centre, Brazen Brownies, Bright Brewery, Tawonga Bakery, Mountain Sports Physiotherapy, Silver Seed Jewelry (Lisa McClusky), Wild Flower Pilates, Honey Bird Coffee AND our Volunteer Coaches.

Ronice was particularly pleased to win a pack of Bright Brewery beer and sends huge thanks to all who made the day so much fun!







**A fun race following the morning instruction - 1, 2.5 & 5 km**



**A big thank you to all the instructors**

*Sandra Paul, Kate Prest, Fiona Spring, Emma Prest, Kat Paul,  
Kate Mulcahey, Jeanette McLaren, Mary Hall, Emma Pollard,  
Anna Trnka, Casey Wright, Mish Forrer & Ronice Goebel*





Pictured from left – Ski de Femme organiser *Ronice Goebel* with club two-time Olympian *Casey Wright*

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More information on the club's 28-year involvement with the **Ski de Femme** can be found [\[HERE\]](#)

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