



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

Canadian Master Skiers Newsletter, Spring 2006

Another ski season now draws to a close. Unfortunately, in most provinces, the snow came late. Can this be attributed to global warming? Nevertheless this inconvenience did not keep our courageous skiers from showing up in large numbers at the World and Canadian Championships.

Only Québec escaped from this shortfall in snow. We had our first snowfalls in early November, and skiing continued without interruption through late March. As in past years the ski centres will be closing their seasons through lack of skiers, rather than from a shortage of snow.

I imagine that those who were not blessed by early snow conditions would be happy to extend their season through spring. However, even the most optimistic are probably already dreaming of the many kilometers that they will cover on their bikes or roller blades, or of the marathons to be run, the mountains to be climbed, the golf swing to perfect Regardless of the sport, the important thing is to take pleasure in maintaining one's form, and ensuring that one is ready for the first snows of next fall.

This year, thanks to a strong participation in Québec (246 members), membership remained stable at 475 members.

Annual meeting of the Canadian Masters Cross Country Ski Association

Each year the annual meeting of the Canadian Cross Country Ski Association is held in conjunction with the national championships. This has proven to be the most efficient approach of bringing all our provincial directors together at the same table, given the size of our country and the costs of travel in relation to our budgets. I believe it is important that all members be brought up to date on the discussions and decisions made at this meeting. Here, then, is our "compte rendu ».

March 2, 2006 at Hotel Rimouski, Rimouski, Quebec.

In attendance:	Jean-Yves Babin	National Director	Joseph Kryger
	Bruce LeGrow	NL Director	Richard Dugay
	Frank McNamare	AB Director	Jack White
	Roger Levesque	NB Director	Gaétan Dubé
	Russ Evans	ON (for Tom Cook)	
	Léon Simard	QC Director	
	Dirk Templeman-Kluit	BC Director (Phone)	

The meeting was called to order at 4 P.M. National Director Jean-Yves Babin introduced those present, commented on the excellent condition of the Rimouski trails and requested acceptance of the agenda. Acceptance was unanimous.

Léon Simard is now the new Provincial Director for Québec taking over that position from Fancine Déry. Léon is also the President of the AMSF and a tireless worker for Cross Country skiing in his Province.

As the two year term of National Director expired, it was moved by Bruce that Jean-Yves be elected to serve a second term, seconded by Jack White, with unanimous consent by those present.

Tom Cook will be stepping down as Director for Ontario, a new person to fill that position will commence.

The minutes of last years AGM were previously distributed. These were accepted by Bruce, seconded by Jack.

Jean-Yves Babin

Reviewed the budget, noting this is will not be finalized until Provincial Directors travel subsidy is paid to those Directors in attendance. Jack moved the budget be accepted, seconded by Bruce.

Jean-Yves explained for Dirk the method of purchasing excess medals from the OC Rimouski and then selling them at no extra cost to the host of next years Masters event which is scheduled for Rossland, BC. This is a practice that has been in place for many years and alleviates a hosting OC being stuck with excess medals.

Provincial Reports:

Bruce LeGrow-Newfoundland/Labrador

Membership down as a result of no Provincial Masters competition this year, however there is a healthy bank balance and membership numbers will increase next season.

Roger Levesque-New Brunswick

Membership only slightly down from last year with the main contributing factor being lack of snow, a complaint echoed by all except Quebec. The annual ski camp attracted 20 members. The dates for this camp have been moved around each year, but it is hoped a fixed date can be arrived at making it easier for members to plan in advance to attend. Bank balance is not large, but stable.

Léon Simard-Québec

Membership stands at 246, approximately 50 percent of Canadian total (the majority of these 246 being recreational skiers). Each fall a ski camp is held at Fôret Montmorency with a large attendance. Also each year a circuit of races is held throughout the province and points awarded. These are tabulated at seasons end so that skiers can see where they rank.

The AMSF also supports a junior skier and a ski club with a financial contribution each year.

Both membership and financial situations are very good in Québec.

Dirk questioned the cost of membership. Léon noted it is \$35 and members are quite satisfied with the amount considering the many services they receive.

Russ Evans-Ontario

Membership is down at approximately 100. It has not been a very good winter season as in other places. Masters races were held at Wasaga Beach with 59 skiers competing.

A point system was used to determine the top male and female skiers.

In 2007 the Ontario Masters races will be held January 27th and 28th at Deep River, just northwest of Pembroke and right on the Québec border. Masters from all over are invited to attend.

A search is in progress for a replacement for Director Tom Cook.

Frank McNamara-Alberta

All races in the province were cancelled due to little or no snow except for those held in Canmore.

Frank noted that the trails at the Edmonton Ski Club will have snow-making capabilities in two years.

Membership is stable and financially sound.

Looking for a replacement for Provincial Director but no takers to-date.

Dirk Templeman-Kluit-British Columbia

Dirk apologized for not being at this years event. Membership will increase next year with the Masters Nationals being held in BC.

BC membership has remained at \$15 and there is a very healthy bank balance. Dirk noted they may try out the Ontario point system next season.

Next year's host site Rossland always has an abundance of snow and a sound volunteer base from which to draw officials for the competition.

Jean-Yves

This years Masters World Championships at Brusson Italy saw a great showing of Canadian Masters with 56 in total, one of the highest attendance numbers in several years.

A discussion was held on the possibility of designing and ordering new racing suits. There will be an item in the spring newsletter to further explain what is planned and a request for feedback from members.

The Masters website was also discussed with the possibility of a new one in future. Jean-Yves will look into this.

The dates for the 2007 Masters Nationals in Rossland BC have not been confirmed at the time of this meeting. Dirk will advise the OC of the dates not conflicting with the MWC in Rovaniemi Finland which take place March 2-10. He will also advise them of the race format for Masters Nationals that has been in place for several years.

McCall Idaho will be hosting the 2008 Masters World Championships. The Canadian Masters Nationals will be held in conjunction with these as was done at Lake Placid and Québec city. The reason for this is the high cost of travel to more than one event. Central Canada/Ontario was scheduled to host the Nationals in 2008 so that will be moved ahead to 2009.

A motion to adjourn was made by Bruce LeGrow and seconded by Frank McNamara. The meeting adjourned at 6:40 P.M.

jw

Canadian championships, Rossland 2007.

Since the annual meeting of our society at Rimouski, the organizers of the 2007 championships at Rossland chose the dates of 5 - 11 february 2007 for the event. All details concerning these championships will be announced in the fall newsletter.

Canadian championships 2006 at Rimouski .

As announced earlier, the Canadian championships were held in Rimouski from 28 February to 5 march 2006.

A hearty welcome is due the organizing committee for their excellent work setting up the event and for the quality of the installations made available for us. From the financial end, the committee accomplished a double whamy by coming up with funding that enabled them to make improvements to their already-excellent facilities. The event drew an average of 125 participants in the hotly-disputed competitions.

The week started with a 20km free-style race on Monday, 27 February, followed by a rest day on Tuesday. The races continued on Wednesday with the 10km free-style. During these first two races the the tracks were in excellent condition, although the weather was cold and windy. Nevertheless everyone enjoyed the races. The two final races, both classical style, were held on 4 & 5 march (Friday and Saturday). Again the trails were in excellent condition and the temperature reached 5C under a clear blue sky.

All through the week social events were interspersed between the competitions, adding to the enjoyment of the get-together. To mention a few - the lunch time conference, the 5-7 organized by the local chamber of commerce, and the banquet.

" Bravo et merci" to the organizing committee and to the many volunteers who made the event so memorable.

World Cup Italy 2006

The World Cup held on 2-11 March in Italy, was a most memorable event for several reasons. First of all, the host city Brusson had almost no snow. But our deception did not last long once we were able to see the gigantic efforts that had been made at the race site to prepare a trail network of exceptional quality.

More than 30,000 cubic meters of artificial snow were prepared and laid down in a magnificent white ribbon at least 30-cm thick and large enough to accommodate two skiers, side-by-side, over the key portions of the trail. As indicated to you in an earlier newsletter, the race site is situated in a magnificent valley, along a crystal-clear river. The trails were groomed with special equipment, resulting in a firm base of excellent quality. These trail conditions represented a degree of difficulty well adapted for master racers.

The weather was ideal over the 10 days of competition. Wall-to-wall sunshine from dawn to dusk ... not a single cloud was seen during our stay. The temperature dropped to an average of -8c at night and rose to + 6c in the day. Waxing conditions were not difficult but required a controlled use of klister.

Italy lived up to its reputation, providing meals of exceptional quality. The welcome was warm, and everything was done to satisfy all participants. Without a doubt, the organizers put together a package to please the most demanding visitors. Finally, to terminate the week on a high note, 53 Canadians, from a total of 56 participants, attended the cross country pursuit events, men and women, at the Olympic Games in Turin on 12 February. A once-in-a-lifetime experience!

In terms of performance, our women came through with flying colours: 11 of them won 25 medals, including the relay. The men returned empty-handed; we'll have to keep a close eye on our ladies to discover the secrets of their training methods! The medalists are:

Tasha Betchermen:	gold, 2 silver, bronze.	Cynthia Fraser:	2 gold, bronze
Kathy Davies:	4 bronze	Nancy Burden:	silver ,3 bronze
Muffy Roy :	bronze	Zilvia Steller:	2 gold , silver
Christiane Angeluchi :	2 bronze	Martineau Louise:	bronze
Cgristine Hicks :	bronze	Maria Hawkins :	bronze
Alena Branda :	silver		

In the men's category, the best performances came from Alfred Parson, sixth in all three of his races, and Gaétan Beaulieu 11th in 10k free-style (9,10, and 11th had identical times, at 43 sec from the winner!). All the others gave it their best and were personally satisfied with their results.

World Cup, Rovaniemi 2007 (2-10 March)

The world cup will be held in Rovaniemi, Finlande in 2007. This is a small town, located in northern Finland, straddling the Arctic Circle. The organizing committee provided an

update at the world association meeting in Brusson. They have made the necessary modifications requested by the association at an earlier meeting regarding the degree of difficulty of the track and the cost of lodging. Therefore everything seems to be in place to accommodate the participants at these championships.

See the table below for hotels recommended by the organizing committee.

Hotels in Rovaniemi							
	ROOMS	Single Room	Double Room	Room for 3 persons	Room for 4 persons	Disabled person room	HB
**** Clarion Hotel Santa Claus www.hotelsantaclaus.fi	50	€ 132	€ 156	€ 189			€ 19
Hostel Rudolf www.hotelsantaclaus.fi	40	€ 52	€ 78	€ 95			not incl. breakfast
**** Rantasipi Pohjanhovi www.rantasipi.fi	120	€ 130	€ 150	Superior 6 X H1 = 147€ Superior 18 X H2 = 170€			€ 17
**** Sokos Hotel Vaakuna Rovaniemi www.sokoshotels.fi	80	€ 106	€ 113				€ 18
*** City-Hotelli www.cityhotel.fi	30	€ 92	€ 109				€ 17
*** Cumulus Rovaniemi www.cumulus.fi/hotellit.cfm	25	€ 112	€ 135				€ 17
*** Hotelli Aakenus www.hotelliaaakenus.net	40	€ 92	€ 115				incl.
*** Hotelli Lapinportti www.merilappi.com/hotellilapinportti	32	€ 83	€ 90	€ 109			€ 16
*** Lapland Hotels Sky Ounasvaara www.laplandhotels.com	34	€ 104	€ 60/per + € 30 extra		€ 189		€ 16
** Sport Hotel Oppipoika www.santasport.fi	19	€ 94	€ 110		€ 46/per		
** Santa Sport Ounasvaara www.santasport.fi	44	€ 57	€ 80		€ 121	€ 81	
Cottages in Rovaniemi							
Lapland Hotels Sky Ounasvaara www.laplandhotels.com	5	for 1-7 persons		€ 270 / night 1-4 persons, extra person € 25 /night			
Ounasvaaran Lakituvat www.ounasvaaranlakituvat.fi	13	for 1-8 persons		€ 270 / night 1-4 persons, extra person € 25 /night			
Santa Sport Ounasvaara www.santasport.fi	4	for 1-8 persons		€ 276 / night 1-4 persons, extra person € 25 /night € 1651 / 7 nights 1-4 persons, extra person € 25 /night			

A deposit of 20% of the costs of lodging must be deposited before 30 October 2006. Reservations can be made through the organizing committee or directly with the hotel.

The internet site contains further information : www.mwc2007.com

It is important for those that plan to participate in this world cup to advise the national director: jybabin@videotron.ca as soon as possible to facilitate planning of lodging and other considerations for an event of this caliber. Final details concerning registration and other subjects will be forwarded with the fall newsletter. I have reserved 5 doubles rooms and two singles rooms for Canadians at City hotel.

World Cup 2008, McCall, Idaho, USA

As has been the custom, the annual meeting of the world association will be held at McCall, USA, where the world cup will be held in 2008. This trip will allow us to check

out the ski trails and to examine the other facilities required – and to judge their adequacy and quality. I will then be able to fill you in on details in the next newsletter. The world cup 2009 will probably be held in France.

Racing suits

At the world cup in Italy this year several participants expressed interest in purchasing racing suits (skin) and associated warm-up. Unfortunately it was not possible to fulfill these requests because the stock from previous years is practically all gone and it was too late to re-order. We are therefore examining the possibility of developing a new outfit, the design of which will be subject to review by the provincial directors.

Because no shops will take the risk of ending up with a large inventory of unsold items, it will be necessary to determine the exact number of suits required and to demand payment in advance. To get the ball rolling, we are asking that you indicate your **interest** in purchasing a suit (at this stage not an obligation to purchase) to your provincial director. The design and purchase price will be forwarded to you at a later date. Those interested should contact their provincial director no later than **31 August 2006**.

Alberta :	Frank Ncnamara	e.mail fgmcmamara@netscape.net
B.C.	Dirk Tempelman-kluit:	e.mail dirktk@telus.net
Manitoba :	Danielle Papin :	e.mail dpapin@wsdl.org
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Web site

John Robart has done an incredible job handling our web site. But now his travel obligations leave him little time to keep the site up to date. The time has come to look for new blood.

With our modest budget, we must look for a volunteer who will be able to built a new web site update it a few times each year. For somebody who is up to date on these matters, the work should not be too demanding. Those interested should contact Jean-Yves Babin Tel :**1-418-839-1621** or [jybabin @videotron.ca](mailto:jybabin@videotron.ca)

A brief history (With the authorisation of the AMSF)

To conclude this newsletter I thought it might be appropriate to include a brief history of the the beginings and development of the various associations of Master cross-country

skiers at the provincial, national and international levels. This summary was prepared a few years ago by the late Jean-Yves Desrosiers. For many years Jean-Yves gave generously of his own time to promote the cause of cross country skiing in Québec.

Brief history of Masters Cross Country skiing in Canada

By Jean- Yves Desrosiers

The following notes were extracted from the archives of Jean-Yves Desrosiers. The notes are not intended to provide an exhaustive description of all events, but rather to give a summary of some highlights since the birth of this adventure in 1980.

In September 1980, William D. (Bill) Gairdner and Jan D. Hansen created the Canadian Masters Cross Country Skiers Association, the first such association to see the light of day throughout the world. Bill Gairdner became the first president and Jan Hansen, the first vice-president and president for the Québec division. This was the result of a series of exchanges that had started during the previous months, especially on the occasion of an international meeting held in Morin Heights.

It all started with an international competition for veterans organized by Jan D. Hansen of « Club Viking » in Morin Heights in the Laurentians north of Montreal during the winter of 1980. In response to the enthusiasm expressed by the participants, all 30 years or older, it was proposed that the competition should be repeated on a regular basis and that an organization be developed to promote cross country racing among veteran athletes. The races in Morin Heights were followed by another competition in 1982, and from then on races have been held annually at the international level, initially termed Masters World Cross Country Ski Championships, then Masters World Cup, following recommendations by the International Ski Federation.

Following is a list of dates and locations of these championships in subsequent years:

1982 Uppsala (Sweden), 1983 Télémark (Wisconsin, USA), 1984 Holmenkollen (Norway),
1985 Hirshau (West Germany), 1986 Lake Placide (New York) 1987 Kuusamo (Finland),
1988 Seefeld (Austria), 1989 Mont Sainte-Anne (Québec), 1990 Ostersund(Sweden),
1991 Toblach (Italy).

During the races in Uppsala in 1982, representatives of the various countries initiated discussions aimed at creating a world-wide association for cross country skiing and to promote the sport among those 30 years or older. The idea spread quickly and the Association was put in place by Bill Gairdner and Jan Hansen who became the first president and vice-president, respectively.

Starting in 1985, the World Masters Association began discussions with the International Ski Federation which led to affiliation with the ISF. Then, the national associations, each according to its own system, became affiliated with their own Ski Federation. This

allowed the development of a standard set of rules for the competitions.

The world and national associations were already busy developing their membership, as well as organizing competitions and other activities, including national competitions in certain countries, notably in Canada.

From its end, the Canadian Masters began setting up provincial divisions, including that for Québec. From its beginning in September 1980, the Québec division grew under the presidency of Jan D. Hansen who was its principal promoter. Actively involved in the Viking Club and provincial racing events, this hard working gentleman of Norwegian origins, was responsible for recruiting the original nucleus of Master cross country skiers. He was followed by Jean-Yves Desrosiers who took up the presidency from 1983 to 1989, who was equally active in organizing cross country skiing events and activities in the Québec City area.

In 1983, Jean-Yves Desrosiers and Lucien Maheu (from Club Ookpik) set up a regional Masters committee for the Québec City area (région 03) with the hopes that its structure and example would encourage the development of other regional groups throughout the province. The Québec City regional group quickly became the largest and most active group in Québec and Canada, peaking at over 300 members. Through its large membership and its dynamic programme of activities it became a leader in Masters cross country skiing in the country. The enthusiasm of the Québec City group helped recruit members to the provincial and national divisions, but it was not until 1990 that skiers in other regions of Québec began setting up their own regional committees. Happily, today enthusiastic skiers in several other regions are contributing importantly to the development of Masters cross country skiing in Québec.

From 1983, the Québec City division took charge of organizing regional and provincial competitions within the province and also played a pivotal role in organizing the Canadian championships. They also provided help and encouragement to regional racers interested in participating in Canadian championships held out-of-province and World Cups in other countries.

It was the Québec City division's committee that initiated, negotiated and organized the Masters World Cup held at Mont Ste-Anne in 1989. Surprisingly, this was the second time that the World Cup had been awarded to Québec by the World committee, the first being in 1986 under Jean-Yves Desrosier's presidency – an honour that had to be turned down because of difficulties with the Québec Ski Federation regarding the hosting of the event. As a result, Lake Placid was designated as the official host for 1986. From 1989, the Québec division came under the leadership of Alois Voitchovsky, and the Masters cross country movement has continued to develop and prosper through to the present.