



Latest News from the Fernie Nordic Society August 2021

GET YOUR 2021/2022 MEMBERSHIP NOW

Registration opens today and early bird pricing ends September 30. Act soon to get this years membership at last years pricing!

Click [HERE](#) to get your membership today!

Volunteer Feature

Steve Lalancette and Dave Fuller

Continued from the July newsletter....

Because of their individual backgrounds as mechanics and snow cat operators, Steve calls the two-man team a perfect combination of skills for the Nordic Centre grooming tasks. Together they helped the club locate and rebuild our 1994 Bombardier BR400 snowcat purchased in 2019. Fernie Wilderness Adventures, the snowcat ski operation, has a fleet of these machines and made used parts readily available to the Nordic Centre. Initially they spent over 100 volunteer hours rebuilding and customizing the machine for the Nordic Centre. Together they have created a machine that Steve says is “purely mechanical”, meaning anything can be fixed with no complicated electronic control systems. Both say they willingly put in the volunteer hours to maintain and operate our snowcat because they value the fitness aspects of nordic skiing, and feel the Nordic Centre is unique in that the trail network is available purely for nordic skiing. They also value the Nordic Centre's race training programs and the great recreational facility it provides for kids and adults alike.

There are many challenges to snowcat grooming; warm wet weather and melt/freeze cycles being the most difficult conditions for groomer operation. At temperatures hovering around zero degrees the snow will typically ball up behind the groomer making it impossible to groom the track properly. Large amounts of new snowfall also present challenges in terms of packing down the snow to prepare it for laying down the final corduroy track and setting the ski tracks. The snowcat also requires regular maintenance after each use as well as twenty hours of maintenance work in the spring and the fall. As the Nordic Centre at this point does not have a heated maintenance facility all the maintenance required needs to be done outside in varying weather conditions including snowstorms, well below freezing temperatures and rain. Another challenge is hauling fuel. Both the snowcat and our grooming snowmobiles require about 1,500 to 2,000 litres each of fuel in a ski season. Thanks to another volunteer, snowmobile groomer Dave Smith, the Nordic Centre has a regular supply of fuel which Dave brings in from Fernie twice a week.

This article was prepared by Jan & Helmut Kron



VOLUNTEERS WELCOME

Fernie Nordic Society is always seeking volunteers. If you want to get involved, email info@fernienordic.com to learn about current opportunities. Many hands make light work!



Freshies Special for FNS Members

Present your FNS membership card, purchase 2 drinks of your choice and receive 25% off on any pastries purchased.

Speaking of Freshies...

Our lovely master member Bill was the happy winner of a Freshies \$50 gift card at the AGM! He was delighted and couldn't think of a nicer gift to celebrate his 80th birthday in August. Bill will only pay \$20 for his 2021/2022 membership. That's right; all those 80+ Nordic skiers will now pay only \$20 for their annual membership!

KAL TIRE COUPON

Kal Tire is once again stepping up to sponsor the Skill Development Program (SDP) here in BC. For the past three years, Kal Tire has generously supported our sport, funding ski playgrounds, adventure trails, roller skis, coach development, program equipment, video contests, and more. All club members get an exclusive Kal Tire coupon for a \$100 discount on new winter tires or all-weather tires.



Photo credit:
Cam Gillies



Your kids know all about having fun on fast snow.

We know all about staying safe on the road.

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Cross Country BC Member Exclusive

\$100 OFF

a set of four new winter tires

if purchased and installed before September 30th.

Save \$100 off the purchase of any set of 4 new personal use passenger or light truck winter or all-weather tires. Present voucher at the time of purchase to receive discount. No cash value. Discount is only available on original purchase and cannot be retroactively applied to a previous purchase. Not valid for online purchases or vehicles used for commercial purposes. Maximum one coupon per vehicle. Valid only at participating Kal Tire locations in BC. Tires must be purchased and installed at Kal Tire by September 30th, 2021 and coupon cannot be used in conjunction with any other offer(s). **Coupon code: XCBC**



Racing Team Corner

2020 was a very different year for most things and for the Fernie Nordic race team it was no different. We should have temporarily changed our name to the Fernie Nordic training team. Although we were not able to test ourselves in any races, we had a fantastic training year thanks to early snow, great conditions, and a fantastic group of athletes and coaches. Not having to travel to races meant that we had a lot more time to work on technique and fitness. Starting with dryland training in September (running, roller skiing and core strength) the team was able to hit the snow in good shape with the first snow in November.

The 16 athletes on the team ranged from 9 to 18 years old, with varied goals. Some of our athletes were keen to reach high levels of competition, some just wanted to improve fitness for other sports and others just liked to get out and ski. As coaches we tried to provide the kids with the appropriate training to achieve these goals. We had 3 on snow sessions each week as a team with many of our older athletes training up to 6 days a week following individualized training programs.

This summer the team will do a bit of hiking and roller skiing together to maintain our team connection. Some of our more serious athletes use the Training Peaks program to stay connected to the coaches and continue to build fitness throughout the summer.

We are very excited to get rolling again (on roller skis) this September: we have a few dryland training camps planned and our older athletes will be training and competing with the Fernie secondary School Cross country running team.

If you are interested in joining the team this upcoming season and would like more info on what the team is all about please contact us at johnnypshaw@hotmail.com.



Board Update

A HUGE thank you to our Board Members who dedicate so many hours of their time and energy to the Society every year. . Please contact us at info@ferneinordic.com if you are interested in joining the Board!



From left to right: Jeff Williams (will be stepping down from his post as head coach of the race team but will continue to coach and is remaining as the FNS liaison with Cross Country BC (CCBC)); Johnny Shaw - Race team head coach; Jane Stevens - Secretary; Rick Wiess - Operations; Micheline Picard - Membership; Jennifer Heath - Co-Chair; Sam Sedlowsky - Outgoing Director; Megan Lohmann - Chair; Matthieu Corriveau - Treasurer

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