

# SASKATCHEWAN NORDIC NEWS

← Volume 18

February 2006 →



**Loppet Notices & Forms  
Competition & Loppet Results  
Northern Race Series Points**

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**CCS CALENDAR OF EVENTS 2005-2006**

<b>DATE</b>	<b>SASK CUP POINTS EVENT</b>	<b>LOCATION</b>	<b>HOST</b>
Dec. 11/05	North Zone Sask Cup	La Ronge	La Ronge
Jan. 7 & 8/06	Interzone Race(2 points races)	Blue Mountain	Saskatoon
Jan. 13/06	NW Cup	Beauval	Beauval
Jan. 22/06	Sask Cup Race	White Butte	Regina
Jan. 29/06	Central Zone Race	Humboldt	Carlton Trail
Feb. 3/06	School Ski Championships	La Ronge	La Ronge
Feb.25 &26/06	Provincials(2 points races)	Blue Mountain	Saskatoon
	<b>PASSPORT LOPPET SERIES</b>		
Jan. 16/06	PA Loppet	Little Red River Park	PA
Jan. 29/06	Bill Dinsdale Classic Loppet	Beauval	Beauval
Feb. 11/06	Carlton Trail Loppet	Humboldt	Carlton Trail
Feb. 12/06	Regina Loppet	White Butte	Regina
Feb. 19/06	Blue Mountain Loppet	Blue Mountain	Saskatoon
Feb. 25/06	Duck Mountain Premium Loppet	Duck Mtn. Prov. Park	Kamsack
March 3 &4/06	Don Allen Saskaloppet	La Ronge	La Ronge
	<b>NORTHERN RACE SERIES</b>		
Dec. 11/05	North Zone Sask Cup	La Ronge	La Ronge
Jan. 13/06	NW Cup	Beauval	Beauval
Feb. 3/06	School Ski Championships	La Ronge	La Ronge
Feb. 10/06	Sprint Relays/Snake Lake Sprints	Pinehouse Lake	MWSC
	<b>OTHER EVENTS</b>		
Feb.16- 18/06	Sask Winter Games	Melfort	
March 5-12/06	Nationals	Thunder Bay	
March 18-21	Westerns	Whitehorse	

**COACHING/OFFICIALS CLINICS:**

CCS is looking into running a Level 2 Officials Clinic in the near future. If anyone is interested please contact Kent Pointon at [lrso@cableronge.sk.ca](mailto:lrso@cableronge.sk.ca) . Please indicate a date preference.

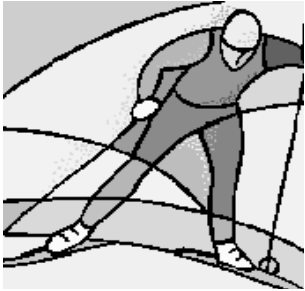
**Canada Winter Games Notice**

Cross Country Saskatchewan is starting to put together the team that will compete at the Canada Winter Games in 2007. A coach and manager (male and female),with preferably NCCP Level 3 Certification, is required to assist the team.

If you are interested in filling one of these positions please send a note stating your interest and qualifications to:

Kent Pointon  
 Technical Coordinator  
 Cross Country Saskatchewan  
 P.O. Box 2349  
 La Ronge, SK S0J 1L0  
 Email: [lrso@cableronge.sk.ca](mailto:lrso@cableronge.sk.ca)

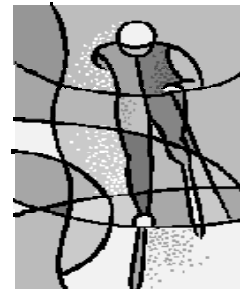
**Loppet Notices and Registration Forms**



# Blue Mountain

## *Skate and Classic Loppet*

### *Sunday - February 19th, 2006*



**343-0191**  
**www.**  
**Saskatoonnordic**  
**ski.ca**

Join us on the challenging and scenic ski trails at  
 Blue Mtn Outdoor Adventure Centre,  
 located 4 miles north of the junction of Grid #687 and Hwy #378

**Events**

**Jackrabbit Distance Challenge**

Jackrabbits and their parent or coach are invited to ski the 3km Steady roll trail as many times as they want, between 11 am and 4:30pm Collect a stamp for each loop completed and wow us all with how far you can ski. This event is not timed, so you can take break, have something to eat, then head back out again when those skis just feel the need to go again..

All participants will receive a certificate and après ski meal

**The Loppet.**

Choose to ski either Skate or Classic style.  
 Choose a distance, starting at 6km and going up by 6km increments to a total of 36km.

The trails are world class and the views spectacular.  
 This event is timed but don't let that get in the way of your enjoyment.  
 All participants receive a certificate and are eligible for draw prizes.

**The 36 K Club**

The 18km outer loop provides skiers with more than 1000 feet of climb.  
 Do it twice: you do the math!!!!!!  
 Loppeteers completing this course have our respect and admiration and are honored by having their name included on the "36K Club" plaque.

**Registration**

**Note:** Only skiers registered by Feb.16th will be guaranteed an after ski meal. A limited number of meal tickets will be available to on-site registrants, on a first come first serve basis.

**Methods of Registration**\_\_ please include names, contact info and Club name

e-mail ---- [jsedgewick@sasktel.net](mailto:jsedgewick@sasktel.net) Fax: 652-2433  
 Phone-----931-3305 Mail: Nordic Ski Club-  
 SaskatoonC/O J Sedgewick, Box 779  
 Martensville, S0K 2T0

**Prizes sponsored by**



**Entry fees**  
**CCS member**  
 Jackrabbit group: \$10 per child

Youth: 12 - 18: \$15.

Adult: over 18: \$20

Family rate: maximum \$55.

**Non members**  
 Add \$5. per person  
 \$10. per family

**Schedule**

Check in and on-site registration 9am -11am

Mass Start: 11am  
 Individual Starts until 11:30am

Close times:

Outer check point 3:30  
 Finish line 4:30

**Blue Mountain Loppet Registration form**  
**Adult names(s)**

**Under 18yrs names:**  
**child**  
 of  
 the  
 injury  
**Jackrabbit group:**  
 Please attach a list of names

**Contact information: Telephone # & e-mail address**

**Waiver: to be signed by all adults and by a parent for their**  
 Recognizing that in any outdoor activity there may be some risk personal injury, I hereby release the sponsors and organizers of Blue Mountain Skate and Classic Loppet from all liability for or damages to me/my child through participation in this event

\_\_\_\_\_

Date: \_\_\_\_\_

**27th. ANNUAL DUCK MOUNTAIN LOPPET**

**FEBRUARY 25, 2006**

Hosted by the Kamsack Ski Club, registration takes place at the Madge Lake Golf Course parking lot in Duck Mountain Provincial Park, from 8:30-11:30 AM. Pre-registration is preferred, with a Feb. 22nd. deadline. The 45 km. route will have a cut-off time. There is no mass start and no timed events.

Organizers reserve the right to cancel or alter any or all of the events at any time without notice or liability and they reserve the right to keep a portion of the fees to cover costs incurred. A \$2.00 per registration cancellation or no show fee may be retained by the club. Meals are only guaranteed for the first 225 registrants.

**Duck Mountain Loppet Registration Form**

**Mail entries to:** Duck Mountain Tour, Box 1853, Kamsack, SK., SOA 1S0  
Phone (306) 542-3734 for more information.

<b>ENTRY FEES</b>	<b>SKI CLUB MEMBERS</b>	<b>NON-MEMBERS</b>
Jackrabbit Group	\$10	
Youth 12-17 years	\$12	\$17
Adult 18 years +	\$21	\$26
Family (2 parents and children under 18)	\$40 + \$10 per child	\$50 + \$10 per child
Non-participant meal	\$9.50	\$9.50
Late fee	\$2.00	\$2.00

All fees include: hot meal, pin for 5, 10, 20, 30, or 45 km., an anniversary certificate + other certificates and prizes!

**I/we intend to participate in the following:**

CLASSIC : ----Bunny Hop (5 km), ----10 km., ----20 km., ----30 km., ---- 45 km.

SKATE: -----10 km., ----20km., ---- 45 km.

Name \_\_\_\_\_ Phone number \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Ski Club \_\_\_\_\_ Amount enclosed \_\_\_\_\_

WAIVER: I hereby release the organizers of the Duck Mountain Tour from all liability for injury or damage to myself / my child through participation in this event.

SIGNED \_\_\_\_\_ Date \_\_\_\_\_





***Ski the 23<sup>rd</sup> Annual Don Allen Saskaloppet  
La Ronge, Saskatchewan - March 3<sup>rd</sup> and 4<sup>th</sup>, 2006***

The La Ronge Ski Club invites you to ski the Precambrian Shield wilderness of Northern Saskatchewan. Northern hospitality includes the Friday night reception, plus the bannock and chilli lunch following deregistration on Saturday. For an additional cost, enjoy the awards banquet Saturday night. Awards and door prizes feature Northern Saskatchewan arts and crafts.

**Events Menu:** All trails are groomed for skating and classic skiing. Trail support checkpoints, every 8 km, have radio contact, first aid, toilets, beverages, food, a campfire, and friendly volunteers. It is recommended that skiers under age 15 limit their participation to touring events or the 20 km race. All events are timed.

**55 km Race and Tour:** Go the distance and enjoy the breathtaking Don Allen section of the Saskaloppet Trails, with summit and Stonehenge wonders.

**35 km Race and Tour:** Experience this moderately challenging section of the Saskaloppet Trails, with towering conifer sentinels, beautiful scenery and ravens as your guides.

**20 km Race and Tour:** Families, friends or individuals will enjoy these events. Anticipate a relaxing day or test your stamina and speed.

**13 km Tour:** Novice and younger skiers, or those out for a relaxing afternoon, will enjoy this shorter but still challenging ski.

**8 km Jackrabbit Glide:** Even the youngest skiers can take part in the fun and excitement of the Saskaloppet with our mascot, Ragnar the Raven. Hot dogs and drinks at the halfway mark make a nice break for the young champions and their chaperones.

**77 km Kupesewin Marathon and Sasquatch:** This overnight event is for the iron men and women of skiing. To be eligible, skiers must be able to maintain an 8 km/hr average speed and show proof of having completed a loppet of at least 35 km. Participants under 16 years of age must be accompanied by a parent or guardian for the entire event. Skiers must supply all of their personal gear, including food, tent, sleeping bag, utensils, etc. All skiers must carry, or tow on a fixed sleigh, for the entire distance, a minimum of 5 kg of survival gear. This must include extra gloves/mitts, socks, matches, fire starter, knife, a cook pot of at least 1 litre, and 500 g of high energy food. Marathon skiers may have two additional packs, weighing in total 15 kg, transported to the overnight campsite. Sasquatch skiers must carry or tow all of their personal gear. This event is limited to the first 25 skiers registering in advance.

**Start Times:**

- 77 km Kupesewin Marathon & Sasquatch: 1:30 p.m. Friday, March 3<sup>rd</sup>

- 55 km Tour: 8:30 a.m., Saturday, March 4<sup>th</sup>

- 55 km Race, 35 km events, 20 km events, 13 km Tour and 8 km Jackrabbit Glide: 10 a.m. Sat., March 4<sup>th</sup>

All events start on the ice across from the La Ronge Motor Hotel.

**Bib Pickup:** Pick up race package and bib one hour before start time, or at the Meet and Greet Reception on Friday evening 7:30 to 10:30 p.m., at the La Ronge Motor Hotel.

**Refunds:** In the event that organizers cancel any event, or reject a previously accepted application, they reserve the right to keep a portion of the fees to cover costs incurred. They reserve the right to cancel or alter any or all events, at any time, without notice or liability.

**Registration:** Mail to Saskaloppet 2006, Box 168, La Ronge, SK, S0J 1L0  
Deadline is Wednesday, March 1<sup>st</sup>, 2006. Late fee is \$10.

*For more information phone the Town of La Ronge at 306-425-2066*

**Don Allen Saskaloppet 2006 Registration Form**

*(complete one per participant)*

\_\_\_\_\_  
Surname Given Name

\_\_\_\_\_  
Mailing Address Town Province Postal Code

\_\_\_\_\_  
Email Address Phone numbers

I hereby release the sponsors, volunteers, organizers and anyone connected with the Saskaloppet 2006 from all liability for injury or damage sustained by me through my participation in this event. I agree to abide by decisions made by the 2006 Saskaloppet Committee. A Cross Country Saskatchewan waiver will be signed on race day.

\_\_\_\_\_  
Signature Date

<b>Gender:</b> Male Female (please circle one)	<b>Category:</b> Age you will be Dec. 31, 2006
<b>Event:</b> (Please check one)	(Please check one)
1. 8 km Jackrabbit Glide <input type="checkbox"/>	1. 14 years and under <input type="checkbox"/>
2. 13 km Tour <input type="checkbox"/>	2. 15 – 18 years <input type="checkbox"/>
3. 20 km Tour <input type="checkbox"/>	3. 19 – 30 years <input type="checkbox"/>
4. 35 km Tour <input type="checkbox"/>	4. 31 – 40 years <input type="checkbox"/>
5. 55 km Tour <input type="checkbox"/>	5. 41 – 50 years <input type="checkbox"/>
6. 20 km Race <input type="checkbox"/>	6. 51 – 60 years <input type="checkbox"/>
7. 35 km Race <input type="checkbox"/>	7. 61 – 70 <input type="checkbox"/>
8. 55 km Race <input type="checkbox"/>	8. 71 years and over <input type="checkbox"/>
9. 77 km Kupesewin Marathon <input type="checkbox"/>	
10. 77 km Kupesewin Sasquatch <input type="checkbox"/>	<b>Birth Date:</b> _____ (Year-Month-Day)

**Fees:** *complete one for each family; make cheques payable to Saskaloppet 2006*

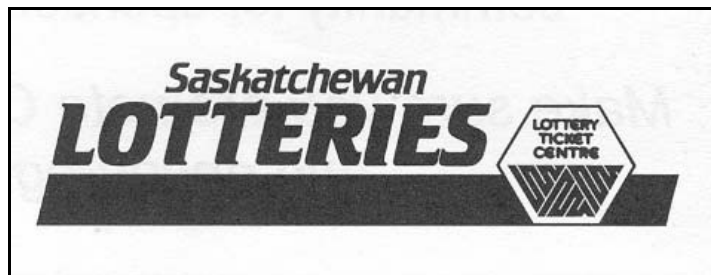
\_\_\_ adult skiers @ \$25 each (\$30 if not a member of CCS-registered ski club) \$ \_\_\_\_\_  
 \_\_\_ children 13 and under in Jackrabbit Glide @ \$10 each \$ \_\_\_\_\_  
 (parents or chaperones free)  
 \_\_\_ family registration @ \$55 \$ \_\_\_\_\_  
 (\$65 if not a member of CCS-registered ski club)

**Banquet Tickets:** (not included in above)

\_\_\_ adults @ \$20 each \$ \_\_\_\_\_  
 \_\_\_ children 13 and under @ 12.50 each \$ \_\_\_\_\_

=====

**Total amount enclosed** \$ \_\_\_\_\_



**Horse Hill to Dulwich Mini Birkie**

Hosted By

EDAM SKI CLUB



Sunday 26 February 2006 Noon to 4 pm



THIS FUN FAMILY EVENT IS OPEN TO EVERYONE

**Skiers will commence from the Fort Pitt Cairn trailhead on Horse Hill**

Ski 6.4 km via Connector Trail to Dulwich Station ( Follow the Snowbear signs )

**Register at Dulwich Station day lodge - \$5 per person**

Prize for youngest competitor

Prize for oldest competitor

Prize for largest family registered (parents with children)

Lapel Pins \$3 (one free with registration)

Concession

Dulwich Station to Horse Hill shuttle \$2 / person

**Ski 6.4 km back to Fort Pitt Cairn trailhead on Horse Hill**

Skiers must complete course by 4 pm

FIRST AID AT DULWICH STATION

**Bring your cel phone**

FOR ASSISTANCE EN ROUTE CALL (306)441-1375

**TOBOGGANING AT DULWICH STATION toboggan hill**

**Competition & Loppet Results**

**SASK CUP RACE #1  
DON ALLEN TRAILS, LA RONGE  
SUNDAY, DECEMBER 18, 2005, 11:00 A.M.**

**Weather:** – 10° Celsius, clear, moderate west wind

**Trail:** Good solid base of cold snow.

<u>Category</u>	<u>Club</u>	<u>Time</u>	
<b>Atom Girls (2 km)</b>			
1. Kaitlin Nichol	Elmhurst	18:00	*
<b>Pewee Girls (2 km)</b>			
1. Emma Smallwood	La Ronge	11:36	*
2. Blayne Nichol	Elmhurst	15:28	*
<b>Pewee Boys (2 km)</b>			
1. Colin Fraser	Saskatoon	07:41	*
2. Dylan Stryde	La Ronge	10:45	*
3. Eddie Cook	Stanley Mission	13:13	
<b>Mini Midget Girls (3 km)</b>			
1. Takwakin Trottier	La Ronge	12:54	*
2. Kayla Hartley	Elmhurst	16:44	*
3. Nikki McCallum	Pinehouse	18:27	*
4. Farrell Boyd	Pinehouse	18:36	*
5. Nadine McCallum	Pinehouse	22:16	*
6. Alanna McCallum	Stanley Mission	23:36	*
7. Amber Natomagan	Pinehouse	26:30	*
8. Megan Cook	Stanley Mission	29:25	
9. Victoria McLeod	Stanley Mission	30:35	
10. Genell Roberts	Stanley Mission	31:27	
11. Kayla Hansen	Pinehouse	33:54	*
12. Tina Roberts	Stanley Mission	37:17	
13. Gladys Charles	Stanley Mission	38:49	
14. Ashley McLeod	Stanley Mission	39:18	
15. Meghan Laliberty	Stanley Mission	41:20	
16. Glenda Custer	Stanley Mission	41:36	
17. Geena Charles	Stanley Mission	41:48	
18. Cheyenne Charles	Stanley Mission	63:53	
<b>Mini Midget Boys (3 km)</b>			
1. Kyle Lariviere	Pinehouse	14:44	*
2. Waylon Natomagan	Pinehouse	15:27	*
3. Evan Stryde	La Ronge	16:04	*
4. Brandon Elderkin	La Ronge	19:58	*
5. Nathan Wolfe	Pinehouse	22:34	*
6. Jonah Charles	Stanley Mission	22:53	
7. Conrad Ulriksen	La Ronge	24:58	*
8. Gerald McKenzie	Stanley Mission	37:16	
<b>Midget Girls (5 km)</b>			
1. Alana Closs	Shellbrook	23:46	*
2. Sekwan Trottier	La Ronge	25:22	*
3. Brynn Hartley	Elmhurst	29:53	*
4. Natasha Boyes	La Ronge	31:12	*
5. Kandra Stacey	La Ronge	38:14	*
6. Vanessa Searson	La Ronge	38:56	*
7. Sierra O'Reilly-Parsons	La Ronge	39:03	*
8. Sara Anderson	La Ronge	41:47	*
9. Leah McCallum	Pinehouse	47:11	*
10. Hayley Iron	Pinehouse	47:25	*
<b>Midget Boys (5 km)</b>			
1. Scott Fraser	Saskatoon	19:33	*
2. Ragnar Robinson	La Ronge	20:43	*
3. Damien Morin	La Ronge	24:25	*
4. Donald Erikson	La Ronge	34:05	*

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**SASKATCHEWAN NORDIC NEWS****Juvenile Girls (7 km)**

1. Haley Robinson	La Ronge	28:08	*
2. Jade Hartley	Elmhurst	40:28	*
3. Michella Carriere	La Ronge	43:48	*
4. Martina Carriere	La Ronge	48:16	*
5. Shelby Nichol	Elmhurst	DNF	*

**Juvenile Boys (7 km)**

1. Adrian Orynik	Prince Albert	24:15	*
2. Bryan Fraser	Saskatoon	24:33	*
3. Owen Smallwood	La Ronge	26:31	*
4. Whitfield Pointon	La Ronge	37:00	*

**Junior Girls (3 km sit ski)**

1. Kelsi Paul	Saskatoon	14:38	*
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**Junior Boys (10 km)**

1. Keewetin Trottier	La Ronge	35:13	*
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**Master Women (10 km)**

1. Hilary Johnstone	La Ronge	45:28	
2. Maguy Sirieix	La Ronge	70:19	
3. Carrie Brennan	La Ronge	DNF	

**Master Men (10 km)**

1. Bill Turner	Prince Albert	38:57	*
2. Kent Pointon	La Ronge	46:19	*
3. Sid Robinson	La Ronge	46:39	*
4. Brent Fraser	Saskatoon	47:58	*
5. Chris Fettig	Pinehouse	48:01	
6. Tim Trottier	La Ronge	48:20	*
7. Andre Sirieix	La Ronge	52:19	

N.B. Star indicates licensed Sask. Cup racers.

**Sask Cup #2 - Results**  
**Blue Mountain, North BattleFord**  
**Sunday, January 8, 2006,**

Weather: -7C, 100% Humidity

Track: track hard, grassy.

Chief of Course: Robin Butler

<u>Category</u>	<u>Bib #</u>	<u>Club</u>	<u>Time</u>
<b>Atom Girl (1 km)</b>			
1. Shannon Butler	2	Saskatoon HiPer	00:09:18
2. Kaitlin Nichol	1	Elmhurst	00:12:05
<b>Pee Wee Girl (2 km)</b>			
1. Emma Smallwood	19	La Ronge	00:11:13
2. Blayne Nichol	13	Elmhurst	00:15:10
Aileen Searson	11	La Ronge	DNF
<b>Pee Wee Boy (2 km)</b>			
1. Colin Fraser	18	Saskatoon HiPer	00:08:23
2. Jason Reimer	21	Blue Mountain	00:10:03
3. Dylan Stryde	16	La Ronge	00:10:50
4. Knut Lokken	15	Saskatoon HiPer	00:11:43
<b>Mini Midget Girl (2 km)</b>			
1. Takwakin Trottier	14	La Ronge	00:08:41
2. Kayla Hartley	12	Elmhurst	00:10:10
3. Christine Martinuk	22	CTSC	00:11:39
4. Katie Waterer	24	Saskatoon HiPer	00:11:48
5. Devyn Butler	20	Saskatoon HiPer	00:15:24
<b>Mini Midget Boy (2 km)</b>			
1. Evan Stryde	17	La Ronge	00:10:36
2. Brandon Elderkin	23	La Ronge	00:13:41
3. Conrad Ulriksen	10	La Ronge	00:13:45

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**SASKATCHEWAN NORDIC NEWS****Midget Girl (3 km)**

1. Alana Closs	38	Malamute Nordic	00:14:27
2. Sekwan Trottier	36	La Ronge	00:15:38
3. Brynn Hartley	34	Elmhurst	00:15:42
4. Natasha Boyes	39	La Ronge	00:20:17
5. Vanessa Searson	31	La Ronge	00:24:40
6. Sara Anderson	33	La Ronge	00:25:44
7. Sierra O'Reilly-Parsons	32	La Ronge	00:26:16

**Midget Boy (3 km)**

1. Ragnar Robinson	37	La Ronge	00:13:22
2. Damien Morin	30	La Ronge	00:13:35
3. Brad Reimer	40	Blue Mountain	00:14:26
4. Donald Erikson	35	La Ronge	00:22:11

**Juvenile Girl (4 km - 1 lap)**

1. Haley Robinson	56	La Ronge	00:15:05
2. Hollie Briens	62	Saskatoon HiPer	00:23:49
3. Shelby Nichol	51	Elmhurst	00:24:48
Jade Hartley	50	Elmhurst	DNS

**Juvenile Boy (4 km - 1 lap)**

1. Adrian Orynik	58	Malamute Nordic	00:13:28
2. Andrew Brisbin	53	Saskatoon HiPer	00:13:31
3. Jonathon Urton	57	Malamute Nordic	00:13:37
4. Owen Smallwood	55	La Ronge	00:13:39
5. Torbjorn Lokken	54	Saskatoon HiPer	00:13:55
6. Jeffrey Martinuk	61	CTSC	00:14:46
7. Carl Harasyn	59	Malamute Nordic	00:15:44
8. Garry Kaplar	52	Elmhurst	00:16:10
Shay Duchak	60	CTSC	DNS

**Junior Girl (8 km - 2 laps)**

1. Rhea Hartley	70	Elmhurst	00:39:12
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**Junior Boy (8 km - 2 laps)**

1. Keewatin Trottier	71	La Ronge	00:24:06
2. Olaf Lokken	72	Saskatoon HiPer	00:28:43

**Junior Women (12 km - 3 laps)**

Daryl Hiebeert	94	Saskatoon HiPer	DNS
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**Junior Men**

1. Scott Theede	86	Saskatoon HiPer	00:40:07
William Urton	92	Malamute Nordic	DNS

**Senior Women**

1. Christa Harder	91	Saskatoon HiPer	00:52:15
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**Senior Men**

1. Nathan Sedgewick	88	Saskatoon HiPer	00:36:40
2. Barrett Dunbar	87	Saskatoon HiPer	00:36:41

**Masters Men 1**

1. Ivan English	83	Saskatoon HiPer	00:36:32
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**Masters Men 2**

1. Kevin Robinson	82	Saskatoon HiPer	00:43:40
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**Masters Women 3**

1. Kathy Butler	90	Saskatoon HiPer	00:43:51
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**Masters Men 3**

1. Robin Butler	89	Saskatoon HiPer	00:36:43
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**Masters Women 4**

1. Brenda Urton	93	Malamute Nordic	00:43:33
2. Hilary Johnstone	85	La Ronge	00:52:14

**Masters Men 4**

1. Dan Brisbin	98	Saskatoon HiPer	00:58:27
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**Masters Men 5**

1. Bill Turner	95	Prince Albert	00:42:38
2. Kent Pointon	80	La Ronge	00:51:08
3. Sid Robinson	84	La Ronge	00:51:10
4. Tim Trottier	81	La Ronge	00:53:21

**Masters Women 6**

1. Joan Jeffery	97	Malamute Nordic	00:50:45
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**LaRonge Ski Team Shatters N.W. Cup Records in Beauval**



Perfect ski temperatures (-8 C) and fresh snow were the key ingredients to an enjoyable ski race in Beauval on Friday 13. For the first time in the 14<sup>th</sup> year running of the N.W. Cup, the LaRonge team finally wrestled the team trophy award from perennial winner Beauval Trail Blazers. Not only did the LaRonge team win most of the age categories, many of the skiers broke existing N. W. Cup Records. “Over the past several years we have worked hard on our skill level and conditioning,” remarked Hillary Johnstone, LaRonge ski coach. “Its something we’re going have to follow if we want to bring the cup back home next year,” reiterated Jana Miller, Beauval’s ski coach. Mr. Brizinski, Cross Country Sask. President, said the N.W. Cup has grown in popularity and importance over the years. “We have both fun and competitive racers represented here, and the fact that record times were set in nearly every event clearly shows the N.W. Cup has become a mecca for the better skiers in the province. It is one of the largest races held in the province with over 90 student skiers present.”

Communities and Clubs represented at the race and loppet include the following: Beauval, Hall Lake, LaRonge, Patuanak, Pinehouse, and for the first time in competition was Buffalo. Winning the cup this year was the LaRonge Nordic (Trail Blazers) with 119 points, Beauval Trailblazers came in second with 70 points, and Pinehouse was 3rd with 30 points.

Bill Jeffrey, Ski Fit North coordinator, stated, “that the quality of skiers has gone up another notch here in north.” Gabe Andrews, the Saskatchewan Winter Games Zone 9 team coach, was confident the team members, who were picked from the results of this race and the LaRonge Prep race held in December, would figure prominently among the Games medal winners to be held in Melfort Feb 16<sup>th</sup> to 18<sup>th</sup>.

**Sport doesn't just build  
better athletes...**

**Sport builds  
better people.**

**Results from the 14<sup>th</sup> North West Cup Race, Beauval**

<b>PEE WEE BOYS</b>			<b>PEE WEE GIRLS</b>		
<b>1k</b>			<b>1k</b>		
Name	Community	Time	Name	Community	Time
Dylan Stryde	La Ronge	nt	Emma Smallwood	La Ronge	nt
Ashton Corrigan	Beauval	nt	Mallori Roy	Beauval	nt
Patrick Roy	Beauval	nt	Cheyenne Halkatt	Hall Lake	nt
Riley Wolverine	Patuanak	nt	Denny Maurice	Patuanak	nt
			Karie Opekokew	Patuanak	nt
			Christie Brizinski	Beauval	nt
<b>MINI MIDGET BOYS</b>			<b>MINI MIDGET GIRLS</b>		
<b>3k</b>			<b>3k</b>		
Name	Community	Time	Name	Community	Time
Kyle Lariviere	Pinehouse	11.35	Takwakin Trottier	La Ronge	10.08
Evan Stryde	La Ronge	11.46	Farrell Boyd	Pinehouse	13.52
Waylon Natomagan	Pinehouse	11.51	Brittany Apesis	Patuanak	19.02
Brandon Elderkin	La Ronge	12.39	Nevada Gunn	Patuanak	19.28
Lazar Tinker	Pinehouse	13.04	Amber Natomagan	Pinehouse	20.01
Guy Parada	La Ronge	13.41	Olivea Halkett	Hall Lake	21.58
Conrad Ulriksen	La Ronge	15.17	Tammy Bonneau	Beauval	22.05
Brandon Misponas	Beauval	17.21	Sarah Beth Thomas	Patuanak	22.37
Paul La Fontaine	Hall Lake	17.25	Jazmyne Black	Patuanak	31.48
Nathan Wolfe	Pinehouse	17.34	Shania Black	Patuanak	32
George Ratt	Hall Lake	19.04	Destiny Sabit	Patuanak	40.34
Fenton Charles	Hall Lake	19.28	Sarah Opekokew	Patuanak	40.36
Keegan Hanson	Beauval	20.5	Shaneil Maurice	Patuanak	40.36
Brian Bonneau	Beauval	21.43	Sunshine Joseph	Patuanak	45.28
Kally Apesis	Patuanak	22.01	Skye Campbell	Patuanak	49.47
Angus Natomagan	Pinehouse	23.01	Shanine Kenny	Patuanak	nt
Mitchell Waite	Buffalo	26.13			
McIvor Eninew	Hall Lake	28.38			
Denton Ironquill	Patuanak	33.01			
Thomas Maurice	Patuanak	43.44			
Garry Wolverine	Patuanak	74.27			
Keenan McIntyre	Patuanak	NT			
<b>MIDGET BOYS</b>			<b>MIDGET GIRLS</b>		
<b>6k</b>			<b>6k</b>		
Name	Community	Final time	Name	Community	Final time
Ragnar Robinson	La Ronge	18.07	Sekwan Trottier	La Ronge	21.44
Damien Morin	La Ronge	19.05	Natasha Boyes	La Ronge	25.58
Blake Barter-Smith	La Ronge	21.45	Noel Swiderski	Beauval	28.87
Donald Erikson	La Ronge	26.12	Kandra Stacey	La Ronge	31.01
Chris Pacey	La Ronge	28.37	Hillary Hood	Beauval	31.42
Owen Misponas	Beauval	29.24	Vanessa Searson	La Ronge	31.58
Curtis Wolverine	Patuanak	44.47	Casandra Shatilla	Buffalo	32.03
Jarett Laliberte	Buffalo	59.05	Sara Andersons	La Ronge	32.17
Blake Clarke	Buffalo	59.1	Sierra O'Reilly-Parsons	La Ronge	33.16
Darnell Dawatsare	Patuanak	66.04	Leah McCallum	Pinehouse	38
Taylor Hanson	Buffalo	66.3	Jenna Nichols	Buffalo	40.07
Colin Clarke	Buffalo	66.34	Robyn Durocher	Pinehouse	55.46
			Jasmine Roberts/Natomagon	Pinehouse	56.5
			Frankie Daigneult	Buffalo	73
			Heather Roy	Beauval	DNF

<b>JUVENILE BOYS</b>			<b>JUVENILE GIRLS</b>		
<b>9k</b>			<b>6k</b>		
Name	Community	Final time	Name	Community	Final time
Owen Smallwood	La Ronge	26.13	Haley Robinson	La Ronge	18.35
Whitfield Pointon	La Ronge	29.26	Michela Carriere	La Ronge	24.21
Matthew Obey	Beauval	37.39			
Chad Bouvier	Beauval	43.15			
Austin Misponas	Beauval	44.16			
Thomas McKenzie	Hall Lake	49.35			
Henry Halkett	Hall Lake	51.54			
Jordan Aubichon	Buffalo	DNF			
Peter Werminsky	Buffalo	DNF			
Andrew Shannacappo	Buffalo	DNF			
Jay Apesis	Patuanak	NT			
<b>JUNIOR BOYS</b>					
<b>9k</b>					
Name	Community	Time			
Keewatin Trottier	La Ronge	23.48			
Emile Hanson	Beauval	36.26			
Francis Laliberte	Beauval	51.58			

**Beauval Hosts 90 Avid Skiers at Its 14th Annual Loppet**

Ninety cross-country skiers took up the challenge to ski in the annual Bill Dinsdale Loppet on Sunday, Jan. 29th on the Sanderson Trails in Beauval. Temperatures were an ideal -10 degree C at race time, and skiers were unanimous in their appreciation to ski on well-groomed trails. Students from Pinehouse, LaRonge, Turner Lake, Ile a la Crosse, Hall Lake, Patuanak, and Beauval all enjoyed the course, and each skied for either a personal best time, distance, or just for the fun of it. Amid a breathless slump at the finish line, a red faced Tammy Bonneau said, “this is great” after finishing 8 k, while a smiling Tyrone Laliberte of Beauval asked, “Can we go out again?” Congratulations go out to all the participants who raced and skied for the health of it. Skiers finished the day with a hearty chili and juice lunch at the mezzanine.

Club President, Morris Brizinski, would like to thank coach Janna Miller for going beyond the call to of duty to make the event extra special. A debit of gratitude is owed to all the volunteers – cooks - Vivian Bouvier, Cecile Fiddler, Bill and Helen Ryan, groomers Ted Hood, and Morris Brizinski, check point crew - Marie Mihalicz, Dan Hardern, and Fred Maurice, safety patrol – Jordan Mihalicz, Registration – Peter , Rose and Rena Lafleur, and Judi Dinsdale. Sponsoring the event were The Beauval Ski Club, Cross Country Saskatchewan, and Saskatchewan Education.

Angie Mihalicz added, “The trails are in the best shape of the season” and she would like to have as many people come out and enjoy the skiing season while the weather lasts! Last year people were skiing well into April. The next major races for the Trail Blazers include the school Championships in LaRonge, the sprint races in Pinehouse, and the Provincial Championships in North Battleford.



## Northern Race Series Points

Class	Pos'n	Name	Home Community	Time	Points
Peewee Girls (2 km)	1	Emma Smallwood	La Ronge	0:11:36	100.0
Peewee Boys (2 km)	2	Dylan Stryde	La Ronge	0:10:45	71.5
Minimidget Girls (3 km)	1	Takwakin Trottier	La Ronge	0:12:54	100.0
Minimidget Girls (3 km)	3	Nikki McCallum	Pinehouse	0:18:27	69.9
Minimidget Girls (3 km)	4	Farrell Boyd	Pinehouse	0:18:36	69.4
Minimidget Girls (3 km)	5	Nadine McCallum	Pinehouse	0:22:16	57.9
Minimidget Girls (3 km)	7	Amber Natomagan	Pinehouse	0:26:30	48.7
Minimidget Girls (3 km)	11	Kayla Hansen	Pinehouse	0:33:54	38.1
Minimidget Boys (3 km)	1	Kyle Lariviere	Pinehouse	0:14:44	100.0
Minimidget Boys (3 km)	2	Waylon Natomagan	Pinehouse	0:15:27	95.4
Minimidget Boys (3 km)	3	Evan Stryde	La Ronge	0:16:04	91.7
Minimidget Boys (3 km)	4	Brandon Elderkin	La Ronge	0:19:58	73.8
Minimidget Boys (3 km)	5	Nathan Wolfe	Pinehouse	0:22:34	65.3
Minimidget Boys (3 km)	7	Conrad Ulriksen	La Ronge	0:24:58	59.0
Midget Girls (5 km)	2	Sekwan Trottier	La Ronge	0:25:22	93.7
Midget Girls (5 km)	4	Natasha Boyes	La Ronge	0:31:12	76.2
Midget Girls (5 km)	5	Kandra Stacey	La Ronge	0:38:14	62.2
Midget Girls (5 km)	6	Vanessa Searson	La Ronge	0:38:56	61.0
Midget Girls (5 km)	7	Sierra O'Reilly-Parsons	La Ronge	0:39:03	60.9
Midget Girls (5 km)	8	Sara Anderson	La Ronge	0:41:47	56.9
Midget Girls (5 km)	9	Leah McCallum	Pinehouse	0:47:11	50.4
Midget Girls (5 km)	10	Hayley Iron	Pinehouse	0:47:25	50.1
Midget Boys (5 km)	2	Ragar Robinson	La Ronge	0:20:43	96.0
Midget Boys (5 km)	3	Damien Morin	La Ronge	0:24:25	81.4
Midget Boys (5 km)	4	Donald Erikson	La Ronge	0:34:05	58.3
Juvenile Girls (7 km)	1	Haley Robinson	La Ronge	0:28:08	100.0
Juvenile Girls (7 km)	3	Michaela Carriere	La Ronge	0:43:48	64.2
Juvenile Girls (7 km)	4	Martina Carriere	La Ronge	0:48:16	58.3
Juvenile Boys (7 km)	3	Owen Smallwood	La Ronge	0:26:31	91.5
Juvenile Boys (7 km)	4	Whitfield Pointon	La Ronge	0:37:00	65.5
Junior Boys (10 km)	1	Keewetin Trottier	La Ronge	0:35:13	100.0
Master Women (10 km)	1	Hilary Johnstone	La Ronge	0:45:28	100.0
Master Men (10 km)	2	Kent Pointon	La Ronge	0:46:19	84.1
Master Men (10 km)	3	Sid Robinson	La Ronge	0:46:39	83.5
Master Men (10 km)	6	Tim Trottier	La Ronge	0:48:20	80.6





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