



EDMONTON
Nordic

Troll Tracks

May 2005



www.edmontonnordic.ca

*Summer is just around the corner. Enjoy and have fun.
It's also time to renew your membership.*



Message from the President

Year 2 of being in the position of President of the ENSC...it has been an experience I am glad to have been part of. As I move into the Past President role, I wish to share some highlights of the past year.....

The winter of 2004-05 is one worthy to find its way into the ENSC archives as the beginning of change. Change that began as a few new faces dared to join the group that comprises the Edmonton Nordic executive. The changes started with a focus on communication - among members and to members, as the club newsletter, "Troll Tracks" was revived and distributed after 2 years in hiding. A second communication shift was felt through the fingers of those brave enough to visit the ENSC website, as its face and format was updated to reflect a new ski club in the making. With current information, ski conditions and the forum for communication (time to sign on if you haven't!!), the new site proposes to meet the needs of club members in a variety of ways.

To continue to promote the sport of cross country, the club manned a booth at the Edmonton Ski Show in October and held draws for lessons and a family membership. This was followed in November by the Nordic Fair, held in a new venue but with a return to an old style of selling ski equipment. Then the snow gods began to shine on all skiers. Edmonton Nordic successfully held the traditional Troll in the Park on New Year's Day, the Wednesday Night Race Series, the Madshus Sprints (2 days before the Birkebeiner), the Biathlon Nationals at the Strathcona Nordic Center and the Family Fun Day for Jackrabbits (did I miss any?). Our racers participated in Cross Country Canada and Biathlon Canada events throughout the season with outstanding success, while our Jackrabbit programs continued to turn youngsters into successful new skiers. Even our adult programs were at capacity!

Where to next.....we are currently in the process of signing a lease with the Province of Alberta to continue to develop a trail system at the Strathcona Nordic Center, one that will allow for snowmaking and a guaranteed ski season. As for the upcoming years, we hope to add more programs at all levels, to help the club grow. We hope to have a volunteer base that also grows, to be even stronger than the "hardcores" that are currently involved. WE hope to build a club that supports the needs of Nordic skiers in Edmonton.....hey what a dream.

My thanks go to this year's executive, for being willing to be part of the changing face of ENSC. As I turn over the president's position I can only think about one thing left undone....I wonder what being past president will bring?

Pat Sachse-Brown, President ENSC 2004-05

See you on the trails!!!!

Notes from the 2004-2005 Edmonton Nordic Ski Club AGM

Notes from the AGM 2005

by **Kathy Williams**

On a blustery April 9, 2005 afternoon a huge and enthusiastic crowd of ENSC members gathered to attend to the official business of the club's Annual General Meeting before getting down to the real business – celebrating our very successful ski season by eating, drinking and making merry. We played games, ate scrumptious burgers, salads and desserts. We awarded certificates of appreciation to our valuable coaches, faithful volunteers and dedicated participants. **Frank McNamara**, grooming volunteer extraordinaire won the Ole Hovind Award.

This AGM was lots of fun. Let's do it again next year! Thanks to **Carla Costuros, Don Spence, Ron Reinhart, Diane Carlsson, Tolly Bradford, Terry Protz, Pat Sachse Brown, Jane Causgrove-Reinhart, Bill van der Meer, Kathy Williams**, and the **Mammoths** for putting on a great event.

Many thanks to these supporters who donated door prizes: **Velocity Cycle, Jack Cook – Elements Wholistic Massage, Beaver Flats Pottery, Alberta Biathlon Club (Rena Murrie)**.

Thank you to the 2004/05 ENSC Executive Committee for a job well done. Special thanks to outgoing executive committee members **Diane Carlsson, Tony Moratto, Don Spence**, and **Bill van der Meer** for their many years of dedicated service and thoughtful guidance.

Welcome to the 2005/06 Executive Committee:

Past President:	Pat Sachse-Brown
President:	Kathy Williams
Vice President:	Gordon Murrie
Treasurer:	Jane Caugrove-Reinhart
Secretary:	Werner Groeschel
Membership:	Peggy Hurdle
Facilities and Equipment:	Bob Warshawski
Social:	Carla Costuros, Rena Murrie
Newsletter Editor:	Lawrence Lam
Adult Education:	Yvonne Stern, Bonnie Lebowitz, Jim Brohman
Biathlon Coordinator:	Ed Steinbring
Cross Country Racing Coordinator:	Ed Heacock, Carolene Kuschminder
Jack Rabbit Coordinators:	Tony Epp, Wayne Olmstead
Touring/Loppets:	Mike Stern

Thank you for taking up the challenge of serving the club. I look forward to working with you.

Highlights of ENSC 2004/2005 Cross Country Training and Racing Program

X- Country Training 2004/05 Report

Lynx, Intermediate (Mammoth) and the Senior (*Jack's Pack*) group fall under the umbrella of the X-Country Training Program.

There are nine coaches involved in program with the senior program running year-round.

There were approximately 60 Club members who participated in the program in 2005-2006.

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. 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.

Nationals in Prince George – February – to early March

There were 300 plus competitors in total from across the country. Thirteen of these were ENSC members including 2 parents/wax technicians, 2 coach/athletes and 9 additional athletes. There were several top 10 placing including a bronze medal in the women's relay.

Regional Race Series:

The affordable (\$1/race) Regional race series consisted of 12 mid-week races starting in early December and ending in early March. Two of the races were cancelled. Attendance at the races was less than the previous year. We are considering moving them to weekends next year.

Coaching Development:

A weekend seminar led by *Justin Wadsworth* gave our coaches valuable and up-to-date information on training and technique strategies. Theory and on-snow sessions were held. In addition, both *Justin* and *Becky Scott* were available Saturday evening for an informal evening of autographs and questions.

Next Year

Another attempt will be made to launch the "Chicks on Sticks" (girls only) program. *Henry Madsen* has agreed to co-ordinate CANSI and re-certification courses for next year.

By *Ed Heacock* and *Carolene Kuschminder*
X-C Coordinators

Adult Programs Report

The Adult Program had a late start this year. Lack of snow resulted in Post-Xmas lessons only. Fortunately, the response for lessons was excellent and 77 members honed their skills under dedicated instructors. Classes were large, perhaps too large at the beginner level. One thought would be to offer a class for novices; in other words, people who have never cross-country skied before.

Responses from the lessons suggested incorporating a waxing clinic as an add-on so that there is some consistency in waxing techniques. Other comments from the groups suggested some recreational skiing within the club.

This year we offered a River Valley Ski over the Christmas period. This stirred enough interest to resurrect more "fun" skis for adult members next season. We're hoping to offer some day skis in and around the city.

ENSC 2005 Fall X-Country and Biathlon Dryland Season

Kickoff Registration and Run.. Sunday September 11 at Goldbar Pavilion.

1:00-2:00 P.M. registration

2:00 – 3:00 P.M. meet the coaches and fun run

First regular training session.. 6:30 P.M. Tuesday September 13, at Goldbar Pavilion.

News from our Athletes and Coaches



Jack Cook Wins the Canadian National 100K Championship

ENSC senior coach and ultra marathon athlete Jack Cook took the Canadian National 100 K Running Championship with a decisive win on May 7, 2005, in Toronto.

Jack finished the race in an amazing seven hours and 37 minutes, more than 25 minutes ahead of the second place finisher.

"I ran the first four 10K laps with a fellow who said that he planned to run the distance in about seven hours. I thought that was too fast but decided to stay with him. He picked up the pace on the fifth lap, running it in 40 minutes, but I was still with him and feeling good. He decided to stop for a feed and I never saw him again. Pacing is really critical at these distances!"

Jack's result means that he is the number one ranked ultra marathoner in Canada and qualifies him to represent Canada at the World 100 K Championships at Lake Saroma near Hokkaido, Japan June 26, 2005.

"I am really excited to be going to Japan. My training is going great and I am very positive about my prospects to do well there."

Congratulations, Jack!



My First Happy Gilmore Cheque, and Other Fun Things!



Well, I finished! The Marcialonga in Val di Fiemme, Italy, is a seventy kilometer FIS marathon cup race with around 4500 participants. The 2005 Marcialonga was my first ever race over thirty kilometers. The course is largely flat except for the final three kilometers. So, after a backbreaking sixty-seven kilometers of double poling, I started up the mountain heading into the town of Cavalese.

I began the climb as the sixth woman. Dead as I was, I rounded the first switchback to see a woman barely shuffling along, clearly just trying to finish. I started to get excited – I was doing okay, I had the energy to get to the top! I soon came upon another woman struggling to survive and crawled past her as well, the motivation at this point that the finish line was nearing and the sooner I got there, the sooner all the pain would end! To understand the pace at this point, imagine your slowest pace in easy training, but with the burning lungs and muscles of the final kilometer of a 10km race – a very strange feeling when you’re moving so slowly!

After three hours and 50 minutes I finally crossed the finish line in 4th place. A volunteer immediately handed me an envelope marked “personal and confidential” and took me by the arm, jabbering at me in Italian. I can barely understand Italian when it is spoken very slowly and my brain is sharp and functional, so this man was not getting through! He pulled me over to another man; the two of them conferred for a moment, and eventually came up with “podium”. OH! I nodded, smiled and the two men began taking my skis and poles off. Coming from Canada, where skiing isn’t a big deal, I was taken aback to say the least! My teammate Dasha (who placed third) and I were so excited as the top five women took the podium in front of a large cheering crowd. While the other women on the stage with us just stood there, Dasha and I could hardly contain ourselves; we were whispering excitedly to each other, and neither of us could wipe the big silly grins off our faces. First there were trophies, then goody bags, then – oh boy – giant cardboard cheques! My very first Happy Gilmore cheque – man did I feel famous! The Italian woman who won the race was given a huge bottle of Champagne, at least four liters worth, to spray everyone with. I can’t imagine picking that up, let alone trying to shake it in the condition we were in.

Then, after photographs, Dasha and I attended a press conference (yes, a press conference!). We sat with Gabriella Paruzzi (!) and the other top five women. After it was all over and I had taken a deep breath, all I could think was, “Wow”. This is a memory I will treasure forever for it is not often in our humble sport that an entire community embraces and celebrates sport in such a grandiose manner. If ever you get a chance to ski in the Marcialonga, take it. It is a truly amazing event.

Thank you so much to the members of Edmonton Nordic for their kind support over the years.

Happy trails!

Madeleine Williams

ENSC Biathlon Yearend Report 2005 By Ed Steinbring



Athletes

A smaller number of youth and masters trained and competed this year. Their results never the less were outstanding. **Yannick Letailleur**, **Daniel Robb**, and **Mark Nesbitt** were on provincial teams. **Yannick**, **Mark**, **Daniel Russell Bird**, and **Gerhard** and **Paul Klann** represented Alberta at the National Championships, with **Yannick**, **Daniel** and **Gerhard** medalling.

Edmonton Nordic was represented internationally by **Marcie Reinhart** and **Russell Bird** at the 2005 World Universiad Games in Austria. **Yannick Letailleur** competed in the World Youth Championships in Finland with great top half results. **Jamie Robb**, now living in Quebec, attended the World Junior Championships also in Finland with a top 10 finish and a bronze medal in the relay. **Gerhard** and **Paul Klann** raced for Canada at the 2005 Biathlon World Championships in Austria against the worlds best.

Edmonton Athletes during the winter traveled to Camrose, Canmore, Grande Prairie, Ft. MacMurrie, and North Battleford for competitions.

Facility

It was the second year of using the biathlon range for ENSC. A more detailed site plan is being developed by **Don Gardner** (planner of the 1988 Canmore site and 2010 Olympic Nordic site) to include snow making and more extensive trails.

Competitions

ENSC hoisted the Canadian National Biathlon Championships in January 05. It was the first competition at the ENSC biathlon facility, the first nationals held in a major urban city in North America, the first time a biathlon competition was carried live on CBC, the first time snow making was tested at the biathlon site.

The national competition went extremely well due to the hard work of ENSC volunteers and the public. The Edmonton Journal newspaper gave front-page exposure to the sport of biathlon.

ENSC came second in Biathlon Alberta club cup points for the second year in a row. ENSC however only narrowly beat out Camrose who came third by about 150 points.

Coaches

Amy Ford (Biathlon Canada's coach of the year in 2003) and **Sean Kennedy** led the program. **Megham Armstrong** (recently retired World Cup competitor) started coaching for Edmonton. **Real Tetrault** and **Cindy Templeman** brought ENSC athlete's shooting and skiing up this year.

Unfortunately both **Amy** and **Sean** will be leaving to Montreal this fall and will be missed by everyone. We hope they come and visit sometime.

Programs

ENSC was able through grants and seed money to get the latest in biathlon air rifles. These 4 rifles will allow athletes an easy, cheap way to try biathlon. An open house and demonstration were held at the end of winter. In June another open house will be held. Next year a 6-week program will be offered that compliments the cross-country programs so athletes of all ages will be able to try biathlon without interrupting their ski groups.

There will the usual training starting up in May and continuing in the summer. Off shoot programs available through ENSC members include road and track cycling, and whitewater kayaking.

Congratulations to all the ENSC athletes.

A big thanks to **Tony Morratto** for his dedication these past two years as the biathlon coordinator.

Biathlon Open House

Edmonton Nordic Ski Club

Sunday, June 5, 2005

1 to 4 p.m.



Plan on attending the Edmonton Nordic Biathlon open house at the Strathcona Science Park, Edmonton Nordic biathlon facility Sunday, June 5, 2005 from 1 to 4 p.m.

Prizes, food, and fun.

Try a biathlon air rifle, try a mock race running with local biathletes, find out about programs for ages 8 years old to masters.

The biathlon range is located off of 17 street and between the Yellowhead and Baseline road by the Sunridge Ski Hill.

See you there.

(This event can only run if it is not raining.)

For more information call Ed Steinbring at 430-7231.

Classified -

Wanted - Family for Japanese Student Exchange

Edmonton Public Schools is looking for a family who would be interested in having a grade 9 student from Japan stay with them for the coming school year (2005-06).

This young man is interested in joining the ENSC and training through the season.

The ideal arrangement would be to have him stay with a family who has a skier with a similar focus and "profile". Could this family be yours??? Please contact Pat Sachse-Brown if this ad has peaked your interest at 466-2532. I know it would be a great adventure for all concerned!