

Nordic Newsletter

Published monthly by the Callaghan Valley Local Organizing Committee

Ski Jumping and Nordic Combined News - John Heilig

Ski Jump Volunteer Training at Whistler Blackcomb

On Sunday June 24th, young jumpers and prospective volunteers made their way to the Seventh Heaven area of Blackcomb Mountain for a training session on a 10 metre jump. The jump was used to teach the rules of the sport, how the sport is judged, the positions that are filled by volunteers, and to let participants have an opportunity to fly.

Callaghan Local Organizing Committee director (CALOC) Nancy Hamilton said this about the event:

“We had a great time; the kids that came were jumping like wildfire. When I first looked at the jump it was kind of intimidating, but when you do it it’s actually a fairly soft landing. You don’t actually travel that high through the air and the landing slopes down so you just flow with it. I can see how it would be a great sport for kids”.

In addition to having some fun, the participants prepared the site with rakes, shovels, scoops, and skis and were able to get a hands on perspective of ski jump volunteer roles.



Ski jump fun and games at Seventh Heaven



Ski Jump and Nordic Combined Volunteer Registration

Are you interested in volunteering for Ski Jumping and Nordic Combined in the Callaghan Valley? You can now find out about volunteer opportunities and register to be a volunteer through the National Sport Organization Websites.

Ski Jumping Canada: <http://www.skijumpingcanada.com/>

Nordic Combined Ski Canada: http://www.nordiccombinedcanada.com/ncsc_volunteers.htm

We will be offering many more ski jump volunteer training opportunities through the fall and early winter. If you are registered you will be notified directly about these opportunities.

Cross Country Skiing - Rob Bernhardt

Happy summer ski fans! Most of you will be thinking about hiking & biking trails this time of year, but you will also be pleased with the progress being made on the construction of the ski trails in the Callaghan Valley. The competition trails are almost finished and the training trails (about 8 km of trails near the competition trails suitable for recreational skiing) are approximately 80% complete. Work is beginning on the recreational trails in the Madley Valley and the building construction is proceeding well. Overall the project remains on budget and on schedule. We expect to open as planned for this ski season.

Planning is well along for the events coming up this season. The BC Cup races on January 19 & 20 will be the first real opportunity for the ski community in BC to see the venue, so we expect a good turn out for those races. The National Championships from March 16-23 also look as though they will be a big event attracting over 500 athletes. Both the Canadian and the American National Teams will attend in addition to Provincial teams from across the country and a variety of US teams. For most out of Province skiers, this event will be their first trip to the area and a great time for the region to showcase itself to a group of visitors new to the area. Please sign up as a volunteer if you would like to help with any of these events.

Keep biking & hiking this summer – an active summer will make a big difference on the trails this winter!

Accommodations - Kim Stegeman

Although the real action isn't until 2008 Squamish accommodation providers are booking rooms fast!!! This is especially prevalent for the Cross Country Nationals towards the end of March, where we will need to accommodate between 700 and 800 people. Teams from BC, Ontario, Alberta and Quebec are taking large group room blocks at some of the larger accommodation providers.

The accommodation committee continues to focus its efforts on setting up a vacation home and home-stay program as well as securing accommodation options in Whistler. Local realtor Ken Newington and the Squamish Chamber of Commerce is helping us with one of our first tasks, which is to survey local realty and property management professionals about the short-term housing rental opportunities in Squamish. Our objective with the survey is two fold - 1/ To help the Callaghan Local Organizing Committee (CALOC) gain a better understanding of potential short-term housing inventory available to athletes, coaches, friends/family, spectators, volunteers, etc.... 2/ To start to educate local citizens and property owners of the need for short-term housing and the social and income opportunities available.

For more information contact Kim Stegeman at kstegeman@hhgi.com.

Callaghan Venue Update, July '07 - John Aalberg, VANOC Director - Nordic Sport

Trails (inside the Olympic Core area)

VANOC is building about 10 km of competition trails for Cross-Country (2 x 5 km loops plus cutovers for shorter loops), as well about 4 km of competition trails for Biathlon (1 x 4 km loop plus cutovers for shorter loops). These competition trails are 6 – 9 meters wide, and consist of about 25% of easy (Green), 50% intermediate (Blue) and 25% advanced (Black) trails. Other short and separate “warm-up loops” each for Cross-Country and for biathlon adjacent to the stadiums (about 600m each) will also be built.

Finally VANOC are building another 7 - 8 km of “Olympic Training trails” to the south and west of the Ski jumps, as well as Games’ spectator walk-in trails (which will be used as ski trails pre- and post-Games) we can also add another (about) 1.7 km. These trails are all about 5 – 6 meters wide.

Recreational Trails (outside the Olympic Core area)

About 25 km of (Legacy) recreational trails will be built in the Madelay Valley, and will be accessed from the trails in the Olympic Core area. This includes about 8 – 9 km of existing trails and roads. These new trails are about 5 – 6 meters wide.

Biathlon range

The biathlon shooting range will consist of 30 lanes each with a “5-part” target that the skiers aim/ shoot five shots at. The targets sit at a 50 meter distance from the athlete, and the target change size depending on if the athlete shoots in prone or standing position. The bulls-eye is the size of a “twoonie” for prone shooting and the size of a small grapefruit for standing position (the officials at the range can electronically regulate the size of the bulls-eye, or also set up targets in lanes 1 – 15 for prone and targets in lanes 16 – 30 for standing)

In a competition, the athletes come back to the shooting range either two times (2 x 5 shots) or four times (4 x 5 shots). For example, in the “7.5 km Biathlon Sprint” competition the men ski 3 x 2.5 km and shoot two times (Ski 2.5 km – shoot prone – ski 2.5 km – shoot standing – ski 2.5 km and finish). In the “Individual 20 km” competition they ski five laps of 4 km and shoot four times in a similar fashion.

For all competition except for the Relay competition the athletes are allowed 5 shots (to hit 5 bulls-eyes) – the magazine in the rifle holds 5 bullets. For the Relay race they are allowed 3 more bullets (if they need to), which each has to be loaded individually.

For most competitions, the athletes have to ski one penalty lap per missed target (one lap around the penalty loop takes about 20 – 22 seconds). However, in the “Individual” competitions (Men’s 20 km and Women’s 15 km) there is a 1 minute time penalty instead of the penalty lap (i.e. 1 minute is added to their overall skiing time for each missed target, so in worst case – if I shot for example – you could miss all targets and get 20 minutes added to your ski time).

Ski Jumping

The speed of the ski jumpers in their flight depends a bit on the condition of the snow/weather and the inrun track, but for the (smaller) Normal Hill it is around 85 - 86 km/hr and for the Large hill it is about 90 – 93 km/hr at the take-off. They keep pretty much the speed from the take-off during most of the flight, but slow down slightly (1 – 2 km/hr) due to the aerodynamics.

Squamish's Best Compete in Biathlon Challenge - Max Saenger



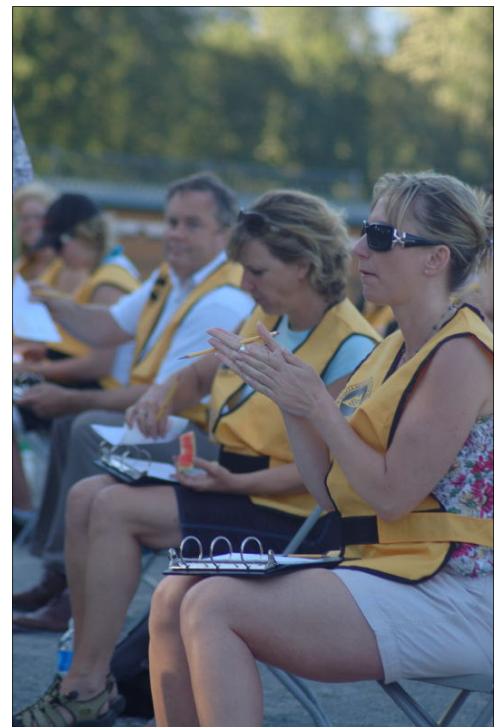
On the evening of July 6th the Media Team representing the local media outlets proved that they are just as mighty with the rifle as they are with the pen. After taking the lead partway through the competition from the Loggers Sports Group, the Media Group continued to hit more targets and spend less time on the penalty loop than the other teams. Their excellent shooting scores helped them leave their rivals- Squamish District Council, Wild at Art, Squamish Archers and Loggers Sports Group- far behind when they reached the finish.

The Media Team's success was shared by Callaghan Valley Organizing Committee (CALOC) who showed Squamish residents what it takes to host a great biathlon competition. CALOC set the stage for a great event by organizing the opening ceremony and singing of the National Anthem, professional announcing, music, refreshments, banners, flags, and medal ceremony.

For the actual shooting and range set up CALOC partnered with the West Coast Nordics Club (WCNC). After preparing the shooting range the WCNC athletes provided an hour-long shooting clinic where team members learned to shoot and then had additional time to practice. Following the competition the WCNC athletes treated the crowd to a demonstration of high speed running and standing shooting.

35 local volunteers turned out to fill all competition official positions on the shooting range, the penalty loop and the race course. In the range 15 volunteers learned the complicated task of scoring the athletes' shooting scores, transferring the information to one central information board and then consolidating all scores for accuracy. When all scores were consolidated, the 60 written records fit together with no discrepancies- perfect scoring by all the range volunteers!

Look for more opportunities to shoot the biathlon rifles at the Farmer's Market in downtown Squamish on Saturday July 21 from 10AM to 3 PM. For more information about volunteering at biathlon events contact: ashley_burke@vancouver2010.com or call (778) 328- 2021.



Training for Cross-Country Ski Officials

For those of you interested in becoming a Cross-Country Ski Official, here is the Fall 2007 schedule for courses and the 2007 - 2008 Competition Schedule

Also, please look at the Cross Country BC Prerequisites at the bottom of the page to see if you think you can volunteer officiate at some of these kinds of events - dates for Events in the Callaghan are below the prerequisites!

DRAFT 2007-08 Officials Course Schedule

Sept 29	ZONE4 Clinic (Introduction)	Vancouver
<i>Contact: Dirk Rohde</i>		
Oct 5-7	FIS Homologation Seminar	Sea To Sky Region
<i>Contact: TBD</i>		
Oct 12-13	Officials Level 1 Course	Whistler
<i>Contact: Karen Blaylock</i>		
Oct 19-20	Officials Level 1 Course	Whistler
<i>Contact: Karen Blaylock</i>		
Oct 20	ZONE4 Clinic (Advanced)	Vancouver
<i>Contact: Dirk Rohde</i>		
Oct 26-28	Officials Level 2 Course	Whistler
<i>Contact: Karen Blaylock</i>		
Oct 26-28	Officials Level 2 Course	Vancouver
<i>Contact: Tony Chin</i>		
Nov 2-3	Officials Level 1 Course	Squamish
<i>Contact: Roald Liset</i>		
Nov 9-11	Competition Secretary Seminar	Vancouver
<i>Contact: Verna Wagner</i>		
Nov 16-17	Officials Level 1 Course	Vancouver
<i>Contact: Dirk Rohde</i>		

DRAFT Competition Schedule 2007-08.

Dec 15	Coast Cup #1 (TBD, Lower Mainland or Sea to Sky Region)
Jan 19-20	BC Cup #2 - South (Callaghan Valley)
Feb 16	Coast Cup (TBD, Sea to Sky Region)
Feb 17	Coast Cup (TBD, Sea to Sky Region)
Feb 24	Whistler Loppet (Whistler)
Mar 16-25	National Championships (Callaghan Valley)

Please note the requirements for participation in Officials Certification Courses - levels 1 and 2. Course pre-requisites will be strictly enforced as part of an overall development strategy to prepare BC officials for our sport's event hosting responsibilities leading to, including and following the Olympic Winter Games and Paralympic Winter Games in 2010.

For more information about course pre-requisites visit the CCBC website at:

<http://crosscountrybc.ca/main.asp?cmd=doc&ID=1750>

For more information on the above course schedule contact or if you are interested in taking a course contact;

Karen Blaylock, Whistler Nordics Ski Club, Executive Director

604.932.5603

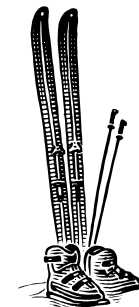
karen@whistlernordics.com

Short Notes and Items of Interest

As you may have heard, cross country skiing has established a National Athlete Development Centre at the Callaghan Valley. The athletes have just moved to Squamish and can be seen training locally.



The Wild at Art committee is looking for Nordic skis - if you have old ones you are not using you can donate them to this imaginative Nordic themed art project. Contact Carolyn Grass to arrange your ski donation (cggrass@shaw.ca). More information about this project will come in the next newsletter.



Volunteer - Nicole Carothers

There are many opportunities to become involved with the Nordic Sports from a recreational to a competition support role. Positions are available in all areas of the Local Organizing Committee from organization to execution of the Nordic Sports.

Please send your contact information to denise@squamishchamber.com to have your name added to our growing list of volunteers in all areas including

- Athlete Services
- Spectator Services
- Finance
- Hospitality
- Food Services
- Transportation

All skill sets will be required, whether you can help out with planning or execution of the competitions or just want to find out more, send us your contact information.

Please forward this newsletter to any person or organization who is interested in the Whistler Nordic Competition Centre, 2010, Sport Legacy or any related activities. Help spread the word.

Bold Tracks, New Adventures