



Fernie Nordic Society News

October 2025 News



🍂 The sights and smells of fall are in the air on this gorgeous October day at the Elk Valley Nordic Centre. Crisp leaves, golden light, and that unmistakable autumn energy, nature's way of whispering that winter is on its way. As we embrace this beautiful transition, let's get excited for the snowy trails and ski adventures to come! 🏂 🍁

A few exciting dates are gliding your way! 🏂 ✨

Grab your ☕ or 🍷 and settle in — here's what's coming up:

🎃 Our 9th Annual Pumpkin Hunt is almost here — find out when & how you can join the fun!

📅 November AGM — mark your calendars!

💻 Membership & Programs registration — don't miss out!

💰 A very important fundraiser — we need your support!

🎉 Plus, other awesome events you won't want to miss!

Let's make this season unforgettable! 🏔️ ☀️

A New Season - Key Dates to Remember 🧰 ❄️

Gear up for an unforgettable season with Fernie's community-driven events, meetings, and deadlines. Mark your calendars and join the fun!

Exciting Events 🎉

🎃 **Great Fernie Pumpkin Hunt** Date: October 25, 2025

Grab your family and friends and head to the Elk Valley Nordic Centre for a spirited autumn pumpkin hunt. Marshmallow roasting, photos, face painting, pumpkin hunting, yummy food, drinks and treats await guests of all ages!

❤️🔥 **Community Fun Races** Date: February 14, 2026

Spice up Valentine's Day with laps of laughter and friendly competition.

🏔️ **Fernie Flying Viking Challenge** Date: March 22, 2026

Ready to conquer the hills? Push your limits on our most epic course yet. Finishers earn bragging rights, custom medals, and a legendary Viking salute!

Meetings 🗓️

📅 **Annual General Meeting** Date & Time: November 16, 2025 • 4:00 PM

Location: Fernie Seniors Drop In Centre Help shape our club's future, review last season's highlights, vote on key decisions, meet fellow members and celebrate the beginning of another on-snow season!

Huge thanks to everyone who came out to prep our Skill Development Program rental fleet

Many hands make light work! 🙏 ❄️ What we expected to take 3-4 hours was finished in 2, thanks to the amazing turnout! 🛠️ 🧰



9th Annual Great Fernie Pumpkin Hunt



Fernie Nordic Society 9th Annual

PUMPKIN HUNT

Saturday October 25

GET YOUR TICKETS EARLY \$10

No lineups, pre-purchase your tickets

@ The Guide's Hut (cash) for one of two time slots:

11am-12pm or 12:30-1:30pm

FACE PAINTING + HOT CHOCOLATE

MARSHMALLOW ROASTING + BALLOON CREATIONS

PHOTOS + BBQ BY DONATION

Thank you to our sponsors and partners: Save On Foods,
The Guides's Hut, EVR, Startbucks, Freshies + more

FNS Apparel

You asked, we're delivering!

Many of you have asked about FNS apparel. We are happy to report that this upcoming season, we will be offering FNS branded t-shirts, hoodies & jackets for purchase!

The deadline to order this apparel is October 31st. There is an option to place your order when you purchase or renew your membership on **Zone4**.

Please know when purchasing apparel you are not only supporting and representing your club, but local small businesses such as Fernie's very own **Giv' Er Shirt Works** and our neighbours in Cranbrook's **Anywear Garment**.

To see the proposed designs, sizes and prices, just click the button below to visit our website. [Contact Us](#) to place your order today!



ANYWEAR
GARMENT COMPANY LTD.

Check sizes and cost here



Pumpkin Hunt Volunteer Call Out!

We have a Pumpkin Hunt Volunteer Sign-Up at signupgenius.com Use the button below:

Volunteer Sign Up HERE

Our Pumpkin Hunt volunteer openings are now live 🍂🍁 Please take a moment to browse the available roles and sign up for the spot that suits you best. Every bit of help makes a huge difference and we're so grateful for your support 🙏🍁

**** Volunteer Photographer Needed ****

We're still looking for a volunteer photographer to capture the autumn magic 📷 If you can help, please email fernienordic@gmail.com Thank you so much for considering it!



Membership & Programs Registration is now open!



Credit: Charné Baird photography

***Renew or purchase your 2025-2026 Club Membership today!
Enrolment into the Skill Development Program and Race Team may be done at
the same time.
Click the link below:***

Register at Zone4.ca now!

**** Youth programming & race team registration fee's funding support for those in need ****

Consider funding through the [Emily Brydon Youth Foundation](#) We are so lucky to have this option here in the Elk Valley!!

"Youth are our future. The foundation believes strongly in supporting today's youth in order to build a great platform for the future. We equally believe that everyone needs a chance – Emily sure did. You never know where that "chance" will take you." EBYF

Below is the direct link to apply:

[Link to Emily Brydon Youth Foundation](#)

Additionally, **KidSport BC's** provincial fund is also an avenue to consider for those in need! Check out the link below for more information & to apply today!

Use link below to apply:

[Link to KidSport BC](#)

Fernie Athlete Fundraiser

 **Support Fernie Nordic Racer Ella Fuller**



**PUMPKIN HUNT
BBQ**

Saturday October 25th between 11am and 1:30pm
@ the 9th Annual FNS Pumpkin Hunt

**Help Fernie Nordic Racer & BC Ski
Team member, ELLA FULLER,
fundraise for national and
international competition!**

*Hot dogs with gluten-free and
vegan options, all by donation!*

**Cash preferred,
but card is also accepted.**

Can't make the BBQ but still
want to support Ella? Email
efuller.fern timer@gmail.com to
get in touch.



An Update from Canmore

Hello everyone!

This is Louison and this month I have the opportunity to share a little bit about the dryland training season with the Alberta World Cup Academy.

Training at the Academy started at the beginning of May with an on-snow camp in Silver Star before the dryland season. The month of May mostly consisted of lots of volume and getting back into training after a big season of racing and a month off training. We slowly got back into running and roller skiing to prevent injuries and build a good base. The first "Waffle Run and Ski" of the dryland season happened in May. Waffle runs are a time trial used as a test that the Academy athletes do once a month from May to October. Coaches and athletes can see fitness improvements but also the tiredness level after big blocks of training. It is a 2km time trial entirely uphill on a paved road. We start by doing it running, and then 45 minutes later we do it again on skate skis. I promise, it is not as bad as it sounds ;). It is called "Waffle run" because our coaches always organise a team lunch with waffles after this test!

June came around and it was time for even more volume. The team had two big camps in June, one (separated in two groups over two weeks) out in Kananaskis country to do lots of volume training at higher altitude, and the second one in Revelstoke at the end of June to focus on volume and intensity. The Academy trains a lot out in Kananaskis country since it is not far from Canmore and Calgary, and it offers great altitude training in the most beautiful environment. The team also has access to a cabin we call "Ken's cabin" (owned by Ken) that we love to stay in during our camps. The Revelstoke camp was about a week long and consisted of volume days as well as three intensity sessions. Almost the entire team was there, and everyone had a great time.



July was spent mostly in Canmore continuing the volume grind. Over the summer our regular team schedule consisted of one speed session, where we always start by doing technique (alternating classic and skate every week) followed by speed (short and fast sprints of about 10-15 seconds 10-12 times working on high speed, uphill, cornering, etc.). Then two intensity sessions a week follow the speed sessions. Intensities were either on roller skis or ski striding (running with poles), and one to two sessions of volume (long easy sessions) a week. Over spring, summer and fall, the team also does two core sessions after intensity. It made our schedules busy but lots of fun! Since most of the athletes were based in Canmore over the summer, our training group was quite large. This gave lots of opportunity to train with big groups of people, all pushing each other and getting faster together.

July flew by and it was already the beginning of August when the Academy had two big camps planned. The senior athletes, especially the ones on the Olympic short list, and senior national team members, with our coach Robin McKeever, flew over to New Zealand for three weeks to do an on snow camp in Wanaka, NZ. The team had a great camp, spending lots of time on snow to prepare for the ski season. While our teammates were in New Zealand, another camp of about 10 days supported by our two coaches Nikki Gilman and Tormod Vatten, was happening on Vancouver Island. The rest of the team flew over to Comox, BC, for a camp at sea level, where the entire group was staying in an accommodation at the top of Mt Washington road. The camp consisted of three intensity sessions and a lot of awesome long runs in the mountains, and skis up the Mt Washington road. The road had just been freshly repaved and made for some awesome training. The rest of the time was spent cooking with the team, playing lots of games and spending time at the beach! The August camps, whether in New Zealand or Vancouver Island became the summer highlights for most athletes on the team.

By then, summer was already over, and it was time to start fall training. All athletes who were away over the summer were back in Calgary or Canmore, and the team switched to the fall routine. Some athletes started and went back to school, and everyone got into fall training. Our training in the fall is similar to our summer schedule, with a speed session, 2-3 intensities a week (3 intensities every two weeks as we get closer to race season) and continuing with volume and core sessions. In September, the team also had a few time trials to assess fitness and tiredness, as well as work on some racing. We had two skate 10km time trials and a sprint simulation, like a regular sprint day with qualifier and heats, but on a shorter schedule, going every 15 minutes.

Now well into October, the team has been building strong and fast and is ready to start skiing! With Frozen Thunder starting on October 18th, everyone is counting the days to start training on snow. The race season is coming up fast and everyone is excited for a great winter of cross-country skiing!

Louison Dubief



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% off any purchase when they show their membership card.