



CROSS CONNECTIONS

SPRING 2003

A Cross Country Canada Newsletter for Leaders in the Skiing Community

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Cross Connections is a Cross Country Canada publication designed to serve as a communication device for everyone

who takes a leadership role within our sport.

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The Yellowknife Ski Club – A Northern Wonderland

By Karen Johnson

While most of you have put away your skis for another season, we at the Yellowknife Ski Club are usually on the trails until the end of April. Then, the keenest skiers will ski on Great Slave Lake for another few weeks. In early May, it is not uncommon to see skiers, kite skiers, bikers and snowmobiles out on the lake ice enjoying a sunny spring day and the Yellowknife Ski Club has one of the longest ski seasons on natural snow in Canada.

Yellowknife, Northwest Territories is located at 62 N latitude on the shore of Great Slave Lake. Yellowknife has been the capital of the Northwest Territories since 1967 and recently it has become the diamond capital of North America. Although the population of Yellowknife is only 18,000 people, the city has facilities and services well beyond southern cities of a similar size.

Skiing began in Yellowknife in 1938 - almost at the same

time as Yellowknife itself. The Yellowknife Ski Club was officially founded in 1968 by a keen group of alpine enthusiasts who built a rope tow using a donated truck motor and frame. With the tow's variable speed motor, it was sometimes faster to go up the hill than it was to go down! In 1972, the Club acquired its first snow machine and track setter, which greatly improved the trail conditions. When the members of the club began spending more time fixing the tow than skiing, the alpine aspect of the club was abandoned for cross-country skiing.

The members of the Yellowknife Ski Club have worked hard for 35 years to provide our community with a high quality cross-country ski and outdoor recreation facility. In 2002/03, over 500 members registered with the Club. The Club maintains 14 kilometres of trails on 42 hectares of land, which is leased from the City of Yellowknife and the trails are well signed as the cross-country and biathlon trails overlap each other. The biathlon facility, including a 14-lane shooting range, was built for the 1990 Arctic Winter Games and upgraded for the 1998 Arctic Winter Games. In



Photo credit: Karen Johnson

1996, a partnership was formed with the Yellowknife Elks Lodge and a new clubhouse was constructed which is now shared by the Yellowknife Ski Club, the Elks Youth Centre, the Air Cadets and it is rented out for community events and meetings.

The Club's trails are suitable for beginner to advanced skiers and provide breathtaking views of Great Slave Lake while taking skiers through the boreal forest, to Great Slave Lake and across Fault Lake. Skiers, especially the younger ones, can spend hours searching for and identifying the

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wildlife tracks such as ptarmigan, arctic hare, fox, coyote, wolf and lynx which have been spotted on the trails. In the evening, skiers can take advantage of the two kilometres of lit trails and when they pause for a rest they are often treated to a display of northern lights. To top it off, the club is within the city limits and located only two kilometres from downtown!

The cross-country and biathlon youth programs have produced some talented skiers in recent years. Mike Argue, who won 2 medals at Canada Winter Games this spring, is a graduate of the Jackrabbit and High Performance Programs offered by the club. Others include biathlete, Lindsey Bolivar, who is part of the 2010 Youth Development Team and the late nationally ranked biathlete, Mary Beth Miller. Robin Clegg, the only biathlete at the 2002 Winter Olympics, learned to ski as a Jackrabbit in Yellowknife. He was interviewed on CBC North Radio after he won the silver medal at the Europa Cup in Italy and when asked about learning to ski in Yellowknife, Robin said "I remember blistering cold mornings at Jackrabbits, kids crying, frozen feet, but I guess it didn't scar me too badly because I stuck with it."

The Yellowknife Ski Club hosted the Western Canadian and NWT Cross Country Ski Championships from March 28 to 30, 2003. The 2003 Westerns was a much bigger event than in 1993 when Yellowknife first hosted it. It was exciting to have 90 skiers competing from British Columbia, Alberta and the Yukon alongside over 60 athletes from the NWT. The Club was honoured that Sara Renner, from the National Team, and several athletes who train with the national team, graced our trails. These fine skiers set excellent examples for our developing NWT athletes. Thanks to the 200 volunteers who helped to make this a memorable race for all the participants.

Besides the ski trails, outdoor enthusiasts enjoy a myriad of trails in the Yellowknife area. On the snow-covered surface of Great Slave Lake a growing number of kite skiers can be seen with their multi-coloured kites when the wind is right. A number of lodges within a short flying distance offer skiing opportunities as well. Blachford Lake Lodge has developed a reputation as a wilderness resort with groomed ski trails.



Photo credit: Karen Johnson

Summer use of the trails is diverse. People walk, run and bike on the trails and the Arctic Archers Association has an agreement with the Club to use the biathlon range in the summer for target practice. The Yellowknife Multisport Club hosts running and mountain bike races at the Club and the Inukshuk Ventures runs summer day camps for children.

Today, the Club is a family-oriented environment where everyone from toddlers to senior citizens can enjoy skiing at their own level. The Club depends on the skills, workmanship, cooperation and camaraderie of dedicated members, who have taken the initiative to clear trails, set tracks and provide programs. Winter is an important (and long lasting!) part of the North and the Yellowknife Ski Club continues to enrich the lives of Northerners by providing opportunities for outdoor winter recreation, competition and instruction.

Please come and visit us as fitness, fun, family and friends abound at the Yellowknife Ski Club. You too, can enjoy a peaceful Sunday afternoon on the five-kilometre trail, when it feels as if there is only you, a few sets of animal tracks fading into the bush and the breathless silence of winter solitude. If you can't come in person, check out our web site at www.skiyellowknife.com

THANKS TO OUR SPONSORS AND VOLUNTEERS!

Thanks to our generous sponsors and all of our dedicated volunteers for your continued support of the team. Without all of you, our team would not have the chance to do what they did throughout the 2002–2003 season and at the 2003 World Championships. Your support allows our national team athletes to keep inspiring young skiers across the country to believe in their dreams.

A Successful Season of Recruitment Initiatives: “Triple the FUN!”

By Katherine Hamilton, CSPD

Over 30 clubs participated in Cross Country Canada’s Special Recruitment Initiatives this season. From ten kids in PEI to over 300 in BC - youth recruitment this year was a great success! CCC would like to say “Thank you” to each and every event coordinator, host club, volunteer, and participant who took part in one of the three supported initiatives - the Beckie Scott Day, the Partners Two 2010 program, and the FunDay Tournaments.

The main objective of the Beckie Scott Day was to increase awareness of the National Ski Team members and their ‘work’ as athletes. This was done through a variety of ways: some groups watched races on video, explored media coverage, listened to guest speakers while some groups experienced racing in mini-events similar to those experienced by international athletes. At the end of the day, participants recorded their highlights of the day along with something new that they learned and received full-color posters of Beckie and the National Team members. Many of the children learned that Beckie started skiing at the age of five as a Jackrabbit which was quite inspiring to the young skiers. “Cookie medals” were another popular highlight noted at one particular club.

Partners Two 2010 is a program that is aimed to introduce non-racers to the racing scene. This is accomplished by enticing young racers to bring a friend to participate in a race. Each partner in the pair receives a water bottle and some cool Zardoz wax samples. Seven hundred and twenty five water bottles later, the program has been quite a success!

Finally, CCC was able to provide financial grants to clubs across the country from four different divisions across the country. Clubs in the NWT, NFLD, ON, and MN were selected, through an application process, based on their merits to hold a successful multi-group tournament day incorporating other clubs and non-affiliate groups in their region. Some of these Tournaments are occurring as this article is being written and surely all the skiers are having a great time!

Check out the CCC website, specifically the youth programs web pages, for the youth program photo gallery, some club highlights, project reports and other updates.

As part of meeting Sport Canada’s objective to increase participation and awareness in our sport, CCC will be offering support to clubs who would like to host these same initiatives next season. Interested host clubs and event organizers are asked to stay tuned next September.



Photo credit: Bruce Berry

Dr. Gary Gibson is awarded the Queen’s Jubilee Award

By Amanda Fortier, Coordinator, Communications and Media Relations, CCC

Doctor Gary Gibson, former professor at Augustana University College and self-professed “skiing-fanatic”, has recently been recognized with a Queen’s Golden Jubilee award for his outstanding contributions to his community, the country, and internationally.

The Queen’s Jubilee Award is a beautifully sculpted in bronze with a gold overlay, which honours the 50-year anniversary of the Queen’s ascension to the throne. It is one of the most significant activities of the Golden Jubilee celebrations and was presented to 46,000 Canadians. It is a commemorative medal awarded to those Canadians who, over the past 50 years, have helped create the Canada of today. Doctor Gibson was one of 5 recipients from Camrose to receive this prestigious medal from MLA Leroy Johnson on March 2nd.

Anyone who has been around the skiing community in Alberta within the last couple decades knows Doctor Gibson, or “Gibber” as he is affectionately called. The friendly figure has been a mainstay on the ski trails for countless seasons. As the head coach of Camrose’s Augustana nordic ski team for over 25 years, and having been a former professor of Physical Education and Outdoor Leadership from 1973–1996, Doctor Gibson embodies the essence of sport.

He is a purist who is devoted to promoting skiing in various facets. He has been an outstanding and exemplary force in both the Nordic skiing community and the community at large in Camrose. Over the last 10 years, Doctor Gibson has led Canada’s top post-secondary schooled athletes to four different World University Games. It is truly a full-time job for the retired-professor, who spent 3 months organizing this year’s trip to Tarvisio, Italy, before shelling out money from his own pocket for additional travel expenses.

Doctor Gibson has also instigated significant changes to the format of the World University Games. In Korea, in 1997, he presented a briefing to the Technical Committee advocating an increase in the number of biathlon competitors allowed to participate from each nation. From these efforts, biathletes from various countries are now allowed to register 6 men and 6 women at the World University Games. For Doctor Gibson, these Championships are more than a celebration of sport. Bridging the gap between elite athlete and post-secondary education is something he strongly regards as a necessity, especially for Canadian cross-country skiers.

“It is really important for the continued development of sport and education that we link the two together,” says Gibson.

“There are too many athletes out there that don’t have a game plan. We (cross-country skiers) are not like hockey players. We are doing a disservice to our Nordic athletes in Canada by not encouraging them to have an educational plan.” Doctor Gibson has been advocating his beliefs for many years. The need for elite athletes to pursue academic studies has only been accepted relatively recently.

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Aside from being a key-promoter of combining school and sport in the Nordic community, Doctor Gibson initiated the development of the entire Camrose ski system. Not only did he write the plans and make the outline for these trails, but he also raised the money to realize this vision. Today, for anyone who has enjoyed a quiet walk on the river valley's paved trails in the summer, or skied up and down the rolling terrain in the winter, they can thank the persistent efforts of this man.

Doctor Gibson is quick to point out he could not have done all of this alone. His wife, Dorothy, has been a major source of

support over the years. Both have been active in the Alberta Ski Association and where they have been honoured as builders. They have together, volunteered innumerable amounts of time and energy at World University Gamers, Commonwealth Games, and the Olympic Winter Games. Their love and passion for sport and adventure has evidently been passed down to their children. All three kids skied as they grew up, and youngest daughter Carol competed at an international level, and participating in the 1988 Winter Olympic Games in Calgary.

Doctor Gibson feels honoured to be a recipient of a Queen's Jubilee Medal.

"It really signifies all the people who have helped me over the years," he says. "Many share in this award, and I feel fortunate to be involved in a milieu where you get publicity. There are so many individuals who are never recognized for their contributions."

There is little doubt we, as a Nordic community, feel very fortunate to have Doctor Gibson involved in our sport and we praise his efforts and applaud his contributions.

Women-On-Skis Day Events Hosted at X-C Ski Clubs across Canada

In Celebration of International Women's Day – March 8, 2003

By Katherine Hamilton, CSPD

"The morning dawns clear and sunny; a blue wax day for sure! I finish loading up the car, the ski bag, T.V. and VCR going in last. My daughters and I jump in the car, on our way up to the Laurentians north of Montreal, to Viking Ski Club for the first-ever National Women on Skis Day." (Karen Oljemark)

Karen Oljemark describes her morning, as what was probably a common start for many event organizers alike on Saturday March 8th, 2003. Anne Mazer's comments reflect a similar sentiment,

"...I woke up Sat. morning to a brilliant blue sky, a light dusting of new snow and calm as can be!!! Yahoo!!! As I pulled out of my driveway the most wonderful spirit of excitement visited me. I had a vision of other women across the country doing what I was doing...driving to the ski park to meet other women to ski together. It reminded me of when I was in high school, leaving in my mum's VW bug at 5:00 am to gather my girlfriends to head north of Toronto for a day of downhill skiing... it was lovely!" (Anne Mazer)

Organized by the Women's Committee of Cross Country Canada, a Women-on-Skis Day was promoted to cross-county ski clubs across Canada to mark International Women's Day, promote cross-country skiing and celebrate the involvement of women in our great sport. Seventeen clubs from PEI, NS, NB, NF, ON, QUE, AB, BC, and YUK, hosted Women-On-Skis Day events as promoted by the Women's Committee through brochures and posters. The events successfully brought together over 240 women from various communities and backgrounds, representing all ages from teens to seventies.

The activities offered depended entirely on what had been organized at each particular club. Some clubs started the day with a healthy group breakfast of bagels, muffins, fruit salad, juices, steamy tea and coffee. What better way to make introductions and plan a day of activity ahead! Some groups got right to a callisthenic warm-up followed by a group ski. Others put up displays, created collage art, held various waxing and technique sessions, watched race videos with some fancy skiing by Lise Meloche two-time Olympic Biathlete, local junior athletes, and National Team skiers like Beckie Scott and Sara Renner. Most clubs also had afternoon refreshments and snacks to follow. At one club "...hot coffee was a big hit with the adults, the gooey muffins definitely the children's favorite."

Overall, club and participant comments have been overwhelmingly positive and encouraging. A Women-On-Skis Day proved to be an enjoyable, if vigorous, way to celebrate International Women's Day. Skiers expressed appreciation for the event and an eagerness to do it again next year!

***This year on Women's Day, March 8, 2003,
a great time was had by all – women,
children and men alike!
Let's do it again next year.***



The “Friends of Sofie Manarin Ski Trail”

On the Southshore Rim Trail System at Laurentian University the “Friends of Sofie” Ski Trail was opened on Feb 22, 2003. This 2.7 km ski trail was developed as part of the Laurentian University Ski trails in memory of Sofie Manarin who spent countless hours training and racing there. Sofie was an amazing young person who was one of the top female skiers on the Canadian National Junior Ski Team, with the promise of becoming one of Canada’s top cross-country skiers. She passed away June 3, 2001 while training for the upcoming season.

Sofie was an inspiration to all the young skiers in Sudbury, Ontario and Canada. She was a dedicated superior athlete who always gave it more than anyone could believe possible. With her delightful sense of fun and “joie de vivre”, Sofie made many friends all throughout her life – from elementary school, Lockerby Composite and Lo-Ellen Park Secondary Schools, Laurentian Nordic Junior and Varsity teams, Ontario Ski Team and the Canadian Junior Ski Team. Anyone who came in contact with her could not help but be infected with her absolute energy.

Both secondary schools, Laurentian Nordic Ski Club and the City of Greater Sudbury have worked together to build this trail. It was surveyed, cleared and prepared by friends of Sofie this past year. Under the direction of Bob Hanson, parents, coaches, and racers put in many hours of volunteer labour to complete the loop. It follows the natural terrain of the area and blends in with the surrounding environment. A picnic area at the top of one of the hills and a bench by the lake will be added in the summer of 2003. Skiers have been using the trail since the snow fell and are very enthusiastic about it. Not only does it add another dimension to the trail system but it has also been described as an excellent trail with a variety of scenery that provides a thoroughly enjoyable ski.

Skiing Sofie’s loop keeps the memories strong. We are proud that the excellence of this trail lives up to the high standard that we would wish it to have as a reflection of who Sofie was. Sofie’s inspiration has helped us to create a legacy in her name and this trail will forever be associated with her.

The Birkie That Almost Didn’t Happen

By Bob Coe

Maybe it was just time to happen. After all, it was the third week of January, a month past one of those rare “brown” Edmonton Christmases. Maybe it was the “snow dance” that was jokingly suggested. Canadian Birkebeiner Society members were being called for an emergency meeting to consider canceling the ski festival that was just a dozen days away.

Two years before, in 2001, Gary Atchison, retired meteorologist and Canadian Birkebeiner weather advisor, consulted weather charts, saw no snow in the forecast and advised cancellation of the race for the third time since the annual event began in February 1985. Atchison’s prognostications were not favourable for the upcoming 2003 Birkie. There wasn’t enough snow at the Blackfoot Recreational Area east of Edmonton to cover the dried and crackling leaves that had littered the ground four months earlier.

In a radio interview a veteran Birkebeiner skier suggested, “a snow dance may bring snow.” Maybe somebody did a snow dance, or maybe it was just, about time. Hours before the cancellation meeting was to convene, it began snowing, and snowing, and snowing.

The Canadian Birkie was a “Go!” With the deepening snow, registrations also piled up, doubling in ten days to over fifteen hundred participants from all but two maritime Canadian provinces and U.S. entrants spanned the northern states from east to west coast. Several international registrants listing home as Sydney, Australia.

The eldest registered participant, from the Calgary Nordic Ski Club, was Mrs. Roxie Neale, 80. Roxie and husband Ward, several months younger, were participating in their sixth year of skiing the Birkie. Douglas Barry, 80 several weeks after the race, a Sherwood Park resident, successfully completed the 31 Km Journal Tour. He skied his first Birkie in 1996 at age 72. By age groups, there were over 400 skiers age 40 to 49, over 260 skiers age 30 to 39, about the same number age 50 to 51 and 90 skiers aged 60 and older.

In the days to follow, Birkie Chief of Course, Doug Kelker and fellow volunteer workers were kept busy packing, grooming and tracking the trails while Birkie office manager Cathy Schreiner and Judy Cornish processed a deluge of registration applications. By Birkie day well over 30 centimeters covered the landscape.

Saturday, February 8th, heavy overcast, mild temperature and continuing overnight snow marked the beginning of the premier events - the 55 Kilometer Torskeklubben Birkebeiner “Pack,” and the 55 Km Birkie “Lite.” The Pack is a 5.5 Kilogram handicap. The Birkie Lite raced the same course but without the pack handicap.

Over 450 competitors, ranging in age from 16 to 80 took part in the two 55 Km events. The mass of skiers, in single file, ten abreast, left the starting line at the blast of cannon fire from Ukrainian Cultural Heritage Village at 9 o’clock sharp. They skied a rambling, hilly course, arriving at the finish line at Waskehegan Staging Area of the Blackfoot Provincial Recreation Area about three-and-a-half hours later. Over 400 skiers lined up in another mass start at 9:30. They were entered in the 31 Km Edmonton Journal Tour with finishing times under two hours. Medallions were presented to first, second and third place racers, along with top skiers by age group later in the day at a Viking Feast banquet in Sherwood Park east of Edmonton.

The Birkebeiner is an international cross-country skiing competition and is one of three Birkebeiner races in the world. The others are at Lillehammer, Norway and Hayward, Wisconsin, USA. The race is based on a daring rescue by two Birkebeiner warriors in Norway who, in January, 1206 saved 18-month-old crown prince Haakon Haakonsson from enemy forces by carrying the child over two mountain ranges during a blizzard.



Photo courtesy of Aerial Concepts Ltd.

Don't Run into Injuries

By Eric Finstad, Msc (Sport Sci), BHSc (PT), Registered Physiotherapist

What an incredible winter it has been! It was the perfect year for me to move to the thriving ski community of Ottawa, Ont. The season started in late October and the March snowfalls have made for a powdery heaven. The long season has also had time to inflict a variety of injuries on those around me. They include a skier's thumb (sprained ligament), dislocated shoulder, sciatica, Achilles tendonitis ... and tons of frostbite! It has brought me around to thinking about injuries for the upcoming season - running. Below is a list of common running injuries, their symptoms and possible causes. Tips for treatment and prevention follow:

Injury	Symptoms	Potential Causes
Plantar fasciitis	- heel pain especially with running and in mornings	- pronated feet (fallen arches), tight calves - stiff joints (ankle, midfoot, great toe) - poor shock absorption in shoes, surface - running too fast too soon
Achilles tendonitis	- Achilles pain	- tight calves - stiff ankle, excess rubbing of footwear - poor shock absorption in shoes, surface
Shin splints	- shin pain - improves after light running	- poor shock absorption in shoes, surface - flat feet, running too fast too soon
Compartment syndromes	- shin or calf pain, tightness feeling - increases with exercise and decreases quickly with rest - perhaps numbness in leg or foot	- muscle overuse, e.g., unable to relax ankle dorsiflexors (constantly lifting toes through all stages of gait - also a big problem with ski skating)
Tibial stress fracture	- shin pain, increases with hop/run - night pain	- leg length discrepancy - nutritional deficits, sudden weight gain - poor shock absorption in shoes, surface
Hamstring strain	- pain in rear thigh	- improper warm-up, over striding - tight hamstrings or sciatic nerve - pelvic misalignment, weak quad(s)
Patellar tendonitis	- pain/swelling below kneecap	- poor shock absorption in shoes, surface - over striding, weak inner quad(s)
IT band syndrome	- pain on outer knee, thigh or hip - worsens with run	- tight IT band, weak inner quad(s) - pelvic misalignment
Patello-femoral syndrome	- pain/swelling around kneecap	- poor patellar (kneecap) alignment (tight IT band, weak inner quad(s))

If you experience any of these problems, try icing, stretching, taking an anti-inflammatory and resting, followed by trying to correct your training errors (change footwear or running surfaces and resume activity gradually). If that does not relieve the pain, visit a physiotherapist experienced in sports injuries where treatment may be directed to correcting misalignments, mobilizing stiff joints, specific stretching / strengthening / balance exercises, taping, massage, advice on footwear or orthotics, as well as applying modalities such as ultrasound or electrical stimulation.

In general, try not to run into injuries by gradually increasing activities, including an adequate warm-up (and stretching), warm-down (and stretching), wearing footwear with adequate support and cushioning, running on varied surfaces, avoiding hard surfaces, and avoiding continuously bevelled roads. Questions or suggestions? Please email me at ericfinstad@hotmail.com.



Youth ski stories from rural town Alberta

By *Beckie Scott*

Most of the memories I have of my youth skiing days involve a certain crazy coach we had at the time, a Mr. Les Parsons. We were a little ski club in Vermilion, but a very enthusiastic one, and my good friend Morwenna Lane and myself were very often the key collaborators in getting Les riled up and setting off a chain of events that would eventually have the entire group rolling on the ground in hysterical laughter. Our favorite line in those days, (borrowed from the then-popular sitcom “WKRP in Cincinnati”) was that a man’s name said a lot about him.....Les!

Humor and having fun was an essential part of our thrice-weekly gatherings and it was not uncommon for an entire practice session to consist of playing games, albeit slightly more lively, competitive, physically demanding versions. I don’t think you’ve ever seen the game of ‘Tag’ played out with quite the same amount of running, or antics, as our group involved. Whatever we did, we were laughing at the beginning and usually laughing at the end too. Truthfully, I think that’s one of the ways we were able to develop such good lung capacity – running at top speed, doubled over with laughter, and trying to get a good come-back out at the same time is no easy task!

Going to races were just extended versions of the good times. We would usually travel to some remote Northern Alberta locale in Les’s old, beat-up, boat of a car, singing and joking the entire way, storm the race courses as best we could, load everyone up and head’er back to Vermilion, singing and joking the entire way home. Restaurant stops along the way, generally in places named “Smitty’s”, always involved some escapade or another, and I won’t even begin to try and recount the times we had to stay overnight.

Along the way, and though we probably didn’t know it at the time, we were learning what it meant to be a contributing and supportive member of a team. Lessons were learned, skills acquired, and life-time friendships forged. Those were the days I will always remember when I think about the times I had as a young skier in Alberta, and those are the memories I will always treasure.

Beckie Scott

Vermillion Jackrabbit of the Year 1987
Olympic Medallist 2002



Beckie Scott

Travels of a Former AB Ski Team Member

By *Sara Renner*

It was all about the road trips. When I think back of my time with the Alberta Ski Team I can hardly remember how I did at my first Junior Nationals but I can recount the adventures we had getting there and the great times we had as a team.

It started with my dad packing myself, my brother and any other Canmore ski mates that we could fit into our car which we christened the “fun mobile”. We would set off to our Nordic hot spots whether it be Prince George, Edson or Ft. McMurry. We passed time as we covered these great distances learning life skills. For example, on the fourteen hour drive to Burns Lake we collectively (driver not included) set the goal of becoming accomplished whistlers. To this day I can not whistle and my Dad’s patience must have been tested to the limits, although in hindsight he claims that this was one of his best parental memories.

At my first coaches meeting we were referred to as “athletes” and it was thrilling. It was at the Alberta Winter Games and I felt that we had hit the big times. Athletes went to places like the Olympics.

Canmore Nordic Ski Club became big enough to fill a van. Yahooo! We got to leave our parents behind, have our independence and be a part of a team. More importantly, I was the drummer for the air band concerts in our van rides. We would work ourselves up into a frenzy and our feet inevitably wound up dancing on the van roof.

The friends I made on the Alberta Ski Team are my close friends now. We were young athletes on the ski trails and would try our hardest. When the race was over we were just kids. I am thankful to the ski community for the perfect introduction into sport.

Sara Renner

1988 Canmore Jackrabbit
Alberta Ski Team member
1998 & 2002 Olympian



Sara Renner

Top-16 International Results from 2002–2003

World Junior Championships, Solleftea, Sweden

Sean Crooks
Daria Gaiazova

11th Sprint
16th 5km Classic

World Under 23 Championships, Bormio, Italy

Tara Whitten

Silver Sprints

World Cup

Beckie Scott

Silver Borlange, SWE – Sprint
Silver Asiago, ITA – 5km Classic
Bronze Linz, AUT – Sprint
4th Kiruna, SWE – 5km Free
6th Clusone, ITA – Sprint
7th Oberhof, GER – Team Sprint Relay (with Sara Renner)
12th Oberhof, GER – 10 classic mass start
14th Falun, SWE – 5km Double Pursuit
14th Kuusamo, FIN – 10 Classic
15th Davos, SUI – 10km Free
15th Lahti, FIN – 10km Free
Gold Langlauf Grand-Prix, Pontresina – Sprint

Sara Renner

7th Oberhof, GER – Team Sprint Relay (with Beckie Scott)
8th Linz, AUT – Sprint
9th Borlange, SWE – Sprint
11th Asiago, ITA – 5km Classic
13th Drammen, NOR – Sprint
16th Oslo, NOR – 30km Classic
12th Asiago, ITA – Team Sprint Relay

Dan Roycroft and Gordon Jewett

World Championships: Val di Fiemme, Italy

Beckie Scott

4th Sprint
6th 5+5km Double Pursuit
8th 10km Classic
10th 30km Classic Mass Start

Sara Renner

7th Sprint
13th 30km Classic Mass Start
16th 10km Classic

Men's Relay Team (Grey, Goldsack, Jeffries, Roycroft)

16th Team Relay

Disabled Ski Team

World Championships: Baiersbronn, Germany

Brian McKeever

Gold – Biathlon 12.5km Free
Gold – Biathlon 7.5km Free
Gold – 5km Free
Gold – 10km Classic
Gold – 20km Classic

Shauna Maria Whyte

Silver – 10km Biathlon Sitski
4th – 2.5km Sitski
4th – 5km Sitski
4th – 10km Sitski

Cloette Bourgonje

Bronze – 5km Sitski
Bronze – 10km Sitski
6th – 2.5km Sitski

World Cup, Norway

Brian McKeever

Gold – 10km Classic
Silver – 5km Classic

Jean-Thomas Boily

9th – 10km Sitski
12th – 10km Sitski



Brian McKeever

Photo credit: Morten Byskov



Sara Renner

Photo credit: Arnd Hemmersbach

Photo by Dan Campbell



PURE PERFORMANCE

With the traction

and control of full-time All-Wheel Drive, Subaru vehicles are engineered from the ground up with performance in mind. It should come as no surprise that Subaru has been chosen as the official vehicle of Cross Country Canada. In addition, Subaru is proud to provide support to Canada's National Cross Country Ski Team and wishes them continued success in all future competition.



www.subaru.ca

Thank you NAG (Nordic Advocates Guild) for your incredible fundraising initiatives and efforts this year which raised funds of over \$70,000 for the National Ski Team. Your efforts and dedication are greatly appreciated.

(The Nordic Advocates Guild is a small fundraising group in the Canmore-Calgary area which is headed by Dale Swanson and is dedicated to fundraising for Cross Country Canada's National Ski Team.)

The Secure the Future Donation Program

Cross Country Canada (CCC) is "Canada's cross-country skiing community". It is the national sport governing body for the wonderful sport of cross-country skiing, representing the interests and aspirations of all who love the sport.

Cross-country skiing is the sport with value for everyone. As a life-style activity with universally acknowledged benefits for health and fitness, it addresses a growing Canadian social issue. It is also a dynamic high performance sport which boasts the world's fittest athletes. And Canadians can be proud that some of the best are ours!

CCC needs resources to be able to promote the sport and create "sustainable excellence". CCC's core function is to sponsor the National Ski Team, the spearhead of the sport and the vehicle which will enable dedicated young Canadians to achieve lofty goals on the Olympic podiums of the future. Investing in the National Ski Team is an investment in tomorrow's heroes and Canada's national pride.

But CCC's mission is broader: to work for all Canadians by embracing programs for all levels of participation. Supporting CCC will enable world-class programs to be delivered for youth, coaching, officiating, disabled skiing, etc. and will permit CCC to fulfil its critical role in advocating the sport and communicating its virtues to Government, the media and the Canadian public.

This brochure explains how you can provide financial support to CCC and the sport of cross-country skiing through the "Secure the Future" Program. Tax receipts will be provided for all donations, but more than that all donors will share the satisfaction of supporting a worthy cause.

Cross Country Canada's "Secure the Future" Program

Donation Form

A. Contact Information

Mr. Mrs. Mr. & Mrs. Miss Ms.

Name _____

Address _____

Phone _____

E-mail _____

B. Other Information – optional for CCC's registry

Shirt Size xs s m l xl

Spouse's Name _____

Employer/School _____

Ski Affiliation:

Parent Club Member Past Racer

Ski Industry

Sport Enthusiast and Proud Canadian

C. Secure the Future Donation Program

Your participation in the Secure the Future Fund is important to Cross Country Canada. We have developed a unique program of recognition elements tiered to your level of contribution. You will have the opportunity to accumulate your contributions over time to achieve different levels of "Friend" or "Team" status as noted below. Many of the recognition elements in each contribution level involve ongoing communication to keep you current with the activities of CCC and how your donation is being spent. We will also provide you with a memento to recognize your contribution level.

D. Secure the Future Program Levels

Program Levels

Donor Level	Bronze Friend	Silver Friend	Gold Friend	Bronze Team	Silver Team	Gold Team	Team Torino
< \$500	\$500-\$999	\$1,000-\$2,499	\$2,500-\$4,999	\$5,000-\$9,999	\$10,000-\$14,999	\$15,000-\$19,999	\$20,000 +
<ul style="list-style-type: none">Charitable Donation ReceiptRecognition in Newsletter	<ul style="list-style-type: none">All Donor Level elementsTeam pictureEmail newsletterFriend t-shirt	<ul style="list-style-type: none">All communication elements (CE) from Bronze FriendFriend polo shirt	<ul style="list-style-type: none">All CEFriend fleece pullover	<ul style="list-style-type: none">All CECustomized Team warm-up jacket	<ul style="list-style-type: none">All CEChoice of warm-up suit or parkaHospitality function with Team	<ul style="list-style-type: none">All CEAlternate of Team warm-up suit or parkaHospitality function with Team	<ul style="list-style-type: none">All CEMelton jacketHospitality function with TeamOption to join NST at 2006 Games in Italy (donor's cost)Hospitality at Games

Note: A charitable donation receipt will be issued for all contributions.

E. Secure the Future Donation

1. Indicate donation amount: \$1,000 \$500 \$250 \$100 Other: _____

2. Have you made a donation in the past? Yes No

NOTE: Donations may be accumulated over time to achieve a higher donation level.

3. You may also indicate the focus of your donation:

General donation in support of current CCC needs National Ski Team Development Youth Programming

Training Centre Support Events, Coaching and Officiating CCC Disabled Ski Team CCC Endowment Fund¹

¹CCC Endowment Fund is designed to provide financial stability for future ski development programs in Canada. An objective of \$1 M has been established.

F. Payment of Donation

1. Method of Payment MasterCard Visa Cheque enclosed (skip to step 3)

Credit Card # _____ Exp. date _____

Signature _____

2. Please renew my donation for the same amount next year automatically at the beginning of the new ski season using my credit card. (Initial here) _____.

3. Make cheques payable to: Cross Country Canada.
Mail to: Bill Warren Training Centre, 1995 Olympic Way,
Suite 100, Canmore, AB, T1W 2T6.

Thank you kindly for your support!

- I ask that my donations remain confidential.
 Je préfère le français dans ma correspondance.
 Please send me an application form for the Cross Country Canada Master Card.

Cross Country Canada does not sell or exchange names.

All information provided will remain confidential.



Cross Country Canada