

Whiteshell Ski Club

eX-Cetera



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President's Message

Here we are at the beginning of a new year and a very challenging one for our club. We are poised to run a major event next week and it is one that will require an army of volunteers. It is the 30th Manitoba Loppet and if that wouldn't provide work enough for our volunteers, we are running it in conjunction with the Eastman qualifying race for the 2006 Power Smart Manitoba Winter Games. The Winter Games are being held here in March. You've all seen the big sign at the Pinawa Club, I'm certain.

It has been a few years since we have run the Loppet over all the Club trails as we used to do in the past.

However, for this special anniversary we wanted to revive the plan. Logistically it is much more difficult to do as it requires more of everything – trail grooming, aid stations, ski patrol, radio operators, marshals, etc. Hence, the number of volunteers required.

In addition to the anniversary Loppet on the Sunday, we have planned a celebration for the whole weekend which we have named the Whiteshell Ski Fest.

Saturday will include the following:

- * Ski tours for everyone and in particular for old-time members who have returned for the event

- * Ski clinics offered by former Jackrabbit Karla Wikjord and her friend, Brian Scott, both from Canmore
- * A Junior Loppet for kids between 6 and 9
- * And last but not least, a banquet with entertainment at the Pinawa Club in the evening

We have sent out invitations to former WCCSC members scattered all over the country with the hope of enticing some of them back to brave the Manitoba winter. We know that there are people we have missed and we would like to ask all our members to extend an invitation for the Ski Fest Weekend to friends, relatives or grown children. The more the merrier! In the meantime, let's hope for more snow and fine weather.

Elaine Greenfield



Doreen Dick Fortitude Tour

Saturday, February 25th 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.



Coaching Clinic

The Whiteshell Cross Country Ski Club recently hosted the second half of an Advanced Community Coaching Clinic. The clinic was put on by Nadene McBride (coach for the Ontario team and associated with the Kenora Nordic Trails Association, our sister club in Kenora) It involved approximately 16 hours of classroom and on-ski instruction and ran from Friday December 9 to Sunday December 11.



Friday December 9 to Sunday December 11.

Saturday was particularly long and involved a full day of class work and drills on skis. The Sunday session blended into our regular Jackrabbit outing, where the coaches-in-training could practice their new skills.

Congratulations to Doreen Bigelow, Peter and Flo Vilks, Bryn Goodwin, Joel Taylor, John Trueman, Keven Dearing, Susan Barnett, Linda Tait and Tom Hilliard for completing the course. They have now completed almost all of the steps required to become certified Community Coaches. They will be amongst the very first graduates of this new coaching program. Their



next challenge is to put their new knowledge into practice, at which time they will become registered Community Coaches. Most of them are very active in our Jackrabbit Program, which goes a long way to explain why the local children enjoy cross country skiing so much.

Bruce Goodwin

Ski Fest Banquet

Join us at the Pinawa Club in celebrating the 30th Anniversary of the Manitoba Loppet at the Ski Fest Banquet.

After the Banquet there we will have a photo presentation, "A Trip Down Memory Lane".

Tickets are \$18 for adults, \$12 for children under 12, children under 6 are free. They are available from Alf 753-8844, Elaine 755-2515, Lois 755-2546 or Doreen 753-8463.



Jackrabbit Tracks (Skis 'R Us)



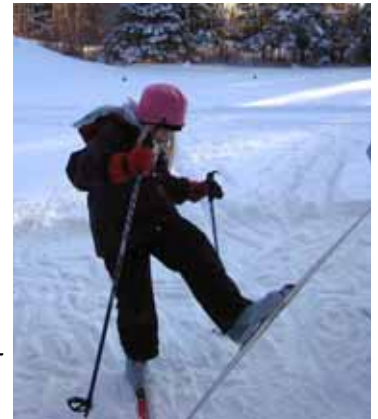
Our Jackrabbit season is now well established and as of January 1 we've had 12 sessions. The first five were without snow and included roller blading, bicycle tours and hikes in the area. We held our first serious snow dance on November 13 and we were skiing the very next Sunday. With any luck, we will have another 4 months of fun.

Most of our ski sessions have been on the Golf Course Trail. We start off with stretches and then move on to games and relay races. These events warm us up and we learn basic skiing techniques. For example, we often play shark attack using just one ski. This promotes glide, balance and weight shift, and the game itself is one of our favourites. After games we break into smaller groups to focus on new techniques and to hone skills. We eventually meet back at the fire pit for hot chocolate and marshmallows, or to work on one of several forts hidden nearby in the woods.

This year we have eight new recruits. Congratulations to Bethany, Marissa and Jordan D on achieving their Green Badges. We have two returning Jackrabbits (Brandon and James) and three young recruits (Alex, Tristan and Mark) working on their Green Badge. Emma, Emilie, Michaela and Sophie are going for their Yellow Badge while Liam, Maren and Grant are working on their Orange. Our senior Jackrabbits include Avery, Skye, Tessa, Steven, Sherilyn, Austyn, Ben, Deanna, Jordan and Ted, most of whom are working on more advanced Badges.

We have been taking advantage of the warm weather to concentrate on skate skiing. There are more than six skating techniques and all are easy to learn but hard to master. Most children will pick up all the techniques quickly and are very proficient after two seasons. Alas the same is not true of many parents: they need a bit more time and lots more encouragement!

One of our special outings on December 18 involved a time trial, where the children check their race speed over a 1 km track. Unfortunately this was one of our coldest outings this season. That, the head wind and the fresh dusting of snow made for very slow speeds. Thirteen Jackrabbits braved the conditions. Our best time was from Ben D. (6:36), closely followed by Austyn, Bethany, Marissa, Avery, Steven, Jordan D. Maren, Skye, Emma, Emilie, Liam and Mark. Mark cut two minutes from his best time and was a whisker away from his 20% speed badge. He'll get it next time for sure! Despite the cold, this session included a candy cane hunt. We didn't get them all, so skiers on the Golf Course Trail should scout out the trail.



There are many special events on the horizon. We'll have another time trial soon and also check out the Loppet track because most of our Jackrabbits will be racing again this year. There are many more tours in the works, including a trip around the Blue Trail and a combined sleigh ride and ski out to the cabin on the English River Trail. We may attempt another trip out the Orange Trail. And we really do need to hold another bannock roast – our last one was a big hit.



We are continuing to work on and improve our 'ski playground', located on the two fairways closest to the Hydro Station. We have a training grid, packed area for games and several hills suitable for downhill slaloms. We plan on building some special features.

Finally, our Jackrabbits and coaches want to send out a special thank you to some volunteers that have been especially helpful. They include Derek Owen, Alf Wikjord, Ron Brehm and Romeo Bernardin and many others who provide tracks for time trials, firewood, & anything else. Thanks also to Larry Gauthier, Alf and Romeo who readied the Red Green Cabin for us before our treks . Finally a big

thank you to Tom Wallach who has made our fire and hot chocolate for most sessions.

We currently have 10 keen coaches and more than 25 ballistic Jackrabbits and there is no question that we have a great time every Sunday afternoon. We meet at 2 PM at the Transformer Station, go for about two hours and will continue for as long as there is snow on the ground. Check out Channel 12 for any changes and special events. For more information on Jackrabbits, call Bruce Goodwin at 753-8393. Check out our club web site (<http://www.WhiteshellSkiClub.com>) for photos.



Manitoba Junior Loppet

Attention all 6-9 year old skiers, their parents and coaches:

Contact Susan Barnett to register at:
phone: 204-753-8239
email: kevnsusn@granite.mb.ca

The Pinawa Loppet has been split into two days this year because we must run the Eastman qualifiers for the Manitoba Winter Games on the same day as the Loppet. Therefore, Day 1, Saturday January 28, is the Junior Loppet for under-10 racers and Day 2, Sunday January 29, is for racers over 10.

Out of town families with racers in both the under-10 and over-10 races might consider staying overnight near Pinawa. There are several accommodation possibilities, including staying at our local elementary school at a cost of \$10 per family. You will need to provide your own bedding and munchies, we will provide a DVD player and some suitable movies. The school is within walking distance of the Loppet headquarters.

The Junior Loppet features a 1 km track for ages 6 to 7 and a 2 km track for ages 8 to 9 (ages as of December 31, 2005). There are many other ski events taking place on Saturday, including ski technique clinics and tours. See the Junior Loppet entry form. Please note that if your child is under 10 but capable of skiing 5 km they are welcome to ski with an older age group on Sunday.

Contact Joel Taylor at:
phone: 204-753-2993
email: joeltaylor@mts.net

Joel Taylor

2006 Power Smart Manitoba Winter Games

The Beausejour 2006 Manitoba Games Host Society has moved into high gear in planning and organizing the province's largest ongoing multi-sport event. 1200 volunteers will be required to stage the Games to be held in Beausejour, Garson, Oakbank, Springhill Park and Pinawa. Co-chairs Bob Rondeau and Reg Black have established committees to take care of finances, results, protocol, operations, athlete services (transportation, accommodations, food services, and security), hospitality, volunteers, public relations, sponsorships, and not the least, the facilities, equipment and officials required at ten sports venues.

The Games begin with regional qualifying events. Seven regional teams and a host team, each consisting of 200

athletes, coaches, managers and mission staff (1600 in all), will go on to participate in the Provincial finals on March 6th to 12th. The Whiteshell Ski Club will host the Eastman cross-country ski qualifier in Pinawa on January 29th and the provincial finals on March 7th and 8th.

Team Eastman needs you! Are you a competitive skier, a resident of Eastman or Kenora, Ontario, born between 1984 and 1995, inclusive, and a member of the Cross Country Ski Association of Manitoba? If so, try out for the Team. To view the cross-country ski technical package visit: <http://www.manitobagames.ca/crosscountry.html>. To register for the regional cross-country ski qualifier, download a registration form and submit it to Sport Manitoba - Eastman Region: http://www.manitobagames.ca/Documents/Regional_Registration.pdf. Race-day registrations will also be accepted at the Pinawa Club between 9:00 a.m. and 10:00 a.m. on January 29th. Male and female winners in different age categories of the qualifier competition will form the Eastman Team.

Would You Like To Volunteer? All accredited volunteers will wear a photo ID badge, receive a 2006 Games T-shirt, and be invited to a volunteer appreciation celebration. To become an accredited volunteer for the cross-country ski competitions, download the Volunteer Application Form {http://www.manitobagames.ca/Documents/Volunteer_form.pdf} and send it to the 2006 Games X-C Ski Sport Committee, Whiteshell Cross Country Ski Club, Box 438, Pinawa, Manitoba ROE 1L0.

Alf Wikjord

WHITESHELL SKI FEST

30 YEAR CELEBRATION OF THE
MANITOBA LOPPET

January 28-29

x Loppet x Guided Tours x Ski Clinics x
x Junior Loppet x Banquet x

Equipment Update

Thanks to the generous support of the 2006 Manitoba Games Host Society, the Manitoba Community Services Council and the Local Government District of Pinawa (through a grant for clearing the Trans Canada Trail), the Whiteshell Ski Club has been able to upgrade its trail-grooming and track-setting capabilities.

The Club has added a 2006 Bombardier Skandic Super Wide Track Ski-doo to its equipment line-up. The Skandic's 24-inch track and two-stroke, oil-injection, fan-cooled engine provide high pulling power and cooling capacity for extended low-speed operation with heavy drags (website: www.ski-doo.com). The wide track also provides excellent flotation in deep snow and good packing capabilities for setting a firm ski base. The new Ski-doo is more maneuverable and a joy to drive compared to the old Alpine and should give us many years of service.



The Club has also ordered a trail renovator and an electric activated track-setter from Advance Track Systems in Edmonton (website: www.advancetrack.ca). We expect this equipment to be delivered soon and be available for the upcoming Winter Games. The snowmobile and the track-setter will also be a great legacy to help us celebrate the 30th anniversary of the Manitoba Loppet.

Ron Brehm

Manitoba Loppet

The 30th annual Manitoba Loppet will be held this year on January 29th as part of a weekend full of cross country skiing activities. Our plan is to use the Golf course, Red, Orange, Jones-Graham, English River and Blue trails for this year's adventure. This will be a test for the truly versatile classic skier. As an added bonus to our usual Loppet, we will also be hosting the Eastman Qualification Races for the Manitoba Power Smart Winter Games on the same day and a JR Mini Loppet on Saturday.

With these exciting events taking place on the same weekend we are hoping to make this a very special and exciting event. We would encourage all our Jackrabbits to train hard in order to qualify as members of either the Eastman Team or the Host team.

For further information check: www.manitobagames.ca/, crosscountry.html, www.whiteshellskiclub.com or www.ccski.mb.ca/.

The Games competitions are open to youth born in the years 1984 to 1995. To register for the regional cross-country ski qualifier, download a registration form and submit it to Sport Manitoba - Eastman Region: www.manitobagames.ca/Documents/Regional_Registration.pdf

I would encourage everyone to plan on participating in this

very special 30th Loppet and to invite as many of your friends to come along as well. We would like to get as many "Whiteshell Skiers" from the past and present out to enjoy this event.

An event of this size needs plenty of volunteers, so if you are not taking part in one of the Loppet events please volunteer and take part in that way. You can contact us at:

Don Ewing: (204) 753-2577 donlyne@granite.mb.ca
Alf Wikjord: (204) 753-8844 wikjord@mts.net

Don Ewing

Sidelines



"I BETTER TAKE ANOTHER LOOK AT THAT STUFF I WAXED MY SKIS WITH!"

Guided Ski Tours

Three guided tours have been arranged to suit different abilities. These will leave from the Pinawa Club at 1:30pm on Jan. 28th.

1. The Pinawa Golf Club Trail
2. The Red Trail and extension to the cabin
3. The English River Trail.

Please book your choice by contacting Doreen at 753-8463 or Elaine at 753-2515.

Membership Update

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, 161 people (including 28 Jackrabbits) have joined the Club. As of January 17th, the following have paid their 2005-06 fees :

Adrian, Sherilyn
Appleyard, Susan
Bernardin, Romeo, Lois, Dominic & Amanda
Besel, Donna, Allison & Bradley
Bigelow, Doreen, Michael, Donna, Erin & Kristy
Bilsky, Rebecca
Bowles, Ted
Brehm, Ron, Sharon, Teresa, Kevin, Allison & Jennifer
Buell, John, Dawn, Austin, Marissa, Evan
Butler, Dan & Claudia
Cann, Dennis, Shirley & Kendra
Chambers, Paul
Crozier, Kevin & Judy
Daymond, Jordan
Dearing/Barnett, Kevin, Susan, Ben & Emma
Ehlers, Heinz
Elliott, Brandon
Elliott, James
Ewing, Don & Lyn
Fenton, Nat & June
Goodwin/Wallach, Bruce, Bryn, Tom, Austin, Avery & Jordan
Grant, George & Marilyn
Greenfield, Elaine, Clark, Jeremy & Chris
Hanson/Jones, Dwayne, Sian & Sophie
Hawranik, John, Debbie, Drew & Jay
Hilliard, Tom, Janet, Skye, Liam & Alex
Jackson, Kevin
Jones, Bob
Kesanen, Tom & Diane

Koroll, Grant, Margaret, Katherine, William & Richard

Loesch, Diane
Long, Jeff
McMillan, Dave & Diane
Melnick, Thecla
Miller, Hans
Montgomery, George
Moyer, Ralph, Carol, Angela, Janet & Heather

Olson, Keith & Edith
Owen, Derrek & Martha
Patterson, Don

Pellissier, Louis, Doreen, Anna, Renee & Tim
Randall, Carol
Reid, Keith
Rimmer, Deanna
Ross/Saunders, Karen & Chris
Schram, Lorne, Paulette, Rilla & Raechelle
Sheppard, Steve & Marsha
Shewchuk, Elise, Emilie & Marc
Shewfelt, Bob & Betty
Simpson, Jeff, Kim, Jenna & Steven
Simpson, Len & Judith
Spence, Edwin, Yolanda, Michaela & Tristan
Sturton/Attas, Jackie, Mike, Robin, Jesse & Amy

Tait, John, Linda & Maren
Tarr, Allan
Taylor, Joel
Trueman, John, Helena, Tessa & Grant
Vilks, Peter, Florence, Kirk & Tracey
Walton, Frank & Carol
Warenko, Ray & Donna
Wazney, Ray
Webb/Armstrong, John & Nicole
Westdal, John & Heather
Wikjord, Alf & Marg
Young, Ken, Louise, Miguel & Steven
Zach, Reto



Ski Club Executive

President: Elaine Greenfield
753-2515

Vice President: Don Ewing
753-2577

Secretary: Leslie Strandlund
753-2199

Treasurer: Alf Wikjord
753-8844

Trails: Derrek Owen
753-8842

Jackrabbits: Bruce Goodwin
753-8393

Equipment: Ron Brehm
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Editor: Dana Reed
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