



HOLLYBURN

Cross Country Ski Club



THE STRIDE

March 2019 Newsletter



Hollyburn Headbangers Relay Team at Midget Champs

General News

BC MIDGET CHAMPS, PAYAK, BC CHAMPS, AND FINAL COAST CUPS A FANTASTIC SHOWING FOR HOLLYBURN!

Hollyburn athletes recently 'skied their hearts' out at the BC Midget Champs at Sovereign Lake, the Payak in Whistler and BC Champs at Larch Hills. Great club spirit, excellent coaching & perfect waxing led to many wonderful



BC Champs Gang

results and achievement of personal goals. Our club placed 3rd overall out of 16 clubs at both Midgets and BC Champs. And just this past weekend Hollyburn scooped the title as Coast Cup Champs. Way to go Hollyburn!



MIDGET CHAMPS: 'AN AWESOME PLACE TO BE', by Andrew 'Scoop' Lawson ~Special Guest Column by one of our Track Attackers!



Snow Pa-TROLLS!

This year's Midgets at Sovereign Lake was an awesome place to host a BC cross country ski event. We had great coaches, waxers, volunteer parents, and of course, the racers ourselves! Many of the families from Hollyburn stayed in the Vernon Lodge, which had an amazing 'jungle', and a pool. A perfect place to 'mellow out' after the races.

1st day: The first day consisted of a 2km classic (interval start) race, and, of course, the infamous costume relay. In the 2009 category, we had great performances by Wyatt Gitt, Tobias (Toby) Li, and last but not least, Emelie Kvik. In the 2008 category, we had some strong results by Andy Inkster, and Mark Shapovalov. In the 2007 category we had impressive performances by Lucas Gitt and Anna Segelken. In the 2006 category we had excellent results by Oliver Kvik and Eamon Wilson. Everyone on the Hollyburn did

their best out there on the classic mass start tracks! In the relays there were great costumes and performances by Pom pom Power, the NERDIE Skiers, Yellow Snow, and everybody from Hollyburn! The Snow Pa-Trolls were awarded the best costume award.

After the races, there was the banquet. I, myself couldn't hear everything but everyone was smiling and enjoying the Taco bar and entertainment.

2nd Day: The second day was touch and go because it was crazy cold. The race was delayed, so there was no qualifier. The race was designed as a no-elimination king's court style 300m course. Again, Hollyburn was strong just like Hollyburn should be. We had lots of great results including a 1st, a 3rd, and lots more!

In the end, Hollyburn did a fantastic job and came 3rd overall in the team award. What a successful Midgets 2019. Can't wait for next year. Thank you for reading my first article for the Stride, and I hope you enjoy it. Of course, Go Hollyburn Go! ☺



Tiantian Sprinting



Annika's Perfect Stride



Team Yellow Snow

FINAL SESSIONS

Our sessions will be coming to a close during this week of March 11. What a fabulous season it has been! However, it looks like Cypress Nordic still has great snow so will be open for a while yet!

FINAL TUESDAY NIGHT RACE THIS WEEK

The final Tuesday night race up Cypress is March 12. It is the team relay and year-end party. All ages and abilities welcome. You can see more info here: <https://www.coastoutdoors.ca/event-race/xc-tuesday-night-race/>

MASTER CLASSES PROVE YOU ARE NEVER TOO OLD TO IMPROVE YOUR SKILLS!

Our weeknight Masters program has been very successful, with a huge turnout of twenty skiers enjoying detailed technique work, intensity workouts and all-around fun on snow. The program has been led by Marcus Laube and an elite roster of guest coaches including Hollyburn Masters racer Simon Pulfrey, UBC athlete Freya Orban, and Coast Outdoors owner Bob Putnam. Social dinners at Hollyburn Lodge and an après wax clinic have rounded out the sessions. Hope to see many of you awesome adults returning next year!



2019 Master Class!

Jackrabbit News

Wow where did the season go?" was a comment we heard from so many families this week weekend! Since the last Stride we have had Jackrabbits at Midgets, the Payak, BC Champs and Coast Cup 3/4 ...so great to see so many skiers participating in these extra events! This weekend we gave our progress reports and enjoyed the amazing conditions up Cypress! A huge thanks to all the coaches, coordinators, and all the parents who helped out during the season at events and races! It takes a team to run Jackrabbits and we have had a super group within our club who made the season go so smoothly and very proud of the great job done by the Hollyburn community!

Adventurers Snowshoe Hollyburn Peak



Track Attack Update

Big thanks to all our TA coaches and of course to Heidi for another great season! We had our biggest contingent ever attend Midgets this year! 37 athletes made Hollyburn proud.

Plans for dryland season are 'in the works'-look out for an email from Heidi in the near future.



Adventurers' Adventures

It has been another great season for the Adventurers. In this program we are fostering a lifelong love of skiing and teaching useful winter skills!



Eli and Reece at the Start Line at BC Champs



Coach Jake and Midget Girls Relay Team at BC Champs

Race Team Report

It has been a truly stellar season for our Race Team this year and we should be so very proud of all our accomplishments. We have 6 race team athletes competing at Nationals this week in Gatineau, Quebec!

Generally race team takes a break in April but then we will be back to dryland for the rest of Spring, Summer and Fall!

Dates to Note

March 12: Final Tuesday Night Race hosted by Coast Outdoors

March 13-20: Nationals in Gatineau

