

In the heart of Wet'suwet'en Territory. *Wet'suwet'en* means people of the Wa Dzun Hwuh (Bulkley River)

35th Annual Wetzin'kwa Loppet, Saturday, March 9:



BVCCSC's final event of the season, 35th annual Wetzin'kwa Loppet!

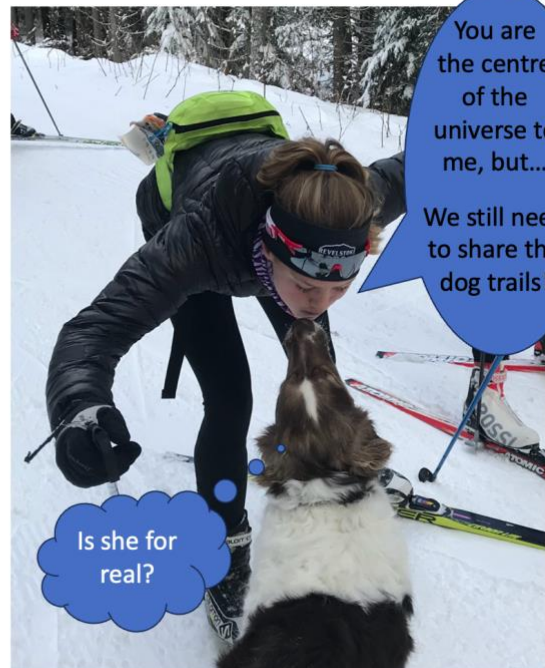
A celebration of the ski season & our Club, this child to senior citizen to competitive racer, kicks off with the Parade of Bunnies & offers something for everyone with different distances & techniques to choose.

A great BBQ lunch is included with registration fee. Register at <https://zone4.ca/event/2024/G6eXzA/>
Registration DEADLINE: TUESDAY, MARCH 5.


Interested in joining the fun but not keen on racing? Many volunteers are needed to ensure the race is safe & fun for all. No experience is necessary, just punctuality & a willingness to help. Lunch is provided for volunteers; **volunteers' names will be entered into a draw for a free 2024/2025 pass.**

Able to help: <https://volunteersignup.org/98DFW> to add your name to a role that appeals to you. If you want to race, there are volunteer roles that allow you to both participate and contribute.

From the Admin (and who doesn't like starting with some humour?):



From the Grooming Team:

Must I impart all dog trail wisdom?

I SOLEMNLY TELL YOU: You will often not see your beloved dog pooping.

Therefore, it is your sacred duty & destiny to pick up random dog do-do. Yes, I speak the truth, as difficult as it is to hear.

It is an unspoken law of civil society & a part of our social contract.

Furthermore, One visit to the dog trails equals at least one random poop scoop up.

DO NOT NEED TO BE TOLD AGAIN OR THE WRATH OF THE TICKET CHECKERS WILL BE UPON YOU.



The fine print, for those who need to see the actual rules.

CROSS COUNTRY RESPONSIBILITY CODE

THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL JUDGEMENT CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, ALWAYS DRIVE CAUTIOUSLY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1 Always check posted trail conditions.
- 2 Ski in indicated direction and avoid all posted signs and trails. Please stay off closed trails.
- 3 Always ski to right unless avoiding oncoming skiers and staying on marked or closed trails.
- 4 Yield the trail to faster skiers and others taking trails.
- 5 Ski in control. On two-way trails, stop/slowing before being right-of-way.
- 6 Do not stop where you obstruct a trail or are not asked to stop. Move off the trail and across it if you are blocking trail users.
- 7 Do not stop. Take care when you fall or are hit. Report all accidents.
- 8 Report all accidents.

**Know the Code - Be Safety Conscious
It is Your Responsibility**

2019 Coby Brothers Team
Bill Ginn
Drew Ginn
Drew Ginn
Drew Ginn
Drew Ginn
Drew Ginn

And some more about trail etiquette:

Good work skating in the middle of the trail and staying off the classic tracks!

Of course! It would be insanity to skate on the classic tracks at the best of times, but with so little snow right now, they can't be repaired.



How fortunate that this mayhem does not exist at BV Nordic, we are better than this... We move to the right when we see oncoming skiers...



How to tell Left from Right

UPDATES

McBike Family Day:

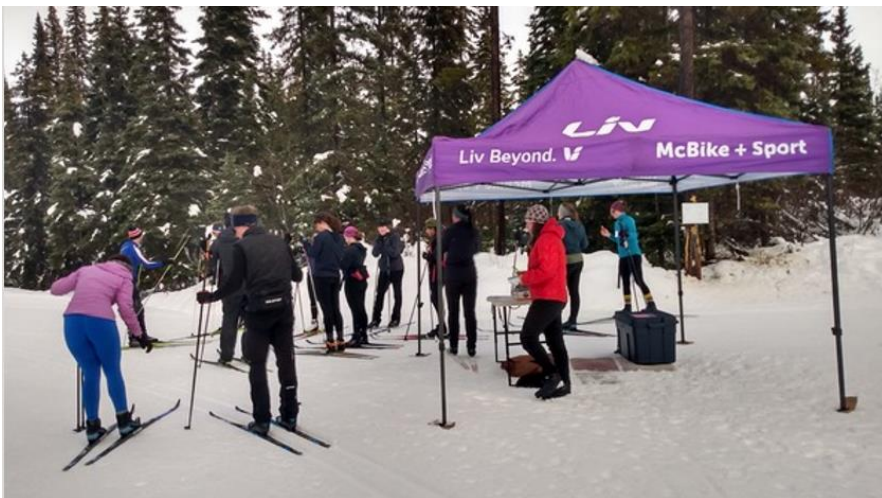


What an incredible success & gift to our community! Thank you McBike & the volunteers! Over 160 skiers came by to pick up passes during the event alone, & over 100 people borrowed items from either McBike or our fleet of SkiSkool gear. It was wonderful to see so many people enjoying the trails, many of whom were experiencing the joy & challenges of Nordic skiing for the first time.

Petra, from SCSA's ELMS program had this to say, "I counted 51 newcomers* (including children), coming up with us on the mountain. Most of them tried out skiing, and most of them for the first time." (*by newcomers, she means people new to Canada/Smithers).

Tour de Treat January 28 RECAP:

149 tickets were sold, and young families were joined by many Twenty Something Smithereens! A new demographic that we are seeing more and more of at BV Nordic Centre! Terrific organization & attention to detail by Sue Harrison & Kate Kantakis, thank you!



BVCCSC Ski S'kool Program Awarded \$8k Grant:

Thank you to the Bulkley Valley Community Foundation for their continued outstanding support of the Ski S'Kool program. \$8000 for the next season will directly benefit many local families with elementary age children by maintaining the decreased Ski S'kool fees introduced in 2021. This grant will offset the cost to upgrade equipment and by supporting the coaches' honorariums.

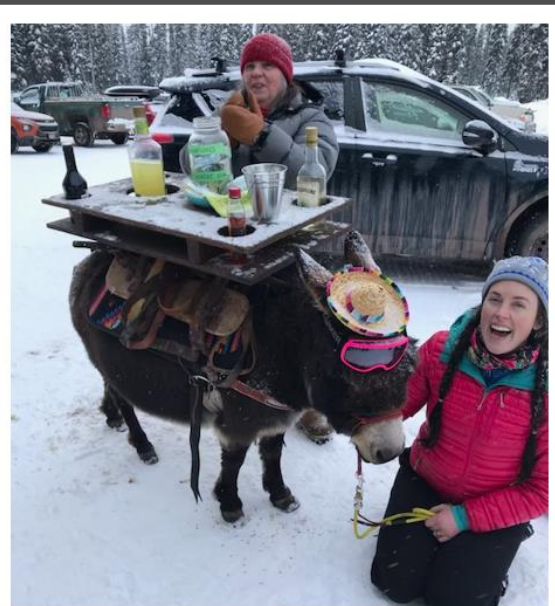
The BVCCSC's Ski S'Kool project is especially honoured to be chosen as this year's recipient of the Paul Backhouse Memorial Fund. Learn more about this fund here: <https://bvcf.ca/funds/>



L to R: Sarah Sacharoff (BVCCSC), Jen Chapman (BVCCSC), Kristen Brewer (Paul Backhouse Memorial Fund, Denise Kelly (BVCCSC), Mike Doogan-Smith (BVCF) (photo: Interior News)

Womxn's Clinic Sunday January 21 RECAP:

75 participants, 15 coaches, including one of the development athletes, Ava Wimbush, and excellent work done by the organizers: Julie Sheppard & Kate Wills! One of the participants, Caitie, with Mikey, her mini donkey, raised over \$90 in 40 minutes for the program! Stay tuned for next year.



BC Cup 1 - Prince George - Jan 27 & 28

31 BV athletes participated in this provincial event. Lots of learning for the athletes, & lots of fun team events including an escape room & glow in the dark minigolf. PG did a good job with sparse conditions.

A last-minute wax change showed that our wax team was up to the task and had ample helpers. Full results at: <https://zone4.ca/event/2024/pMb2mQ/>



Isaac Cullen



Gabe Wimbush



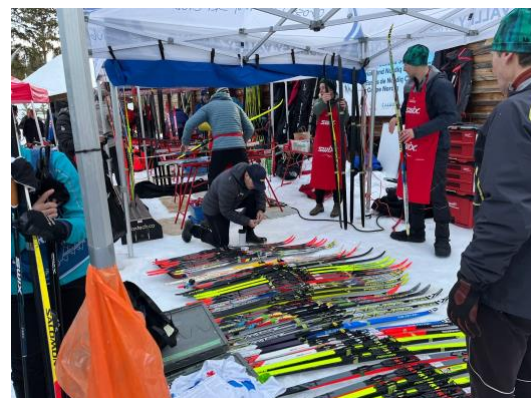
Alex Forsyth



Genevieve Gagnon



Sonny Maclean



Wax Wizards at Work!

BC Cup 2 - Whistler - Feb 10 & 11:

17 BV Nordic racers made the trek to the Callahan Valley. It was challenging conditions for waxing, but we teamed up with Revelstoke & generally had good wax feedback. U16 & older athletes took on the 2010 Olympic 10k classic course, and it is super tough with ~350m elevation gain; our kids crushed it. Athletes are doing a good job at learning independence, warming themselves up, getting to start line on their own, etc., even in mass start fields of 60+ racers! We also supported two Vanderhoof athletes.



Ben Forsyth



Genevieve, Benji, Finn, Gabe, Hugo, Ethan

Teck Northern Tech Cup Final- Vanderhoof - Feb 17

With low snow conditions causing some race cancellations, this year's Teck Northern Cup Series consisted of two races in Smithers (Chris Dahlie 1 & 2) and the final in Vanderhoof. The Bulkley Valley Nordic Athletes won the overall 2024 Club Aggregate Award for the Northern series!



Kids in XC skiing learn to ski well!

Meow! That isn't the half of it!
They make friends, see new places, learn how to deal with stress, challenge themselves, and become members of a great community!



Winter World Masters Games Update: By Lea-Marie Bowes-Lyon

Callie and I joined ten other Canadian biathletes in Vermiglio, Italy for the Winter World Masters Games. It's an event that is hosted every four years and includes multiple winter sports (xc skiing, alpine, figure skating, speed skating, curling, hockey, ski jumping, ski mountaineering, ski orienteering, etc.). There are thousands of participants, for biathlon, there were about 180 racers this year.

We had three races: individual start, sprint & relay. I competed in the 40-44 age & Callie in the 50-54. For the relay, our team consisted of Callie, Michelle (from Kenora ON), and me; we placed 5th!

My results: Individual: 4th, Sprint: 1st

Callie's results: Individual: 2nd, Sprint: 2nd

The event was fun because we competed against skiers from around the world, some we knew from previous competitions, but many were new! We raced in cold temperatures (-10 to -15); in a narrow valley below a high mountain pass, with a river running through it, making the mornings extra cold!



Looking Forward

Looking forward to next year? Join the Solstice 2024 Team!



SOLSTICE CELEBRATION 2024

We need you!

In 2024, the winter solstice falls on a Saturday, so we have a terrific opportunity to hold an amazing celebration of winter.

We're thinking fun activities for kids, night sky gazing & hands on learning opportunities, (beer) relays for adults, musicians, saunas, a bonfire...

There are many potential ways to make this a memorable event, but our event director can't pull it off alone. We'd like to assemble an energetic organizing team to start planning the event. If this sparks an interest, contact: events@bvnordic.ca

BV Nordic Online Dessert Auction:

The event we have all been waiting for! This is a fundraiser for our athletes going to the National Championships in Gatineau, Quebec. Check out the club Facebook page:

https://www.facebook.com/groups/1334872320422739/?ref=share_group_link

**It's the best time of year again...
Do you know what I'm talking about?**



**Uh yes... this isn't my first rodeo; it's
the BV Nordic online dessert auction!**

BC Winter Games, Quesnel:

Six BV Nordic athletes will be at the BC Winter Games on Feb 22-25 in Quesnel, with support from coaches Amy Klepetar and Stephen Wickham. Low snow conditions required the organizers to be creative and it sounds like they have turned lemons into lemonade! A change of venue was required and now athletes will be racing down the main street of historic Barkerville! Congratulations to Finlay Beedle, Isaac Cullen, Elliot Cullen, Morgan Hamhuis, Wynter Lilles and Adrian Wickham. We also have one biathlete, may your shots be on target and true, Justice Lancaster!



National Championships, Gatineau, Quebec, March 9-16th:

Two BV Nordic Athletes, Sacha Fleury-Allen & Finley Gagnon with Head Coach Andrea Stapff will be attending the Nationals for a week of racing. Many years of dedication & hard work have led these two talented athletes to this goal. Congrats!



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For more information on anything BVCCSC, and to see our full list of terrific sponsors who would appreciate your business, visit: <https://bvnordic.ca/>

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Local businesses recirculate **\$63** out of every \$100 back into the local economy compared to \$14 by multinationals.

