



Birkie Bulletin

August 2024

The snow gods are being a bit stingy this year, but there is still skiing to be had and races to be run. In this issue have a read of what's been happening and about exciting events to come.

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What's been happening...





Competitors in the Vic Junior Championships 7.5km Distance Event

2024 VICTORIAN JUNIOR XC SKI CHAMPIONSHIPS

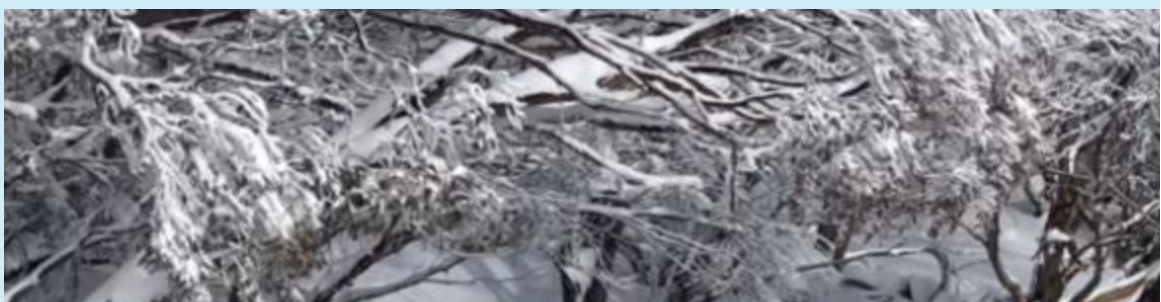
Fortunately enough snow arrived in time to run the Vic Junior Champs the weekend of 20-21 July. Saturday was the freestyle sprint races and Sunday the classic distance event. BNSC members were well represented both days.

On a damp Saturday Harri Silvester won the sprint for under 20 men with Isaac Spring in 2nd place. Hannah Gray placed 2nd in the U20 women's sprint and Bethany Franzke placed third in the U16 sprint. New members Vasilisa Belova and Fedor Belov are the U12 sprint champs.

The weather greatly improved on Sunday and Vasilisa and Fedor again took out the honours in the U10 1km distance. Harri also took his same placing, 1st in the U20 7.5km distance with Isaac in 1st for U18. Bethany moved up to take 2nd in the U14 2.5km distance. Mitchell Hunt and Oliver Brewergray were 1st and 2nd respectively in the U12 1.5km distance.

For full details and results:

VIC Juniors





Competitors in the Vic Junior Championships 2.5km Distance Event

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Mid-Season Dinner

The annual BNSC Mid-Season Dinner was held the 20th July with 40 people enjoying a pleasant evening at Mountain Monk Brewery. Two awards were presented during the evening: the 2023 Birkie Award, which went to Jeanette McLaren, and the Lifetime Membership, presented to Finn Marsland.





Scenes of the Mid-season Dinner at Mountain Monk Brewery

The club's **Birkie Award** is awarded annually for outstanding service and commitment to club programs & events.

Jeanette McLaren was awarded the 2023 Birkie Award for her contributions, which have spanned over many decades. She is the current Treasurer and has been for the last 7 years. She has also been involved in Governance, the Club House, Ski de Femme, and Kangaroo Hoppet set up. Thank you Jeanette for all your efforts!



BNSC Vice President Paul Gray presenting Jeanette McLaren with 2023 Birkie Award

Finn Marsland was presented with a **Lifetime Membership** 'in recognition of enormous contribution to XC skiing at Club, State, National, and International level as an athlete, coach, and administrator for over three decades. Finn has

volunteered at numerous XC races conducted by BNSC over many years, including Chief of Race and Chief of Course and has also been at the helm of skier and athlete development and coach education, whilst being a great ambassador for BNSC.' Congratulations Finn!



BNSC Vice President Paul Gray presenting Finn Marstrand with Lifetime Membership certificate

WAXING CLINIC

On the 25th July more than 20 people attended a XC waxing clinic with Jacob Huseby presented by BNSC and Snow Australia. Jacob, a US ski coach who is currently the Falls Creek National Training Centre Coach, has a wealth of experience having waxed for the Estonian World Cup Team and worked with the Start Wax team at world cups in Finland.

Jacob provided an educational evening for those interested in ski selection, base preparation including hand structuring glide waxing in the new non fluor era, and of course the intricacies of kick waxing. Some key take-aways from the session:

- Clean your skis, dirt is not your friend.
- When putting structure on your bases, think in regards

to creating moisture when snow conditions are dry, or expelling moisture when snow conditions are wet.

- Wax colder than you think.



Waxing clinic with Jacob Huseby

2024 AUSTRALIAN XC SKI CHAMPIONSHIPS

Another successful AUS XC Ski Champs were run by BNSC the weekend of 27-28 July. Saturday was the classic sprint races and Sunday the freestyle distance event. A timely snowfall just prior to the weekend allowed for some interesting courses to be set, which were well received by competitors.

The snowfalls eased for BNSC members Jayden Spring and Phil Bellingham to battle it out in the men's sprint final with Jayden taking the win 3 seconds ahead of Phil. Club member Hannah Price made it into the sprint final, but just missed out on a place.

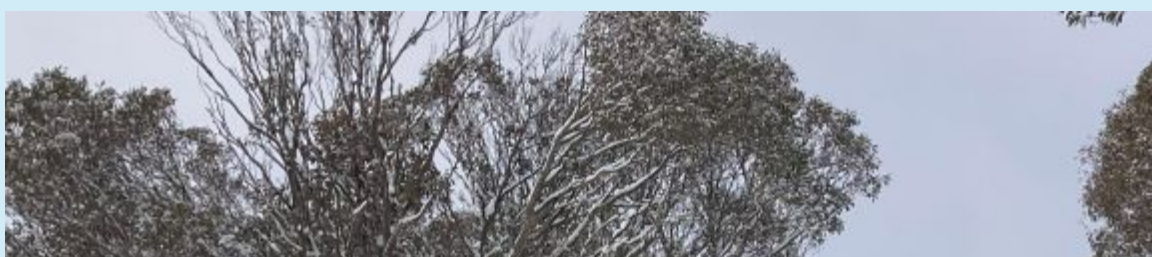
In the distance events Hannah went one better than the sprint and placed third. Phil had an impressive day taking

the National title ahead of Liam Burton. For full results:

2024 AUS XC SKI CHAMPS



BNSC member Adam Barnett negotiating the horse yards corner





BNSC member Daniel Van der Ploeg guiding vision impaired ski racer Taryn Dickens around the horse yards corner.





Podium for Women's Distance Event: 1st Rosie Fordham, 2nd Darcie Morton, 3rd Hannah Price.



SNOW AUSTRALIA CROSS COUNTRY UPDATE

JULY 2024

FINN MARSLAND - XC PROGRAM DIRECTOR

- Jacob Huseby joins the Falls Creek team
- Generations Unite at Breakfast of Champions
- Kat Paul AIS Thrive with Pride Ambassador Again
- SkiMo Community Update

[Full Update](#)

Upcoming Events...

2024 BNSC RACE COMMITMENTS

~~Sunday 14th July 10:00am Birkie Classic 2.5/5/10km (C)~~

Saturday 27th July 9:30am AUS Open Sprint Champs (C)

Sunday 28th July 10:00am AUS Open Champs 15/15km (F)

Saturday 10th August 10am Ski De Femme 1/2.5/5km

Sunday 11th Aug 10:00am Rocky Valley Rush 22.5/15/7.5km (F)

Saturday 24th August 9:30am Kangaroo Hoppet 42/21/7km (F)

Saturday 31st Aug 9:30am AUS Junior Sprint Champs (F)

Sunday 1st Sep 10:00am AUS Junior Champs (C)

2024 XC Race Calendar

Birkebeiner Nordic Ski Club invites you to

Ski De Femme

Saturday August 10th 2024

A community cross-country event for women at Falls Creek



**Great spot prizes to be won! No Race Fees
Beginners Welcome
IT'S FUN!!**

**Start: 10am Meet in the Nordic Bowl
12pm 1km, 2km and 3km races**

Registration: <https://alpinetiming.com.au/rq530>

CONTACT: Ronice Goebel 0409 332 642 or



SKI DE FEMME 2024

The first Ski De Femme was in 1994 and BNSC has proudly run it every year since (except during Covid). With average participant numbers each year over 100, that makes thousands of girls and women who have had fun and learned some new skills on cross-country skis.

The event is run by volunteers and entry is free. Clinics are available for both novice and intermediate XC skiers in a choice of classic or skating techniques. Equipment can be hired from YMCA Falls Creek Cross Country at Windy Corner prior to the clinic.

Following the ski race there will be tea and scones, and a raffle. Many local businesses have kindly donated some great spot prizes.

Please be sure to register to assist us with catering numbers.

For more info and registration:

Ski De Femme



BNSC Rocky Valley Rush

Date: Sunday 11 August

Where: Falls Creek

Courses: Freestyle with 22.5k, 15km, and 7.5km options

Start: 10 am start in the Nord Bowl

To register:

Rocky Valley Rush

Hoppet Volunteers Needed

More info,
registration &
volunteering
can be found:

**Hoppet
Website**

KANGAROO HOPPET 2024

NOW CALLING

HOPPET HELPERS

Volunteers are needed on and the snow, before, during and aft

24TH AUGUST 2024
FALLS CREEK
7, 21, 42 KM

**JOIN US TO CREAT
A GREAT EVEN**

Please contact us for additional details
how you can help:

Contact Ronice : 0409332642 OR
www.hoppet.com.au
www.hoppet.com.au/volunteers/

Birkie Bits...

Welcome new members - there are 30 in total! Please say
hello to:

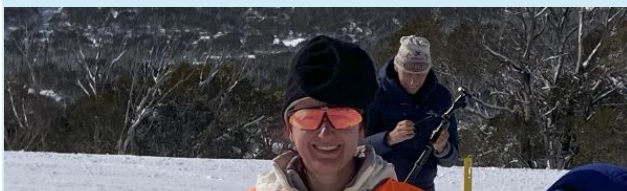
Gleb Belov, Fedor Belov, Vasilisa Belova,
Fiona Carnes, Richard Chamberlain, Sebastian Crumpler,
Geoffrey Field, Lillian French, Rebekah French,
Robert French, Zachary French, Olga Galieva,
Catherine Gardner, Caroline Hunt-Smith, Julia Hunt-Smith,
Julian Hunt-Smith, Marcus Hunt-Smith, Astrid Kovacs,

Louise Larcombe, Andrew Mason, Greta Mason, Juliet Mason, Stewart McKenzie, Hamish McKenzie, Elsie McKenzie, Hannah Mullins, Florence Roberts, Alexandra Sinickas, Sarah Tonkin, Lachy Wild

Emily Harvey has graciously taken on the role of Race Secretary. Thank you to outgoing race secretaries Marg Jowitt and Ann Bellingham for their efforts over the past several years. Good luck and good on you Emily!

Grooming at Falls Creek - Club President Andrew Hall has met with Falls Creek Chief of Operations, Fred Weir, to discuss the grooming of the XC trails. Fred and the grooming staff are keen to do the best they can and are open to feedback. However, multitudes of negative comments from different sources make it challenging for FC to be efficient in their responses. To keep the feedback focused on getting the best product possible, Andrew & Fred have set up an email exchange. We ask you to direct your comments, etc. to Andrew, and he will then pass on to the FC grooming team. Please send your thoughts to **Andrew's email:** president@birkebeiner.org.au, and remember - positive feedback is always appreciated.

Skating Clinics - Sometime in the next couple of weeks BNSC and Snow Australia will be presenting skating clinics with Jacob Huseby. Jacob, who is currently the Falls Creek National Training Centre Coach, is a US ski coach and has coached on the US Super Tour and the US National Champs. There will be two clinics, one for beginners and one for intermediate skaters. Keep on the look out for a Bulletin update for dates and details.



Volunteer Spotlight

The volunteer in this month's spotlight is **Stephanie**



Steph in action at recent AUS XC Champs.

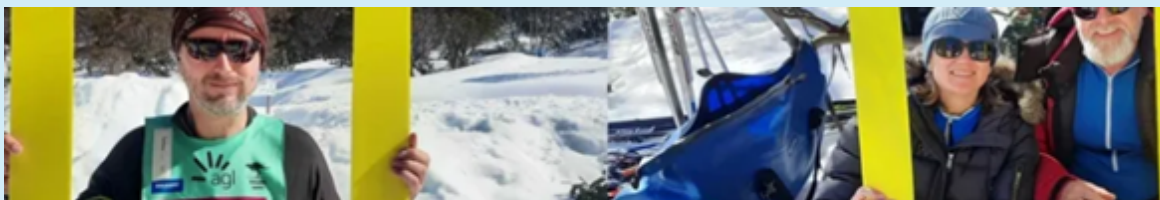
Germancheva. Steph wears many hats in the club: committee member, membership secretary, race volunteer coordinator, and despite all that on her plate she has taken on coordinating the Hoppet After Party this year. She is a long time XC skier who lives in Melbourne and has a holiday house in M Beauty. Fun fact, she is the President of her Roller Derby Club in Melbourne. Thank you Steph for all your volunteer efforts with the Club!

Clubhouse Rules

The Clubhouse is for Day Use only. And for the comfort of others the committee asks all members to please observe the following rules:

1. No skis or waxing inside the building. (Waxing can be done in the skidoo shed next door, or in the Windy Corner Day Shelter waxing room.)
2. Use the shelves and hooks for your belongings, keep the downstairs benches clear for people to sit.
3. No outdoor footwear or wet clothes upstairs.
4. Clean up after yourself - no dishes to be left on the sink.
5. Take all your rubbish home. We do not have a rubbish bin in the clubhouse.
6. If you are the last person to leave the clubhouse please ensure all lights are off and the upstairs electric heater and kettle are off
7. Lock the door if are the last person to leave, even in the middle of the day, to keep our belongings safe while we are out skiing.

Falls Creek Lakeside Development





The XC Skiing Association of Victoria (XCSAV) has filed an application with VCAT to review the planning decision to grant a permit for the redevelopment of the ANARE Shed at Falls Creek. XCSAV has engaged legal counsel and is asking for donations to assist with expenses. For detailed information & to donate:

[Save Falls Creek](#)

Looking Back...



As Finn Marsland has just received a BNS Lifetime Membership, it seems appropriate to look back at AUS XC history during the time Finn competed and developed his coaching career. To



read more:

**XC
History
1994 -
2004**

About us

2024/25 Committee

President – Andrew Hall

Vice President – Paul Gray

Secretary – Michelle Forrer

Treasurer – Jeanette McLaren

Contact:

secretary@birkebeiner.org.au

president@birkebeiner.org.au

treasurer@birkebeiner.org.au

MEMBERSHIPS

Family \$75, Individual \$35, Junior or Student (not in a family membership) \$25, Associate* \$25. Fees are payable by 30th June 2024. To JOIN OR RENEW please click or tap [HERE](#)

Membership

*Intended for existing members who no longer ski, nor use the clubhouse, but would like to remain club members and receive correspondence and the bulletin newsletter, or for search and rescue squad members who do not require the use of club facilities.



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