



LHNS Racers already getting ready

Louise Bruns

It will likely be a while before the snow flies, but the training season is already in full swing for the Larch Hills Junior Racers. The team has been meeting regularly since the beginning of September for dry land training sessions. All ages have been running, hiking and hill-bounding around Little Mountain and South Canoe trails, and the older age groups get together for roller-ski practice once per week. Our 14 to 16 year old skiers have been following customized training plans all summer in preparation for the up-coming race season, and also had the opportunity to attend several training camps during the summer. These included two different glacier camps in Canmore (in July) and Smithers (in August) where they actually got to spend some time on snow. The Regional Fall Dryland Camp will be hosted by Larch Hills this weekend (October 3-4th) in Salmon Arm, and will include most of the Larch Hills team, along with racers from other clubs throughout the Okanagan.

Coach Phil Wallenstein recently led a group of about 40 people, mostly race team families, on a spectacular day-hike in the Anstey Range. Access was from the Perry River forest service road, and the trail head was at a cat ski lodge. The challenging 6-hour hike was almost all in alpine terrain, with many rewarding views. The ultimate destination was an unnamed peak, and almost everyone made it to the top, including the youngest (6) and oldest (60+) in the group!

Below is a group shot taken on the summit.



If anyone has questions about the Junior Race Team, please contact our registrar, Margaret Kitchen at markitch@telus.net. Racers are often referred to the team by their Jackrabbit instructors, and previous experience through the Jackrabbit program is recommended as a prerequisite.

-President's Report-

We've had a great 2007/2008 season and now we're gearing up for the 2008/2009 season.

I represented the LHNS at the Cross Country B.C. Annual Meeting held at 108-Mile House on May 3rd and 4th. I learned how important cross-country Skiing is in B.C. and in Canada. When I heard about all the other ski clubs in B.C. I again recognized what a great ski club we have here in the Larch Hills. We have one of the best Cross Country Ski clubs in B.C. and we do it all with volunteers!

Did you know that we are the 3rd largest club with 931 members registered last year? Only Sovereign Lake and Caledonia at Prince George are bigger. The Reino Keski-Salmi Loppet with 334 participants was the biggest Loppet again this year. Our membership fees are among the lowest in the province and have not been increased for several years.

Allyson Marshall was named the CCBC Female Athlete of the year. Congratulations, Allyson!

Allyson Marshall and Jesse Heckrodt have been named to the 2008/2009 B.C. Ski Team. Adrienne Underhill and Spencer Jackson have been named to the 2008/2009 B.C. Development Squad.

David Bakker, Clayton Thielman, Elena Bruns, John Connor and George Jackson all did well in the B.C. Cup races.

Thanks to all the volunteers, the executive, the tracksetters, the coaches, the members who ran events and races and all the other volunteers who made 2007/2008 such a good year!

I'd especially like to thank our club registrar, Tom Marshall for all the work he has done for many years. Tom is retiring as registrar after this year so we're already looking for someone with computer skills and the time to take over from Tom.

Many members have already volunteered to run most of our programs; races and special events but we do need lots of volunteers to help. Please indicate on your membership form where you could help.

Phil McIntyre-Paul has completed his Summer Use report. All the Larch Hills users will soon be meeting to act on his recommendations. The Ministry of Tourism, Sport and Recreation has placed cement barriers at 4 locations and the Ministry of Parks has placed 2 gates to try to protect sensitive areas of the Larch Hills from damage.

Jim Beckner and Don Huntington are again working to improve the chalet and parking lot. (See: President /3)

Welcome to the 2008/9 JackRabbits Season!

LHNS Calendar 2008-09

October 2008

Tues. Oct.21/08 7PM

General Meeting
Community Centre

November 2008

Sat. Nov. 1/08

Annual Ski Swap and Registration
The Gathering Place

Tues. Nov. 25/08 7PM

General Meeting
Community Centre

December 2008

Sat. Dec. 6/08 Jackrabbit Start

Sun. Dec.14/08 Santa Cruise
Race

Sat. Dec.27/08 Lantern Ski

January 2009

Sun. Jan. 4/09 Fun Race

Sat. Jan.17/09

Reino Keski- Salmi Loppet

Fri. Jan.23/09

Pirate Loppet (School Loppet)

February 2009

Tues. Feb.3/09

General Meeting
Community Centre

March 2009

Tues. Mar.3/09

Annual General Meeting
Community Centre

TBA

Windup, Fun Day and Pot Luck

Dates: Classes run on the following Saturdays: Dec 6, 13, 20, Jan. 10, 24, & 31, Feb. 7, 14. Jackrabbits have free entry to and are encouraged to participate in the Reino Keski-Salmi Loppet on Jan. 17.

Times: Classes run from 10:30 - 11:15 for the younger ones and 10:30 - 12:00 for the older ones. Please be there 15 minutes early to allow time to gear up and find your group. Late arrivals mean others get cold waiting to start. Cancellations are made if there's not enough snow or if the temperature is -12 Celsius. Call your leader or check your email if you are not sure. Please arrive early to allow classes to start on time.

Parental Involvement: Our ski program is entirely dependent on volunteers. Please plan to volunteer at least once during the eight ski sessions. Children 6 years and under must be accompanied by a parent during lessons.

Equipment: *Poor equipment, equipment that doesn't fit, or skis that are poorly prepared for the snow conditions may lead to a negative ski experience that can have a lasting impression on a child.* - CCBC Ski League, Leader Manual
Therefore, parents are encouraged to buy suitable equipment for their children. Good equipment is an investment in a positive, fun learning experience, and it retains its re-sale value.

Registration: All participants must be LHNS members. Forms for registration may be downloaded from the web site and mailed to the Larch Hills Nordic Society-attn. Abbi May. Participants will be registered on a first come first served basis. We limit group size to 10 children and rely on volunteer coaches. The **registration deadline for this year is Nov 28**. You may also register at the ski-swap on Nov. 1 or at Skookum Cycle and Ski or John's Ski Shack.

Frostbite and Hypothermia: Be prepared. The chances of frostbite and hypothermia are forever present. Frostbite occurs when the body's extremities (fingers, toes, ears) freeze. Body parts exposed to wind and wet, and cold temperatures, combined with constrictive clothing or boots, greatly contribute to frostbite. Being cold, wet, tired, and hungry, or a combination of these, can cause hypothermia. Children are more at risk as they are less able to retain body heat in cold temperatures. **BE PREPARED.**

Clothing: Layering is recommended. It is good to wear a nice insulating layer, then a fleece coat or sweater and then a windbreaker. If it is really cold, one may want to add an extra fleece layer. Always bring a toque. It is better than an attached hood because if a child takes off their winter coat, then they still have head protection. Mitts or gloves are a must.

Snacks: Children can get really hungry out on the trails. Take along some snacks in your pockets. And, be sure to bring a mug for hot chocolate up in the chalet after the lesson.

Trail Etiquette: Good trail etiquette makes skiing more enjoyable for all. Please follow these guidelines:

- 1) During recreational skiing, slower skiers yield to the right when being passed. Faster skiers should call out 'track' when approaching slower skiers, and should pass on the left.
- 2) If you need to stop, or if you fall, move off the trail to allow clear passage for other skiers.
- 3) If at all possible, step over the track that has been set.
- 4) Do not litter. Whatever you pack in, please pack out.

Family Fun: Joining our cross-country ski program is lots of fun. We encourage you to pack a lunch and have a family ski once lessons are completed. Enjoy your time up here in these beautiful Larch Hills.

Tracksetting Start-Up, Fall 2008

Blaine Carson

Thanks to Tracksetter Dave Brubaker who has put in well over 100 hours this summer preparing the PB 200 for the coming year. Everything looks good and we will not likely have need of the PB mechanic until we have snow on the ground. As of the end of the season in April 2008 the PB had 5257 hours on it for a total of 310 hours during the 07/08 year, slightly more than the previous year, mostly a reflection of our good snow!

Changes in the Tracksetting Crew include last year's retirement of Bruce Motherwell who has put in many hours since he first stopped to help me repair a broken hydraulic hose. He has driven the machines as well as accomplished many repairs and constructed new equipment over the course of the years. He will be missed, but he has donated many of his personal tools to ensure a smooth mechanical operation and I am certain he will be available to help us if we need to know how to use them.

I am very pleased that Wayne Buchanan has agreed to come on board as our lead hand with snowmobile operations as we will now have a second snowmobile thanks to its purchase this summer. The availability of a second machine will allow us to usually use our own machine for the grooming that has been done by the Junior Racers on the Field of Dreams and at South Canoe rather than borrowing a machine.

More use of a snowmobile for grooming on our main trail system will be a work in progress as we become familiar with the new Ginzugroomer which has also been purchased this summer. Hopefully, we will be able to have some single track as well if we start early in the season with packing.

We still hope to have some trail maintenance this Fall and of course we will be looking for your help with the annual Take Back the Hills work party. One big thing everyone can do is rock removal when you are hiking or biking this fall. Anything larger than a small apple should be removed from the full width of the trail.

Having a second snowmobile means we should find a good home for the Penttimobile as it has served its time. Hopefully it will go to someone who will look after it, as eventually it should end up in a museum, perhaps with some of us! Enjoy the Fall!



Alysson Marshall

Alysson has a blog about her training and new team (Alberta World Cup Ski Academy out of Canmore) which she invites interested ski members to view.

Her blog can be found at
www.alyssonmarshall.blogspot.com

(Cont'd From Page 1: President's Report)

Before the snow flies, there will be a basement and strong foundation under the chalet and more gravel in the parking lot.

Our caretaker, Pauline Hickson, is still a welcoming face near the chalet. She has been quite successful in protecting the chalet and our other property.

Please contact me or other members of the executive if you have ideas or time to make the skiing experience in the Larch Hills better.

John Henderson President LHNS
250 832 4127

Larch Hills Nordics Challenge Group in The Rockies

Lorne Hunter



Feb22 - 2007, -10c, blue skies, shin deep powder snow, down hill slope, cutting your own tracks, the Rocky Mountains in every view that you should turn ,10 people you enjoy skiing with and the discovery of the location of the 2007 Coors Mystery Mansion. This was the beginning of three days and two evening skis for the Challenge Groups final weekend of skiing for last year.

We were bound for a weekend of cross country skiing at Lake Louise, with a leg stretcher at Field BC. The Field Nordic Club track sets trails with snowmobile along Emerald Creek to the Kicking Horse River and along the road into Emerald Lake, some very picturesque country side along the creek thru the lodge pole pine forest and a very easy ski on a sunny day. We found an alpine tracked trail that turned away from the creek and in the general direction of Emerald Lake, which we followed for an hour slowly climbing thru the pine

forest, enjoying the quite and the moaning of some of the members about another corner followed by yet another hill. It is amazing how far you can get a teenager to ski with a bag full of Jelly Bellies handed out at the right times. We had reached a clearing just before the top of the tree line and decided it would be best if we turned around. The hour long hike up the hill was soon forgotten with the 15 minute swoosh back to the creek. The kids loved it and the parents feared it.

A half hour drive from Field and we were at the Youth Hostel in Lake Louise Village. A place I would highly recommend if you can speak Australian and cook with a round bottom sauce pan. The place is very well kept with several large kitchens, a large common area, restaurant, small dormitory bed rooms, and sauna and very affordable.

From this accommodation we enjoyed two evening skis, one on Lake Louise watching the full moon rise in the east, shining on the mountain and glacier tops, very spectacular, lighting the snow on the lake so bright that head lamps were not needed for the return ski back to the Chateau where the ice sculptures were all lit up with flood lights. The second night ski was on the road to Lake Moraine, so dramatically different from the first night because the moon would not rise for another hour this night. The night was black, the trees were even blacker, but boy did the star shine brightly thru the narrow strip sky that the road allowance cut through the trees.

Saturday and Sunday daytime skis were on the trails around Lake Louise, out on the road to Lake Moraine and across the valley on 12km trail thru the lodge pole forest at Pipe stone. We were so lucky to have three days of picture perfect weather in such a beautiful part of the country. On behalf of the members, leaders and parents of the Challenge Group I would like to thank the Club and the executive for their support and encouragement of this group of teen-agers in their enjoyment of cross country skiing, it has made Saturdays something to really look forward to.

It is only mid September and already the members are planning for another ski adventure and **they are looking for new members to join them.** I think they have convinced Jacob McIntyre-Paul to join for the coming year and they would like to see a few more to share their Saturdays with.

Oh yes and the location of the Coors Mystery Mansion was at _____. You will have to ask a Challenge Group Member for the answer, it is suppose to be a secret! **Please give me a call 250-546-6158**



L to R Carleen, Christine, Monica, Eric, Jordan and Jacob is up front