



# Troll Tracks

EDMONTON  
Nordic

Oct 2005

[www.edmontonnordic.ca](http://www.edmontonnordic.ca)



...  
*Treasure the autumn  
The crisp fall air  
It's a blessing at best  
For all to enjoy*

*All those painted leaves  
On those moon lit eves  
Not costing a dime  
Yes --- it's autumn time..  
by **Llewelyn Ellsworth Dahlen***



## Message from the President

### Come Grow With Us!

Your executive has adopted this slogan for the 2005/2006 ski season. This phrase captures our aspirations for the upcoming ski season. There is lots happening at Edmonton Nordic Ski Club. What's in store?

If you've been down to Goldbar recently, you've seen the upheaval left by the PetroCanada pipeline construction. Out of this muck rises the opportunity for us to have snowmaking. Your executive has set fall 2006 as a deadline to have snowmaking; subcommittees are working on the political front, the technical aspects and the financial angles. Imagine, we could be skiing every year in November, even if Mother Nature hasn't shaken her feather beds! If you are interested in working on one of these subcommittees, please contact me. In true Edmonton Nordic tradition, these are true working committees. Expect to be put to work.

Our ski programs are growing. Biathlon coordinator Ed Steinbring is building the air rifle program; Ed Heacock, the cross country coordinator, plans a girls on skis program and a masters' group. The Eds are working closely together to provide development opportunities for coaches and waxing clinics for club members. The regional races occur on Saturdays this year in the hope of involving more skiers.

The new loppet coordinator Mike Stern will be leading trips to regional loppets such as Camrose, Vermilion and Athabasca, snow permitting, of course. He also plans a midnight ski at Blackfoot – take in this magical experience – and Wednesday night social skis at Goldbar. There is also the Edmonton End to End Ski on Boxing Day.

We continue to work on the orderly development of the Nordic Centre at Strathcona Science Park and soon will be following up on the results of the members' questionnaire we circulated this summer.

We are active on the national and provincial fronts too. We are supporting the Canadian National Cross Country Ski Teams in their quest for Olympic medals in 2010 by selling the Project Podium calendars. Proceeds go to the national team and to ENSC athletes. Buy a calendar from the athlete nearest you! We are coordinating a Level 2 Officials recertification course for Cross Country Alberta on November 19, 2005 at Goldstick Pavilion. Doubling as Alberta Winter Games Trials, the Troll in the Park closes out the year on December 31.

So, come grow with us! This is just a sampling of what is ahead for Edmonton Nordic members this season. Look for details about these events and our other programs on the ENSC Website, [www.edmontonnordic.ca](http://www.edmontonnordic.ca). \*

Happy trails.

Kathy Williams [mkathyw@telus.net](mailto:mkathyw@telus.net), 437-5413

\* [www.edmontonnordic.ca](http://www.edmontonnordic.ca) - This is ENSC's flashy new website. There you will find **up to date information on event, trail conditions, weather, race results, and links to other ski sites**. The easy to use forums offer an opportunity to post classifieds and engage in ski chat with other skiers.

## News from ENSC Training Groups & Coaches

### **Team: Jack's Pack**

Jack's Pack is comprised of dedicated athletes, age 16 to masters, looking to maximize their training through the summer and fall and wish to focus on one of six race series through the winter months. The team trains three times a week, Tuesday and Thursday evenings at 6:30pm and Saturday mornings at 9:00am through the summer, fall and winter. In the summer and fall the team trains as one group. Once winter rolls around the team is divided up into six sub-groups, each with its own goals. During the winter all the athletes train together as a team on Tuesday's and Thursday's and then they travel to various races on the weekends depending on their groups race schedule. There is also team training on Saturday mornings in the winter, but this is dependant on the race calendar and the time of season.



### **Jack's Pack Sub Groups**

#### Regional Race Team

For athletes wanting to train with the team and race locally in the Regional Race series, Troll n Park, Groomers Cup and Alberta Cups held in the region.

For more info on this race series go to <http://www.edmontonnordic.ca> or [www.http://www.xcountryab.net](http://www.xcountryab.net)

#### Alberta Cup Team

For athletes wanting to training with the team and race the complete Alberta Cup circuit with the goal of making the Alberta Team.

For more info on this race series go to [www.http://www.xcountryab.net](http://www.xcountryab.net)

#### Canada Cup Team

For athletes who want to train with the team and race the complete Canada Cup Circuit, with the goal of making the National team.

For more info on this race series go to <http://www.cccski.com>

#### Alberta Loppet Team

For master athletes who want to train with the team and race the main Alberta loppets, with the goal of peaking for the Birkie.

For more info on this race series go to [www.http://www.xcountryab.net](http://www.xcountryab.net)

#### Salomon Marathon Cup Team

For older senior aged athletes and master athletes wishing to train with the team and travel to the Salomon Marathon Cup races in Alberta, BC and Ontario with the goal of completing either 3(age group overall) or 4(overall) of the ten race series to be eligible for the overall awards at the end of the season.

For more info on this race series go to <http://www.x-c.com>

#### Biathlon Team

For biathletes wishing to train with the team on Tuesday's and some Thursday's and wish to race the Alberta and Canada Biathlon Cup races on the weekends with the club biathlon coach with the goal of making the Alberta and/or National Team.

For more info on this race series go to <http://biathlon.ca>

### **Jack's Pack Early Season Training Periods**

The ski season is just around the corner and here is what is in store for Jack's Pack to prepare for the early season races.

Foundation Period - August 29th to September 25th

Training: The Foundation Period focused on building your aerobic engine and set the tone for your entire training year, setting the groundwork for the Preparation and Specialization Periods. The training volume was high and the intensity was low.

Goal: 1 x 60min Foundation Workouts and 1 x 40min Tempo Workouts to prepare the body for the long interval sessions to come in the next period.

Strength Training: 50RM strength

Preparation Period - September 26th to October 23rd

Training: The Preparation Period builds upon the gains made in aerobic condition and strength. During this period the intensity of the training sessions increase and the workouts begin to include demands that are similar to what you will experience in competition.

Goal: 2 x 90min Endurance Workouts and 4 x 10mins or 2 x 20mins Steady State Workouts to increase sustainable power at lactate threshold.

Strength: 50RM strength

Specialization Period - October 24th to November 20th

Training: The Specialization Period is used to optimize the high end energy systems. The intensity of the training is high, above race pace and the volume of training is reduced. Recovery workouts are very easy during this period.

Goal: 3 to 8 x 3 to 6mins Long Interval Workouts with short recoveries and Recovery Workouts.

Strength: 50RM strength

Peaking Period #1 - November 21st to December 18th

Training: The Peaking Period involves short, high intensity workouts. The goal is to recover from the training in the specialization period, to unload and allow for super-compensation.

Goal: 4 to 12 x 30sec to 2min Short Interval Workouts with full recovery between intervals and very easy active recovery workouts.

Strength: No strength

– Jack Cook

**Team: Mammoths (intermediate X-country)**

The Mammoths is the intermediate-level training group for young ENSC skiers who have either graduated from the Lynx program or arrived from another club or sport. The enthusiastic group of 18 athletes ranging in age from 12-16 can be easily identified and heard on the trails in Goldbar, in the River Valley, and at other local ski areas. With three team workouts a week, and the support of a five coaches (and many parents!), the Mammoths are set for an excellent season of fitness and fun in the snow. Skiers in the group have different reasons for skiing though they share the common goal of improving their general fitness and skiing ability within a team environment. For some competing at the Alberta Cups is the focus, while others are looking forward to the loppet season. This year, the Alberta Winter Games in Hinton will be a highlight for many of the younger skiers. Combining strength, intensity and endurance workouts - with periods of rest and recovery – the training program the Mammoths follow is designed to improve overall fitness and prepare those racing to be competitive with skiers from around the province. If the first few weeks of Mammoth’s fall training are any indication, the future of Edmonton Nordic is very strong. Look for these Mammoths to do big things, both on and off the race course. – Tolly Bradford



Coaches: Diane Carlsson, Tolly Bradford, Sian Barraclough, Brad Steinbring and Reid Hosford

Training Time & Location : until snow falls	Tuesday 6:30 – 8:00 pm	Goldbar	
	Thursday 6:30 – 8:00 pm	Kinsmen	
	Saturday 9:00 – 11:00 am	Kinsmen	- Editor

**Team: Lynx**

The Lynx Program is a great way to get your kids started into competitive skiing! The program is aimed at 9-14 year olds who want to start training their bodies and their ski technique in exciting and fun ways! Anyone between 9 and 14 years of age is welcome to join. The equivalent of level 4 skill in traditional and skate skiing is required as well as



reasonable endurance. This year the focus will be on the qualification for the Alberta Winter Games in Hinton for the kids born in 1994 and earlier. Currently there are 14 kids training with the group in dryland training. It is anticipated that there will be 20+ kids once the snow falls. Fees from September to December are \$100 for the program, and \$150 from January to the end of the season. - Editor

Coaches: Paul Zimmermann, Terry Prost, and Sian Barraclough  
Training Time & Location : Tuesday 6:30 – 8:00 pm Goldbar  
until snow falls

## **Important Dates and Events**

### **Ski Swap & Registration**

November 6, 2005, 1:00 – 4:00 p.m.  
Goldstick Pavilion (tentative location)

Buy and sell used equipment.  
Register for programs.  
Information: [edsteinbring@hotmail.com](mailto:edsteinbring@hotmail.com)

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### **Doug Kelker Wins Award**

On June 8, 2005, long time ENSC member Doug Kelker received a prestigious Edmonton Citation Award for his extraordinary volunteerism. In addition to his work with Edmonton Nordic in its early days, Doug was honoured for his long service as Chief of Course for the Birkie, his support of triathlon, marathon, and ultra marathon events, his work with the Rundle Mission, Knox Metropolitan United Church, and Friends of the Blackfoot. Congratulations, Doug!

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### **ENSC Casino Dates**

The next casino is January 29 – 30, 2006, at the Palace Casino. The list of volunteers needs to be sent to Alberta Gaming by the end of November. This event is one of our most important fundraisers. The jobs are not difficult, and training is provided. Contact Kathy Williams, 437-5413, [mkathyw@telus.net](mailto:mkathyw@telus.net) to volunteer.

## **Trail Report.**

### Goldbar/Goldstick

Petro Canada and Ledcor continue to trench and directional drill their water pipeline through Goldbar.

They do promise to be finished by the end of October if not before.

They are working weekends so watch out for heavy equipment along the south treeline in the park from the pavilion through to the east end.

There are numerous vandalised lights along the trails. Hope to have problem repaired in the next couple of weeks.

Timers for lights will be set next week so there will be some areas with light. If training at night a headlamp is recommended.

### Strathcona Biathlon Range.

Grass cutting on trails has commenced. Majority of the trails should be good to run on by the end of the day Sept. 24.

PRAY FOR SNOW (Anytime after October 31)

## The Birkie needs chiefs!

### Canadian Birkebeiner is Friday February 10 & Saturday February 11, 2006

This year is the 800th year of the Birkie Legend and the 20<sup>th</sup> anniversary of the Canadian Birkie.  
Three key positions remain vacant on the Organizing Committee:

1. Chief of Logistics and Support - coordinates equipment requirements for the events
2. Chief of Stadium - coordinates the setup and take down at the finish line
3. Chief of Festival Tent - coordinates the food tent at the finish line



Several people could share a position, and the office staff provides excellent support.

Help make the 20th anniversary memorable. Volunteer for one of these positions. For more information, phone the Birkie office at 430 – 7153 or email [info@canadianbirke.com](mailto:info@canadianbirke.com)

*Most chiefs are looking for assistants or shadows who are willing to learn the ropes of the position, to help the chief out and to eventually take on the chief's role on the loppet organizing committee.*

#### Information that potential chiefs need to know:

*The Birkie's first Loppet Committee meeting was Monday, September 19, at 7:00 p.m.*

*The next Loppet meeting is Monday, October 17, at 7:00 p.m.*

*Meetings are generally planned for the 3<sup>rd</sup> Monday of the month.*

*Orientation and CCC Officials Certification courses and training are offered for incoming officials.*

#### 2005/06 Executive Committee

Past President	Pat Sachse-Brown	466-2532	<a href="mailto:the_browns@shaw.ca">the_browns@shaw.ca</a>
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