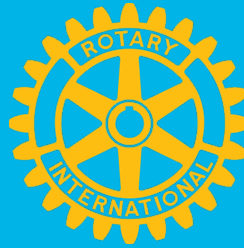


Rotary

Club of Cranbrook Sunrise



Sunday, August 4, 2024

Events

August 6th
[Cranbrook Sunrise
Weekly Club Meeting](#)
Speaker: Downtown
History Walk

Birthdays

Carol Westcott
August 2nd
David B Savage
August 4th

Wedding Anniversaries

No Wedding
Anniversaries Found

Years of Service

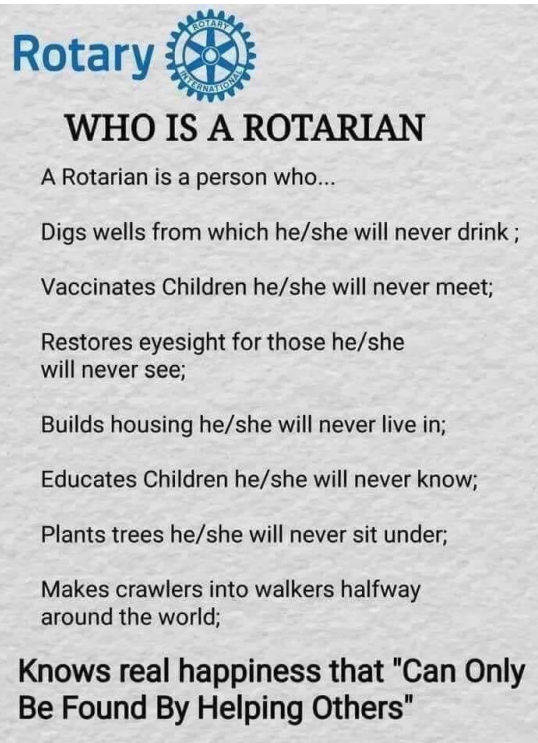
No Years Of Service
Found

Meeting Notes for July 30, 2024

By Dennis Parsons on Sunday, August 4, 2024

Guests: Olympian India Sherret, Davina Merritt

Inspiration: Allan Davis



Club Notes:

Steve Weatherall - **no meeting morning meeting Aug 6th** -We will meet at the Cranbrook History Centre at 7pm for a walking history tour and then go to the Heidout. Guests are welcome to join us.

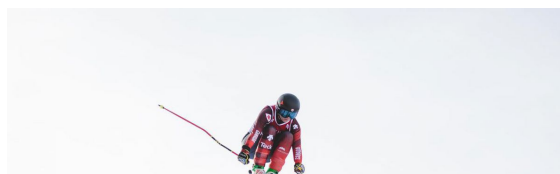
Janice Sommerfeld - the Ukraine project is canceled so we are looking for ways to spend our money over there.

President Ursula - our short-term exchange presenters will not make it this morning.

[Read More](#)

Olympian India Sherret

By Dennis Parsons on Sunday, August 4, 2024





India Sherret is a 28-year-old ski cross racer who was born in Cranbrook. She started ski cross racing at 13 years old. While growing up, Steve Weatherall coached her in cross country skiing.

Her first World Cup win was in 2024 and was part of the first Canadian Women's™ podium sweep since 2011. She has been on three World Cup podiums.

What does she do all year?

During summer - training starts at the beginning of May, where she will spend 25 hrs a week in the gym, mountain bike riding, road biking, etc

Spring - is decompression time and spring training camps are held that are about 2 weeks long, as well as vacation time.

Fall - they head somewhere exotic for training and this year they are going to Chile to prepare for the race season which is from December to March.

There are 21 races scheduled for the 2024-2025 season. They will break at Christmas and February and other than those times they will spend 4 months traveling.

Race day is from 6:45 wake up until 9:30 bedtime. Everything revolves around TV time. Their team is always the first on the hill and the last one to leave. The athletes have a massage before the race, as it is so hard on the body.

You can win the race on the first day, but then you have to refocus and get ready for the next day.

India talked about their food while traveling and when in Italy they eat pizza every day. They eat a lot of hotel food which can be great or terrible. Lots of eggs, carbs, dairy, etc.

Q answer - She does the mental game a 1/2 hour before starting. She does a lot of deep breathing, as she is anxious, trying to calm down. Takes time for herself, visualize the course.

Q When in the starting gate she will close her eyes just before going down the course. She tries to distract herself by making jokes with people, to keep the mood light. In the gate she thinks of the first few structures after the start, she has her getting ready routine.

Q India's art work helps with her funding. She has a side business of painting, and it helps her calm down and do something for herself. She has a website and store for her art.

Q During competition you see the same teams over and over. Team relationships are good as they stay in the same hotels. Ski cross is good about having a community vibe and comradery. There are about 50 men and women that compete all the time. People are excited for each other.

Q She has 2 equipment sponsors and does fund some of her travels herself. The team covers a lot of things. India is always looking for other sponsors.



Q Ski Cross is like moto cross, but you are skiing with 4 competitors at a time.

Q Her entourage is the biggest team on the circuit, the biggest women's™ team with 7 full-time World Cup athletes. They have a rotation of doctors that travel with them. It can consist of over 30 people.

A World Class Fondo Experience

By David B Savage on Sunday, August 4, 2024

The Kootenay Rockies Gran Fondo is coming September 7, 2024!

- ✓ Best Gran Fond in western Canada,
- ✓ World class experience,
- ✓ Generates significant economic impacts for Cranbrook, Kimberley, and area. This year, we estimate \$500,000 will be generated through visitors and locals,
- ✓ Supports charitable endeavours.
- ✓ Great price compared to others!

Kootenay Rockies Gran Fondo	Gran Ride (152km)	Sept. 7, '24	\$239 including tax
RBC Gran Fondo	Forte Ride (152km)	Sept. 7, '24	\$440 plus tax
Okanagan Gran Fondo	Gran Fondo (150km)	July 14, '24	\$295 including tax
Gran Fondo Badlands	Gran Ride (163km)	July 6, '24	\$225 including tax
Gran Fondo Jasper	Gran Ride (165km)	June 8, '24	\$325 plus tax



Team Spirit Award winners.

For much more information and register, go to: <https://www.krgf.ca/>

The Kootenay Rockies Gran Fondo, presented by Selkirk Signs, is a non-profit event created, planned, organized, and proudly led by the Cranbrook Sunrise Rotary Club.

Our purpose is to serve as an opportunity for cyclists to participate in a world class Fondo, bring tourists to our region, and raise funds for local charitable endeavours. Fondo Funds at Work: North Star Rails to Trails (R2T) Society, Kimberley Volunteer Ski Patrol, Speed Watch and Kimberley Rotary Club, Cranbrook Noon Hour Rotary Club, Mark Creek Lion Club, WASA Lions Club, and Cranbrook Sunrise Rotary Club (Event Organizer).

Happy Dollars & Sgt. at Arms

By Dennis Parsons on Sunday, August 4, 2024

Happy Bucks!

Dave Savage - gave Happy Bucks for India Sherret, as she spoke to our club 8 years ago. As well, for Maria Kliavkoff being present. Our incoming French student will be at the Waterton Glacier Assembly in September. Dave hosted a wildfire in the back country hiking video. A hiker saw it and the recommendations saved his life

when caught in a forest fire.

Al Davis - for India's program this morning, and it was good to see Maria. All paper versions of the news letters have been scanned. After 2 years, he finally played 9 holes of golf.

Helen Boon - gave Happy Bucks for India's presentation, as she loves to watch ski cross.

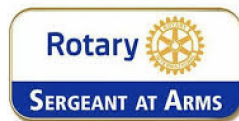
Al Dyck - for India's presentation, the daughter of Al's cousin is off to the Paralympics after a C5 injury. She will be representing Canada in the pool.



(Ten years after the devastating crash that changed her life forever, Nikita Ens has earned another opportunity to make memories to last a lifetime at the Paralympic Games.

The 35-year-old graduate of the University of Saskatchewan (USask) will wear Canada's colours once again in para-swimming this summer as the international sports spotlight shines on Paris for the 2024 Games.)

Carol Westcott- her mother-in-law believes a woman never gets older than 29 yrs of age.



Our Sgt. at this meeting was Penny Coyle.

Ursula - was fined for lacking computer skills

Al Davis and Dave Savage - were fined as they tried to figure out who was talking first.

Arlene Schroh - has a new puppy so she had to leave the Gran Fondo meeting early because of the puppy.

Al Davis - was fined when asked what was done to raise money for Moir Park Field House - the club sold a 1965 Mustang.

Maggie - was fined because she didn't know about the Mustang.

Closing Comments

By Ursula Brigl on Sunday, August 4, 2024

Clara Hughes - if you dream, and you allow yourself to dream, you can do anything.