



Whiteshell Ski Club

ex-cetera



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2002 October

President's Message The Year in Preview

This year, I am optimistic that the newly renovated and opened TCT from the suspension bridge to Old Pinawa Dam will be track set and used extensively by club members. I have been particularly sensitive to the closure of the old route to Old Pinawa (see president's message Fall 2001), but this new trail offers many advantages over the old route including better access, smoother terrain, a wider trail base, arguably better scenery and many, many fewer *castor canadensis* obstacles.

I also look forward to this year's Loppett. The event will be held Feb 8 in order to coincide with the Provincials (Feb 7-8) which our club was offered

over the summer. Keep this weekend free because we could use your help, whether out on the trails or inside. Please don't wait to be called – contact Peter Chernis and let him know that you'd like to help.

On a more personal note, I look forward to taking our new daughter out skiing and enjoying the sport from an entirely new perspective. Skiing our trails often reminds me how fortunate I am to live in Pinawa, and to have access to the wonderful opportunities here. So, to all who helped and continue to help make Pinawa a great place for skiers and others, thanks, and see you out on the trails!

2001-2002 Financial Review

In November 2001, after a decade of dedicated stewardship of the Club's finances, Allan Tarr vacated his position as Treasurer. We owe Allan a debt of gratitude and wish him well in his new career with Investors Group. Alf Wikjord is the new Treasurer.

The fiscal year of the Whiteshell Ski Club runs from May 01 to April 30. The 2001-2002 financial statements presented and approved at the Spring AGM on May 07, reflected another busy and successful year for the Club. The financial highlights are:

Membership fees; grants from the Cross Country Ski Association of Manitoba (CCSAM), the Eastman Sports Development Association, and the LGD of Pinawa (for clearing of the Tran Canada Trail); volunteer participation in bingos at the Regent and McPhillips casinos; entry fees from the 26th Manitoba Loppett held in Pinawa in January; donations from organizations, members and casual skiers who appreciate our trails; donations from corporate sponsors of the Loppett; and interest income from our account at the South Interlake Credit Union yielded over \$9,000 of revenue during the past year.

Memberships, grants and bingos accounted for 78% of the revenues.

Over 200 people joined our Club in 2001-2002. We received 82 membership applications, the majority of which were family memberships. 85% of the applicants resided in Pinawa; 15% resided elsewhere, including Lac du Bonnet, Whitemouth, Beausejour, Winnipeg and Warren.

Mark your calendars....

WCCSC Annual General Meeting

October 30

7:00 pm

Pinawa Club

2003 MANITOBA LOPETT

FEBRUARY 9

*Cross Country Ski
Association of Manitoba*

21st Annual X-C Ski Swap Shop

Nov 15/16, 2002

Winnipeg Convention Centre
3rd Floor

**Manitoba X-C skiing
provincials are being
held in Pinawa
this winter!
February 8 & 9**

Financial Review

continued from page 1

Expenditures for trail clearing and track setting; maintenance and repair of equipment, warming huts and storage buildings; purchase of ski equipment for the Jackrabbit program; CCSAM affiliation fees; honoraria, including medals, prizes, awards, certificates and Jackrabbit Ski League badges; training and development of ski instructors and coaches; insurance, registration of snowmobiles and a land-use permit issued by Conservation Manitoba; and publicity, including printing and distribution of three issues of the eXCetera, cost the Club more than \$9,000 in 2001-2002.

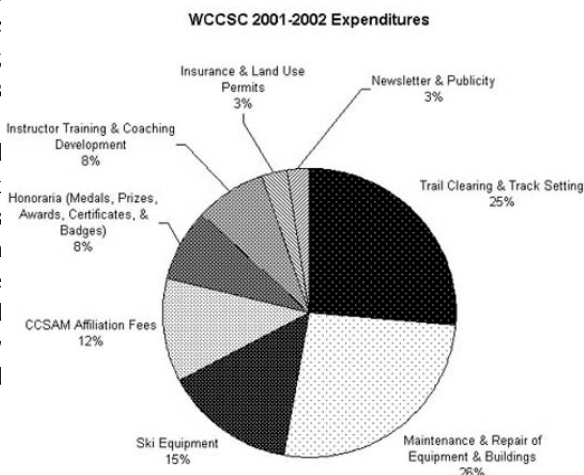
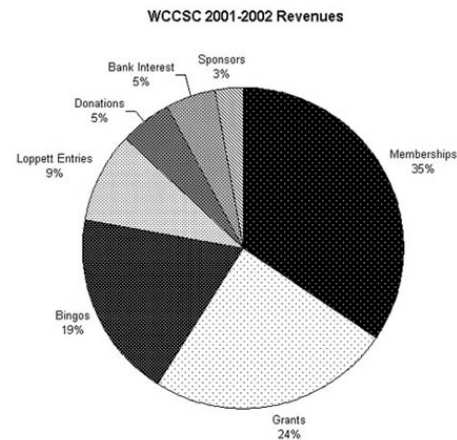
More than 50% of our expenditures were used to maintain our network of ski trails, three warming huts, two Alpine snowmobiles, an Argo swamp buggy, trail grooming and track setting equipment, brush mowers and chain saws.

One-third of our membership fees were redirected to affiliation with the CCSAM (and, indirectly, with Cross Country Canada).

\$1000 was directed to our capital reserve, known as the Track Setting Equipment Fund. This Fund has doubled in the last five years and is now almost \$8000.

Our Jackrabbit Program is an excellent example of development at the “grass roots” (Pardon the pun!). It offered fun, fitness and frolic for kids and adults alike; development of basic skiing techniques; family participation; and training for coaches and instructors to enhance their teaching skills.

The 45 km of groomed trails and three cozy warming huts are important assets to the Eastman region. Donations from the Charleswood Ski Club in Winnipeg, the Manitoba Naturalists, the Grey Hares, our own Club members and other casual visitors provided testimony that our trails were much appreciated during the past year.



Trail Maintenance Crews Summer / Autumn 2002

Thanks to the following people (and any others I've missed – my apologies!) for your ongoing dedication to the maintenance of the WCCSC ski trails and to the club overall. Without your sweat equity, this club simply cannot continue.

TCT: Larry Gauthier, Jeff Long Heinz Ehlers, Oliver Greenfield, Steve Sheppard, Peter Chernis,

Red Trail: Larry Gauthier, Jeff Long, Derrek Owen, Bruce Goodwin

Blue Trail: Larry Gauthier, Jeff Long, Derrek Owen, Oliver Greenfield, Peter Chernis, Peter Vilks

English River: Larry Gauthier, Heinz Ehlers, Bob Brehm, Harry Noel

Jones-Graham Freeway: Larry Gauthier, Heinz Ehlers, Derrek Owen, Budd Biddiscombe

Orange Trail: Larry Gauthier, Jeff Long, Bruce Goodwin, Oliver Greenfield, Derrek Owen, Eric Olson, Keith Olson, Rob Smith, Ken Young, Peter Vilks, Heinz Ehlers

For those of you who are interested in engaging in trail maintenance, the WCCSC mows the TCT three times per summer (usually at the end of June, July and August) and we begin ski trail brushing and upgrades in

September (depending on weather). If you want to help out, don't wait to be called, please call Larry at 753-2579 or Jeff at 753-2073.



Heinz Ehlers, Jeff Long and Larry Gauthier heading out to brush the Jones-Graham Freeway

XC Equipment Selection

Bruce Goodwin

The following is the spend-thrift's guide to the selection of cross country ski gear. You don't need to spend big bucks, certainly not like the gravity-challenged (downhill) skier whose equipment costs can involve a second mortgage. Not too long ago, a good quality set of skis, poles, boots and bindings would set you back about \$100. Nowadays, you can expect to shell out twice that amount or more, but the quality of the equipment is much improved and will provide years of entertainment, excitement and exercise.

For XC skiing, you need skis, poles, boots and bindings, wax, plus an assortment of suitable clothing. Let's take them in the reverse order.

Clothing

You probably already have every thing you need. For the record, here's what we tell the Jackrabbits. First, dress in layers. That means don't pull on your heaviest parka, but instead underwear, tee shirt, sweater and light wind-proof jacket on top, and underwear, pants and light wind-proof pants below. Add mitts, toque and a pair of socks and you're ready to go. If you overheat, simply remove a layer, maybe starting with the toque. If you have trouble keeping your feet warm, extra socks won't help: instead put on another pair of long underwear or tights over your legs. Guaranteed: your toes will be toasty if your thighs are well protected. If you have trouble with your hands, put something more on your head. If they're still cold, try woolen mittens inside larger mitts. One trick to keeping warm is to keep moving.

Recommendation: get a good pair of long underwear, preferably made from a synthetic like polypropylene (which tends to wick away sweat). Also choose mitts with leather palms to prevent wear.

Wax

Cross country skis use glide wax to cover the tip and tail of the skis, and grip wax on the area under your feet.

You might put on glide wax once or twice a season, or you might decide its just not worth the fuss. On the other hand, you will need grip wax. If you're a racing enthusiast, you can collect probably more than 100 different waxes and klisters, some costing well over \$100 for a few grams! Fortunately, snow conditions in Manitoba don't vary widely and we don't need all types.

Recommendation: in Manitoba, we can get by with just three types: red, blue and green. Red is for temperatures near freezing, blue for temperatures down to about -10C and green should cover colder temperatures. You don't need any grip wax below about -20C.

Boots and bindings

We'll need to spend some money here, but these should be regarded as investments that can easily take you through 15 ski seasons. Choose a pair of boots that fit comfortably with one or two pairs of socks. Recreational skiers will probably be happiest with boots that just cover their ankles. Bindings are what hold your boots onto the skis and several types available. Most common are the ancient '3-pin' system, the old Solomon-D system, and the newer 'Profile' and 'New Nordic Norm' systems. On a performance scale of 1 to 10, the 3-pin system scores 1, the Solomon-D scores 6 and the other two score 7 to 9. High-end racing boots might reach 10.

Recommendation: The old Solomon-D system is generally quite economical and is suitable even for skate-skiing. The two newer systems are definitely better, and definitely more expensive. Make sure your boots match your bindings!

Exception: for children whose foot size changes daily, the low-cost 3-pin system can be acceptable for their first year or two of skiing. Unfortunately, most 3-pin boots are not well made and they often pop off small feet. When you can afford it, move up to something better.

Poles

Poles are commonly made of fibreglass, bamboo or aluminium. Your best bet in

terms of durability and cost is probably fibreglass. Pick one with a comfortable handle and a strap that can be adjusted. The other end doesn't much matter, so long as it has a point and a basket. For conventional or classic skiing, the pole should extend from the floor to your armpit. Skate skiers will choose longer poles, perhaps up to their noses.

Recommendation: Choose fibreglass poles with a good adjustable strap. You can always shorten poles that are too long.

Skis

Your single biggest expense will be skis. Most manufacturers make high-end and less expensive variants, and few recreational skiers will notice much difference. Don't get taken in by the fancy paint job on top: it doesn't affect performance. Far more important is the bottom. In Manitoba, we want skis that you can wax. You'll be frustrated with waxless (or fishscale) skis except on those rare spring days where the snow is wet and sticky. Most skis are fibreglass and come in different lengths. For classical skiing, a common way to select length is to pick a pair that extends from the floor to the wrist of your raised arm. A better method is to base the selection on your weight! Heavier skiers want skis with a larger camber or curvature so that their glide will not suffer. If you want to skate-ski, you'll choose skis that are shorter, reaching from the floor to about the elbow of your raised arm, and that have greater camber. Winnipeg has several ski shops whose staff are very knowledgeable and helpful.

Recommendation: Choose fibreglass skis in a price range you can afford. You'll probably want 'light touring' skis as opposed to racing skis or back country skis. In Manitoba, make sure they're waxable!

Finally, many ski shops sell ski packages from the late fall running through to about February. Some may come with less expensive boots and skis, but they all generally provide good value. Watch for sales of last year's models in the late spring and early fall.

Bingo Volunteers

As bingo money accounts for about 20% of our total revenue, we are fortunate to have a dedicated group of volunteers organized by Marj and Heinz Ehlers who take the time to drive into Winnipeg and work in the bingo halls for our club's benefit. Some of these volunteers have worked on many occasions over the past year. On behalf of WCCSC, we would like to thank the following people: Marj and Heinz Ehlers, Carol and Ray Wazney, Laurie and Harry Noel, Barb and Bob Jones, Nat Fenton, Bruce Goodwin, Doug Edkins, Larry Gauthier, Hazel Enns, Ralph Moyer, John Gmiterek and Doreen Bigelow. Marj Ehlers is always searching for new people to work the bingos. If you would like to be one of these people, please speak to Marj, Heinz or any of the ski club executive or you can call Marj at 753-2574.



Austyn Stam takes to the air during a Jackrabbit outing last winter

Editor's Message

Elaine Greenfield

There has been a big gap between issues of the Ex-cetera and therefore, this issue is filled with long and, hopefully, interesting articles. Michelle Long is our technical wizard who is able to assemble all the odd bits and pieces from various contributors into a semblance of order on 11"x 17" paper. Thanks Michelle.

We hope that members, old and new, will be at our AGM on October 30. There are several issues to be discussed and decided on. One of the most urgent concerns the Manitoba Winter Games Bid for 2006. Beausejour is making a bid proposal for the Games and has asked for our help with the cross country skiing section. The bid must be

submitted by November 29 so we must let the Games Committee know of our decision immediately after our AGM.

Last year because of several requests, I started a ladies' touring group which we named The Powder Puff Skiers. We met on Thursday mornings at 10:00 and toured for 1 ½ to 2 hours. These tours give members an opportunity to get out on some trails that they might not want to ski alone and it's always fun to have other people to talk to while skiing. My plan is to start the tours as soon as snow permits so please watch for details on Channel 12 or The Paper. Now I'm wondering if there is a similar need for a men's ski touring group? Anyone interested?

News from CCSAM

At its recent annual general meeting (Oct 19), the Cross Country Ski Association of Manitoba (CCSAM) announced some exciting new funding opportunities for skiers and ski clubs.

The **Club Head Coach/Athlete Development Coordinator Grant** is designed to assist clubs with the retention of a Club Head Coach/Coordinator, by assisting the club with the development of some form of remuneration/perks package for this position.

The **Club Special Initiatives Grant** is designed to encourage clubs to pursue new ideas and programs, by providing administrative, promotional or even financial support for the implementation of the new program.

CCSAM is also introducing a **Manitoba Cup Race Series**, consisting of 4 to 6 race weekends over the ski season. Clubs will

accumulate points towards a Manitoba Cup ranking whenever their members participate in these races. Accumulated points will determine the Champion of the Manitoba Cup Race Series, as well as a share of a cash purse to go towards the club's programming. Points are earned not only by skiing in the races, but also through club volunteers assisting at races, the distance they travelled to attend the race and for hosting races.

The **High Performance Athlete Score Card Funding System** is a new program that CCSAM plans to introduce this season, which will be the determining factor of which athletes and at what level they would receive funding from CCSAM as they pursue their goals as elite athletes.

For more information on these programs, attend the WCCSC AGM on October 30 (see details on page 1), or call Peter Chernis at 753-2971 or Jeff Long at 753-2073.

Jackrabbit Tracks

Bruce Goodwin

Our Jackrabbits were very active last season. If there was snow on the ground, the Jackrabbits were scooting about on their skies. In fact we missed only one day (it was raining) between the first big snowfall at the start of December to the last day in March, just before the huge meltdown.

More than 20 novice Jackrabbits earned their Green badge this year: Sara Bakosti, Geoff Bordeleau, Calvin, Meghan and Jaime Bree, Alexis Brunet, Calvin Bueckert, Joanie French, Dravin Galeschuck, Rhys Hatherly, Stephany and Tiffany Hnatiw, Jacob Lotz, Kilmney Melnyk, Justin Podaima, Steven and Jenna Simpson, Austyn and Avery Stam, Samantha Tooke, Stephanie Turner and Colin and Jordan Wallach. Meghan, Jamie, Kilmney, Austyn and Rhys progressed far enough to earn their Yellow badge. Our more experienced Jackrabbits also made progress: Miguel Young earned his Orange badge, and Rebecca Bilsky, Richard Koroll and Garry Tooke received their Red badge.

One the racing side, we had two time trials which allowed all comers to test their speed over a 1 km track against Olympic times. Most of our younger skiers received their 20% or 30% badges and a few did even better. We also had a huge Jackrabbit presence in the Loppet last January. In fact, more than half of the Pinawa participants were our Jackrabbits!

We had several tours this year for all the children. Two tours went to the cabin on the Red Trail, one went up the beaver terraces inside the Red Trail and one went up the Channel as far as we could go. Finally, one tour went to the Warmup Hut on the Orange Trail. This last one was a big hit because Derek Owen gave the children a memorable ride back in a sleigh pulled by our Club snowmobile.

Just about every session ended with hot chocolate and marshmallows shared around a campfire. Our Jackrabbits are especially thankful to

Marlene Goodwin, Barry French, Gary Hanna, Alf Wikjord and Kendra and Dennis Cann, Alf Wikjord, David Turner, Larry Gauthier, Nat Fenton, Bob and Betty Shwefelt, Metro Dmytriw, Derek Owen, Brenda Hatherly, Kim Simpson, Catherine and Keith Reid and Heather and Terry Andres. These volunteers made hot chocolate and started the marshmallow fires that ended almost every session.

Finally, we should acknowledge the hours of time spent by our v o l u n t e e r leaders, many of whom came out of retirement to help train a large crowd of new skiers. The leaders include Bryn Goodwin, Peter Chernis, Peter Vilks, Doreen Bigelow, E l a i n e Greenfield, Ken Young and Don Ewing. Doreen,



2001-2002 Jackrabbits

Plans for the Next Season

Our program will continue its growth spurt in 2002/03. Based on the results of our Jackrabbit questionnaire, we're going to make two important changes.

1. The start time will be 2 PM on Sundays. We'll run from 2 to 4 PM and usually meet at the Hydro station on the highway.
2. We'll increase the number of tours and explore all of the club trails. Maybe we'll get out and visit some other clubs.

As before, our Jackrabbit program relies on the support of our many volunteers. Please don't be shy

Elaine and Don spent much of their time with adult lessons, bringing up to speed some of the parents who might be able to help next year. These parents include Wanda Turner, Fred Bilsky, Michelle and Luc Bordeleau, Tara Lotz and Rhea Galeschuck and Brenda Hatherly. Most of these parents also volunteered their time over one weekend to participate at a NCCP Technical Clinic on cross country skiing, led by a good friend of all Eastman skiers, Murray Marchment.

about joining in! Most of you probably already know how to make hot chocolate, start a fire and roast a marshmallow, so you are eminently qualified for the firestarter's job. Others might want to become leaders, and the Club can provide plenty of support. In fact, it is a fact that ALL of our active and retired leaders started out by coming to Jackrabbits with their children.

We'll get an early start next season. We already have plans for hikes on our trails as soon as the temperature turns a bit frosty – probably in October but certainly in early November. Membership costs are only \$10, but you must be a member of the club. Call Bruce (753 8393) for more information.

Waxing Demystified

Bruce Goodwin

There are several hundreds of waxes out there for cross country ski enthusiasts, but most of us can get by with far fewer. In fact, only about three types will cover almost all snow conditions we're likely to encounter on the trails around Pinawa. You can also spend hours waxing those skis, but most of us need only spend a few minutes. Read on for the practical guide to waxing your skis.

First of all, you should know that there are two broad classes of wax: glide wax and kick wax. Glide wax is generally put on your skis at the shop to close the pores in the base and make the skis relatively slippery. Racers might refresh their glide wax weekly, but most of us can get by with once a season or even once a decade or two. It's usually hard to tell when a pair of skis need glide wax, except for skis with black bases (if they've turned grey they need new wax). On the other hand, most recreational skiers won't notice any difference and need not be too concerned. There is one important exception: skate skiers use only glide wax and they would be more likely to notice a significant difference.

For classic (traditional) skiing, kick wax is crucial: it has a big effect on whether you slip and slide in place or can move in any direction but down. The experts claim that kick wax works because snow crystals penetrate into the wax when you push the ski down onto the snow. This penetration allows you to push or 'kick' and generate forward movement. Once moving, the snow tends to melt or release from the wax and so you slide.

The characteristics of snow crystals vary with temperature, age and humidity, and you need to choose your wax accordingly. Cold fresh snow has hard sharp crystals and you match it with hard wax. Old warm snow has

soft rounded crystals and now you need soft wax. Actually the whole problem is simplified because the manufacturers colour-code AND write the temperature ranges on their containers! Simple! The three kick waxes of choice (and our senior coach's favourite brands) are:

Green for snow near -10°C and colder (Rex Green),

Blue for snow near -5 °C (Rode Multigrade Blue), and

Red for melting snow (Swix Red Special).

You probably won't need any kick wax when the temperature is below about -25 °C and you certainly don't need anything when there is no snow left, so those three will cover most conditions.

One terrible possibility is when some of the snow has melted and refrozen, leaving ice and corn snow behind. Under these conditions, the only way to get good 'kick' is to use one of the klister waxes. However I absolutely refuse to recommend any type of klister because it has a tendency to transfer itself to your clothes, hair, car seats and all other exposed surfaces. I suggest you learn to double pole or skate ski instead.

Now: how do you apply waxes? For glide waxes, the process is simple but it appears to be counter-productive. Basically, you put it on with a hot iron and then you scrape it all off with a plastic scrapper. Go figure. You can buy an iron built specially for applying ski waxes, or spend a fraction of the cost on a regular clothes iron. You might already have one in the house somewhere, but be warned that it won't be much use as clothes iron afterwards! I suggest you ask someone to show you the first time around.

Kick waxes are definitely a do-it-yourself concept from the start. What you want to do is apply it to the 'kick' zone, which is basically the area underneath your feet and perhaps a few inches ahead and behind. The trick is to crayon on a very thin veneer, without any gobs or lumps. Rub vigorously with your cork to smooth out the wax until the wax haze disappears. Repeat with another thin layer and smooth with your cork. If you're going for a long ski, say 5 km or more, you might put on three or more layers. The whole process should be quick and easy: I regularly put on three layers in under 60 seconds for both skis. It sometimes helps if your skis are warm and your wax is cold.

If you're a beginner, or if you don't have good kick, try extending the kick wax area forward, taking up the central third or so of the ski. If you still don't have good kick, the problem might be the wax. However, twelve times out of ten you're slipping because your classic technique needs work. This is a perfect reason to join Jackrabbits for a refresher lesson with the kids. If you can't keep up to the kids, call up the club for discreet adult lessons.

Ski Club Executive

President:	Jeff Long 753-2073
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Treasurer:	Alf Wikjord 753-8844
Trails:	Derrek Owen 753-8842
Jackrabbits:	Bruce Goodwin 753-8393
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