



**CROSS COUNTRY  
SASKATCHEWAN**



# Nordic NEWS

## Welcome to the 2016-17 Ski Season

We have a busy year with many races and loppets scheduled. Hopefully the weather will cooperate and there will be lots of snow. If you have any information from your club that you would like to include in this newsletter, please pass it our way. The deadline for submissions can be found on the final page of each issue. Enjoy the ski season! The snow will arrive soon.



## CCS Events Calendar

Snow Camp	Lake Louise	Nov 16-20
Sask Cup # 1 and #2*	La Ronge	Dec 10-11
Sask Cup #3 and #4	Saskatoon	Jan 14-15
Sask Cup #5	Humbolt	Jan 22
Westerns	Callaghan Valley, BC	Jan 20-22
Prince Albert Loppet	Prince Albert	Jan 29
Provincials Sask Cup #6 & 7*	Regina	Feb 4 & 5
Cheesecake Loppet	Elmhurst	Feb 5
Valentine's Loppet	Carlton Trail	Feb 11
Lamplighter Loppet	Good Spirit	Feb 17
Sask Cup #9 & #10	Flin Flon	Feb 17-19
Duck Mountain Loppet	Kamsack	Feb 25
Swift Current Family Fun Day	Swift Current	Feb 25
Sundog Challenge	Yorkton	Mar 3/4
Don Allan Saskaloppet	La Ronge	Mar 3-4
Nationals	Canmore, AB	Mar 18-25

\*Head to Head Race



## Sundog Challenge Yorkton Cross Country Ski Club

THE YORKTON CROSS COUNTRY SKI CLUB held its 2nd annual Sundog Challenge March 6th with many local skiers taking up the challenge to complete either a full marathon or a half-marathon. Club members Warren Popik, Rick Vaughan, Wes Laube, and Karen Conrad all completed the 42 kilometer challenge.

The challenge also had skiers to the sport and new to Canada. An exchange student from France, Zack Krepa, under the guidance of his host Ray Bailey completed his first 42 kilometer ski. "Zack amazed us all with his natural talent and love for the sport and winter in general! Zack came out with Ray several times and just found his stride, so the 42 km was a challenge that he knew he could do"

The Sundog Challenge also had several skiers completing the half-marathon of 21 kms which is 3 tours around the golf course. Ken Friedrick, Cynthia Wolkowski, Louis Laube, George Sudsbear, Bob Purton, Anne Stupak, Wayne Clark, Mike Neilson, Sandy Vaughan Hastie. Many others who accomplished personal bests by completing 1-2 rounds, accumulating 7-14 kms. The trails were a challenge with the recent melting conditions but this last snow fall and the excellent grooming by Ken Gedak and Bob Purton the trails were excellent in the morning and held up in the plus 2 degrees temperatures of the afternoon.

It was a great event that had every skier pleased with their accomplishments. Wayne Clark was not too certain that

he wanted to do his half-marathon challenge but once completed he was not only happy that he had achieved his goal but also impressed himself with a personal best time. The tracks were fast and solid which made for some quick descents and some fast paced climbs. With the terrain changes though out the course the 7 km tour offers up a real physical workout, and doing either the full or half marathon is a major accomplishment that any skier can be proud of.

The Yorkton Cross Country Ski Club has had one of the best ski seasons this past winter and unlike many locations around the province we were fortunate to have the snow conditions we had. With over 1000 signed in skis this season, and membership on the rise the local cross country sport is increasing in number annually. With the ski rental program that we offer, it is giving the opportunity to locals to come out and try the sport before purchasing equipment. All of our equipment is offered ready to go and waxed for the day which will assure that the new skiers will have a good experience. Cross Country skiing is a sport that anyone can do with practice and many skiers ski right into their eighties. From youth sizes to larger adults we have the equipment for them.

The ski season is coming to an end with the milder temps but it has been a great one and the Yorkton XC Ski Club looks forward to an even better season next fall.

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# Rocanville Makes Improvements



MAKING GREAT SKI TRAILS starts even before the snow begins to fly. Mowing is needed to help prepare the base. The Rocanville Ski Club will have equipment this year to help make this happen. With the help from the

grant issued by Cross Country Saskatchewan, the Rocanville Ski Club was able to purchase much needed equipment to help with this year's trails. Come by and check out the trails this winter!



## Carlton Trail Ski Club New Windows Project



OUR SKI CLUB MADE AN APPLICATION for the Cross Country Saskatchewan grant assistance in May 2015 and we were approved for a grant of \$2000. We received the first half of the grant in July, 2015 and proceeded with plans to order the windows for our project. We were excited!

The project was confirmed with a local business, Midland Glass. They ordered the windows in October 2015. We were very excited!

In January 2016, the new windows arrived in Humboldt and the installation was undertaken by Midland Glass. The actual structure of our clubhouse was found to be excellent and we were all very thankful for that. The workers completed the install for all windows and the metal cladding of the surrounding wood so we now have a maintenance-free exterior of our clubhouse. Midland Glass provided a great product for our project and they

also provided us with excellent workmanship. We are very happy with the outcome.

**We have a much brighter, warmer and cozier clubhouse. The windows are much more energy efficient**

As a club, we have been talking about this window replacement project for years. The old windows were literally falling out of their frames.

They were single pane glass with numerous of the small individual panes broken, and were a high priority on our list of capital projects in major need of attention. We budgeted for years for their replacement and now with the help of Cross Country Saskatchewan, we have been able to pay for this project in full.

We now have a much brighter, warmer and cozier clubhouse. The windows are much more energy efficient and as they face south, a ton of beautiful winter sunshine can pour through. We do not even need lights on in our clubhouse during the day. These new windows are a great complement to the new hanging furnace we installed several years ago.

So once again we are most grateful to Cross Country Saskatchewan for your moral and financial support for our club and for this project. Thank You, Thank You, Thank You !!

TWENTY YOUNG ATHLETES from all over Saskatchewan congregated in Waskesiu Lake in beautiful Prince Albert National Park, to train together over the weekend of September 23-25. Unfazed by Friday's constant drizzle and Saturday's grey skies, the group was rewarded on Sunday with brilliant sun and clear blue skies.

Aside from the scheduled training, athletes spent their free time playing games together, replacing lost calories, and enjoying the picturesque lakeside setting in Waskesiu.

On top of the athletes participating in the training camp, many members of the province's ski community were in town, either as supervising parents, taking the L2T coaching course which coincided with the training camp, or

competing in the Outterlimits Fun Run on Saturday.

Coaching at the camp was headed by Andrew Brisbin, with help from Scott Fraser and had Italian ski racer - Stefano Zannotto (in Saskatoon for the year working on his Master's Thesis at the U of S). The camp used the Waskesiu Lake Lodge as its base, and the management and staff there were wonderfully accommodating.



# CCS Fall Dryland Training Camp



## Activity Review

### Friday

#### Afternoon

Rollerski focused on double poling with accelerations and video review.

#### Evening

CCC Strength test and core strength circuit.

### Saturday

#### Morning

Outerlimits Fun Run 5 or 10 km running race with 700 other participants.

#### Afternoon

Skate rollerski with agility course, video review and easy distance on the freshly paved scenic route.

### Sunday

#### Morning

Long and easy distance workout ski walking and running around the rolling forest trail loop at the Spruce River Highlands.



## Ski Fit North Program Update

THE NORTHERN SPORT, CULTURE AND RECREATION DISTRICT (NSCRD) is pleased to announce that the Ski Fit North (SFN) program will be offered again for the 2016-17 season. This season marks the 18th year that NSCRD will be providing service to Northern Saskatchewan communities via a SFN field worker position.

The goal of the SFN field worker is to provide grass roots cross country ski development to as many northern communities as possible throughout the ski season. This development includes the fundamental skills necessary to safely enjoy the opportunity to cross country ski. The benefits of skiing are many and they include being physically active, learning new skills, meeting new people and living a healthy lifestyle.

The SFN program was a success with over 900 youth and 17 communities participating in the 2015-16 season.

For more information on the SFN program or to apply for the SFN Field Worker position go to [www.nscrd.com/programs/ski-fit-north.html](http://www.nscrd.com/programs/ski-fit-north.html)

The Ski Fit North program is made possible through partnership with Cross Country Saskatchewan.



28th

# CANADIAN BIRKEBEINER SKI FESTIVAL

Ski Canada's Premier Nordic Ski Event!

February 10-11, 2017  
Edmonton, AB

New  
29km Skate-Ski Race!



REGISTER TODAY! [CANADIANBIRKIE.COM](http://CANADIANBIRKIE.COM)



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**Have a Story or Photos to Share that Might Interest CCS Members?**

Please submit any articles or stories to Alana [ccs@sasktel.net](mailto:ccs@sasktel.net) before November 25, 2016.



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