

Bulkley Valley Cross Country Ski Club

January 2021 Newsletter

Check out the great things happening at the Bulkley Valley Nordic Centre. 2021 is looking pretty good:

1. Fantastic Skiing
2. Masters / Lessons for Adults
3. Holiday Hustle
4. Staycation Ski Scavenger Hunt
5. Ski Scrabble?
6. Wetzin'kwa Loppet
7. Youth programs
8. Skiing with Dogs
9. Being Safe and Kind
10. More Fantastic Skiing

1. Fantastic skiing

Our groomers and snow plowers were working extra hard to provide you with great skiing through the holidays. The effort will continue for the rest of the season to make sure there is room to park and lots of trails to ski. We have a great team of operators and mechanics and a fleet of machines and attachments ready to handle challenges of new snow and/or mechanical issues. Currently, both the PistenBully and the tracked quad are out of action for a few days but the Skandic and the trusty 1990s twin-track are hitched to the Ginzu and roller to keep trails open. Check out our [Grooming FAQ page](#) if you want to know more about grooming at the Nordic Centre and how you can help with trail quality.

Once we catch up to the new snow, all trails will be open except for the swamp on the Pine Creek loop. Thin ice on parts of the swamp is preventing use of the section of Pine Cr loop from West Connector junction F to junction E at the 7.5 cut-off. But there is another option now that the 5 km cut-off has been reopened, with the help of a lot of pallets, logs and shoveling.



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2. Masters / Lessons for Adults

Wednesday night Masters has always been popular for adults of every skill level. First-time skiers can learn the basics

while intermediate and advanced skiers receive technique tips and coaching to keep improving. Plans are in place to have [modified Masters sessions](#) starting January 20, if permitted by the health orders in effect at the time. Instead of drop-in, a weekly sign-up system will be used. Smaller groups will mean more personal attention from the coaches, but it will also mean fewer spaces for participants. Watch for more information on the website in the next week or two.

Here are some other ways to work on your ski technique this year:

- Private lessons: A list of local CANSI (Canadian Association of Nordic Ski Instructors) instructors is available at McBike Ski and Sport.
- [XC Skate Skiing Basics – a free video series](#) by Peter Krause of McBike and Sport.
- Nordic Ski Technique Videos from Nordic Ski Lab <https://nordicskilab.com/free-videos>

3. Holiday Hustle



The Holiday Hustle is a month-long opportunity to do a virtual ski tour on a real nice route, and then share your experience on Facebook and/or Strava. Ski as many times as you want between December 26 and January 24th. Go to our website <https://bvnordic.ca/about-our-club/news/holiday-hustle-ski-tour> to see the route and links to Facebook (many great posts with photos and poems) and Strava (some amazing times to beat or just focus on your own personal best time).

4. Staycation Ski Scavenger Hunt

A yellow rectangular graphic for the Staycation Ski Scavenger Hunt. On the left is a brown and white spotted deer. On the right is a black and yellow bird. The text 'Staycation Ski Scavenger Hunt' is in pink, and 'Saturday, January 23rd - Sunday, January 31st, 2021' is in black. A white box with a blue border contains the definition: 'Stay-ca-tion: a vacation in one's home town rather than going away, involving day trips to local attractions'.

Staycation Ski Scavenger Hunt

Saturday, January 23rd - Sunday, January 31st, 2021

Stay-ca-tion: a vacation in one's home town rather than going away, involving day trips to local attractions

This nine-day challenge will have you skiing the trails searching for 20 objects. Closer to the date, rules and lists will be posted on the website and at the front of the lodge.

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5. Scrabble Ski?

This one is still in planning but sounds intriguing. Watch for it and play the game in early February.

6. The Loppet

Our Wetzin'kwa Loppet in March is always a fun, at-your-own-pace event. This year, it will be an on-your-own-schedule marathon using Strava for those wanting to track their times and some lower-tech options for those who just want to see if they can ski the distance. Dates and details to come.

7. Youth Programs

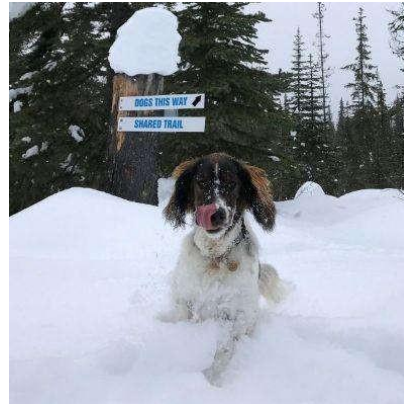
Ski lessons and training for youth are happening with modifications to meet health guidelines.

- Extended Rabbits started in December and the rest of the rabbits and bunnies will start in January.
- Track Attack and Junior Athletes have been training hard since fall to build their skills and fitness, regardless whether there will be any races this year. Cross-country skiing is a sport for life.
- Our Ski S'Kool program is supporting our local elementary schools with popular learn-to-ski lessons.
- The Nordic Centre is happy to welcome Indigenous youth from Witset who will be visiting with Spirit North. Check out this great program at www.spiritnorthxc.ca

8. Skiing with Dogs

Our dog trails are more popular than ever. The club has been steadily improving the dog trail network:

- Pooch Paradise established our first 5 km dog-friendly trail in 2005
- Hound Heaven added another 2.5 km in 2011
- The tunnel to dog trails and Pine Cr trails provided safer access in 2014
- Wild Dog added 3.3 km of intermediate skiing in 2018



Our 11 kilometre dog trail network is one of the largest in the province. We continue to improve the quality of the dog trails, spending over \$40,000 in the past five years. Trail works in the summer-fall of 2020 upgraded Pooch Paradise, Hound Heaven, and the Pup so they can be skied in the early season. It worked! And now we are increasing the frequency of grooming on the dog trails to handle the extra wear and tear that our four-legged friends create.

This year's big increase in skiers and dogs came with some complaints and suggestions (from skiers with and without dogs). To reduce problems, we implemented two changes:

- All dogs must be on leash in the parking lot and until after the tunnel. Dogs can be off-leash on the dog trails if you keep your dog in sight and in control.
- Returning to the parking lot, skiers and their leashed dogs should take the one-way return trail, to the right as you leave the tunnel. Skiers without dogs will still use the left trail to ski towards the lodge and Chris Dahlie trails.

Check out the [Skiing with Dogs page](#) on our website.

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9. Being Safe and Kind

Our trails are wide, and the outdoor air is clean but given the increased number of skiers and ongoing concerns with the pandemic, please make an extra effort to stay safe and allow others to have a safe, stress-free ski.

- Avoid long visits in the parking lots and trails. If you want to say more than “hi”, keep your distance from each other and move to the side or off the trail to provide at least 2 metres room for others to pass.
- When skiing towards other skiers, move to the right track to pass. This means skaters will double pole in the track (a great core workout). When approaching from behind, call out a greeting and let them know you will be passing in the left track. If two or more classic skiers are using both tracks, they need to watch for other skiers and make room for passing. Except for Broadway, our classic tracks are 2.5 m apart which is not enough room to pass while a skier is in the middle.

Program organizers and coaches are working hard to support our youth while following the rules and guidelines from public health orders, viaSport, Cross-country BC and our club’s safety plan. Special efforts are made to ensure recreational skiers can still have a safe and comfortable experience. Signs on the trails, at the lodge and on the Busy Times page provide information about scheduled activities.

10. More Fantastic Skiing

We normally have good skiing on groomed trails until the first week of April. So that means THREE more months of fantastic skiing. Enjoy!