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**Message from the President – by Rob Kirchmann**

The objective of this newsletter is complement our website and it's meant to keep our club members informed about recent and future events. I also felt the need to present information about our club to our 200+ members highlighting significant club events and member achievements. I wanted to also make sure our younger members and new parents could see a possible direction for their kid's to follow after Jackrabbits. Cross country skiing is a life sport; meaning you can do it at any point in your life and as an added bonus, it's a great activity you can do as a family. I also wanted to take this opportunity to inform you about the club's Board. We are always looking for folks who would like to be involved in developing and operating our club. We will need a new treasurer for next season as Harvey Peltz has indicated he will be retiring from the club. Another position we'll be looking to fill is the Jackrabbit Coordinator role as Neil Kornberger has also indicated he will be stepping down in the next year or so. If any of these opportunities interest you, then please let me or these individuals know. The club's Board also meets monthly, usually the first Wed in the month and our next meeting is scheduled to be on Wed Feb 3 in the sunroom at Windsor Park, immediately following the Wed night race. All are welcome. So I hope you enjoy this first issue. If you have any ideas for future submissions, then let me know at kirch@mts.net. ❖



**Meet a Race Team Member – by Alex Druwe**

The following are some interesting facts and information about Alex Druwe, a Red River Nordic Race Team member.

My goals for the season are:

- 1) to have one podium finish at Westerns
- 2) to be part of the travel team for Nationals
- 3) to finish in the top quarter at Nationals

When I'm not training/competing, I like to:

- 1) read (my favorite books are Mortal Instruments, L. A. Rex)
- 2) play with my dog
- 3) play volleyball with my school team

My favourite places to ski are...

- 1) In Manitoba, I enjoy Birch and Riding Mountain. Though, I am apparently directionally challenged at Birch, having skied 10 km and thinking it was a long 5km.
- 2) I also really enjoy Canmore. They have a wax house..... we don't...



My favourite movie(s)...

1): I really like "The Bourne" series and I am a big fan of all the James Bond movies.

My favourite music is...

1) Party rock, it gives me energy.

2) I also like some hard rock, it gets me out of bed in the morning.

Before a race, I will...

1) ski the course to familiarize myself with it

2) I will warm up and stretch

3) I will visualize my race

My Olympic hero is Alex Harvey. He is one of the newest members of the Canadian Team and has already won several junior and senior mens World Cup events. I really look forward to watching him compete in February. He is a very young skier who is determined and focused. I really look up to him.

If I could rule the world...I would make fitness mandatory and I would make a National Ski Training Center in Winnipeg.

One thing people don't know about me is that I love waxing skis. I have been known to spend entire days doing only that. ❖

### **Jackrabbit Update – by Neil Kornberger**

Although we got off to a slow start due to the poor snow conditions, the Jackrabbit group is now off and running. This year we have 28 children registered in the program.

On January 16<sup>th</sup> we were able to get most of the group out for an enjoyable day at the Falcon Ridge Ski Resort in Falcon Lake, Manitoba for the Red River Nordic Combined Event. Those that did not race, joined me in skiing the two 3 km loops out on the lake. The conditions on the lake were excellent, to go along with the beautiful warm weather we had.

Temps were at or above 0 degrees Celsius. In the afternoon the club provided free lift tickets for children that wanted to try any of the other activities offered at the resort, such as snowboarding, downhill skiing and tubing. This was the second year of this event and judging by the smiles that were all around the clubhouse, I'm sure we will plan on hosting it again next year.

In the last few Jackrabbit sessions we have worked on our diagonal stride both with and without poles, as well as going over our snowplough and free glide technique. In the coming weeks, we will be introducing skate skiing to the group.

Our next big event for the children will be on February 20<sup>th</sup> when we host the annual "Jackrabbit Jamboree". This is an all day event featuring games, races, mascots and more. Stay tuned to see who will be "Jack Rabbit" this year!!! ■



***Newsletter photos courtesy of Marcel Druwe. To see more, go to <http://redrivernordic.ca/photos.html>***

## Combined Event Report – by Steve Broda-Milian

The second annual Combined Event was, by all reports, a great success. Craig Christie (groomer), Chief of Course Alex Rheinhardt and volunteers worked to ensure that, despite less than ideal snow conditions, there was, in fact, a course to ski upon. A small army of volunteers took on the many other jobs during both weekend events. Many thanks to all!



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Fair Trade has become the theme of the event

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The cross country ski race attracted nearly 100 participants and the biathlon race had over 50 participants – more than any other biathlon event in recent memory. The Jackrabbits were out in full force - skiing and tubing the day away. As well, many folks took in the Biathlon Range Open House on Saturday afternoon. The icing on the cake was the Women in Sport presentation. Fair Trade, which has become the theme of the event, was represented in the prizes – most of which came from Ten Thousand Villages. ■

(LOTS of event pictures at <http://redrivernordic.ca/photo/>)

## Provincials/Westerns Update – by Rob Kirchmann

As some of you are aware, this year's provincials are being combined with the Western Canadian Championships and they are scheduled to take place at Pinawa, MB from Feb 12 to 14th. This should be a high energy event and one to please many that plan to come out and watch. It is anticipated skiers from the many of the Western provinces will also be attending. Many medals will be up for grabs as well as cash prizes. Our club will be assisting in many ways to the successful running of this event. If you are seeking accommodations, the Wilderness Edge is the host facility and their website link to make a booking is:

[HTTPS://WWW.WILDERNESSEGE.COM/INDEX.PHP?ITEMID=138&OPTION=COM\\_RESERVATIONDESK&VIEW=RESERVATION&LAYOUT=ATTENDEE\\_CONFIRM&GROUP\\_ID=1258566528313](https://www.wildernessedge.com/index.php?itemID=138&option=com_reservationdesk&view=reservation&layout=attendeecconfirm&group_id=1258566528313)

Apparently the best browser to use for making a booking is Firefox, however other browsers will work, they just won't work as fast. As of Jan 29, there were only ten rooms left out of the 50 set aside for the event. The registration deadline on zone4 for the competitors is Feb 7. ❖

## Coaching and Officiating Achievements – by Rob Kirchmann

As some of you are aware, our Wednesday night race series has improved dramatically over the past few years under the direction and organization of Larry Paetkau and family. Larry was instrumental in acquiring MEC as the race sponsor and in learning how to use the new zone4 timing system the club purchased. Larry would like to teach more people how to use zone4 so if you're interested, please talk to Larry.

I'd also like to extend congratulations to Leah Kirchmann, Elise Paetkau and Nicole Dubois; club members who recently completed the level 1 CANSI ski



instructing course here in Winnipeg. They are now certified ski instructors.

I would also like to congratulate Corey Kolbuck, Alan Adamson, Nicole Dubois and Sarah Chernis (future RRN member?) for taking the Competitive Coaching Instruction, CCI (on-Snow) course recently at Windsor Park. They have all shown the dedication and commitment to obtaining higher levels of coaching certification so that they can continue to build a strong club into the future. ❖

### **Biathlon Update – by Steve Broda-Milian**

Tuesday evening is Range Night at the Gateway Gun Club. Any club member, age 10+, is welcome to try their hand at (indoor) target shooting, free, for two sessions.

Club members, age 10+, are also welcome to compete at Biathlon Manitoba Cup races. The next race is scheduled for Sunday, February 7, at Falcon Ridge. Registration, in person, is a 10:00 a.m., range opens at 11:00 and races begin at noon. Questions? Contact Steve Broda-Milian (brodamilians@mts.net). ❖

### **Club Clothing**

If you are interested in club clothing, the following is a list of items in stock:

Club Jackets; 3 xsmall, 8 small, 5 medium, 5 large, 1 xlarge

Junior Race Team:

4 Jerseys: 3 small, 1 medium

5 Tights; 4 small, 1 medium

Race Team

4 Jerseys; 1 xsmall, 2 small, 1 large, (1 used medium)

3 Tights; 1 xsmall, 2 small

7 Jackets; 3 xsmall, 4 small

The club is also interested in acquiring any old race suits or jackets that are no longer being used. The condition of the item will determine the potential return.

If you're interested in obtaining any of the above items, please contact Heather at 233-8887 or [hschilling@shaw.ca](mailto:hschilling@shaw.ca) ❖

### **Red River Nordic to Have Strong Representation at the Manitoba Games!!! – by Megan Carter**

March 7-13 Portage la Prairie will host the Manitoba Games. This is a multi-sport event organized by Sport Manitoba that will bring together approximately 800 athletes from all areas of the province to compete in a number of different sports. Teams represent their provincial regions – Norman, Eastman, Westman, Interlake, Central, and Winnipeg region. A new addition this year will be a second Winnipeg regional team, to allow more athletes the chance to be involved in the Games.

Cross-country skiing is a Manitoba Games sport,



and athletes in each region are eligible to compete in a qualifying race to earn a spot on the team. This year, 2 athletes in each of 3 age groups (mini-midget, midget and juvenile) were selected for each of the Winnipeg teams. The Wednesday night race on Jan. 13 was a Winnipeg team qualifier.

ALL skiers on the Winnipeg teams are Red River Nordic club members!! Congratulations!!

Team Blue athletes are:

Mini Midget girls	Mhari Anthony and Sarah Tipples
Mini Midget boys	Simon Giasson and Cam Roe
Midget girls	Anais Giasson and Sarah Teillet
Midget boys	Dominique Druwe
Juvenile girls	Claire Paetkau
Juvenile boys	Sean Carter and Reid Isaak

Team Gold athletes are:

Mini Midget girls	Sandra Page and Bryn Kirby
Mini Midget boys	Conor McGovern and Devin Gellatly
Midget girls	Anna Kroecker and Elora Adamson
Midget boys	Sam Anthony
Juvenile girls	Mallory Cook
Juvenile boys	Alex Druwe and Liam McLeod

Red River Nordic is also providing the coaches and managers for Team Winnipeg at the Manitoba Games – Team Blue coaches are Megan Carter and Alan Adamson, with manager Alison Giasson. Team Gold coaches are Nicole Dubois and Elise Paetkau, with manager John Anthony.

The Manitoba Games is run in much the same format as a Canada Games. It is held every 2 years, alternating between summer and winter. Athletes stay in male and female athletes' villages (this year to be at Portage Collegiate Institute) and have a chance to mix with athletes from other Provincial regions and sports. This is always a well organized and FUN event, with plenty of team spirit generated. It is a great developmental opportunity for young racers to be part of a major event. The ski races this year will be held at Birch, so the terrain promises to be challenging as well.

Go teams Blue and Gold!! ❖

### **Red River Nordic has a new Race Team Coach! – by Rob Kirchmann**

Most of you have probably already noticed that the Race Team has a new coach and his name is Corey Kolbuck. Corey was a former triathlete in his youth and then he got into biathlon. Corey got into coaching biathlon over the past number of years and has recently got more involved in the cross country skiing side of the coin. Corey is making his way through the NCCP coaching certification process for cross country skiing and as of recently is now considered "in training" for the CCI-L2T stage of the coaching development process. We are very fortunate to have Corey as he is already a level 3 biathlon coach. Another thing you may not know about Corey is that he's bilingual.

Corey has been around primarily coaching at biathlon events across Canada. He was recently coaching at the North American Biathlon Cup #1 in Canmore, Alta for Patrick Labossiere (recent race team member). Corey also coaches the Tuesday evening shooting sessions at Gateway Gun Club.

Corey tells me that he would very much like to be considered for a position on the coaching staff to attend the upcoming Nationals and the Canadian Winter Games in March of 2011. ❖

