



## News from the Fernie Nordic Society



Wes Robinson-Shaw at the Nationals in Whistler

## April News

As our ski season draws to a close, the Fernie Nordic Society would like to thank everyone who made the season a success. From our amazing team of groomers to all the volunteers who keep the club going. In the coming months we will have more information about upcoming trail work this summer, the Mellow Mountain Ranger hikes and meet ups, and our Annual General Meeting in July. A Volunteer Appreciation event will be held in conjunction with the AGM.

# Fernie Nordic Survey 2022

Our short annual survey was sent out to our subscribers and to the membership on April 7. Trail users in Fernie have until April 20 to complete it and give some feedback to the volunteers. Leave an email address to be entered into a draw for one of two 2022-2023 season memberships. Good luck and thank you!

[START THE SURVEY HERE](#)

## Meet Jason Bryant

You may have seen Jason Bryant at the golf course this winter and many winters before. He zooms around the trails on the snowmobile each morning to keep these trails in perfect shape for us to ski on.

Jason's family moved to Fernie from Ontario in the early 80's. He did all his schooling here in Fernie. He later completed the online course of Turf Management from the University of Guelph.

He started working at the golf course early. As a teenager Jason was a bartender at the clubhouse. Since then he has taken care of the grounds and anything to do with the machines used for the maintenance of the golf course. Nordic trails on the golf course were first set with classic tracks some time before 2006. The Fernie Nordic Society became involved a little later during the 2007 winter.

Surprisingly Jason does not ride a snowmobile in the winter other than on the golf course. He skate skis in the winter and also sets up a hockey rink on one pond. During the summer he likes hiking with Steph and their dog, mountain biking and fishing.

# Wes Goes Racing in Whistler

During Spring Break, Wes Robinson-Shaw attended the National Cross-Country Ski Championships in Whistler BC. This event was from March 20th to 27th, 2022. Wes participated in five races and had three training days. Some of the best athletes in North America were there. The Canadian Olympic team was there, as well as a bunch of the American Olympic team. John Shaw said: "Super high caliber racing on some pretty amazing trails." These trails were designed for the 2010 Vancouver Olympics. Most of the races were on these trails.



On Sunday March 20th, Wes had a 10 km interval start skate race. He is only 16 years old and usually in the U18 category. The U18s and U20s raced together so there were probably about 320 people on the course, and he had to do two laps of a 5 km course, "It was very crowded, there was lots of passing and the conditions were pretty good." said John Shaw.

Read the entire article on [our website](#)

*Article by Louison Dubief and Aurélie Smithson*

# Race Team News

by Mae Elson

## Why I Love The Club

I love the club because everyone in it is soo nice. They support you and help you learn faster. We get to play so many fun games and activities. For example, one of the teams' favorite games is dodge ball. How you play it on skis is a little bit different then how you would normally play it. So, the people who aren't 'it' have to ski away from the person who is 'it'. The person who is 'it' has to throw a ball and if you are hit you have to get a ball as well and try to tag people.

## What I Like About Nordic

I like Nordic because it gives you a lot of exercise and you can enjoy all of our great trails. Personally my favorite trail is the Galloway Loop because it is mostly flat so it's a good place to go really fast. I think that you would benefit from Nordic because, if you skate ski then A. you can go REALLY fast, B. it gives you the most exercise out of the 2 techniques. Plus, you are outdoors and it's a great place to free your mind.



## A Story About Nordic

This one time me and the team were going to go to Galloway to play some tag and the coach Johnny was 'it'. I just escaped and then I skied into the woods to hide and no one could find me. It was so funny. No one came to get me so eventually I just had to ski back to the group. That is now probably my new favorite hiding spot because I won!



**SNOW VALLEY LODGING**

WHERE ADVENTURE AWAKENS

Fernie Nordic Society members who present their membership cards will be given 15% OFF our Best Available Rate. You must present your FNS Membership Card at check-in to receive this discount.

Call or Text 250-423-4421 to book your Fernie adventure.

Rates are available from December 1 to April 30, 2022

# Mellow Mountain Rangers (60+)

The Mellow Mountain Rangers are FNS members over 60. The group has been active since the fall with weekly hikes. A small group of MMR took the 8 week dry land training with Blair at Fernie Fitness to get themselves ready for the ski season. These activities help the aging population stay strong and healthy while having fun with like-minded members. Another session with Blair will be offered in September. Just stay tuned!

We also had our amazing Tarah who gave lessons to beginner and intermediate skiers in both classic and skate skiing. She is looking forward to have more people improve the quality of their skiing next season.

We were fortunate again this year in receiving the ViaSport grant which helped to cover part of the cost of the dry land training and/or ski lessons. This grant is geared toward seniors to motivate them to stay active and injury free (as much as possible) throughout the winter.



*A few members of the group with trainer Blair Crosby*

Now that the ski season is coming to a close, we are looking forward to resume our hikes and discover new trails. One of our members has some great suggestions that I would like to share with you:

- Two or three people to make a list of possible hikes every month, rating them as easy to difficult and some as exploratory.
- Set up a schedule for each hike to be shared with the group.
- People may sign up for hikes they want to join.
- Hikes might involve car pooling, i.e. going to the Kimberley Nature Park.

Joy would be happy to help getting this organized. Unfortunately she is rather new in Fernie so would appreciate the help of others more familiar with the trails to share their ideas.

The Mellow Mountain Rangers welcome everyone and anyone who fits the category (60+). It is free to join and it has many perks: good company, doing fun activities plus possibly getting some financial help with dry land and on snow training! Please get in touch with Micheline at [micheline\\_fns@icloud.com](mailto:micheline_fns@icloud.com) or Joy at [baxterlj@shaw.ca](mailto:baxterlj@shaw.ca)

# SDP Skiers Celebrate End of Season

The Skill Development Program (SDP) wrapped up a successful season on April 2, with a morning of games and costumes for skiers, families, and coaches. This year's end of season party and lunch was held at the Elk Valley Nordic Centre and hosted by the Fernie Nordic Racers who did an incredible job.

The group sends special thanks to the Bridge Bistro for their delicious chili and fresh veggie tray. A special hug goes to Lillis who graciously transported our lunch hot off the press! A special thanks also goes to Starbucks Fernie for donating hot chocolate to the wrap-up event and lunch social. And of course, the group sends a heartfelt thank you to all the parents and volunteers who helped make this event a success!



Coach Patty Villaseñor said the program was a great success after two years of no programming and she was happy with all the new coaches who stepped up to volunteer. This was wonderful to see. They really helped each other out and worked together when organizing their groups, games and programming.

Patty says she is looking forward to next year with more group ski programming, dress up days, night skis and families by the firepit.

The Fernie Nordic Society wishes all our SDP skiers a wonderful summer and looks forward to seeing you next season.

**THE GUIDE'S HUT**  
**Fernie's Authorized Retailer**  
**of Salomon and Madshus**  
**Nordic Equipment**

 

671 2ND AVENUE    WWW.THEGUIDESHUT.CA

Members enjoy a 10% discount on all Nordic equipment when they show their membership card.

**FRESHIES**  
CAFÉ

Members enjoy 25% off any pastry when you purchase 2 drinks.



**Mugshots Bistro**

Members enjoy 25% off any drink when you buy something to eat.