



Fernie Nordic Society News



October 2023 News

The ski season is just around the corner and we are continuing to prepare for a great 2023-2024 season. Until then we are again hosting the 7th Annual Pumpkin Hunt on October 21 at the Nordic Centre.

November highlights include a Ski Waxing Fundraiser and the start of the Fernie Nordic Masters Club.

Early bird membership pricing ended in September, but you can still purchase your membership here:

[Get Membership Now](#)

Fernie Nordic Masters Club returns



Due to popular demand, the Fernie Nordic Society is excited to announce the return of our Masters program aimed at adults of all ages. Join us and lead coaches Susan Rohn and Tarah Leggott for a fun social, weekly outing with the Fernie Nordic Society. This year's Masters program will begin as early as this month with a dry-land component until the snow flies.

The goal of the Fernie Nordic Masters Training Group will be to train for a Christmas ski race through lessons, dry-land training, group skis and ski camps.

Participants will be able to choose which activities they would like to join. Entering a ski race is not mandatory and participants can choose just to join the training sessions. There will be additional fees for lessons and ski camps.

The program will run after normal working hours and on weekends. This program is for club members only.

The registration fee is \$25 per person and participants will receive more information by email soon. Visit <https://zone4.ca/register.asp?id=33257> or use the button below to join

[Join the Masters Group](#)



Fernie Nordic Society 7th Annual

PUMPKIN HUNT

Saturday October 21

GET YOUR TICKETS EARLY \$10

No lineups, pre-purchase your tickets

@ Grow Children's Boutique (cash) for one of three time slots:

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

**COSTUME CONTEST + EMILY PARK PHOTOS
BBQ BY DONATION + HOT CHOCOLATE + MORE**

The Fernie Nordic Society will host its 7th Annual Pumpkin Hunt on October 21 at the Elk Valley Nordic Centre. Tickets can be pre-purchased at Grow Children's Boutique for \$10 (cash only) and you can pick from one of three time slots. Highlights of the event include:

- Hot Chocolate (please bring your own reusable mug)
- BBQ (by cash donation)
- Prizes for the best costumes
- Photos by Emily Park Photography (by cash donation)

Your ticket is valid for one pumpkin during the ticket time shown, however, we encourage you to come early or stay late to enjoy all the other activities. Parking is limited so please use caution when parking along the road. Please leave your furry friends at home and we caution all participants about natural hazards at the Nordic Centre.

The Grow Children's Boutique is located at 482-2nd Ave in Fernie.

This year's event is sponsored by Save-On-Foods and we offer a big Thank You! to them.

Volunteers Needed for Pumpkin Hunt

The Annual Pumpkin Hunt is happening on Saturday October 21 at the Nordic Centre and we need volunteers. The available tasks are mostly 90 minutes long or shorter and at various times during the day. Pick one time slot that fits your preferences. Most volunteers are needed on Saturday but a few are also required on Friday.

All these tasks are easily organized on a SignUp Genius page. You can pick the time that works best for you. Click the link below if you'd like to join in.

<https://www.signupgenius.com/go/4090E4CAAEE2BA2FC1-pumpkin2>

We thank you for volunteering!



SKI WAXING FUNDRAISER

\$25/PAIR FOR REGULAR WAX
\$40/PAIR FOR RACE WAX

All proceeds will go to support the
Fernie Nordic Racers!

DROP OFF TIMES:

FRIDAY, NOVEMBER 10TH 5PM-6:30PM
SATURDAY NOVEMBER 11TH 9:30AM-11AM

PICK UP TIMES:

SATURDAY, NOVEMBER 11TH 4PM-5:30PM
SUNDAY, NOVEMBER 12TH 9:30AM-11AM

ELK VALLEY NORDIC CENTRE

Improve your ski technique with our certified coaches

Adult Ski Camp on December 27 & 28 \$125/day

[More Info](#)

Kids Nordic Ski Fun Camp on January 2 & 4 \$75/day

[More Info](#)

Select one or both days. The camps are held at the Elk Valley Nordic Centre. Check the links for more details.

Race Team Athlete Spotlight

Each month the newsletter will focus on two of our Race Team athletes. This month we are featuring our regular contributors Louison Dubief and Aurélie Smithson.

Louison Dubief



My name is Louison Dubief, I am a grade 12 student at the Fernie Secondary School, and I am originally from France. I moved to Fernie six years ago when my mom got a job as a teacher at the francophone school here in Fernie. The goal was to live a family experience in Canada and learn English, that's where our adventure in Fernie started!

A few things about me before starting to talk about skiing: my favorite food is mostly any kind of pastas/meals that include pastas as well as crêpes sweet and salted, I could eat these two things at any time of the day every day. Hot chocolate is by far my first hot drink choice, especially after a long ski session! I

have a cat that my family got after we moved to Canada, he makes me laugh a lot and loves cuddles. Other things I like to do aside from Nordic skiing is lots of outdoor activities: downhill skiing, biking, running, hiking, just be outside! I also love to read books, watch movies, listen to music, and try new things.

Now a little bit about Nordic skiing. I started cross-country skiing after I moved to Canada, I joined the Fernie Nordic race team three years ago and have now done two seasons of racing. What I love about Nordic skiing is that I get to be outside in the snow and ski with the amazing people that I train with. Nordic skiing makes me fit and it is a hard but such a fun sport to do, I also love that I get to ski in many different places when I travel for races and training and meet other skiers. I really enjoy racing and I love to train as well.

I like both techniques classic and skate and my preference usually depends on the snow and the weather, I like to train and race with both techniques. I really enjoy the speed of skate skiing and the technique of classic skiing. I like all race styles, but I find sprint races very fun, and I like mass starts more than individual starts. My goals for this season are to stay on the BC Ski Team and have good results at Nationals.

I love doing this sport and being part of the amazing Nordic community!

Aurélie Smithson

My name is Aurélie Smithson, and I am a grade 11 student at Fernie Secondary School. I am from Hinton, Alberta but I have also lived in Quebec City and Airdrie. My family moved to Fernie six years ago to be closer to the mountains because we love to ski. I also love to go on hikes, to read, to learn new things and I love to cook and bake. My favorite meal is grilled cheese with tomato soup and my warm beverage of choice is a cup of hot chocolate. Nothing tastes better than a warm mug of hot chocolate after a long ski.

I started Nordic skiing when I was four years old, but I only discovered my passion for it when I started the Track Attack program here in Fernie. I was part of Track Attack program for three years and then I joined the race team. The last three years being on the race team have been truly wonderful. My favorite part of being on the race team is the people. The coaches are so kind and caring, and all the athletes are funny and supportive of one another. Being on the race team has let me develop new skills, learn to train hard and create lifelong friendships.

Cross-country skiing is a hard sport and that's why I love it. It allows me to train hard with my favorite people in the beautiful nature that the mountains offer. I love both classic and skate skiing for different reasons. I love classic skiing because of the technique and skate skiing allows me to go very fast. My goals for this season are to train hard and race and enjoy it because I only have two years left.

I would also like to add how grateful I am for the Nordic community. Without all the volunteers none of this would be possible. Thank you for everything, everyone!



WE NEED YOU!!
Youth Programming Needs Nordic Coaches!!
Help to inspire the next generation of skiers!
All coach training/mentoring included!



Are you just a big kid at heart who enjoys spending time with magical wee ones? Do you like cross country skiing & being outside? Are you the parent of a young skier? The Fernie Nordic Society needs YOU!!

We are seeking coaches for our Skill Development Program which offers cross country skiing lessons to children & youth once a week for 10 weeks starting in January 2024.

Not certified to coach? No stress! We'll walk you through every step of the way. Your support allows us to open up more spaces giving more kids the opportunity to participate in the sport of nordic skiing!!

Please get in touch by emailing fernienordic@gmail.com to find out more!

Work Party at the Nordic Centre

Thank you to everyone who came to the work party at the Nordic Centre on Sunday October 1st. It was an early start for about 25 volunteers and lots got done.

Some good firewood scattered in the area was stacked next to the wood shed. A group of volunteers worked hard at the cleanup of the wooded area behind the seacans - just ahead of the Pumphin Hunt. Others cut the weeds along the trails with a mower and brush saws. Everything looked much better afterwards and ready for the first snowfall!



Early-bird pricing for purchasing a membership has now ended, but you can still get or renew your membership. The link to the Zone4 registration page is <https://zone4.ca/register.asp?id=32471>

[Get Membership Now](#)

Our membership director, Laurie Berni, will have the membership cards and renewal stickers available starting in November. The dates for pickup at local coffee shops will be announced later.



SNOW VALLEY LODGING

WHERE ADVENTURE AWAKENS



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**Members enjoy 25% off any drink
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