



Activity Booklet

Name: _____

BKL Mini-Fest Trivia

1. What were the first cross country skis made of?
 - a. animal bones
 - b. wood
 - c. fiberglass
 - d. moose antlers
2. What year did Bill Koch win the first US Olympic medal in cross country skiing?
 - a. 1968
 - b. 1972
 - c. 1976
 - d. 1980
3. How many Americans have won Olympic medals in cross country skiing?
 - a. 1
 - b. 3
 - c. 6
 - d. 9
4. Which Winter Olympian has the most Olympic medals of all time?
 - a. Jessie Diggins
 - b. Lindsay Vonn
 - c. Shaun White
 - d. Marit Bjoergen
5. How many BKL clubs are there?
 - a. 20
 - b. 66
 - c. 100
 - d. 155
6. The first ever BKL program started in what year?
 - a. 2005
 - b. 2000
 - c. 1977
 - d. 1921



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7. Where did cross country skiing originate?
 - a. Vermont
 - b. New Hampshire
 - c. Scandinavia
 - d. Russia
8. How long is the longest ski race in the world?
 - a. 80km
 - b. 100km
 - c. 150km
 - d. 220km
9. What are the most kilometers skied by one person in 24 hours?
 - a. 472 kilometers
 - b. 325 kilometers
 - c. 276 kilometers
 - d. 152 kilometers
10. In what sport do skiers carry a map and navigate to checkpoints along the course?
11. How many skiers were in the biggest ski race in the world?
 - a. 1,000
 - b. 2,000
 - c. 5,000
 - d. 15,000
12. Where was the first US Ski Club formed in 1882?
 - a. Colorado
 - b. New Hampshire
 - c. California
 - d. Vermont



BKL Word Search

V	H	L	F	E	S	T	I	V	A	L	N	E	M	J
K	Z	E	Q	U	J	M	N	A	T	U	R	E	Z	J
G	E	I	N	U	F	J	Y	Q	B	X	F	F	E	L
N	H	D	H	U	C	T	S	D	N	E	I	R	F	D
R	Q	X	U	O	B	U	K	X	G	A	K	K	Q	A
M	Y	E	X	D	E	Q	C	B	D	W	V	P	W	Z
E	V	U	Z	G	E	E	A	J	K	L	M	E	J	Z
W	G	I	G	I	X	R	N	R	X	X	I	Z	F	N
O	H	K	B	H	P	U	S	Q	E	R	G	X	A	W
N	S	E	Y	W	I	T	T	M	N	D	N	L	D	F
S	E	G	G	H	V	N	H	T	Z	L	I	Q	L	S
D	L	M	U	A	Z	E	N	N	M	W	I	Q	K	B
T	O	F	W	T	X	V	T	M	O	I	K	H	Q	T
N	P	U	I	D	S	D	Y	S	V	F	S	O	W	L
H	B	Y	R	D	T	A	A	S	V	A	L	J	R	V

ADVENTURE
FESTIVAL
FRIENDS
FUN
HAT
NATURE
POLES
SKIING
SNACKS
SNOW
WAX



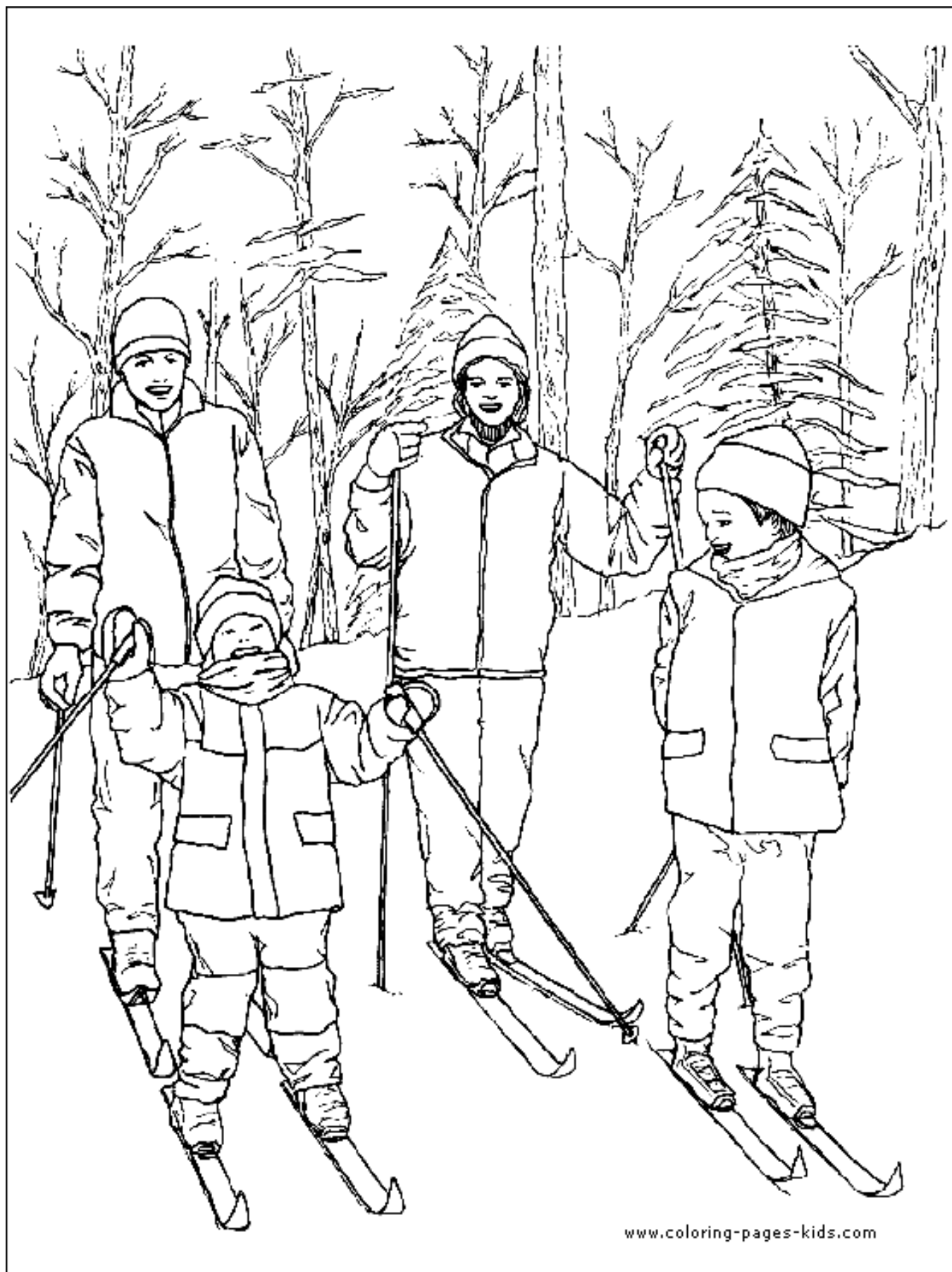
Do you know the history of the Bill Koch League?

Bill Koch or 'Kochie' was born June 7, 1955 and grew up in Guilford, Vermont. Growing up in southern Vermont, Bill loved to be outside and play on skis. He was on his skis every chance he got, even skiing to school! Each year Bill skied a little more and raced a little faster. When the snow melted, he ran, biked, and hiked with his ski poles with the dream of one day being the best skier he could be.

That dream took him all the way to the Olympics, a silver medal, and an overall World Cup win. At the 1976 Winter Olympic Games in Innsbruck, Austria, he was the Olympic silver medalist in the 30-km race. And his name became a household word, forever associated with the sport of cross country skiing!

Bill continues to share his dream and his love of skiing with everyone he meets. In New England we are honored to call our youth ski program the Bill Koch Ski League. He is an inspiration to all skiers, young and old!





Some random fun facts... did you know?

Cross country skiing was one of the original seven sports in the first Winter Olympics in 1924.

The six most decorated Winter Olympic athletes of all time are all cross country skiers or biathletes.

Instead of using two poles, skiers used to ski with one very long pole.

Before the Bill Koch League there was the Torger Tokle League named after a powerful Norwegian ski jumper who moved to the US as a teenager.

The first ski waxes were made using pine tar from trees.

Before there were dedicated cross country ski teams, many schools and clubs had only one ski team where all participants took part in cross country, jumping, and alpine skiing.



*NENSA Executive Director Amie Smith
racing on wooden skis at Prospect
Mountain in Woodford, VT*

A big thank you to...



...for their generous support of NENSA!

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| 1. a. | 6. c. |
| 2. c. | 5. b. |
| 3. b. | 4. d. |
| 4. d. | 10. ski orienteering |
| 5. a. | 11. d. |
| 6. d. Nordenskiöldslöppet (north of the Arctic Circle in Sweden) | 12. b. |

Trivia Answer Key: