

At the start of the 2019-20 season this year BV Nordics senior athletes Jesse Smids, Miller Kriese, Gregory Baxter, Conor Murphy and Caedmon Dunbar made a challenge to do a 100km ski. With the Covid-19 pandemic, and the cancellation of Nationals, this event was the culmination of the athlete's hard training and dedication this season.

It was an awesome day at the Bulkley Valley Nordic trails yesterday. Glorious sunshine and freshly groomed trails (Thank You, Pat ☺). What more could you ask for to do a 100km ski. Jesse, Miller, Gregory, and Conor started at 9am with the goal of completing 100km. Unfortunately, Caedmon was not feeling well so missed this opportunity (practicing social distancing thank you Caedmon). The route was the 18km loppet route with the added distance of doing the whole Pine Creek 10km and Pooch Paradise making for approximately 25km per loop. The morning was a little cool to start (-7C) but no wind and full sunshine.

The Crew



The crew choose a combination of skate and classic techniques changing throughout the ski as muscles tired and conditions changed. *Start Universal Wide* klister worked for a good grip all day to the relief of the wax support team. As the day progressed it warmed to a high of 8.8C with conditions getting a little soft but never sloppy. Skiers were upbeat and cheerful all day stopping to refuel at a feed station set up by the parental support team.



Athletes refueling with the encouragement of their support team while trying to maintain Social Distance.



Greg and Conor at the 50km mark looking a little tired but focused.



The crew skiing away with confidence and determination at kilometer 75.



The number one fan and support crew member relaxing in the sun.



The proof, they promise that they could not program the watches.

## The Route



**miller krieze**

✂ Today at 8:52 AM

## Morning Activity



Distance  
**100.56 km**

Avg Pace  
**5:36 /km**

Moving Time  
**9:22:47**

Elevation Gain  
**1,548 m**