



Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

www.saskatoonnordicski.ca

September 2024

SNSC City Groomer

The Saskatoon Nordic Ski Club (SNSC) is looking for a contractor to groom ski trails at two locations in the City of Saskatoon – Wildwood Golf Course and Holiday Park Golf Course/Gordie Howe Sports Complex – in coordination with SNSC's volunteer groomers. The tasks include safely and efficiently packing, grooming, tracksetting and maintaining the trail system. Training and equipment will be provided by SNSC.

This contract is flexible and seasonal with a maximum of 400 hours between November and March. The time requirements are expected to be highest between mid-December and early March. The contractor will determine where and when to groom trails depending on snow and weather conditions, the availability of volunteer groomers, and SNSC events and programs scheduled.

To be successful in this role, you will need to:

- Have a mechanical aptitude and equipment operating experience;
- Have a flexible schedule;
- Be able to work outdoors in the winter for long periods of time;
- Have a Class 5 Driver's Licence and your own transportation;
- Be able to pass a criminal record check (paid for by SNSC).

A knowledge of cross-country skiing would be an asset.

SNSC groomers are covered by the SNSC's liability insurance if they are members of SNSC. SNSC membership fees for groomers are reimbursed by the Club.

For more information, please contact info@saskatoonnordicski.ca.

SASKATOON NORDIC SKI CLUB

PERSONNEL

President

Geoff Meinert

Past President

Gail Motsi

Vice-President

Ivan English

Secretary

Susan Wall

Treasurer

Lisa Brundage

Bookkeeper

Nancy Howse

Membership

Tom Wolf

Youth Programs

Dan Fuller

Eb's Trails

Jelmer Wiersma

Communications

Dan Fuller

Touring & Hiking

Sheryl Riis

Instruction

Bruce Simms

Junior HiPer

Alison and Geoff Meinert

Ski-at-School

Jan Sedgewick

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Brian Anderson

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Joanne Ferguson

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Contact SNSC via the web!

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PRESIDENT'S MESSAGE

Geoff Meinert

Welcome back to another year of skiing and hope you had a great summer. Whether you're a seasoned skier or new to the sport, our club is the perfect place to embrace the beauty of winter. Club membership is now available and can be found on our website or at this [LINK](#). Your member allows us to continue to provide the highest quality groomed trails, it also allows you to register for our many programs such as youth lesson (Jackrabbits), the racing team, adult instruction, and the Grapefruit Cup our fun local race series.



Geoff Meinert

As we enter a new season the club is looking for a Coordinator for our Jackrabbit program, this is a paid position (\$25/hr, about \$5000 for the year). If this interests you, please reach out to Dan our Youth Director at youth@saskatoonnordicski.ca for more details.

Our Club is hosting our AGM on October 22 at 7:30pm at the Gordie Howe Sports Complex, so mark your calendars. This year we have a couple people stepping down from the executive, including the Secretary, Equipment Manager and the Eb's Trail Director. We're looking for passionate members to fill these positions in our ski club executive. If you're interested in helping shape the future of our club, and contributing your ideas, we'd love to have you on board.

The club is more than just a place to ski; it's a community of passionate individuals who share a love for the great outdoors. So, dust off your skis, bundle up, and get ready for a great season.

Happy Skiing!

Geoff Meinert



SASK LOTTERIES

EB'S TRAILS NEWS By Kate Germin 306-382-9462

Hello fellow ski club members.

Clearing and mowing has begun at Eb's trails. We hope for more snow and a great ski/snowshoe season.

SUNDAY FALL HIKING TOURS 2024 by Sheryl Riis, Touring Co-ordinator 306-382-9462



All members are welcome on the hikes! It's a great way to get ready, for the ski season. We usually hike about 12 km, with water breaks, and a lunch break. Some hikes are followed by a fall supper, wiener roast.... Please bring lots of water, a lunch, a sit-upon, hat, clothing layers, sturdy shoes, sunscreen, money for a supper (if attending), \$10.00 per person, for the driver, for gas, if carpooling....

***Meeting places can vary.**

Please let me know, if you too would like to volunteer to lead a hike, clear trails, help maintain our huts, and outdoor biffies, create the winter wood supply.... It's thanks to our volunteers that we are able to enjoy all these amazing amenities!

*Keep connected via our Google Group by going to the Saskatoon Nordic Ski Club website, under the drop-down menu: Lessons & Activities. Click on "Hiking" and click on the blue highlighted website "SNSC Touring Group, Groups.io message board." This will take you to the message board that members use for up-to-date hiking/skiing information. You are also welcome to post any trip possibilities.

See you on the trails!

Sheryl Riis



FALL HIKING SCHEDULE

Sunday, September 29 – Dana "Heartbreak Hotel" Hike/Possible Supper

Meet: 9:45 a.m. at the Saskatoon Field House parking lot, corner of College Drive and Preston Avenue

Leader: Cliff Speer 306-653-5693

-hiking about 13 km through varied terrain, east of Saskatoon, with gentle hills and a "unique" lunch spot

–followed by a possible supper

Sunday, October 6 – Nisbet Summit Hike/Duck Lake Fall Supper

Meet: 9:45 a.m. across from the Lawson Civic Centre, in the Lawson Heights Mall parking lot, by the park

Leader: Hardy Menke 306-477-0593

–hiking about 12 km, through new-growth forest, with some hills, and vistas

–followed by the Duck Lake Fall Supper

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We will be hiking where ski trails were created but then the largest fire in recent history, in the Nisbet forest occurred: the “North Cabin Fire” of 1989.

The fire started in the MacDowall Block, and jumped the North Saskatchewan River. One person lost his life, 17,000 hectares of forest burned, and one house was destroyed. Now, we can witness the amazing re-growth of nature!

Sunday, October 13 – Thanksgiving – No Hike planned

*People are always welcome to organize their own walk/hike. Please let others know via the Google Group.io.

Sunday, October 20 – Borden Hike/Langham Fall Supper

Meet: 9:45 a.m. across from the Lawson Civic Centre, in the Lawson Heights Mall parking lot, by the park

Leader: Sheryl Riis 306-382-9462

–hiking about 12 km through grassland, over sand dunes, and through wooded areas, near the North Saskatchewan River, with lunch beside the river

–followed by the Langham Fall Supper

Sunday, October 27 – Redberry Lake Hike/Wiener Roast Supper (provided)

Meet: 9:45 a.m. across from the Lawson Civic Centre, in the Lawson Heights Mall parking lot, by the park

Leader: Jeff Thorpe 306-250-9266

–meandering around Redberry Lake, and area

–Wiener roast, after hike (wieners, buns, condiments, marshmallows, oranges, provided)

*Please feel free to bring “extras” to supplement our meal. 😊

Sunday, November 3 – Check for Possible Hike



BUNNIES AND JACKRABBITS by Dan Fuller

The Saskatoon Nordic Ski Club is excited to announce the upcoming Jackrabbits cross country ski lessons, designed for young skiers to learn and improve their skills in a fun and supportive environment. This program is perfect for kids eager to embrace winter and explore the joys of cross-country skiing. Registration for the Jackrabbits program will open in mid-October, so be sure to mark your calendars and secure a spot early as spaces tend to fill quickly. The program offers a great way for children to stay active during the winter months, develop their skiing abilities, and make new friends on the trails!

The Club is also looking for a new Jackrabbits Coordinator for the 2024-2025 season. Do you love the winter, enjoy working with kids, and have a passion for cross-country skiing? We are looking for a Jackrabbits Lessons Coordinator to help guide the next generation of skiers! Responsibilities include organizing lessons, coordinating coaches, and fostering a fun, inclusive environment for young skiers. If you are interested please email youth@saskatoonnordicski.ca.



Thanks,

Youth Programs
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BLIND AND VISUALLY IMPAIRED SKIERS REPORT by Stanley Windels

The Saskatoon Blind Skiers' opening fall hike and Wiener roast will be at George Kuntz's on Saturday, October 5, at 10:00 am. After that, fall walks resume every Saturday starting October 19.

Our Co-op card fundraiser is on again this year. If anyone wishes more information, please contact Ronnie Lange at 306-477-2227.

New guides are always welcome. For more information, contact Joanne Ferguson: 306-220-4006.

Thanks to the Nordic Ski Club for their ongoing support.

Right now I can't tell you where our walks will begin or end, or when our Christmas party will be.

Sincerely,
Stanley

FUNDED BY



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

As ski instructors and coaches, we're sometimes guilty of making generalized statements on technique to students that while correct, don't actually explain how to make the improvement. "It's all in the weight shift, or "good balance is the key", or "more forward body lean". We can certainly be more helpful to beginners and improvers. Here's an example.

The magic moment in skate skiing is the transition phase from one ski to the other. Get this right and your subsequent flat ski glide is efficient and effective. You'll be cruising nicely and conserving energy through your solid weight shift, balance and good body position. Get this wrong and you're likely off-balance, expending energy scrambling from ski to ski and with a very limited glide. While this article isn't intended as a comprehensive guide to skating, here are what I believe are some key points based on my instructing, my own development and that of senior instructors I've learned from.

- You straighten (mostly) your push leg and get higher only to get weight on your poles and push leg to initiate the push phase and smoothly shift over to the new ski. This is a transition, we don't want to glide in this more upright and unbalanced position. Using your weight to develop ground contact helps to maintain balance as your ski is pushing and edging. In martial arts they say to grow roots into the ground to develop balance. You need to be balanced as you push and edge the ski. Your poles are pushing and providing some balance. I now try to avoid drills that emphasize gliding in a more upright position.
- A big hint is to initiate the move over to the new ski with your body mass. The foot slides in and underneath the body. It is important that new ski touch down occurs with the body weight on top of the ski binding. A mismatch leads to poor balance and frustration. Look down the trail, say 20 to 30 feet, as you initiate the body mass shift. Our bodies should mostly face square down the trail, with our hip joint providing the necessary angulation for skate skiing. Another good hint — Move your body mass (think belly button) toward the tip of what will be your new gliding ski. Another way to put this, "Align your core with your future".
- Higher level skiers have mostly or entirely finished their pole push as their new ski smoothly touches down. Think of the skilled pilot landing a jumbo jet. Elite level male racers produce up to 50% of their forward momentum through a powerful pole push. Female racers

less. Note that most pole push is generated when the body is more underneath the hands, so deliberately pushing hard in the later stages of the push is both ineffective and leads to improper timing. A big hint is that the ski and the hands arrive back at the starting point together. Speed up the arm turnaround and/or slow down the leg return to get this right.

- You can start to work this out right now in your driveway or local park. Roller skis of course if that is something you do.
- A study showed that more elite skiers landed their skis with a bit more weight on the outside of the foot, toward the front. They then shifted to forward flat for the glide phase. A strong push phase and weight shift can lead to a lot of momentum arriving on the new glide ski. Great, as that momentum carries us forward, but if you happen to be off-balance it can normally be corrected with a little sideways hop to the outside. You can practice this as a drill.

For more complete instruction and smiles take one of our courses or a private lesson.

Happy skiing from SNSC Adult Instruction,
bruceesimms@outlook.com



Skate Skier

 **SASK SPORT**

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