

MARCH 2004

[www.soofinnishnordic.com](http://www.soofinnishnordic.com)

# MAKING TRAX

The official newsletter of the Soo Finnish Nordic Ski Club

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**Soo Finnish Nordic Ski Club**

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*Events • Results*  
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# Annual General Meeting

The Annual General meeting is set to be held on Monday May 10th, 2004.

The location will be posted on the club's web site.

**Club members are reminded that the Club By Laws state that motions to be put forward for voting at the AGM must be tabled at the April monthly meeting (to be posted on web site).**

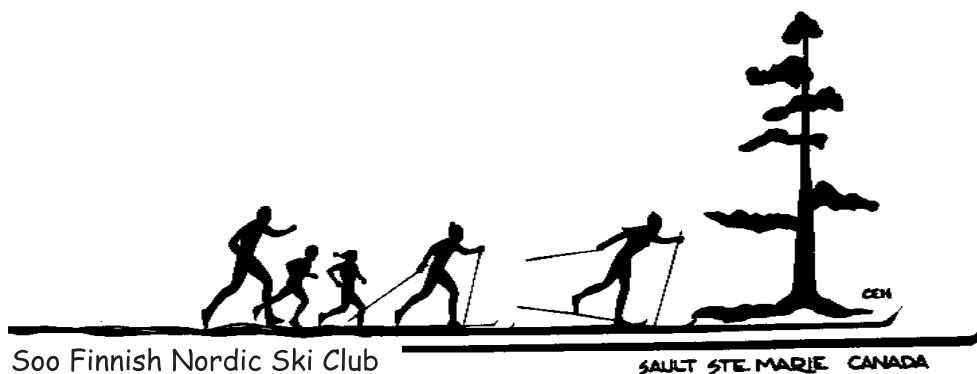
Motions may include changes in the club fee structure or changes to the By Laws.

Nominations for executive and Committee Chairs will also be received at the April meeting.

## Hiawatha Invitational Medals

Anyone who won a metal at the Hiawatha Invitational and did not receive it, please contact

Claudia at 759-0474 or [claudia.perkio@sympatico.ca](mailto:claudia.perkio@sympatico.ca)





# Soo Finnish Nordic Ski Club

## Annual Awards Banquet 2004

*Come out and enjoy this family event!*

**Tickets now available! Call and reserve your seat!**

Saturday, April 3, 2004

Croatian Hall • 446 Second Line E.

Award pickup 5:00 pm

Dinner 6:00 pm

Adults - \$15.00

Jackrabbits - Prepaid with registration

Children under 5 - FREE

(You *must* reserve a seat for each Jackrabbit and Child)

Mark this event on your calendar, don't miss out!

Tickets **must be reserved** by **MARCH 29, 2004**

*Call Tasia Gordon 945-9131*



## Kilometer Counts

Being taken by Marg Meincke  
 the cut-off date for the count was March 14  
 Please e-mail counts to Marg by the 24th of March.  
[f.meincke@shaw.ca](mailto:f.meincke@shaw.ca)

## Crimson Ridge Sprint Races

For complete results and photo gallery visit Crimson Ridge's web site  
[www.golfcrimsonridge.com](http://www.golfcrimsonridge.com)

Total 31 skiers from the age of six to ???? participated.

Luckily the threat of wet snow/rain did not materialize. Early grooming with the large groomer (Paul) and continued grooming with the snow machine/drag/tracksetter (Ted) produced a race track that actually got faster as the day progressed. Late arrivals to the time trials actually found this to their advantage.

Best wipe outs go to Rachelle Barbeau and Hillary Ortiz.

As shown in the results 2 families dominated , the Mallingers and Bouchers. Mallingers could have used a shopping cart to take home their draw prizes, medals and trophies. (13 yrs. ago Steve and Anya had a plan).

Some very nice draw prizes were awarded. (4 season passes, ski underwear, hats, golf shirts, waxes etc.)

The awards were followed by an all you can eat barbeque with sausage, burgers, hot dogs, drinks and chilli.

Thanks also to Ted/Mario for directing race traffic. Appeal by Mike Keating that he was directed the wrong way was overuled as he was late and missed the pre race ski and coaches meeting when course direction was laid out. Mario said it was an honest mistake and he called Mike back and got him going the right way. . Juries verdict ....racers are responsible to know the course.

Thanks to Jim Corelli for doing the timing and commentary.

Thanks especially to Crimson Ridge who provided the facilities giving it a clubhouse atmosphere.



## Fundraising Committee

The Pasta Dinner on February 21, 2004 raised \$ 960 plus \$ 298 on the Silent Auction, making a total of \$ 1258.


The socials/lantern skis held during the ski season raised \$ 1025.15 for the club.

We continue to seek new ideas for fundraising and welcome any comments or suggestions from members. We are considering doing a "cookbook" in the future. Let me know what you think.

If the club once again wishes to hold a garage sale in June, our committee wants to hear from you. Does everyone still have "treasures" to contribute to the sale or should we skip a year.

Special thanks to Gloria, Betty and a new volunteer this year, Sylvia.

Vera McCron

949-7142 

## Jackrabbit News

It has been another great year for our jackrabbit program. There were many happy, eager faces there, ready to learn every Saturday morning. I would like to take this opportunity to thank all our wonderful coaches for volunteering their time to teach our Jackrabbits and Bunnies. Thank you to Carl Rosso and Laurie Carlyle for being there for our little Bunnyrabbits. Thank you to Becky Mihell, Tasia Gordon, Betty Vankerkhof, Lee-Ann Chevrette and Julie Freestone for teaching our beginner (Level 2) Jackrabbits. Thank you to Robert Faganely, Lori Faganely, Bill Howe, Beth Howe, Tom Noland and Sharon Vanderburg for instructing our Level 3 Jackrabbits.

Thank you to Jim Mihell, Larry Tomie, Cody Noland and Julia Wytmsa for teaching our Level 4 groups. Thank you to Rober Mears and Lynn Rosso for being there for our Level 5 Jackrabbits, to Steve Mallinger, Fern Belanger and Alexander Steele for instructing our Level 6 group, and finally to Peter Uhlig and Bob Fadock for teaching our graduating group. You all did a wonderful job. I know the kids all had fun. I would also like to thank our spare coaches for filling in when we needed help. Thank you to Anya Mallinger, Grahame Gordon, Lora Desrosiers, Mark Crofts and Patti Boucher.

I would also like to take this opportunity to thank my two assistants Chris Kitzman and Wendy Steele. I had a wonderful time being the Jackrabbit coordinator for the past few years. It was a very fulfilling job and I got to meet a lot of wonderful people. If any one is interested in taking on this position for next year, please let me know. I would be willing to assist in a background capacity. I think it is a great opportunity for someone with young children in the program. It is not too time consuming and there is always plenty of help.

I would also like to mention that we took pictures of most of the Jackrabbits who entered the time trial on Feb. 21. If you would like to see your child's picture, I am hoping to have them on a slide show at the banquet. If you are unable to attend you can e-mail me.

I also should mention that kilometer counts are being taken by Marg Meincke. The cut-off date for the count was March 14. Please e-mail counts to Marg by the 24th of March to: [f.meincke@shaw.ca](mailto:f.meincke@shaw.ca)

Thank you all for a wonderful year.

Claudia 

## Ontario Winter Games

Soo Finnish Nordic is back from the Ontario Winter Games with a couple of medals and lots of good experiences and smiles!

8 SFN skiers participated in the March 8-10 cross-country competition held in Barrie Ontario:

Midget girls (age 12-13) – Erin Mallinger, Taylor Corelli

Midget boys (age 12-13) – Andrew Barbeau, Spencer Hogan

Juvenile boy (age 14-15) – Alex Steele

Junior Girl (age 16-17) – Sarah Cuddy

Junior Boy (age 16-17) – Scott McCron, Nick Uhlig;

### Highlights

#### **Medals:**

1) Scott McCron took silver in the Junior Boy's skate race on Tuesday . 11 competitors in his field

2) Sarah Cuddy took bronze in the Junior Girl's knock-out sprint races. 16 in her field

#### **Classic race results:**

Erin Mallinger – 6th out of 27 racers

Taylor Corelli – 18th out of 27 racers

Andrew Barbeau – 12 out of 32

Spencer Hogan – 18 out of 19

Alex Steele – 13th out of 22

Sarah Cuddy – 4th out of 13

Scott McCron – 4th out of 11

Nick Uhlig – 5th out of 11

#### **Skate race results:**

Erin Mallinger – 7th out of 27 racers

Taylor Corelli – 10th out of 27 racers

Andrew Barbeau – 7 out of 32

Spencer Hogan – 14 out of 19

Alex Steele – 14th out of 22

Sarah Cuddy – 5th out of 13

Scott McCron – 2nd out of 11 (silver medal)

Nick Uhlig – 6th out of 11

#### **Knock-out Pursuit:**

Sarah Cuddy took the bronze medal

Erin Mallinger was 4th in the midget category

McCron, Hogan and Uhlig made it to the semi-finals

The Games continue in London Ontario from March 11-14.

Website: <http://www.2004ontariowintergames.london.ca>

On another note, Matthew Cuddy leaves for New Brunswick today to participate in the Canadian Nationals. Website: <http://www.skinationals.ca/>



## A Successful Solo Voyage to Saalfelden

By: Adam Kates

When I qualified in the later part of January for the European B Tour it marked the fourth time in my ski career that I have earned a spot to represent Canada on the international racing scene. My first venture to Europe was in 2000 when I traveled to Slovakia for the World Junior Championships. My second was the following year (another B Tour) and my third was last year when I competed in the U23 Championships in Bormio, Italy. Up until today my experiences in Europe have been just that: experiences. Due to numerous circumstances; jet lag, intimidation, adjusting to food and culture as well as a myriad of other factors including the fact that I just wasn't fast enough, I have been thus far unable to come up with what I consider a "good" race on European soil.

My first European race this year also happened to be my very first world cup experience; the third leg of a 4x10km relay in La Clusaz, France. This competition was, for me, a sort of baptism by fire as I attempted to convince my badly jetlagged body to follow the 2004 Norwegian National Champion and Olympic Bronze Medallist from the 2002 Salt Lake City Games around the grueling 10km skate course. I lasted about three kilometers, skiing more on the backs of Kristen Skjeldal's skis than on the snow, but was unable to keep up the relentless pace that he continued for the duration of the race. I tagged off to my teammate Gordon Jewett, exhausted and beaten but thankful for the chance to experience the pace it takes to be competitive at this level.

My next competitive undertaking was a 15km classic race in Gibswil, Switzerland. The trials and tribulations of waxing for this event are fully documented in [Gord's Ski Newsletter Vol. 6, No.5](#). In short the waxing conditions were a nightmare and our struggles to find the magic bullet were all but futile. Racing with absolutely no warm up and with potentially the slipperiest classic skis I have ever raced on was again, quite the experience. I managed to squeak out a respectable 5th place but feel that I would have been in contention for the win if the day had gone according to plan.

After training for just under a week at the sight of the 2005 World Nordic Ski Championships in Oberstdorf, Germany I was informed that I would be the odd man out of the World Cup sprint relay that would take place on those same German ski trails. While disappointed that I would not get further experience racing against the world's top skiers, I was excited at the prospect of traveling, solo I might add, to Saalfelden Austria to contest a 15km classic race at an Austrian Cup.

After a rather eventful drive through Munich and Salzburg I arrived in Saalfelden the Friday before Sunday's race. If you think that racing in Europe is a harrowing experience, I suggest that you attempt driving here! I stayed in a beautiful farmhouse style hotel only 4km away from the race site and had the good fortune of dining each night with some very friendly people from Frankfurt who, thankfully, spoke English rather well.

I arrived at the race site three hours before my start time, determined not to have a reoccurrence of our previous waxing nightmare. As it turned out conditions were not nearly as trying as they had been only a week ago in Switzerland. The track was hard and wet calling for three thin layers of universal klistel. I was relieved when, testing wax a half hour before my start, my grip was close to perfect. After a proper warm up and with 100% confidence in my skis I was ready for a good race. I started hard and was able to maintain a strong pace throughout, building a lead that I would not relinquish. I ended up winning by just over fifteen seconds for my first ever European victory and more importantly my first real "good" race on European soil.

Winning a race is a great feeling, one that is paralleled by very few things for competitive athletes. All the more rewarding this race was for me because by winning I proved to myself that I can race well in Europe and that I can be competitive against top athletes outside of North America. Gone are the days of traveling to European races simply to learn, to see and to experience. When I come to Europe in the future it will be with my eyes fixed on the top step of the podium. I know that this goal will not always be achieved but at least it is, in my mind, now a distinct possibility and not simply a thing that I have no comprehension of. Attitude is everything in competitive athletics and it only takes one race to completely change one's attitude. My many experiences both good and bad have taught me that.

After a champagne toast, courtesy of the owner of the hotel I was staying at, it was time for an early night and a long drive back to Oberstdorf to retrieve my two stranded teammates, Dan and Gord. From there the road takes us to many more races and hopefully many more great results.

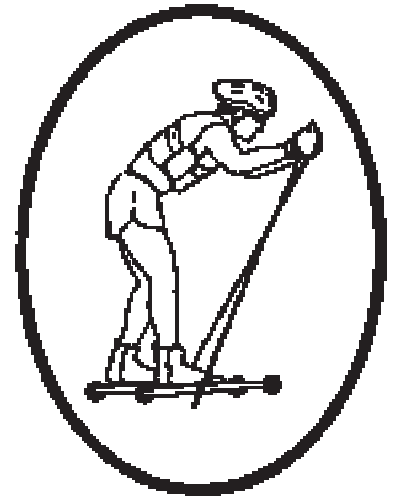
Until next time....**keep believing**

Adam

# Getting Started with 'Rollers'

Roller skiing is an essential, specific, all round training method for cross country ski competitors, and elite international skiers will use this method for up to 50% of their dryland training. With good skills, an athlete can do strength, sprints, distance and technique work, all on their roller skis.

Understandably, it takes practice to achieve a high level of competency, and there are progressive steps beginners should follow when they first start out to ensure their safety and their long-term success with this activity. Following are guidelines to help a skier get started the right way.



"The following article is from *Ski Cross Country*, a publication of Cross Country BC, 1999-00"

Editors note: age guidelines have been used to indicate the ideal age for an aspiring high performance athlete to begin using roller skis, but the information can be applied equally well to skiers of any age.

## 12 & 13 years of age

The recommended age for introducing young skiers to roller skis is twelve. A good introductory roller ski is the F1 skating ski. The most important consideration is that the ski is light.

Along with the mandatory helmet and reflective vest, a beginning skier may want to use elbow and knee pads. An empty paved parking lot is a good location for the first sessions. If that is not possible, locate a stretch of smooth, paved flat road with as little traffic as possible.

Initially the emphasis should be on establishing a personal comfort level and the activity should only take place in a group session under the supervision of a qualified coach.

Begin with exercises that the skier can handle. Simple agility courses can be set up to help the skier develop skills that will provide them with a general sense of control, such as turning and stopping. The next step is to work on balance, rhythm and coordination - skills that provide the foundation for good technique.

Before a skier moves on to more advanced technique work they should be familiar with all of the roller ski speed-control techniques. They should also be able to demonstrate the following – the ability to double pole with their hips forward on pole plant, to step turn, to control their speed by having one ski on a slower surface, to stop by going off the road surface, and to comfortably ski down moderate hills. It is important for the skier to achieve a level of confidence where they can stand (put their full weight) on top of one ski.

Once these basics have been established, the technique focus should be on 2-skate and 1-skate, with and without poles. When learning skating technique on roller skis, the skier should focus on the same technique cues they would on snow - balance, weight shift, powerful push off, and full extension. Use easy terrain with no hills so that the skiers will not have to push too hard and they can concentrate fully on their balance and technique.

## ***Roller Skiing & Strength Training***

- Double poling is a cross country ski specific method of developing muscular endurance in the upper body!
- The majority of strength training on roller skis is done using the double poling technique!

### ***14 & 15 years of age***

The recommended age to introduce roller skiing as a "training method" is fourteen years. If the skier is serious about their training, they should now consider acquiring classic roller skis in addition to their skating roller skis. Before choosing a classic ski, consult with an NCCP Level 3 coach for advice on which model is appropriate at this stage. The ski may have three different resistance levels - choose medium or low resistance to begin with.

Training sessions should continue to be in a group setting under the observation of a qualified coach. At this point, the skier should not be using roller skis in their individual training sessions. Generally speaking, in the appropriate season there would be two roller ski sessions a week.

The goals for the first year in this age category are to (1) learn to skate, double pole and one-step double pole technically well, and (2) do some distance training on roller skis.

In addition to the "distance training" on roller skis, some strength training can be introduced as well.

By the second year roller ski training should be a part of the skiers overall training program and included in both the individual and group training sessions. Equal emphasis should be put on both classic (double poling techniques) and skating technique, and the skier should be skilled and experienced enough to use both for distance workouts.

Athletes do most of their classic roller skiing using the one-step double pole or double pole techniques, and limit the amount of diagonal striding.

Roller ski training sessions on classic skis should consist mostly of double poling and kick double poling. This is because the ratchet mechanism on classic roller skis provides a more sure grip than normal kick wax does on snow, causing a skier to develop a "late" or "lazy" kick. As a result, athletes do most of their classic roller skiing using the 1-step double pole or double pole techniques, and limit the amount of diagonal striding.

***Important!*** *Focus on the proper execution of a technique - good coaching instruction is CRITICAL.*

Poles do not grip on the pavement as well as they do on snow, which can cause arm action to change. Special carbide pole tips help correct this problem, and so will skiing on new and warm road surfaces because they provide the best grip. The skier should ensure that the pole tip and handles are correctly aligned and sharp, and be careful to plant their pole so that the tip digs in properly. When the skier returns to skiing on snow, they should be aware that they may have to adjust their pole action.

*Beware of developing over use injuries.  
Both poor technique or overdoing something  
you are not used to can cause this kind of injury.*

## Roller Ski Tips

- Lightweight roller skis are a must for young skiers. Heavy roller skis are too hard on the legs and can give a young skier back trouble.
- Roller skis come in different speeds. It is important to ensure that the speed of the roller skis matches the terrain in which they will usually be used. Ideally the skier should use equipment that allows them to ski at a speed similar to that which they would on snow. Using lightening fast roller skis on easy terrain will do little to improve a skier's conditioning.
- Speed reducers are useful to slow you down on the downhill, and to give extra resistance for double poling.
- When purchasing roller skis, find out about the cost and availability of replacement parts for that particular model.
- Roller blading should not be used as a training method for cross country skiing. Due to their high speed and maneuverability, it is difficult to simulate proper cross country ski technique on them. The use of this equipment can negatively affect your ski technique.
- Regularly check the tires for excessive wear, especially on one side (for example, from snowplowing). Each session, alternate the roller skis from one foot to the other to encourage even wearing of the wheels.
- Be careful of paint lines on the road when it rains. These can be very slippery.
- Proper maintenance can greatly increase the effective life of roller skis. Following are some guidelines to help achieve this.

### **Tip for the coach:**

*The use of a bike to teach roller ski sessions allows the flexibility needed to observe all the skiers in the group.*

- Tighten all nuts before starting the workout;
- Take wrenches and other necessary tools on long roller ski sessions;
- Check your wheels before and after each workout;
- The wheels should be lubricated with a penetrating oil when they get wet;
- Use a pocket size diamond file to keep the carbide tips or the ski poles sharp. Use the file after each outing otherwise the tips will become too dull and will require a shop-based sharpening.

## **Speed & Direction Control Tips**

- *Control your speed in potentially dangerous areas, for example road intersections or areas with potholes.*
- *Stand up straight - the increased wind resistance will slow you down. (do this before you pick up too much speed).*
- *Begin snowplowing - before you pick up too much speed.*
- *Place one ski on a slower surface, (gravel or grass) at the side of the road.*
- *Take short, quick steps into the fall-line of the hill, thereby traversing the slope.*
- *When turning, look in the direction you want to go (where you want to end up), not where your skis are pointed.*
- *Remove your skis if you are in doubt about the safety of roller skiing on a particular section of road.*

## PHOTO CONTEST - 2005 PROJECT PODIUM CALENDAR

Cross Country Canada is encouraging cross-country skiers everywhere to become part of our team in creating next year's Project Podium Calendar! Submit your favorite cross-country skiing photos this 2004 season!

PRIZES: CASH and CCC MERCHANDISE prizes will go to the WINNING PHOTOS (one photo for each month of the calendar and the cover).

When submitting your favorite cross-country ski photo(s):

- (a) Consider that horizontally framed photos are generally preferred as they are easier to work with (but we have a need for vignettes so don't hesitate in sending those vertical shots!); and
  - (b) Follow and complete these four (4) easy steps for submission:
    1. We will choose 4 winning photos from each of the following categories. It is likely that the majority of the main pictures will have a racing orientation, but our minds are not closed and we are likely to have vignette shots again exploring the other aspects of our sport:
      - a. Youth Development
      - b. Club Events
      - c. Backcountry
      - d. Competitive / High Performance
    2. Please follow these submission guidelines:  
Choose either:
      - a. Mail a hard copy or a digital\* CD copy to the CCC Head Office (address at the bottom of this page);
      - b. Send via email\* (subject line: "PHOTO CONTEST") to [info@cccski.com](mailto:info@cccski.com).
- \* digital and email files must be a minimum of 300 dpi, in TIF or jpg format. The higher the resolution the better.
3. When submitting photos please include all of the following important information:
    - a. Photographer's first and last name;
    - b. Full contact address of the above-named person (including apartment/suite, street, city, province, postal code and email address)
    - c. Telephone number (with area code);
    - d. The date and place the photo was taken.
  4. Please sign the **Photo Release Form (over)** and include it with photo submission.

Please note that photos submitted will not be returned and become the property of Cross Country Canada for use in the calendar project or for other CCC promotional purposes.

**SUBMISSION DEADLINE IS MARCH 31, 2004. Good luck to all!**

CROSS COUNTRY CANADA  
Bill Warren Training Centre  
Suite 100, 1995 Olympic Way  
Canmore, AB Canada T1W 2T6  
T: 403.678.6791 / F: 403.678.3644 / E: [info@cccski.com](mailto:info@cccski.com)

**Duke of Windsor Sports**  
655 Queen Street East  
Phone: 705-942-1610



**CARTIER PARTNERS**

**CCC 2005 CALENDAR PROJECT: PHOTO CONTEST RELEASE FORM**

**Please PRINT OUT this release form. Read, fill in completely and sign. Please INCLUDE the completed form with your submission for the CALENDAR PROJECT PHOTO CONTEST. Thank you.**

**Photo Contest Consent and Release Form**

Cross Country Canada occasionally uses photographs of skiers and outdoor events for purposes of marketing, advertising, promotion and fund-raising projects. The photographs you submit for the CCC Photo Contest will be used for these purposes and therefore we would ask you to please accompany any photo submissions with a signed version of this form. Please be advised that any photographs which you submit may be used to help promote and raise funds for the sport of cross-country skiing and become the property of Cross Country Canada once submitted.

I, \_\_\_\_\_, do hereby grant Cross Country Canada the right to use, without fee or payment, my photographs for use in furthering cross-country skiing programs and to promote the sport and National Ski Team in promotional materials, publications, posters, advertising or on the internet. I will expect nothing in return for any use of my images other than the incentives as outlined in the 2005 Photo Contest outline, should one of my images be used for the specific purposes outlined in the Contest Rules. I release on behalf of myself and my heirs, executors, representatives, successors and assigns, Cross Country Canada or its sponsors and suppliers from any recourse or claims which I may now or hereafter have resulting from any use of my images submitted with this form.

\_\_\_\_\_  
Signature (if under 18 signature of a parent or guardian)

\_\_\_\_\_  
Date

Note: Photos that are not accompanied by a signed Consent and Release Form will not be eligible for the CCC Photo Contest.

Please be advised that all photos become the property of CCC once submitted.

Thank you.



**Low Price**  
**\$15.00**  
no tax

**Thank you for supporting your club!**

Soo Finnish Nordic Race Team sold over 75 calendars for 2004. There are still some left if you are interested please contact Sarah Cuddy at [xcmانيac@yahoo.com](mailto:xcmانيac@yahoo.com) or 945-8084. She will put you in touch with a race team member near your home!

**14-MONTH, FULL-SIZE GLOSSY CALENDAR**

**New Photos And More Athletes**

Lots Of Room To Write Activities, Appointments, Etc