

red river nordic ski & biathlon club

WINTER 2012

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CO President's Message

Hello and Welcome to the Mid-Winter Newsletter!!

It seems to be a busy ski season despite the lack of snow. What are the positives? Well... we will appreciate the snow when we get it next year! And we got to know the ski community better because we were all skiing around the grid together in December and January. Hi! Hey Hi! Hi! Hey! Hey! Hi!

I have a whole bunch of Club "Thank yous" because we have been so busy!

We had a very successful Provincial Sprints competition in December. Thank you Windsor Park Nordic Centre and to everyone who helped out and came out and cheered the racers on! Course Crew you did a great job!

Thank you to Megan Carter for putting together a great bus trip to Lappe Thunder Bay January 7-8th, for an Ontario Cup race. From all accounts everybody had a good time and raced well after they were re-introduced to what snow was.

Thank you to Chris Roe/ Ursula Wehner and crews who put on the Combined race January 14. This turned out not to be a Nordic/Biathlon combined event as planned but a Red River Nordic /Kenora Nordic combined event due to lack of snow at Falcon Lake. Thanks Kenora Nordic for hosting on such short notice.

CCSAM sponsored a provincial team to Westerns in Canmore January 20, 21, and 22nd. Red River Nordic Ski and Biathlon Club was well represented at the competition. You can find results and reports on the CCSAM website.

Falcon finally got some snow, and Biathlon finally got their first and second races in February 3 and 4th! Apparently the Chief of Timing was seen doing a jig outside the timing hut. I believe this is a positive thing and not cause for concern. We will however monitor the situation just in case.

This brings me to a big "thank you" to Ron and Heather Pelletier and crew for taking over the race timing reigns from Lynne and Larry Paetkau. The Pelletier's and team will be handling the Zone 4 duties for Wednesday Night Races and Club Races. Larry was seen doing a little jig. I don't know what it is with these guys.

This past weekend was our Club's Jack Rabbit Jamboree! 100 kids/ 100 volunteers and lots of fun despite the brisk morning weather. Thank you to Neil Kornberger, Kenton Frith, and Lin-P'ing Choo-Smith for organizing along with those other 97 volunteers! Great Job!

So are we done yet?! ...No we are not!! It's off to the Sask/Man Cup in Flin Flon for the weekend to compete with our Saskatchewan neighbours. Another bus ride... more orange air freshener? Only time will tell. It's certainly a pleasure to be part of this ski club, it's hectic but it's lots of fun. We have lots of bios and reports in this issue. Check out what our Coaches and Skiers have to say.

Thanks,

Alan Adamson / Co-President

Meet the Junior Side-Winder Coordinator

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**Laurie
Penton**

XC skiing was fairly new to me when I joined the Brandon Jackrabbit club in 1982. And from the beginning it was loads of fun. Of the few skiers at the time, I was the weakest (slowest), but loved going fast, especially on the downhill. I joined 3 other leaders at Jackrabbits on Saturdays. The 4 of us skied most other days, groomed the ski trails and put on 1 major ski event each year (the Gooden Classic). Over the 30 years since, I have met many friends through XC skiing, travelled much of Canada and even had a few bigger trips including Japan, Austria, Norway.

In 1984 I took my first CANSI course, taught by Mark McSwain, and barely passed. But I did learn a lot. In 1986, a position opened at CCSAM to fill in on a maternity leave – 6 months- to do ‘Regional Development’. I travelled to all the clubs in the province, helped with trail planning, grooming equipment advice, Jackrabbit leader clinics, NCCP technical courses, etc., etc. I like to think that I have skied on most x-c ski trails in the province from Turtle Mountain to Sandilands, Lynn Lake to Lac Du Bonnet. That 6 month job turned into 5 years and I packed in a lot of skiing and teaching of clinics in that time.

During that same period I also became very involved in Cross Country Canada Youth Programs Committee. I was trained as one of five national level facilitator trainers to instruct master course conductors who in turn trained course conductors. This was excellent training and took me across the country meeting other CCC club people. In 1987-8 I took my level II CANSI and started to get more involved with that organization. In 1990 I took my Level III in Hinton, Alberta.

In 1990 I spent 1 year back in Brandon where, being involved in that club again, started a youth group – similar to the Junior Sidewinder program and also started a Wednesday night race event (after encouragement from Brent Bottomley). In 1991 I moved back to Wpg, and entered the Athletic Therapy Program at the University of Manitoba.



Meet the Jr. Sidewinder Coordinator cont'd

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During the 1990's I was more involved with CANSI, on the national board and attended two Interski Congresses, in Onaway Onsen, Japan (1995) and Beitostlen, Norway (1990) where ski instructors from all over the world get together and discuss the teaching of skiing: both Alpine and Nordic. I also spent 4-5 years as the National Sport Technical person for Canadian Special Olympics. During that period I was involved with 2 national Winter Games (Saskatoon and Calgary/Canmore) and 1 World Winter Games (Salzberg/Schladming, Austria). Other ski highlights have been attending the Nordic events at the 1988 Calgary and 2010 Vancouver Olympics as well as the World Nordic Championships in Thunder Bay in 1995.

1990's also saw our family come along, completion of University (my 2nd year Biomechanics project was a study of Diagonal Stride) and with all that, much less involvement in skiing beyond Winnipeg. I have stayed active in Red River Nordic as a coach and enjoy the fun of teaching skiing, racing and being outdoors. My two sons, Connor (15) and Erik (10) as well as my wife, Janet, are comfortable on the trails, but like all good skiers are always looking for ways to improve, especially handling speed on the downhill

Junior Race Team Report

Hi, my name is Stefanie Kornberger. This is my second year on the junior race team. We meet three times a week, if you don't count Wednesday night races. Although the snow has been limited this year, we have made due by sometimes heading in early to do strength or everybody's favorite "Ab Ripper". We have two amazing coaches, Megan Carter and Alan Adamson who are always there for us cheering us on in races, giving our skis last minute waxing, making sure we can have the best race possible. Our group has great camaraderie. Everyone gets along with each other and supports one another during our ups and downs. Our group has a big range of ages going from 10-14 years old. We also have quite a big group this year adding up to 18 in total. We are lucky this year to head to Flin Flon for provincials and I know everyone can't wait!

(Lots of team members and Coach Alan missing from photo)



My Trip to Thunder Bay

by Sara Tipples

I am a member of the Junior Race Team. A few weeks ago my team went to Thunder Bay on a ski trip. It was a very long bus ride (9 hours) but worth it. This was the furthest ski trip I had been on so far without my parents! Some of my teammates and I shared a room which we called the party room. Party room for cross country skiers meant getting to bed early (as early as possible) and waking up ready for the races the next day. That was fine with me though. Racing with a lack of sleep is an awful plan. The race course in Thunder Bay was the hardest and hilliest one I have ever skied on. It was hard work but all the hills improved my technique. At Lappe without parents also meant you couldn't depend on them feeding you. While I was there I had a regular routine of stopping by the kitchen (at the clubhouse) everyday for pancakes. Lappe is known for its amazing pancakes so I was in luck. When I was competing and watching others compete, I started to become more used to the "racing environment". After I returned home I was more motivated to train and work harder at skiing.



Westerns 2012

by Elora Adamson

A few weeks ago I had the opportunity to go to Westerns in Canmore, Alberta, with team Manitoba. This was the first time I'd ever been to Westerns and the first time I'd been to Canmore. Coming from Manitoba, skiing in the mountains is a big adjustment because the altitude tires you out and there are so many more hills. Driving up to the Canmore Nordic center is a shock, its like a village and in front you can see the stadium and all the different levels of ski trails. We did 3 races there and it was an amazing experience. It was nice having rental vans on this trip unlike lappe so that everyone could be shuttled to the Nordic center closer to there actual race and we could sleep in and have a nice breakfast. Thanks to all the coaches that came it was an amazing trip. I can't wait to go back to Canmore!



Meet a race team member

Anna Kroeker

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My name is Anna and I have been skiing for 11 years.

My sports goals for next year are to

1. Place top half in Westerns
2. Compete on the Manitoba team for Nationals
3. Complete a Half-Marathon (cross training)

A long term goal is to go to, and ski in, and hopefully race in Norway.

When I'm not training or competing, I like to play saxophone, bassoon, listen to music and play temple run!

My favorite places to ski are: Canmore, Alberta. And anywhere in Norway. I dont care that I havent actually been there yet.

My favorite movies are: oh too many to chose!! I'll start with all the Harry Potter movies, the Notebook, Moulin Rouge, My Fair Lady (well, most musicals actually) and Vampires Suck.

My favorite music is: again, too much too choose. I really like U2, Coldplay, Rock, Jazz, some Techno, a little Dubstep, etc. Basicaly anything but what's on Hot 103

Before a race I like to move around a lot (I get hyper), do a dynamic warm-up and practice positive thinking/think about how the race is gonna go.

One of my heroes or role models is Chandra Crawford. I love the Fast and Female program.

The one thing people don't know about me is I'm a Vegetarian.



The Back of My Hand

By Anais Giasson

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I'm willing to bet that the general population wouldn't love this place as much as I do. It's unremarkable from the outside. I guess the best way to explain it is that this place is like a second skin, woven through the fibers of my life. And when you love something, it's easy to ignore its flaws.

I'm not describing a beach or a town in the mountains. The place I love in spite of its deficits is the Windsor Park Golf Course in the wintertime.

The clubhouse is basically on its last legs, thanks to the city's nonchalance about its maintenance, or as of late, its existence. The entrance is like any other of a mediocre golf course in Winnipeg. There is a wax room off to the right, usually snowy with the scrapings of hurried wax jobs and a hideout for the ski patrol. There are drafty, populated change rooms used for discussing the appropriate amount of layers for the conditions outside, either clothing or wax. More often than not they are filled with friendly teasing and gossip. There is a counter that rents skis to the newcomers and a canteen that sells expensive hot chocolate.

In the center sit a few tipsy tables and chairs. Next to them are two couches and an electric fireplace. The couches are the prime seats for last minute homework and power naps, and spots are often stolen. At the far end of the clubhouse is a large circular room with lots of windows and a large round table that has hosted many team meetings. Sometimes you can hear the raccoons playing tag in the attic. Throughout the place there are propped-up ski bags and water bottles, waiting for their call to action.

The trails at Windsor are as flat as can be and quite short. There are only two actually, the blue, 4.3 km, and the green, 3 km. My team skis them multiple times each practice, so we know them like the back of our hand. There are some differing opinions about skiing them backwards. All the hills are man-made, so we have to drive elsewhere in pursuit of altitude maps that don't look like flat-line heartbeats. But the trails are always groomed as well as possible for the snow conditions. There is something to be said for predictability.

What I love most about Windsor is not the physical space, but what happens there. I love all of it - the noisy Saturdays that drag you out of bed when it's minus thirty-five, the night skis when the snow blows hard, wetting your hair and smearing the mascara you forgot you were still wearing. I love those moments when you find yourself gliding down the trails, drinking in the ebony space and golden glitter stars above you. I love collapsing on the couch after a nauseating workout with a granola bar and feeling the endorphins race through my body. I love sneaking behind the counter to use the good wax bench. I love laughing about the things that happened when we were sleep-deprived on a bus. I even love rearranging the furniture to make place for strength workouts and stretching. A lot of great things happen here.

Windsor Park, home of the Red River Nordic Ski Club, is always the underdog at the out of province races. We don't have the facilities that other clubs do. I've skied in Canmore, Kelowna and Thunder Bay and I always find myself thinking - if only we called this place home. But the same can be said for all Manitoba skiers. As good as we can be, if you train at altitude you're way better off. It's not the worst thing though, because it keeps us hungry.

When I look back at my life so far, I immediately think of skiing and how important it is for me. It's organic and beautiful in the same moment that it's frustrating and painful. This is a place like any other in Canada, imperfect but very special. It's held together by tradition and will-power. Loved for its strength and integrity. I am intrigued by island life and cities that never sleep, but I believe that home is where the heart is, and that, at least for now, is at Windsor Park golf course in Winnipeg, Manitoba, skiing down a trail that I've done a million times before.