



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



Newsletter winter 2006

Here we are in the depths of winter 2006. I hope that everyone has succeeded in attaining a satisfactory level of condition despite the variable fall ski conditions that have prevailed across the country. Already, several important events are behind us. The active competitors have already participated in several races and many non-competitors have chalked up many kilometers. Many are polishing up their form in preparation for the world championships in Italy or the Canadian championships in Rimouski.

Some of our western members have had the chance of taking in the world cup events in Vernon (9-10 december), and Canmore (17-18 december), either as volunteers or spectators. It is great to be able to watch races of such high caliber within his or her own province.

Thanks to the collaboration of Frank Mcnamara, president for Alberta, and Dirk Tempelmen-Kluit, president for British Columbia, we now know that the Canadian Masters Championships 2007 will be held at Rossland's Black Jack Club in British Columbia. Renewals of membership for 2006 are coming in at an encouraging rate.

This newsletter will be brief because it follows so closely on the fall edition. But I insist on getting it out early so that some important information can be received by those participating in the world championships in Italy before their departure in very early February.

World Masters Cup Brusson 2006

I am sure that most of you know that the Masters World Cup is being held Brusson, Italy, from 5 to 11 February 2006. (See fall newsletter). As you can see from the information below, Canada will be well represented. Nevertheless it seems important repeat and emphasize certain details.

First of all, Aléna Branda ex- national director kindly reminded me that in the previous newsletter I had failed to report that the race distances for women in categories 9 – 12 and for men in categories 10-12 for the first year will be shortened. Note that 15 k becomes 10 km, 10km becomes 5 km, and 20 km becomes 15 km. For women categories 07-08 the 20 km becomes 30 km.

By the time this reaches you I am sure that most participants for the world cup 2006 will have made their reservations. Nevertheless here are the internet coordinates containing all the information regarding this event : [www. mwc2006.com](http://www.mwc2006.com). This site includes information on hotel and other accomodation availability, as well as directions concerning transfers from the Brusson airport by bus or train.

N.B : The choice of participants for the relays will be made on the basis of the first races only.

Here is the list of the members of the Canadian contingent for Brusson :

Name	Province	Cat	Name	Province	Cat
Men			Women		
Babin Jean-Yves	Qc	M08	Angelluchi Christianne	Qc	L08
Beaulieu Gétan	Qc	M05	Betcherman Tasha	Al.	L01
Belzil Louis	Qc	M04	Bretz Maureen	Ont	L05
Bernier Robert	Qc	M05	Bristow Jean	Ab	L06
Button Lloyd	N.FL	M 05	Buchanan-Mappin Ludy	Ab	L05
Chesket Rob	Ont	M05	Davies Kathy	Ab	L04
Davina John	B.C.	M06	Dery Francne	Qc	L05
Dick, Garnot	B.C.	M 09	Donitz Suzel	Ab.	L07
Donitz Peter	Ab.	M08	Fraser Cynthia	Ab	L02
Dussault Jocelyn	Qc	M04	Gauthier Judy	Ont	M05
Fraser Scott	Yukon	M 03	Granter -Button Sherly	N.FL	L05
Godfrey Ken	Ont	M07	Grater Wendy	Ont	L05
Hawthorn ken	Ont	M04	Grimard Denise	Qc	L04
Healy Brian	Ab.	M01	Gunter Emmanuel	Ont.	M08
King Dave	NFL	M05	Hawkins Maria	Alb	L04
Kryger Joseph	Ont	M05	Hicks christine	Ab	L03
Legrow Bruce	NFL	M07	Legrow Jaqueline	NFL	L06
Mackenzie Robin	Ab.	M07	Martineau louise	Qc	L04
Marchand Gaétan	Qc	M05	Pizzey Kit	On	L 06
Meier Norbert	Ab.	M06	Roy Buffy	AL.	L04
Meuller Ray	Ont	M 03	Stettler Silvia	Ab	L06
Mirault Normand	Qc	M06	Theriaux Micheline	Qc	L06
Nevison Bruce	Ont	M 08	Vrabec Barbara	BC	L07
Parsons Alfred	NFL	M06	Willams Dawn	Ont	L04
Pizzey Leonard	Ont	M 05			
Rees Dave	Ab.	M07			
Schopp Gerhard	Ab.	M08			
Steinruck Martin	BC	M05			
Thériault François	Qc	M06			
Vrabec Georges	BC	M08			
White Jack	NFL	M08			
Wright Paul	PEI	M04			

Canadian Championships in Rimouski, 2006

This event will take place from 26 February to 4 March, 2006. I had the honour of participating in a press conference to launch the event on October. Clearly the organising committee has worked very hard to put this together. Rest assured that they have all the capability and resources necessary to make this a top-notch event. All details are available on the site : www.rimouski2006.ca , including the registration form and instructions on how to register on line. For those not having internet access, the registration form and the most recent race program is provided below.

Some memories from 2005 World Masters Krasnogorsk Russia.(by Irvin Servold)

After many CC experiences in many countries, Russia was magical thought to experience. This proved to be great experience in many ways. Some of the highlights come to mind. To captivate the many feelings, awesome sights, friendly spirit, great ski tracks, Old (and not so old)former Olympic champions, sincere officials, good weather, quick results, opening ceremony, nightly impressive award ceremonies, good weather , good accommodations, efficient shuttle transportation, excellent Moscow tour, impressive security, excellent dressing/waxing rooms at the stadium, etc, etc. To describe these points is a challenge.

Personally, the application for Russian visa was a long process and very uncertain, but finally came through. A Canadian baggage problem, left me without my ski bag , With out clothing, boots , poles, wax, which made me feel very undressed. We were met at the Moscow airport by two smiling university holding MWC sign. As we waited for the 'taxi' We were approached by some questionable entrepreneurs who offered us a quicker taxi. NO thanks. It was an hours trip to our accommodations at a gated Russian rest area called 'Sniguri'. On the way we passed by the eternal flame marking the location of the standoff of the German and Russian armies WW two.

At the stadium The next day I was lucky enough to renew acquaintance with 'Albert' a former Olympic coach and now the Russian FIS delegate, who was acting as technical Chairman for the MWC 2005. I told him my predicament and his response was "no problem" The next day I had a new pair of Madshus skis and some seemingly odd Russian ski boots. The skis were waxed, no problem, ready to go. They belonged to one of the top Russian biathlon skiers. Another official came with a pair of 'skating' poles , but they were better than none. My first race was in sweats, no gloves or hat. Like the good old days. It is the spirit of the thing, I told myself-- just get skiing. It went well , After trips to the airport with one official it seemed hopeless to get the skis. Finally after e-mails, a phone call to West jet and two trips by my stadium security friend, my good old red kneisl ski bag lay on the floor in the stadium office. This was a tremendous service, which demonstrated to me the organizers sincere efforts of kindness and sportsmanship.

The largest contingent of the near one thousand entrants was from Russia , Germany, Scandinavia and France along with with a large number from the former Russian

satellite countries. The trails were very interesting with a considerable amount of flats in the middle section. Some very interesting hills and corners made the course enjoyable. Waxing was not a major problem as the temperature was quite constant just under the zero mark for most of the races.

The oldest entrant at 89 yrs was none other than Georges Girard from Quebec City.

I believe there were only thirteen entrants from Canada. We were seldom together as accommodations were largely personal choice. We did finally get together as a group at the closing program

Our efficient Team Captain was Jean Yves Babin, who did a commendable job in representing Canada at meetings and informing everyone of the technical goings on during the competitions. Not all came out for the opening ceremony parade which, attendance-wise should be improved on in the future.

During the Final closing Award night it was a great pleasure to meet and greet Vladimir Kusin who was a formidable victor in the 1956 Olympics in Cortina Italy where I competed in the nordic combined. The only conversation was mention of former competitors and "oh ja, oh ja - Hakulinen, "oh ja, Jerneberg, "o ja, big smiles - renewal, awesome happiness, ski family!

I cannot begin to describe the tour to the Kremlin and Red Square. The whole place as closed for a holiday so our group had a terrific, intriguing tour of the former royal riches in the museum, the several historical churches of the Kremlin, and the many interesting historical notes of interest concerning Ivan the terrible, Katherine the great and others.

Security was very heavy at the ski stadium, but after a few days we began to recognize faces and serious faces became smiling ones. It is hard to forget those smiling faces with the metal (Gold or Stainless Steel) teeth. All in all, the spirit of good sportsmanship prevailed, proving once again that cross country skiing is a sport for the enjoyment of all ages, anywhere and anytime. It was very difficult to realize that you really were skiing in Russia. Only the daily bus ride to and from the stadium gave the location away.

Thanks again to Jean Yves for all his work during the Visa application period and all the other administration and communication hoops and hurdles that he managed to make our trip an enjoyable one.

Thank you Jean Yves.

Irvin est un maître catégorie 09 (70-74 an) de l'Alberta qui fut très impliqué dans le ski de fond et qui a fait de la compétition de haut niveau.

News from the provinces

NEWS FROM THE FAR WEST

The ski season here has started off with a bang. Its white everywhere even here in Vancouver I had to shovel snow in early December. I guess it's making up for last year when we had such a washout season. We got snow early all over BC and it is sticking around so we have all put away our rollerskis and other summer sport equipment. Masters are skiing everywhere and we don't have to go to our perennial favourite early season locale of Silver Star for a change.

Speaking of Silver Star this weekend the Sovereign Lake Nordic ski club at Vernon is hosting the World Cup races. I plan to drive up and see some of the action myself. It promises to be exciting and Vernon is pulling out all the stops to make this memorable.

It is encouraging that we had excellent response from BC clubs to host the Canadian Masters Championships in 2007. As you may know some years it is like pulling hen's teeth to find a club that is interested. Three clubs expressed interest and although one dropped out we were left with two strong contenders; Rossland's Black Jack Club and Comox' Strathcona Nordics. Both clubs have great facilities and BC masters were asked to vote on where they would prefer to have the games. Rossland won the voting so I hope all Canadian Masters will put 2007 on their calendar. Rossland is a wonderful ski and mountain community with a long history of skiing and not just downhill. It is easy to get to by air and the club has some of the best trails around BC.

This weekend I am also heading up to Lac Le Jeune near Kamloops to ski. The ski trails there are a very well kept secret- known only to locals. The trails are at 4000 feet elevation and conditions are dry snow; what falls stays. Great especially if you like blue wax conditions with a huge and varied trail system and excellent terrain for classic skiing.

Dirk Templeman-Kluit
Provincial director

News from Québec

The fall of 2005 was an exceptional one for skiers in the Québec area. Thanks to trail improvements made by certain ski centre operators, many trails were opened shortly after early November snows. Even the most impatient skiers were able to get off to an early start, under almost ideal conditions, despite some drastic fluctuations in temperature.

Cross-country skiing appears to be gaining in popularity as witnessed by a record number of participants at the Masters' training camp this year. The weather, including snow, cooperated by allowing a multitude of activities for this the 15th anniversary of the event. Participants had a broad choice of activities, including: a conference presentation, a camp fire, wine and cheese tasting, an evening of dancing, courses in skiing, stretching sessions, massages, waxing clinic, and others.

The staff at the Forêt Montmorency, well known for their hospitality, went a step further by offering a cocktail and birthday cake to celebrate the 15th anniversary.

The Masters' racing circuit was again extended this year with the first race being held at the training camp. Nearly 80 skiers participated in a 10 km classic race. It looks like we are in for an exciting season for the 4th edition of the racing circuit. In addition, several merchants are offering interesting reductions to members on presentation of their membership cards. The objective of the Association to provide an increasing number of advantages to members now appears to be a reality, which should ensure a high rate of membership renewals.

Bonne fin de saison and Happy skiing to all

Francine Dery

Provincial director

Week program (Rimouski)

Sunday Feb. 26th

- 9 h - 11 h Breakfast at the Hôtel Rimouski
Video message from biathlete Martine Albert,
participant at the 2006 Torino Olympic Games
Cost : \$ 14
- 13 h Registration at the Centre de plein air Mouski and
free ski
- 16 h - 18 h Welcome cocktail for the masters skiers and their
spouses at the Centre de plein air Mouski

Monday Feb. 27th

- | | | | |
|---------|-------|-------------------|------------------|
| 10 h | Men | 30 - 59 years | 20 km free style |
| 10 h 40 | Men | 60 years and over | 20 km free style |
| 10 h 50 | Women | 30 years and over | 20 km free style |

Tuesday Feb. 28th

Day off

- 17 h Happy hour at the Hôtel Rimouski
In collaboration with the Rimouski chamber of commerce
Guests : Pierre Harvey, honorary president
Jean-Yves Babin, director of the Canadian masters
cross-country ski association

Wednesday march 1st

- | | | | |
|---------|-------|-------------------|------------------|
| 10 h | Men | 30 - 59 years | 10 km free style |
| 10 h 40 | Men | 60 years and over | 10 km free style |
| 10 h 50 | Women | 30 years and over | 10 km free style |
- 18 h Banquet at the Hôtel Rimouski
Medal presentation from the Monday and Tuesday races
Cost : \$ 29 - Payable upon registration

Thursday March 2nd

Day off

Friday March 3rd

- | | | | |
|---------|-------|-------------------|---------------------|
| 10 h | Men | 30 - 59 years | 10 km classic style |
| 10 h 40 | Men | 60 years and over | 10 km classic style |
| 10 h 50 | Women | 30 years and over | 10 km classic style |

Saturday March 4th

9 h 30	Men	18 - 29 years	30 km classic style
9 h 35	Women	18 - 29 years	20 km classic style
10 h	Men	30 - 59 years	30 km classic style **
10 h 40	Men	60 years and over	20 km classic style **
10 h 50	Women	30 years and over	20 km classic style **
	** races are part of the provincial Fischer master circuit		
13 h	Closing dinner		
	Medal presentation from the Friday and Saturday races		
	Cost : \$ 12		
14 h	Prizes drawing		

A great challenge awaits you! All 18 years and over are invited to compete with the best athletes. No need to be a member of a masters association to participate in the March 4th races.

All starts will be mass starts. There will be grouping of age categories depending on the number of participants. A snack will be served after each race.

Registration form (Rimouski)

LAST NAME : _____ GENDER :
 FIRST NAME : _____ LANGUAGE :
 ADDRESS : _____
 CITY : _____
 PROVINCE : _____ POSTAL CODE : _____
 TEL. : () _____ DATE OF BIRTH : ___/___/___
 EMAIL : _____ CLUB NAME : _____
 MEMBER NAME – PROVINCIAL ASSOCIATION * _____
 CONTACT IF EMERGENCY : _____
 TEL. : () _____

For Monday's, Wednesday's and Friday's races it is mandatory to be a regular member of your province masters cross country ski association. Although only regular members will be entitled to Canadian championships, medals, one does not have to be a member for Saturday's races. For the 18-29 years open class, will receive their placing and medals from the Center de plein air Mouski.

DESJARDINS CANADIAN MASTERS CHAMPIONSHIP

Monday, February 27 th		20 km free style	<input type="checkbox"/>	\$ 20
Wednesday, March 1 st		10 km free style	<input type="checkbox"/>	20 \$
Friday, March 3 rd		10 km classic style	<input type="checkbox"/>	20 \$
Sunday, March 4 th	M 18-29 yrs	30 km classic style	<input type="checkbox"/>	20 \$
	M 30-59 yrs	30 km classic style	<input type="checkbox"/>	20 \$
	M 60 years and over	20 km classic style	<input type="checkbox"/>	20 \$
	F 18-29yrs	20 km classic style	<input type="checkbox"/>	20 \$
	F 30 years and over	20 km classic style	<input type="checkbox"/>	20 \$
Sub-total :				

PARTICIPATION AT MEAL

Sunday, Feb. 26 th	Breakfast :	14 \$ x _____	person(s) = _____ \$
Wednesday, March 1 st	Banque :	29 \$ x _____	person(s) = _____ \$
Sunday, March 4 th	Closing dinner:	12 \$ x _____	person(s) = _____ \$

• Taxes (GST and PST) are included in the price **TOTAL :**

PAYMENT

VISA MARTHERCARD CHEQUE MAKE CHEQUE PAYABLE TO:
MOUSKI - MAÎTRES 2006

CREDIT CARD NUMBER

□□□□ □□□□ □□□□

EXPIRATION DATE

□□/□□

I acknowledge being in good physical condition and I accept the risk inherent to cross skiing competition. I hereby discharge the organizers and all the volunteers from all responsibility during the races for which I registered.

Participant signature

Date

Let us know please ! Would you be using a shuttle service Between downtown Rimouski and the Centre de plein aire Mouski for 3 \$ each Way if that service was made available ?	Send to : Roger Belzile 690, rue des Galets Rimouski (Québec) G5L 1M1
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YES

NO

Informations : (418) 722-6326

Online registraton at www.rimouski2006.ca