

VANCOUVER ISLAND BIATHLON CLUB

December 2019 Newsletter



The 2019/20 Biathlon Season is Almost Here!

After much anticipation and months of training, December is finally here, along with the promise of more fabulous winter memories. You may have noticed that Mt. Washington finally has snow! This first dusting is only the promise of more to come. Stay up to date with current Nordic conditions on the [Mt. Washington website](#).

Some of our club members couldn't wait for snow at Mt. Washington and so made their way to compete in the first BC Cup of the season. The well-attended event was held at Sovereign Lake Ski Club (Vernon) and was thoroughly enjoyed by our members that attended. You can read Coach Don's report from the BC Cup as well as an update on the summer precision shooting contest below.

Our late start and humble snow base may mean we have to move the targets down from the full height we adjusted them to in October (we were overly optimistic about the snow). If anyone would like to pitch in, we will be adjusting the targets on December 28th, starting at 9:30am.

Advanced Officials Course (Dec 21st and 22nd)

To prepare our members for the upcoming BC Provincial Championships that we will be hosting as well as future events, we are running an advanced officials course this weekend. This is a rare course but provides those who already have the basic officials course an even stronger foundation of knowledge to contribute to this amazing sport. If we missed inviting you and you would like to attend, please contact vibiathlonclub@gmail.com. We have some billets available and the course is free!

Nordic Lantern Ski (December 27th)

Are you looking for ways to enjoy the magic of the winter season? Light up your winter with a Nordic lantern ski! This family-friendly adventure will be run on December 27 from 4 pm until 6 pm, with the Strathcona Nordic Ski Club supplying delicious hot chocolate on the trail.

To accommodate this special event, Raven Lodge will remain open until 8 pm for socializing, snacks, and hot drinks.

The event is open to all season pass holders. Non-season pass holders will be able to purchase a discounted one-day trail pass from the Raven retail store.

Please note, headlamps are required, and you must have your own equipment as the rental shop will be closed during the event.

Give it a Shot – Volunteers Needed (December 29th)

Our first "Give it a Shot" event is right around the corner and will be taking place on Sunday, December 29 from 1:00 to 3:00 pm. This is a great event that enables club members to share their passion and knowledge for the sport with interested people of all ages.

Are you able to help out with one-on-one coaching or lend a hand in other support roles during this event? Your help would be greatly appreciated. You know more than you think you do, and your passion could help create a great afternoon for curious spirits.

Feel free to email Jonathan at vibcprogrammer@gmail.com if you are available to help in one of these roles.

Community Coaching Course Being Offered (Dec 28th and 29th)

Are you looking to get more involved in the sport of biathlon? Now is your chance! On December 28 and 29 we will be offering an NCCP silver-level community coaching course. For more details, please see the attached notice or send us a message at vibiathlon@gmail.com.

Upcoming BC Winter Games and Cadet Zones

On January 12 the Vancouver Island Biathlon Club will be hosting the BC Winter Games trail race along with the Cadet Zone races. If you are 13 or 14 as of December 31st, consider coming out to race for a chance to represent Vancouver Island and the Sunshine Coast at the 2020 BC Winter Games in Fort McMurray!

Additionally, if you are interested in officiating at the games, please contact vibiathlonclub@gmail.com as the organizers are looking for volunteers. Officials and coaches travel free and there is a \$175 charge per athlete.

Basic Officials Course (Feb 1st, 2020)

Don't have your basic officials course? No problem! On February 1 we will be offering the basic official's course to enable all new volunteer officials to help out at our events. The course is **free** and will run from 10 am to 3 pm at the biathlon hut. Please see the attached file.

We will wrap up the course the following day with a fun race that will give you the chance to test out your new skills!!

VIBC to Host BC Provincial Championships (Feb 28th to March 1st, 2020)

From February 28 to March 1, VIBC will be hosting the BC Championships. This popular event exemplifies all that is great about biathlon, with exciting races, many volunteer opportunities, and non-stop fun. This event isn't held very often at Mt Washington and so you'll want to consider coming out to volunteer, bringing your friends, and enjoying the show.

If you or someone you know would like to make this amazing event even better, please contact our volunteer coordinator, Rick, at volunteer4vibc@gmail.com to let him know.

BC Cup #1 Sovereign Lake (December 13th to 15th)

The first BC Cup race of the season always provides for some great fun and great learning opportunities and this race was no exception. Lead Coach Don Johnston and eight biathletes travelled to Vernon for this race and enjoyed the opportunity to get their skis on the snow and put it together with their rifles for the training day on Friday.

Glenn Rupertus brought home 2 Gold medals in the Masters Men 50+ category for his fantastic performance in the 6.0 km Sprint and 7.5 km Pursuit with a weekend 75% shooting average. Blair Pettis very much enjoyed his weekend skis and was pleased with his place position for his race in this category.

Jonathan Kerr raced in the Master's Men 35+ category, racing the same distances as the 50+ category. Jonathan took bronze medal in the Sprint Race on Saturday and finished 4th in the Sunday Pursuit Race.

Allison Joyce moved up to the Youth Women category this year and overall had the best shooting of all our club participants with 80% in the 6.0 km Sprint and 90% in the 7.5 km Pursuit. She finished 5th in both races. Well done Allison!

Tobin Kerr had clean shooting in his morning Sprint race to combine with his excellent ski technique to finish first in the mixed Novice category. Gavin Johnston also had clean shooting in his 6.0 km Senior Boys race, missing the podium by just 2.5 seconds, finishing 4th in this very competitive age class. Newcomer to the VIBC Racing Team, Daniel Gilfillan performed very well shooting 60% in his first BC Cup race in the Senior Boy category. Robbie McKay also competed well in this category, showing perseverance and a fantastic smile at the end of the race.

The Pursuit race on Sunday proved to be a harder race for all the boys. Trying to make up for challenges with shooting, Gavin pushed hard in the final lap of the 7.5 km race and had the record fastest ski time for all weekend competitors at 55.6 seconds getting up the big hill leaving the range. Regrettably, Tobin's rifle had fallen off the rack when it was being moved by a volunteer, breaking his front sight right before the race start. With determination, Tobin really dug deep for his 2.0 km course and penalty lap time. Finishing in the middle of his category, his grace showcased his sportsmanship and for this he was specifically recognized at the Awards Ceremony. May we all learn from this young biathlete!

Biathlon Canada Precision Shooting Competition

To encourage athletes to continue working on their sharp shooter skills in the summer months, Biathlon Canada holds a Precision Shooting Competition from May through October. Each month a biathlete will submit a target score for as per their age class specifications, that was achieved on a single day of shooting. Vancouver Island Biathlon had an impressive showing in the Canada wide field, with 5 biathletes placing in the top 5 of their categories.

Tobin Kerr, though just 10 years old, competed in the 14 & under Prone Using Rests category and placed 1st in this age class with a total score of 990 out of a possible 1200 for this category. Gavin Johnston also placed 1st in his Senior Boy category shooting in both the prone and standing positions. He achieved a final score of 1882 of a possible 2400. Perhaps more impressive though is that Gavin's score was the second highest overall, just 5 points behind the leader. He also scored the highest single month score across all age categories in the month of September with a score of 339/400.

Three of our Masters Men also made it to the top five in their category. Jonathan Kerr placed 2nd with 1664/2400 with Don Johnston right behind him in 3rd at 1582/2400. Despite only competing 5 of the 6 months, Glenn Rupertus was still able to reach the 5th place spot with a total score of 1510!

Well done VIBC for putting us on the map!