



NEWSLETTER

DECEMBER 2025

CHRISTMAS TREES

An Annual Fundraiser For Red Mountain Racers

Mountain Nugget Courtyard, Rossland

Rekindle Sat Dec 06 from 10-3pm

Sun Dec 07 from 10-3pm

You can stop by anytime and select your tree.
There are payment information posters on site
with payment instructions.

On the dates listed above, we will have volunteers
on hand to help select and load trees.

You can get full details at
redmountainracers.com



COACH SPOTLIGHT



Phil Patterson
Head Coach &
FIS Coach

Philip Patterson has over 30 years of coaching experience: Red Mountain Racers for the majority of that time; two years in Whistler; one season as Whitewater head coach and one year instructing in Verbier Switzerland. Born in Kitchener, Ontario, Phil competed for the Ontario Alpine Ski Team. He proceeded to pursue coaching education, attaining Performance Level certification (Level 3). Phil has also led ski programs from U6 through to Nor-am FIS for many years. With tremendous experience at all levels, Phil has ample familiarity with various stages of athletic development. Through BC Alpine Phil has worked at BC Ski Team training camps both on-snow and dryland, as well as working with Team Canada at the U16 Whistler Cup.



Katie Spittlehouse
Nancy Greene Ski
League Technical
Coordinator

Katie was born and raised in Thunder Bay, Ontario, where she learned to ski and raced up until was 18 years old. Katie continued to stay involved in ski racing by becoming a coach, and now Performance Level certified. She has been coaching ski racing for 15 years, the last 4 for Alpine Canada with the Canadian Para Alpine Ski Team. She coached at the 2022 Paralympic Games in Beijing, and travelled the World with the team coaching on the Paralympic World Cup circuit. Katie is a Certified Strength and Conditioning Specialist and when she is not ski coaching, she pursues her other career as an MRI technologist at Kootenay Boundary Regional Hospital. Katie's passions include mountain biking and enduro racing, being a little bit of a gym enthusiast and baking sourdough bread.

IMPORTANT REMINDERS

- All registration fees for programs are due by **December 1**. Please make sure your fees have been paid.
- Don't forget to sign your **Liability Waiver** in the registration system. Go to our registration page, and after you've logged in, there is a tab called 'Liability Waiver'. Please review the waiver and sign at the bottom. This has to be completed before participating in club activities.
- Each race group (NG, U12, U14, U16, FIS) has a calendar with all training and race days. You can subscribe and add to your personal calendar. [View Calendars](#)
- Remember to check the RMR second-hand gear online spreadsheet if you have gear to sell or are looking to buy.

[RMR Second Hand Online Spreadsheet](#)

IMPORTANT DATES

It's Almost Time To Ski...

The snow guns are firing and mother nature is finally starting to help out. Below are some of the key dates in the RMR season.

- **December 13** - Opening Day at Red (conditions permitting) - Technical Free Ski 11am. Expect an update prior to the 13th with more details.
- **December 14** - First full day of training for U12+
- **December 22** - First day of the holiday camp U12+
- **December 24, 25, 26** - No Training
- **December 27** - Holiday camp NGSL & U12+

Each race group (NGSL, U12, U14, U16, FIS) has a calendar you can view and/or subscribe to and add to your personal calendar. All training days and races are on the calendars.

[Calendars](#)



BC WINTER GAMES



We're excited to be part of the 2026 BC Winter Games coming to the West Kootenay area. Trail, Rossland and surrounding towns team up from February 25 to March 1 to host the Games. We're looking for volunteers to help make **Alpine Skiing** a success. It's a great opportunity to be part of a major provincial event right here in our community.

Our region has a proud history of hosting major sport events, including the 1982 and 2006 BC Winter Games, the 1996 BC Summer Games, and the 2011 BC Seniors Games. I am sure this will be another unforgettable celebration of sport, community spirit, and local pride.

If you're interested in volunteering, Please register at: [BC Games Volunteer](#)
Be sure to select "Sport-Alpine Skiing"

NANCY GREENE SKI LEAGUE PROGRAM

Key Dates

Parent Information Night

December 17th at 7:00 PM (Virtual)

Katie Spittlehouse will present the NGSL 2025–26 program and answer any questions you may have.

First Day of the Program

Saturday, January 10th, 2026

The program will run for 10 weeks and include four Sunday races. Race dates and locations are listed below.

Christmas Camps

December 27, 28 & 29, from 9:00 AM–12:00 PM. The camp is not part of the winter program. A separate registration will be emailed closer to camp time.

Sessions will run weather and conditions permitting.



NANCY GREENE RACES



2026 West Kootenay Nancy Greene Ski League Race Schedule

January 18th - Red Mountain

February 1st - Salmo Ski Hill

February 22nd - Phoenix Mountain

March 15th - Whitewater Festival

Participation in NGSL races is optional. The four race days are on Sundays. There is no additional cost, and even the lift tickets are covered. You can choose to go to only one or all four. We are hosting the first race at Red, and if you are new to NGSL races, this is a great opportunity to see what it is all about. The NGSL racers will do two 'race runs', but the bulk of the time is spent free skiing with their team. The race runs are low-key, and it's all about participation at this level. The last race of the season is the NGSL Festival at Whitewater. This is a favourite among racers & parents, and we highly recommend attending if possible.

VOLUNTEER SPOTLIGHT



April Hahn
Volunteer Coordinator

The club would like to extend a warm welcome to April Hahn for taking on the role of Volunteer Coordinator for the 2024–25 season. April has been a long-standing and dedicated member of the Red Mountain Racers community, with both of her children in the program over the years. Her son, Oliver, is now a U16 racer, and Felix is competing in U14.

April is a familiar and trusted face at our race events, often serving as Chief of Hand Timing. Between April and her husband, Brent, who many will recognize as our regular Chief of Course, the two of them could practically run an entire race day on their own! Their commitment and passion for supporting our athletes is much appreciated.

We are grateful to have April step into this important position. If you have any questions about volunteering, want to learn more about race-day roles, or are unsure how to get involved, please reach out to her at:

volunteercoordinator@redmountainracers.



Geoff Coke
Ski Swap Lead
Former NGSL Coach

Our club has been very fortunate to have Geoff as a dedicated volunteer over the past several years. He played an important role on the Nancy Greene Ski League Committee during its consolidation, helping ensure the group's operations ran smoothly. Geoff has also served as one of our NG coaches, generously sharing his experience and passion with our young athletes.

Currently, Geoff leads our Ski Swap program, which he has managed with exceptional professionalism and care. Outside of volunteering, you can often find Geoff and his wife, Maura, around town or on the slopes with their children, Christina, one of our U12 racers, and Duncan. Please take a moment to thank Geoff when you see him. Our organization depends on the dedication of volunteers like him.

VOLUNTEER REPORTING

To help us better understand the volunteer effort that keeps our club running smoothly, we ask anyone who volunteers to complete a short reporting form. Whether you helped at the ski swap, sold Christmas trees, or assisted as a tail gunner for a Nancy Greene group, your contributions are truly appreciated. The information will help us plan volunteer needs and maintain a simple record of everyone's efforts. All responses will be kept confidential.

To get the reporting started, we need to do a little catch-up. Please take a moment to report any volunteer activities you've participated in since July 1, 2025—whether it was at the ski swap, running wire at the mountain, selling trees, or any other way you've helped out.

[Report Your Volunteer Hours Here](#)

FIS & U16 AT PANORAMA

The FIS and U16 teams are currently at their preseason training camp at Panorama. Conditions are reported as great, and they are busy getting back into race form. The U16 team has been working on foundational skills related to stance and balance to get them started on the right foot to building throughout the season. The FIS team will travel to Banff at the end of the week for the two-day FIS GMC Cup Mt Norquay. This will be the first ever FIS race for everyone on the team. Years of training and racing have gotten them here. Good Luck, Team!



2026 RMR FIS Team



2026 RMR U16 Team

VOLUNTEER

Volunteers Keep Our Club Running!

Thanks to our amazing volunteers, we're able to keep fees low and operations smooth.

Key Volunteer Events:

- Ski Swap
- Christmas Tree Sales
- Race Days

Current Volunteer Opportunities

- Race Building Clean-Up: Help tidy the race center this fall
- Bottle Collection at Red: Collect refundable containers from drop-off points (sign-up info coming soon!)

For larger events, our Volunteer Coordinator, April Hann, will reach out directly with details.

FEATURED VOICE



Lucy Meier

I'm Lucy, a Certified Holistic Nutritionist (CHN), and Natural Product Advisor. Born and raised in Switzerland, I first came to BC in 1997 where I immediately fell in love with the country and its people. As a trained chef, my enduring passion for food became the spark for a meaningful career change.

My fascination with the transformative power of food led me to study the diploma program Applied Nutrition at the Alive Academy. Exploring food has been central to my personal path, guiding me toward a deeper understanding of what nourishes and energizes my body.

Living an active lifestyle in the beautiful Kootenays, I find joy in every step, pedal, or paddle, embracing the beauty of nature that surrounds me. Whether hiking through lush trails or simply savoring in the tranquility of the outdoors, my holistic approach reflects this harmonious connection.

Lucy
Certified Holistic Nutritionist
www.puritynutrition.ca

[Interview with Nutritionist Lucy Meier](#)

MOUNTAIN ETIQUETTE

Mountain Etiquette Reminder – Holiday Season at RED

As the mountain gets busier over the holidays, we ask all athletes and parents to help keep RED a safe, respectful, and enjoyable place for everyone. Please take a moment to review these key etiquette reminders:

1. Respect Lift Lines

Join the lift line calmly, avoid cutting in, and follow all loading instructions from lift staff.

2. Give Space on the Slopes

Holiday traffic means crowded runs. Maintain safe distances, ski in control, and always yield to the downhill skier.

3. Be Aware in Training Areas

Please keep clear of designated training lanes and respect closures. Coaches need space to run safe, effective sessions.

4. Gear Zones Only

Store skis, poles, and bags in designated areas. Avoid leaving equipment scattered around lodges, decks, or walkways.

5. Be Mountain-Ready

Arrive on time, dressed appropriately, and with all necessary gear. Well-prepared athletes help keep the group moving efficiently.

6. Show Kindness and Patience

Staff, visitors, and fellow athletes all feel the holiday rush. A little patience and courtesy go a long way.

7. Pack In & Pack Out

Help keep the mountain clean, take all garbage with you and leave spaces tidy. Thank you for helping our athletes set a positive example and contribute to a safe and enjoyable holiday season at RED!

Remember, Red Mountain Racers are ambassadors of our mountain and our community. Wear your jacket with pride.

*Thank
you!*

COMMUNITY UPDATES



HIRING

Interested in coaching the Nancy Greene Ski League?

Contact
katie@redmountainracers.com



2025/26 REGISTRATION

Nancy Greene Ski League is where fun-filled winter weekends transform into life-changing experiences.

[LEARN MORE](#)



2025/26 REGISTRATION

U12 - U19, FIS

Secure your racer's spot before programs fill up.

[LEARN MORE](#)



BC WINTER GAMES

If you're interested in volunteering, please register at: [BC Games Volunteer](#)

[LEARN MORE](#)



CHRISTMAS TREE

Red Mountain Racers Christmas Trees Fundraiser

[MORE DETAILS](#)



BOTTLE COLLECTION

Our newest Fundraiser & **we need your help!** We will be collecting at the Slalom Creek Condos.

[LEARN MORE](#)

OUR SPONSORS

THANK YOU!



INTERESTED IN BECOMING A SPONSOR?

The legacy of ski racing at Red Mountain runs as deep as the powder on our storied slopes. From hosting Canada's first National Championships in 1898 to our formal establishment as Red Mountain Racers in 1947, we've been cultivating alpine excellence for generations.

As a not-for-profit dedicated to developing exceptional ski racers across all alpine disciplines, our impact is measured both on snow and in the community. Our alumni proudly represent BC and Canada on national teams and NCAA rosters, while the fundamental skills we foster have launched successful careers in Skier Cross and Freeskiing competitions.

Beyond competitive achievements, we've helped hundreds of young athletes develop into skilled, passionate skiers who carry the values of dedication, camaraderie, and mountain stewardship into adulthood. Red Mountain Racers isn't just a club—it's a cornerstone of our community's identity and a proven pathway to athletic excellence.

[LEARN MORE](#)

[DONATE NOW](#)



Thank you for reading!

PHOTO GALLERY

We want your pictures. They can be of just about anything ski-related. Training, racing, pow-day, fun with friends, etc... We will feature as many as we can each month at the end of the newsletter.

Email your pictures to vicepresident@redmountainracers.com and put 'Newsletter Pictures' in the subject line.

Here are some pictures from the past to get us started.

