



Fernie Nordic Society News



November News

Winter has come in with a bang and the Fernie Nordic Society is gearing up for its 2022/2023 season.

Memberships can still be purchased online by clicking [ZONE4](#) and cards can be updated or picked up on Thursday November 17th at 10:30 am at Mugshots Bistro, or Tuesday November 22 at 11:30 am at Freshies. Once the season begins, cards can also be picked up or updated on the weekends at the warming hut.

The Ski gear distribution for the SDP kids will be on Saturday November 19. Parents will be notified with all the details by email.

With the snow starting to accumulate, the question on everyone's mind is when will the Nordic Centre be open. When the groomers feel there is enough snow for the machines to go out, the club will announce updates on our facebook page. Trail conditions will be updated on our website at <https://www.fernienordic.com/grooming/> once grooming begins.

Pumpkin Hunt returns with success



Fernie Nordic Society's board of directors were happy to see this popular event happening again at the Elk Valley Nordic Centre. Bringing the community together is at the heart of the club's core values and this year's event was a great success. Ahead of the event the FNS also donated 20



tickets to the Women's Resource Centre.

Along with the pumpkin hunting and some great costumes, everyone enjoyed the fire, chips and treats in the Community Energy Association Truck, hot chocolate, and fresh coffee provided by Fernie Roasting company. Emily Park Photography joined us again in offering photos for the children and families via a donation. For most of the hunt there was also a healthy line up at the hot dog and hamburger station, which kept our volunteers busy.



In an endeavour to keep the event green, attendees were encouraged to bring their own mugs and battery power was provided by the Community Energy Association.

So many volunteers were involved both behind the scenes, and the day of, to make this event possible. We couldn't have provided such a fun and engaging day without the efforts of so many. Also, along with our army of volunteers the success of the event wouldn't be possible without the following sponsors and supporters.

- Patti's Tent Rentals
- Teck
- The Fernie Nordic Racers
- Fernie Roasting Co.
- The Guide's Hut
- Tourism Fernie
- Fernie Chamber of Commerce
- Fernie Fix
- Emily Park Photography
- Mount Fernie Provincial Park
- The Cedars
- Save-On-Foods
- Community Energy Association providing the battery and truck.
- Shawn Clark Enterprises
- Ryan Frazer for his pop up tents

FNS Merchandise just in time for Christmas



Just in time for the first blast of winter -- new FNS toques! The toques come in two colours and two styles -- Navy with a Pom Pom, Grey without a Pom and Navy without a Pom. Modelling our new hats are Fernie Nordic racers Norah (Navy pom) and Layla (non pom Grey). Each toque is \$25, made of acrylic, and are made locally by [Kootenay Knit &](#)



[Apparel](#) in Cranbrook.

We also still have FNS branded ski sleeves for \$10 and neck warmers for \$15.

All products will be on hand when you pickup, or update, your ski pass at the times listed below in the membership area or at the warming hut when the season begins.

Race Team News



Overlooking the Juan de Fuca strait, on the grounds of Hatley Castle at Royal Roads University in Victoria, the Fernie Nordic Racers competed in the 2022 BCSS Cross-Country Championships. The race was held on November 5, and although the team had a wet and stormy arrival in Victoria, race day was breezy but sunny and the temperature was perfect to race in. Running spikes saved the athletes from sliding around a mucky course and

propelled them to outstanding results.

The four main races included: Junior Girls (grade 8-10) - 4km course with 248 participants; Junior Boys (grade 8-10) - 4km course with 238 participants; Senior Girls (grade 11-12) - 5km course with 211 participants; Senior Boys (grade 11-12) - 5km course with 234 participants.

Athletes from the Fernie Nordic Racers team included, Ella Fuller (grade 8 junior girls), Keaton Riddell (grade 8 junior boys) and Louison Dubief (grade 11 senior girls). Other Fernie athletes who are not on the race team, but who also attended included Arthur Dubief (grade 9 junior boys) and Camila Gonzalez (grade 11 senior girls).

On behalf of the entire cross-country running team, a heartfelt thank you to the Fernie Nordic Society for allowing the team to base their training at the Elk Valley Nordic Centre throughout the fall. It set the athletes up for success at their various races because our terrain is far more challenging than other venues. The opportunity to host a race at the Nordic centre in October also allowed locals to cheer on these exceptional athletes. We are full of gratitude for the ongoing support of the FNS board of directors and the membership at large.

Helen McAllister

Ski Lessons and Training for Adults



Tarah Leggott and Emily DeFrietas are again offering group, semi-private and private lessons starting in December. Both classic and skate skiing lessons will be offered just as soon as there is enough snow to groom the staging area. Specifics about cost and timing will be updated on the [Fernie Nordic Society website](#) by the end of November.



New this year, the Fernie Nordic Society will offer a group for ski masters every Sunday afternoon. The specific start date and time is yet to be determined. The group ski is for all ages of adults and is via donation. The group hopes to meet at various locations including the EVNC, Fernie Golf Course, Montane and the FAR nordic trails and notice will be provided in advance. A quick technique tip will be offered by one of our experienced coaches prior to the guided ski. Donations can be made via e-transfer to info@fernienordic.com. This group will provide a great opportunity to improve your technique, experience new trails and engage with like-minded people while enjoying the crisp fresh air and exercise.

Trail and Bridge Maintenance

During the off season lots of work cutting grass, fixing trail slumps, cleaning ditches and culverts, and clearing trails all happen to ensure a good network of trails for us all to enjoy in the winter. Along with all this work and trail maintenance the group also worked on the Teck Bridge drainage system. A big thank you goes out to Dave Smith, Jim MacKinnon, Johnny Shaw, Dave Krol, and Mike DeJong.





December Fundraiser

Longtime supporter Fernie Cardlock is again offering its promotion to FNS members. In the month of December Fernie Cardlock will give 4 cents for each litre of fuel purchased by debit card. The cardlock is located on 9th Avenue, across the highway from McDonalds and is open 24/7. The fundraiser will also be promoted in the December issue of the Fernie Fix.

FNS sponsors the Elk Valley Streak

The Fernie Nordic Society is again teaming up with other clubs in the area to present and sponsor the popular January challenge newly named, #ElkValleyStreak. The group says "what started as a January incentive to get outside for 30 minutes, throughout the often coldest and least-inspiring month of the year, has since evolved into so much more: a way to check-in with friends; try a new activity; spend time with family; set a personal goal; and most recently, come together across the Elk Valley, to raise funds".

Stay up to date on the 2023 Streak by following the Streak's [facebook page](#). Registration for the event will open in early December.



FERNIEFIX

FMBC



CBAL's 12th Annual
BOOKS FOR KIDS

2022

Merino wool ski socks will soon be available to purchase at the nordic hut for a limited time. **\$15/pair**

Half of every purchase goes directly to support programs and services in Fernie.



Please leave cash in the container or e-transfer chill@cbal.org



The Columbia Basin Alliance for Literacy in Fernie is a literacy support organization for all the communities in the Elk Valley, from Jaffray to Elkford. Half of the proceeds for each pair of socks sold goes towards buying and donating books for various kids programs across the Elk Valley.

Invitation to train with the Fernie Nordic Racers

Coach Johnny Shaw and The Fernie Nordic Racers would like to welcome members to join their late afternoon Wednesday Interval Training practices! Anyone who is looking for a good work-out is welcome. Each Wednesday will become increasingly more challenging as the season progresses. Cost of the session is by donation to FNS. These sessions will most likely start in December, but the exact date and time is still to be determined.



Volunteers Needed

The Fernie Nordic Society is looking for a volunteer to help coordinate FNS events this season. Contact Matthieu Corriveau at volunteers@ferrienordic.com for more information.



Memberships are still available online by clicking [ZONE 4](#)

Members can pickup or update their cards on the following dates:

- Thursday November 17th at 10:30 am at Mugshots Bistro
- Tuesday November 22 at 11:30 am at Freshies

When the season starts, Members will also be able to pickup and update their cards on the weekends at the FNS warming hut.



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



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.