

Canadian Master Skiers Newsletter, Fall 2004

Dear Skiers,

Another season is upon us and I hope it will be an exciting and interesting one for us all. Several important events are coming up, including the Canadian championships in Stephenville, Newfoundland, the World Masters Championships in Grasnogorsk, Russia, as well as training camps in certain provinces and various provincial and regional races.

As you are probably aware, I have taken over from Jack White as national director for the next 2 years.

I would like to emphasize the incredible work done by Jack over the past 7 years (surely that in itself is as good as an Olympic record!). He has worked hard for us through all these years, has always been available, and has never missed an occasion to advance the cause of our association. Moreover, it has been a pleasure to work with Jack, always pleasant and appreciated by all.

From all Canadian Ski Masters, Jack, many thanks!

I wish you all an excellent ski season.

Jean-Yves Babin

Role of the National director

To start off my new assignment I would like to outline the main tasks of the national director. Being responsible for the proper functioning of the association, he must :

- Ensure, each year, the proper organization and functioning of the Canadian Championships.
- Organise and conduct the annual reunion of the Association of Canadian Ski Masters, held in conjunction with the Canadian Championships.
- Represent the Canadian Association at the reunion of the World Masters Association, held each fall in the host town of the following year's World Masters Championships.
- Coordinate the participation of Canadians at the World Masters Championships, ensuring the registration of each athlete, and organizing on site the Canadian relay team. He must also act as captain of the team or designate another person to fill this role. The team captain must participate in the daily meeting of the national captains in order to evaluate the day's races, to lodge any necessary protests, and to solve all problems that may arise.

- He must also participate in the meeting of the World Masters Association which is held in conjunction with the World Championships.
- Prepare annually the three newsletters (fall, winter and spring) and ensure their distribution to all members through the provincial directors.
- Remain in regular contact with the provincial directors in order to keep them up to date on events, and to obtain from them all information required for the proper functioning of the association.

**THE CANADIAN MASTERS 2005 CROSS COUNTRY
SKI CHAMPIONSHIPS**

GENERAL INFORMATION

DATE: February 28 to March 5, 2005

LOCATION: Whaleback Nordic Ski Club
Stephenville, NL.

CHIEF OF RACE: Graham Oliver
20 Juniper Avenue
Kippens, NL
A2N 3E8

RACE SECRETARY: Debbie Noonan
68 Bruce Blvd.
Stephenville, NL
A2N 3R6

Phone: (709) 643-4993

E mail: gnoonan@calvin.stemnet.nf.ca

ENTRY DEADLINE: Monday, February 20, 2005

ENTRY FEES: \$20.00 per race plus \$20.00 for the banquet.

RULES: CCC rules and regulations apply to all races in this event.

ELIGIBILITY: Open to members of the Canadian Masters Cross Country Ski Association

TRAVEL TO STEPHENVILLE

Those travelling by air will fly into the Town of Deer Lake which is serviced daily by Canjet and Air Canada. Deer Lake is approximately 130km east of Stephenville.

Those travelling by motor vehicle will take the Marine Atlantic ferry from North Sydney, N.S. to Port aux Basques, NL. Stephenville is approximately 160km east of Port aux Basques.

CAR RENTAL: The following car rental agencies operate from the Deer Lake airport.

Budget.....(709) 635-3211

National.....(709) 635-3282

Hertz.....(709) 635-4442

Thrifty.....(709) 635-8211

Avis.....(709) 635 3252

FERRY SERVICE: Marine Atlantic1-800-341-7981

ACCOMMODATIONS (STEPHENVILLE & SURROUNDING AREA):

Holiday Inn(709) 643-6666

Dreamcatcher Lodge.....(709) 643-6655 www.dreamcatcherlodge.net

.....1-888-373-2668

Hotel Stephenville.....(709) 643-5176

Keyano Motel.....(709) 643-4600

Dhoon Lodge(709) 646-5177

Wood'N B&B.....(709) 643-6060

Spruce Pine Acres(709) 648-9600

AdventuresX.....(709) 647-3580
.....1-877-647-2339
Crosswinds Resort(709)-644-2233
.....1-877-844-2233

The first four are all within the Town of Stephenville and approximately a five minute drive to the ski trails.

The Dhoon Lodge is about 10km from the ski trails and the Wood’N B&B about 7km.

The Dreamcatcher Lodge has a number of efficiency units for those inclined to do their own cooking.

EVENT SCHEDULE

Sunday, Feb 27 4:00pm - 6:00pm

Registration & Meet and Greet Social,
Holiday Inn

Monday, Feb 28 10:00am

20km Classic

Tuesday, Mar 1 10:00am - 10:00pm

Trails open

Wednesday, Mar 2 10:00am

10km Classic

Thursday, Mar 3 10:00am

10km Freestyle

7:00pm

Newfie Night, Razoolies Night Club

Friday, Mar 4 10:00am - 10:00pm

Trails open

Saturday, Mar 5 10:00am

20km Freestyle

7:00pm

Closing Banquet

MEDAL PRESENTATION

Medals will be presented at the ski chalet following the completion of each event.

Canadian Masters membership required to qualify for medals.

RACE SITE FACILITIES

The Whaleback Nordic Ski Club is located approximately 5km from the Town of Stephenville. Please check our web site at www.whaleback.ca for a map of the location.

The chalet has a small snack bar with hot and cold drinks provided. A small waxing hut with a power supply is on site. A complimentary lunch will be provided to all participants following the completion of each event.

ADDITIONAL INFORMATION: Check out the following web sites.

www.town.stephenville.nf.ca www.festivalcoast.com

www.gov.nf.ca www.whaleback.ca

**CANADIAN MASTERS CROSS COUNTRY SKI CHAMPIONSHIPS
FEBRUARY 28 TO MARCH 5, 2005
HOSTED BY THE WHALEBACK NORDIC SKI CLUB**

ENTRY FORM: (please print) from web site: www.whaleback.ca.

LAST NAME: _____ FIRST NAME: _____
ADDRESS: _____
CITY: _____ PROV: _____ POSTAL CODE: _____
PHONE: _____ FAX: _____ EMAIL: _____
DATE OF BIRTH: MONTH: _____ DAY: _____ YEAR: _____ SEX: F ___ M ___

CATEGORY: (See below for category information)

RACES ENTERED (All races are wave start) Fee Amount

Monday, Feb 28 20Km Classic \$20 _____
Wednesday, Mar 2 10Km Classic \$20 _____
Thursday, Mar 3 10Km Free \$20 _____
Saturday, Mar 5 20Km Free \$20 _____
Closing Banquet \$20 _____
Total Amount Enclosed _____

ENTRY DEADLINE IS MONDAY FEBRUARY 20, 2005

ENTRY FEES MUST BE RECEIVED WITH RACE ENTRY FORM

EVENT WAIVER

In consideration of CCC, The Canadian Masters Cross Country Ski Association, CCNL and The Whaleback Nordic Ski Club accepting my entry in the 2005 Masters Championships, I hereby for myself, my heirs, executors, administrators release and forever discharge The Canadian Masters Association, CCC its Divisions, clubs, servants, gents, sponsors and employees from any and all claims, demands, actions or causes of action arising out of or in consequences of any loss, injury or damage that may arise by reason of the negligence of the Canadian Masters Association, CCC, its divisions, clubs, servants, agents, sponsors, and employees, without limiting the generality of the foregoing. As a participant in the 2005 Canadian Masters Cross Country Ski Championships, I have read and understand the above.

Name:

Signature: Date:

Category Year of Birth

Masters M / F 1 1974-1970
Masters M / F 2 1969-1965
Masters M / F 3 1964-1960
Masters M / F 4 1959-1955
Masters M / F 5 1954-1950
Masters M / F 6 1949-1945
Masters M / F 7 1944-1940
Masters M / F 8 1939-1935
Masters M / F 9 1934-1930
Masters M / F 10 1929-1925

Mail To:

Canadian Masters Cross Country Ski Championships
c/o Debbie Noonan, Race Secretary
68 Bruce Blvd
Stephenville, NL A2N 2R6
Phone: (709) 643-4993
E-Mail: gnoonan@calvin.stemnet.nf.ca

Cheques payable to: Whaleback Nordic Ski Club

WAXING and your HEALTH
by Matthias Ahrens

Are you smoking before a ski race? As a health and fitness oriented cross-country skier you are of course not smoking at all. But did you know that the fumes of hot waxing your skis (with or without fluorocarbon) prior to a race, will actually have the same short term effect on restricting your VO₂ and oxygen transport capacity than smoking a cigarette. Research has shown, that with hot waxing the particle concentration in a wax room might increase by 500.000 parts/ccm. (W.G.Kreyling, BIA-report-2003)

An additional mayor health risk exists, when persons have been exposed to the high temperature degradation products when hot waxing high fluorocarbon waxes. This is known as ³ Polymer fume fever² and might include fever, chills, cough and respiratory impairment including pulmonary oedema. The condition usually resolves itself within 12-24 hours, but cases among wax technicians are on record, where repeated exposure to the toxic vapours the condition may become chronic.

Most fluoride compounds are poorly absorbed through intact skin. They are more readily absorbed through the respiratory and gastrointestinal tracts.

The typical waxing environment has athletes and wax technicians sharing the same space. At this time very few international facilities have ventilation for the waxing environments. In addition, quite often technicians and athletes eat and drink in the same environment, which poses the additional hazard of ingested fluoride.

What can we do to minimize our health risk with ski waxing?

1. When ironed-in heating of any synthetic product is done, the process must be conducted in a well ventilated area with a special waxing iron.
2. A reliable respiratory mask for organic vapours must be used. The filter must comply with NIOSH/MSHA approval # TC -23C-325.
3. Excessive heating of the products must be avoided and from the wax manufacturer recommended ironing temperatures must be followed (i.e. highfluoro powders with 150° on the iron relates to 110° on the ski base).
4. Smoking, waxing torches and any open fire must not be allowed in an enclosed area where fluorocarbons are being applied.
5. Skin contact should be minimized by protective gloves and eating and drinking should be avoided in enclosed waxing areas.

References:

Dahlquist et al. 1992, Exposure to skiwax smoke and health effects in ski waxers. Bracco et Favre, 1998, Pulmonary injury after skiwax inhalation W.G.Kreyling, BIA-report-2003, Distribution of aerosols in the human organism

As a cross country ski coach, wax technician and distributor of Cerax Nanowax, I have experienced great advantages with the application of nanowaxes (i.e. CERAX, Zipps, HELIX, Nanospeed, etc.), which do not need any hot ironing, are easy to apply, have no wax shavings and higher durability with great performance.

If you have not tried this new wax technology yet or if you are already a friend of this easy waxing, I like to offer all Canadian Masters a special early season deal on CERAX PRO race wax. You can order below CERAX choices for \$ 69.- per item (retail: \$ 99.-) or a package of one PRO 2 and one PRO 4 for a total of \$ 129.-.

This offer is valid until October 30 th, 2004. GST and shipping costs of \$10.- West and \$ 15.- East will apply.

The offer of PRO 2 and 4 will cover most Canadian snow conditions and a bottle of 50 ml is usually sufficient for 20 pairs of nordic skis.

PRO 2 finegrain old and manmade snow, or new snow mixed in, dry, 0 to -20°

PRO 4 icy, wet or moist snow, new or old snow - glazed track, -5 and warmer

For more info on the waxing conditions and Cerax use in last winter's Worldcups check out www.nanowax.com To place an order please contact: **Matthias Ahrens -phone/fax 403-678-2419** or e-mail **snowhow@telus.net**

Have a great winter and spend your time skiing and not waxing!

Drawing for a pair of skis

As in past years, the Canadian Masters association is holding a drawing for a pair of skis. Tickets are \$10. Formerly, the profits from this drawing were donated to the Canadian Junior Cross-country team. This, year, however, the general assembly at its annual winter meeting at Onaping Falls decided that because of a falling membership would retain the profits for use by the Masters association. You are therefore invited to participate in this drawing in large numbers

MWC 2005 Krasnogorsk

The World Championships will be held at Krasnogorsk in Russia from 18 to 26 February 2005. This town is located 25 km from Red Square in Moscow. Key information is available on the organizing committee's web site : www.mwc2005.com

At the annual meeting of the World Association held at Brusson, Italy, from 16-19 September, the Russian delegation gave an excellent presentation of the event. There is a strong likelihood that snow conditions will be good, with temperatures around -10C; ideal skiing conditions. I encourage you to participate in large numbers. A trip to Russia is a special event, and one not likely to repeat itself in the near future. I have reserved a block of rooms. I encourage you to decide quickly because the procedure for the required visa is a lengthy one.

All those interested in participating in this competition are invited to communicate directly by email with national director Jean-Yves Babin (jybabin@videotron.ca) or by phone (418-839-1621) as soon as possible. All information regarding procedures for registration will be provided.

Brusson

The 2006 Masters World Cup will take place in Brusson Italy. More information will be provided in the winter newsletter.