

Dear Whistler Nordics Members

The recent snowfall has given us some fantastic skiing at Whistler Olympic park, both the Masters Program and Skill Development Program have already commenced at this location. The Lost Lake trails are due to open imminently; see the first message in today's newsletter. If you haven't already, then dust off your skinny skis and enjoy the trails...

Newsletter Contents

- Lost Lake Trails open on Dec 3!
- Community Coach Workshop
- Masters Classes - Some spaces left
- WNSC Toonie races
- Sponsorship opportunity
- Coast Cup #1 – Whistler Olympic Park Saturday, December 11, 2010
- BC Cup Biathlon Dec 17 – 21: Call for volunteers
- Level 1 Officials Training
- Save the date: 2011 BC Midget Championships March 5-6, 2011
- More dates for your diary
- Cross Country Canada's 2011 "Target the Podium" calendar...like you've never seen it before!
- Cross Country Canada's Estore Xmas Gift Ideas

Lost Lake Trails open on Dec 3! A message from Cross Country Connection:

Hello Everyone,

We hope you are enjoying the snow.

With the early snow the RMOW is now able to open the Lost Lake Park trails for the season!

Soft Opening Friday Dec. 3 at 9a.m. – No Trail Fees!

Official opening Saturday Dec 4th – Regular trail fees apply

Details on what trails will be open and hours will follow tomorrow.

Please Note: We are now operating from the NEW PassivHaus Daylodge

See you on the trails!

Rentals – Lessons – Tours – Service

Cross Country Connection

PO Box 1235, 7400 Fitzsimmons Rd. South, Whistler BC, VON 1B0

p. 604-905-0071, f. 604-905-0571, info@crosscountryconnection.ca, www.crosscountryconnection.ca

Community Coach Workshop

Are you a volunteer coach ready to train at the next level or just looking to improve your technique?

The Whistler Nordics are hosting a Community Coach course Dec 10-12, 2010. *Prerequisite:

Introduction to Community Coaching*

Date & Time: Fri 10 Dec: Lost Lake Passive House 6-9pm (3hrs)

Sat 11 Dec: WOP 1-4.30pm, Lost Lake Passive House 5-7pm (5.5 hrs)

Sun 12 Dec WOP 8.30am-4.30pm (8 hrs) (1/2 hr lunch break)

For more details or to sign up contact admin@whistlernordics.com

Masters Classes - Some spaces left

Get in shape or improve your technique with the Nordic Master's classes:

- Wednesday PM Master's advanced program, WOP and Lost Lake **FULL**
- Wednesday AM CLASSIC program at Lost Lake ** Spaces available**
- Thurs AM Tune Up program I, Whistler Olympic Park ** Spaces available**
- Thurs AM Tune Up program II, Whistler Olympic Park ** Spaces available**
- Thurs AM Tune Up program III (Master's Spring skiing), WOP ** Spaces available**

Register online at Zone 4: www.zone4.ca/register.asp?id=1303. Note you will need to be a member to take a Masters class. Places are limited so sign up now!

IMPORTANT - Masters Clinics are not for beginner skiers, they are for intermediate/advanced skiers to improve their skiing. All participants will be expected to ski from the Lost Lake ticket booth round the lake and back without stopping. Please visit www.crosscountryconnection.ca or www.whistlerolympicpark.com for beginner lessons to get you started.

WNSC Toonie races

The Toonie race series resumes after Christmas, enjoy the Thursday night race and social après on local cross-country ski trails.

2011 Toonie race dates: Jan 6,13,20,27 Feb 3,10,17,24, Mar 3,10

If you would like to host or sponsor a race please contact admin@whistlernordics.com and the Toonie Race Coordinator will get in touch.

Sponsorship opportunity

The Whistler Nordics has slowly been purchasing equipment to help the club develop its athletes when we don't have snow. A Whistler Youth Foundation Grant in the summer allowed the club to purchase 4 sets of roller skis and local businesses have sponsored the bindings for these skis as well as a set of Classic skis. The club has the opportunity to purchase a set of Carbon Classic Rollerskis for \$275. If you would like to sponsor this pair of skis (or part) please contact admin@whistlernordics.com. Thank you.

Coast Cup #1 – Whistler Olympic Park Saturday, December 11, 2010

Join the first of this year's Coast Cup #1 Races at Whistler Olympic Park - the site of the 2010 Olympic and Paralympic Games! The race is designed as an introductory race to start the season off, with relatively short distances ranging from less than a kilometre for Atoms to six kilometres for adults. There are courses that can be enjoyed by children, their parents.

Date: December 11, 2010

Time: 11:00 a.m start

Technique: Free technique (skating or classic), individual starts

Race Notice: http://www.jackrabbits.ca/files/race/cc1_2010_racenotice.pdf

Registration: Online at Zone4 only at <https://www.zone4.ca/onlinereg.asp?id=3185>

Registration Deadline: December 8, 2010 at 9:00 p.m. (**absolutely no exceptions**)

BC Cup Biathlon Dec 17 – 21: Call for volunteers

Now that the Olympics is just a memory, it is time for us to step up and make our amazing Whistler Olympic Park a long-term viable venue. This year the Callaghan Winter Sports Club is hosting the BC Cup #1 as well as the Junior National Trials. The Junior Trials will determine who goes to the World Junior Biathlon Championships, held in the Czech Republic this January.

The dates of the competitions are from Dec 17th-21st. As always, we'll need a fairly large number of volunteers on competition days (Dec 18, 19, 21) and can get away with fewer on the official training days (Dec 17 & 20). Whether you were involved during the Olympics or not, and whether it was with Biathlon or some other event, there are jobs for everyone who wants to help.

If you're free to come out and help out with this, please follow the link below and indicate your availability/area preference.

<http://www.surveymonkey.com/s/Biathlonvolunteersurvey>

Level 1 Officials Training

Would you like to: enhance your skill set? Volunteer at events while your kids race? Volunteer at local Nordic events? Then you might like to take your Level 1 Cross Country Officials Course. Hollyburn may run a level 1 Officials course in January 2011. Please email admin@whistlernordics.com to register your interest.

Save the date: 2011 BC Midget Championships March 5-6, 2011

To view the **2011 BC Midget Championships Technical Package** click on:

<http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=2998>.

The 2011 Midget Championships will be held at Whistler Olympic Park (Callaghan Valley), site of the cross-country ski events at the 2010 Olympic Winter Games, on March 5-6, 2011.

More dates for your diary

Coast Cup Series:

Dec 11 - Coast Cup #1 (Hollyburn, WOP)

Jan 8 - Coast Cup #2 (Whistler Nordics, WOP)

Jan 9 - Coast Cup #3 (Spud Valley Nordics, WOP)

Feb 12 & 13 - CC#4 & 5 (Strathcona, Mt Washington)

Jan 4: Tuesday Kids SDP Program at Lost Lake commences

Jan 5: Wednesday Morning Masters program at Lost Lake commences

Jan 6: Thursday Morning Masters Tune Up program II commences

Feb 17: Thursday Morning Masters Tune Up program III (Master's Spring skiing) commences

Feb 26: P'ayakentsut/World Loppet at WOP www.payak.ca

Mar 3-11: Sparkling Hill Masters World Cup in Sovereign Lake www.mwc2011.com

Cross Country Canada's 2011 "Target the Podium" calendar...like you've never seen it before!

This year's calendar is packed with heart and is sure to motivate with:

- Storytelling images
- A new edgy finish
- Monumental Olympic/Paralympic highlights!

Still unbelievably affordable.....

For a teaser of the calendar pages, go to: <https://cccski.com/store/shop.php?cmd=itm&id=102&c=413&p=&lan=0>

Contact info@cccski.com or 1-877-609-3215 for more information or to place your order.

Please note that we will accept your orders immediately but the calendars won't be shipped for another 7 to 10 business days.

Thanks for your support!

Cross Country Canada's Estore Xmas Gift Ideas

See: <https://cccski.com/store/shop.php?lan=0>

Christmas incentive: spend a minimum of \$200.00 and receive a FREE 2011 Podium Calendar

Coming soon...new Halti jackets and pants!!