



CANADIAN MASTERS CROSS-COUNTRY SKI ASSOCIATION
L'ASSOCIATION CANADIENNE DES MAITRES EN SKI DE FOND



Fall 2008 Newsletter

This is my first newsletter since taking over from Jean-Yves Babin as National Director. It has been an interesting few months. I would like to thank Jean-Yves for his four years of dedicated service to our organization.

WMA Meeting

In September I attended the AGM of the World Masters Association in Falun, Sweden. It was very interesting to see the interaction among the different countries. At the meeting I presented a letter on behalf of one of our members requesting a change in race distances for some of the older age categories. I also expressed my disappointment over the fact that the dates for the MWC in 2010 conflict with the 2010 Olympics in Vancouver. I indicated that this would greatly reduce the number of Masters skiers attending the 2010 races especially those from Western Canada.

2009 MWC-Autrans

There was a presentation by the OC of the 2009 MWC at the meeting in Falun. Everything seems to be in order for a great championship. The event will be held from January 31- February 6. It is important to note that anyone who will be competing **must** have their registration form into me by December 28, 2008. Check the website at www.mwc2009.com for more details.

MWC 2011

Following an excellent presentation by Scott Lemon, Sovereign Lake was formally awarded the 2011 championships. Scott has indicated that interest in Masters skiing at the club is at an all time high as a result and hopefully this will translate into an increase in Masters membership in British Columbia.

While in Ottawa visiting my daughter during September, I met with Pavol Skvaridlo who is the representative for Skitrab. As a result of our meeting Pavol sent me two pieces of correspondence which are self explanatory and I have included them in this newsletter.



LAZL.

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SKI SERVICE FOR MASTER SKIER EVENTS IS READY!

SKITRAB in cooperation with **RODE WAXES & LAZL**

Will provide Ski service for three major master competitions in Ontario and Quebec.

SKITRAB provides:	RODE WAX provides:	LAZL provides:
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<p>Skis for a skier in case the skier can't use his/her own skis.</p> <p>*Limited by availability</p>	<p>Waxing recommendation with hourly updates. Help with waxing for those who need it.</p>	<p>Equipment adjustments & repairs on equipment.</p> <p>*Limited by availability of binding parts.</p>
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Many cross country ski racers and biathletes recognize SKITRAB as a producer of the highest quality cross-country skis on market. This small family firm has a very different approach compared to other ski manufacturers. With a 60-year-old tradition of ski production, emphasis is placed on quality, durability and reliability unlike other ski manufacturers that focused purely on mass production.

The SKITRAB production process is a culture focused technology, innovation and quality of skis.

1. Skis are built only from superior materials such as Aramid (special form of Kevlar), Carbon fibre, Fibreglass and Air channelled laminated wood.
2. The AERO – TECH core technology allows the production of light skis with excellent flexibility and torsion stability.
3. The QUADRIAXIAL technology is an innovative solution to maximize the sturdiness of individual layers into the Quadriaxial (four sided) Kevlar form.
4. The edging stability of SKITRAB Cap skis is perfected with the use of SCARBEO – TECH edge technology, which eliminates sidewall friction and allows the edges to be waxed and repaired.
5. SKITRAB skis are made by twelve manually positioned and glued layers of various materials and press-heated at a low temperature. This low heat gluing process prevents dilatation of layers to ensure maximum flatness of the glued layers.
6. The SKITRAB skis are the only skis on the market with protected ends.
7. SKITRAB skis are stone ground in a five-step process from the rough flattening of the base to the final structure.

SKITRAB would like to contribute to the development of cross-country skiing. We offer the opportunity to order CUSTOM PICKED or CUSTOM MADE SKIS with your name printed on them.



All Skitrab skis go through the exact same production line & quality control as those produced for today's world cup skiers.

All skis carry a 3 years warranty.

SKITRAB xc

skis are available for:

- competitive xc skiers
- junior competitive xc skiers
- loppet skiers
- recreational xc skier

To see samples & ski order contact:

skitrab@sympatico.ca

www.skitrab.com

MADE IN ITALY

As a result of SKITRAB technology and sophisticated multilevel quality control, SKITRAB skis are the highest quality skis available.

SKITRAB would like to contribute and support the development of cross-country skiing. We offer an opportunity to order **custom made skis** with the name of the skier printed on them, and with a 3-year warranty (The warranty is limited to proper use of the cross-country skis). We guarantee prices lower than any other high level ski (sell out, European over-inventory and old model skis being considered at a lower level). Your custom made skis are going to be made in the same shop, by the same people and with the same care as skis made for world loppet skiers, world cups skiers and Italian junior national teams skiers.

Skating Skis

Price

Race Aero Skating	\$482.92	Racing skis for adults & mature juniors
Race Comp Skating	\$278.55	Racing skis for lighter adults & mature juniors
Race Junior Skating	\$186.05	Racing skis for juniors
Team Comp Skating	\$248.83	Skis for loppet skiers for cross-training skiing
Classic Skis		
Race Aero Classic	\$482.92	Racing skis for adults & mature juniors
Race Comp Classic	\$278.55	Racing skis for lighter adults & mature juniors
Race Junior Classic	\$186.05	Racing skis for juniors
Team Comp Classic	\$248.83	Skis for loppet skiers for cross-training skiing
Team Comp Classic (No Wax)	\$248.18	Skis for recreational skiing
Team Comp Classic/Skatin	\$230.83	Skis for recreational skiing

If you are having difficulty reading these articles it is because my "copy and paste" expertise are limited.

Masters website

I urge all Masters to regularly visit our website at www.canadian-masters-xc-ski.ca. You can also get information about the Canadian Masters on the Cross Country Canada website at www.cccski.com and click on the Racing link.

Ski Draw

Please promote our ski draw. This is our only fund raiser for the year and we need every cent we can get. Ski draw forms are on the website.

Canadian Masters 2009

The event will be hosted by the North Bay Ski Club and will take place from February 24- March 1. While the official race package is not available yet, Andrew Rees has sent me the following information via email.

The schedule is:

Tuesday February 24	Long Distance Skate Races. 11:00 a.m. start time
Wednesday February 25	*Free ski day for all competitors
Wednesday February 25	** Challenging, Fun, Skate Sprint Relays (not an official CMCCSA event) and Social Event, 6:30 pm
Thursday February 26	Classic Races. 11:00 a.m. start time
Friday February 27	*Free ski day for all competitors
Saturday February 28	Skate Races. 11:00 a.m. start time
Saturday February 28	Banquet, Location TBD. 6:00 p.m. start time
Sunday March 1	*** Long Distance Classic Races. 10:00 a.m. start

* Complimentary day passes will be provided to racers for Wednesday and Friday skiing.

** The Wednesday night skate sprint relay event will be open to everyone. The course will be short (less than 500m), fun and a good challenge. Teams will be randomly selected from all those who attend. There will be a social event to follow at the clubhouse with snacks and non-alcoholic hot and cold beverages provided. Participation is not necessary to enjoy the social.

*** There will be a complimentary hot chili lunch provided to all competitors in Sunday's long distance classic event.

Some form of refreshment/lunch will be provided after every race, this is to be worked out...

The Saturday and Sunday races will be held in conjunction with Annual Bluesky Loppet. Canadian Masters competitors will be starting in separate waves and in separate categories. The Bluesky Loppet has categories and distances for the whole family. Entries for the Bluesky Loppet are accepted up to 2 hours prior to start times. More information can be found at <http://www.northbaynordic.ca>

The official race notice and entry form will be provided in late fall and available on www.northbaynordic.ca. Entries will be handled online by zone4.ca. The cost will be \$20 per race. The Wednesday night sprint relay is free and complimentary refreshments will be served. The entry deadline will be 12:00 noon on Monday February 23, 2009 for the Tuesday skate race, for the Thursday classic race and for banquet confirmation. The entry deadline for the weekend races will be Friday February 27 at noon. There will be a limited number of banquet spots held over, however, confirmation guarantees a spot.

On Line Registration

At the 2008 AGM in McCall several directors enquired about the possibility of being able to register on line. Dan Roycroft was contacted and he indicated that he would welcome the opportunity to get involved with the Masters. Any Directors wanting more information regarding online registration can contact Dan at dan@zone4.ca

I recently received correspondence from Wayne Johannsen who is a member of the Canadian Masters from Ontario. Wayne indicated

in his letter that commencing this fall **Gatineau Nordique Sport** which is based near the Gatineau Park in Quebec will be offering numerous services to cross country skiers. These services will include grinding of skies, ski testing and flex evaluation, as well as waxing and heat box treatment.

That is about it for this edition of the newsletter. Hopefully your training is going well and let's all pray for early snow.

Happy trails
Bruce LeGrow