



Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB
www.saskatoonnordicski.ca

November 2013

Chili Day

Membership Renewal and Registration

Saturday, November 16, 2013

3 pm to 6 pm

Wildwood Golf Course Clubhouse

Enjoy a bowl of chili on us and meet other members!

- If you've already completed your membership renewal online or by mail, bring your membership cards and pick up your renewal stickers for 2013-2014
- Membership registration forms for those who haven't registered online will be available - remember your membership cards!
- New membership cards will be available for new members
- Volunteer sign-up will be available and volunteers will be on hand to discuss opportunities for those interested.



Web site: <http://www.saskatoonnordicski.ca>
Box 2062, Saskatoon, SK
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President
Vacant

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Dan Brisbin

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Youth Programs
Alison Meinert

Eb's Trails
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Competition
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Equipment Manager
Tim Haight

Member Awareness
Vacant

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Contact via the web!

Past President's Message

Dan Brisbin

SASKATOON NORDIC SKI CLUB URGENTLY NEEDS
SOMEBODY WILLING TO SERVE AS PRESIDENT



If you love cross country skiing, want to see your Club grow, are interested in various aspects of our Club's activities, and willing to provide leadership to our keen volunteers in the executive and on committees please contact Dan Brisbin, Past-President at danbrisbin@sasktel.net.

Thanks to retiring Club Executive Members

During the last year three members of our club executive retired: Kirsten Ketilson (Past President), Steve Shirtliffe (Youth Instruction) and Nathan Sedgewick (Competition). Thanks to Kirsten, Steve and Nathan for giving of their time, energy and enthusiasm on behalf of our Club. I'd like to thank Kirsten personally for the support and guidance she gave me in my role as President over the last year.

Cross Country Canada's Inside Track Program

As you probably know by now, Cross Country Canada recently re-launched the Inside Track Program, a fundraising campaign designed to generate revenues and also to create engagement with clubs and members around the country. See attached letter for more information.

Most importantly: \$5 from every Inside Track membership will be directed back to the donor's local ski club. The balance of program proceeds will go towards providing funding for CCC development programs such as Jackrabbits and Track Attack, as well as the National Ski Team.

This year's program will seek donations of \$20.14 to support Canada's cross country skiers on the road to the 2014 Olympics in

Sochi and beyond. Donors will receive an exclusive "Inside Track" welcome package from Cross Country Canada, including official CCC stickers and a signed trading card of one of our 2014 Olympians. Similar to last season, Inside Track members will also receive access to some great discounts on products and services from CCC's Inside Track program partners.

We would appreciate greatly if you could share with club members, on your social media platforms, websites and newsletters. <http://www.cccski.com/Donate/Inside-Track-Rewards.aspx>

If you have any questions, do not hesitate to contact us.

Sherry Thompson - CCC

Of note ...

Mark the dates below on your calendar.

Details on most of these events (e.g. race notices) will be posted on the Cross Country Saskatchewan website. If you have questions email danbrisbin@sasktel.net.

- ✓ November 24th, 2013 Level 1 Officials course in Prince Albert
- ✓ November 30th, 2013 Sask Cup 1 & 2 races at Sturgeon River
- ✓ December 7th, 2013 Sask Cup 3 & 4 races at La Ronge
- ✓ January 11th and 12th, 2014 Sask Cup races hosted by Saskatoon at Blackstrap and Wildwood Golf Course
- ✓ January 19th, 2014 Sask Cup 5 at Humboldt
- ✓ February 2nd, 2014 Saskatoon Skate and Classic Loppet
- ✓ February 16th to 19th, 2014 Sask Winter Games in Prince Albert
- ✓ February 22nd and 23rd SaskMan Cup and Provincial Championships in Flin Flon
- ✓ March 7th, 2014 School Championships in La Ronge

The Grapefruit Cup schedule and HiPer activities are all posted on the schedule at the HiPer Website. <https://sites.google.com/site/saskatoonhiper/team-schedules>

• Eb's Day –Sunday, February 16th, 2014

Membership News

With another winter in the air, it is time to renew your Saskatoon Nordic Ski Club memberships. As of this writing we have had over 200 people register. If you have not had a chance to do so yet, please go to the Club website <http://www.saskatoonnordicski.ca/BecomeaMember.aspx> and follow the links.



The 2014 Sask Winter Games will be held in Prince Albert in February and Saskatoon will be sending a cross country ski team of 12 athletes and 2 coaches. Youth who are between the ages of 10 and 15 (born in this years 1998 to 2003) are eligible to try-out for the team.

The Sask Winter Games are an exciting opportunity for young cross country skiers that only comes around every 4 years. For some it is an introduction to competitive skiing that will ignite a passion for training and racing that may lead them to racing at national events, on university or club teams, and at future

Once again we are encouraging all Club members to wear the blue membership tags this year. You can pick up your tags, or if you are renewing, a renewal sticker, at the Chili day on Sat. Nov 16th. If you can't make it we will be mailing out your tags later that week.

Cheers,
Eric

Canada Winter Games. Athletes must be members of the Saskatoon Nordic Ski Club and, if selected to the team, will need to purchase a CCS racing licence (\$10) and pay a Sask Winter Games registration fee (\$70). The competitions will be from February 16th to 19th.

Alison Meinert and Robin Butler have volunteered to be our cross country ski team coaches. More information about how you can get involved with Team Saskatoon will be posted on the Saskatoon Nordic Ski Club website in the near future so watch for it.

Sunday Hiking Tours 2013 – Update

Thanks to our tour leaders, we have been having a successful line-up of Fall Hikes! Please make sure you extend a personal thank-you to the hike leaders. Without them, many of us would still be wondering aimlessly around the forest!!!



The pre-hike to scout out “Lobstick Lake” was a lovely walk led by Keith Pahl, with lots of close-up views of the lake. Due to a high water table, we were not able to go around the lake but most of us agreed that it’s just as pleasurable to double-back, since we don’t usually remember the way...and everything looks new and interesting the second time, too!

The “Miner’s Creek” hike exceeded its last year’s numbers with 38 hikers enjoying the view of the creek and tamaracks. Jeff Thorpe even went for a “swim” at the “beach!” The Fall Supper at Macdowall was amazing, as usual. I can personally vouch for the delectable, homemade lemon meringue pie!!!

The “Rock of Ages” hike contained sweeping vistas and cozy

wooded areas that were at their peak of fall colour. Cliff Speer led us to the fungus-covered “erratic” that was deposited countless years ago by glacial ice. The Fall Supper at Bergheim was well worth the wait. We were sorry to hear that it was their last one. We will miss the variety of salads, and seconds of pie!

The Borden Hike included a family with a 6 month little girl who rode in her mom’s backpack. Their four year old daughter walked most of the way to the river and then rode in dad’s

backpack when she got tired. Their 5-6 year old boy walked all 10 kilometres! The kids had fun collecting the survey tape that Bob Katarynych had used to mark the route, in case the family turned back early.

I was finally going to lead (get us lost) up at Eb’s Trails this fall. Instead, Heather Bernhard saved the day by volunteering to lead us on and off-trail, in the back-country. She regaled us with lots of historical background about the trails and the countless volunteers that help keep everything running smoothly.

Heather also knows where the bar is in Rosthern for a before dinner drink/dance!

Hikes will continue until the weather is not suitable and then there might be a slight lull before the ski season. Please look for last minute changes/details on the Yahoo Groups website. http://sports.groups.yahoo.com/group/NSCS_touring

People are always welcome to meet at 9:45 a.m. just north of the Tim Hortons, in the Lawson Heights Mall parking lot, in order to carpool with others for hikes and skiing. Keep having fun outside... all year!!!

Sheryl Riis
Touring Co-ordinator
306-382-9462



Photos courtesy of Sheryl Riis

**Upcoming Sunday Hikes
Cancelled due to snow!**

New Facility Sub-Committee

The New Facility Sub-committee grew out of the Vision 2020 Strategic Plan; the vision for the SNSC is:

"A home for skiing in Saskatoon that is comfortable and welcoming to all members and the community."

"Our home has multi-purpose trails and terrain that accommodates all levels of ability."

We have been meeting for 2 years, and first reported to the membership at the AGM in April 2012. In the report we stated that the Club will continue to track and use Kinsmen Park and Eb's Trails, AND we're searching for a facility closer to Saskatoon that would have more trails and more terrain than our existing locations. We presented two sites for consideration and two conclusions.

The two conclusions were that no one site was exceptional, and secondly, we'd be open to other site opportunities even as we explored the two chosen sites.

The sites identified were Greater Holiday Park and Blackstrap.

In 2012-13 we directed some energy towards these two sites. We met with City personnel, who agreed to track some additional trail at Holiday, however, we learned how restrictive the route could be, because of the sensitivity of the golf course. The areas that would give skiers some good terrain are not available for grooming. Still the additional tracking has improved the ski course, making it more interesting and adding a couple little hills. The City is willing to do this additional tracking again for the 2013-14 winter.

At Blackstrap the Provincial Government tracked some trails regularly. There were discussions about developing the area further so that a ski race could be held on the site. Tim Haight is our liaison for Blackstrap.

In our search for a location we considered 3 categories and about a dozen criteria in assessing different sites. The categories are accessibility, infrastructure and trails. This past winter we learned that another criteria is critical: control or ownership of the site.

With Holiday Park or Wildwood

(currently being used by SNSC), we'll always be secondary to the golf course operation. At Blackstrap we're relying on the grace of the Provincial Government, which is fine as long as it lasts.

At this stage we are exploring further the Jim Smart property and the adjacent property, totaling about 140 acres. This property was earlier identified as one of the next best sites. It's located 12 minutes south of Saskatoon, and 1 km off of Hwy 11. It has some topography and has trees to shelter skiers from the wind. At this point we are approaching an owner to discuss buying the land (there already have been preliminary conversations). The other owner, Jim Smart, is donating his land to the Nature Conservancy, which may allow us to track and ski his land, but not to develop it.

While we have made progress, there is lots of work still to be done. We welcome anyone with experience and skill in project management or in fund raising to join our hard-working group.

Co-Chairs: Dorothy Quayle
Ivan English

Interested in racing, completing a loppet, or in helping at a race or loppet?

Please consider attending the level 1 officials course whether you're a long time volunteer or are new and would like to help. Race sanctioning requires that races are run by certified officials so, while Saskatoon Nordic, has demonstrated our capability

to run successful races for many years, we are at risk of losing our eligibility to host sanctioned races for our athletes if we don't continue to train and certify officials.

Blind Skiers

On Saturday, September 5th the Saskatoon Blind Skiers kicked off their season with a hike and Wiener roast at the Kuntz acreage. Following the Wiener roast was a meeting to discuss Club business. On October 9th, the first hike was held.

Future skiing notices will be sent by e-mail, unless people are unable to receive notices that way.

Snow is here — so happy skiing.

Bob Gourley

Eb's Trails News



Many positive events have occurred in our section of the Nisbet Forest during the last couple of months. Ambitious crews have scythed and clipped sections be-

tween flooded areas that we couldn't reach by vehicle and have cleared back much of the damage from last autumn's wet snowfalls. Lorne and I completed work with the brush mower on October 4th.

Thanks to Jeff and his crew the firewood for the shelters was cut and transported October 26.

The buildings crew, led by Heather, has the shelters and biffies in great shape.

Heather is also busy fixing and updating the signs.

Our trail system received a dump of snow November 3rd and 4th.

On November 3 Lorne Duczek, Rob Andrew and I went to our equipment storage site in the yard of Armand Laitres. Rob

is a professional heavy-duty mechanic and a new volunteer for us. Armand gave us the use of his shop, and with Rob's expertise we installed the tracks on the Rhino with great alacrity. This completed equipment preparation for the grooming season. Check the trails section of the Club web site for updates.

It's easy to be optimistic about the look of the ski season on our trails.

Thanks again to all who have contributed.

Remember that rifle hunting is allowed until December 19, 2013

Randy Chapman

Equipment Report

With the first snowfall of the 2013 season, preparations are well underway to begin trail grooming within the city.

The SNSC grooms city trails at Kinsmen Park and Wildwood Golf course. The grooming is done by a small group of very experienced (old) and dedicated (fanatical) volunteers. The club has made it a priority to maintain our outstanding trail system at these locations, and as such, has recently acquired a new Skandic SWT snowmobile to tow the heavy grooming equipment needed to provide Saskatoon club members with the high quality ski trails that they expect at these locations. This acquisition was facilitated by the generous grants of the Jeux

Canada Games Foundation, and Cross Country Saskatchewan, as well as club funds.



The addition of the new snowmobile will provide the grooming crew with a machine that can be relied upon for the foreseeable future. This machine

is also light and relatively easy to operate, which should allow us to recruit new volunteer groomers.

If you have time to work in the evenings (grooming is best done at night), have experience around snowmobiles, and like the smell of 2-stroke exhaust, then grooming might be for you! Please contact Tim at haightt@gmail.com for more details.

Be sure to give your dedicated SNSC volunteer groomers a smile and a wave when you see them out on the trails!

Tim Haight

Cross Country Ski Lessons for Adults 2014

SNSC provides ski lessons so folks can learn effective technique and gain a more productive and fun time on the snow. While we can't promise you'll be the next Bjorn Daehle or Becky Scott, we can provide basic skills that will get you on your way to whatever your goal.

We normally recommend beginners start with Learn to Classic Ski as fundamentals of balance and glide are similar for both techniques. CANSI qualified long time instructor Cliff Speers will get you moving on the snow in short order.

At this point lesson registration is open to SNSC members. Consider joining as registration often fills up early and lesson prices are discounted for members. Register at www.zone4.ca. See SNSC website – Adults tab for more information.

If you want to see 'how to xcountr y ski' videos on YouTube, we

recommend any of the material that comes up when you search 'Keith Nicol cross country skiing'.

LEARN TO CLASSIC SKI COURSES

Course I: Jan. 2, 7, 9 (7:00 - 9:00 pm)

Course II: Jan. 23, 28, 30 (7:00 - 9:00 pm)

Each course covers identical content – waxing theory, basic diagonal stride techniques, including balance and weight transfer, double poling, herringbone and snowplow, turning and stopping. Suitable for those who have never skied before or have had no formal instruction.

LEARN TO SKATE SKI

Course III: Jan. 13, 17, 20 (7:00 - 9:00 pm)

A course for those new to skate skiing or those wanting an understanding of the fundamentals of the skating motion on skis. Covers

basic skate techniques – free skate, one skate and two skate. You will need your own skate skis or rentals for this course.

INTERMEDIATE TECHNIQUE

Course IV Skating: Feb 17, 19, 24 (7:00 - 9:00 pm)

Tips for those already familiar with basic skating skills, but needing help to make their motions more efficient and wanting to learn more advanced techniques

Course Fees All courses

Member \$60

Non-member \$85

Instruction Coordinator
Bruce Simms
brucesimms@sasktel

Youth Programs



The Jackrabbit youth programs will once again be a great way for your kids to learn to cross county ski. The programs offered include:

Bunnyrabbits – age 3 to 5

Jackrabbits – age 6 to 9

Track Attack – age 10-12

Learn-to-ski – age 10 to 17 (for beginner skiers)

Lessons take place on Wednesday nights (Kinsmen Park) and on Sunday afternoon (Wildwood) from December to March.

More information about the programs is available on our website. Register online today through Zone4.

If you are interested in helping out with youth programs this season please let me know. We are always happy to have more help. You can contact me at jackrabbitssaskatoon@gmail.com

SCHEDULE FOR THIS SEASON

Sundays

December 1, 8, 15
January 8, 15, 22, 29
February 5, 12, 26
March 5, 12

Wednesdays

December 4, 11, 18
January 5, 12, 18, 26
February 2, 9, 23
March 2, 9

Alison Meinert
Youth Programs Coordinator



We challenge you to ski

**The
Saskatoon
Skate and Classic
Loppet**



Sunday February 2nd, 2014
Wildwood Golf Course Nordic Center
11am mass start

What's a Loppet?

It's a "fun ski", for the whole family, on cross-country skis.
Choose your event, "*say yes*", and start training.

How far is this Loppet?

The course is a 5.5 km loop. "Loppet" is Norwegian for loop.
Recognized distances will be 11, 22 or 33 kms

Too far?

Try the Distance Challenge.

Ski the 2 km loop as many times as you want.
Collect a stamp for each loop and watch your distance add up.
Any age can "*say yes*" to give our Loppet a try.

How to "Say Yes"

<http://www.zone4.ca>

Loppet fee:

Early yes -- up to Jan. 5th -- \$45
Later yes -- up to Jan. 26th -- \$65

Distance Challenge fee:

Early, later & last minute --\$15
DC fee does not include "swag"

This year's "swag"(super wow awesome gift) is a cool ski bag



Host Club
&
Co-organizer
www.saskatoonnordicski.ca

When, What & Where

Jan 31st and Feb. 1st 9 am to 6 pm

Bib and "swag" pick up
Eb's Source for Adventure
1640 Saskatchewan Ave

Feb. 2nd

Event site open from 9am to 3:30pm

**All skiers get a certificate,
a hot meal,
and are entered for great draw prizes**



Co-organizer
&
Prize Sponsor

Still have questions??

E-mail ---- saskatoon.loppet@gmail.com Phone: 652-0385 (Eb's Source for Adventure)