
BIRKEBEINER BULLETIN



Volume 34
No. 4
August 2011

Official newsletter of the Birkebeiner Nordic Ski Club

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From the President:

I hope you are all enjoying some good skiing. While the weather hasn't been the greatest, the snow and the grooming have been fantastic.

A big "thank-you" to Kerry Lucas for organising the Mid-Year Dinner at Rois Restaurant last week. 35 members attended and a great time was had by all. Read a full report later.

Congratulations to our newest life member, newsletter editor and membership secretary, Bill Little! Bill's citation is included elsewhere in this newsletter.

It's August already and we are into the busiest part of the ski season. There are coaching clinics, Championship events, selection races and, of course, the highlight of the season, the Kangaroo Hoppet, Australia's international popular XC ski race. As well, we have some new activities this month, so read on...

Birkie Moonlight Ski - Thurs 11 Aug.

Ian Franzke has organised a moonlight ski for Thursday 11th August weather permitting. The moon will be almost full and will rise at 3 p.m. and set at 6 a.m. so if it is a clear night the moon should allow magnificent moonlight skiing.

6 pm Meet at Hoppet office for car pool to Falls Creek

6:45 pm Split into three groups - Fast, Cruisy and Relaxed.

8:15 pm Return to car

9:00 pm Return to Hoppet office

Night Skiing Etiquette

- Avoid skiing on freshly groomed trails unless they have set.

[Do not ski alone.](#)

Waxing for Beginners - Mon 15 Aug.

Learn how to care for your skis, how to wax for better glide. (Why do you wax, what does it do, what is the process, what do you use, etc.)

Alastair Tutt will present a basic clinic on Monday 15th August at Flower's garage in Simmonds Creek Rd, Tawonga Sth at 7.30 p.m. This clinic will suit anyone who is a novice at basic waxing and ski preparation.

Nordic Night at Settlers - Thurs 18 Aug.

There are lots of XC skiers staying in the area. Come and join fellow xc skiers for a Nordic Night dinner or a drink on Thursday 18th Aug from 6.30 p.m. at Settlers Tavern in Tawonga Sth. Bookings aren't necessary, but Settlers would appreciate

An indication of numbers. Contact Ronice if you are interested. 04

Short report on interclub events

Victorian Interclub Challenge:

There are 8 events in the challenge, with points awarded to clubs for their participation rather than their results.

With good numbers at Falls Creek, our club cleaned up in the Birkie Classic, the High Plains Tour and the Interclub Relays. We had a fabulous turnout of more than 50 skiers in the relays.

The next events are at other mountains:

- Hotham to Dinner Plain (Pub to Pub) ski tour next Saturday Aug 6 at 11 a.m.
- Stirling Silver at mt Stirling on Sat 13 Aug at 11 a.m.
- Tullicoutty Cup at Mt Baw Baw on Sun 14 Aug at 10.30

Hopefully, some of our members will be there to represent us.

The final event is the Rocky Valley Rush/Sun Valley Ramble.

Rocky Valley Rush (14km)/Sun Valley Ramble (7km)

10 a.m. Sunday 21st Aug at Falls Creek.

This is a mass start freestyle tour race and is sponsored by Snowgum Wodonga. Our club is organising it and there is an appeal for helpers elsewhere in the newsletter.

The link to enter online can be found on the Hoppet web page at <http://www.hoppet.com.au>

Kangaroo Hoppet Bag Packing Working Bee

Thursday 18th Aug at 10 a.m. at the auditorium at Hoppet Office (next door to the Mt Beauty Information Centre). We need about 20 helpers for approx 2 hours to pack the race bags for the competitors.

Morning tea provided and a great social atmosphere. Ph 5754 1045 if you can come.



Ski de Femme Start of the Race

Junior Joeys



Birkebeiner Classic 1km
 Falls Creek, Victoria - 9/07/2011
 Overall Results

Place	Surname	Firstname	Bib	Class	State	Time	%
1	Perrignon	Genevieve	1	WU12	VIC	5:05.0	0.00
2	Adams	Hayley	8	WU12	VIC	5:20.5	5.06
3	Gebus	Leah	5	WU12	VIC	5:36.1	10.18
4	Price	Hannah	2	WU12	VIC	5:50.1	14.76
5	Pescod	Georgia	3	WU12	VIC	5:51.6	15.28
6	Chung	Joyce	7	WU12	VIC	5:53.6	15.92
7	Faulkner	Rachel	4	WU12	VIC	6:33.8	29.11

Birkebeiner Classic 2.5km

Place	Surname	Firstname	Bib	Class	State	Time	%
1	Simmons	Mitch	26	MU18	VIC	11:56.1	0.00
2	Ajani	Stella	13	WU14	VIC	12:29.3	4.63
3	Hesse	Kate	18	WU14	VIC	13:22.0	12.00
4	Smith	Michael	27	MU18	VIC	13:23.4	12.19
5	Hoogenraad	Thomas	24	MU12	VIC	13:27.2	12.73
6	Hodge	Sarah	23	WU14		13:33.0	13.54
7	Price	Veronique	11	WU14	VIC	13:45.5	15.28
8	Lobbe	Catherine	9	WU14	VIC	14:03.7	17.82
9	Faulkner	Cara	15	WU14	VIC	14:18.9	19.94
10	Paraskevakis	Eva	17	WU14	VIC	14:27.4	21.13
11	Pescod	Rachael	14	WU14	VIC	14:28.3	21.25
12	Phillips	Alecia	16	WU18	VIC	14:46.9	23.85
13	Brockwell Walsh	Ruby	10	WU14	VIC	14:47.8	23.97
14	Adams	Oliver	28	MU14	VIC	15:09.9	27.06
15	Jacobs	Harry	105	MU14		16:04.8	34.73
16	Jones	Courtney	19	WU18	VIC	17:15.5	44.60
17	Jacquot	Miriam	22	WU18	VIC	17:31.0	46.77
18	Price	David	68	MO	VIC	17:41.1	48.17
19	Gall	Charlotte	107	WO		18:50.0	57.81
20	Perrignon	Olivia	12	WU14	VIC	19:40.6	64.86
21	Naylor	Isabel	20	WU18	VIC	19:50.6	66.26
22	Gebus	Emily	21	WU18	VIC	20:16.3	69.85
23	Murray	Delia	94	WM		21:14.2	77.93
24	Gall	John	106	MM		23:37.7	97.98
25	Adams	Mary	59	WO	VIC	24:37.7	106.35

Birkebeiner Classic 5km

Place	Surname	Firstname	Bib	Class	State	Time	%
1	Bottomley	Esther	29	WO	VIC	19:32.3	0.00
2	Merritt	Georgia	30	WO	VIC	21:03.3	7.76
3	Wright	Casey	64	WU18	VIC	21:41.4	11.01
4	Baxter	D'Arcy	86	WO	NSW	21:44.6	11.28
5	Spittle	Ashleigh	31	WU18	VIC	21:53.2	12.02
6	Thomas	Lachie	62	MU18	VIC	22:12.9	13.70
7	Trnka	Misa	60	MU18	VIC	22:28.6	15.04
8	Dewez	Xanthea	41	WU18	VIC	22:38.9	15.91
9	Cooper	Hedda	47	WU18	VIC	22:47.6	16.66
10	Phillips	Belinda	95	WO		22:48.3	16.72
11	Pollock	Megan	42	WU18	NSW	23:29.7	20.25
12	Paul	Katarina	52	WU18	VIC	23:38.6	21.01
13	Wright	Abe	43	MU18	VIC	24:43.7	26.57
14	Kent	Alexandra	45	WU18	VIC	25:14.5	29.19
15	Prostamo	Patrick	63	MU18	VIC	25:20.4	29.69
16	Hesse	Elli	35	WU18	VIC	25:23.7	29.98
17	Phillips	Ellie	51	WO	VIC	25:36.7	31.08
18	Lloyd Jones	Alexandra	50	WO	VIC	25:39.6	31.33
19	Betram	Felicity	99	WO		25:55.8	32.71
20	Murray	Molly	44	WO	VIC	26:01.2	33.17

21	Jacobs	Olivia	46	WU18	VIC	26:02.4	33.27
22	Grose	Penny	89	WO	VIC	27:30.8	40.82
23	Pascoe	Penny	40	WU18	VIC	28:02.1	43.49
24	Lloyd Jones	Lulu	49	WU18	VIC	28:10.8	44.23
25	Grayling	Sammi	34	WU18	VIC	28:36.0	46.38
26	King	Ally	38	WU18	VIC	29:34.8	51.39
27	Adams	Tori	53	WU18	VIC	29:59.6	53.50
28	Ryan	Erica	36	WU18	VIC	30:06.6	54.11
29	Tait	Vanessa	57	WO	VIC	30:23.2	55.52
30	Clutterbuck	Rod	110	MM	VIC	30:45.0	57.38
31	Lees	Andrew	66	MO	VIC	31:16.0	60.03
32	Angus	Di	104	WM	VIC	31:47.8	62.74
33	Winayakan	Mathanki	39	WU18	VIC	33:04.7	69.30
34	Price	Kinga	58	WO	VIC	33:57.9	73.83
35	De Rosbo Davies	Nicola	37	WU18	VIC	34:26.9	76.31
36	Pescod	David	67	MO	VIC	34:35.2	77.02
37	Adams	Richard	69	MO	VIC	34:50.0	78.28
38	Lobbe	Peter	65	MO	VIC	35:24.3	81.21
39	Pescod	Dawn	56	WO	VIC	36:45.1	88.10
40	De Freitas	Jennie	102	WM		37:53.0	93.89
41	Lees	Suzanne	55	WM	VIC	38:35.5	97.51
42	Grech	Louis	61	MU18	VIC	44:31.9	127.92

Birkebeiner Classic 10km

Place	Surname	Firstname	Bib	Class	State	Time	%
1	Miller	Bobby	88	MO	USA	34:12.1	-
2	Bellingham	Phil	70	MO	VIC	34:14.7	0.00
3	Van Der Ploeg	Mark	90	MO		36:00.6	5.15
4	Derrick	Ben	91	MO	VIC	36:30.6	6.61
5	Kovacs	Paul	83	MO		36:48.7	7.49
6	Marsland	Finn	78	MO		37:57.9	10.86
7	Rook	Colby	80	MO	VIC	38:04.2	11.17
8	Murray	Paul	92	MO	VIC	38:21.2	11.99
9	Tory	Kevin	87	MO		39:25.9	15.14
10	De Frietas	Matt	96	MO		39:38.9	15.78
11	Kovacs	Andrew	84	MO		39:40.1	15.84
12	Montgomery	Nick	72	MU18	VIC	40:04.9	17.04
13	Gibson	Alex	71	MU18	VIC	40:07.9	17.19
14	Legras	Jean-Claude	85	MO		40:27.9	18.16
15	Harmer	Dyllan	74	MO	VIC	41:46.3	21.98
16	Trnka	Michal	81	MO	VIC	42:48.7	25.02
17	Pap	Tommy	100	MM		45:25.8	32.66
18	Lees	Chris	77	MO	VIC	47:13.5	37.90
19	Walker	Andrew	108	MM		48:29.6	41.60
20	Crapper	Tony	98	MM	VIC	52:50.6	54.31
21	Waller	Paul	97	MM	VIC	55:21.8	61.67
22	McDowell	Stephen	93	MM	VIC	56:46.4	65.78
23	Budge	Len	103	MM	VIC	56:50.5	65.98
24	O'Brien	Paul	75	MO	VIC	57:13.0	67.08
25	Cranage	Bob	521	MM	VIC	1:01:00.9	78.17
26	Simmons	John	76	MO	VIC	1:01:22.8	79.24
27	Hessie	Paul	79	MM		1:05:58.0	92.63
28	Walsh	David	82	MM		1:25:31.2	149.73

Ski de Femme 1km

Falls Creek - 10/07/2011

Overall Results

Place	Surname	Firstname	Bib	Class	State	Time	%
1	Phillips	Alecia	586	U18	VIC	5:20.7	0.00
2	Gall	Charlotte	336	O		5:29.8	2.83
3	Thomas	Ella	151	U18		5:30.9	3.16
4	Anderson	Felicity	612	O		5:48.3	8.60
5	Yen	Loretta	1395	U18		6:22.4	19.22
6	Webb	Jessie	139	O		6:49.1	27.54
7	Kromar	Zoe	1112	P		7:14.8	35.57
8	Sandra	Ange	1396	O		7:41.3	43.83
9	Russell	Sascha	650	O		8:04.5	51.06
10	Judge	Lindy	573	O		8:32.1	59.67
11	Munro	Sue	789	O		8:34.1	60.28
12	Benne Keeble	Acacia	324	P		8:37.0	61.18
13	Smith	Alina	310	P		8:57.3	67.52
14	Smith	Sonya	189	O		8:57.4	67.56
15	Bailey	Roberta	338	O		9:22.5	75.39
16	Kodail	Janette	335	O		9:55.9	85.79
17	Burnett	Gerry	1398	O		11:42.4	119.00
18	Buntine	Fiona	856	O		11:46.9	120.41
19	Wiley	Molly	708	P		14:54.6	178.93
20	Wiley	Cheryl	617	O		14:55.1	179.09
21	Ziinstain	Helen	358	O		15:32.3	190.68
22	Tunik	Jan	1397	O		16:04.2	200.64
23	Stevens	Kristy	1399	O		16:04.9	200.84
24	McLaren	Jeanette	55	O		16:07.0	201.48
25	Speer	Allison	701	O		16:07.6	201.69
26	Griese	Bev	1313	O		17:08.9	220.80

Ski de Femme 2.5km

Place	Surname	Firstname	Bib	Class	State	Time	%
1	Hesse	Kate	711	U18	VIC	11:47.9	0.00
2	Bellingham	Ann	798	O	VIC	12:52.7	9.16
3	L'Huillier	Helen	833	O		15:23.8	30.49
4	Phillips	Isobel	630	O		15:45.3	33.53
5	Nicholas	Kath	679	O		16:40.5	41.34
6	Benne	Megan	725	O		16:41.1	41.41
7	Mellor	Nadia	790	O		16:48.8	42.50
8	Dietrich	Angelika	799	O		18:32.2	57.12
9	Gilbert	Michelle	654	O		19:02.6	61.41
10	Newman	Ros	1306	O		19:36.0	66.12
11	Walsh	Kylie	728	O		20:46.5	76.09
12	Moorman	Andrea	832	O		20:56.6	77.51
13	Parcy	Jenny	737	O		21:23.5	81.31
14	Murray	Delia	834	O		21:38.9	83.49
15	Van Kann	Marvena	800	O		22:51.8	93.79
16	Smith	Val	572	O		23:58.7	103.23
17	Edwards	Jill	720	O		24:39.8	109.04
18	Street	Janet	788	O		27:37.0	134.07

Ski de Femme 5km

Place	Surname	Firstname	Bib	Class	State	Time	%
1	Bottomley	Esther	1310	O	VIC	17:16.1	0.00
2	Grimmer	Lescinka	1304	O		17:43.3	2.63
3	Hamilton	Alice	1327	O		19:55.5	15.38
4	Phillips	Belinda	1323	O		20:18.2	17.57
5	Wright	Casey	1319	U18	VIC	21:29.3	24.44
6	Hesse	Elli	1318	U18	VIC	22:23.8	29.70
7	Grose	Penny	1302	O	VIC	22:42.5	31.50
8	Jago	Monica	1328	O		23:51.7	38.18

9	Kildea	Jackie	1307	0		26:36.1	54.04
10	Slijkhuis	Tess	1321	0		26:48.0	55.19
11	Counsell	Claire	1315	0		26:50.8	55.46
12	Richardson	Cath	1311	0		27:05.9	56.92
13	Armstrong	Michelle	1325	0		27:34.9	59.72
14	Healy-McFarlane	Ruth	1320	U18	VIC	28:03.2	62.45
15	De Freitas	Jennie	1308	0		28:49.4	66.91
16	Lambert	Gyll	1326	0		29:10.3	68.93
17	Street	Jessica	1322	0		29:23.6	70.21
18	Baines	Marion	1303	0		30:37.2	77.31
19	Pihkanen	Johanna	1305	0		31:11.3	80.60
20	Jerome	Helen	1317	0		31:24.8	81.91
21	Thomas	Elaine	1314	0		33:48.1	95.74
22	Kromar	Jenny	1312	0		33:48.2	95.75
23	Gray	Bron	1309	0		34:24.0	99.20
24	Kelsall	Ros	1301	0		37:39.9	118.11
25	McKay	Jen	1324	0		38:18.2	121.81

Europe 2010/2011 Mark Van Der Ploeg

As the Australian winter is upon us I take a chance to look back at the past European winter. For me it was a trip with lots of travel and races. The trip was all of 10 weeks long I managed to do races in 9 different locations out of a planned 10 finishing with World Championships in Oslo! For all of that though the trip didn't feel as hectic as it sounds. Credit is due to Finn for doing most of the organising and making it seem easy.

After racing in Germany, Czech Republic, Estonia, Latvia and Norway for World cups, Continental cups, National champs and FIS races my preparations were almost complete for World Champs. I had seen a steady improvement in my form and was rearing to go. All that was left before heading to Oslo was a World Cup in Drammen which was to be my first distance world cup.

In Drammen I was competing in the skate sprint and the 15k classic. The 15k was first up for the weekend and so was I (for the men anyway) because of me having the highest FIS points. Standing on the start line I was both excited and nervous and I think that showed when I started as I got off to a fast start, probably too fast but I was buoyed by the roaring crowds that were lining the track. I had a slower middle section and recovered a bit for a solid finish. The main thing I took out of that race was how much more of an impact spectators have on a distance race compared to a sprint. In a sprint it all goes so fast that you don't have time to soak up the crowds energy but in the distance races you definitely can. The sprint the next day was flat but surprisingly hard because of the lack of downhills for recovery. I had a reasonable race but nothing super.

Form here we travelled to the big show. Worlds in Oslo!

Norwegians are fanatical about cross country skiing, it is their AFL or Rugby and at the worlds it showed with the sizes of the crowds and the fact that people were camped out at the side of the course half a week before the racing even began.

My first race was the 10k classic qualifier race for the 15k classic. Which means that all skiers with more than 90 FIS points have to do the qualifier and the top 10 make it through.

With 48 starters it was looking like it would be hard to make it. I was ranked 13th so with a good ski it would be possible.

I tried to go out a bit easier than last week so that I would be able to hold pace better the whole race. At 2k Finn gave me a split that I was 4th place so far 5 seconds back. Soon after Finn I caught the skier in front of me, a Danish skier. That was at the top of the course. His skis were slightly faster than mine because he was on my tail till the end of the lap and sometimes he was pushing my poles forward as he was in a tuck behind me. After the first 5k the top 10 places were all within 16 seconds, and I was in 2nd with less than a second between me and first. I felt like I held it together pretty well in the second lap I was getting splits from Finn at about 7k that if I skied the rest of the lap fast I would have a chance at the podium. I pushed all the way to the finish and when I crossed the line I was first so far with 12 skiers behind me. About 5 seconds Ben Koons the New Zealand skier crossed the line (he was the next skier

after me) making me second 25 seconds back in 2nd place. In the end I finished 4th place behind Ben, a British skier and an Armenian skier. It was a good race for me finishing 14 seconds ahead of Ewan and my best FIS points ever of 100.3. The next day was the skate sprint.

My sprint race was consistent with my results for the rest of the season. Not as fast as I have done in earlier years and just lacking the high end.

Next was the 15k classic that I had worked so hard to qualify for. It was worth it. I had the highest FIS points of the skiers that had qualified through in the 10k race so I had bib number 1.

With number 1 I had the biggest cheers from the crowd on my first lap. It was really exhilarating with the track lined with mad cheering crowds. There was even spots where there was people calling the race with pa systems and big screens half way out on the track. My race was solid I went out hard and faded a bit in the end. Ben Koons, who started one place behind me caught me on the second lap. The race was 2 laps, one lap of 10k then one 5k lap. So Ben caught me at the top of the second lap. I couldn't quite keep with him but he didn't really get too far away by the end, maybe 5 seconds. I ended up finishing 71st out of 76 but including the people who didn't qualify there was 113.

I didn't get selected for the sprint relay so all that was left for me now was the relay. I was to be the anchor leg. I was pretty excited because the course was a 5k lap so we had a better chance of finishing if everyone skied well. For those that don't know my history with relays I have been in 2 other relays at this level. One in a world cup in a mixed nation team in Davos and again in Liberec at the world champs. Both times we were lapped before I was able to even step out on the track. If everyone had a good race here though I might even get a chance to finish. But unfortunately no one had a good race and Callum who was the 3rd skier was lapped out 7.5km into his lap. Bit of a disappointing finish to an otherwise great World Championships.

So overall a really fun and exciting World Champs with a big thanks to the Birkie club for their support throughout the years for making this trip possible.



Bill Little receiving his life membership from president Helen, at the mid season dinner at Rois.

Mid Season Dinner

The mid season dinner was a very successful night, the meals were superb with a wider choice than I remember. Thanks to Kerry for the organization. The opportunity was taken to present Bill Little with a life membership for his contribution to the club.

Birkebeiner Nordic Ski Club
Life Membership Citations

Bill Little

Nominated by: Paul L'Huillier

Seconded by: Brian Keeble

Member since 1983

Committee positions

Secretary 1986-1990 (5 years)

Bulletin Editor 1991, 2000-2011 (12 years)

Membership secretary 2000-2011 (11 years) and in 2010 set up the on-line membership facility.

General committee – member for many years.

Race Committee

Active member of the race committee for many years and is currently the convenor.

Been Chief of Timing for the club since 2002.

Kangaroo Hoppet

Since 2005 has been the co-ordinator of Timing for this event.

Search & Rescue Group

Been an active member of the S&R Group for many years and participated in a number of searches (ca 20), both on and off snow.

Is a member of the Clubs S&R sub-committee and has been for a number of years.

30th Anniversary Display

Put together the history of the Clubs involvement in the development of electronic timing display.

2011 Kangaroo Hoppet Shop

(in the auditorium beside the Mt Beauty Visitor Information Centre)

Opening Times:	Friday, 19 th August	4 – 6pm
	Sat, 20 th – Thurs, 25 th	2 – 6pm
	Friday, 26 th	9am – midnight
	Saturday, 27 th August	6.30 – 8.30am
		2 – 6pm
	Sunday, 28 th August	9am – 3pm

Call in to check out the 2011 Kangaroo Hoppet merchandise.

BNSC Waxing Clinic

Venue Bob Flower's garage, Simmonds Creek Rd, Tawonga South. Look for Bob's silver Land Rover Discovery parked on the road just before his driveway.

Instructor Alasdair Tutt

Participants BNSC members who are novices at waxing and ski preparation

Time Monday 15th August 7:30pm

The following questions were posed as suggested topics to be covered:

1. Why do you wax your skis?
2. What does it do?
3. How often do you wax?
4. What is the process? (Basic!)
 - a. What wax?
 - b. How much?
 - c. How to apply?
5. What equipment do you need?
6. Choosing the wax
7. Basic care for skis
 - a. How to carry
 - b. How to transport
 - c. How and where to store
8. What problems to look out for with skis, and how to fix.
9. What to do with your skis at the end of winter? At the beginning of winter?

Birkebeiner S&R, Bush Search and Rescue Victoria

Retirement of Jim Crebbin (one of the original 1982 Birkebeiner S&R Group)

Jim has retired from our S&R group after 29 years of very active service. Jim's knowledge of the Bogong, Hotham and Falls Creek mountains is legendary. His skills and fitness in search situations invaluable. His friendly, inclusive leadership has been highly appreciated by S&R members and all who associated with Jim. Thanks Jim.

Membership and Training

The Birkebeiner Search and Rescue Group has another new member, Martin Eriksson, who is teaching at Bogong Outdoor Education Centre

This brings the number of members in the group to 27.

This year Ian Franzke and David Panozzo attended the Steep Snow and Ice Training session at Mt Stirling

New Callout Procedures

All Birkie members will now receive SMS, telephone and email alerts regarding search callouts throughout Victoria.

Until recently our S&R group was alerted for searches in the North East of Victoria only.

Searchers who are interested in attending a callout respond as appropriate to the message AND should now call the club contact (listed in order below). The contact will coordinate a suitable meeting place and time, coordinate transport and collect radios, GPS and other required equipment from the Mt Beauty Police Station.

The Convener of Bush Search and Rescue Victoria requested an updated membership list with more specific criteria about each searcher. This information has been forwarded to Melbourne. Please keep us updated if your phone or email address changes.

Birkebeiner Club Contacts are:

Philip Evans	57544086	0431 700 921
Bill Little	57544174	0448 914 036
Jim Gargan	57541785	0409 493 202
David Panozzo	57544762	0401 021 346
Rob Boland	57544825	0419 622 003

Club Delegate Vacancy

Our Club will need a new S&R Delegate (coordinator) as from the next annual meeting in May 2012. I am retiring from the delegate position after first joining the search group in 1982 and holding the delegate and S&R Coordinator for 16 years. The main tasks for our new delegate will be:

Receiving Newsletters, agendas and minutes of meetings from BSAR

Coordinating our group for searches and training

Updating the membership list

Presenting our annual report

The club delegate does not need to be an active searcher and does not need to be a club contact.

If you would like to know more about this role please telephone me.

Philip Evans S&R Delegate

Volunteers Thank You

The Race Committee would like to thank all those Club members who volunteered to help the Race Committee conduct cross country ski races during July.

The Race Committee is a small but very active and effective sub-committee and during July it conducted four race days – the Birkebeiner Classic on Saturday 9th July, the Ski de Femme races on Sunday 10th July and the Australia XC Ski Championships on Saturday 23 and Sunday 24th July.

The very generous support from Club volunteers, along with many volunteers from outside the Club,

helped to make all four races very successful.

The Race Committee will be conducting the Rocky Valley Rush and Sun Valley Ramble on Sunday 20th August starting at 10.00 am – which is the Sunday before the Hoppet.

The Race Committee is very confident that once again Club members, and others, will volunteer to help the Race Committee conduct this event. If you would like to help please phone me on 57544910 or email me at brian-keeble@bigpond.com

Brian Keeble
BNSC Race Committee

Club Calendar

Day	Start	Event	Location	Contact	Number
August					
Sat 6	10:30am	Instruction Clinic Skating Int+	Falls Creek	Windy Corner	03 5758 3408
Sat 20	10:30am	Junior Joey Series 3	Falls Creek	Jenny Kromar	0439 999 788
Sat 20	10:30am	Instruction Clinic Skating Int+	Falls Creek	Windy Corner	03 5758 3408
Sun 21	10:00am	RV Rush, Sun Valley Ramble	Falls Creek	J Bottomley	03 5754 1101
Thur 25	6:00 pm	Falls Creek Night Sprints	Falls Creek	Race Secretary	03 5754 1045
Sat 27	9:30 am	Kangaroo Hoppet (F) 42km	Falls Creek	Race Secretary	03 5754 1045
Sat 27	9:30 am	Australian Birkebeiner (F)21km	Falls Creek	Race Secretary	03 5754 1045
Sat 27	9:30 am	Joey Hoppet (F) 7km	Falls Creek	Race Secretary	03 5754 1045

This will be added to as dates are known.

The Race Calendar is available at <http://ausxc.com/> and at <http://birkebeiner.org.au>

Closing date for the Kangaroo Hoppet Saturday August 13th.

Late entry fees apply from August 14, and late entries start at the back of the field.

Enter online at <http://www.hoppet.com.au>

Free club coaching sessions: One left, Saturdays 20th Aug, 10.30 - 12.30 Skating (intermediate and above).

"These sessions are FREE to members. Remember you must book with Windy Corner 5758 3408 by 4pm the day before"

Junior Joey and Junior Birkies

Junior Joys - only two sessions left, Sat 20 Aug and Sunday 4 Sept, from 10.30 in the Nordic Bowl. For ore information go to <http://birkebeiner.org.au/programs/junior-joey/>

Junior Birkie Coaching Sessions

Every Sunday until the Hoppet.

Time: 10am to 12 noon. Meet at the Clubhouse at 9:45am.

Who is it for? - 1. Students in years 7 & 8. and 2. Junior Joey's who are keen to move up and are in grade 5 and above. If you want to have fun, meet other keen skiers and improve your cross country racing skills then these sessions are for you.

Drinks and snacks provided.

Free for Club juniors.

A season program is available at the Clubhouse.

Contact - Ronice Goebel: Tel: 5754 4910, Mob: 0409 332 642, and Email:

<ronice_goebel@hotmail.com>
