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# BIRKEBEINER BULLETIN



Volume 33  
No. 2  
June 2010

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**Official newsletter of the Birkebeiner Nordic Ski Club**

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**Editorial**

The AGM has come and gone. Geoff has retired as treasurer and been replaced by Paul L'Huillier. All other positions are pretty much as last year. See the box above. Thanks to Geoff and Sue for their time on committee. On line membership is available see elsewhere. Seems to be working OK, time will tell.



SKI &  
SNOWBOARD  
AUSTRALIA

AUSTRALIAN CROSS  
COUNTRY SKIING  
2010 RACE CALENDAR



Day	Start	Race	Location	Contact	Contact No.	RACE SECRETARIES
<b>June</b>						<b>National &amp; ACT</b> Peter Cunningham 29 Redwood Ave Jerrabomberra ACT 2619 ph (02) 6299 9641 fax (02) 6214 9888 mob 0411 129 363 <a href="mailto:peter.cunningham@countryenergy.com.au">peter.cunningham@countryenergy.com.au</a> <b>New South Wales</b> Toni Hulme 4 Marie Dodd Crescent Blakehurst, NSW. 2221 Ph: (02) 9594 0285 Mob: 0406 420 390 <a href="mailto:sangha@optushome.com.au">sangha@optushome.com.au</a> <b>Victoria</b> Nick Grimmer PO Box 302 Mt Beauty 3699 Ph. 0439989296 <a href="mailto:grimmer.nick@yahoo.com">grimmer.nick@yahoo.com</a>
Sun 27	10:30am	Junior Joey Series 1	Falls Creek	Jenny Kromar	0439 999 788	
<b>July</b>						
Sat 3	10:00am	Birkebeiner Classic 2.5/5/10km # @	Falls Creek	J Bottomley	03 5754 1101	
Sat 3	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tony Greville	02 4844 5047	
Sun 4	9:30am	Come & Try XC Skiing open day	Perisher	P Cunningham	0411 129 363	
Sun 4	10:00am	Ski de Femme (F) 1/2.5/5km	Falls Creek	Ronice Goebel	03 5754 4910	
Sun 4	11:00am	Cooma Clean Out the Cobwebs (F) 5km # M	Perisher	Anthony Evans	0428 484 119	
Sat 10	9:00am	NSW Team Sprint Champs (F) Open/Jun	Perisher	Toni Hulme	02 9594 0285	
Sat 10	11:00am	Cooma Clean Out the Waxbox (C) 5km # M	Perisher	Anthony Evans	0428 484 119	
Sat 10	11:00am	Snowgum Wodonga High Plains Tour(F) 2.5/5/10 # @	Falls Creek	Len Budge	0417 352 845	
Sun 11	9:00am	NSW Interschool Races (Nthn, Sydney and ACT)	Perisher	Peter Ward	02 6457 1161	
Sun 11	11:00am	YMCA Howmans Gap Victorian Relay Championships (C/F) 5/2.5km # @	Falls Creek	Len Budge	0417 352 845	
Wed 14	1:30pm	Paddy Pallin Junior Shield (C) 0.5/3km	Charl Pass	Rex Cox	02 6457 5223	
Sat 17	9:30am	Vic Junior Sprint Champs (C)	Falls Ck	Ben Derrick	0400 110 046	
Sat 17	10:00am	NSW Distance Champs (C) 2.5/5/10 km M	Perisher	Toni Hulme	02 9594 0285	
Sun 18	10:00am	Vic Junior Distance Champs (F) 2.5/5/10km	Falls Ck	Ben Derrick	0400 110 046	
Sun 18	10:00am	ACT Distance Champs (F) 2.5/5/10/15 km M	Perisher	P Cunningham	0411 129 363	
Sun 18	1:00pm	Lake Mountain Mini Series 1 (F) 0.5/1.5/2.5km	Lake Mtn	Malachy O'Dolan	03 57722432	
Sat 24	9:00am	Victorian Biathlon Championships – Distance (F)	Hotham	Debbie Harmer	02 6059 4379	
Sun 24	11:00am	Cooma Open (F) 10km # M	Perisher	Anthony Evans	0428 484 119	
Sun 25	9:30am	NSW Sprint Champs (F) Open/Jun	Perisher	Toni Hulme	02 9594 0285	
Sun 25	1:00pm	ACT Open/Jun Team Sprint (F)	Perisher	P Cunningham	0411 129 363	
Sun 25	9:00am	Victorian Biathlon Championships – Sprint (F)	Hotham	Debbie Harmer	02 6059 4379	
Sun 25	10:30am	Junior Joey Series 2	Falls Creek	Jenny Kromar	0439 999 788	
Sun 25	11:00am	Inter-schools Classic (C) 0.5/1.5/2.5km	Falls Ck	Rob Osborne	03 9813 4860	
Sun 25	1:00pm	Lake Mountain Mini Series 2 (F) 0.5/1.5/2.5km	Lake Mtn	Malachy Dolan	03 57722432	
Fri 30	10:00am	Aust Open/Junior Pursuit Champs 5/7.5/10 ***	Falls Ck	Ben Derrick	0400 110 046	
Sat 31	9:30am	Vic Sprints (F) Open/Jun *** FIS	Falls Ck	Ben Derrick	0400 110 046	
Sat 31	10:00am	KCros Tour (C) 12km # M	Smiggin Hole	W McCourt	02 6242 6613	
Sat 31	10:10am	KCros Tour Juniors (C) 4km #	Smiggin Hole	W McCourt	02 6242 6613	
<b>August</b>						
Sun 1	9:30am	Aust Team Sprints Qualification (F) Open/Jun *** FIS	Falls Ck	Ben Derrick	0400 110 046	
Sun 1	10:30am	Aust Team Sprints (F)	Falls Ck	Ben Derrick	0400 110 046	
Fri 6		ANC NZ Continental Cup 10/15km (C) CC/FIS	Walorlau NZ			
Sat 7		ANC NZ Continental Cup Sprint (F) CC/FIS	Walorlau NZ			
Sat 7	9:00am	Australian Biathlon Championships – Dist (F)	Hotham	Debbie Harmer	02 6059 4379	
Sat 7	9:30am	ACT Ski De Femme	Perisher	R Cunningham	02 6299 9641	
Sat 7	11:00am	Hotham to Dinner Plain (F) 12km # @	Hotham	Mick Sinclair	0408 127 325	
Sat 7	11:00am	Justoyota Stirling Silver (F) 5/15 km # @	Mt Stirling	Martin Boland	0408 693 975	
Sun 8		ANC NZ Continental Cup 5/10km (F) CC/FIS	Walorlau NZ			
Sun 8	9:00am	Australian Biathlon Championships – Sprint (F)	Hotham	Debbie Harmer	02 6059 4379	
Sun 8	11:00am	City Tatts Nottage Int. Boonoonna Open (C/F) 5km # M	Perisher	Carl Melvey	02 9130 3309	
Sun 8		Vic Interschool XC Championships	Mt Buller	Rob Osbourne	03 9813 4860	
Mon 9	11:00am	Charlotte Pass Open (C) 5km # M	Charl Pass	Sue Clark	02 9411 5974	
Mon 9	6:00pm	NSW Night Relays (F) M	Perisher	Peter Ward	02 6457 1161	
Wed 11	11:00am	KAC X-C Classic (C/F) 8.5km # M	Perisher	Sue Clark	02 9411 5974	
Thu 12	11:00am	Sundeck Handicap Race (F) 7.5km # M	Perisher	sundeckhotel.com.au		
Sat 14	9:30am	Aust Sprint Champ's Open/Jnr (C) *** CC/FIS	Perisher	Toni Hulme	02 9594 0285	
Sat 14	11:00am	Bullfight Charge (F) 3.5/8km # @	Lake Mtn	Malachy O'Dolan	03 57722432	
Sat 14	1:00pm	Lake Mountain Mini Series 3 (F) 0.5/1.5/2.5km	Lake Mtn	Malachy O'Dolan	03 57722432	
Sun 15	9:30am	Aust Open 15/30 km Champs (F) * CC M	Perisher	P Cunningham	0411 129 363	
Sun 15	9:50am	Perisher Jnr 2.5/7.5 km Champs (F) **	Perisher	P Cunningham	0411 129 363	
Sun 15	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km # M	Perisher	P Cunningham	02 6299 9641	
Sun 15	10:30am	Tulligouty/St Phillip Cup (F) 5/8km # @	Baw Baw	Warwick Davis	03 97445997	
Sun 15	10:30am	Junior Joey Series 3	Falls Creek	Jenny Kromar	0439 999 788	
Sat 21	10:00am	Aust Open/Jnr 2.5/5/10 (C) *** CC/FIS	Falls Creek	J Bottomley	03 5754 1101	
Sun 22	10:00am	Aust Open/Jnr 2.5/5/10/15 (F) *** CC/FIS	Falls Creek	J Bottomley	03 5754 1101	
Thu 26	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045	
Sat 28	9:30am	Kangaroo Hoppet (F) 42km CC/FIS #	Falls Creek	Race Secretary	03 5754 1045	
Sat 28	9:40am	Australian Birkebeiner (F) 21km #	Falls Creek	Race Secretary	03 5754 1045	
Sat 28	9:50am	Joey Hoppet (F) 7km #	Falls Creek	Race Secretary	03 5754 1045	
<b>September</b>						
Wed 1 – Fri 3		Aust Secondary Schools Ski Team Champ's	Falls Creek	Sue West	0264571022 #7	
Sun 5	10:00am	Canberra X-C Ski Club Kosciuszko Tour (C) 18km # M	Thredbo	Jo-Anne Clancy	0411 156 959	
Sun 5	10:30am	Junior Joey Series 4	Falls Creek	Jenny Kromar	0439 999 788	
Wed 8	8:00am	Subaru Australian Interschool XC Champ	Perisher	Peter Ward	02 6457 1161	
Sat 18/Sun 19		Perisher Cup #	Perisher	Anthony Evans	0428 484 119	

**RACE SECRETARIES**

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**LEGEND**

F Freestyle race  
 C Classic Race  
 \* Senior Selection  
 \*\* Junior Selection  
 CC Continental Cup  
 FIS FIS Race  
 # Aust Ski Chase  
 M NSW Masters Series  
 @ Vic Inter Club Challenge

**ABA Race Secretary**  
 Debbie Harmer  
 34 Birdie Street  
 Wodonga, Vic 3690  
 Ph 02 6059 4379  
[geoffharmer@bigpond.com](mailto:geoffharmer@bigpond.com)  
<http://www.biathlon.org.au>

Event details, times and dates may be subject to change without notice.  
 Skiers should confirm details with race organisers. An updated calendar will be posted at [www.nsoosf.com.au/AC](http://www.nsoosf.com.au/AC)

## Membership

Memberships are now due and you can do it on the interweb. Log on to <http://regonline.activeglobal.com/BirkebeinerNordicSkiClub> and enter your details. There will be a reminder sent to you next year. This way all addresses and email addresses should be as up to date as possible. I will endeavour to get a link put on the mc2 website. There is a document there detailing the site you need to go to. I have tested it and it works. Let me know if there are any difficulties.

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## ANNUAL CASSEROLE DINNER

6.30 pm Saturday 19<sup>th</sup> June 2009

### **Mt Beauty Bush Lodge, Mountain Creek Road**

BYO Drinks and Glasses

Bring food to share (singles - a casserole, families - casserole and dessert)

#### **What's on?**

Second hand equipment sale(bring it along, someone may buy it). Videos for the kids  
Lots of talk, It's a great night to meet members & get fired up for the coming season.  
New & old members most welcome. There will be a talk "A Trip to Zanskar"

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## XC junior skier of the year

Phil Bellingham was awarded XC junior skier of the year at the recent Ski and Snowboard awards in Melbourne. Congratulations Phil.

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## FOR SALE

I have some gear for sale and I can be contacted on 0409 126677 for more info.

Madshus Race RPS boots (brand new, never used) size EU41 \$220.

Solomon "Rental" combi boots (almost new condition - used about 6 times) size EU40 \$130

Sportful windstopper full-zip bib pants (good used condition, need a little hand sewing on shoulder strap, slight pull in windstopper on one thigh) size large \$150

Boreal Zephyr climbing shoes (bright blue suede with yellow laces, almost new condition) size EU39.5 \$60

See you soon on the snow!

Cheers

Rachel McKay

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## Hi Birkie Members,

A late addition, but here is my season that was....Season of the Classic Sprint.

Anyone who knows my skiing ability may have noticed that over the past years I have had a 'slight' preference to skate over classic skiing! Since I discovered four years ago that this Olympics would be a classic sprint, I thought right away that I had better get fit, and learn a lot more about waxing so that I could try and qualify for the 10km skate, or if that failed, apply for a wax technician job.

Although I have been really happy with my progress in distance racing, I'm basically a sprinter (who really doesn't know enough about waxing), and I decided if I can improve my fitness then I can improve my classic technique...which happened not a minute too soon.

This season I stayed much on the same program as Mark Vandy. We started in Sweden, in November, with a great group that stayed together till January. Our World Cup or 'Shadow' team consisted of Mark Van De Ploeg, Aimee and Callum Watson, Ben Sim, Paul Murray, myself and Finn as coach, wax tech, manager and much more.

This is where the first classic sprint of the season presented itself. After the Sprint Time Trial the two guys, Paul and Mark, had just missed finals and I had just scraped into the finals in 30<sup>th</sup> position. Here I had to make a decision. Do I go on skis that were slipping, with a foot that hurt doing classic (from an injury that I'd carried through the Aussie season), or copy a bunch of the men and double pole the course...now how hard could that be? The women were on a slightly shorter course than the men, but no women were double poling, possibly because of three climbs, of which the third was a herringbone hill at the end of the course. Five minutes before the start of the race I decided I really had nothing to lose; it was stay in 30<sup>th</sup> place or try something different and see if I can improve. So with Justyna Kowalczyk (overall world cup winner) winning my heat and Chandra Crawford (Olympic sprint gold medallist) placing 6<sup>th</sup> I was pretty happy to have moved up into 4<sup>th</sup> place in the heat, and 20<sup>th</sup> overall, so it seems the double poling part of my classic was going well.....now what about the striding!?

The striding was tested in Kuusamo, Finland, the first Winter Olympic selection race (of two) this season. Well, like Mark, the striding didn't go so well, so we put that behind us and headed down to central Europe; a few Swiss distance races, a skate World Cup Sprint to boost a bit of confidence, and then off to the final selection race in Rogla, Slovenia.

Rogla presented an even longer than usual 'sprint' course. Race day arrived....a long course, about -14 degrees, windy and horizontal huge snow flakes and I was raring to go.... I was trying to be as positive as possible...I've had heaps of practice in weather like this; it's just like Perisher.. just like Perisher.... So with perfect Perisher conditions and 10mins before the race track closed, I tested a pair of skis which Finn had organized the night before, they belonged to Claudia (Kunzel) Nystad (a gold and silver medalist Olympian) and were her third pair of skis, I decided that they felt slightly better than mine, so Finn touched up the wax and off I went. I gave that race everything I had, and crossed the line exhausted and having absolutely no idea of my time or what place I was in. About 10mins later Finn went off to check the results and came back and said 44!...what?? 44 out of 61 starters put me into a solid 3<sup>rd</sup> position on the Australian team ranking list for the Olympics (our top 3 would be in the Aussie team) and also brought me in ahead of Claudia. I was quite shocked; this was the type of result I had been after in a classic race for the last four years, but had not been able to get. Unlike the last Olympics however, this didn't confirm my place on the Olympic team. There was still one selection race to go the next day so I didn't want to get too excited about the Olympics, I just was very happy to put down a good result...in a Classic World Cup sprint.

The next day I spent 9hrs in a van with the Swiss sprint team on the way back to Davos. For 3hrs I waited for the women's 15km mass start race to begin; for the next 40mins I waited for the race to finish. Fortunately this happened to be at our lunch stop, which also fortunately was at McDonalds with free wireless where the Swiss skiers checked out the results on their phones and finally I could get excited...I was going to the Vancouver Olympics.

The next month our team stayed in Central Europe and did some OPA, Swiss Cup and German cup races, which were great fun, and I managed to get a 3<sup>rd</sup> place in the Swiss Cup, a classic sprint, and a win in a German Cup skate sprint; it's always a good confidence boost to get up on the podium.

From here we went to Canada for 6 weeks of training, a World Cup and the Winter Olympic Games, which was an extremely fun time with some very memorable experiences.

So classic skiing is certainly a great technique when the wax is blue stick and you're skiing amongst the trees or up a stunning mountain valley. As for classic sprinting, I had a look at our 2010 race calendar and it seems for the first time ever our Nationals is a classic sprint event...Whether you race or spectate, you can be the judge. As for me, have I converted?? All I can say is 'bring on Oslo, Norway's 2011 World Championships, and the skate sprint!'

So thanks for taking the time to read the article. Above are some of the key moments of my 2010 season and my battle to improve the classic technique needed to compete in the Vancouver Olympic sprint.

There's a lot of support along the way and the venture is made more enjoyable when you can share the moments with your team mates, coach, club members, family and friends that support you. Thanks to all who have helped.

I look forward to catching up with you on the snow this season.

Cheers, Esther

# Club Calendar

<i>Day</i>	<i>Start</i>	<i>Race</i>	<i>Location</i>	<i>Contact</i>	<i>Contact No.</i>
<b>June</b>					
Sat 19	6:30pm	Annual Casserole Dinner	Mount Beauty	Bush Lodge	
Sun 27	10:30am	Junior Joey Series 1	Falls Creek	Jenny Kromar	0439 999 788
<b>July</b>					
Sat 3	10:00am	Birkebeiner Classic 2.5/5/10km # @	Falls Creek	J Bottomley	03 5754 1101
Sun 4	10:00am	Ski de Femme (F) 1/2.5/5km	Falls Creek	Ronice Goebel	03 5754 4910
Sun 25	10:30am	Junior Joey Series 2	Falls Creek	Jenny Kromar	0439 999 788
<b>August</b>					
Sun 15	10:30am	Junior Joey Series 3	Falls Creek	Jenny Kromar	0439 999 788
Sat 21	10:00am	Aust Open/Jnr 2.5/5/10 (C) */** CC/FIS	Falls Creek	J Bottomley	03 5754 1101
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<b>September</b>					
Sun 5	10:30am	Junior Joey Series 4	Falls Creek	Jenny Kromar	0439 999 788

## LEGEND

**F** Freestyle race, **C** Classic Race, \* Senior Selection, \*\* Junior Selection, CC Continental Cup, FIS FIS Race, # Aust Ski Chase, M NSW Masters, Series, @ Vic.InterClub Challenge

## Birkebeiner Bulletin

Official Newsletter of Birkebeiner Nordic Ski Club Inc.

If undelivered please return to:  
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 Victoria 3699

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