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Well that's a Wrap!! Thanks to all the Skiers, Parents, Volunteers, and Coaches for another great season! It's time to put storage wax on the skis and put them away for the summer if you haven't already. And it's time to bring out the bicycles, roller blades, roller skis, or whatever your spring and summer pastimes may be.

Putting storage wax on your skis protects them over the summer months from oxidation and scratches until it's time to get them prepared for the new season. Oxidation can happen when your ski bases are exposed unprotected to the air for prolonged periods of time. Oxidation makes the skis look whitish which means that the exposed base has hardened and the structure will not accept wax as readily. If you have race skis or you said "ouch" when you bought your skis you will want to protect that investment. Putting storage wax on during the summer months will prolong the life of your skis.

Before applying storage wax, clean the skis first by a quick few passes tip to tail with a fine copper base brush and or a quick damp wipe with some citrus solvent wax remover. If you use wax remover use as sparingly as possible and remember to let the skis air out for 15 minutes before waxing.

Storage wax is generally any warm (yellow or red) glide wax because it is easier and quicker to apply. Iron in a generous amount of wax, let cool and you're done, no scraping till the snow flies. It's important when glide waxing to keep the iron moving and not overheat the ski bases which can cause the bases to delaminate. A ski specific iron with temperature settings is preferable. A yellow glide wax will heat in well at 110 degrees Celsius. The suggested temperature settings can be found on the wax box.

On Classic skis you will storage glide wax the tips and tails but not the kick zone. For the kick zone you can just leave it or cork or iron in a layer of kick wax such as a polar which will be a good base for the new season but scrape and wax remover your old hard wax first. Storing skis out of direct sunlight in a dry place and putting ski ties on so that the camber of the skis is not overly compressed will also help prolong the life of your skis.

Have a good summer!

Alan Adamson

p.s. Thank you to Elora Adamson for doing the layout for all the newsletters.

And thank you to Marcel Druwé whose photos are generally the ones you will see in these newsletters.

Here's an older one!



A message from the Jackrabbit Coordinator



Hi All,

First off I need to apologize to the membership and a particular young woman. I believe I have made a huge oversight in not adequately recognizing the efforts and participation made to RRN by this individual. The proper place for this would have been at the windup I hope everyone can forgive me!!

Mallory Cook has been a fixture at the Saturday morning Jackrabbit sessions since my family started attending back in 2008. She has been one of the "Big Kids" that all the young ones have looked up to and many have tried to emulate! She has influenced each and everyone of those kids and taught them a great deal. In 2008 as a parent of a five year old boy who spent most of the season on his back complaining that he never wanted to put his skis on again you will appreciate my surprise when one summer day he says he is looking forward to the next ski season! As it turns out he was attending a Fort Whyte summer camp and one of his councillors was no other than Mallory.

Mallory has participated in pretty much every group at RRNC including Biathlon, with the Jr. Race Team/Training Squad and worked out with the Race Team. During and following those endeavors she has been helping out and giving back with the Jackrabbits. Mallory has always done anything that was requested of her at our jackrabbit sessions from taking on the bunny rabbit kids to helping with the older kids. She has been an active volunteer at the Jamborees and all of the other RRNC events. One of my fondest memories is watching Matt and Mallory fooling around on the hill at the bottom of the training grid. With all the kids watching as they skied backwards down the hill or skied the slope on one ski.

At the final snow session this year Mallory announced that this coming fall she will be traveling to the east coast to start her post secondary education. Those of us that have had the great pleasure of working with her will be very sad to see her go! Please join me in wishing her all the best in the fall and all her future endeavours! Mallory please try and come out for a ski when you are home. I know the kids will want to see you and the hot chocolate will be on me!

Kenton Frith
Jackrabbit Coordinator RRNC





Biathlon Update

red river nordic
ski & biathlon club

Biathlon News

(by Ron Pelletier; photos by Lin-P'ing Choo-Smith & Marc Teillet)



With the warm weather came the end to a wonderful Biathlon race season. Despite the late start to the on-snow part of the season, all 5 MB Cup races were held this year at Falcon Ridge with races being rescheduled later in the season. The last race of the year was held in +10°C weather. It almost felt like we were taking part in nationals out east.

A great new addition this year was a designated club biathlon coach, Corey Kolbuck, who is also coach of the club's nordic Race Team. Over the season, we had 14 athletes practicing their shooting each Tuesday at the Gateway gun club and we also had an opportunity to hold several Saturday training sessions at the outdoor range facility in Selkirk. While there, our coaches led the athletes through positioning drills, breathing exercises and fun challenges. It was great to see the athletes hard at work honing their skills in preparation for the races.

After this year's last race, there was a team fun relay that matched athletes and parents (not that parents aren't athletes) together into teams of 3 with the goal of finding candy bars on the ski course. There were so many candy bars on the course that it almost felt like we had been transported into the Candyland game. Just when you thought it couldn't get any better, ob-

stacles were thrown at us to spice things up. Just ask the team that had to ski one lap holding hands, or the team that had to take off one ski for the entire loop. We had a lot of fun and wish to thank coach Corey and Biathlon Manitoba's coach Rachel Koroscil for organizing this fun day!

We had 3 athletes take part in the Biathlon Western Canadian Championships this year in Hinton, Alberta. Bryn Kirby and Aidan Kirby sure talked about the hills that never seemed to end topped with higher elevation. They look forward to returning next year with a better idea of what to expect. The highlight of this year's Westerns was our own Jessica Biggs who placed second in her race.

Our club recently obtained a grant from Biathlon Canada to organize a biathlon camp allowing more athletes an opportunity at trying their hand at biathlon. More news next season. We expect to resume shooting at Gateway in September. Please keep an eye on the website for more info. We look forward to seeing you join us.

Kudos to the parents for driving the athletes to the various biathlon training/race sessions and assisting with the races. We want to thank our participants for their hard work throughout the year and wish you success in your cardio training. I hear the hills are big at Westerns.





Red River Nordic Gains Northern Experience

By Allison Giasson

Deep snow that crunched in -20 degree cold in the morning. Dog teams that raced on the side of the highway near The Pas. King Trapper contestants who huffed and puffed and shuffled in snow shoes and plaid jackets. Ravens that the Pee Wee boys described as “really big crows.” Northern lights that wavered and danced and changed colors. Chris Roe’s new fur hat. Alan Adamson’s strange resemblance to a 1950-s era Mountie when wearing Chris Roe’s new fur hat. And friendly volunteers that fed us, and fed us, and fed us. These elements and more all contributed to Red River Nordic’s memorable trip to Manitoba’s north and the town of Flin Flon for the 1st Annual Sask / Man Cup.

Two CCSAM sponsored buses left the Windsor Park Nordic Centre on Friday, Feb. 17th. One filled to capacity pulled out at 6 a.m with racers eager to pre-ski the course before dark. The second bus left at 8 a.m. filled with families who valued ninety more minutes of pillow time. In an ironic twist of fate, both buses arrived in Flin Flon before dark. Skiers from both buses made it to the Flin Flon ski club and were introduced to the immaculately groomed trails, professionally organized stadium, a small terrain park, and group of volunteers who had food (all gratis) waiting for us from the moment we first set foot into the clubhouse. We were pleasantly surprised by the high quality of the trail system, and perhaps a bit more surprised by the altitude of some of the hills. Racing began Saturday right on time with many Red River Nordic athletes showing good technique and form in punishing sprint conditions. Parents and adult skiers enjoyed prime viewing from the small lake area in the middle of the sprint course. By squinting we could pick out our racers at the start line, cheer them on to the first tough corner, and then run across to the other side of the lake to cow-bell our skiers to the finish line. Older racers could be observed climbing a punishing hill half way through the 1 km plus course. The hours and hours of weight training put in by race team members seemed to pay off as we saw several skiers display strength, stamina and grit climbing the sharp incline. Junior race team members who couldn’t one-skate at the beginning of the season were able to demonstrate this difficult newly learned skill under the extreme pressure of a sprint race. And some skiers learned the cruel reality of sprint races; a few of our racers fell due to plain old bad luck. Perfect weather (sunny, warm, calm) added to our enjoyment of the day.

Saturday night brought with it a lively banquet in the town Elk hall. As the plywood next to the main door attested, the Elk hall had been opened strictly for our use as other halls in town were booked. Northern hospitality was again evident as volunteers who had been at the races all day now poured our juice at the banquet and were responsible for vintage skies mounted throughout the hall for decoration. After a lasagna dinner we were entertained by a Celtic band which had some members of our group dancing (and not who you’d necessarily expect). Exiting the hall we looked up and saw a magnificent display of aurora borealis.

Photo Linda Duffy





Red River Nordic Gains Northern Experience

Sunday dawned cold, and Cory and his waxing helpers had their work cut out for them getting over forty racers, each needing two sets of skis, ready for a day of pursuit races. A representative from Cross Country Canada had noted earlier in the weekend that no other club in Canada runs a pursuit race the day after a sprint competition, but the Flin Flon Ski Club managed it with style. The pursuit races went well, with our skiers enjoying the challenge of changing skis and techniques quickly. The hills proved demanding again, and particularly bruising to the adult skiers, many of whom slept soundly on the way home. Sunday afternoon brought with it more good weather, so much so that three female skiers (new friends from LaRonge and Flin Flon) decided to ski around wearing bikini tops and shorts. Some of our PeeWee boys reacted by pelting them with snow balls. No word on what they would have done if the Farm Team decided to ski in bikinis.

Following the races on Sunday, we again loaded our buses, stopped quickly in town for a photo shoot beside town mascot Flintabattey Flonatin, and began the 8.5 hour drive back to Winnipeg. We were tired but happy, filled with good memories of the north, stronger friendships, and talk of returning next year to the charming and challenging Flin Flon Ski Club trails.



Meet a Race Team Member— Aidan Kirby

Question. What is your favorite place to ski?

Answer. My favourite place to ski is the Hinton Nordic centre in Hinton Alberta. Also there is the Lappe Nordic centre in Thunder Bay Ontario. In Manitoba, I like Grand Beach and love skiing up Heart Attack Hill a.k.a the Wall.

Question. What are your goals for this season?

Answer. I have many different sorts of goals. I am also involved in Biathlon. My goal is to push myself to go to Westerns and maybe someday Nationals or Canada Games. For Nordic skiing my goal is to work on my technique for both skate and classic.

Question. When you're not training or skiing what do you like to do?

Answer. In the winter time I like to snowboard and I play a lot of guitar. In the summer time I love to mountain bike and wakeboard.

Question. What are your favourite movies?

Answer. I am not much of a movie guy, although I really enjoy standup comedy! I like to listen to Chris Rock, Russell Peters and Robin Williams.

Question. What kind of music do you like?

Answer. There are many different bands that I listen to but the main ones are the Red Hot Chili Peppers, Led Zeppelin, Jimi Hendricks, Cream, Bon Jovi, the Animals, the Clash and The Tragically Hip.

Question. What do you do before races?

Answer. I make sure I stay hydrated and I don't eat a lot but I eat just enough.

Question. What is one thing people don't know about?

Answer. I have my open water diver certificate (Scuba Diving).

Question. Who is someone in sport you look up to?

Answer. Shaun Murray. He is a professional wake boarder he is my inspiration who makes me push myself to be the best I can be!



Meet a Race Team Member— Sarah Teillet

Where is your favourite place to ski?

Silverstar ski resort in British Columbia. It combines the best of a downhill ski resort and world class cross-country skiing with challenging, mountainous terrain.

What are your goals for the next season?

To gain more upper body strength to power up hills and improve my standing shooting in biathlon.

What do you like to do when you're not training / skiing?

I like to play soccer and hang out with my friends, and watch horror movies.

What are your favourite movies?

I like many; depends on my mood but my favourites remain "Rat Race", "Ferris Bueller's Day Off", and all Tim Burton movies especially "Big Fish".

What music do you like to listen to?

I like to listen to the Black Keys, Kanye West and the White Stripes.

What's one thing that people don't know about you?

I hate oranges. They repulse me. Badly. And no, it's not funny!!!

Who is someone in a sport you look up to?

Steven Gerrard of Liverpool Football Club - he's an attacking midfielder with a magnificent touch for placing the ball right where he wants it. My favourite athlete used to be striker Fernando Torres until he left Liverpool for Chelsea. The traitor!!!



Meet a Junior Race Team Member— Sandra Page

My favourite place to ski would be Lappe in Thunder Bay. I like it there so much because of the challenging hills, the beautiful wintery trails, the good atmosphere, and the people. I think it's nice to meet new people at all the skiing events.

I started in Jackrabbits when I was seven years old and from there I made my way up to the Junior Race Team; I intend to continue cross-country skiing for the rest of my life!

One of my best memories of skiing would be skiing at midnight at my sister Catherine's wedding. The reception was held in January, 2008 at the Windsor Park Nordic Centre and lots of people went out skiing in their dresses and suits. Catherine and I skied with special fur-lined capes over our dresses.

Before a race I try to stay calm and think about the entire course ahead of me, each and every twist and turn, hill and most importantly; the finish! My coaches get us, as a team to do a dynamic warm-up to get our blood flowing and our bodies warmed up.

After a race I like to do a cool down and have some type of snack. I usually find it helpful to talk with my teammates, coaches or other racers about the good parts of my race and the parts I would like to do better next time.

Ten things that most people don't know about me are...

1. I was born in Australia, therefore I have dual citizenship.
2. I ran the half marathon when I was just supposed to run the relay in 2011.
3. I play the flute and piano.
4. I can speak French.
5. I paint pictures in my spare time.
6. I do lots of camping trips and road trips.
7. I enjoy doing dragon boat races.
8. I am the youngest of six kids.
9. I am going to Quebec for a month with my brother to buy a horse.
10. I love to sail at sailing camp.

My goals for next ski season are to work on skate technique, hill striding and to better my pace setting. I also have to work on staying calmer and focused before a race, and on being less nervous.

Other than skiing, I like to kayak, canoe, camp, sail, run, paint, craft, skate, sing and to show off how flexible I am. Coming from a big family there is always something to do so I rarely use the word "bored".

Picture is from my 20k Sleeping Giant Race /Sibly/Thunder Bay



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Meet a Junior Race Team Member— Zoe Berard

Here are some interesting tidbits about Zoe, a Red River Nordic Junior Race Team member.

Up to now my favorite places to ski have been Maplelag, which is situated in Minnesota, and because of the amazing trails; Birch ski Area because of the very big hills, and the fact that it's in the country.

My goals for skiing are to do my very best during races, I want to keep on skiing for a while (hopefully) so I guess I'll just have to wait and see where that takes me.

When I'm not skiing, I enjoy doing gymnastics, volley-ball, badminton, track, (etc.) and in the summer I will definitely roller-ski a lot to keep in shape for next year. I also love reading, shopping and hanging-out with my friends.

Here are some of my other interests:

Music- I listen to a lot of pop, but my favorite artists include: John Mayer, Taylor Swift and One Direction, however i will listen to pretty much any music.

Movies- Here are some of my favorite movies: The Hunger Games, The Harry Potter series, Percy Jackson and the Lightning Thief, I guess you could list those under the sub-title of 'Fantasy'. I also really love Disney Movies, I guess this might be weird for someone my age, but it's true! I'm not that picky for movies either, i enjoy almost anything.

Books- My favorite books are pretty much the same as the movies I listed, though in book form: The Hunger Games, Harry Potter, Percy Jackson. I look forward to finding new book series to read and love!

I have to say that I prefer skate-skiing over classic, (with the right temperature). I think the reason is because it's faster on flat, and on up-hills. I get tired more easily doing classic, (during races), since i push myself hard to go fast up the hills, and in classic you can either go up doing herringbone, or with diagonal stride. Skate, on the other hand, gives you the choice to one-skate, two-skate, off-set, and if you have to, herringbone.



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