



Eastman and Host Ski Teams Perform Well in 2006 Power Smart Manitoba Winter Games

On March 7th and 8th, the Pinawa Club was a buzz of activity as the cross-country skiers of the host team and seven regional teams vied for medals in the 2006 Manitoba Winter Games. The Whiteshell Ski Club hosted the event with the help of an army of volunteers. The Club acknowledges the invaluable support of the Pinawa Club, the Eastman SnoPals, the Pinawa Amateur Radio Club, Pinawa Scouts, Guides and Cadets, the Local Government District of Pinawa and the Cross Country Ski Association of Manitoba.

The first day of competition was a classic-technique race over distances of 15, 7.5 and 5 kilometers. The second day was a free-technique race over distances of 7.5, 5 and 2.5 kilometers. Team Winnipeg achieved the highest standing by capturing a total of 19 medals during the two days of competition. Team Eastman and Team Central were close behind with 15 medals each. The Host Team came in fourth place with seven medals in all.

Skiers from Kenora, Red Lake, Longbow Lake, West Hawk Lake and Stead earned their way onto Team Eastman by winning their respective age categories at the regional qualifier held in Pinawa on January 29th. (Skiers from northwestern Ontario were eligible for Team Eastman, provided they were affiliated with of the Cross Country Ski Association of Manitoba.) Seven members of Team Eastman won medals in the classic and free-style events. Greg Cederwall and Tyler Horton, both from Kenora, Nicholas Dumontier from Red Lake and Brooke Christie from West Hawk Lake all won gold medals in both events. Drew Hawranik from Stead won gold and silver medals, Maya Boivin from Kenora won two silver medals, and Manon Magnan from Kenora won a gold and a bronze. Also, Liam O'Connor from Longbow Lake won a silver medal in the

classic-technique race.

The Host Team was composed of members of the Whiteshell Ski Club who placed highest in their age category in the qualifying race on January 29th. (If the winner of the qualifier was a member of the Whiteshell Ski Club, then the skier finishing second, regardless of where he or she lived, was eligible to join the Host Team.) Ben Dearing and Richard Koroll from Pinawa both won double-bronze, and Brendan Magnan from Kenora won double-silver. Kirk Vilks from Pinawa won a bronze medal in the free-technique race. Christian Gruenke tied Ben Dearing for bronze in the 5km Classic race, giving testimony to the fierce competition.



By all accounts, the cross-country ski races were a grand success. The weatherman offered mild temperatures, the racecourse was superb, the skiers had a blast, the spectators were boisterous and supportive, the coaches and parents were proud, and the officials and volunteers came through with flying colors.

| Cross Country Ski Medals by Region | | | | | | | | | |
|------------------------------------|------|--------|--------|-------|------------------------|------|--------|--------|-------|
| Day 1 – Classic Technique | | | | | Day 2 – Free Technique | | | | |
| Region | Gold | Silver | Bronze | Total | Region | Gold | Silver | Bronze | Total |
| Central | 3 | 2 | 3 | 8 | Central | 3 | 2 | 2 | 7 |
| Eastman | 6 | 2 | 0 | 8 | Eastman | 4 | 2 | 1 | 7 |
| Host | - | 1 | 2 | 3 | Host | - | 1 | 3 | 4 |
| Interlake | - | - | 2 | 2 | Interlake | - | - | 1 | 1 |
| Norman | - | 1 | 1 | 2 | Norman | - | 1 | 1 | 2 |
| Parkland | - | - | 1 | 1 | Parkland | - | - | 1 | 1 |
| Westman | - | - | - | 0 | Westman | - | - | - | 0 |
| Winnipeg | 2 | 5 | 2 | 9 | Winnipeg | 4 | 5 | 1 | 10 |

The Cross Country Ski Host Committee extends its thanks to the Beausejour 2006 Host Society, Manitoba Hydro, and Manitoba Lotteries Corporation for their fabulous support.

Alf Wikjord

Manitoba Winter Games





Doreen Dick Fortitude Tour 2006

On the morning of Saturday, February 25th, sixteen people met at the end of Hwy 211. We were to ski the same route that we had in Feb. 2000, when Doreen and Robert Dick were part of the group. Later that year, Doreen was diagnosed as having ALS and in 2001 we named this tour in her honour.

It starts on the Blue trail, then goes onto the English River, where we have our lunch. We continue on the Jones Graham Gautier Freeway and finally end with the Orange Trail, for about 16 kms of great skiing.

Saturday was colder than we were expecting and at 10 o'clock it was about -18C, but sunny. When Sue Appleyard and I got to the end of the highway after skiing the golf course, we found Doreen Bigelow, Keith Olson, Alf Wikjord and Jeff Simpson already waiting, as well as Arild Sletvold and his son Queveen, from Winnipeg. As we waited, John Webb and his daughter Katie, who are also from Winnipeg, were madly trying to get waxed.

While waiting for Bruce and Avery Goodwin to show up,

Oliver arrived, skiing across the golf course, carrying our lunch. It was rumoured that Florence and Peter Vilks were on their way. After 10 minutes of waiting, Keith and Don started off to prepare the English River Cabin for us. The rest of us followed along behind. The trail was fast and the scenery very lovely as we skied.

During lunch, as we sat by the warm fire, eating, John and Katie arrived along with Bruce and Avery. Then a short while later, Florence and Peter Vilks.

A few of us re-waxed before setting off on the rest of the ski, as the temperature had been rising steadily with the warmth of the sun. The young Jackrabbits and their guardians left to ski the English River return trail. The rest of us set off on the JGG Freeway to attempt to negotiate the rather tricky down hills. Most of us managed, but some were soon rather snowy!

We made a brief stop at the Orange cabin, again for some re-waxing, as at this point the temperature was about -10C. We finished a wonderful tour with the inspiring sight of a full parking lot and more skiers heading out on their way!

Elaine Greenfield

School Ski Program

The entire Grade 3 Class at Gilbert School had a week of cross-country skiing, thanks the school staff and members of our club. The initial date was postponed one week to avoid some unusually cold weather, but between their favourite teacher (Cheryl Johnson) and principal (Darcia Light), the class enjoyed more than an hour on skis every day. We started with an preliminary introduction to clothing and safety early Monday morning, and followed up with instruction sessions. Instructors Donna Bessl, Joel Taylor, Elaine Greenfield, Keith Olson, Doreen Bigelow, John Trueman, Tom Hilliard, Bryn Goodwin and myself were hard worked by this young and active group, but we did pass on skills from dressing in layers to down-hill survival and skate skiing. We also enrolled help from Alf Wikjord and Nat Fenton who set some fabulous tracks for us on the school yard late one evening.

On the last day of the Program, we held the fourth annual Gilbert School Great Ski Challenge. This is a combination of skill tests, classical and skate ski sprint races and relay races between two teams: the Tornados and the Hurricanes. The final event was the wacky relay where participants were assigned strange activities – like skiing backwards or blindfolded or both. This event was a big hit and went into extra innings.

As we all know, the ultimate goal of the Gilbert School Great Ski Challenge is to win the World's Ugliest Trophy. This eyesore is constructed from glue and recycled Styrofoam cups and (exactly like Lord Stanley's Cup) has the names of all contestants penned on the side. Actually the goal is not so much winning the trophy, but winning the rights to demolish the trophy. After long deliberation, the event organizers decided the winning team was the Hurricanes (or was it the Tornados?) who obliterated the trophy within 15 seconds.

Next year's school ski will present a special test as there will be almost 20 children and most do not have ski equipment. If you have some extra skis and boots for the height and age challenged, please consider loaning them to us next February.

Bruce Goodwin



Trails Report

Looking back, I would have to say we have just had one of our best ski seasons in a long time. There were a number of reasons for this: snowfall was adequate, spread out and the weather was perfect. Warm enough to enjoy skiing but not so warm as to cause icing problems on the trail. Our new grooming equipment arrived just in time and allowed us to do a much better job of track setting than in the past. Hosting the cross country ski events for the Manitoba Games required that the Red Trail be groomed as a skating track as well as a classic track. This arrangement proved to be quite popular with the skating skiers in our club, without detracting from the enjoyment of those who only classic ski. We also received compliments on the skating track from a number of visiting skiers, some of whom said that there were not many places to ski in Manitoba that provided a classic track and a skating track on the same trail.

Looking ahead to next season, I would like to continue to use the 5.4 km section of the Red Trail as a dual classic/skating track and set only a classic track on the golf course. The reason for doing this is that the Red Trail is much more sheltered for the skiers, it doesn't get blown in by drifting snow as readily and is more pleasant to ski. It is also more interesting than the golf course. Of course, if there is limited snowfall early in the season, we can still set a skating/classic on the golf course as we usually do, as the other trails require more snow before a track can be set. When there is enough snow, which could happen even with the first snow fall, we will start packing the 5.4 Km Red trail with both tracks. There isn't much effort or expense in maintaining a classic trail on the golf course, so the new arrangement shouldn't cost any more than what we spent in the past.

Toques and More

The Jackrabbit coaches decided that we needed toques to identify our Jackrabbits and the club, especially during big events like the Ski Fest. Thanks to Bryn Goodwin and Glen Podaima, we developed a skier logo with a 'Whiteshell XC Ski Club' banner, found a supplier and purchased 50 toques. All were sold at cost within a few weeks and the demand had not diminished. We subsequently purchased another 50 and have approximately 30 remaining for new Jackrabbits or others.

The costs included a significant charge for the logo and banner which we own and can reuse. We hope to put them on breathable shell-style jackets which would be offered at cost to Jackrabbits and their coaches. They would also be suitable for other club members and if you are interested, contact Bryn (753-2393).

What would the proposed skating/ classic trail look like? Pretty much the way it looked during the last month of the ski season, for those of you that actually got out and skied it. As recommended in Einar Svensson's book "Ski Skating With Champions", page 15, a minimum overall clearing width of 4 meters is required with 0.5 meters cleared, but un-compacted, snow on the edges. The center 3 meters is compacted base, with 2 meters for Freestyle disciplines and 1 meter for Classic disciplines. With these guidelines, the center of the classic track is 1 meter from any bush on the sides. Most of the 5.4 Km Red trail is well within the overall clearing width of 4 meters. Early last winter though, a heavy wet snowfall bent a lot of trees over the trail, which necessitated many, many hours of extra work by yours truly [with help from Oliver Greenfield, Ron Brehm and Romeo Bernardin]. I hope this doesn't happen next season. In the fall I plan to be absolutely merciless to any potential overhang!

Thanks to all who helped with the trails this winter: Larry, Ron, Alf, Jeff, Romeo, Oliver and Nat. A belated thanks to all who helped with trail clearing last fall, who's names are fading from memory, but which I will undoubtedly remember next fall!

Derrek Owen

The 30th Annual Manitoba Loppet

Under ideal conditions 159 skiers took to the Whiteshell Ski Club trails and had a great time. The skiers liked being on our Orange, Jones-Graham, and English River trails. The idea was so well received, that we intend to use as much of the clubs trails as possible for the 2007 Loppet. The new track setting equipment resulted in ski tracks that were excellent and the track setting team deserves to be commended on a terrific job well done. It takes almost as many volunteers to put on an event such as the Ski Fest Weekend as there are race participants. We are fortunate to live in a community with so many fantastic volunteers. Next year Joel Taylor will be my co-chair and we plan to design the full loppet to be closer to 30 km. This year's 24 km race course was just a bit too short for some purists, but enjoyed by other less competitive participants. Let's hope that next year the snow is as good as it was this year.

Don Ewing

Equipment Report

This past winter we kept our ski courses in superb shape thanks to a deep blanket of snow, the tireless efforts of the grooming crews and the acquisition of the following equipment:

- A **2006 Skandic Ski-doo** with a 24" track which has excellent flotation in deep snow and lots of pulling power. It is a good complement to our Traxter and should give us many years of service. It replaced our old workhorse, the 1990 Alpine Ski-doo, since its transmission seized up in December and it's no longer manufactured, leaving parts scarce.
- A **renovating leveller and electric tracksetter** from Advance Track-setting Systems in Edmonton. Designed to produce a high-quality, durable classic track and skating base. The renovating leveller can break up hard or icy surfaces, mechanically age newer snow and mix it into the base in one pass. Using a toggle switch mounted on the console of the Skandic Ski-doo, the shoes of the tracksetter can be electrically lifted off the snow, leaving a combed surface.

Thanks to these two new additions to our trail-grooming equipment, we have received many compliments about the condition of our trails.

We also purchased:

- A 13-hp, walk-behind **field & brush mower** from D & R, a real hog in cutting brush. It proved its worth during the trail-clearing campaign last fall when the gearbox of one of our older walk-behind mowers, and the drive shaft of another, failed. By swapping parts, we were able to put one of the old mowers back into service.
- A Stihl model 200T **chain saw**. It is compact in size and fits nicely in the cargo boxes mounted on the Traxter and Skandic.
- Two 200-watt **radio antennas and tripod**, cost-shared with the Pinawa Amateur Radio Club, to improve communications with field stations during ski races.

Last fall, we acquired a 6' x 12' **steel-bed utility trailer** and an 8' x 16' **ATCO trailer** which became surplus to the needs of Atomic Energy of Canada's Whiteshell Laboratories. The utility trailer will be very useful during the summer when we clear the Trans Canada Trail and in the fall when we clear our Ski Club trails. The ATCO trailer will be used to store the Skandic Ski-doo and the Traxter during the winter season. We have permission to locate it at the Pinawa Golf Club's maintenance compound where it will provide easy access to our trail network.

During the winter, we also replaced the sheet-metal wood stove in the English River cabin and sold an old cast-iron one that was no longer needed.

Thanks to grants from the 2006 Games Host Society, the Manitoba Community Services Council, and the LGD of Pinawa (for maintaining the Trans Canada Trail), as well as a draw down from our capital reserve, we were able to make these major capital investments in equipment and keep our trails in top condition.

Ron Brehm

The Whiteshell Cross Country Ski Club wishes to thank the following for their valuable assistance in enabling us to host our successful 30th Anniversary Loppet on January 29th. Approximately 160 people participated in the event, which also included the Eastman Qualifier for the 2006 Power Smart Manitoba Winter Games. For these combined events we required approximately 130 volunteers.

South Interlake Credit Union
Sheppard Environmental
Pinawa Dental Clinic
RRR Realty Inc
Aquatic Life Ltd
Book Break/Whiteshell Agencies
Acision Industries
AECL, Whiteshell Labs
Granite Internet Services
Northern Stores
Olympia Cycle & Ski, Portage Avenue
Lifesport, Pembina Hwy
Bikes and Beyond, Henderson Hwy
Pinawa Club Executive
Pinawa Club Restaurant
JaBaH for the wonderful music making
The LGD Staff for making the snow bridges
All the dedicated volunteers who helped in any way they could

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
753-8437

Editor: Dana Reed
753-2993