

Whiteshell Ski Club



ex-cetera



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2005 January

President's Message

Elaine Greenfield

Does this seem like the perfect year for cross country skiing? Well, that's because it is. Many years the white stuff seems to take it's time in arriving and we don't have very good skiing until after Christmas but this year it came early enough for us to be able to enjoy it before and during Christmas. Many people have gone out of their way to compliment me on the quality of the trails. Thanks so much to those members who have put in the time and labour to make it so. It was especially obvious after the first big snowfall

following Christmas. And then, whoops, another blanket fell!

Right now the beauty of the scenery on the trails is so magnificent that I find it hard to describe to people who have not been out there to see it themselves. Sunlight on fresh snow, glinting, sparkling like diamonds and blue shadows fall.

Many visitors have been on the trails over Christmas and will continue to be because of the abundant snow. The Charleswood Ski Club called recently to say that they will be bringing a bus load of people (about 50) on Sunday, January 30th for the day. Say hello when you meet them on the trails that day.

Their club always makes a generous donation to WCCSC for the use of the trails.

I have to apologize for the lack of a night ski on the evening of the full moon. It occurred on December 26 but that evening proved to be a difficult one for most people because of Christmas visitors. Our next Starlight Express Tour is scheduled for Friday, January 21 at 7:00 pm. That way it shouldn't interfere with the Loppet on the 23rd. We'll meet at the hydro substation and then go out for a hot drink afterwards. Please let me know if you are planning to come so that we will wait for you.

125 Skiers Participate in 2005 Loppet

Peter Chernis

More than a week before the loppet, registrations started coming in by e-mail, fax and phone. As the week wore on, the weather forecast finally started to look as though we would have ideal conditions. The small army of volunteers started the final march toward the Sunday of the event.

As usual, I took Friday off to supervise the construction of the snow bridges across the end of Highway 211, and to help prepare and flag the course. The LGD did their usual great job and as I walked away from the barriers that blocked the end of the highway, I felt that everything was falling into place for a great loppet. Later that morning, Ron Brehm, Derek Owen, Larry Gauthier, and I started the necessary widening and packing of the Red and Golf course trails. Derek and I only managed to get the alpine stuck 5 times, which I guess is par for the course. Packing ended amid heavy snow fall.

On Saturday, the track setting and flagging of the trails began. Ron and I

chugged out to the sub-station, then around the west end of the golf course with the new trackster and the alpine at a slow-ski pace. We turned down the pump-house hill and crossed the river to track the Red trail and put up

more flagging and course signs. We started out with the 4-foot pan with track-set shoes, but changed to the heavier, purpose-built tracker at the diversion dam. We found that this made a much better track. Continuing around the Red trail, we again crossed the river, but this time went up The Wall. I got up what I thought was a good head of steam, but alas, it was not enough to see me to the top of the steep hill. I bogged down and we had to winch the machine about 25 feet to the top of the hill. A bit of shovelling covered



The start of the 29th Annual Loppet

the ruts, but the dirty snow left a telltale reminder of the incident.

At the top of The Wall we resumed our path eastward toward the snow bridges at the end of Highway 211. Much to our surprise when we arrived there, the snow bridges were not to be found. The snow plow had cleared the highway overnight, and had moved aside the barriers protecting them, cleared the parking lot and the bridges, then carefully moved the barriers

Continued on page 2

Loppet a Great Success

Continued from page 1

back into place. We proceeded to the Club where we arranged with Garry Hanna to have one of the LGD staff come to our rescue. Again we can appreciate what kind of people work for our town, because, as we hastily ate our lunch at the Club, the front end loader operator re-built those two bridges. We finished the track-setting as the sun set, and I settled down to a relaxing evening resting for the high-paced action I expected the next day.

I awoke on Sunday after a restless night and was out with Judy before 8:00. I checked the snow bridges before dropping off the computer equipment at the Club, and to my horror, I discovered that a number of snowmobiles had gone around the barriers and made the sharp turn onto our loppet course on the north side of the highway, obliterating the work we had done the day before. It turns out that two snowmobiles had got onto the course at the barriers and proceeded around the course about 1.5 km to where it again neared the highway, and then cut through the deep snow back to the highway. A third machine went around the golf course trail to the pump house hill, crossed over to the Red trail, and travelled westward about 2 km further to the hill with the bypass near the red cabin, where it turned around. Others had also noticed this and had contacted Ron, who immediately started

re-tracking the course. Fortunately, the race only needed to be delayed by about 30 minutes. The re-tracking, however, cost us more than two hours – additional work that we really didn't need to do.

The 125 racers were off at about 11:30, on a freshly laid track. Right from the beginning, the eventual winner of the 30 km loppet, Stephane Lacroix of Winnipeg, built up a big lead. His winning time was 1:36:45, five minutes ahead of second place. Last year's male winner, Steve Scoles, was not a real contender this year – he had skied 50 km at Giants Ridge, Minnesota, only the day before and then drove back to attend the loppet. Even the fastest skier on the 15 km course could not catch Stephane. Sue Jacobsen, also of Winnipeg, was the fastest female at 2:02:39. The fastest male and female skiers from our Club were Peter Vilks (01:58:51) and Bryn Goodwin (02:41:00), and they received the Whiteshell Trophies. Results for the 26 Whiteshell Club members who participated in the loppet are included in this newsletter.

Everyone was very complimentary about the course. Some skiers came to Pinawa for the first time to ski the loppet because they were told that it was a great event to participate in and our trails were highly recommended. Many first-timers told me that they thoroughly enjoyed themselves and would make it an annual event. Part of the enjoyment, of course, was the music provided by JaBAH. They were kind enough

to play a bit longer as the race was late in starting.

I would like to thank all the sponsors that contributed prizes and cash for the loppet: The LGD of Pinawa, Pinawa Dental Clinic, Sheppard Environmental, South Interlake Credit Union, RRR Realty, Aquatic Life, AECL/URL, Northern Stores, Book Break, The Pinawa Club, Acision Industries, Granite Internet Services, Olympia Cycle and Ski (Pembina Hwy and Portage Ave stores) and Bikes and Beyond (Henderson Hwy).

Also, I would like to thank the approximately 30 volunteers that helped me, especially Fred Bilsky, Ron Brehm, Derek Owen, Elaine Greenfield, Alf Wikjord, Judy Chernis, and Allan Tarr, who drove in from Winnipeg to help. Also, I would like to acknowledge the support of the Pinawa Amateur Radio Club who provided communications, and the senior members of the local Girl Guides who helped pass out the water and sport drinks to the athletes as they lapped the course.

This is the 10th loppet that I have organized and it was definitely the most memorable one. Next year I will pass the torch to Don Ewing, but will help out as much as I can. Don has a lot of experience organizing the local triathlon, and will bring some new ideas that will make the loppet even better, I'm sure. Thanks again to all those involved, including the athletes.

Membership Update

Members provide strength and sustenance for our Ski Club. Over the last few years, we have enjoyed a membership base of about 200 people from Pinawa, Lac du Bonnet, Beausejour, Whitemouth, Stead, Warren and Winnipeg.

So far this year, 160 people (including 26 Jackrabbits) have joined the Club. As of February 1, the following have paid their 2004-05 fees (*denotes Jackrabbit):

ADRIAN, Sherilyn*; BAKOSTI, Bellamy/Sara*/Gregory; BERNARDIN, Romeo/Lois/Deanna/Amanda/Dominic; BESEL, Donna/Allison/Bradley*; BIGELOW, Doreen/Michael/Donna/Erin/Kristy; BILSKY, Rebecca*; BOCK, Gerhard; BORDELEAU, Luc/Michelle/Stephanie/Geoffrey*; BOWLES, Ted*; BREHM, Ron/Teresa/Kevin/Jennifer/Darren/Allison; BRIERCLIFFE, Phyllis/Robert; CANN, Dennis/Shirley/Kendra; CHERNIS, Peter/Judy/Sarah-Beth/Daniel; CONNELL, Valerie; DEARING-

BARNETT, Kevin/Susan/Ben*/Emma*; DUTTON Roger/LOIRE-MAILLARD, Irene; EHLERS, Heinz; ENTZ, Martin/Connor/Meghan/Jereleen; EWING, Don/Lyn; FENTON, Nat/June; GAUTHIER, Larry (Honorary Lifetime Member); GOODWIN, Bruce/Bryn/Austin*/Avery*; GRANT, George/Marilyn; GREENFIELD, Elaine/Clark/Jeremy/Chris; HANNA, Gary; HANSON-JONES, Dwayne/Sian/Sophie; HAWRANIK, Jay/Drew/John; HESSIAN, Brett*; HILLIARD, Janet/Tom/Skye*/Liam*; IVERSON, Stu; JACKSON, Kevin; JONES, Bob; KOROLL, Grant/Margaret/Katherine/William/Richard*; McMILLAN, Dave/Diane; MILLER, Hans; MONTGOMERY, George/Helena/Keith; MOYER, Ralph/Carol/Angie/Janet/Heather; OLSON, Keith/Edith; OWEN, Derrek/Martha; PATTERSON, Don/Lynn/Christina; PELLISSIER, Louis/Doreen/Anna/Renee/Tim; PICARD, Kathy; PODAIMA, Justin*; RANDALL-GRYZ, Carol/Zbigniew; ROSS-SAUNDERS, Karen/Chris; SCHRAM, Lorne/Paulette; SHEPPARD, Steve/Marsha/Katie; SIGURDSON, Ken/Peggy/Terrill; SIMPSON, Jeff/Kim/Jenna*/Steven*; SPENCE, Edwin/Yolanda/

Michaela*; TAIT, John/Linda/Maren*; TARR, Allan; TRUEMAN, Grant*/Tessa*; VILKS, Peter/Florence/Kirk; WALTON, Frank/Carol; WAZNEY, Ray; WEBB-ARMSTRONG, Bruce/Nicole; WEBB, John/Lydia/Katie*; WESTDAL, John/Heather; WIKJORD, Alf/Marg; WILCOX, Brian/Alanna/Kaeli*/Chloe; YOUNG, Ken/Louise/Steven*/Miguel*; ZACH, Reto

If you have not yet paid your 2004-05 fees and enjoy skiing our trails in the winter (or hiking or biking them in the summer), please join our Club again this year. Your support helps to sustain: over 40 km of groomed trails; 3 cozy warming huts; qualified instructors; ski tours and waxing clinics; liability insurance for leaders, instructors and volunteers; competitions and programs sponsored by CCSAM and Sport Manitoba; the Jackrabbit ski program for family participation, fun, fitness and skill development; the Whiteshell Ski Team for fitness, instruction and competition; the Manitoba Loppet; the X-C ski competition of the MTS Manitoba Winter Games to be held in Pinawa in April 2006.

2006 Manitoba Winter Games

The Manitoba Games are the province's largest ongoing multi-sport competition. The Games are held every two years and alternate between summer and winter events. Participation in the Games begins with regional qualifying events. Regional teams of approximately 200 athletes, coaches, managers and mission staff go on to participate in the Finals.

The last Winter Games were held in The Pas in 2002. The next Winter Games are a little over a year away. In March of 2006, Beausejour, Springhill Park and Pinawa will host athletes participating in nine sports, including alpine ski, badminton, bowling, cross country ski, curling, figure skating, gymnastics, hockey, and volley ball. Planning is now shifting into high gear.

The Beausejour Host Society and Sport Manitoba have the monumental task

of overall coordination of transportation, lodging, food services, communications, sponsors and awards. Beausejour will provide the venues for all the sports except alpine and cross-country ski. Springhill Park and Pinawa will host these latter two competitions. The Eastman regional qualifier for cross-country ski is scheduled to take place in conjunction with the 30th Manitoba Loppet on January 29th, 2006. The Provincial Finals will take place on March 7th to 9th, 2006

In recent weeks, Don Ewing, Peter Chernis and Alf Wikjord have been developing the sport plan and budget for the cross-country ski competition. The Cross Country Ski Association of Manitoba has designated Don as the Technical Advisor and Head Official for the cross-country ski event. Don brings a wealth of organizational talent and experience, having organized the Free Spirit Triathlon in Pinawa for the last five years.

A big THANK-YOU to the sponsors of the 2005 Loppet!

The LGD of Pinawa
Pinawa Dental Clinic
Sheppard Environmental
South Interlake Credit Union
RRR Realty
Aquatic Life
AECL/URL
Northern Stores
Book Break
The Pinawa Club
Acision Industries
Granite Internet Services
Olympia Cycle and Ski
(Pembina Hwy & Portage Ave stores)
Bikes and Beyond (Henderson Hwy)
Your support is appreciated!

Sandilands Classic Open

Saturday, February 5

Children: 5 and 7.5 km
Adults: 15 and 30 km

For more details, see:
www.trak.to/sandilands

A slogan for the classic-track trails this year.....

Get a Grip!

(they're pretty slick, so get out there and enjoy!)

Ski Club Executive

President: Elaine Greenfield
753-2515
Vice-President: Peter Chernis
753-2971
Secretary: Kevin Dearing
753-8239
Treasurer: Alf Wikjord
753-8844
Trails: Derrek Owen
753-8842
Jackrabbits: Bruce Goodwin
753-8393
Equipment: Ron Brehm
753-8437
eXCetera: Michelle Long
753-2073

2005 Loppet Results for Whiteshell Skiers

<u>Racer</u>	<u>Time</u>	<u>Rank</u>	<u>Category</u>
Peter Vilks	01:58:51	1	Masters 4 Men 30km
Kirk Vilks	01:19:19	4	Juvenile Boys 15km
Tessa Trueman	00:21:29	4	Pee Wee Girls 2.5km
Bryn Goodwin	02:41:00	1	Senior Women 30km
Rhys Hatherly	00:33:39	6	Minimidget Boys 5km
Michaela Spence	00:37:41	5	Atom Girls 2.5km
Don Ewing	01:20:11	14	Male Open 15km
Doreen Bigelow	01:31:40	7	Women Open 15km
Maren Tait	00:28:21	2	Atom Girls 2.5km
Grant Trueman	00:26:19	4	Atom Boys 2.5km
Steve Simpson	00:24:52	3	Atom Boys 2.5km
Bruce Goodwin	01:16:24	11	Male Open 15km
Alexis Brunet	00:29:40	7	Pee Wee Girls 2.5km
Austyn Goodwin	00:36:07	8	Minimidget Boys 5km
Katie Webb	00:27:13	6	Pee Wee Girls 2.5km
Ben Dearing	00:17:33	1	Pee Wee Boys 2.5km
Keith Olson	02:20:29	2	Masters 6 Men 30km
Steve Sheppard	02:52:43	2	Masters 5 Men 30km
Skye Hilliard	00:47:59	6	Minimidget Girls 5km
Liam Hilliard	00:24:13	1	Atom Boys 2.5km
John Webb	01:11:40	3	Male Open 7.5km
Avery Goodwin	00:25:56	5	Pee Wee Girls 2.5km
Brett Hessian	00:25:57	5	Pee Wee Boys 2.5km
Jeff Simpson	01:12:18	4	Male Open 7.5km
Derek Owen	02:21:00	1	Masters 9 Men 30km
Ken Young	02:08:30	3	Masters 4 Men 30km

Jackrabbit Tracks

Bruce Goodwin

Our Jackrabbits continue to thrive, with ten newcomers this year joining about twenty veterans. We started very early again and had to content ourselves with hikes until the snow came. Alas I have no new pictures showing our escapades on snow. We desperately need an official photographer!

Every outing has included hot chocolate and marshmallows around a fire built by our many volunteers. On some of the colder days, only ten or so brave the weather, but when the temperature is reasonable traffic control is essential! Here are some of the details.

October 17 – hike from the suspension bridge to the cabin on the Red Trail; fire by Peter Chernis, John Truman and the First Pinawa Cubs. About 25 children plus assorted parents and dogs made it through the soggy trail to the cabin, although a few had problems with the trail signs. Look for our inuksuks at the cabin.

October 31 – hike from the Pinawa Club to a hidden overlook on the Red Trail; fire by Tom Wallach. A smaller crew braved this cold wet day.

November 7 – waxing clinic and hike from Bruce's house out the TransCanada Trail. Bryn Goodwin built the fire and Lyn Ewing showed the children how to bake bannoc! Experts Don Ewing, Peter Chernis and Keith Olson waxed about 40 pairs of skis in two hours.

November 14 – hike from the Pinawa Club around the Golf Course. Tom Hilliard readied our first fire at the regular Jackrabbit fire pit, located by the toboggan hill on #10

fairway.

November 21 – one last hike, from the Pinawa Club to the Blue Trail. The temperature was sub-zero but we eventually had to turn back when we came across weak ice. Jeff Simpson had a fire going at our return.

November 28 – first ski of the year, up and down the Golf Course Trail in -9° C weather. The fire was built by Fred Bilsky. Special thanks to Ron Brehm and Alf Wikjord who delivered a huge load of firewood plus a collection of hand-crafted chairs.

December 5 – lessons on the Golf Course Trail in -7° C with a mild wind. A fresh fall of snow was followed by rain and made for icy conditions. Bill Boivin managed to limp in and build us a fire.

December 12 – lessons and a mini-tour on wonderful fresh snow. The weather was fine, -10° C, but the wind was annoying. Bob and Betty Shewfelt were our hosts and had the extra chore of passing out some Green Badges.

December 19 – time trial and tour on the Red Trail at -20° C with a big wind and snow flurries. We were well-sheltered from the wind and most of us were warm from the skiing. The exceptions were Dennis and Shirley Cann, who were less active because they were coaxing a fire on our fire pit hidden away on the 2.5 km loop of the Red Trail. Many speed badges were awarded.

January 2 – tour and lessons following the Golf Course Trail in -17° C. We followed tracks just set after the second big snowstorm. If you got off the track, the deep snow meant for tough slogging. Nat Fenton managed to wade in and get our fire going.

January 9 – tour and lessons at -13° C in fresh powder snow. The beginners stayed

on the Golf Course; the intermediates skied the Red Trail and all others took on the hills of the Blue Trail. Tony Wiewel managed the fire and a bumper crop of more than 20 children.

Many of our newcomers have already earned their Green Badges.

Congratulations to Courtney, Sherilyn, Emma, Brett, Reanne and Michaela. Sophie, Emily, Brook and Kaeli are ready to earn their's. These youngsters are already proficient in the herringbone and classical technique, and are fearless on the downhill. They know how to fall safely, and how to bounce back up again!

Some of our veterans are ready to pick up a Yellow Badge, including Grant, Liam, Jenna, Maren and Ted. The next badge up is more difficult to win, but Katie, Tessa, Benjamin, Daniel, Heidi, Skye, Justin, and Steven are looking for Orange. Ben, Austyn, Avery and Bradley are working on their Red Badges. The last two badges are for the most elite and experienced Jackrabbits. These skiers know exotic techniques like the double pole single kick and at least five different ways to ski skate. Stephen and Miguel are working on their Blue Badges and Rebecca on her Purple.

Our regular leaders are Donna and Bradley Besel, Peter Chernis, Linda Tait, Ken Young, Rebecca Bilsky, and Bryn and Bruce Goodwin. We also get lots of help from parents. Many of them are potential leader material, like Kevin Dearing, Susan Barnett, Jeff Simpson, Lyn Adrian, Tom Hilliard, Don and Louise Schatzlein, Elise Shewchuk, Eddie and Yolanda Spence, Brian Wilcox and John Webb. Maybe a few of them need skis, but they have the spirit! As before, all of the Jackrabbits and their leaders would like to thank the volunteers and parents who have helped in numerous ways. Please plan to join us or just watch the excitement. We mostly meet at the Pinawa Club, every Sunday at 2 PM. Check channel 12 for details or phone Bruce (753-8393). Bring your prospective Jackrabbit to our fire pit where they can learn another essential Jackrabbit skill: how to roast a marshmallow!



Congratulations to our Jackrabbits who skied in the Loppet on January 23. Their results are listed on page 3.

Doreen Dick Fortitude Tour

Saturday, Feb. 12 at 10 am

Approximately 16 kms of
challenging skiing.

Bring a lunch with a drink and
meet at the end of Hwy 211.
Please call Elaine at 753-2515 to
confirm you are coming, so that we
will wait for you.