



Fernie Nordic Society News



December 2023 News

Our groomers are still working hard preparing the trails, but the Elk Valley Nordic Centre will open with limited runs on Saturday, December 16. The terrain that is opening will be the trails from the stadium to the Teck bridge the Runt, Grunt and the connector to Galloway loop, but not the Galloway loop itself. The runs will be pack groomed for skate skiing, but not be track set as there is not enough snow for that. The rest of the trails will be closed or labeled marginal until further notice and snow. The Golf Course trails are not open at this time.

Coming up this month:

Adult Ski Camp

December 27 (Classic) 10 am to 2 pm

December 28 (Skate) 10 am to 2 pm

Kids Ski Camp

January 4 10 am to 1 pm (one day only)

Full Moon Ski

The next full moon is on December 27. If the ski conditions improve, it may be a good evening on the trails anytime before or after this date.

The registration in the SDP lessons is now closed with 63 children enrolled in the program. The first session will be on Saturday January 6 at the Nordic Centre.

Memberships can still be purchased online.

[Click here to Register](#)

Coaches still Needed for SDP Program

The Fernie Nordic society is still looking for more coaching support for the Skills Development Program. Part-time and substitute coaches provide coverage and support for times other coaches are away or ill.

For more information, click on <https://www.fernienordic.com/contact-sdp/> or inquire at fernienordic@gmail.com.



ADULT NORDIC SKI TECHNIQUE CAMP

December 27-28

DECEMBER 27: CLASSIC
DECEMBER 28: SKATE
10AM-2PM
\$125 FOR 1 DAY
\$225 FOR THE WHOLE CAMP

All proceeds go to sending the Fernie Nordic Racers to Nationals

Professional coaches

Location: Elk Valley Nordic Center
Nordic Center

Lunch included

Improve your technique



Register Now - Adult Camp



FNS Toques on sale

With the cooler snowy weather it is definitely time to pull out the winter hats. The Fernie Nordic Society is again selling our custom branded toques. We have grey and blue hats without a pom pom and a blue one with a pom pom. Each hat is \$25 each. Email us at fermienordic@gmail.com if you would like to order one.

Race Team at Vernon and Panorama Camps

During the third week of November, five of the Fernie Nordic Racers went to training camps in Sovereign Lake Nordic Club in Vernon. Louison Dubief and Wes Robinson-Shaw participated in the BC Team on snow ski camp from November 14-19. Ella Fuller, Noah Glickman, Cameron Etue, and Graham Etue were at the BC talent squad camp from November 16-19.



At the BC Team camp, the athletes did a variety of things such as technique sessions and intervals, on both skate and classic, 10 km time trial. They also had a technique session with the National Development team. The talent squad camp also participated in time trials, technique and drills and a talent show.

Both the camps were a lot of fun and a great learning experience. The athletes are grateful and excited for future camps like this one.

Athletes Clara Michal, Tate Elson, and Mae Elson went to a snow training camp in Panorama during the last weekend of November. At the camp they did some technique and ski drills, they had small and fun races and they also played games at the top of the mountain. This camp was fun and was a wonderful experience with some athletes having major breakthroughs.

Louison Dubief and Aurélie Smithson

Kids Ski Nordic Camp

ELK VALLEY NORDIC CENTRE

**THURSDAY JANUARY 4TH
10AM TO 1PM**

\$60

**KIDS AGED 7-12
BRING YOUR OWN LUNCH AND SKI EQUIPMENT**

**LOTS OF SKIING + GAMES + SNACKS + HOT
CHOCOLATE**

REGISTRATION ON ZONE 4 LINK

ALL PROCEEDS GO TO SENDING THE FERNIE NORDIC RACERS TO NATIONALS
IN GATINEAU QC IN MARCH!

CONTACT : RACETEAM@FERNIENORDIC.COM

Register Now - Kids Camp

Race Team Feature Athletes

Lenaya Vesely



Lenaya Vesely is a grade 8 student at Fernie Secondary School. She was born and raised here in Fernie, British Columbia. She loves living here because of all the outdoor activities available. She loves alpine skiing, surfing, skateboarding, swimming, running and hiking. She also enjoys trying new recipes, making crafts and doing all the Christmas activities. Her favorite foods include tacos and sushi, and her favorite vegetable is broccoli. After long skis she likes to sip on a warm cup of hot chocolate.

Lenaya started cross-country skiing when she was 2 years old with her dad. She then started skiing with the Jackrabbits from age 5 to 8. When she turned 9 years old, she joined the race team. She loves the racing team because of the supportive athletes and amazing coaches. She also just loves the overall environment. She enjoys the sport of Nordic skiing because she loves to spend time alone and focus on what she is doing. She prefers skate skiing over classic because she feels that she can be faster. This season her goals are to improve her technique, have fun and meet new people at races and camps.

Lenaya is grateful for the wonderful Nordic community.

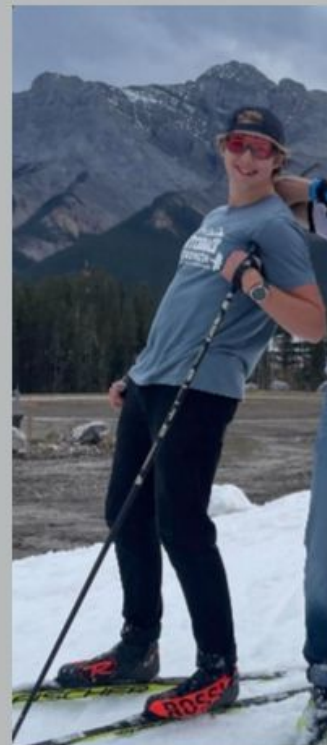
Wes Robinson-Shaw

Wes Robinson-Shaw is originally from Fernie, and is a grade 12 student at Fernie Secondary School. Wes likes all types of food, in big quantity. He enjoys drinking a big bowl of soup or a nice hot chocolate after a long ski. Wes started cross-country skiing when he was five years old, he was first skiing with the jackrabbits and then joined the race team in 2016. He is now the oldest and most experienced racer on the team!

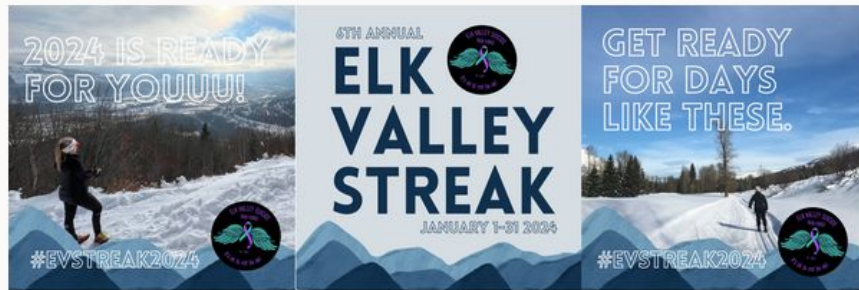
Wes loves to Nordic ski because he has a ton of fun doing this amazing sport and because he loves to train and race hard. He used to like skate skiing a lot more, but classic skiing has grown on him in the past few years and may now even be his favorite technique. He still enjoys both techniques and likes to train and race with both. Aside from Nordic skiing he also likes to go mountain biking, running, hiking, powder skiing... any type of outdoor adventures!

His goals for this upcoming season are to have a ton of fun and train hard to get as fast as possible, his goal is to be the best skier in the whole wide province!

Wes is looking forward to this season!



Elk Valley Streak Returns



The 2024 Elk Valley Streak is back with the chance to get the entire family involved (kids and doggos too) to raise money for the Elk Valley Suicide Task Force/. During the past three years we've collectively raised over \$14,000, and look forward to another successful community fundraising adventure for 2024.

HOW TO STREAK: The #EVStreak is simple. Ski (Nordic or Downhill), Snowboard, Walk, Bike, Run, Hike, Skate, Shovel (or whatever you like!) outside, on your own steam, for a minimum of 30 minutes, on 31 consecutive days - with the goal being the entire month of January 2024.

Visit <https://raceroster.com/events/2024/82251/elk-valley-streak-2024> to register.



PHOTO CREDIT: VINCE MO | TOURISM FERNIE

Become a Fernie Nordic Society Member today!

10KM OF TRAILS AT THE ELK VALLEY NORDIC CENTRE
8KM AT THE FERNIE GOLF CLUB
BOTH GROOMED DAILY FOR CLASSIC AND SKATE
X-COUNTRY SKIING



WWW.FERNIENORDIC.COM





Six sessions were held this fall to pick up membership renewal stickers: two at the Library, two at Mugshots and two at Freshies. Thank you to everyone who dropped by to get your sticker or replacement membership card. I enjoyed putting a face to the name of some of our members.


If you haven't got your stickers yet, you can pick them up at the Nordic Centre Hut from a hut Ambassador once the trails are open and an Ambassador is on duty. Ambassadors will be on duty 1 pm - 4 pm every Friday and from 10 am - 4pm on Saturday and Sunday.

If you haven't renewed your 2023-2024 membership, now is the time! The trails should be open any day now.

Laurie Beml
Membership Director



SNOW VALLEY LODGING
WHERE ADVENTURE AWAKENS



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



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



Members enjoy 10% of any purchase when they show their membership card.

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