



Fernie Nordic Society News



October News

Fall continues to give us beautiful weather and will hopefully will go on through to this year's Great Pumpkin Hunt. This year we will be back to hosting the full event at the Elk Valley Nordic Centre. Full details are listed below.

Kal Tire is the provincial sponsor of the SDP program. Their Kal Tire Cash for Clubs initiative resulted in a grant of \$1,460 to the Fernie Nordic Society. These funds will be used for additional roller skis and dryland training equipment for our young skiers.

The Pumpkin Hunt is Back!

The Fernie Nordic Society is excited to be hosting one of our community's favourite events of the year! This popular event is open to the general public and is aimed at children up to 9 year old and their family.



When: Saturday, October 22

Where: Elk Valley Nordic Centre (next to Mt Fernie Prov. park)

Cost: \$20 per pumpkin. Tickets can be purchased at The Guides Hut (exact cash only please)

Choose a Time Slot:

1. 11am - 12pm
2. 12:30pm - 1:30pm
3. 2pm - 3pm

What to expect?

- Fun searching for your favourite pumpkin!
- Fernie Roasting Co. coffee, hot chocolate and food by donation
- Emily Park Photography & more!

Cans & Bottles Return



The club has raised about \$1,600 during the last two seasons thanks to several members cashing in their empties at the Bottle Depot. Jason at the Bottle Depot has set up an account for the club to receive your donation. If you'd prefer to have someone sort them instead, contact volunteers@fernienordic.com to

arrange a drop-off.

Race Team News

A great weekend at the Kimberley camp

The Fernie Nordic Racers participated in the Teck Regional Fall Dryland Camp in Kimberley from Friday September 30th to Sunday October 2nd. We had some beautiful weather all weekend and we all had lots of fun.

The camp started at 9 am on Friday morning. The older athletes started with some team bonding activities while the younger ones were doing a core workout and then they switched. Later the older athletes did some ski striding up to the top of the ski hill by the cat track and came down by the ski runs. It was fun. During this time, the younger athletes conquered Mountain Hill Climb. Then everyone had lunch and some rest time.



After lunch, the older athletes did classic roller skiing in little groups to work on their technique and skills, while the younger group had an introduction to skate roller skiing and played some fun games. Later in the afternoon, the older and younger athletes played Ultimate Frisbee in separate groups. Then there was a dinner at the Nordic Center for everyone.

On Saturday morning, the older athletes met up at the start of the Rails-to-Trails in Kimberley and did a 30 minutes warm up before heading to the start line of their time trial. They did a 3.8 km uphill skate time trial starting in town and going all the way up to the Nordic Center. Everyone did very well. After the time trial, the older athletes did an obstacle course on roller skis. The younger athletes split in two groups, one group did some team building activities while the other group did balance drills on roller skis and games, then all switched. After that, everyone had a well-deserved lunch and rest.

[Read the rest of the report on our website](#)

Article by Louison Dubief and Aurélie Smithson

Mellow Mountain Rangers (50+)

The Mellow Mountain Rangers (aka as the 50+ group) is looking for a volunteer to take on the responsibility of planning/organizing different activities in all seasons. If you are in that age category, you have some social skills and have many ideas on how to keep this group alive then this opportunity is for you. Please contact micheline_fns@icloud.com

We would like to express our gratitude to Laurie Mountain, Joy Baxter and Dave Bird for taking on this task at different times and on different levels. Thank you!

Thank you Section

Kal Tire awarded \$1,460 earlier this month to the Fernie Nordic Society. This grant will be used to buy more dry land training equipment and a couple of classic roller-skis for our aged 9+ athletes. Thank you for this support to the Skill Development Program across BC.

The logo for KALTIRE, featuring the word "KALTIRE" in a bold, sans-serif font. The letters "K", "A", and "L" are orange, while "T", "I", "R", and "E" are black. The logo is set against a white background with a black border, all contained within an orange rectangular box.



Membership update

Welcome to the Fernie Nordic Society! The 2022-2023 season membership is off to a great start. As of this week our membership numbers were on track with last year, with both new and returning members. Currently 639 members are registered!

New members

I'm currently making new cards. You should expect to receive your new card in the mail in the next week or so. If you didn't provide your mailing address, then you can pick up your membership card where returning members pick up their renewal stickers.

Returning members

You can pick up your 2022-2023 renewal stickers at one of the locations/times listed below, or at the Hut on the weekends once the season begins.

Membership card/sticker pick up times

- Monday, October 17, 12:45 - 2:15 at Freshies
- Saturday, October 29, 9:45 - 11:15 at Mugshots
- Wednesday, November 9, 11:00 - 12:30 at Freshies
- Thursday, November 17, 10:30 - 12:30 at Mugshots

Laurie Bemi, director of Membership

FNS Merchandise



These FNS branded sleeves just arrived. Keep your skis together with one pair for \$10. Volunteer Laurie will have them on hand at pickup times listed above. Or pick them up from volunteers at the warming hut once the season starts.

Neck warmers with the FNS design are still available this season for \$15 each. Wear them any way you like!

Volunteer Laurie will have them on hand at pickup times listed above. Or pick them up from volunteers at the warming hut once the season starts.



SNOW VALLEY LODGING
WHERE ADVENTURE AWAKENS



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.