



Fernie Nordic Society News



September News

With fall in full swing the Fernie Nordic Society is busy preparing for the upcoming season. Early bird pricing is now on and ends September 30. Renew or purchase your club membership online now at <https://zone1.ca/en.asp?id=29470>

Enrollment in the Skill Development Program and Race Team are also done through the above link. Please note that the deadline for registration with the Race Team is September 30.

The club is also planning to host the Great Pumpkin Hunt this year on October 22. This fundraiser will return to its pre-pandemic format. More details will follow for this event.

Pumpkin Hunt

The pumpkin hunt is back on in full this year! On Saturday October 22, bring your family and find a pumpkin in the woods. This is a fun fundraiser and a great kick-off for the Nordic winter season! Families must book a timeslot in advance and get a ticket for each child/pumpkin hunter. The event is open to families with children up to 9 years old.

More details about the event will follow on Facebook and in our next newsletter.

Coaching Community Workshop

As we bid farewell to summer and welcome these cool and crisp mornings, The Fernie Nordic Society is busy planning for another season. We would like to invite all past, returning and interested coaches to our first Fernie Nordic Coaching Community Workshop!



When: Sunday, September 18 @ 10 a.m.

Where: The Elk Valley Nordic Centre warming hut

Topics include:

- Breakdown of the LTAD model and what coaches should focus on
- Programming review, including how to make it easy for coaches to contribute and where we can improve
- Best strategies for coaching throughout various age groups (how to make it fun for both coaches and athletes)
- Race team details including a potential bridge program opportunity for Track Attack
- Information gathered to create a 'Coaches Corner' space on the FNS website and in the newsletters

Thank you to those who have already responded and expressed interest in coaching this upcoming season. We are THRILLED to have you as part of the team! With this being said, we are still seeking more coaches and encourage you all to spread the word. Please invite anyone who may be interested to this workshop.

See you then!

Allisha, Johnny, Megan and Tarah

Board Bids Farewell to Micheline Picard

As the Fernie Nordic Society's board of directors bids farewell to Micheline Picard as Director of Membership, we are also happy to hear she will continue to volunteer her time with our monthly newsletter.



Micheline goes above and beyond with any task she's given and has been involved with the club since 2011. Years before she became a director, she volunteered with the Skill Development Program offering hot chocolate to the little athletes, taking on the role of 'den parent' as needed and receiving her coaching credentials so she could sub in when necessary.

We recently sat down with Micheline to learn a bit more about her and what she loved most about her role as Director of Membership. [Click here to read our full interview with Micheline.](#)

The Fernie Nordic Society is greatly appreciative of everything Micheline has accomplished and will miss her at the monthly meetings. However, we are looking forward to working with her on the newsletter and seeing her out on the trails.

Thank you!

The Fernie Nordic Society

Board of Directors & Club Membership

Race Team News



With the summer break over and school back in session the Fernie Nordic Racers are starting fall training!

The Fernie Nordic Racers trained all summer long and they are now moving into their fall training. During the summer some athletes participated in provincial camps where they had a lot of fun and learned a lot. Summer training consisted of runs, strength workouts, roller skiing, bike rides and hikes. Everyone improved and got stronger to be ready for the ski season!

For fall training, the older athletes are training with their high school cross country running team. They will have the opportunity to participate in running races during the fall. They will also do strength workouts and roller skiing with the whole team. The younger athletes will participate in the usual training days. The team will also be able to participate in regional camps during the fall.

The team trained hard this summer and are all excited for fall training and all the opportunities to come.

Article by Louison Dubief and Aurélie Smithson

Mellow Mountain Rangers (50+)



Unfortunately Joy Baxter can no longer coordinate the groups weekly hikes, and we are currently looking for someone who can step in and carry on for the fall. Joy did a great job through the spring and summer and the club is grateful for all her hard work.



Photo credit:
Laurie Bare

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 **Cross Country BC Member Exclusive**

\$100 OFF

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If purchased and installed before September 30th, 2022.

Save \$100 off the purchase of any set of 4 new personal use passenger or light truck tires from Firestone or Bridgestone. 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, 2022 and coupon cannot be used in conjunction with any other offer(s) but is combinable with manufacturer rebates.

Coupon code: XCBC22

KALTIRE | **Firestone**

Our sponsor of the Skill Development Program Kal Tire have made the \$100 coupon combinable with manufacturer rebates which is a change from before.

For example:

- Kal Tire currently has a \$100 instant rebate on select Firestone Destination All-Weather/All-Terrain tires, for a total of \$200 off
- From Sep 15 onwards, there will be a \$70 mail-in rebate on Bridgestone Blizzak winter tires, for a total of \$170 off

This offer is good until September 30, 2022

The printable coupon can be found/linked at https://www.firestone.ca/wo-content/uploads/2022/09/KalTire_Coupon_updated.jpg



Early bird pricing is now on and ends September 30. Any young skiers who are interested in joining the Race Team have until September 30 to register as well.

Renew or purchase your club membership online now at <https://zone4.ca/reg.asp?id=29470>

Thank you to all of you who have signed up for the 2022/2023 season. Returning members can pick up their renewal stickers at the warming hut of the Nordic Centre once the season begins or at one of the location/times listed here:

- Saturday September 17 (10 am-Noon) at Freshies
- Monday September 19 (1-2:30 pm) at Mugshots
- Friday October 7 (12:30-1:45 pm) at Freshies
- Tuesday October 11 (10:30 - 12:15) at Mugshots

More pickup times for October will be announced in the next newsletter.

New Members: Welcome to the Fernie Nordic Society! This year the FNS board has decided to mail all new members their membership card. I am making new cards now, so you can expect to receive your card in the mail in the next week or so. If you didn't provide a mailing address, you can pick up your membership card at the locations and time listed above for the renewal stickers.

Membership Director
Laurie Beml

Our Sponsors

