



Happy New Year!



**HOLLYBURN**  
Cross Country Ski Club

**THE STRIDE**  
January 2019 Newsletter



*Track Attackers*

## General News

### **FANTASTIC RESULTS FOR RACE TEAM AT RECENT BC CUP RACE AT NICKEL PLATE NORDIC!**

Hollyburn athletes achieved many top five finishes and 'personal bests' at the BC Cup race in early January. Our kids were powerhouses despite the fact that we didn't have as much early season 'snow time' as the other teams (and Nickel Plate is at a very high altitude)! As usual, we had fantastic team spirit and great sportsmanship. Special thanks to all the volunteers who made this weekend such a great success.

### **COAST CUP 2 ON FEBRUARY 3**

Please be sure to mark Sunday, February 3 on your calendars. Sea to Sky Nordics is hosting Coast Cup 2 at Whistler Olympic Park. **This event is suitable for bunnies to race team to adults!** Races get underway at 11AM. The format is mass start free technique. See the race notice here:

<https://seatoskynordics.ca/wp-content/uploads/2018/11/RACE-NOTICE-2019-cc2.pdf>

### **TUESDAY NIGHT RACES, 'TNRs', UP CYPRESS ARE BACK!**

The Tuesday night 'toonie' races hosted by Coast Outdoors are always a ton of fun! Arrive at @6PM to register and things kick off at 7PM. There is a different race format each Tuesday. Stay afterwards for prizes and a yummy dinner special at Hollyburn Lodge-*the perfect evening*. Open to all ages and abilities (not just for skinsuits)! Don't be shy...come on out and support our sport!

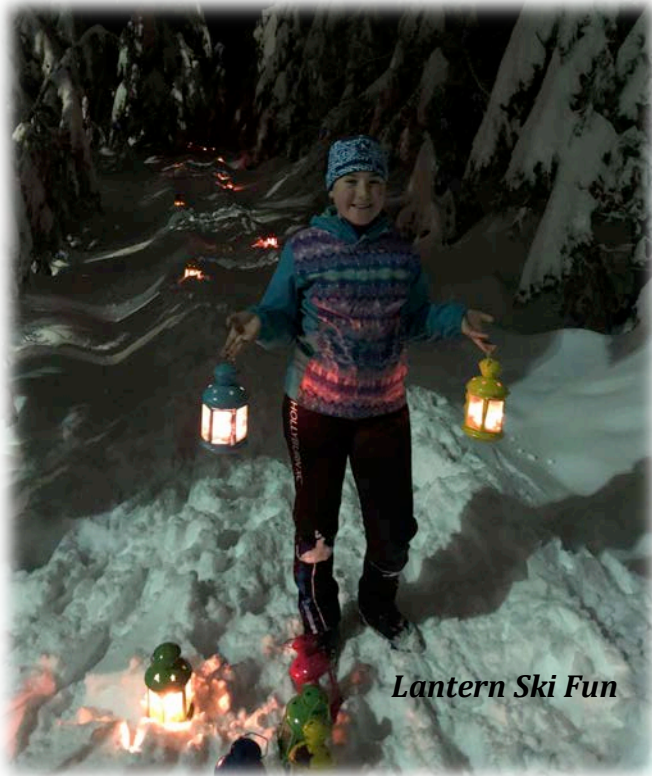
<https://www.coastoutdoors.ca/2018/12/28/tuesday-night-races/>

### **DO THE PAYAK AT WHISTLER OLYMPIC PARK-A GREAT NEW YEAR'S GOAL!**

And just a reminder that the Payak <http://www.payak.ca/> is back this year on February 23rd with a new title sponsor of Coast Outdoors! It is always a fantastic event with races for ages five and up (we will have activities for the 'under fivers' too). **The organising committee is looking for volunteers, please contact Dirk Rohde at [president@hollyburnxc.ca](mailto:president@hollyburnxc.ca) if you can lend a hand.**

## Jackrabbit News

Bunnies and jackrabbits have been enjoying the snow! We are settling into our groups and have some fun events planned for January: the Nerf Biathlon (Jan 19/20) and the Mini Birkebeiner (Jan 26/27). Be sure to read up about the 'Birke' legend and get your packs, babies, and Viking gear ready! We are asking parents to join in and help out for a little bit during these two weekends. These events are always magical for the kids. More details to come from Joanne.



*Lantern Ski Fun*

## Track Attack Update

We've had some awesome TA training sessions and our kids are looking great on the snow. Midget Champs are up at Sovereign Lake next month so keep up the training and be sure to hit weeknight sessions too. The Midget Champs are only for kids in grades 4-7 and it is always a super weekend of racing and meeting other kids from around BC.



*RT Training*

## January Dates to Note

Please get into the habit of looking at our website calendar to plan your season **and to see if a session is skate or classic:**

<http://www.hollyburnxc.ca/events/>

**Jan 19/20:** Nerf Biathlon for Bunnies and JR

**Jan 26/27:** Mini Birkebeiner for Bunnies and JR

**Jan 26/27:** BC Cup 2 in Revelstoke. Race Team will have an organised group going. However, if your family wants to make a trip this event is open for all ages.

### *Looking ahead...*

**Feb 3:** Coast Cup 2 at Whistler Olympic Park.  
MARK YOUR CALENDARS FOR THIS!

## Race Team Report

Congrats again on performances at BC Cup 1. Our next big race is BC Cup 2 in Revelstoke at the end of January. This should be an exciting event with classic sprint races and a mass start free technique race.

Our Monday night strength sessions have started again at Level 10 Fitness.

