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# BIRKEBEINER BULLETIN



Volume 34  
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June 2011

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**Official newsletter of the Birkebeiner Nordic Ski Club**

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57544174

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## **From the new President**

Welcome to winter 2011, with an especially warm welcome to our new members, from the new president. Let's hope the season starts early as predicted.

Thank you, Jim Gargan, our retiring president, for your fine leadership over the last 3 years. Jim tells me he won't be resting. He has some great ideas for member activities that we would like to develop this winter. So watch out for coming events on the website.

Our new Social Secretary, Kerry Lucas, is planning some exciting social events for this winter, kicking off with the popular Annual Casserole Dinner later this month. I hope to see you there. See article for details. A little about me... I am a founding member (the first meeting was held in our lounge room), a past secretary, newsletter editor, race secretary and club rep on the Hoppet Board. Currently I am the Race Secretary for the Hoppet.

I look forward to meeting and getting to know you all this winter. Please introduce yourself if you see me in the clubhouse or on the snow.

Best wishes

Helen

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## **ANNUAL CASSEROLE DINNER**

6.30 pm Saturday 25<sup>th</sup> June 2011

**Mt Beauty Bush Lodge, Mountain Creek Road**

BYO Drinks and Glasses

Bring food to share (singles - a casserole, families - casserole and dessert)

### **What's on?**

Second hand equipment sale(bring it along, someone may buy it). Videos for the kids

Lots of talk, It's a great night to meet members & get fired up for the coming season.

New & old members most welcome. The Ian Ryan Award will be presented as well as any life memberships and appreciation certificates. Ian Franzke will present a talk on his ski tour on the Spitsbergen Islands off the coast of Norway.

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## **2011 BNSC MID SEASON DINNER**

Thursday July 28th, 7:00 pm at ROI'S in Tawonga

For \$25 you will get a delicious 2 course dinner. Drinks at the bar. BNSC is subsidising our meal at \$10 each.

There will be some choice on the set menu and vegetarians and others can be catered for.

The midseason dinner is a great chance to meet your ski buddies off the snow and leave the home fires burning mid winter.

RSVP before 25th July to Kerry on 0407814114 (text or message) or email [km.lucas2bigpond.com.au](mailto:km.lucas2bigpond.com.au).

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## **Australian Ski and Snowboard Awards 2011**

The 2011 Suzuki Australian Ski & Snowboard Awards were held at the Royce Hotel in Melbourne on Thursday April 28. The cross country award winners were:

Athlete of the Year - Esther Bottomley

Junior Athlete of the Year - Phillip Bellingham

Outstanding Achievement - Callum Watson

Rising Star - Lucy Glanville

Coach of the Year - Finn Marsland

Development Coach of the Year - Jean-Claude Legras

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## Report from the Race Committee

This year the Race Committee will conduct the following races,

Sat 9 <sup>th</sup> July	Birkebeiner Classic
Sun 10 <sup>th</sup> July	Ski de Femme
Sat 23 <sup>rd</sup> July	Australian Sprint Championships
Sun 24 <sup>th</sup> July	Australian Distance Championships
Sun 21 <sup>st</sup> August	Rocky Valley Rush and Sun Valley Ramble

If any Club member would like to volunteer to help the Race Committee conduct one or more of these events then please contact either Judy Bottomley (57541101), Bill Little (57544174) or Brian Keeble (57544910). All volunteers are welcome even if you have never volunteered to help conduct races before. The Race Committee is full of very experienced volunteers who are only too willing to pass on their skills to first time volunteers.



### Shed Extension

The door on the skidoo shed has been moved to accommodate the larger Bearcat. Since this photo was taken there has been more flashing put on, the missing cedar weatherboards replaced and the extension lined. As soon as there is snow on the ground the new machine will be shifted up the hill. The old machine has been donated to the Falls Creek SES. To enable us to do the extension I winched it out into the creek in front of the shed. It did look rather forlorn for a while sitting there with water running under it.

*Bill Little*

## 2010/11 Social Secretary's Report

The social events for the year 2010/2011 were well attended. The organised events offered an opportunity for members who have a shared enjoyment of cross country skiing and the mountains in winter to get together off the snow, to meet each other over a meal, a cuppa or vino. They also created an opportunity to publically recognise the efforts of members in various ways such as the Ian Ryan Award and Life Memberships. Another highlight has been the slide presentations by members, at dinners of amazing expeditions in faraway places of interest.

The social events run in the past year have been

Annual Casserole Dinner (2010 presentation took us to the Zanskar in Ladakh, Kashmir)

The Ian Ryan Award was presented to Jenny and Bob Flower

The mid season dinner was at Rois

The end of year BBQ was in November.

It is anticipated that tradition will see the same events scheduled. A new social secretary may have some other ideas.

I recommend a small committee be established again.

*Ronice Goebel*

*18 May 2011*

## Report from Phillip Bellingham

On the 23<sup>rd</sup> of November I left Australia headed for Lake Tahoe in California. I was once again accompanied by the one and only Paul Kovacs, we had a place arranged to stay with a generous family called the McElraveys whom Tutty also stayed with last year for a few weeks. We based ourselves here for around a month, it was a great set up to do a quality training block as we were at fairly high altitude, similar to falls creek, we had access to a car, we were getting awesome food served up for us and the trails were literally 15 meters away out the back door.

While based in America Paul and I raced a number of small club/local/citizen races to put us in good form for the racing to come... Within the month in America we made a quick trip up to Silver Star in Canada for a Continental Cup race so we could gain better FIS points. There was two days of racing, a sprint and a 15km skate, while FIS points weren't very good I was still able to get a good result in the U/20's qualifying 9<sup>th</sup> in the sprint and 11<sup>th</sup> in the distance.

Around Christmas time Paul and I parted ways, Paul went up to Royal George to coach the Vic XC ski team and I left to Europe to join up with the rest of the Aus ski team. I first landed in Switzerland where I had only around 4/5 days to settle in before the first races which were a Swiss Cup. I was happy with the way I raced this weekend as I qualified in 13<sup>th</sup> for the classic sprint and then went on the next day to achieve my best FIS points of 150. The team then travelled north into the Czech Republic for another Continental Cup race, which was in some of the more filthy conditions I have ever skied in as rain destroyed any of the good snow which was left. I had varied results this weekend as I qualified for sprint finals which I was quite happy with although, I did get knocked out first round, then I had one of my worse skis in the 20km pursuit, feeling quite flat, almost coming last gaining myself some terrible FIS points. On the last day I went in thinking it could go even worse than the day before but skied in well and came home quite strongly in the second half of the race to gain some much better FIS points, not sure exactly what I came in this race... Heading south now for German Nationals, conditions hadn't improved and rain had washed away pretty much all the natural snow. This weekend held two distance races, a 10km skate and a 15km classic, in both races I finished in around 15<sup>th</sup>, but in the classic I lowered my FIS points again getting 147 bringing me slowly closer to the goal of one day racing World Cup. Robert Jones provided the entertainment for the weekend with a crash that took out another competitor before going over a fence and nearly landing in a damn, he was taken away in a skidoo which then rolled and landed on his legs, finally he made it to an ambulance then a hospital. All in all he was fine so we can laugh about it now! I spent one more week in Europe training before I left for Turkey to race at World University games.

Arriving in Turkey was the biggest shemozzle ever, it felt like they had just decided to run the event the week before. Each day we had to travel between 45mins to 1 an half hours, depending on the bus driver to get to the course. The course was a snake of manmade snow winding through the desert, despite first thoughts and the super high altitude it was a fairly nice course to ski. I didn't have the best luck going into the first few races as I got a case of food poisoning the night of the opening ceremony, right before the 10km classic. After starting the race I soon realised I shouldn't have due to how badly I was feeling, and my performance matched this. The next day was a sprint and I wasn't affected so badly, I was quite happy to finish around 50<sup>th</sup>. After a rest day and some recuperation I was feeling pretty good going into the 15km pursuit, this was one of my better races for the week, I was able to stick with the pack for a while before dropping off, I then tried to ski on Ewan Watson for a while whom was setting a good pace. By the end of the skate leg I was starting to feel quite tired but was given was coke in the feed station and was able to pick up and make some positions back, to end up around 47ish. The next day was a mixed team sprint, I was racing with Georgia Merrit, this was the first time I had ever raced one of these and it was one of the hardest races I have ever done, Georgia raced well and we finished inside the top 30. Two days later was the 30km skate. This was a race I wasn't looking forward to as I only go worse as the races get longer. I made sure I was getting fed Gatorade and Coke at the feed stations to avoid folding mid race, I honestly thought I was going to get lapped mid race and get pulled from the course but luckily enough I could hold them off until the finish line, not sure of the placing for this race.

I would really like to thank the Birkebeiner Nordic ski club for their support and efforts towards my 2010/2011 overseas ski trip as I had a great time and skied quite well, I appreciate it very much!

## Report from Alasdair Tutt

On the 21st of December, about 10 athletes and our coach JC Legras said farewell to our families for 6 weeks as we entered the security gates at Melbourne Airport. This was a new experience for many of us, travelling overseas without our families, to a place better known for its fast food chains than its cross country skiing. I had the fortunate opportunity to travel to our destination (Lake Tahoe Area, California/ Nevada) the year before, by myself, where I was utterly stunned by the generosity of the skiing community in Tahoe and their willingness to put up with me for three weeks (Thanks to the McElravey family). Back on track, for six weeks we trained and raced against some of the USA's finest junior skiers, teams that we trained with were: Sugar Bowl Academy, Far West Junior/ Development Race Team and the Far West Farm Team. During those sessions, our focus was to build up base fitness and technique, and to get lots of time on excellent quality snow, of which 2-3 metres well and truly sufficed.

My personal goals were to build up an aerobic base that would assist me maintain my fitness over autumn due to my rather heavy working, albeit hugely rewarding gap year position at Bogong Outdoor Education Centre, to improve my technique and to gather further experience in independent travel overseas before tackling Europe next summer.

During this trip, I competed in about half a dozen races, most of which were club and regional level competitions, all distance races (California isn't the ideal place to become an excellent sprint skier) and ranging between 5 and 26 kilometres. Despite training well over 20 hours a week and lacking race specific training, I was very satisfied with my placings, especially coming 13th Overall in the 26km Classic Race of the Tahoe Rim Tour, spot on 10% behind the winner Elias Bucher, who a few of the Senior Team may know from Switzerland.



All in all it was a fantastic trip that I hope will be repeated in the future, with everything from hiking to mountaineering to that evil step-sister of nordic skiing, downhill skiing involved. It wouldn't have been possible without the financial support of the Birkebeiner Ski Club, the permission and "taxi driving" skills of my parents and Ronice and JC's enthusiasm and passion for the development of Australian Cross Country Skiing.

## Birkebeiner Bargains

30<sup>th</sup> Anniversary Memorabilia  
Available at the Casserole Night  
25<sup>th</sup> June, 2011

T-shirts (limited size range) \$5  
Glasses, stubby holders

Birkebeiner Badges (\$4) Beanies (\$6) Special for this night only



## Rock Valley Rush

### History of the Race

This race was started by Helen and Paul L'Huillier and Brian Woinarski (who were members of the Telemark Nordic Ski Club at the time) back in 1976 and was conducted by them again in 1977. It was conducted in the 'classical style' (in that skating technique was as yet unknown).

The race was taken over by Chis Hellerud and Wally Wagner (VSA XC Committee) and gained sponsorship from Moloney's Ski Hire of Falls Creek (where Gebi's Ski Hire is now located) from 1978 to the early 1980's. The VSA XC Committee under the leadership of John Aitken continued the running of the race until 1987 with the Telemark Nordic Ski Club taking over the race in 1988. It conducted the race on a regular basis for the following 16 years. The last race was conducted by Telemark NSC in 2004. Due to lack of support within a dwindling Telemark NSC membership the race was cancelled in 2005.

The race was changed from classical style to freestyle in the early 1990's.

Until it was cancelled in 2005, the '**Rush**' was conducted on the weekend before the Kangaroo Hoppet. In 2008 the Birkebeiner Race Committee decided to conduct an event in its place on the weekend prior to the Hoppet. This race was called the Wallaby (15km) and Wombat (7.5km) and was to be held every second year as the National Championships would be held on alternative years. Some members of the race committee wanted to see the tradition of the '**Rush**' on this weekend reinstated and hence each alternative year starting in 2011 the club will conduct the *Rocky Valley Rush* (15km F) and the *Sun Valley Ramble* (7.5km F) at Falls Creek.

The **2011 'Rush'** will be held on Sunday 21st August at Falls Creek starting at 10am. It will be held using the Freestyle technique. For more information contact the Race Secretary: (03) 5754 1045.



Birkebeiner Nordic Ski Club Inc.  
**Annual Financial Summary**  
For the year ending 30th April 2011

**Overview of year**

**Net Worth of Club** — **\$59,538.31** after a Profit/Surplus of \$7,831.80. The Club doesn't own the Clubhouse.

**Total Income** — Actual: **\$27,060.44** (2009/10 \$20,608). Budget: **\$16,140**.

**Total Expenses** — Actual: **\$15,552.27** (2009/10 \$18,181) Budget: **\$16,700** (not including depreciation of Fixed Assets).

**Profit/Surplus** for the year was **\$7,831.80**. This was after the Club paid out \$7,000.00 for athlete/coaches grants (the most ever donated). The one-off Alpine Shire grant (\$5,000) and Kangaroo Hoppet donation (\$5,310) for the Snowmobile is reflected in the surplus figure.

**Memberships** — Actual: **\$4,698.29** (2009/10 \$5,232).

**Activenet** — Using this business to look after our Online Membership payments has been a good decision. Hoppet uses them also.

**Cheque Account** balance **\$7,072.46**— Two *Investment Accounts* total **\$27,560.27**. Total Cash at Bank = **\$34,632.73** (2009/10 \$43,191).

**Depreciation Expense** of **\$3,626.37** was brought to account at year end. This was calculated as 10% of Fixed Asset value. It's brought to account to better reflect the Net Worth of the Club. In future years this depreciation expense will be calculated on the '*written down value*' of the Fixed Assets i.e. after depreciation has been deducted.

**Hoppet Management Fee** — **\$5,596.00** (2009/10 \$5,172). A new three year agreement has been signed between the Club and Hoppet.

**Race & Junior Camp Revenue** — This was down on past years due to the cancellation of the Club's *Ski de Femme/ Birkebeiner Classic* weekend. The *Junior development camp* was also cancelled due to lack of snow.

**Birkebeiner Bulletin** — With the Bulletin going on-line from this year it is anticipated that the expenses associated with its production and distribution will drop by ~\$850.00.

**New capital purchases**

An Arctic Cat Snowmobile was purchased at a cost of **\$15,620.00** with the help of funds from Alpine Shire and Kangaroo. The Clubhouse snowmobile shed needs to be extended to accommodate the new 'Cat'. The work team have a \$1,000.00 budget to get the job done. The old snowmobile has been written off.

Vee Boards — Together with Hoppet the Club contributed 50% of the cost of these professional course marking boards to the value of **\$4,468.47**.

Paul L'Huillier  
Treasurer  
(18 May 2011)

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## 2011 AGM Membership Report

There are 209 members who are part of 75 *family memberships* (209 members in the 75 families), 39 *senior memberships*, 4 *junior memberships*, 7 *life members*, 1 *associate member*, 5 *club memberships* and 5 *S&R memberships*. The breakdown of the family memberships is not easy to obtain. I print 83 copies of the newsletter, 37 of these are local postcodes and 38 are remote from here postcodes. The rest of the members get their newsletter from birkebeiner.org.au.

Reminder notices from Active network should go out 1 week before 1/6/2011. I am endeavouring to get the distribution of the newsletter to electronic, getting people to opt in to receive a posted copy. So far no-one has done so.

Bill Little – Membership Secretary  
18 May 2011

# Birkebeiner Nordic Ski Club

## Search and Rescue Annual Report 2011

### Membership

Our club has 26 members which includes 2 Field Officers, one Police Liaison Officer and two members who act as Club Contacts but no longer active in the search field.

Club Contacts are: Philip Evans, Bill Little, Jim Gargan, David Panozzo and Rob Boland.

### Training

Bush Search and Rescue Victoria is currently developing new policies and guidelines for appropriate training for BSAR members.

In 2010 two of our members attended BSAR training weekends.

### Training dates for 2011

- 26 June 2011 Steep snow & ice dryland training, Surrey Hills Scout Hall 909 Riversdale Road Surrey Hills 10am - 3pm
  - 9-10 July 2011 Steep snow & ice training, Mt Stirling
- 19-20 November Training weekend for all current and prospective BSAR members. Format will be a GPS Rogaine and skills workshops over two days.

### Callouts

Our S&R group has not been called out in 2011 (as at 14<sup>th</sup> May). Melbourne Clubs have had several callouts with North-East Clubs on standby.

Thank you to all our volunteer members

Philip Evans  
Club Delegate  
18 May 2011

## Level 1 Coaching Course – June 25/26

A *Level 1 Cross Country Skiing Coaching Course* will be held in Canberra on the weekend of June 25/26, 2011. The 2-day course is designed to educate coaches about how to train skiers for competition at junior or beginner levels.

In addition to the weekend course the Level 1 Coach will need to complete the ASC on-line Beginning Coaching General Principles course at <http://www.ausport.gov.au/participating/coaches/education/onlinecoach> and to demonstrate their coaching competency in different areas. An accredited Level 1 Coach should be able to:

- Plan and review coaching sessions for beginner level athletes
- Conduct appropriate on-snow and dryland training sessions
- Plan, implement and review an Australian season training program
- Apply basic conditioning principles when developing training plans and conducting training sessions
- Provide advice to athletes and parents on the selection and maintenance of XC skiing equipment
- Provide basic waxing support at club or state level competition
- Provide appropriate advice to athletes regarding nutrition and fluid intake
- Identify, demonstrate and teach cross country skiing techniques at a basic level
- Provide athletes with advice with goal setting and mental training strategies
- Implement and review race preparation strategies
- Advise athletes and parents on competition rules



The cost of the course is \$250 and covers administration, presenter fees and some resource material. For more information and application forms prospective coaches should contact — **Finn Marsland on 0408147940 or via finn.marsland@gmail.com.**

## 2011 – Junior Joey Program

The aim of the Junior Joey program is to provide young children with a positive cross country experience where participation and fun are the main elements.

The **2011 dates are:** Sunday 3 July, Sunday 31 July, Saturday 20 August and Sunday 4 September. Sessions start at 10:30am in the Nordic Bowl at Falls Creek.

These events are run by parents and usually involve such activities as: novelty races, bumps and jumps, fun games and activities, snowgaines and family dress-up days. The juniors then progress on to the *Junior Birkie Program* - which gives the children an opportunity to improve technique and further develop their personal skiing skills.

### Contact – Jenny Kromar

Mob: 0439 999788

Email: <jennykromar@yahoo.com.au>



## CLINICS FOR MASTERS SKIERS (different to club coaching days)

So when did you last treat yourself to some coaching? Do you want to improve your time at the Hoppet? Want to be a tad more competitive? Hoping to do some overseas Loppets?

Fitness is part of the answer, but improving your technique can make it easier (since when is skiing up the Paralyser easy).

August Teague will be coaching on our Vic Junior camp in school holidays. I have organised for him to run the following sessions.

This is a rare opportunity to sharpen up early in the season and get some expert coaching from “August Teague”, a visiting coach from the USA. August is up to date and able to analyse and give individual feedback.

August is in Mount Beauty for most of July. The juniors that went to California last Christmas will vouch for his skill as a coach.

BNSC is organising the following clinics at falls creek. Group size is 4 to 7

Cost: \$40 for each session.

Bookings and enquiries will be taken by Ronice 57544910

3 SUN JULY	Coaches clinic	1.00-4.00	FOR CLUB COACHES AND SKI DE FEMME VOLUNTEER COACHES
9 SAT	Birkie Classic Masters Clinic	2.00 -4.30	CLASSIC
10 SUN	Ski de Femme Masters Clinic	1.00 – 3.30	SKATING FOR THE MEN
16 SAT	Masters Clinic	2.00-4.30	SKATING
17 SUN	Masters Clinic	1.30-4.00	SKATING

## Report From Nick Grimmer

Famous in Norway

Qualifying for the World Championships in your first race is a great feeling. I left for Europe not qualified to race World Cup or at the World Championships, however, by the end of the second week I was not only qualified for World Champs but I was racing in both a sprint and distance World Cup in Davos.

Davos is a great town. This trip, I was there for three weeks but over my time in the sport I have spent many months getting to know the place. The World Cup course which I was racing this last summer is different from other World Cup course or even other international race courses. It is a 5km loop with the first 2.5km being different forms of up and the second half being different forms of down. I started towards the end of the field around 35 seconds before Dario Cologna came through on his second lap. I started strong and was able to hold Dario off until the 3.5km mark. The rest of that lap and the second lap were really positive and gave me a lot of confidence for the rest of the season. The third lap I slowed but will always remember cresting the last hill before going into the stadium late in the afternoon with the sun setting over the Swiss Alps and an enthusiastic crowd cheering me into the finish.

From Davos, I and my fellow travellers headed first to St Ulrich in Austria and then back to Campra in Switzerland. A side trip from Campra took me to the alpine resort of Adelboden for one of my favourite races, the Adelboden Night Sprints. This race involves racing 10 seconds down the main street turning around a poll and racing 10 seconds back up to the finish. It involves two people racing side by side and turning around separate polls as more than one thousand people cheer you on (and I think secretly hope you crash). This race has great atmosphere and is raced differently from all other races. In your head all you are thinking is *faster, faster, faster*. You don't have time to look and see where the other person is, you just turn over as quick as you can and hope for the best. The top 12 in the qualifying go through to the finals while those not in the top 12 race a repechage for the places 12-16. In the past I have been outside the top 12 and have enjoyed the repechage but this year I qualified directly to the top 12. I then won my first sprint and lost the second which still had me walking away with 100 swiss francs prize money which compared to the winner who won 2500 swiss francs it seems small but for me it more than made my night.

Germany and Italy dominated the next period of the trip before I headed to Norway for the World Championships. Learning from my last World Champs in 2009 I put in place a peaking plan that worked perfectly. I woke up the day of my first race feeling perfect. I wasn't fatigued or lethargic, I felt full of energy and when asked what my legs were I could accurately reply 'Steel Springs'. The first race was a ten kilometre followed the next day by a sprint. In both races I felt great, I recovered well, held my technique together and was happy with every section of each event, with one exception. In the sprint race I pulled up just before the line, I didn't race across or lunge my foot across. As soon as I finished I realised this small mistake and looking at the results I was less than a second of at least one more place.

I also raced in the 30km pursuit which made clear to me my popularity in Norway. The course went out into the forest where tens of thousands of people had camped out to watch the races. As I rounded two separate corners I heard the crowd start chanting 'Grimmer, Grimmer, Grimmer.' I looked around for my Dad, not seeing him I realised they were cheering for me! Considering the hill I was climbing and the state of my legs, this support picked me right up and threw me up the rest of the hill. Unfortunately I was not able to turn this popularity into greater sponsorship as it appeared these crowds cheered for all Australian and other competitors by name.

All in the all the entire trip was a great success. A success that is hard to achieve without the support of such institutes as the Birkebeiner Nordic Ski Club and the community surrounding Mount Beauty and Falls Creek. For this, I will always be grateful.

## Birkebeiner Nordic Ski Club 2010/2011 President's Report

As usual a lot happened last year with very little input from myself.

The 20<sup>th</sup> Hoppet was a great success not only because of the weather but because of the marvellous job done by Allan Marsland, Helen L'Huillier, all those on the Hoppet Race Committee and Hoppet Board and the massive amount of support from BNSC members and others in the XC community and the local community. The Hoppet is an important fund raiser for BNSC that allows us to conduct many of our programs for members but it is also a significant event for the whole XC community in Australia and internationally.

The Race Committee was responsible for organising and conducting National Championship events at Falls Creek, again a significant contribution to local and national XC skiing. Brian Keeble does a tremendous amount of work with the rest of the Race Committee to ensure races are conducted at the highest possible standard. Thanks to Jude Bottomley for still being the Race Secretary, Bill Little for running the Timing and all those with any involvement in the races.

The Junior Committee ran a program of Junior Joey events at Falls Creek. Programs such as this are essential to the future of XC skiing. Junior skiers competing interstate were also subsidised by the club.

There was the series of four Club Instruction days conducted in conjunction with Falls Creek Nordic Ski School at Windy Corner. Skating seems to be the technique of choice for this program and perhaps next year there may be more skating sessions and fewer classic sessions.

Our regular round of Social Events was organised by the Social Committee (I think that means Ronice.)

And of course most of these activities are based out of the Clubhouse. The Clubhouse is also an essential part of the club not only as an activity base but as an important social meeting place and skiing base for all club members. Thanks to the Clubhouse Committee for keeping it stocked, clean and functioning.

BNSC was also make significant contributions to athletes participating in International events overseas with 8 athletes sharing \$6000 in grants from the club and another \$1000 being granted to the Vic Junior Squad's trip to USA.

BNSC members also play a significant part in XC skiing in Victoria, Australia and internationally. Ronice Gobel manages the Vic Junior Squad, Allan Marsland not only works tirelessly for the Hoppet but also in State and National XC Committees, Finn Marsland chases athletes all over the world.

None of it would happen without the people willing to put in a bit of time and effort as Committee members. Thank you all, but especially Trish as Secretary and Paul as Treasurer.

Finally congratulations to Esther Bottomley for Winning the Hoppet, Phillip Bellingham for being awarded XC Junior Skier of the Year and to every member that went in a race, supported an event by volunteering, participated in a Club program or just was able to get out for a good ski.

*Jim Gargan*

*President*

*18 May 2011*

### **Membership and Newsletter**

You all should get an email in the first week of June reminding you to update your membership. When entering family details on the Active Network web site, I have found that it is much easier if the primary member of a family membership has an email address that is different from all the other members of the family. It is much easier to log on and change details if the primary member has a unique email address. Don't forget to log on to <http://www.birkebeiner.org.au> and scroll down about a third of the way and register for notifications of updates, like a new newsletter and other important notifications. The plan is for all newsletters to be distributed via this method from now on.

# Birkebeiner Nordic Ski Club

## 2010/11 Race Committee Report

### **2010 BNSC Race Committee.**

The 2010 BNSC Race Committee was convened by Bill Little and included, Judy Bottomley, Brian Keeble, Finn Marsland, Paul L'Huillier and Jim Gargan.

The Race Committee was due to conduct the Birkebeiner Classic (3<sup>rd</sup> July) and the Ski de Femme (4<sup>th</sup> July) but these events were cancelled due to poor snow cover.

Individual members of the Race Committee helped Wangaratta Ski Club conduct the Victorian Junior Championships at Falls Creek on the 17<sup>th</sup> & 18<sup>th</sup> July and also helped a Skiing Australia Cross Country group (coordinated by Ben Derrick and Finn Marsland) conduct National and State Championship races at Falls Creek on the 30<sup>th</sup> & 31<sup>st</sup> July.

The Race Committee did conduct the Australian Championships on 21<sup>st</sup> & 22<sup>nd</sup> August. The two day event was a great success and once again demonstrated that the Race Committee is capable of conducting high quality cross country ski races.

### **2010 Hoppet Race Committee**

The Kangaroo Hoppet Board (KHB) contracts (for a fee) the BNSC to run the Kangaroo Hoppet. The BNSC in turn appoints the Hoppet Race Committee (HRC). Some members of the BNSC Race Committee are also members of the HRC

This year the HRC conducted a very successful Kangaroo Hoppet, Australian Birkebeiner and Joey Hoppet at Falls Creek on Sat 28<sup>th</sup> August.

### **Finances.**

The BNSC Race Committee and Hoppet Race Committee use the same facilities to conduct their events and share in the cost of maintaining the facility, the equipment and the clubs skidoo. Who pays for what sometimes gets a little blurred.

With this in mind the overall finances of both the Race Committee and the Hoppet Race Committee should be seen as one income. The aim of these two race committees should be to become and stay self funding. They should not to be a drain on the general finances of the Club. In other words, the income from these two committees should cover all the expenditure on race related items.

### **4.0 Skidoo**

The BNSC has a new skidoo. The purchase price was \$15,620 and it was paid for via a \$5000 grant from The Alpine Shire, \$5000 from the Hoppet Board and \$5620 from the BNSC Committee. The Race Committee would like to thank Bob Flower (with some help from Allan Marsland) for writing the grant submission to the Alpine Shire, the Kangaroo Hoppet Board for agreeing to help fund the purchase and the BNSC Committee for picking up the balance of the purchase price and for agreeing to fund the annual running, maintenance, registration and insurance costs. The machine is now registered and insurance is underway

XC Trail Development.

The BNSC has appointed a sub-committee (Paul L'Huillier, Ken Harvey and Brian Keeble) to liaise with the Falls Creek Resort Management (FCRM) about the development of both existing and new XC trails at Falls Creek. It is proposed that the sub-committee will work with staff at Falls Creek on the summer works program via a number of working bees

### **Falls Creek XC Advisory Committee.**

The Falls Creek XC Advisory Committee has been operating for a number of years. The membership of this committee does not have a specific BNSC Committee member - even though there are BNSC members on that advisory committee in other positions. However, the Advisory Committee has now agreed to create a specific BNSC position on their committee and the BNSC has appointed Brian Keeble to that position.

### **Race Program for 2011**

This year the Race Committee will conduct the following program

Sat 9<sup>th</sup> July            Birkebeiner Classic

Sun 10<sup>th</sup> July                Ski de Femme  
Sat 23<sup>rd</sup> July                Australian Sprint Championships  
Sun 24<sup>th</sup> July                Australian Distance Championships  
Sun 21<sup>st</sup> August   Rocky Valley Rush and Sun Valley Ramble  
And the Hoppet Race Committee will conduct the 2011 Kangaroo Hoppet, Australian Birkebeiner and Joey Hoppet on Sat 27<sup>th</sup> August.  
*Brian Keeble*  
*BNSC Race Committee*  
*May, 2011.*

## **Report From Linky Grimmer**

After I returned from my overseas trip many people asked me if I had fun. It was an interesting question as I had just spent three and a half months travelling to ski resorts all over Europe which most people would think of as entirely enjoyable. And I must say that whilst I would not have described it as 'fun', I feel that I was very lucky and privileged to have been able to do this. If given this opportunity again there is no way that I would not do it once more.

I left Australia at the end of November feeling like I had done everything I possibly could to ensure that I was the fittest and strongest I could be. Landing in Switzerland with snow on the ground and ready to ski was a fantastic start to the season, and I was definitely in the mood to start the ball rolling. The racing started that first weekend and went consistently for nine weeks. It was quite a ride, and there were some fabulous highs and some very frustrating experiences (and the occasional tears in the bathroom). I was attempting to qualify for the World Championships to be held in Oslo. This was also going to be a difficult task but when I left for the trip I knew that I was not unrealistic to aim for them. Not qualifying in the first nine weeks was somewhat disappointing. The result that got me the closest to the qualifying standard was at German National Championships in the pouring rain on snow that makes late September at Falls Creek look like deepest, darkest winter. Calculating the way that points are awarded I worked out I was about 12 seconds to slow over 5km. In hindsight you always wonder if you had known that at the time whether you could have found somehow found that time, gotten lower on the downhills, pushed harder, taken a corner better. But, in reality you were doing the absolute best you could at the time. Racing a mixture of OPA Cup, Swiss Cup, and German and Swiss Nationals was definitely a much bigger deal than anything encountered in Australia. Being around so many quality competitors gave me quite a nervous buzz. Travelling up to Norway for the last chance to qualify in the lead up to world champs was a great experience. A less great experience was not qualifying and boarding a bus to Sweden whilst leaving my wonderful (qualified) husband in Oslo to race. Whilst making world champs was a focus of the trip, not being there wasn't quite as disappointing as it sounds. It seems a bit odd, but in the weeks that followed I was more disappointed in not actually being able to qualify, rather than missing out on going. In fact the amount of spectators that attended Oslo seemed to be a highlight to many of the other Australian spectators but looking back probably would have had in tears in the bathroom (again).

I must thank the Birkebeiner Ski Club for their generous support in helping me with this trip, the assistance was greatly appreciated. And whilst not ideal, not finishing the season on a high has probably inspired me to keep at it for at least a little while longer.

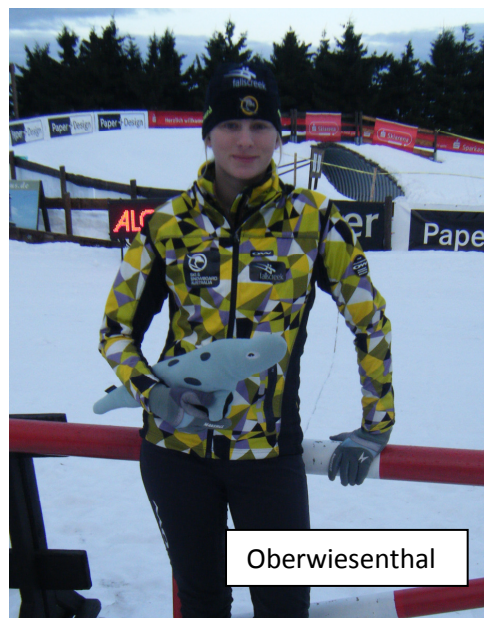


## Anna and Katmandu in Europe 2010-11

My goals for Europe 2010-11 were to train well and to race with the Australian Junior Team in Austria and Germany as well as competing in the Czech National Championships. Katmandu had other ideas... mostly involving Grandma's little Christmas biscuits!

I flew into Prague at the end of November and after a catch up with my grandfather I travelled to the Sumava mountains. I began training with my Czech friends in Vimperk. Every morning we went to school and I practised my Czech, then after an early lunch we went training on the nearby hills.

After a couple of weeks I was feeling pretty good on snow and my Czech coaches decided we could compete at the OPA cup in St Ulrich, Austria. When we arrived I caught up with the Australian team who were also



Oberwiesenthal

racing there. The Alps and scenery were spectacular, but most of the time I had my head down working hard to make it around the very tough course there. There were three big hills there that put the paralysers to shame. I was ecstatic to make the five km loop finishing 50<sup>th</sup> out of 57 in the U20 class.



St Ulrich

I went to visit my Grandmother who lives in the south of Czech for Christmas and that was when Katmandu and I had a bit of a break with the those biscuits....



Jablonec

After Christmas Katmandu and I made our way back to the Sumava mountains for some more training before heading up north to join the Australian team to race in Oberwiesenthal, Germany. We were staying just over the border in Czech at Bozi Dar. The great part about the weekend was



My heros

staying with the Aussies and helping out with some translating for the team. The racing was another thing however. Despite super waxing from Keebs and Fabian I was super slow. I was very overtired and maybe a bit overtrained. I had definitely overeaten along the way. Two weeks later however was the highlight of my trip, racing in the Czech Nationals Juniors at Jablonec where I finished 23<sup>rd</sup> in the classic 7km. I even got a smile from my Czech coaches.

I hope to head back to Europe after I have finished year 12 in November and want to improve my race results. As always I really appreciate all the assistance and support given to me by the Birkies, especially in helping to cover the costs involved in travelling overseas in 2010-11. Their support is and always has been invaluable.

Cheers

Anna Trnka

# BIRKIE JUNIOR DEVELOPMENT CAMP

Tuesday 12<sup>th</sup> – Wednesday 13<sup>th</sup> July

This camp is for you if you are in year 5 to year 8 and want to

- Learn to XC ski
- Improve your XC skiing
- want to ski smoother and faster
- have some fun in the school holidays with other Birkie juniors

The cost will be \$50

Accommodation is at Bogong Outdoor Education Centre for Tuesday night. Parents will need to arrange to meet us at Bogong Village or Falls Creek on Tuesday and the camp will finish at Bogong at 4.00pm on Wednesday.

Meals are provided and the club will provide great instruction. XC Skis can be hired from Mt Beauty Secondary College and transport will be arranged when we know how many juniors are attending. This camp has not run for a few years, so if you want to volunteer to help in any way, please put your hand up! Lots of older juniors and skiers have fond memories of these camps.

Expressions of interest and any questions can be directed to Marg Trnka or Ronice Goebel.

Application forms will be posted on the Birkie website

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## Clubhouse Reminders

With the start of this year's record season rapidly approaching (no harm in being an optimist) here are a few reminders about the clubhouse.

- It's a rubbish free zone. Be prepared to take home any rubbish you create (especially 2<sup>nd</sup> hand nappies).
- After eating, please wipe down the table and wash and put away any cutlery and crockery you use (if you leave a glass in the sink you will be caught and prosecuted to the full extend of the law).
- The Clubhouse is stocked with tea, coffee, hot chocolate, and sugar (you might need to bring fresh milk).
- There is a first aid kit and sunscreen downstairs.
- There are magazines for the big kids and games for the little ones.
- If you have some spare time, feel free to do some vacuuming or a general tidy up (the vacuum cleaner is located around near the games).
- AT ANY TIME OF THE DAY - If you are leaving and no-one else is in the clubhouse please ensure that the Nobo plug-in heater upstairs is turned off and the door is locked.
- AT THE END OF THE DAY - If you think you might be the last person to leave the Clubhouse, please turn off the Nobo plug-in heater upstairs and all lights and make sure the door is locked.

Please notify [Paul Gray](#) (0403 188 481) if we are running short of any supplies, if there are any breakages, or with suggestions to improve our Clubhouse facility.





SKI &  
SNOWBOARD  
AUSTRALIA

AUSTRALIAN CROSS  
COUNTRY SKIING  
2011 RACE CALENDAR



Day	Start	Race	Location	Contact	Contact No.	RACE SECRETARIES
<b>June</b>						<p><b>National &amp; ACT</b> Peter Cunningham 29 Redwood Ave Jerrabomberra ACT 2619 ph (02) 6299 9641 fax (02) 6214 9888 mob 0411 129 363 <a href="mailto:peter.cunningham@countryenergy.com.au">peter.cunningham@countryenergy.com.au</a></p> <p><b>New South Wales</b> Toni Hulme Mob: 0406 420 380 <a href="mailto:sandha@ootushome.com.au">sandha@ootushome.com.au</a></p> <p><b>Victoria</b> Nick Grimmer PO Box 302 Mt Beauty 3699 Ph. 0439988296 <a href="mailto:grimmer.nick@yahoo.com">grimmer.nick@yahoo.com</a></p> <p><b>LEGEND</b> F Freestyle race C Classic Race * Senior Selection ** Junior Selection CC Continental Cup FIS FIS Race # Aust Ski Chase M NSW Masters Series @ Vic. InterClub Challenge Y World Youth Olympics Selection</p> <p><b>ABA Race Secretary</b> Toni Hulme Mob: 0406 420 380 <a href="mailto:sandha@ootushome.com.au">sandha@ootushome.com.au</a> <a href="http://www.biathlon.asn.au">http://www.biathlon.asn.au</a></p> <p>Event details, times and dates may be subject to change without notice. Skiers should confirm details with race organisers. An updated calendar will be posted at <a href="http://ausxc.com/">http://ausxc.com/</a></p>
Sat 11		Lake Mountain Sprint-X	Lake Mtn	Trudi	03 59577204	
<b>July</b>						
Sat 2	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tony Greville	02 4844 5047	
Sun 3	8:30am	Come & Try XC Skiing open day	Perisher	P Cunningham	0411 129 363	
Sun 3	10:30am	Junior Joey Series 1	Falls Creek	Jenny Kromar	0439 999 788	
Sun 3	11:00am	Cooma Clean Out the Cobwebs (F) 5km # M	Perisher	Anthony Evans	0428 484 119	
Sat 9	9:30am	NSW Sprint Champs (F) Open/Jun	Perisher	Toni Hulme	0406 420 380	
Sat 9	10:00am	Birkebeiner Classic 2.5/5/10km # @	Falls Creek	J Bottomley	03 5754 1101	
Sun 10	10:00am	Ski de Femme (F) 1/2.5/5km	Falls Creek	Ronice Goebel	03 5754 4910	
Sun 10	11:00am	Cooma Clean Out the Waxbox (C) 5km # M	Perisher	Anthony Evans	0428 484 119	
Wed 13	1:30pm	Paddy Pallin Junior Shield (C) 0.5/3km	Charl Pass	Rex Cox	02 6457 5223	
Sat 16	10:00am	ACT Distance Champs (C) 2.5/5/10 km M	Perisher	P Cunningham	0411 129 363	
Sat 16	11:00am	Snowgum Wodonga High Plains Tour(F) 2.5/5/10 # @	Falls Creek	Len Budge	0417 352 845	
Sun 17	10:00am	NSW Distance Champs (F) 2.5/5/10/15 km M	Perisher	Toni Hulme	0406 420 380	
Sun 17	11:00am	YMCA Howmans Gap Victorian Relay Championships (C/F) 5/2.5km # @	Falls Creek	Len Budge	0417 352 845	
Sun 17	1:00pm	Lake Mountain Mini Series 1 (F) 0.5/1.5/2.5km	Lake Mtn	Ray Malins	03 9728 1894	
Sat 23	9:30am	Aust Sprint Champ's (C) Open/Jun *** CC FIS Y	Falls Ck	J Bottomley	03 5754 1101	
Sat 23	8:30am	ACT Ski De Femme	Perisher	R Cunningham	02 6299 9641	
Sun 24	10:00am	Aust Open/Jnr 2.5/5/10 (F) *** CC/FIS Y	Falls Ck	J Bottomley	03 5754 1101	
Sun 24	11:00am	Cooma Open (F) 10km # M	Perisher	Anthony Evans	0428 484 119	
Sun 24	11:00am	Inter-schools Classic (C) 0.5/1.5/2.5km	Lake Mtn	Steve Nelson	03 98134860	
Sun 24	1:00pm	Lake Mountain Mini Series 2 (F) 0.5/1.5/2.5km	Lake Mtn	Ray Malins	03 9728 1894	
Sat 30	9:30am	Aust Team Sprint Championships (C) Open/Jun ***	Perisher	P Cunningham	0411 129 363	
Sat 30	9:00am	Victorian Biathlon Championships – Distance (F)	Hotham	Debbie Harmer	02 6059 4379	
Sun 31	10:00am	Aust Open/Junior Pursuit Champs 5/10/20 *** CC	Perisher	Toni Hulme	0406 420 380	
Sun 31	9:00am	Victorian Biathlon Championships – Sprint (F)	Hotham	Debbie Harmer	02 6059 4379	
Sun 31	10:30am	Junior Joey Series 2	Falls Creek	Jenny Kromar	0439 999 788	
Sun 31	11:00am	Bullflight Charge (F) 3.5/8km # @	Lake Mtn	Malachy O'Dolan	0428 880 367	
Sun 31	1:00pm	Lake Mountain Mini Series 3 (F) 0.5/1.5/2.5km	Lake Mtn	Malachy O'Dolan	0428 880 367	
<b>August</b>						
Sat 6	10:00am	KCros Tour (C) 12km # M	Smiggin Hole	W McCourt	0418 335781	
Sat 6	10:10am	KCros Tour Juniors (C) 4km #	Smiggin Hole	W McCourt	0418 335781	
Sat 6	11:00am	Hotham to Dinner Plain (F) 12km # @	Hotham	Mick Sinclair	0408 127 325	
Sun 7	11:00am	City Tatts Nottage Int. Boonoon Open (C/F) 5km # M	Perisher	Carl Melvey	02 9130 3309	
Sun 7		Vic Interschool XC Championships	Mt Buller	Rob Osbourne	03 9813 4860	
Mon 8	11:00am	Charlotte Pass Open (C) 5km # M	Charl Pass	Sue Clark	02 9411 5974	
Mon 8	6:00pm	NSW Night Relays (F) M	Perisher	Peter Ward	02 6457 1161	
Wed 10	11:00am	KAC X-C Classic (C/F) 8.5km # M	Perisher	Sue Clark	02 9411 5974	
Thu 11	11:00am	Sundeck Handicap Race (F) 7.5km # M	Perisher	sundeckhotel.com.au		
Sat 13	9:30am	ANC NZ Continental Cup 10/15km (C) CC/FIS	Walorlau NZ			
Sat 13	9:30am	Aust Open 15/30 km Championships	Perisher	P Cunningham	02 6299 9641	
Sat 13	9:30am	Vic Junior Sprint Champs (F)	Falls Ck	Ben Derrick	0400 110 046	
Sat 13	9:00am	Australian Biathlon Championships – Dist (F)	Hotham	Toni Hulme	0406 420 380	
Sat 13	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km # M	Perisher	P Cunningham	02 6299 9641	
Sat 13	11:00am	Justoyota Stirling Silver (F) 5/15 km # @	Mt Stirling	Martin Boland	0408 693 975	
Sun 14	9:30am	ANC NZ Continental Cup Sprint (F) CC/FIS	Walorlau NZ			
Sun 14	10:00am	Vic Junior Distance Champs (C) 2.5/5/10km	Falls Ck	Ben Derrick	0400 110 046	
Sun 14	9:00am	Australian Biathlon Championships – Sprint (F)	Hotham	Toni Hulme	0406 420 380	
Sun 14	10:30am	Tullioouty/St Phillack Cup (F) 5/8km # @	Baw Baw	Warwick Davis	03 97445987	
Tue 16	9:50am	ANC NZ Continental Cup 5/10km (F) CC/FIS	Walorlau NZ			
Sat 20	9:30am	Aust Sprint Championships (F) Open/Jun *** FIS Y	Perisher	Toni Hulme	0406 420 380	
Sat 20	10:30am	Junior Joey Series 2	Falls Creek	Jenny Kromar	0439 999 788	
Sun 21	10:00am	Aust Open/Jnr 2.5/5/10 (C) *** CC/FIS Y	Perisher	P Cunningham	0411 129 363	
Sun 21	10:00am	Rocky Valley Rush/ Sun Vall Ramble (15/7.5km) (F) #@	Falls Creek	Race Secretary	03 5754 1045	
Tues 23	9:00am	NSW Interschool Races	Perisher	Peter Ward	02 6457 1161	
Thur 25	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045	
Sat 27	9:30am	Kangaroo Hoppet (F) 42km CC/FIS #	Falls Creek	Race Secretary	03 5754 1045	
Sat 27	9:40am	Australian Birkebeiner (F) 21km #	Falls Creek	Race Secretary	03 5754 1045	
Sat 27	9:50am	Joey Hoppet (F) 7km #	Falls Creek	Race Secretary	03 5754 1045	
<b>September</b>						
Wed 30 – Fri 2		Aust Secondary Schools Ski Team Champ's	Falls Creek			
Sun 4	10:00am	Canberra X-C Ski Club Kosciuszko Tour (C) 18km # M	Thredbo	Jo-Anne Clancy	0411 156 959	
Sun 4	10:30am	Junior Joey Series 4	Falls Creek	Jenny Kromar	0439 999 788	
Wed 7	8:00am	Subaru Australian Interschool XC Champ	Falls Creek	Rob Osbourne	03 9813 4860	
Sat 17/Sun 18		Perisher Cup	Perisher	Anthony Evans	0428 484 119	





Paul L'Huillier sent me this photo of the Nordic Bowl, probably taken in the late 50s. A little different from today.



Phillip Bellingham at the World University Games in Turkey

# Ski De Femme

Sunday 10th July 2011

Birkebeiner Nordic Ski Club presents  
an event for women and girls at falls creek

**NO BOOKINGS NECESSARY JUST ROLL UP ON THE DAY**

It would be helpful for 'groups' to let us know

**10am Start** Meet in the Nordic Bowl  
Free coaching clinics - classic and skating  
**12pm** Fun races for women and girls

enter - in the Nordic Bowl just before the races

**please bring correct money to the nordic bowl...great spot prizes to be won!!**

**juniors (U20): \$5    Single: \$10    Family: \$20**

Course choice of: 1km, 2.5km, 5km

**2pm** Presentations Windy Corner Day Shelter!



contact Ronice Goebel: h. 03 57544910  
m. 0409332642

**It's fun!! Come and try it**

**Ski De Femme**  
**SKIDEFEMME**



## Club Calendar

Day	Start	Event	Location	Contact	Number
May					
Wed 18	7:30 pm	AGM	Hoppet Office		
June					
Sat 25	6:30pm	Annual Casserole Dinner	Mount Beauty Bush Lodge		
July					
Sun 3	10:30am	Junior Joey Series 1	Falls Creek	Jenny Kromar	0439 999 788
Sat 9	10:00 am	Birkebeiner Classic	Falls Creek	J Bottomley	03 5754 1101
Sun 10	10:00 am	Ski de Femme	Falls Creek	Ronice Goebel	03 5754 4910
Sat 23	9:30 am	Aust Sprint Champs (C)	Falls Creek	J Bottomley	03 5754 1101
Sun 24	10:00 am	Aust Open/Jr 2.5/5/10 (F)	Falls Creek	J Bottomley	03 5754 1101
Thurs 28	7:00pm	Mid Season Dinner	Rois	Kerry Lucas	0407 814 114
Sun 31	10:30am	Junior Joey Series 2	Falls Creek	Jenny Kromar	0439 999 788
August					
Sat 20	10:30am	Junior Joey Series 3	Falls Creek	Jenny Kromar	0439 999 788
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 Secreatry	03 5754 1045
Sat 27	9:30 am	Kangaroo Hoppet (F) 42km	Falls Creek	Race Secreatry	03 5754 1045
Sat 27	9:30 am	Australian Birkebeiner (F)21km	Falls Creek	Race Secreatry	03 5754 1045
Sat 27	9:30 am	Joey Hoppet (F) 7km	Falls Creek	Race Secreatry	03 5754 1045

This will be added to as dates are known.

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## AGM Report

The front of the newsletter shows the results of the office bearer elections at the AGM. There were a few changes, but the average age of committee members is still climbing. We need to get more younger members on the committee. Written reports were submitted for all aspects of the club's operation. Membership fees were set and are unchanged. You should get a reminder email soon.

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## For Sale

Brand New Skate Boots For Sale – never been worn

Madshus Race RPS skate boot – black and silver.

Requires a NNN binding.

Size: Eur 40 or US 7

Contact Kevin or Jan Mock. Ph 03 5756 2527