



Larch Hills Ski Club

February 2002

18th Annual Reino Keski-Salmi Loppet a Success

Once again the Reino Keski-Salmi Loppet was a great success with fresh snow and below freezing temperatures everyone was happy and in a festive mood as 366 people from 2 years old to 78 years young skied the various courses. Skiers raised \$16,500 for the heart and stroke foundation of BC and Yukon. This brings to \$180,000 raised over the years for this very worthwhile cause.

The post race events were also well attended and the dance was a great success. The reason for our success? **VOLUNTEERS!!!** Thanks you to everyone who gave their time energy and expertise to put on a great event. This was the 18th annual and there are 4 skiers who have skied every one.

There were 2 new distances added this year: 2KM for our youngest skiers and a 30KM single lap route which took participants higher up in the Larch Hills trails. Very appropriately Jim Beckner was bib number 3001, as he was the instigator of what proved to be a very popular part of the Loppet with 38 participants.



Photo: James Murrav - Salmon Arm Observer

A Sport for All Ages



Photo: John Henderson

The oldest and youngest participants in the Loppet this year were **Curt Otterstrom** and **Mark Carson**. Curt is the one on the right.

LHSC MASTERS

On February 19, 2002, Stig Keskinen and Curt Otterstrom leave for Quebec City to participate in the Masters World Championships. The events take place at the Miriam Bedard Ski Centre at the Valcartier Military Base. Both will be competing in classic technique races only. Curt will race in the 15 km, 10 km and the 20 km; and Stig will race in the 15 km, 10 km and 30 km. A relay race will take place after the 10 km race and the final race is held on March 2. This will be Stig's third World Masters event. Previous races were in Canmore, Alberta and Kuopio, Finland. For Curt, this is his seventh World Masters event. His previous races include Lake Placid, New York; Anchorage, Alaska; Ostersund, Sweden; Mt. St. Anne, Quebec; Canmore, Alberta and Kuopio, Finland.

The best wishes of Stig and Curt's many Larch Hills friends go with them !

MEMBERSHIPS

Throughout the winter, skiers join and renew their memberships. This season the numbers just keep growing, from 500 in early December, to 600 at New Years and now 735 at the end of January! What a wonderful response from skiers who use the Larch Hills. The financial support we receive through memberships allows us to maintain the trails, facilities and programs that we all enjoy. Thank you! Receipts and memberships cards are enclosed with

this newsletter if you have chosen to have it mailed to you. If you read the newsletter on the Internet and would like to have a receipt and card please contact Christine Hutchins at pnychutch@jetstream.net or phone 832-7242. Membership forms are available on our website, www.larchhillsskiclub.bc.ca, at "Skookum Cycle and Ski" or at the membership sign at Larch Hills.

SKI DEMO BY SKOOKUM

You have another chance to try out some of the latest equipment thanks to Skookum Cycle and Ski on **Sunday, February 10th**. Tom and Linda expect to have gear from Peltonen and Fischer to try. There will be skating skis and boots and hopefully some "waxless" racing skis. **Time: 10 AM to 1 PM**. Call Skookum to book a spot and confirm details. **832-7368**.

RABBITS**Anne Nakagawa**

Larch Hills has been taken over by kangaroos, penguins, hares, lynx, deer, moose, eagles, nut-hatches, bears, iguanas, and crocodiles..... The Saturday morning Rabbit Program is in full swing, with 101 registered members ranging in age from 3 1/2 yr. old to 12 years old. We have 11 wonderful and enthusiastic leaders, 7 of whom are first time leaders and have recently completed level 1 of the NCI course. Alongside them, we have 11 loyal and energetic assistant leaders. We have a great team going!!!!

Rabbits are working on star turns, diagonal strides, snow ploughs, herring-bone etc. : and leaders are working on sing-songs, smiles, and winning many hearts.

The best is always the last..... HOT CHOCOLATE, served in a warm chalet. Many thanks to all the wonderful volunteers---the great track setting and cleared parking lot, the hot chocolate crew, those who help keep the chalet steps clear of snow, chop the wood, and keep the chalet toasty warm. Also many thanks to all the parents for supporting their children and the BC Rabbit Program.

LANTERN SKI

Thanks to everyone who participated in the January 5 Lantern Ski! It was an enjoyable evening. Weather, track and snow conditions were ideal. With the help of the Track setters, 20 Lantern Lighters, two families of Candle Bag Makers, Chalet Hosts, Trail Hosts, Bon Fire Hosts and Lantern Gatherers, Larch Hills Ski Club hosted an evening on the trails for the Community and for Club members of which we can be proud.

Special Thanks to the following Club Members who volunteered in a variety of ways (names listed in random order – sincere apologies if anyone’s name has been missed): Patrick & Laurie Shea, Keith & Noelle Cox, Clint Smith, John Pagdin, Mick & Sue Ford, Pat & Christine Hutchins, Jim Maybee, Jim & Marcia Beckner, Roland Huster, Peter Molnar & Pauline Waelti, Jeff & Anne & Jessica Nakagawa, Greg Husband, Ron & Irene Everest, Alois Schonenberger, Megan Ollinger, Ray & Sandy Dykstra, George & Jeanetta Zorn, Kari Dukeshire, Jim Cadden, Bernie Weare & Family, George, Mavis and Spencer Jackson, Brian Sansom, Lorraine Prosser, Merv Krull, Arnold Anderson, Tom Marshall, Lizzy Hutchins and LHSC Jr. Racing Team, Chris, Tina, Eric & Bryn Letham, John La Boyne, Hardy Kose & Kate Jackson, Dave, Terry, Sarah & Trevor Wallenstein, Spud Maduik, John Pickard, Anne & Don Champion, Sharda Murray-Kieken, John & Joyce



Photo: James Murray



Photo: John Pickard

Henderson, Jeff & Rob Savage, Jim & Heather McConnel, Len Sept, Nora Kennett, Carl Curtis, Al Waters, Greg Gascon, the Michael Underhill Family, Allison Bartells

Winners of the Volunteers’ draw for 6 Salmar Movie Passes were: Pat Hutchins, Carl Curtis, John Henderson (pass donated to RK-S Loppet Volunteers’ Draw), Tina Letham, Jocelyn Underhill and Al Waters

After expenses, the total donations of \$737.86 resulted in a net income of \$334.68. That amount will be divided between the Club and the Salmon Arm Food Bank at the discretion of Club members attending the Jan. 22/02 meeting.

LHSC’s Valentine’s Lantern Ski is planned for Saturday, February 9/ 2002 hosted by the skiers at Silvatech Consulting Ltd. – Salmon Arm. Watch for more information about this event

Pictures In Your Larch Hills “Photo Album”

At last October’s Pot Luck Social several photo albums displayed pictures taken over the years of Larch Hills Ski Club members and events. As the Album pages were turned big smiles appeared, laughter filled the room and stories were shared. Photographs help us to celebrate who we are - those special moments in our lives.

Here are a few recent “pictures” from my Larch Hills Photo Album. These “pictures” reflect a little of what I celebrate as a member of LHSC:

- “70-something-going-on-60” Curt Otterstrom and almost-three-year-old Mark Carson stand together, smiling, at the start of the Reino Keski-Salmi Loppet.
- a group of skiers enjoy lunch in the Chalet and chat with their “Ski for All” Trail Hosts about their morning’s skiing experiences.
- moonlight reflects off snow in the upper branches of a big spruce tree along Ermine Frolic
- Dave and Trevor Wallenstein smile from the cab of the Club’s Tracksetter. Behind them are kilometres of fresh set tracks.
- A group of 7 year old girls (the Larch Hills “Kangaroos”?) practice their diagonal stride crossing Bilbo’s Bog with their BC Rabbit Leader.

What pictures are in your Larch Hills “Photo Album”? Share them with a friend. Celebrate them!

Thanks to everyone who’s volunteered to help with Club Programs and Events over the past two months. The response has been great! ‘Happy Trails!’ ----- George Zorn, for LHSC

TRACKSETTING**Blaine Carson**

Our collective thanks to the diligent tracksetters who work so hard on our behalf and who have filled in for me when I have been under the weather. Thanks to Dave Wallenstein, Don Huntington, Dave Brubaker (Mechanic), Bruce Motherwell, Ron Everest, Clint Smith, and Verne Gummeson. Welcome to Brian Ayotte who has started his training. Just a couple of recent examples of their dedication: one tracksetter finishes his shift and notices the comb on the back is ripped, knowing the machine is needed the next day he gets the repair materials and with the help of another tracksetter, they fix it, well over 12 hours after he has started his day. Another tracksetter after doing the Fun Race hears there is an electrical problem, traces it down and fixes it, saving the Club the cost of a mechanic from Kelowna.

Thanks also to all those people who are on our helper list and so willingly help out with trail maintenance and special projects and a particular star to those that came out for our annual Take Back The Hills work project. An amazing amount of work gets done. Good tracks and Good Skiing!

NEW TRAILS COMMITTEE

Members who are interested in being part of a new committee to review boggy parts of some currently trackset trails are invited to contact George or Blaine (833-4008) This committee will also look at new trails being considered such as out into the clearcut (part of the 30K Loppet route) and the Raven's Ridge proposal for level beginner trails.

TRAIL CLIPPING**Clint Smith****"If we each do a little..."**

Keeping our Larch Hills trails clear of branches and small trees that lean under snow load is an ongoing task. Many hands make light work. So, we would like to request that members take a pair of small clippers or a folding pruning saw (available at Canadian Tire and Timber Trails) along on their ventures on our trails, particularly after significant snowfalls. Simply, prune or clip anything that might hit someone in the face or impede their progress. Anything that is too big to deal with this way should be reported to Blaine (833 4008), and the one of the track setters will clear it ASAP.

A folding pruning saw should be standard equipment for anyone going far on our ungroomed trails as these narrow tracks are very subject to young trees leaning into the trail under fresh snow loads. In addition, such equipment can be invaluable as in wilderness emergencies. Dr. B Ayotte recently performed a welcome feat of emergency splinting on B. Smith's broken ski pole on Hemlock Glide with the use of a folding saw and Duct tape, and a small branch. As a result Brian, made it down The Greenway and back to the parking lot with the use of two poles.

Shuswap Outdoors! members such as Gary Kalloch and Dick Riach spend many hours clipping and pruning on the Larch Hills ungroomed trails. We are sure they would appreciate any help that other skiers can provide.

THANKS ---It wouldn't happen without you!

A great big thank you to **Linda Irvine** on whose property the tracksetter is kept and members of the **Thielman family** and **Glen Ritchie** over whose properties the tracksetter must go to get to the trails. Their co-operation and tolerance is greatly appreciated and it is a pleasure to publicly acknowledge their contribution which makes maintenance of our trail system possible.

RACING TEAM**Lizzy Van Bergeyk**

The thirty-one members of the Larch Hills Ski Team have been working hard on Saturday mornings to improve their technique and have had fun playing games. During the past month the kids have also had fun competing in the local fun races, including the local Reino Keski-Salmi Loppet. Eleven Larch Hills racers participated at the BC Cup # 2 race in Vernon, and had the opportunity to watch the Canadian Olympic athletes race before they go to the Olympics in February. Alysson Marshall had great success at the past two BC Cup Races in Prince George and Vernon. She had two second place finishes at both events.

In the next few months the kids are looking forward to participating in a fun overnight ski trip to Revelstoke, as well as the Tips Up Cup Series, the Midget Championships, and the BC Championships. The club is also proud to be sending 3 racers off to the BC Winter Games from February 21 to 24. Bryn Letham, Eric Letham, and Alysson Marshall qualified to go to the Games. If there are any kids who are interested in joining the racing team, please contact Lizzy at 832-8705.

LANTERN AT HANSEN'S

The club has purchased a propane lantern for use at the chalet. It is being kept at the Hansen's. Those wishing to use the lantern at the chalet should make arrangements to pick it up from Gullan and Ole. Call 832 2988.

WEDNESDAY IN THE WOODS

In the summer it's Wednesday on the wharf, but Wednesdays in the winter are special too! The "Wednesday Wenches" remind you that you are welcome to join them for their weekly outings in the backcountry of Larch Hills. Outings are usually about 2-3 hours and start from the parking lot at 9am. If you are interested contact Marcia at 832-3534. And you don't have to be a "wench" to join them!!

EVENTS	EVENTS	EVENTS	EVENTS	EVENTS	EVENTS	EVENTS	EVENTS	EVENTS	EVENTS
EVENTS	EVENTS	EVENTS							

LARCH HILLS FUN RACE

January 6, 2002

71 skiers took part in the annual LHSC Fun Race, hailing from each Club down the Valley, as far away as Nickle Plate, plus a good number of our Neighbours from Revelstoke. Waxing proved to be a challenge with the few inches of wet snow that had fallen overnight. Better ask our local favourite, Tom Hansen, what the winning wax was! Tom glided around the 12K course in just over 35 minutes - good for first overall. Rumour has it that an infamous local Finn (a member of our Club) took a piece of 100 grit sand paper to his skis! Could this be the new waxing technique of the 21st Century...? Or, does the Finn know what he wants for Christmas next year from his friend & companion (a local author)? Whatever the wax or the race results, Gullan's Famous Glogg was once again enjoyed by all at the Finish Line! A big THANK YOU! To all the volunteers! Without you the FUN RACE and the other Club events would not be possible!

Linda Irvine

SANTA CRUISE

December 23, 2001

The sixth Annual Santa Cruise was held Sunday, December 23. Fifty skiers including Santa Claus participated in this fun event under partially sunny skies in -2 C. temperatures to collect \$833.25 and a large quantity of non-perishables for the Shuswap Food Bank. Our thanks to the generous sponsors of Salmon Arm and area who provided food, draw prizes, and auction items. Thanks to all the Sovereign Lake skiers who came over from Vernon to participate. Santa gave treats to everyone before he had to go back to the North Pole. Winners of the hidden time prizes were Eric Gignac, Conrad Illis, Bryn Letham, and Rob Savage. Several records were set in various age categories as conditions were fast. The new men's 10 K record is 26:11 and the female 37:55. 5K male is still 20:01, female is now 19:40; 3K female is still 11:54 and male now 8:20; 1k male is still 6:17 and female is now 5:42 Changes are being considered for next year so come to a meeting to provide some input. Consideration is being given to changing the start time to 1:00 P.M. so people can come after church and to taking only cash donations. But people could still enter with a donation to the auction. Several people did that this year and it was greatly appreciated.

Blaine

COFFEEHOUSE

January 11, 2002

Over 50 people attended the 2nd annual musical coffee-house at the Larch Hill Ski Chalet Friday Jan. 11. Nine excellent acts, starting with Johanna's Gang (lead by Johanna Spaltholtz) playing German folk songs, The Flatlanders (a local bluegrass band), US (the unnamed band), Janet and Larry Keats playing Cape Breton fiddle, Danielle Hunter playing solo flute (the only solo act of the night), The Dust Puppets (a local folk band), Blu and Kelly Hopkins (Blu is a local singer-songwriter heard on CBC), and Jeff and Nadeen from Larch Hills (who brought their on electricity for the bass guitar). Ending the evening was local farmer-poet John Vivian whose poems on January thaws captured the feeling of the recent weather. The Flatlanders played a few closing tunes and the evening ended with everyone singing Good Night Irene. Along with the music, everyone got to enjoy great desserts provided by members of the Larch Hills Challenge group, which used the event to raise \$100 for their program. The money will help support their upcoming overnight trips to Revelstoke and Rogers Pass. Thanks to all of the great musicians and excellent dessert chefs that made the event a fantastic success.

Nancy Beppe

SKI FOR ALL

December 15, 2001

The first annual Ski for All was a roaring success. On Dec 15 approximately 60 new and beginner skiers spent two enjoyable hours on the ski trails. Fifteen club members acted as hosts and guides, gave tips on skiing and waxing techniques; and provided generous doses of encouragement. A fine chilli lunch was served at Chalet Chez Jeanetta. Judging from the smiling faces (and the number that took out new memberships) the day was a very positive experience.

Our thanks to the guides, the cooks, and everyone else who made the day very worthwhile.

**The Larch Hills Ski Club members organize a variety of events: races, socials and others throughout the year.
These are the last 2 events for the 2001/2002 season:**

"Valentine's Lantern Ski": Saturday, February 9, 6-9:30 p.m. at Larch Hills: Enjoy a romantic ski by lantern light with your Sweetie through the forests and over the bogs. Glide on over to the Chalet after for a hot drink and a visit. Donations appreciated. Sponsored by Silvatech Consulting Ltd. Staff. Questions? – Call Dave: 832-7740

"Slush Cup": Saturday, March 16 Mid-day race at Larch Hills followed by an evening Pot luck Social in town.
(Slush Cup) Len - (832-8386), (Pot Luck Social) Marcia (832-3534) & Pauline (833-0325)

NEW FACES ON THE TRAILS

submitted by Carole Fillion

There are four new faces at Larch Hills on Tuesday afternoons. Sydney Fillion (8 months), Emma Levins (5 ½ months), Nicholas Lourens (5 ½ months) and Benjamin Ollinger (8 months). These four infants are quite happy to be pulled around the trails as the gaze at the winter wonderland or at the back of their eyelids, whatever the case may be!! Thank you to the families who have loaned their baby sleds to make our outings possible- the Fabros, Hermanskis, Hepburns, and Wallensteens. If any other infants would like to bring their Mom or Dad out to ski with us, we meet at 1:30 PM on Tuesday afternoons in the LH parking lot. If you are interested in selling your used baby sled/glider, please contact Carole Fillion fillions@sunwave.net or Cindy Levins jlevins@sunwave.net



Photo Courtesy Carole Fillion

COACHING

Eileen MacDonald

The Ski Club attempts to offer the Level one Technical Course and the BC Rabbit Leader Course to club members, coaches and future coaches annually. The club pays the minimal cost of the courses for all people who commit to being a club coach or Rabbit leader. People who wish to take the course just for personal development are welcome to do so at their own cost. We will try to book both courses early in the Season, snow conditions permitting, i.e. early December 2002. I will advertise the courses in the fall newsletter once dates and instructors are confirmed. They will also be posted in the Cross Country BC Magazine.

The Level one Technical Course (\$60.00) is a basic requirement of all of the club Rabbit leaders and coaches. The BC Rabbit Leaders course (\$35.00) is recommended but not required for all BC Rabbit leaders. Below are descriptions of these two courses:

Level one Technical:

The main focus of this course is to teach ski principles of coaching. The program is 16 hours, Saturday 8 hrs, and Sunday 4hrs). This is an entry will definitely improve your ski technique if you

"You will definitely improve your ski technique if you enroll in this course."

technique skills, ski instruction skills, and the basic and usually entails one weekend (i.e. Friday eve 4hrs, level course and the only prerequisite is enthusiasm. You enroll in this course.

BC Rabbit Leaders Course:

Designed to compliment the Level 1 tech course, the Leaders course focuses entirely on the successful delivery of a Ski League Program, and not on learning to ski. Course content covers all aspects of the principle components of a successful program, including: How to set up a ski playground; how to design and lead on-snow sessions; how to teach children good technique in an enjoyable way; how to select and prepare ski equipment for young children; how to recruit and train new ski leaders; how to involve parents; and how to select games that reinforce the technique skill being taught. This is an eight hour program usually delivered over one day or two evenings.

Though these are the two most popular courses, there are many other courses that Cross Country B.C. offers. Because of the low enrolment numbers, we do not usually offer them locally. If eight or more people express an interest however, Eileen can arrange them. Otherwise, neighbouring clubs can co-host a program with us if the demand is there. If any club member is interested in a chart of the courses available, please phone (832-7167) or e-mail Eileen MacDonald at emacd@sunwave.net, or visit the Cross Country BC website: <http://ccbc.junction.net> .

TREASURER'S REPORT**John Pagdin**

Memberships in the LHSC are up. We have already brought in more revenue from membership fees than we did all of last year: \$17000. Furthermore, there has been a much greater tendency for members to add a generous donation when sending in their forms and fees. Many donated an extra \$10, \$20, or \$30. One couple donated \$250. These donations now total over \$2400.

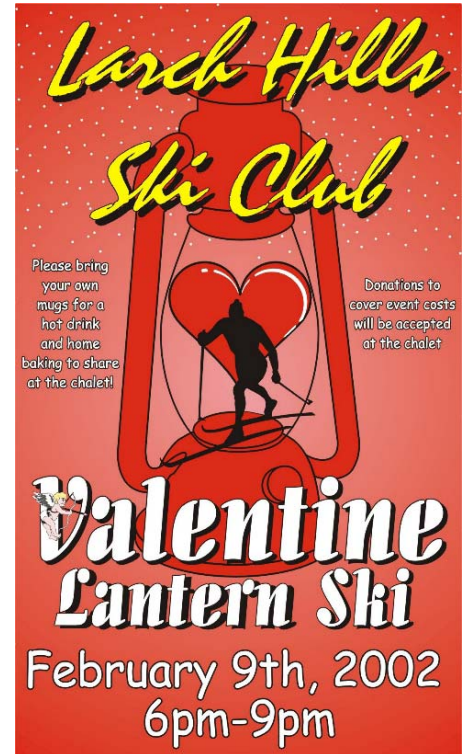
Welcome to the new members, and thanks to those that made that extra donation.

The extra revenue will be more than helpful to deal with some higher than normal costs. New tracks for the Piston Bully came in at \$4200. Our maintenance and repair bills are already about \$7500.

We budgeted for expenditures of over \$40000 this year. We're hoping that our revenues will meet those needs.

TRAIL MAPS

As of Wednesday Jan. 16th, the Larch Hills Ski Club has its new trail map. The brochure side describes the club, trail etiquette, annual events, club programs, and an article on volunteering. To cut production costs, the brochure side is in two colours only. Even in two colours, Joan Chadwick's cover photo of the Larch Hills is breathtaking. The map side, developed by Silvatech, is multi-coloured, so that trails can be distinguished as set or unset, classic or skating. A great product! Cost is \$2.00 per map. Maps are on sale at Skookum and the Chamber of Commerce. We are also going to try selling them on the hill on an honour system. Support the club and buy one (or two or four). You may never get lost again.



Poster by John LaBoyne

ADULT LESSONS**Phil Wright**

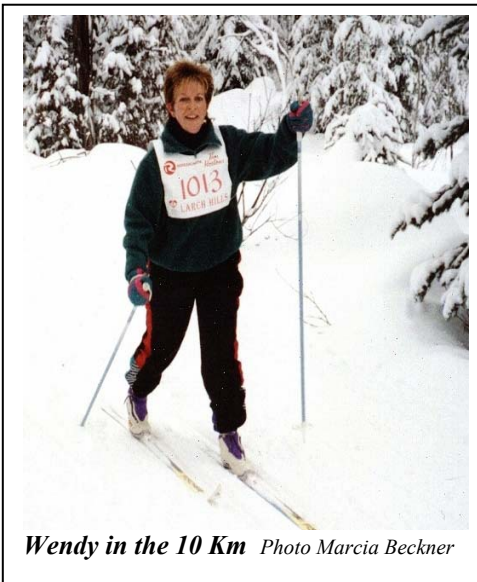
One of the tiles of the Larch Hills Ski Club mosaic is the 'adult learn to ski program'. Eleven adults have attended one or more Saturday morning sessions this season. The majority of them have rudimentary ability while others have wanted to "brush up" on particular skills.

The typical adult student is enthusiastic about cross-country skiing and wants to develop proficiency in "brakes and steering" and some proficiency in getting up and down some of those steep hills.(Ermine Frolic, Treebeard, Camels Hump) The Larch Hills Club is blessed to have undulating trails that require skills for controlled descents and steady ascents. These skills are necessary tools for skiers to have in their kit bag.

"What is Mom's Trail like", or "how do I get to Mushroom Fantasy?" Another reason that the lessons are important to the adults, is that they are able to gain an understanding of our trail system. The knowledge that familiarity brings is very important to their comfort level.

There are particular sections of the trail system that the students enjoy. Ascending Metford road at a steady pace is a formidable task for many skiers and is particularly challenging for beginners. It presents a wonderful opportunity to develop basic hill climbing skills using a variety of techniques such as herring bone, pole placement, leg angles and weight placement. Bilbo's Bog is a joy as it allows an opportunity to try double poling and developing the weight shift for basic striding. This is a small program in numbers and I think that this is a large part of the appeal to older folks wanting to be reintroduced to the sport or trying it out for the first time. This opportunity, offered by the club, allows these participants to be acquainted with and enjoy one of our wonderful winter sports.

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 From Wendy Holfeld , student of Phil Wright's adult learn to ski offering.
"Although amazed by my ambition and astounded by my fear, Phil quietly



Wendy in the 10 Km Photo Marcia Beckner

led me step by step, until I could navigate not only upright, but up and down the much feared hills. Thank you Phil."

Both Luke and Jesse Heckrodt have been "on the road" this year and were asked to give the club a bit of news of their skiing exploits this season.

Luke writes:

Last week I arrived home from the World Junior Trials in Charlo, New Brunswick. The temperature was in the 10 to 15-degree range, and along with a wind chill it felt like 20 weather. Unfortunately I had some troubles breathing in the cold weather and didn't make it to the World Juniors in Germany, which was my goal. Aside from my "not exceptional performance" at the trials, I had a great time.

The volunteers back east are just as awesome as the volunteers here at Larch Hills. There was only about 3cm of snow on the ground in Charlo not nearly enough to race on the ski trails. Fortunately, the local golf course donated the use of its grass turfs and greens for us to race on. Even on the golf course, 3cm of snow was not enough to ski on. But imagine if all the snow from the entire golf course was loaded up and moved to a man made six-foot wide 3.3km track. Well, that's what the scores of volunteers did! The day we arrived in Charlo we went to the golf course, and there we saw about a dozen people with snow blowers. They were blowing the snow from the entire golf course, and moving it by snowmobile to the racetrack, which was laid out on the golf course. By the end of the day, we were able to ski on the racetrack, which even had a few hills on it!

The first race was skating, and it was quite hard to pass. The track was narrow, but was great considering the amount of snow they had. I finished 17th overall, which was not great for me, but I suppose everyone has bad races now and again. I finished 11th in the sprint race, and went onto the second round. Since the course was quite narrow, the most aggressive racers could usually dominate the heat of four. Because I'm not really that kind of person, I got knocked out. I thought that the last race, which was a 22km classic event consisting of seven laps would go a little better for me. However, I got elbowed in the nose when passing another skier and got quite a bad nosebleed. I think I lost a lot of blood and slowed down quite a bit. I finished the race in 22nd place and had blood all over everything.

I would like to thank everyone that helps in keeping the Larch Hills Ski Club running. From the paper work, to the track setters' dirty repairs. I was glad to have the opportunity to repay some of this help by helping a couple of young LH Race Team members with their waxing at the B.C. Cup in Vernon last week end.

Jesse writes:

Thank you very much for the financial support that the Larch Hills Ski Club gave me to help pay for my Norwegian ski experience. The trip was really fun and all the athletes I went with enjoyed the trip. There was 4 athletes: Chris Werrel, Cameron Egan, Robin Simms and myself who went on the trip. Our coach was Doug Egan from Vernon. I met Doug and Cam in Kelowna and we were joined by Chris and Robin in Vancouver and flew together to Frankfurt and then Oslo, Norway. When I walked out of the airport in Oslo the temperature was -25 and it stayed very cold there for the first few nights. Oslo is a unique town. In Oslo we visited the Holmenkollen which is a huge ski jump. We took an elevator half way up and had to walk up hundreds of stairs just to reach the top. The Holmenkollen also has a ski museum with Olympic Skis in them that Bjorn Dahlie skied on.

We stayed in Oslo for the first few nights and then travelled in our 8 passenger van to Lillehammer where we skied on the '94 Olympic courses. It was very cold. When we started our first ski the temperature was -20. But when we gained a small amount of elevation the temperature warmed up by about 10 degrees. We stayed in Lillehammer for 4 nights. On New Years Eve Chris and I went to the downtown area. There were thousands of people shooting fireworks wherever they wanted. It was very neat to see so many people walking around outside and enjoying themselves. From Lillehammer we travelled on a mountain road to Tinset. The road was very interesting. It went through mountains all covered in snow. It looked like the desert but all you could see was snow. The only thing along this road were cross country ski trails and small cabins. When we arrived in Tinset it was around minus twenty. We rented a farmhouse about a 15 minute drive from Tinset were we had our first race.

I raced my first race at Savelen which is a very small town close to Tinset. I came 66th out of 111 sixteen year old athletes. I was 4:25 off the pace. In my classic race the day after I came 69 and I was 4:29 off the pace. I feel I could have done better if I was more rested and eating properly. I should also have been more focused in both my races. Still, I raced very hard but the Norwegians have much better technique than the Canadians and there are a lot more of them. Our trip continued on to Trondheim where our 10k classic race got cancelled due to the lack of snow. Trondheim has some very old churches and buildings. We left Trondheim early because of rainy weather and headed back to Lillehammer where we stayed for a few nights.

We finished off our trip back where we started in Oslo. We all raced in the Holmenkollen on the second to last day of our trip. It was a sprint race and was very fun. The trip ended with a long airplane ride home. I loved the experience and hope to compete in Europe again sometime soon.

Larch Hills Ski Club website: <http://larchhillsskiclub.bc.ca>

Visit our website for reports of ski conditions and tracksetting as well as the latest news of club events, Loppet results, links to Cross Country BC and other Clubs' sites as well as an electronic version of this newsletter and previous ones, with the photos in colour.

(Also look for condition reports in the entrance to Skookum Cycle and Ski)

Please Note:

If you would like to have **e-mail notification** of Club newsletters & flyers-postings on the Club's website, please write to **pnhutch@jetstream.net** or call Christine at 832-7242. **We will save on mailing costs.** Also please let Christine know if your e-mail address has changed.

Next Newsletter: Late season flyer following the Annual General Meeting March 5.
Please send your submissions to Rod Charlebois: **thevoice@sunwave.net**

This is your newsletter. Thanks to everyone who contributed. It is one thing to volunteer your time and effort for the club; but the extra effort to sit down and write about it so members and others can be informed is really appreciated.

AGM

**"You're Invited!" to attend the Larch Hills Ski Club's Annual General Meeting:
Tuesday, March 5, 2002, Salmon Arm Community Centre - Room #1.**

Come at 7:00 P.M. to enjoy some desserts (bring your favorite) with your skiing friends!
Tea, Coffee and Juice provided. Please bring your own plate, mug and fork.

Share your ideas and suggestions for improving the Club....Feel free to offer your bouquets or constructive brick-bats.
Consider the Club's financial picture....Comment on where we've been and where we're headed.
Offer to volunteer on one of the Club's Committees!

Larch Hills Ski Club Phone Numbers for 2001/2002

President	George Zorn	832-9335
Past President	Dave Wallenstein	832-7740
Vice-President	-----	-----
Secretary	Val Heckrodt	832-2928
Treasurer	John Pagdin	832-2946
Director	Marcia Beckner	832-3534
Director	Patrick Hutchins	832-7242
Membership Registration	Christine Hutchins	832-7242
Newsletter/Website	Rod Charlebois	832-0234
Track Setting	Blaine Carson	833-4008
B.C. Rabbits	Anne & Jeff Nakagawa	832-8625
Racing Team	Lizzy VanBergeyk	832-8705
Youth Challenge Program	Nancy Beppele - Lorne Hunter	833-0553 - 546-6158
Club Coaching Co-ordinator	Eileen MacDonald	832-7167
Adult Learn to Ski	Phil Wright	832-9517