

# *Larch Hills Nordic Society News - February 2008*

## **President's Message - Congratulations Larch hills Nordic Society**

We are one of the largest cross country ski clubs in B C with over 900 members. Our membership fees are the lowest in BC. We are a completely volunteer run organization!

We have moved our chalet to a central location near the parking lot. It looks brand new, is wired for electricity, has a new door, has a fire burning every day and is getting much more use. Our chalet committee, led by Jim Beckner and Don Huntington, completed the mobile home pad near the chalet and our new caretaker moved into her mobile home in early September. Pauline has been lighting the chalet fire, renting the chalet and Cec's cabin, and stopping wild parties and vandalism.

We have enjoyed several programs and events so far this season and look forward to more fun before the snow melts.

The Ski Swap got a lot of people into better ski equipment.

Blaine Carson and Peter Molnar put on the excellent Santa Cruise freestyle race on Dec. 23, raising over \$1000 for local food banks.

Louis-Marc Simard co-ordinated the magic Lantern Ski held on Dec.29. 4 Katimavic participants helped Louis-Marc and Rolland Huster clean the lanterns and Peter Mair got them all in place.

Frank Bristow gave us the popular Fun race again on Jan.6<sup>th</sup> so we could all get ready for the 24<sup>th</sup> annual Reino Keski-Salmi Loppet held on Jan.19. Thanks again to our loppet committee and their volunteers for another successful loppet, with 330 participants, one of the biggest loppets in BC.

Brian Smith led the Pirates so that 350 elementary school students enjoyed the 5km Pirate Loppet on Jan.25.

Joan Bratty has had 130 Jack Rabbits with 13 leaders roaring around the hills for several Saturdays.

The Junior Racing Team with 32 racers has had great results at several races.

The older teenagers in the Challenge Group go on an exciting trip to Lake Louise on the Feb.22 weekend. We wonder what other programs we can develop for our Jack Rabbit grads.

Trail hosts welcomed skiers from Edgar road to New South Wales during the Christmas holidays! Phil Wright introduced many adults to the hill.

And of course, our track setters continued to set wonderful tracks this year as soon as there was enough snow.

Last spring, the club received money from the Ministry of Tourism, which we matched so that Phil McIntyre-Paul could do the Summer Use study of the Larch Hills. Phil has already given us a draft report of this Summer Use Study. He has put us in contact with many summer users of the Larch Hills like the Backcountry Horsemen, the Salmon Arm Fish and Game Club, the Sicomous Quadders, etc and also with 2 snowmobile clubs who all have a love of the outdoors and want to enjoy the Larch Hills responsibly. We hope to have a plan ready for next summer so many groups can use the Larch Hills without destroying the important Eco systems in and around Violet Creek Provincial Park.

We can still look forward to a Moonlight ski and potluck on Feb.22, the Fun Day coordinated by John's Ski Shack on March 1, the AGM at the community centre on March 4 and a potluck get together on March 29.

What can you do to help keep the Larch Hills Nordic Society healthy?

Come to the AGM on March 4 and give us your ideas. We want to develop a 5-year plan. Are there different programs we could offer? Should we have more lighting? Do we need more toilets? What do you think we need?

Be a volunteer. We need more coaches for Jack Rabbits. We need a new Fun Race coordinator. People have fun being Trail Hosts. The Loppet and all the other races can always use more volunteers. The executive needs a new secretary and a Vice president. We need some members interested in how the trails are used in the summer. I am sure there is a job that is right for you.

I look forward to your input and to seeing you at the AGM and the windup potluck.

John Henderson  
President

## **Jackrabbits**

The jackrabbit season draws to a close on Feb. 9th. We have had another successful season with a growing program that this year included 13 groups and 130 kids. If you have been on the hill on Saturday mornings, it is a great sight with all those young ones and their parents gliding about on skis. The new adventure trails beside the chalet are a hit, and there has been great participation in the snow goals program which encourages kids to ski in addition to their lessons.

Thanks to all the parents who are getting out regularly as a family and improving those skills. We also had great participation in the Reino Keski-Salmi Loppet this year with 50% of the jackrabbit kids taking part. There were lots of smiles on the hill, and the kids were all having a blast at the post-ski activities at the pool and the dance. Many, many thanks to our enthusiastic leaders for making this program not only possible, but also tons of fun. The program depends on you, so parents if you value the program, please consider volunteering for next year. We will be looking for leaders and for help with registration.

You can contact Joan Bratty (833-1950) or Abbi May (832-7846) to volunteer or to provide feedback on the program.

## **Ski Orienteering Event**

There will be a ski orienteering event at Larch Hills on Sunday, Feb. 24th starting at 11 am. Ski orienteering involves navigating on skis around a course using a map. All control locations in ski orienteering are on trails, so the navigation is technically less difficult than in regular orienteering, and the ability to use a compass is not required. There will be 4 courses offered, ranging from about 2 km in length to 15 km. This means there is a course for everyone, beginners to advanced, and young to not so young. Also, competitors in the recreational categories are free to ski with a partner or to go out as a family group.

The Larch Hills event is part of the 4 event Interior BC ski-O series, so if you enjoy it, you can try another event the following weekend at Sovereign Lake or Stake Lake in Kamloops. The series information is available at [www.orienteeringbc.ca/sage](http://www.orienteeringbc.ca/sage).

Contact Brian May at 832-7846 for registration or further information, or check the Larch Hills website.

## **Tracksetting 2007/2008**

It has been a great winter for skiing and also for tracksetting as we have had lots of snow to shape into skating and classic tracks! The 2002 PB 200, now in its third season, has turned over the 5000 hour mark after arriving with 4374 hours.

The Tracksetting Crew has had some changes with the retirement of Ron Everest who we thank for his many years of service. He was so good that it has taken 3 new people to replace him! Please welcome Bill Smith, Barry Bergh and Mick Ford and give them a wave as you see them on the trails. Thanks also to Bruce Motherwell who is doing much of the daily scheduling!

We now have a sign by the map board to indicate trails that have been recently groomed to help everyone, including our many visitors, plan their ski route. The easiest one hour adult beginner loop is still up Metford, across Bilbo's Bog, turn right on Ermine Frolic, go through Reino's Run to the South Hub and back down the Main Road.

We will continue to set tracks as Spring approaches and as usual we will probably run out of skiers before we run out of snow. Watch the Website for more information or sign up for the daily Trail Report at [bcarson@sunwave.net](mailto:bcarson@sunwave.net) Be certain to enjoy all the great powder on all the non trackset trails!  
Blaine