

Newsletter of the Canadian Ski Masters, Winter 2005

Greetings to Cross-country Skiers

Once again, the start of another season is upon us. I have learned that certain provinces were blessed with good snow conditions by mid-November; for us in Québec we too had the privilege of getting off to a good start by about 8 November – with surprisingly good conditions for this time of year.

1-World Championships: Russia 2005

As you probably know the World Championships will be held in Russia in from February 17th to February 27 2005. Representatives of the organizing committee delivered an excellent presentation of this global event at the September 2004 meeting of World Association in Brusson, Italy. This presentation convinced us that everything would be in place on time and that all infrastructures would be operating effectively.

A stadium and a building, housing all necessary services for this high-level competition, are presently under construction at a cost of several million.

The stadium (departures and arrivals of the races) is being built in Krasnogorsk on the outskirts of Moscow, scarcely 25 km from Red Square; we have been advised that the temperature and snow conditions at this location at that time of year should be perfect for such an event.

It would not be an overstatement to suggest that this trip to Russia will be a once-in-a-lifetime experience both from a sporting and a touristic viewpoint; the change of scenery in itself will be worth the trip.

Those who have confirmed their participation at the Russian Championships are :

Kryger Joseph Ont.	Angeluchi Christiane Qc
Vanderlugt Harry Ont	Vibrec Georges B.C
Vanderlugh Sue Ont	Vabrec Barbara B.C
Babin Jean-Yves Qc.	Girard Georges Q.C
Carboneau Régean Qc.	Mathys Catja Ont
Manning Sally Ont	Servold Irving Alb.

Preparing a trip to Russia involves a considerable amount of work. Because credit cards are not accepted to guarantee reservations, bank transfers are necessary for all lodging and race inscriptions, etc. Moreover one must request an invitation allowing application for a visa, and such a procedure takes a lot of time.

All of the information regarding the 2005 World Championships can be found on the internet site : <http://www.mwc2005>

2-World Championships Brusson Italie 2006

Time flies by so quickly that even before the 2005 World Championships have been held, it is already time to start planning for those of 2006. As Canadian director, I had the privilege of participating at the annual meeting of the World Cross-country Ski Masters' Association in Brusson in September 2004. As a result I can confidently pass on to you the following information :

These championships will be held from 4 to 11 February 2006 in the magnificent Aoste Valley, flanked by steep mountains; through the bottom of this valley flows a lovely river with a series of quaint villages along its banks, including Brusson. Impossible to get lost here, even for those with a poor sense of direction because there is only east and west; north and south are blocked by precipitous mountains. Superb ski trails criss-cross this river at several places. The profile of these trails offers a degree of difficulty which matches just that sought by Master ski racers. Also, there are facilities to provide artificial snow along 15 km, so there is no fear of having inadequate snow! There is also a recently constructed building housing about 20 rooms, a dining room, and all the other facilities required for such an event. The races will start right in front of this building.

The organizing committee has reserved a large number of rooms in the hotels of Brusson and other villages, all within 20km of the race site. Having visited several of these hotels I can attest to the cleanliness and quality of the accomodation available throughout the valley. Several hotels offer cooking facilities.

Brusson is located 170 kilomètres northwest of Milan and 130 kilomètres north of Turin, where the 2005 Olympic Winter Games will be held, immediately after the Masters Championships. It would therefore be possible to extend your stay at the hotel and watch some of the cross-country events at the nearby Olympic site. What a great opportunity! Apparently special transportation to the Olympic site could be arranged if enough people show interest.

3-Canadian Masters Championships: Terre –Neuve 2005

You are undoubtedly aware that this year's Canadian Championships will be held in Newfoundland, and from having mingled with the organizers I can assure you that everything is set to run like clockwork – not a single snowflake has been left unturned to make sure that your stay will be a most memorable one. The local oranzation has its own permanent office at Stephenville:

2005 Canadian Masters [Cross Country](#) Ski Championships
35 Carolina Avenue.
Stephenville,NL
A2N 3P8

Phone (709) 643-6770
Toll Free 1-877-643-6537
Fax. (709) 643-3421

Email: jcarroll@wec-center.nl.ca

All pertinent information on this event are available at the above internet addresses.

The provincial director has asked me to pass on the following message to all members.

This newsletter will be my last opportunity to convince the undecided that the place to be in 2005 is Stephenville, NL for the Canadian Masters Championships. As 2004 draws to a close we are left with approximately two months before the start of the event. Those of you that are coming should be making your travel plans and hotel reservations as there is a figure skating competition in Stephenville at the same time so book your accommodations ASAP. I suggest you go to our club website at www.whaleback.ca to view a map of the town to get your bearings. You will quickly realize that everything is only five minutes away. For the week of the competition we will be providing a complimentary **IN TOWN** shuttle service to the participants. If you have any questions do not hesitate to contact me. I look forward to seeing you at the event.

Bruce LeGrow
Event Chair
bruce.legrow@nf.sympatico.ca

4-Canadian Masters Championships, Rimouski 2006

The Canadian Masters Championships will be held in Rimouski, Québec in early March 2006. The organizing committee is already hard at work setting things up to ensure a successful event. Details will be provided in subsequent newsletters.

5-Québec Masters Championships, 2005

We are now into the third year of our «*circuit des maîtres en ski de fond*» with 14 races registered on our calendar. Last year more than 1000 skiers over 30 years of age participated in our races. This high rate of success is due in large part to the dynamic efforts and hard work by the *Association des Maîtres en ski de fond du Québec* under the presidency of Léon Simard.

Five new races have been added this year, including two rather special events : a non-stop 100km free style race in Forestville, and a «*skiathlon*» in Rimouski consisting of an 18 km classical race, followed immediately (the clock does not stop ticking) by an 18 km free-style race. Quick-change artists will have a special advantage in this event.

To entice other provincial associations to innovate with new unique events (which could easily lead to increased membership) I am including the calendar and regulations for our circuit. By-the-way, all Canadian Master skiers are invited to participate and accumulate points. Who will be the first out-of-province winner of the Québec Cup? The challenge has been launched!.

Quebec Masters Circuit (2005 Edition)
Calendar for Men 30- 69 years of age

Race	Date	Location	Distance	Style	Points
1	08-01-2005	Duchesnay	15 km	Classical	20
2	15-01-2005	Lévis/Mirepoix	15 km	Classical	20
3	22-01-2005	La Baie	30 km 30 km	Classical Free style	20 20
4	29-01-2005	La Tuque	40 km 40 km	Classical Free style	20 20
5	05-02-2005	Mont Grand Fonds	30 km 30 km	Classical Free style	20 20
6	06-02-2005	Mont Orford	15 km 30 km	Classical Classical	10 20
7	12-02-2005	Mont Sainte-Anne	25 km 40 km	Free style Classical	10 20
8	19-02-2005	Keskinada	50 km	Classical	20
9	20-02-2005	Keskinada	50 km	Free style	20
10	26-02-2005	Forestville	38 km 100 km	Free style Free style	10 20
11	05-03-2005	Rimouski	35 km	Skiathlon	20
12	05-03-2005	Saint-Félicien	30 km 30 km	Classical Free style	20 20
13	12-03-2005	Camp Mercier/Forêt Montmorency	22 km 44 km	Classical Classical	10 20
14	19-03-2005	Mont Valin	50 km 50 km	Classical Free style	30 30

Calendar for Women 30 years or more and Men 70 or more

Race	Date	Location	Distance	Style	Points
1	08-01-2005	Duchesnay	15 km	Classical	20
2	15-01-2005	Lévis/Mirepoix	10 km	Classical	20
3	22-01-2005	La Baie	20 km 20 km	Classical Free style	20 20
4	29-01-2005	La Tuque	20 km 20 km	Classical Free style	20 20
5	05-02-2005	Mont Grand Fonds	15 km 15 km	Classical Free style	20 20
6	06-02-2005	Mont Orford	15 km 30 km	Classical Classical	10 20
7	12-02-2005	Mont Sainte-Anne	25 km 40 km	Free style Classical	10 20
8	19-02-2005	Keskinada	25 km	Classical	20
9	20-02-2005	Keskinada	25 km	Free style	20
10	26-02-2005	Forestville	38 km 100 km	Free style Free style	10 20
11	05-03-2005	Rimouski	18 km	Skiathlon	20
12	05-03-2005	Saint-Félicien	30 km 30 km	Classical Free style	20 20
13	12-03-2005	Camp Mercier/Forêt Montmorency	22 km 44 km	Classical Classical	10 20
14	19-03-2005	Mont Valin	38 km 38 km	Classical Free style	30 30

The winners for each category (Men/Women) is that person who has accumulated most points over a maximum of 7 of the total number of races in the calendar. The points are attributed as shown in the tables below.

1. Age Categories

30-39	60- 69
40-49	70-79
50-59	80 years or more

2. Point system

a) For a 30-point race,
 position #1 : 30 points
 position #2 : 27 points
 position #3 : 24 points

b) For a 20-point race
 position #1 : 20 points
 position #2 : 18 points
 position #3 : 16 points

position #4 : 21 points
 position #5 : 18 points
 position #6 : 15 points
 position #7 : 12 points
 position #8 : 9 points
 position #9 : 6 points
 position #10 : 3 points

position #4 : 14 points
 position #5 : 12 points
 position#6 : 10 points
 position #7 : 8 points
 position#8 : 6 points
 position#9 : 4 points
 position#10 : 2 points

c) For a 10-point race,
 position #1 : 10 points
 position #2 : 9 points
 position #3 : 8 points
 position #4 : 7 points
 position #5 : 6 points
 position #6 : 5 points
 position #7 : 4 points
 position #8 : 3 points
 position #9 : 2 points
 position #10 : 1 point

3. Tied scores

In the case of tied scores in a given category, the tie will be broken according to the following criteria, listed in priority:

Criteria #1 : the person with most wins.

Criteria #2 : the person having participated in most races.

Criteria #3 : the person having participated in most of the long races.

In the case of a tie for the winner of the AMSF masters' cup, the choice will be made according to the following criteria:

Criteria #1: the person having accumulated most points.

4. Prizes

a) **The Masters' Cup AMSF will be rewarded to the overall winner**

b) Medals will be rewarded to the top 3 men and women in each category.

c) Two pairs of Fischer SCS skis will be given out by a draw among the winners in each category (Men/Women) of the general cumulative classification, according to the principle « 1 race = 1 chance ». The male and female winners of the Masters' Cup will each have 15 chances.

d) Participation prizes will be given out by draw among members of the AMSF according to the principle «1 race = 1 chance»

Note : The awards ceremony will take place at mont Valin on March the 19/ 2005

6-The Québec Masters training camps

The « camp des maîtres » represents the most appreciated service offered by the *Association des maîtres en ski de fond du Québec*. This event takes place in the

magnificent setting of the Montmorency Forest in the Laurentide Wildlife Reserve, 60 km north of Québec City.

It has become almost a tradition because in early December of each year, a large group of cross-country skiers gather together to fine-tune their preparations for the upcoming season. A nutrition specialist supervises the cafeteria staff regarding the preparation of the menu offered during the camp. A multitude of activities is offered to beginners, intermediate skiers, experts and racers alike. The very start of the season is the ideal time to learn or perfect different skiing techniques, classical or skating. Qualified trainers are there to give group lessons, which are followed up by video sessions. Adventurous individuals can try their hand at « off-track » skiing with the help of a specialist; the required equipment is available on site. Also, thanks to the presence of representatives of several ski companies, participants can try out various models of boots and skis. A number of friendly, but wild and crazy races are organized by the technical coordinators. The more competitive racers can participate in time trials under the supervision of the national director Jean-Yves. Evening events include waxing clinics where specialists provide advice for beginners, intermediate skiers and experts, and explain the latest in new products. Each year a speaker is invited to talk on a specific theme related to training for athletes over 30. Specific consultations are available on sport nutrition, personal training plans and orthotherapy. From 16h00 to 17h00 each day there is a stretching session under the supervision a professional trainer. And to top it all off, qualified massotherapists are present to explain or apply different massage techniques according to the skier's needs.

Needless to say, the social side is not neglected, the highlight being an evening dance with wine, cheese, beer, mineral water, etc. This is always a great success, and the drawing of numerous prizes is appreciated by the participants. This evening event usually terminates rather late...but that's another story!

The popularity of the training camp continues to grow as the event enters its 15th season in 2005. The participating Québec master cross-country skiers are never disappointed and always leave tired, but happy to have skied, chatted, danced, and celebrated in good company. The word is out... better register early for next year's camp.

7-Eating before a competition.

By Pierrette Bergeron, dt.p., M.A.

Feeding prior to exercise should be aimed at favouring the intake of liquids, the maintenance of adequate levels of blood sugars, and to provide a supply of easily digested nutrients, while keeping the stomach relatively empty.

Digestion

Digestion is an important factor to consider; it should not become an interfering factor. In effect, within the system there is competition between the stomach and the muscles for blood, and it is the stomach that loses! This shows up as nausea, regurgitation, and even vomiting. The higher the intensity of the exercise, the greater the demand for blood by the muscles, making less blood available for digestion.

- Fat digests slowly; it can remain up to 4 hours in the stomach
- The total quantity of ingested food also has an influence; a small snack will be digested more quickly than a full meal.
- Liquids are absorbed in the stomach more rapidly than solids.
- In general, we consider 3 to 4 hours for a meal, 2 to 3 h for a snack (ex. muffin, fruit and yogourt), 1 to 2 h for a lighter snack (ex. cereal bar or fruit). If the competition takes place in the early morning, a full supper late on the previous day and a light breakfast on the morning of the race would be recommended.

Nevertheless, digestive tolerances vary considerably from person to person; each individual must learn to understand his or her personal tolerances.

Water

During the 24 heures preceding the race, adequate quantities of liquids should be consumed (~2 to 3 liters for most athletes). About 2 h before the competition, 500 mL of liquid should be taken; this will give enough time for the system to eliminate the surplus of water.

Recommended food types

The choice should be towards familiar foods that are rich in glucides and poor in fat. **The foremost rule to observe is to never try a new food item for a race.** Try new products during training.

- Cereal products lead the list: all forms of bread (bagel, pita, tortilla, melba toast, etc); breakfast cereals, ready-to-serve or cooked; pancakes and waffles (but not Belgian waffles, « les liégeoises! »); rice, couscous, bulghur, polenta, pasta, etc; cereal bars; muffins, crackers and low-fat biscuits (ex. home made muffins, fig rolls).
- Fruits and vegetables are generally appropriate, except for avacados and olives and those that are fried.
- Several milk products are recommended; milk, yogourt, low-fat cheese, milk-based soups and deserts (ex. milk pudding, rice pudding, crème caramel).
- Meats and their substitutes may be taken in small portions. Choose lean products such as skinless chicken, ham, tuna, crustaceans, white-fleshed fish, lean beef and eggs. These products should be boiled, oven-roasted, grilled or poached.
- Other foods can also have a place. Salty soups or broths and beverages (except those containing cafein and alcohol) contribute to hydration. Jams, honey, syrups and sugars supply glucides (but watch out for chocolate which has a high level of fat content).

Foods to avoid

- High-fiber foods (ex. leguminous plants, bran, corn) as well as vegetables such as cabbage and broccoli can cause intestinal discomfort.
- During the hour preceding the race, avoid sweets; they stimulate the secretion of insulin that can bring on hypoglycemia. Also, a high level of insulin at the start of exercise increases the use of glycogen.

It is obvious from above that many food types and beverages are appropriate in the pre-race diet of an athlete; the important consideration is to balance the quantities of each type, to respect the appropriate time delays, and one's proper digestive tolerances. For certain athletes it is possible that food consumed before a race has a greater psychological or physiological effect. Hang on to those habits that have paid off in the past.

Pierrette has been a consultant in sport nutrition since 1980. She is accredited by the Association canadienne des entraîneurs and by the Centre national multisport in Montréal. She obtained a B.Sc. in dietics at l'Université Laval and a masters degree in education at the University of Colorado. The sports that she participates in most intensively are cycling and cross-country skiing.

I realize that this newsletter has come out with a strong Québec slant, despite my efforts to get input from other provinces. I promise to work doubly hard to get more news from the other provinces for the spring newsletter. Until then :

Bon Ski,

Jean-Yves Babin
National Directeur