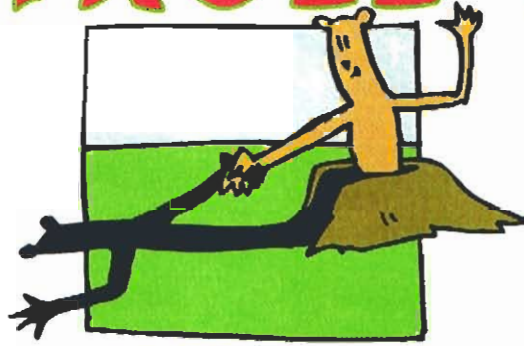


TROLL TRACKS

NEWSLETTER

April, 2007



Spring is officially here. I am sure everyone had a wonderful skiing season. Lets hope that it's getting even better next season. Anyway, it's time to dust off our bike or strap on our roller blades. To reduce the rising cost of posting the newsletter, please indicate if you still want to receive your newsletter by mail in the next membership registration. If you don't state your preference, the newsletter will be sent to you via email by default. Thanks for your cooperation.

-Editor

* Important Event *

Edmonton Nordic AGM will be held on Saturday, April 28 at Goldstick Park. Everyone is welcome. Barbecue burgers and drinks will be served. See poster at the back for details.

Seeking a Few Good Members...

According to ENSC bylaws, the president, vice-president, treasurer and biathlon

coordinator positions will come vacant at the April AGM. Please consider volunteering for one of these positions.

About half the board members retire each year, the other half stays on to provide continuity and guidance to the new members. The executive committee meets once a month for about 2 hours.

Contact Katy Cox at 434-5673, Jane Causgrove-Reinhart at 438-0629 or Kathy Williams at 437-5413 to find out more about what the positions entail and the time commitment.

Other projects always looking for helpers are: casino, grooming, Troll in the Park, regional races, Alberta Cups, skickoff, Nordic Fair, River Valley Cleanup, and Jack Rabbits. Look for signup sheets at the AGM.

Jackrabbit Report

SATURDAY JACKRABBITS

How time flies when you are having fun. This years Jackrabbits is just about over and it seems like we just started. We had a lot of great success with the kids ski development. They came along so far and with such little effort on our part, they all must be naturals. The club should prepare itself for an onslaught of Beckie Scotts.

Well there may be more to it than that, we also had some exceptional help from many of the clubs younger racers. They all



donated there time selflessly and were exceptional role models. I cannot begin to explain what a positive effect this has had on our Jackrabbits.

Thank you to all of them.

We also must not forget the parents who were instrumental in helping out through the year and in helping with the year end Double Cross wind up. For those of you who don't know the Double Cross is a CCC sanctioned event that has two skiers race each other a course with bump, dips, and jumps. A real crowd and kid pleaser.

Also a huge thanks to our great coaches who went above and beyond in enthusiasm and positive attitude and time.

It has been a wonderful experience with so many great kids and families. This club is truly fortunate to have such a great base of future members and skiers. We look

forward to seeing all of the Jackrabbits and families next year. We would love to get feedback of any kind to make the program better, please contact us at siantodd@telus.net. Oh yea... don't forget to tell your friends - the more the merrier.

Sian and Todd Barraclough
Saturday Jackrabbit Co-ordinators

**** Jackrabbits would like to thank David Jones a former Jackrabbit parent who most generously donated a complete waxing kit, iron, ski former and all. This will be a great asset in teaching kids and families the basics in waxing and even preparing ski of those who are eager to race. ****

Edmonton Nordic

DoubleCross March 3 & 4

ENSC Jackrabbits hosted a doublecross race on March 3 and 4, 2007, at Goldbar Park in Edmonton. The events were very well attended and great fun was had by all!

Saturday March 3

Saturday morning saw blue skies and mild temperatures. By mid-day the temperature had risen to about +10C - a perfect day for a fun Jackrabbit wrap-up! 67 skiers raced on Saturday in four categories - Bunnies, 6 & Under, 7 & 8 and 9 & Older. All racers received a CCC buff and ski holders from Fast Trax for participating.

The Bunnies had a separate course set up with cartoon characters, hoops to go under and bells to ring. The older kids all raced on an up and down, bumpy double cross course. The kids skied great, including lots of spills along the way.

The race was followed by a scavenger hunt. Four scavenger hunt courses were set up - one for each age group. During the night, a very nice jackrabbit had hidden lots of Easter eggs full of little toys and candies on each course. The kids had lots of fun looking up, down and all around to find all

the eggs.

All skiers and families were treated to hot dogs, cookies and juice after the race and scavenger hunt. We were also very lucky to have a biathlon demo put on by ENSC and the Alberta Biathlon Club. The biathlon demo was a big hit with kids lined up to try their luck at shooting! A big thanks to ENSC and the Alberta Biathlon Club for their help!

Candy necklace medals were given out in the 6 & Under, 7 & 8 and 9 & Older categories. Results were:

6 & Under

1. Noam Sander
2. Jaydaan Bayne
3. Soleil Lee

7 & 8

1. Taij Mann
2. Kieran St. Clair
3. Camille Preston

9 & Older

1. Michael Olmstead
2. Ryan Chartrand
3. Aidan Paetsch

Sunday March 4

As the temperature plummeted overnight from a Saturday high of +10C, the snow set up like concrete for Sunday's Jackrabbit Fun Day. Despite the boilerplate conditions, 88 kids challenged themselves and their little legs over a humpy-bumpy wiggly course at Goldbar Park. Home of the Edmonton Nordic Ski Club and site of the Jackrabbit's lessons, Goldbar had been groomed immaculately for the race. The kids had a great time racing against one another, enjoying the experience of wearing bibs and being cheered on by family members. The only thing better than the race and the "buffs" they received were the hot dogs and cookies at the end of the afternoon.

Cross Country Groups Report

Race season continues to be a busy time. Troll in the Park Dec 31 was a fun event as usual, attracting skiers from Edmonton, Camrose, Athabaska, St Albert, Fort Saskatchewan and surrounding area.

January 14 was the Free Style Alberta Cup 4 in Edmonton where the ENSC was 36 racers strong. We had 32 skiers place top 10 in their age groups and 15 skiers on the podium! Our medalists were: Erin Stafford, Tate MacDonald, Megan Hall, Mathew Saurette, Sam Reid, Will Hosford, Kelly Hall, Maja Zimmerman, Maryann Heacock, Emily Lynes, Wietske Eikelenboom, Ryan Reid, Clayton Stafford, Paul Zimmerman, and Lorris Williams (Sr.). Congratulations to all racers, you represented us well! Thanks to Tolly, Lorris and Paul for coaching.



I would like to express my thanks and appreciation to Mike Dickenson and all the club members who did such a wonderful job running the Alberta Cup #4 this year. The organization, the venue, the hot drinks....it was great! Having such a race on home turf has some wonderful effects. It provides home team advantage to our racers, and allows younger skiers who do not normally race to give it a try on familiar trails without having to travel. Our Alberta Cup was used as a mid-season selection race for Cross Country Alberta's Development Team trip to Westerns and for the Alberta Ski Team's trip to Nationals.

Based on their performances at our race Mathew Saurette was selected to join the Alberta Development Team at Westerns and Maryann Heacock was selected to join the Alberta Ski Team at Nationals this year. Both skiers are to be congratulated!

Westerns were Feb 6-12 in Smithers B.C., with 11 ENSC racers racing. Six of our racers were also representing the Alberta Development Team with Cross Country Alberta. They were: Kelly Hall, Sam Lam, Will Hosford, Sam Reid, Megan Hall, and Matt Saurette. With Edmonton Nordic were: Ryan Reid, Maja Zimmerman, Stuart Gray, Nathaniel Preston and Patrick Moore. Between them they brought home 6 medals and 19 top 10 finishes. Thanks to Lorris for coaching and to Dave Reid, Doris Saurette, and Morrie Hosford for providing great support.

February 18th our 3d regional race of the year was held at Goldbar Park. 19 participants turned out for the classic event. Thanks to Kevin and Frank for track setting and to Les Mazur for organizing the timing and all the volunteers who made it work.

Up coming events include the March 11 Pursuit at Goldbar, and Alberta Cups 5&6 in Hinton March 3&4. Ryan Reid and Maryann Heacock will be traveling with the Alberta Ski Team to Nationals in Mont Sainte-Anne Quebec on March 15. We wish them luck! And the season will wind up with Alberta Cups 7&8 March 31/April 1 at Sharkfest.

Happy Skiing Everyone!

Inga Reid, x-country coordinator g them! Thanks also to Kevin for the wonderful grooming!



Alberta Cups 3 & 4

ENSC spirit shines on Day 2

As the saying goes, 'It was the best of times, it was the worst of times'.

The worst occurred February 10, when Mother Nature waved her fickle winter wand. The temperature, with wind chill, settled around minus 24 and the jury was forced to cancel the race for the safety of racers and volunteers.

The best took place the next day when ENSC hosted a superb Alberta Cup race that garnered tons of praise, from registration to results, from food to facilities.

The numbers tell part of the story:

- 190 athletes
- Almost 100 volunteers
- More than 100 draw prizes
- 15 ENSC athletes on the podium and 32 top 10 finishes!

What the number don't show:

- Club veterans passing on skills and knowledge to new volunteers
- Warm blankets and heated tents for cold racers staggering to the finish after Esso Hill
- Doris' wonderful homemade soup for 500
- Kevin (The Bombi King) providing grooming and security despite pneumonia
- XC and biathlon volunteers coming together, and folks from other clubs helping out
- And so much more.

Our Alberta Cup not only showcased our club to the province, it provided our athletes with home field advantage and helped build our volunteer skill base. For all of this, a special thanks to the organizing committee of Diane Carlsson.

Solange Dickinson, Willi Fast, Morrie Hosford, Lawrence Lam, Les Mazur, Kevin Moore and Terry Protz, plus the many volunteers who created a great event. Thanks also to the many sponsors, especially Fast Trax for the excellent toques!

-Mike Dickinson, Communications

Troll Tracks Athlete Interview

ENSC's Stefan Kuhn Goes to World Championships

Stefan Kuhn may be the only ENSC male in the club's history to qualify for the World Cross Country Ski Championships.

Now located in Canmore, Stefan lived in Edmonton and trained with Jack's Pack for the last several years. While living here he combined a serious training schedule with a full-time job as a chef. We are proud to have Stefan competing under the ENSC banner and wish him well!

-Troll Tracks

(Editor's note: Stefan finished 41st in the 50 km classic race in 2007 World Championship in Sapporo, Japan)



Troll Tracks Coach

Interview 2

Although he is a hard man to catch up with, we interviewed long-time coach and racing enthusiast Paul Zimmermann.

TT: How long have you been coaching?

PZ: I started my first coaching courses in 1992 and have been coaching since then. The first few years were mostly with Jackrabbits, then with Racing Rabbits which we turned into Lynx, and now with



the Mammoths.

TT: Where did you learn to ski?

PZ: Back in Switzerland my two best friends talked me into doing some touring (which means ski mountaineering back there) when I was 17. I learned the hard way. The uphill were very easy but when it came to taking the skins of the skis to ski down, I remember taking a tumble every turn. Only at home I discovered my binding was set way too loose. Next time out I managed to put three or four turns together before taking a tumble. Picking myself out of the snow to catch up with my friends made me strong. I really enjoyed being in wide open spaces and the mountains and got hooked pretty quickly. Before I came to

Canada I had been only 6 times on skinny skis. Once I was in Edmonton I spent most of my free time in the mountains until I settled down a bit for family life. That's when I took up cross country skiing to burn up energy and keep fit while enjoying the great outdoors.

TT: What other sports are you active in?

PZ: Biking and canoeing. More hiking and mountaineering are on my wish list.

TT: What level of certification do you have?

PZ: NCCP2 in cross country skiing and basic kayaking and canoeing.

TT: What is your favourite place to ski?

PZ: The mountains with fresh snow and sunshine. Sovereign Lake for groomed trails.

TT: Why do you coach? What do you hope to achieve in your coaching?

PZ: First I thought I would help my kids ski; and if I'm with them I may as well help others. Then I discovered that I enjoy coaching others and seeing them progress to proficient skiers. I hope to instill a love of skiing and being outside and love of our mother nature. Also I try to help people to reach their potential.

TT: What is the most memorable race for you personally?

PZ: The Birkebeiner a number of years ago when Vaughn McGrath and I battled to a tie in the 55km with pack.

TT: What is the most memorable race you have coached at?

PZ: AWG 2006. Our athletes did great

despite our limited training (mostly doing circles at Edmonton Ski Hill).

TT: What advice do you have for people just learning to ski?

PZ: Enjoy yourself but try to do the best you can and keep thinking about your technique!

TT: Thanks, Paul! See you on the trails.

-Troll Tracks



ENSC Recreational Skiing Summary for February

Wednesday Night Skis

- Still chugging along, averaging 6 – 12 skiers
- We will continue as long as the snow lasts
- At the beginning of the month, there was a nice article in the Edmonton Sun Snow Sport section on our Wednesday evening skis. Unfortunately it does not seem to have attracted any more new skiers

Day Trips

- Averaging 6 – 12 skiers. .
- Places visited in February were, Blackfoot, Tawatinaw, Athabasca & St Albert
- Will continue to run them as long as the snow lasts

Loppets

- A few of our recreational skiers took part in some of the regional loppets, some of them for the first time & they surprised themselves by how well they did. Loppets participated in included, Birkie, Cookie Race & Edson.
- General attendance at some of the regional loppets this month was very low, e.g. < 50 at Tawatinaw despite excellent conditions & 32 at Edson last Saturday. Conversely attendance at the Cookie race was a record high at over 550 skiers.

General

- I would still like to organize a treasure hunt on skis for late March using city ski trails, snow permitting.

Mike Stern
 Touring & Loppet Co-ordinator
 04/03/07

<http://www.cansi.ca/en/news/newsletter.php>

Just a reminder, try on your own risk; there is no guarantee it works for everyone. The editor has tried on his rock skis with mixed results: if the skis were steel-scraped well enough, they seemed to perform better than a mediocre waxed skis. But don't Jack that!

To Wax or Not to Wax Continues...

Back in March 2006, Troll Tracks has printed an article "To Wax or Not to Wax" referring to an interesting research subject on ski wax carried out by Leonid Kuzmin, a Swedish researcher. There is a recent interview by CANSI Karla Wikjord on the same subject published in CANSI newsletter. You can find the article in Xcitation Winter Issue Season 2007@



2006/07 Executive Committee

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	Solange Dickinson	461-1510	
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Touring/Loppet	Mike Stern	433-4328	mikestern@telus.net

Edmonton Nordic AGM Annual General Meeting

Saturday, April 28th 5:00
pm at Goldstick Park.

Bar-b-que burgers and
drinks!

Please bring one salad or
dessert item per family.

Everyone is Welcome!

Information on Snowmaking for
2007-2008

