



Newsletter

December 2007

2007/No. 4

www.LakelandXCSki.org.uk

Chairman's Notes

Last month it snowed. Just a few flakes, but snow nonetheless. This was on the summit of Great Gable for the Remembrance Sunday service. The flakes didn't survive for long, but hopefully they were the precursor to a promising winter.

Already the Scottish resorts are showing a significant dusting of snow according to website www.winterhighland.info – albeit most of the ski lifts aren't open (but who needs ski lifts, eh?). All the more reason for you to ensure you've registered for the snow alert email system set up by Martin Metcalfe last year (click on the discussion forum link on the 'members' page of the club website). Last year – despite the limited snow – it was used to point out where the skiable stuff was to be found.

Being the 30th anniversary of the club's founding (thanks to everyone for making the annual dinner

so enjoyable), it's entirely possible that the Norse Snow God Ull will look favourably on the situation – and with that hope in mind, the committee has planned an action-packed calendar of events which can be found towards the end of this newsletter.

We kick off with a Christmas gathering/waxing workshop on 8 December to fine-tune those bases for the start of the season, while ski tours are planned to Scotland, Lake District and Norway.

Don't just take my word for it – read the newsletter. If you haven't already done so, don't forget to renew your membership by completing the attached application form.

All the best for Christmas and the new year.

Michael Smith

THE 30TH ANNIVERSARY ANNUAL DINNER (aka Stephen John's retirement bash)

by Kevin Cook

Despite its unlikely location, situated at the far end of the Old Woodyard in Staveley, Wilf's Café has rapidly become one of *the* places to eat in the Lake District. On a dark, bleak and early quiet Saturday November night, 21 past and present members of the club turned up for the 30th Anniversary Annual Dinner.

In fact this venue proved perfect for the occasion. Beyond the entrance, a separate and cosy dining area was laid out for us, and beyond that a further room with easy chairs and sofas was available for later in the proceedings. Arriving we found a quiz [*Editor's note: the quiz is reproduced below for those who want to test their ski knowledge and didn't attend the annual dinner*] waiting beside our paper napkins—clearly we were going to have to work for our supper.

Once again Wilf's lived up to its reputation for excellent food at a very reasonable cost. Delicious piping hot home-made soup. Salmon in a lime and herb cream sauce, and Pecan sticky toffee pudding were among the choices, while there were enough vegetables to feed an army on the march.



Speaking of which, we were soon relaxing with coffee and mints to watch slides of past cross country ski meets. Transported back in time, we saw a young Robert Hovey in Dobbiacco, weekend meets in Scotland, Touring in Norway and days out in the Lakes. Names rang out from the past - George Freeman, Ken Turner, Geoff Onslow to name but a few. Later on we saw Emily Smith in her red hat in several locations. At the very end we saw a great crowd in Kentmere on New Years Eve at the end of 2000. Leading the way was Simon Platt, who else?

It was good to meet old members, Vince Devlin, Pete Ashby and Bernard and Joan Harman and talk about our skiing trips, both past and planned for the future. Soon the evening came to a close with the quiz results, Stephen Johns being the winner by some margin.

By far the worst kept secret of the night was that Stephen was counting the days, NO HOURS, to his retirement and he was very lucky no-one stuffed his bus pass and P45 up him as he chirped away about his forthcoming winter skiing.

All in all it was an excellent evening and our thanks go to Helen Smith for her hard work in organising this and to Nick Gray for volunteering to show slides on the night.

Annual dinner quiz

- Q1.** Name the country where these makes of skis were originally manufactured? (1 mark per correct answer)
- Peltonen
 - Fischer
 - Karhu
- Q2.** For a temperature range of minus eight to minus 15 centigrade (new snow), what colour Swix grip wax should you use?
- Q3.** What is the literal English translation of Rottefella?
- Q4.** What does DNT mean in English?
- Q5.** How many countries are represented in the Worldloppet series of ski races.
- Q6.** Which ski race bills itself as the biggest, longest and oldest in the world?
- Q7.** How many indoor artificial snow ski slopes are there in England? (1 mark for each correct location named)
- Q8.** Give the English name for these Norwegian foods? (1 mark for each correct answer)
- Druer
 - Gulrøtter
 - Løk
 - Smør
 - Ost
- Q9.** Which summit is on the ridge between Great Dodd and Stybarrow Dodd
- Q10.** Which country won the most medals at the Turin 2006 Olympics?
- Q11.** Which country came second in the medal table?
- Q12.** In which US state is Sondre Norheim, the father of Telemarking, buried?
- Q13.** Which organisation operates the radar station on top of Great Dun Fell?
- Q14.** Name the five commercially-operated downhill ski centres in Scotland (1 mark per correct answer)?
- Q15.** Which was the first one (Q13) to open to the public?
- Q16.** And what was the year? (Circle the correct answer)
- 1927
 - 1949
 - 1956
- Q17.** In which year did the club hold a mountain top luncheon at Orrest Head?
- Q18.** At which hotel was the club's 21st anniversary dinner held?
- Q19.** In 1988, 'Chalkie' White was joined for part of his long roller ski trip by LXCSC members. Where did his trip start?
- Q20.** How many club membership forms were completed in 1988? (circle the right answer)
- 78
 - 92
 - 110

Answers are published on page 6 of the newsletter.

Waxing workshop – Saturday 8 December

Do you know how to apply base grip wax? When to use a copper brush? How to prevent klister getting on your clothes/pets/kids* (*delete as appropriate).

This is a chance to take the mystery out of ski waxing and share your knowledge with other members of the club.

Mince pies and gluhwein provided. Other contributions more than welcome.

Bring warm, and ideally old, clothes as the waxing takes place in our garage.

Time: 6pm onwards

Address: The Pillars, 6 Haverflatts Lane, Milnthorpe (two up from the Coach and Horses pub)

Contact: Michael and Helen Smith, tel: 015395 64742, email: mhsmith@ktdbroadband.com

Club equipment

Diane Hubbard is carrying out a stock-check of the club's equipment. If you are holding any skis, boots, or other equipment for the club, can you let her know on 01539 823636.

30th anniversary events – ideas wanted

by Helen Smith

To mark the club's 30th anniversary year, the committee wants to hear what events you would attend. Provisionally planned is a repeat of the 1999 mountain top luncheon at Orrest Head, which we plan to hold on Saturday 21 June (we have a gazebo in case of bad weather). Any ideas welcome and can be emailed to events@lakelandxcski.org.uk

To get your thinking caps on, here's a couple of pictures of 1999's meal, courtesy of Stephen Johns.



From the archives...

Throughout 2008, articles from the archives will be reproduced in this newsletter (further articles are published on the website). By popular consent, the following horoscope comes from the January 2004 newsletter. I know what you're thinking. 'Won't this information not only be out-of-date for this year, but you could have adjusted the information to make it look accurate after the event?' Well, you'd be right and wrong, but mostly wrong. Apparently it's just as accurate now as it was then mainly because Astrologers are all leos, and being lazy leos they recycle the same information each year.

Your Skiing Horrorscopes for the Year Ahead

♑	<p>Capricorn 22 Dec to 19 January A freak accident involving a milk float and a garden gnome may leave you regretting your timing when the long awaited cold snap finally appears. Lucky wax: klister</p>	♒	<p>Aquarius 20 Jan to 18 Feb Aquarius: The sign of water. Oh dear, that's global warming for you. Better stay at home. Lucky duvet: Tog 15 rating.</p>
♓	<p>Pisces 19 Feb to 19 March An old friend comes to your help as you have difficulty in choosing your next ski holiday. They suggest Egypt. Better consult a skiing friend in future. Lucky ski wax: Hmm tricky, do you go for Swix purple or pink? Slap both on.</p>	♈	<p>Aries 20 March to 19 April Mars is out of alignment with Saturn and your kick is out of phase in double-pole kick. What can you do to improve it? Well, you can't argue with the stars. Lucky ski wax: Toko mint</p>
♉	<p>Taurus 20 April to 20 May Don't underestimate the skill and practice required to execute linked Telemark turns – the first snow of the year and Kendal Castle are not the place and time to try for first-timers. Watch out for a tall, bearded stranger around Mid-February who points out the newsletter is overdue – yes it is Mr Platt. Lucky wax – violet</p>	♊	<p>Gemini 21 May to 20 June Relationships: Your love life takes an upward turn on March 15th when you find the perfect partner to accompany you on a hut to hut tour of the Jotunheimen: someone who can shoulder your 60lb rucksack without complaining and doesn't smell like Norwegian brown cheese after six days without a wash. Lucky Norwegian word: lommelykt</p>
♋	<p>Cancer 21 June to 22 July With Jupiter in retrograde, your star sign tells you to buy Salomon bindings but Mercury is ascending, and that means purchasing Rottfella. What a dilemma! Why not ask the chap in the ski shop. No wait, he's an Aquarius! Lucky star sign - Taurus</p>	♌	<p>Leo 23 June to 22 July Leos, are by nature intelligent, so why do you discover you have left your passport at home just as you are about to board that flight to Finland. There's still time to drive back and get it. Hurry! Lucky ski wax: Toko yellow.</p>
♍	<p>Virgo 23 August to 22 Sept The Italians love cross-country skiing, so how come none of them are lining the marathon route or at the end as you cross the finish line on February 22nd? Because you're in Russia. Well, spectators can all look the same when they are covered in snow. Lucky race number: 1657</p>	♎	<p>Libra 23 Sept to 22 Oct Beware, don't make the mistake of carrying someone else's skis at Kevin's next Sunday meet as they will have you doing it for the rest of the season. With that dodgy shoulder, you are not cut out to be a ski valet. But you still manage to make £20 in tips – maybe a career change is on the cards. Lucky lycra racing suit: What with those hips?</p>
♏	<p>Scorpio 23 Oct to 21 Nov Scorpions are well known for their affinity for skiing but due to the climate roller skis are most appropriate. Don't forget the corkscrew when you attend the Braemar weekend with Brian Smith. Lucky wax: forget wax and go for fish scales – more effective in variable temperatures.</p>	♐	<p>Sagittarius 22 Nov to 21 Dec With Pluto rising you will find the urge to try ski-kjoring* overwhelming – resist unless you have a very well trained dog or you will find Rover has towed you straight into an oak. (Un)lucky wax: husky</p>

*Ski-kjoring - being towed along by a dog on skis – that is you are on skis and the dog is towing you along, not that you are being towed by a dog on skis (you can't get the bindings).

Review of Manchester's new indoor ski slope

By Michael Smith

The skiing

Wide slope which gives scope for Telemarking, and little in the way of clutter – moguls, jumps, etc.

I'm told the middle of the slope can get a bit icy and the edges powdery towards the end of the day – this was in evidence, but didn't cause any problems.

Apart from the main slope (which has two Poma-style lift tows), there is also a nursery slope – it appears this is reserved for lessons.

The cost

Pricey at £17 off-peak (before 6pm weekdays) for 90m minutes, rising to £22 peak. You can get a reduction through annual members, but at circa £100, you'd need to make 10 or so trips to recoup your outlay.

Cost includes equipment hire.

The admin

Check in desks will give you an entry card to gain access to changing area/equipment hire.

Lockers are available and will accommodate a small rucksack and shoes (have £1 coin to hand for the locker, which is refunded at the end of the session).

On receiving your entry card, they'll give you a time slot to go on the slope (on the hour and half hour – so try to avoid arriving at 4.01, 6.31, etc, as you'll have to wait). The electronic card won't let you through the barrier onto the slope until it is time.

This card also acts as lift pass. You need to put it into the scanner each time to use the lifts – and it expires after 90 minutes. Note: they haven't got hold of lift pass holders yet, so make sure you've got a handy pocket.

The equipment

Telemark skis and boots are available for hire, but sadly the bindings haven't yet arrived. The member of staff I spoke to didn't know what sort of bindings they would be. 'I thought there was only one type.' Oh, he's got so much to learn.

The après ski

This is where snow and chalet style buildings collide with Mexican cuisine. Make the most of it – it doesn't happen very often.

Website: www.chillfactor.com

...and did you know Nordic matting has made a reappearance long after roller skis replaced it as the best way of summer ski training. A 1km circular track has been installed near Spofforth, North Yorkshire, as part of a winter wonderland theme park. Sadly I found it as much like real skiing as sliding two planks of wood along a dry and abrasive door mat (which, in effect, was what it was). Details at: www.thechristmasadventure.com (the website says you can ski as fast or as slow as you choose – they're half right, and that's not the bit about going fast).

Lakeland Cross Country Ski Club
SCOTTISH WEEKEND 2008
Friday 15th to Sunday 17th February
at Mar Lodge, Braemar

Where – Following the successful weekends in 2003 and 2004 we have again booked the 'Base Camp' at Mar Lodge for Friday 15th to Sunday 17th February 2008. This is a converted stable building adjacent to the Main House, all of which is owned by the National Trust for Scotland. It is a very well equipped bunkhouse, with showers, a large kitchen, dining room & living room, and sleeps a maximum of only 12 in rooms of various sizes.



Skiing The southern Cairngorms are accessible for skiing directly from Mar Lodge, the Glenshee skiing area is a few miles south of Braemar. Skiing will be organised as for normal Sunday meets. And if there is no snow? -the area is excellent for walking – either at valley level or up to the higher peaks.

Catering As with previous Club weekends, I suggest we cook the evening meal on the Saturday on a communal basis. If sufficient people plan to arrive early on the Friday we can organise the evening meal in the same way. Bring your own breakfasts and lunches.



Cost Only £20.00 per person for the two nights, for members of LXCS. Full payment with booking please.

How to book Complete the form below and send to Brian Smith, 54 Rydal Road, Lancaster LA1 3HA. 01524 36872.

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LXCS SCOTTISH WEEKEND February 2008

Please reserve places for

.....

Address

.....

Tel. No.

I enclose a cheque for £..... (£20.00/person) payable to
Lakeland Cross Country Ski Club

Quiz answers: 1 a Finland, b Austria, c United States; 2 green; 3 Rat trap; 4 The Norwegian Trekking Association or The Norwegian Tourist Association; 5 14; 6 Vasaloppet; 7 Tamworth, Castleford, Manchester, Milton Keynes; 8 a grapes, b carrots, c onions, d butter, e cheese; 9 Watson's Dodd; 10 Germany (29 medals); 11 United States (25 medals); 12 North Dakota; 13 National Air Traffic Services Limited; 14 Cairngorm, Glenshee, Glencoe, Nevis Range, Lecht; 15 Glencoe; 16 1956; 17 1999; 18 Crooklands Hotel; 19 John o' Groats; 20 92.

30 marks or above: you're a snow god

25-29: People will raise their bobble hats out of respect as you ski past

10-24: Competent skier, but could do with working more on your technique

3-9: Pick yourself up and brush yourself down, then read up on skiing

Less than three: Useful tip, the bits of the ski that curve upwards go at the front

And here's one answer from the annual dinner which strangely (or perhaps not) remains anonymous. What does gulrøtter mean? 'Rotting seagull.' *Now don't go giving the Norwegians ideas for their dessert.*

DATES FOR YOUR DIARY

Date	Event	Contact
8 December 2007	Waxing workshop	Michael and Helen Smith 015395 64742 mhsmith@ktdbroadband.com
16 December 2007	Sunday Meet – alternative activity scramble. Meet 9.30 County Hall, Kendal	Stephen Johns 01772 654319
30 December 2007	Sunday Meet – alternative activity walk.	Diane Hubbard / Mike Richards 01539 823636
5 January 2008 (10am to 1pm)	Roller ski instruction, Salt Ayre, Lancaster	Michael and Helen Smith 015395 64742 mhsmith@ktdbroadband.com
6 January 2008	Sunday Meet – alternative activity fell walk.	Michael and Helen Smith 015395 64742 mhsmith@ktdbroadband.com
13 January 2008	Sunday Meet – alternative activity walk/scramble.	Brian Smith 01524 36872
20 January 2008	Sunday Meet	John Hooson 01539 736590
20-28 January 2008	Trip to Marcialonga ski race, Dolomites, Italy	Michael and Helen Smith 015395 64742 mhsmith@ktdbroadband.com
27 January 2008	Sunday Meet – volunteer required	website will be updated if volunteer found
3 February 2008	Sunday Meet – alternative activity walk/scramble (but you know Brian's record for snow, there is bound to be skiing somewhere)	Brian Smith 01524 36872
3 February 2008	Sunday Meet	John Hooson 01539 736590
15-17 February 2008	Scottish weekend, Braemar	Brian Smith 01524 36872
14-16 March 2008	Lake District weekend, Helvellyn Youth Hostel	Helen Smith 015395 64742 mhsmith@ktdbroadband.com

29 March to 5 April 2008	Snowsport England Nordic skills and multi-activity week, Kvitavatn, Norway	www.escnordic.org.uk
29 March to 5 April 2008	Hut to hut tour, Norway	Stephen Johns 01772 654319
5-12 April 2008	Snowsport England Race training and coaching awards, Kvitavatn, Norway	www.escnordic.org.uk

Vounteers required for Sunday meets: 27 January, 24 February, 2 March & 9 March – contact Helen Smith on 015395 64742 or email mhsmith@ktdbroadband.com