



# Troll Tracks

EDMONTON  
Nordic

February 2005

See the newly revamped club webpage at: [www.edmontonnordic.ca](http://www.edmontonnordic.ca)

It's hard to believe that March is just around the corner. Where did the ski season go? Hopefully Ma Nature has a few more snowfalls for us to enjoy before spring arrives.

In this edition of Troll Tracks, read about some of the events that have taken place over the winter, and about some of the events yet to come.



## Message from the Prez



### Check it out... the New ENSC Website!!!

Some of you may have noticed a recent change when you log onto [www.edmontonnordic.ca](http://www.edmontonnordic.ca) lately. The new ENSC website was launched the first week in February, just in time to provide a breathe of freshness and to highlight the results of the Biathlon Nationals held the last week of January. The site was designed by ENSC member Will Critchley with feedback from executive members as to areas of interest, information and links to what club members and non-members might like to experience as they connect. It includes links for competitive and recreational programs, events, registration forms, lesson information and "the Forum" (an interactive site to post race reports, chat with other skiers, list classified ads, or correspond with members of particular ENSC groups). As a member of the club, we hope you'll "take the plunge" and connect as well, then send us an article, an item for sale or feedback as to the changes! Suggestions can be sent to Will Critchley, Kathy Williams or Pat Sachse-Brown. Remember, it's your club....and it only gets better with your involvement! Hope to hear from you soon!

## ENSC Family Fun Day and Groomer's Cup

The Edmonton Nordic Ski Club's Annual Family Fun Day is fast approaching. This year's event will be held on Saturday, March 5 at Goldbar Park. As always, the day will include the Groomers Cup (10K), the Half Groomers (5K), and shorter races for kids in the Bunnyrabbit, Jackrabbit and Lynx programs. All races are "Open" - snow permitting, we'll have both skating and classic tracks available.

Registration for the event starts at 9:00 and runs until 9:45 for Groomers and Half Groomers racers, or until 11:00 for the kids races. The entry fee is \$5.00 per racer or \$10.00 per family - so bring the whole gang!

Following the races, there will be a B-B-Q, some prizes and games for the kids. With luck, we may be able to talk the Biathlon Club into setting up an air rifle demonstration.

### Edmonton Regional Race Series Update

By the time this newsletter is published, there will be only two races remaining in the twelve race Edmonton Regional Race Series. February 23 will be a classic race and the finale on March 2 will be a skate event complete with doughnuts and hot chocolate. Registration begins at 6:30 p.m. with the races at 7:00 p.m. As usual entry fee is a buck. Distances are short so no one is too young or too slow to enter. Special thanks to Mary Heacock and Les Mazur for officiating at these events

### Western Canadian Cross Country Championships – Hinton Alberta – February 4-6

A total of 330 competitors were entered in the events with competitors from as far away as Nova Scotia. ENSC was well represented with 33 athletes competing in various categories. Besides athletes, ENSC also had 5 coaches and a dozen or so parents providing support or helping out the race organizers in an official capacity. Twenty centimeters of fresh snow associated with the arrival of an arctic cold front made for perfect conditions for the classic races on Friday. The Skating race on Saturday was also blessed with good snow, but temperatures were starting to drop so conditions were not that fast. Saturday evening was social time with over 500 people attending the race banquet at the Hinton Center. Temperatures on Sunday morning were in the minus 23 degree range resulting in the sprint races being postponed and eventually cancelled. Overall this was a very good weekend for the ENSC with our athletes bringing home 6 medals. I would like to offer special thanks to Willi Fast for arranging accommodation at the Blue Lake Center and to our coaches for their support and enthusiasm.

## **Former Olympian and World-Class Coach Works with Nordic Coaches**

Training Clinic Report by Sian Barraclough

Edmonton Nordic Ski Club coaches experienced a real treat on December 18 & 19, 2004. Justin Wadsworth was in Edmonton to put on a coaches' training clinic over the weekend. For anyone who does not know, Justin Wadsworth is a former US cross-country ski team member, three time Olympian (1994, 1998 and 2002), and Beckie Scott's coach and husband. The clinic was open to all club coaches, from the Jackrabbit level up. About twenty coaches took advantage of this tremendous opportunity.

One of the main purposes of the clinic was to bring club coaches together so that we are all on the same page and sending a consistent message to our athletes at all levels.

The mornings were devoted to technique - classic on Saturday and skating on Sunday. Each morning started with a classroom discussion of technique, followed by on-snow work with analysis and feedback from Justin. The afternoons were set aside for discussion of training principles and Q&A sessions. Justin was an engaging speaker, extremely willing to share information and knowledge, and open to and welcoming of any and all questions and discussion.

The weekend was a fantastic opportunity to learn from a world-class skier and coach of Canada's top-ranked woman skier. This exposed the coaches to cutting-edge thinking on technique and training and a fresh perspective. It provided the opportunity to listen, learn and experiment on skis.

Judging from the questions asked during the sessions, coaches were challenged to think and reassess their current beliefs and methods – which is, of course, what learning is all about! Hopefully all the coaches have since thought further about the information Justin presented and are incorporating some of his suggestions into their coaching, on an age and skill-appropriate basis.

Apart from all the fantastic technical information presented, I believe that the key message he brought was the need to make skiing fun for kids. As we are all aware, attracting kids to and retaining them in cross country ski programs is a challenge in our North American sport culture. By coming up with creative ways to make skiing fun, we should have greater success overcoming these challenges!

Special thanks to SISU and the Edmonton Nordic Ski Club for sponsoring the event – and providing great lunches! And, of course, to Jack Cook for organising and coordinating the event!

For more information on the technical information Justin presented, check the December 20<sup>th</sup> and 23<sup>rd</sup>, 2004 entries on Jack Cook's website at [www.cooksport.net](http://www.cooksport.net),

Canadian National Biathlon Championships,  
Held January 26-30, 2005 in Edmonton

WOW, was that ever a lot of fun. What a tremendous event to be a part of. We got lucky with the weather and ski conditions to make for some very competitive and challenging competitions. Michael Robb did a tremendous job of public relations which resulted in multiple stories and pictures in the local papers and television. Our Saturday start was carried live on CBC nationally! Gord Murrie and his crew of dedicated workers transformed our little grassy knoll into an urban course/facility like no other. Another 150 volunteers gave countless hours to our event to create cherished memories for the 103 competitors. Our local ENSC athletes were thrilled to finally show their stuff in our own backyard. ENSC is very proud of Yannick Letailleur for qualifying for the World Junior Championships in Finland. Gerhart and Paul Klann must have felt like rock stars with all the media requests. Russell Bird got a full page storey in the local Sherwood Park paper while Daniel Robb and Mark Nesbitt were featured high school athletes in the Journal. On behalf of ENSC I would like to thank the volunteers that came from our ENSC family to assist in running the races. Results and pictures can be found on the Biathlon Alberta web page. Hopefully we can do this again in 2007!

From a coaches point of view Amy and I would like you know how our group did this weekend.

We have three athletes from our group racing at Nationals this past week, Yannick, Daniel, and Mark. We also had many other Edmonton athletes who train away from the club at the races, Jamie, Russel, Paul, Gerhardt, and Dylan. Kieran, Matt, Zach, Tom M, Luc, Kimberly, Erica and Pamela along with coach Meghan and basketball playing Alex came out to volunteer by forerunning, pulling tagets, shuttling rifles, helping in the office and course checking/ finish line crew. Amy was an Alberta team coach and I was the MC, as I sure most of you know.

For racing performance from our group, I would like to report five medals. Daniel with individual silver medals, Yannick with two individual Bronze medals, and Mark (with a heart break Jury decision) almost receiving a bronze medal. Also Team Alberta was second in the team aggregate race with Daniel received a medal, but Yannick and Mark raced strong to help earn the team this honour.

It's also with great pleasure that I would like to announce that Yannick has been selected to represent Canada at the 2005 World Youth Championships. In 6 week Yannick will be heading to Kontiolahti, Finland to join Jaimie at the combined World Junior/Youth Championships as a member of the National Biathlon Team. Gerhart will be heading to the Senior World Championships in Hochfillzen, Austria. A big congratulations to the athletes of ENSC for their strong showings at the 2005 Biathlon Nationals.

Thanks,

Sean and Amy

## **Troll Tracks Articles**

We are always looking for articles to be included in future editions of Troll Tracks. Tell us about a trip, tell us about some new equipment or ski area you discovered, tell us about anything that has to do with skiing. Email submissions to [dhcarlss@telus.net](mailto:dhcarlss@telus.net)

Also, if you are interested in becoming involved with the club as one of the communications team, we will be looking for a new newsletter editor for the 2005-2006 season. Contact President Pat Sachse Brown for more details (466 2532)

