



STRATHCONA NORDICS CROSS COUNTRY SKI CLUB

Memo to Strathcona Nordics Ski Club Members

From: Len Apedaile, Club President 250 337-5290

Re: Club Update October 2005

Dear Members,

Another ski season is upon us and we look forward to good snow and a better season than last year. This is a short note to welcome you back and provide a quick update on the upcoming season and programs. This is also a reminder that our membership year begins October 15 and that membership fees are due. We would like to emphasize and encourage family membership in our club as cross country skiing is a sport for all ages and your membership helps support the overall development of Nordic skiing on Vancouver Island and provides a voice for the Nordic skiing community. Our family membership rate is a great deal and includes as an incentive a copy of the 2005/2006 Cross Country Canada ski calendar which profiles and supports our National Ski Team athletes as they prepare for an Olympic year in 2006.

In addition to supporting the club membership benefits include weekly email updates on club activities, liability insurance coverage under the National Insurance program, membership in Cross Country BC and Cross Country Canada, special membership discounts on ski equipment and clothing with selected club sponsors (worth the price of membership alone), subscription to the annual BC Ski Cross Country Magazine, and access to club programs and many free club activities including ski swaps, waxing clinics, coach and official certification training plus social events. There is something for everyone so please join in and be a part of the Nordic action at Mount Washington this year.

Program registration is in full swing and the early bird fees apply until November 30. Once again we are pleased to offer a full range of skier development programs including: Jackrabbits (ages 3-12), Adventure program (recreational program ages 10-16), Devo program (fun ski development program ages 10-14), Junior racing & High Performance racing programs (ages 14-19+), Masters programs (beginner + intermediate recreational, and training/competitive ages 20++). Please see the enclosed brochure for more information and prices. Masters should note that returning beginner and intermediate masters will receive a 50% credit on 2005/06 program fees due to the curtailed programming last season. All our programs are coached by qualified club coaches and run throughout the season providing ongoing coaching and feedback to help participants learn, develop and maintain skiing skills, whatever your level and interest, and to get the most out of your skiing experience. Remember that cross-country skiing is the ultimate lifelong sport and fastest growing Canadian winter sport.

In terms of club events and updated calendar of events has been included with the enclosed brochure and updates will be posted in the weekly email newsletters, on the website and on the club bulletin board in the Raven Lodge. Come out and participate, help officiate or spectate at our club races including the rabbit tournament planned for this season. In particular mark March 18 in your calendars for the annual Vancouver Island Loppet. Also stay tuned for new about our bid to host the Canadian Masters Championships in 2007.

There are some other exciting developments and events happening this year that I'd like you to be aware of. One is the ongoing initiative to secure 2010 Legacies Now funding to establish a permanent Vancouver Island Mountain Sport Training and Education Center at Mount Washington and to upgrade the Nordic competition facilities to support national and international skiing events and pre-2010

Olympic athlete training. This initiative will help further raise the profile of the sport on Vancouver Island and develop local athletes to the highest levels. Benefits to the general skiing public will include access to enhanced facilities including some trail lighting that will allow Nordic skiing including club programming to take place in the evening during the week as well as on weekends. Stay tuned for updates on this.

Other exciting events this season include the World Cup Race coming to Vernon on Dec 9-11 2005. Check out www.sovereignlake2005.ca for more info. Also don't miss the winter Olympics in Torino, Italy www.torino2006.org and join in on cheering on our Canadian athletes as they aim for the podium in a quest to repeat Becky Scott's gold medal in Salt Lake city and Sara Renner's world championship bronze last spring. Also check out the Cross Country BC website www.crosscountrybc.ca and Cross Country Canada website www.cccski.com for loads of information and resources on what's happening in skiing in BC and Canada.

Finally, I'd like to welcome Ski Tak Hut on board as a new club sponsor and to thank them and our other club sponsors and funding supporters CIBC Wood Gundy, Mount Washington, Pacific Sport, BC Gaming, Presley and Partners, and Cougar Inlet Logging for their ongoing commitment and support for the club. Please note the attached letter from Ski Tak hut regarding special club member offers on equipment and clothing. Stay tuned for additional member offers from other sponsors including Raven Lodge.

Please don't hesitate to contact us about club activities and events. Your board of directors for 2005/06 are as follows and are always keen to receive input and feedback about the club and our programs and how we can continually improve what we do. Contact us personally or through the club email at info@strathconanordics.com

See you on the trails.

Len Apedaile – Club President 337-5290

Colleen Ellison – Director, Treasurer 334-2284

Karin Koons – Director, Membership

Val O'Neill- Director, Communications 339-5202

Rick Morson – Director, Sponsorship and Fundraising 897-3488

Rob Trainor – Director, Skier Development & Coaching 334-2284

Rob Grantham – Director, Rabbits 339-1226

Bob Lee – Director, Competitions and Officials 337-5780

Head Coach: Dave Battison 202-0578

reminder !

Come and Join Us at Our Club Ski Swap &

Registration Fair & a Bit of a Pre Season Social

When: Saturday, November 5, 2005 from 10:00 - 12:00.

Where: Courtenay Middle School Multi Purpose Room, 2345 Mission Road in Courtenay

What: Equipment drop off time is from 8:00 to 9:30.

Mark your gear with your name and asking price.

There will be a small fee for selling gear (10% for any gear sold).

You can also visit our booth at the big ski swap on November 6 at the Filberg