



Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

www.saskatoonnordicski.ca

January 2024



In previous years: Perfect snow conditions at Eb's Trails

SNOW

SASKATOON NORDIC SKI CLUB

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Sheryl Riis

Instruction

Bruce Simms

Junior HiPer

Alison and Geoff Meinert

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PRESIDENT'S MESSAGE

Geoff Meinert

SNOW, GLORIOUS SNOW!!! Well it finally came, I can't remember waiting this long for the snow to arrive, it was the first time ever for me rollerskiing in January. As you can imagine, the Club as been waiting for the snow to arrive. Our groomers have been busy getting the trails ready. The amount of wind with the snow has been a challenge as the wind likes to blow the snow off the hills and open spaces and requires the groomers to haul it from the valleys and will require a lot of shoveling. Your membership allows the Club to provide the highest quality groomed ski trails in the city, and the the province. No other club grooms their trails as often as we do. Our great groomers put in a lot of hard work all behind the scenes, so that our members can enjoy our favorite winter activity. The Club purchases the grooming equipment, fuel, maintenance, supplies the volunteers, and new this year a paid groomer. All of these things take money and your membership pays for this. If you like to have great trails and have not yet purchased your membership, please sign up at the link below:



Geoff Meinert

<https://zone4.ca/register.asp?id=32829>

Also don't forget to register for the Grapefruit Cup if you want a fun racing experience.

See you on the trails.

Geoff

 SASK SPORT


SASK LOTTERIES

EB'S TRAILS NEWS By Kate Germin

Hello fellow skiers,

We have all been waiting for snow. The trails at Eb's have been cleared, mowed and ready for more than two months! Two days ago, I was going to write this article for the newsletter and talk about how the trails are still available for good hiking, but yesterday we finally got about two inches of snow with some more in the forecast! I believe we will soon be able to start packing.

The snowshoe trails have been cleared and widened. We remain thankful to Glen Grismer for his dedication to the north trail system. Thank you to Ralph Bock and his team for taking over this job. We welcome hikers on the snowshoe trails. Once packing starts, we ask that you do not hike on the ski trails even if the tracks have not been set.

Since I can't yet talk about the wonderful ski conditions this season and how many times we have groomed, I thought I would talk about another subject, wild boar. In 2021 some of us were seeing patches of many hoof prints in various areas of the trails. Having heard that wild boar are becoming an issue in Saskatchewan, I spoke to Ryan Brook at the U of S. He has been investigating these wild hogs in Canada for years. He directed me to the Sask Pork and Sask Crop Insurance people. They work in partnership to try to eradicate (a daunting task) this invasive species that is destroying crops. A Sask Crop Insurance representative came out to Eb's Trails, examined the tracks we had been seeing and set up a bait station with cameras in one of those areas. In the weeks that they watched, they did not see wild boar. They did see many deer and some rabbits. Subsequent to this, I set up a trail camera in several different areas of the trail system and did not see wild boar. I did see many deer, rabbits and a few black bears in spring and summer.

SUNDAY TOURS – WINTER 2024

It's snowing! After a snow-free month of December, there is now hope for a ski season. When there is a sufficient base, Eb's Trails will be groomed, and ready for our winter enjoyment. Please help all our volunteers, by keeping the tracks, outdoor biffies, and huts in good shape, and only using the amount of wood necessary. Shovelling and sweeping are always appreciated. ☑

During ski season, members are welcome to meet Sundays, at 9:45 a.m., across from the Lawson Civic Centre in the Lawson Heights Mall parking lot, by the park, for car-pooling to Eb's Trails. We decide which parking lot we want to ski from, and usually return between 4-5 p.m. We ski in groups, or individually, and meet back at whichever hut

This is not to say there are no wild boar in the Eb's Trail area. We share that piece of the Nisbet Forest with many wild animals. Skiers have reported sightings of deer, moose, rabbits, racoons, black bear, foxes, otters, coyotes. I expect I am missing some reports, but I have not heard



yet of someone spotting a wild boar for sure. Be aware that they are nocturnal and very shy of humans. The signs are at the gates not to warn of their

presence, but to invite you to provide any information that you might have of sightings anywhere. If you wish to know more about the wild boar issue in our province, here is a link to check out:

<https://news.usask.ca/articles/colleges/2021/wild-pigs-on-the-prairies-usask-researchers-documenting-exponential-increase.php>

Request for volunteers!!

Eb's day is planned for the Sunday of the Family Day weekend (Feb18, 2024). We NEED volunteers in order to maintain the tradition of the Eb'd Day celebration. We need people to buy and set up food plus organize the helpers. We have two volunteers to help with the set up and take down (Bob Katarynych and myself) but could use a few more. Someone to make posters and distribute them would be nice too. We are very thankful for the dedication of those that have organized Eb's Day many years in a row! Please email me or call/text if you are willing to help. Kate - kategermin@gmail.com. 306 280 1664.

we decide, around 3 p.m. Bring your water, lunch, clothing layers... and \$10.00 for gas, for the driver. Please share telephone numbers, in case you need to connect while in the forest.

Tours are also created by members, via Google.io. Members post suggestions for other skiing opportunities, and see who else might be interested. These might be for skiing in the city, at Eb's Trails, or elsewhere. Please feel free to plan a ski trip!

Google Group: <https://groups.io/g/SNSCTouring>

See you on the ski trails!

Sheryl Riis

Touring Co-ordinator 306-382-9462



We are all very happy to see snow and ready for skiing. That said, the very warm weather in December is something that should make us all think about climate change and its impact on our winters. Protect our Winters is a non-profit organization of passionate community members, professional athletes, and industry brands uniting the outdoor community to advocate for policy solutions to climate change. We believe our love of adventure in nature demands our participation in the fight to save and protect it. Protect our Winters vision is for all communities and outdoor playgrounds to be healthy, safe and resilient, we envision a future where we've transformed our economy, energy systems and cut our carbon emissions in line with science based targets agreed to in the Paris Climate Agreement. <https://www.protectourwinters.ca/>

Thanks,

Dan

HIGH PERFORMANCE UPDATE by Alison Meinert and Geoff Meinert

High Performance programming has been in full swing since September. Our programs have over 30 athletes from 9 to 18 years old, supported by 6 coaches. Although we have been patiently waiting for snow at home, for most of our team our on-snow season began with the always popular Cross Country Saskatchewan Lake Louise Camp in early November. The athletes put in lots of kilometers and worked hard on improving their technique over the 5-day camp. Several of our athletes are on the Cross Country Sask Provincial and Development teams and were fortunate to travel to Frozen Thunder (manmade snow stored over summer to roll out for early-season skiing) in Canmore in October and then headed to Silverstar for a week in late November.

The competition season kicked off with a Western Canada Cup at Sovereign Nordic in BC. Eleven athletes competed with the strongest skiers in the country. All had solid results to start the season. Next up was Alberta Cup 1 & 2 Dec 9-10th at the Canmore Nordic Centre. Our athletes had a few podiums and multiple top 10's!

Full results can be found on Zone 4

<https://zone4.ca/event/2023/B78Qya/> - Western Canada Cup

<https://zone4.ca/event/2023/leaxVI/> - Alberta Cup 1 & 2

<https://zone4.ca/event/2023/472198A4/> - Alberta Cup 3 & 4

The Sask Cup Race Series kicked off on December 16-17th in La Ronge. The Race Series will see a number of races across the province, including Saskatoon, Regina and Flin Flon. **Saskatoon will be hosting Sask Cup 4 & 5 February 3-4th** at the Gordie Howe Sports Complex.

To check out photos from our season please visit <https://nordicphotosk.weebly.com/>

Thanks to Cory Farthing for capturing our athletes hard at work.

Alison Meinert

saskatoonyouthhiper@gmail.com

ADULT INSTRUCTION UPDATE by Bruce Simms – brucesimms@sasktel.net

Unsurprisingly, we've had to postpone all adult ski lessons for now with no snow till recent and current extremely cold conditions. While sometimes the reality of a winter outdoor sport, it caused both havoc with programming and low registration for some offerings. Here is an adult course-by-course rundown.

1. Courses 1 and 3 Learn to Classic ski. These two courses are now amalgamated and will commence on the first Mon or Weds evening with reasonable temps. -20C or colder is unsuitable for lessons. Bruce will instruct.
2. Course 2 Learn to Classic Ski. Daytimes. Cliff is instructing and waiting for suitable temps.
3. Intermediate Classic Ski. Cliff will reach out to registrants. Low registration.
4. Learn to Skate Ski. Cancelled due to insufficient enrollment.

5. Xcountry Downhill Skills. Bruce. Scheduled to begin Jan 25.
6. Skate Ski Skills Improvement. Bruce. Scheduled to begin Feb 6. Low registration.

If you want ski lessons of some type, please register, or reach out to me. We have availability and will do our best to accommodate you.

Private lessons are available if the revised course schedule doesn't work for you. They are often quite effective and are easier to schedule. If you've emailed me requesting a course fees refund, please be patient as we're a volunteer run organization. They will be issued.

Good ski conditions are around the corner!
Bruce Simms

brucesimms@sasktel.net

(306) 220-6967

OUTREACH - TRY IT OUT ADULT INTRODUCTORY NORDIC SKI LESSONS by Gail Motsi

The Club has added a new outreach program this season for adults who want to try out cross country skiing but have no experience and no equipment. The Saskatoon Nordic Ski Club will provide equipment and a brief introduction to how to ski and participants can practice under the guidance of certified instructors.

Lessons will be held on Monday nights, 6:00 to 8:30 p.m. at the K&S Facility, Gordie Howe Sports Complex. The first lesson on January 22nd is now open for registration at <https://www.eventbrite.ca/e/try-it-out-adult-introductory-nordic-ski-lesson-january-22-2014-tickets-795647461977> Registration information for subsequent lessons will be posted on our Facebook page.

If you have friends or family who would be interested, please pass the information on to them.

Note: For skiers with some experience and equipment who want to improve their skills, please register for our regular adult lessons. These Try It Out introductory lessons are designed for total beginners only.

BLIND AND VISUALLY IMPAIRED SKIERS REPORT by Stanley Windels

Happy 2024 from the Saskatoon Blind skiers. We had a pleasant Christmas Pizza party on December 9, 2023.

Our Saturday walks have been well attended by both skiers and guides. The new guides are blending very well into our group. We are looking forward to ski training sessions on January 20 and 27th. One of our skiers, Ron Walsh, is going to Ski for Light in Kananaskis, Alberta, later this month. Otherwise we will be continuing to ski at Wildwood Golf course on Saturday mornings from 10 a.m. to 11 a.m., as long as cold and snow permit.

New skiers and guides are always welcome. Please contact Joanne Ferguson by email at joanne.ferguson@sasktel.net.

Sincerely,
Stanley Windels

Racing team in Action



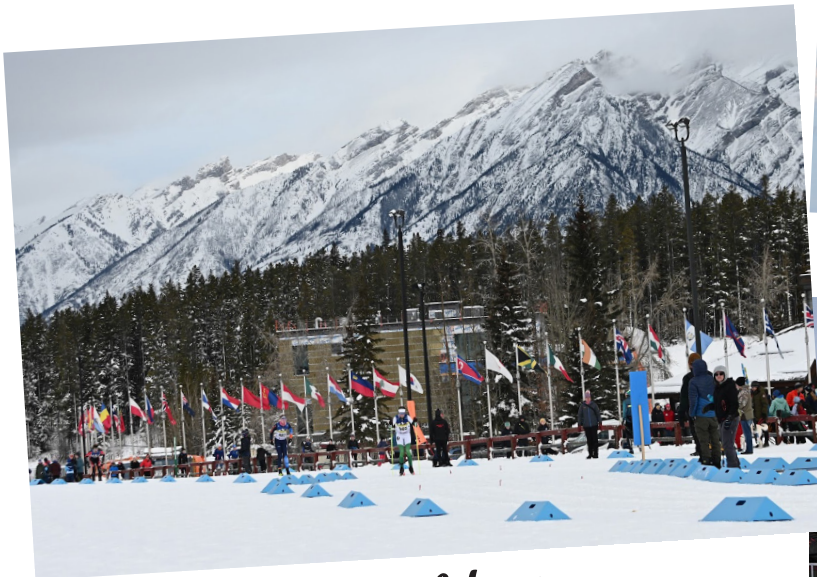
Novice



Ready to race



Young Team



The Backdrop



Venue



Mass start



Set, Go!



Followers!



Up Hill



Cool Racers



Mature Pro



Helping hand



Peace

Photos courtesy of Cory Farthing