



BC MASTERS UPDATE - November 2026

One of the primary goals of BC Masters is connecting, supporting, and building community with other Masters skiers who are dedicating themselves to the pursuit of Nordic Skiing. Nordic Skiers are a rather small group of athletes that enjoy this winter pursuit. Finding ways to share our experiences with each other is inspiring and motivating for skiers who are far flung across our huge landscape. This month we share some SLNC's Masters experiences and also what Canadian Masters are working on to boost that community spirit.



Photo: Silver Star Road approaching Sovereign Lake Road on October 10, 2026

SLNC Masters Pre-Season Training

At Sovereign Lake, the Masters Training Group is anxiously awaiting the first opportunity to get on snow. Masters in this area include some major keeners - they're finding ways to stay focussed and fit while waiting for the snow. The group has been meeting all fall on Wednesday mornings to share an interval style workout. While group numbers ebb and flow, the weekday and time are constant so skiers can count on joining in if they're around and want to share a workout with others. Intervals are Nordic ski-centric with lots of L3 efforts. Occasionally they do an interval session that focuses on speed which is a modality that hurts the most! All this work on dirt trails is done now in the name of prepping for skiing.



Share Your Club's Story!

We are sure other Masters athletes around BC are doing some of their own base work to prep for the ski season. We would love to hear from you! What training pursuits do Masters in your area participate in while waiting for the white stuff to show up? Share some pictures and have your story captured in the BC Masters newsletter!

Canadian Masters Developing a "Passport" System

Its early days yet, but the Canadian Masters are in the process a developing a program to encourage masters skiers to venture out to experience events beyond their own club. Modelled, in a humbly Canadian Masters style, after the World Loppet concept, a "passport" system is envisioned where skiers record their participation at events across their region, province and indeed across the country. This program is not about racing, its about participation and skiing with fellow masters at new venues. There are a lot of great clubs out there, each with fabulous trails and wonderfully organized events to explore. Why not plan to visit a new one this year? Stay tuned for more information!



Photo: Intrepid skiers made it to the summit of Silver Star on October 10, 2026

Masters Training Camp at SLNC

Registration is now open for the 4-day Masters Training Camp that starts on the evening of December 10th at Sovereign Lake Nordic Centre in the Okanagan Valley. This camp is designed to help master skiers prepare for the Nordic ski training season and return home with tools that will influence their seasonal training. As of writing there are 19 of 40 spots remaining. For a complete description of the camp see the following link:

<https://zone4.ca/event/2026/MDg0WY/>

Upcoming Events

- Masters Training Camp at Sovereign Lake (2026 December 10-13). Registration opened September 30th (Look on Zone4.ca for BC Masters Winter Training Camp).
- 2027 Bill Gairdner Canadian Masters Championships (2027 February 11-14). Check the <https://sooffinnishnordic.com/> website.
- Masters World Cup (Tromso, Norway) (<https://msm.no/en/masters-world-cup/>) (2027 Feb 26 – March 4). For more information contact Canadian Masters National Director at canadianmastersxcski@gmail.com.

Feature Your Club

- We love to showcase Masters athletes from all across the province. Please contact: bcmastersxcountry@gmail.com to share photos that showcase your club and venue.



For more information

- Consider joining BC Masters ([2026 BC Masters Registration](#)), which in addition to the newsletter gives you:
 - access to BC Masters events, training camps, and other exciting new developments.
 - membership into the Canadian Masters association, giving access to national team clothing, sponsor discounts, and national and international championships.