



THE STRIDE

February 2019 Newsletter



General News

RACE SEASON WELL UNDERWAY!

Since our last newsletter we've had stellar Hollyburn presence at three events: BC Cup in Revelstoke, Coast Cup at Whistler Olympic Park and the race team just hit the Western Canadian Champs in Kelowna. Our athletes were a 'force' at all the events; our club is a serious contender in the province and beyond. At Westerns this past weekend we had many top 10 finishes and it was a fantastic effort from all the athletes, coaches and parent volunteers. There was a lot of Hollyburn pride; our kids skied their hearts out and showed great sportsmanship as well.

SEND FREYA TO SIBERIA!

Our race team member, Freya Hik, is off to the World University Games in Russia in early March. The club is doing a fundraiser to help Freya with her 6K+ costs (the games are 100% athlete funded). Please help Freya to fulfill a lifelong dream; here is a link to her fundraiser page: https://www.rallyme.com/rallies/15125/sendfreyatosiberia. She is a wonderful young woman and great mentor to our race team youth!

DO THE PAYAK-the countdown is on...

Still on the fence? Just do it! Sign yourself up for the Payak http://www.payak.ca/ on February 23rd. Get out there and have some fun with other XC enthusiasts! It is not about having the fastest time but more so about fostering our wonderful community! 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 if you can lend a hand.

Jackrabbit News

Jackrabbits have been practicing their technique by having loads of fun in some excellent conditions over the past few weekends! The trolls and baglers came out to help with our annual Birkebeiner and we held a nerf biathlon behind Hollyburn Lodge that received some enthusiastic reviews! We've had some real winter for the 60 Jackrabbits who endured the almost -15'C conditions at Coast Cup including a great turn out of bunnies! Thanks to all the parents who helped to make these events a success!

Just a quick reminder we are a very large group during our morning sessions. Let's be good examples to all skiers and stay to the right on the trails and keep the tracks clear. At the end of the session please be mindful of other skiers and keep an open path for other skiers in front of the base area warming hut!



Dates to Note

February 16 & 17: BC Midget Champs at Sovereign

Lake (ages 2009-2006) **February 23:** The Payak

March 1-3: BC Champs in Salmon Arm

March 9 & 10: Coast Cup 3&4 at Mt. Washington

Track Attack Update

Preparation is underway for our biggest event of the season-the Midget Championships at Sovereign Lake on Feb 16 & 17. We have 27 families attending and it is sure to be a fun weekend! For those interested, we are also planning for a Hollyburn TA team to do the SUNRUN this year. Look out for details from Heidi.

Adventurers' Adventures

We are having another great season - practising the art of the telemark turn, learning to use avalanche transceivers, competing in relay races, and snowshoeing up Hollyburn Peak. Everyone is looking forward to our overnight in one of the Hollyburn cabins. Several skiers are signed up for the Payak and others will be volunteering. Its been a fantastic year!

Race Team Report

Thank-you to all the coaches, volunteers and athletes who made 'Westerns' a great success! We are now preparing for the BC Champs in early March and we will have some skiers heading to Nationals in Gatineau, Quebec in mid March.

On Family Day look out for our race team up Cypress, they are going to ski all the trails up Hollyburn in the most efficient route possible!





