



THE ADVENTURES OF THE
JACKRABBITS





History of the Jackrabbit Program

“JACKRABBIT” JOHANNSEN

Herman Smith Johannsen, who was born in a small Norwegian village in 1875, contributed significantly to the development of cross-country skiing in Canada. In the late 1920s he settled in the Laurentians in Quebec. For many years, he designed cross-country ski trails in Canada, and particularly in that region. As a consultant, he was part of the development of ski centres in Lac Beauport, Mont-Orford, Mont-Gabriel, Mont-Tremblant and Collingwood (this last one in Ontario).

The Cree Indians he met along those trips admired his ability to move between trees and his capacity to travel by ski for long distances. Subsequently they named him “Wapoos,” a Cree word for Jackrabbit. He registered in his last ski race at the age of 75! When he passed away in 1987 he was 112 years old. When the Jackrabbit Ski League was created in the early 1980s he supported the program by giving it his nickname.



HOW TO USE MY JACKRABBIT BOOKLET



The booklet describes the criteria for each award of the program:

1. Technique awards for being a good skier.
2. Chandra Crawford award for your Super Attitude.
3. Sara Renner award for your sense of Adventure.
4. Beckie Scott awards for you blistering Speed.
5. Richard Weber awards for Skiing Often.
6. Pierre Harvey (Hat Trick) awards for being a complete skier.
7. Devon Kershaw awards for doing some Dryland training.
8. Alex Harvey awards for trying some Competitions.



Learn who are all these great Canadian skiers who have had an amazing impact on cross country skiing in Canada!



Every time you achieve a level for a given award you will get a sticker that you can stick at its place in the booklet!

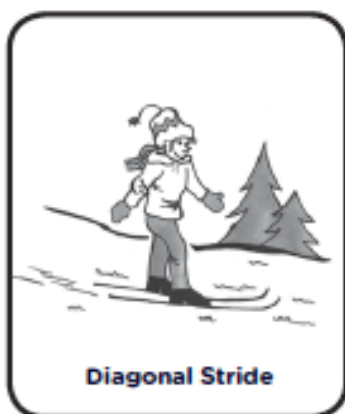


Read all the other things you will learn during your club's practices and the tips that will make you enjoy cross country skiing for the rest of your life!

LEVEL 1

WHAT I WILL LEARN AT MY PRACTICE SESSIONS

Put a check in the appropriate box when you have completed an item



- The outdoors is a wonderful place to be in winter!
- I can play on skis with my new ski-friends!
- I will be warmer if I wear mitts (rather than gloves) and keep my toque on!
- I must never block the ski trail! If I fall, I should get off the track as quickly as possible to clear the way. If I stop on a hill, I must step to the side.
- How to carry my equipment when I have to carry it myself.
- How to store my skis after I have been skiing.
- Crystals interlock. I learned that a snowflake is frozen water in the air!

- I should put my skis and poles where they won't be stepped on when they are not in use!
- I must be careful not to ski over gravel or anything else that could damage the bottom of my skis!
- I should take a snack in a waist pack when I go skiing - a multi-grain bar, dry fruit and nut mix (gorp), or a couple of cookies. And of course, I must carry out all garbage.
- I need to practise my ski technique more than once a week in order to become a good skier!

CHANDRA CRAWFORD AWARD: SUPER ATTITUDE



This award acknowledges your positive mindset, supporting your friends, showing perseverance and your team spirit!

Chandra Crawford

Chandra Crawford was born and raised in Canmore, Alberta. She started skiing at the age of one and did her first ski race at the age of 12. When she was 16, she narrowed her focus from school, music, photography, French, biking, swimming and running to focus more on her skiing. She was very inspired by Sara Renner, Beckie Scott, and their teammates and always had a positive attitude.

Chandra is well-remembered for her Olympic moment: she sang O Canada very enthusiastically on the podium after winning the gold medal in the women's cross-country 1.1 km sprint at the 2006 Winter Olympics in Turin, Italy. She won her first World Cup Gold Medal in her home-town of Canmore in January, 2008 in the sprint Event, followed by a second Gold in Lahti, Finland in March, 2008.



Chandra also raced for Canada in the 2010 and 2014 Winter Olympics and spent a total of 13 years on the national team. After the Sochi 2014 Olympics, she retired from sport to attend business school, deliver inspiring presentations to all kinds of audiences, and lead her not-for-profit organization, Fast and Female. Chandra and her teammates founded Fast and Female in 2005 to create a positive sport environment for girls. Today, Chandra works tirelessly on programs to keep girls healthy, happy and active through their teens. She still has a really positive attitude!

RICHARD WEBER AWARD: SKIING OFTEN

This award acknowledges your play-time on snow in addition to the club's practice sessions!

Check a box every time I ski for at least one hour outside the club practices.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25



Richard Weber

Born in Cantley, Quebec, Richard Weber comes from a family of cross-country skiers. It was therefore no surprise when he became a member of the National Ski Team. He competed for Canada at the 1977, 1979, 1982 and 1985 World Championships. He then dedicated his skills and talents to polar exploration, reaching the North Pole on skis in 1986. In 1988, he was the leader of the Canadian team that was part of the joint "Polar Bridge" expedition comprised

of Russians and Canadians who skied from Siberia to Canada via the North Pole. In 1995, Richard and Mikhail Malakhov became the only explorers in history to ski from Canada to the North Pole and back entirely unsupported.



WINTER SAFETY CHECKLIST

- Try to always ski with someone.
- Dress appropriately for ski sessions. Stay dry and warm. Be prepared for bad weather or changing conditions.
- Know which trails you are allowed to ski on, and never ski outside the designated area.
- Learn what to do if you become lost.
- Find out what causes frostbite. Learn to recognize it and what to do about it.
- Re-evaluate your plans if you or other members of your group start to get tired.
- Always ski in control.
- Ski terrain and distances adapted to your skill and fitness level.
- Be aware of the dangers of crossing bodies of water in winter.
- If you ski in an avalanche area, make sure you have the proper training and equipment.



CROSS COUNTRY
SKI
DE FOND

Name

