

Read on...

**November 2007**

### Whistler Nordic Interval Programs - Adults

Open to Whistler Nordics Ski Club members interested in improving their skate technique, these sessions include a complete Nordic program designed to take you to the finish of the Whistler Loppet on February 24, 2008.

#### **Beginners Program:**

These sessions are designed for people looking to complete their first Whistler Loppet.

#### **Interval Program:**

Interval training, hill repeats, tempo skates, skills, with personalized handouts – you are sure to improve your Loppet time not to mention your fitness.

#### **Masters Program:**

Geared towards you, this program is for someone who knows how to skate and would like to improve their skills.

Cost: \$ 135.00 for the 12 week program

When: Tuesdays, 6:00 PM from Dec 4, 2007 – Feb 20, 2008

Place: Lost Lake Ticket Booth

- Experienced Coaches:
- Interval Program designed by Val Burke, Exercise Physiologist & Coach

**Info:** Maria Lundgren: [coach@whistlernordics.com](mailto:coach@whistlernordics.com)

**Registration:** [registration@whistlernordics.com](mailto:registration@whistlernordics.com)

**Don't forget...**

**Early Bird Passes are only available until December 7<sup>th</sup>!**

More info on pricing and the New Dual Area Ski Passes available at Meadow Park Sports Centre

Phone: 604-935-8350

Online: <http://www.whistler.ca/content/view/69/88/>

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## **Ski Shop Discounts for Whistler Nordics Members:**

### **Cross Country Connection:**

To encourage parents to put their kids in SDP and become members we are offering the following:

Whistler Nordics Seasonal Rentals

Skate or Classic gear

\$50 for kids 12 and under,

\$99 for youth 13-18

Adults \$150

(That's \$50 off 06/07 rates!)

Daily rates for members or school programs are \$10 for youth and kids, \$15 for Adults, again skate or classic.

We still have x rentals for sale too starting at \$200 for a classic package!

### **Sport Stop Ski Shop:**

For anyone that's a member with the club or has a season's pass at lost lake, we can do a 15% discount on the regular price which is:

\$15 per day or

\$46 for 4 days or

\$70 for 7 days

And the discount will apply to those who want to rent after 4pm, the regular price is \$10.

We have great package prices on the New classic and skate gear for beginners or intermediate skiers and now also will be carrying carbon skate race boots and many models of Skate poles. Hundreds of new classic and skate Salomon boots have arrived with this month.

### **X-Country Ski & Hike:**

I would like to support the club and offer a special discount of 10% to all Club members on any regular retail price gear and accessories throughout the season.

### **Wild Willies Ski Club:**

Our normal great locals deals.

## Whistler Nordics receive GM's Making Dreams Possible Coaching grant!

The Club has received a grant from GM which will improve the skills of our coaches and give kids with a disability access to coaches trained in Adaptive Skiing.

Our goal is to have coaches certified to the level required to coach kids at the BC Winter Games in 2008 and work with the Whistler Adaptive Sports Program to ensure we have coaches available for Athletes With A Disability.

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## Callaghan Valley News:

A big thanks to Brad Sills and Rob Bernhardt for setting things up so we have some early-season skiing available!

Some Club members have been up almost every day while the rest of us have tried it a couple of times – it is spectacular!



Tobi skiing in the Callaghan – Nov 18th

The trail is pretty much a steady climb for the first 5 km, but it is so quiet and in this sunshine it can't be beat. On Nov.18 classic tracks were set and the skating is very good.

Noticed that Brad has a donation box there and it is very generous of him to set the tracks for us, so don't be shy about saying THANKS.

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## Upcoming Events:

### Coast Cup #1 – Callaghan Valley December 15, 2007

The race is designed as an introductory race to start the season off with, with relatively short distances ranging from under a kilometre for Atoms to 6 kilometres for adults. We are offering courses that can be enjoyed by children, their parents and recreational or dedicated racers. Adaptive categories for sit-skiers and standing skiers are also offered.

**Date:** December 15, 2007

**Time:** 11:00 a.m start

**Technique:** Free technique, individual start

**More Information:** <http://www.jackrabbits.ca/schedule.asp?page=currentevents#CoastCup1> (Club web site Current Events page)

**Race Notice:** [http://www.jackrabbits.ca/race/cc1\\_2007\\_racenotice.pdf](http://www.jackrabbits.ca/race/cc1_2007_racenotice.pdf)

**Registration:** On Zone4 at <http://www.zone4.ca/onlinereg.asp?ID=1422>

**Registration Deadline:** December 12, 2007 at 9:00 p.m. (**absolutely no exceptions**)

Please click on the links above for detailed information about the race or to register. And, if you're not racing, remember that the race committee needs volunteers (contact Carole Clubb at [cdclubb@gmail.com](mailto:cdclubb@gmail.com)). Come ski the Callaghan Valley!

Dirk Rohde  
Chief of Competition, Coast Cup #1

## BC Cup #2

### Olympic Nordic Centre, Callaghan Valley Jan 19-20, 2008

All age categories offered: Atoms to Masters 61+  
Adaptive skiing categories; Sit-ski and Standing

This competition is part of:

BC Cup Series Aggregate Awards Program  
BC College/University Series Aggregate Awards Program

To celebrate the first sanctioned cross country ski race at the new Olympic venue for cross country skiing, a special, one-time commemorative pin will be awarded to each skier registered in Saturday's Individual Sprint race.

BC Cup Technical Package: <http://www.crosscountrybc.ca/main.asp?cmd=cat&ID=275>

BC Cup #1 Race Notice: Attached

On line registration: [www.zone4.ca](http://www.zone4.ca)

Web site: <http://www.boldtracks.com>

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### Classifieds:

#### Job opportunities: X- C Ski & Hike

Cross country ski instructors and snowshoe guides required: Full time/Part Time  
Nordic Shop retail employees required: Full Time/Part Time  
Great benefits. We provide training.

Call or see Savio at the Nordic Shop: 604-932-7711

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#### Job Posting: November, 2007: Cross Country Connection

Cross Country Connection is looking for dynamic individuals with passion for sport and high levels of customer service to join their dedicated team of ski enthusiasts to work in Whistler and the Callaghan Valley.

Positions Available:

Shop Staff, Instructor & Guide

Basic cross country skiing skill is necessary for instructing position and training will be provided.  
Very Competitive Wages; Seasons Pass, Pro Deals and Retail Discounts are some of the benefits  
Full and Part Time hours available

Would you like to spend your winter on the trails?

Apply with cover letter and resume to:

[info@crosscountryconnection.ca](mailto:info@crosscountryconnection.ca) or fax 604-905-0571 or call 604-905-0071