



**CROSS COUNTRY
SASKATCHEWAN**



Nordic NEWS

Almost Need a T-Bar For This Hill

BUFFALO NARROWS IS A RELATIVELY TOPOGRAPHICALLY CHALLENGED AREA. The 13km Waskawihew Trails network has a mix of long/gradual and short/steep hills, but they take some time to get to which means younger kids sometimes don't have the stamina and ability to ski to them. Because ups and downs are some of the best ways to have fun and teach new skills the club went out to change this over summer. We rented a skidsteer for a weekend in July and hauled in enough dirt to build a 10ft high hill – nothing worth altitude training on, but certainly enough to excite those involved in our afterschool ski programming. Each side has a different grade to challenge varying levels of ability and the hill is directly behind the chalet which ties in with our existing adventure trail. Once snow arrives, coaches will be sculpting small jumps, “roller coaster” and “bicycle” runs to add some extra elements of excitement to Mount Buffalo. A special thanks to Cross Country Saskatchewan for supporting this project through the Racing Rocks Grant!



Going the Distance – Nutritional Tips for Loppet Skiers



By Beth Mansfield PhD, MSc, RD, CSEP

The most successful loppet skiers rely on quality training and attention to nutritional details, including:

- Adequate hydration and electrolyte replacement;
- A diet of whole foods (not supplements), emphasizing vegetables and fruits, whole grains, legumes and low fat sources of protein rich foods;
- Timing of pre and post workout snacks and meals; and
- Using optimal foods and fluids throughout training and race situations.

Match your eating and drinking to your training

You should be in your ready to race phase as you wind up for your 2017 loppet. So make sure that your energy and fuel requirements are being met with the right amount of foods and

fluids to support your training and loppet day performance.

How do you know if you are eating enough?

You should remain energized throughout your training. Any dips in energy levels and/or performance means that something is missing – are you drinking enough and are you strategically sneaking in those carbohydrate rich foods at meals, snacks and during training? Here is a typical day of carbohydrate rich eating when you are out all day on your skis:

Pre Ski Breakfast

Cafe au lait
Orange juice
French toast with Greek Style Yogurt, berries, maple syrup.

Mid Morning Snack on the Skis

small muffin or pretzels and cheese
diluted fruit juice in water bottle

Lunch-in the Ski Hut

Roasted vegetable soup (potatoes, butternut squash, parsnips, carrots)
More bean than meat chili with whole wheat roll. Milk or drinkable yogurt.

Snack on the Skis

Snack bag: Cereal mixed with dried fruit and almonds or large date square or chocolate covered biscotti. Hot drink in thermos: honey laced ginger lemon tea or hot chocolate.

Post Ski Supper

Beef, kidney bean and broccoli stir fry with steamed rice.
Peaches with oatmeal crumble topping. Top up your fluids with a delicious decaffeinated latte.

Recovery between training sessions is essential

Optimizing recovery is where most masters' athletes do poorly. Recovery is the MOST IMPORTANT part of your training and race day preparation program. If you do not get adequate recovery (rest, refueling, rehydration) your body will break down. This shows up as compromised immune function (you get sick), injury, loss of power, strength and endurance, poor performance OR a lack of performance improvement, and/or an overall sense of malaise/fatigue.

Tips for Optimizing Recovery

1. Maintain a well-balanced diet but eat more food on the days when you train more.

2. Eat more frequently. Frequent feeding will keep you in the best possible energy balance for health and performance.

3. Include food sources of protein with each meal/snack (see chart below).

4. Refuel with carbohydrate and protein combinations after working out (see chart below).

5. Weight yourself before and after training and replace lost weight with similar weight of fluids over the next 8 hour.

6. SLEEP! Cat nap during the day if you can't get enough sleep at night.

7. After your toughest workouts take the next day off and do light activity only. Older athletes (60 yrs +) may need to take 2 days off training to optimize recovery after high volume or high intensity workouts.

Food Source of Protein	Carbohydrate and Protein Combinations
Eggs	French toast, vegetable omelets; crepes; poached eggs on toast; Egg salad sandwich
Milk, cheese, yogurt	Fruit smoothie with yogurt/milk. Cheese and crackers Low fat milk, chocolate milk or flavored yogurt
Meat, poultry and fish	Barley, beef and vegetable soup; Grilled chicken breast strips on spinach salad Lean beef burger on thick whole wheat bun Spaghetti and meat sauce Salmon steak with steamed asparagus and rice
Nuts and seeds	GORP--good old raisins and peanuts. Sunflower seeds sprinkled into your salad Walnut oatmeal date square with glass of milk;
Natural nut butters	Almond nut butter and banana sandwich Peanut butter chocolate chip cookies
Chick peas, lentils, kidney beans	Humus dip with raw vegetables More bean than meat chili Black bean vegetable wrap
Soy products	Tofu vegetable stir-fry with rice
Vegetables (yes they have protein as well as carbohydrate!)	Roasted vegetables, sweet potato fries, veggie casserole

BETH MANSFIELD, PhD, MSc, RD is a REGISTERED DIETITIAN, CSEP CERTIFIED EXERCISE PHYSIOLOGIST AND A SPORT NUTRITION SPECIALIST. Beth works with Canadian athletes of all levels including Olympic, national and provincial team athletes, as well as master and recreational athletes. She is passionate about improving the nutrition literacy of Canadians so that they can achieve peak health and performance in life and sport. Beth's research portfolio is quite diverse, ranging from the role of reverse cholesterol transport in cardiovascular disease; barriers to physical activity and weight management among socio-economically disadvantaged mothers in Canada; nutrition practices and weight control of University female athletes; the 1st Canadian Survey of Canadian Women Runners (www.irunwomen.ca); and the effectiveness of menu labeling on caloric intake when eating in restaurants. Beth's web site is www.peakperformance.ca

The Elmhurst Ski Club presents the

CHEESE CAKE CLASSIC



**Sunday,
February 5**

Registration 10:00 am START 11:00 AM

**At Elmhurst Ski Club Trails,
located between Brightsand and Turtle Lakes**

Fees:	Adults	\$25.00
	Students	\$15.00
	Family	\$60.00

*** Includes:
Hot meal &
cheesecake!**

CONTACT:
Rick Hartley or
Joy Hallberg

845- 3369

OR

Bill Kresowaty

845-2755

rhart.hall@gmail.com

for registration, map & other info

20 km
15 km
10km

4.5km or 3km



36th Annual Carlton Trail Valentines Loppet

Saturday, February 11



Hosted by the Carlton Trail Ski Club, the trailhead and clubhouse is located 12 KM NW of Humboldt and runs through rolling wooded terrain. The tour is open to all skiers in good physical condition. Entrants are expected to complete each section they begin, at least 2 km. Distances will be combinations of 2, 4, 7, 9, and 13 KM, on classic trails with excellent grooming. Depending on conditions, we may offer our new Skate Ski Trail, south of the clubhouse. It is 15 feet wide, and gently rolling and winding through beautiful scenery in the Dixon Hills.

Check in will be at the Carlton Trail Ski Clubhouse from 9:00 a.m. - 10:00 a.m., with the start time at 10 a.m. Trails close at 2:30 p.m. and there will be a final check, and radio communications are provided. Checkpoints with drinks will be at regular intervals along the trails. First Aid personnel and supplies will be on site with communications coverage throughout the trails. A hot homecooked meal is included with the registration fees for all

skiers. This is a GREAT FAMILY EXPERIENCE!!!!!!!!!!!!!! Organizers reserve the right to cancel or alter events and keep a portion of the fees (\$5.00) to cover costs incurred.

Carlton Trail Valentines Loppet Registration Form:

Mail with fees to: Carlton Trail Ski Club, Box 1962, Humboldt, Sask., S0K 2A0

Pre-registration Deadline: noon on Wednesday February 8, 2017 or email registraion info to: Brad Lefebvre at bwlefebvre@sasktel.net

NEW:
accepting
zone4
registrations

NAME: _____ **PHONE #** _____

ADDRESS: _____

CITY: _____ **POSTAL CODE:** _____

E-MAIL ADDRESS: _____

SKI CLUB MEMBERSHIP: _____ **AMOUNT ENCLOSED:** _____

Entry Fees:

Family/late fee \$60/70 (parents with children under 18)

Adult/late fee \$25/30

17& Under/late fee \$15/20

Jackrabbits/late fee \$10/15

CCS Non-member Add \$5.00/skier

Meal Only \$8.00

Waiver:

I hereby release the landowners, the sponsors, volunteers, and the organizers of the Carlton Trail Ski Loppet from all liability/injury to my child/myself though participation in this event.

Signed: _____ Date: _____

A variety of door prizes will be given away, some geared to adults and some to the youth.



Welcome to the Good Spirit Cross Country Ski Club
Seventh Annual

Lamplighter Loppet

Feb 18, 2017

Where: Good Spirit Provincial Park Rec Hall which is located between Yorkton and Canora on Hwy #9 turn west on Hwy #229 and follow signs.

Pick your distance: ___8kms ___10kms ___13kms ___15kms

Start time 6:30, untimed event, Skiers must be off by 10:00 pm.

Warm up Check point at the shelter along the trail with hot and cold drinks, plus first aid supplies and communication coverage.

Name: _____

Address _____

Email _____ **Phone#** _____

Club affiliation _____ **T shirt size** _____

Entry fee includes a hot meal, refreshments, games, prizes and Lamplighter T shirt

___ **\$10 per person** (\$15 for non-members of CCS registered ski club)

___ **\$35 for family** (\$40 for non-members of CCS registered ski club)

Waiver: to be signed by all adults and by a parent for their child. Recognizing that in any outdoor activity there may be some risk of personal injury, I hereby release the sponsors and organizers of the Good Spirit "Lamplighter Loppet" from all liability for injury or damage to me/child through participation in this event. I agree to abide by decisions made by the 2017 Lamplighter Loppet Committee. Organizers reserve the right to cancel or alter events and keep a portion of the fees to cover costs incurred (cancellation fee \$5.00)

Signature: _____

Preregister by Feb 15th 2017.

Send registrations and make checks out to:

Good Spirit Cross Country Ski Club "Lamplighter Loppet" 107 Collacott Drive Yorkton Sask. S3N 3E5

This is a night loppet , all skiers must use headlanterns

Contact Anne Stupak Loppet Coordinator at 306-621-8926 for more details.



38th
Annual

Duck Mountain Loppet

WHEN: Saturday February 25, 2017

REGISTRATION: 8:30- 11:30am

WHERE: Madge Lake Golf Course Parking Lot
Duck Mountain Provincial Park,
15 minutes east of Kamsack
1 hour north-east of Yorkton

DISTANCES: from 5 to 45 kilometers

*For registration information please call the Kamsack Recreation Director 542-2044 OR
call Bruno on 542-3734*

email rec.kamsack@sasktel.net or visit www.kamsackskiclub.ca



LOPPET MERCHANDISE ALSO AVAILABLE!



Full marathon or a half?

Everyone is welcome to challenge the course and go the distance of their choice.

Sign on for the 3rd Annual

Sundog Challenge

Saturday, March 4th, 2017

At Yorkton's beautiful Deer Park Golf Course Challenge, yourself to ski either one of the following:

___ full marathon of 42 km start time 9:30- 11:00

___ ½ marathon of 21 km start time 10-12:00

___ Course loop of 7 kms 1:00 start.

Ski style: ___ classic or ___ skate.

Food and rest station every 7 km.

Registration is due March 1st 2017

Entry Fee: \$15.00 per adult \$5.00 per child

Includes: Hot lunch and refreshments along with Certificate of Completion.

This is not a race or timed event, simply a challenge to complete and personal best.

Waiver: to be signed by all participants. Recognizing that in any outdoor activity there may be some risk of personal injury, I hereby release the sponsors and organizers of the Yorkton Cross Country Ski Club and the committee of the Sundog Challenge, free from all liability for injury or damage to me/child through participation in this event. I agree to abide by decisions made by the 2017 Sundog Challenge committee.

Signature: _____

Date: _____

Name: _____

Address: _____ Email: _____

Club Affiliation: _____ Phone #: _____

Contact: Anne Stupak: 306-621-8926 or email yorktoncrosscountryski@gmail.com for more info.

Send registration and checks to: "Yorkton Cross Country Ski Club", 107 Collacott Drive Yorkton Sask. S3N 3E5



Lake Louise Early Snow Camp November 18-21, 2015

THE LAKE LOUISE EARLY SNOW CAMP was designed for high performance athletes to get some concentrated, on-snow early skiing. The camp was fortunate to have excellent coaching and leadership for this camp – Phyllis Bend and Andrew Brisbin, with the assistance of Scott Fraser. For the coaches and assistants, plus 20 Saskatchewan athletes that attended, it was a great opportunity to focus on long, slow distance and proper technique. Not to mention, spending some time in the mountains!

The majority of the on-snow training was held on the Moraine Lake Road trails, focusing on: technique, balance, agility, offset, downhill, speed and transition, and long, slow ski-striding. Two of the on-snow training sessions included filming and an opportunity for each athlete to spend individual time reviewing their video on how to improve their technique. The camp was



very fortunate to have a member of the National Ski Team join for one of the afternoon video technique sessions!

A highlight of the camp was a night ski to Chateau Lake Louise and back. It was a fantastic evening of skiing and exploring the Chateau. In addition, another highlight was a joint training

session with Canmore Nordic that involved an agility course for athletes.

All camp participants stayed at the Lake Louise Hostel. This allowed our Saskatchewan athletes to get to know one-another better and fostered a team-building atmosphere.



2016 Canmore Development Camp

By Colette Bourgonje

TWENTY-SIX NEW AND EXPERIENCED ATHLETES from across the country descended upon Canmore searching for knowledge and the opportunity to learn from experienced coaches about how to ski technically better with their ability levels.

In what can be described as the best Development Camp ever, they were not disappointed. Dedicated, experienced coaches from across the country spend

time with sitting and standing athletes teaching them the fundamentals of technique.

Our province was represented by athletes Jesse Ehman and Krystal Shewchuk. Coaches Megan Frederick attended a coaching course and assisted the athletes during the camp along with Colette Bourgonje.

Also included during the weekend was a



very interesting session on Sleep and Performance given by Amy Bender from the (U Of C). Quick points from the research.. go to bed earlier and get off your phone/computer at least an hour before trying to go to sleep or at the very least get the appropriate filter.. "Red Screen at night, sleeper's delight".

continue reading on next page...

With the lack of snow and the Alberta Cup series on we had the opportunity to ski on the old 1A highway near the beautiful Chateau Lake Louise. Real snow and easy skiing gave everyone the opportunity to practice technique, learn from Coaches and ski, ski, ski. Enjoying lunch at the castle was a real bonus as well. With the goal of skiing smarter, athletes and coaches enjoyed a great presentation from Jess Kryski (National Team Physiologist). The importance of zone 1 skiing and recovery were stressed, along with many other interesting points.

The last day of the camp on Sunday morning was a warmup then a super fun technical course in the stadium area in Canmore. Mixed teams on a short crazy course set up by Gill and Terry had the athletes giving their best in a fun supportive atmosphere. Thanks CCC, Athletes and Coaches from across Canada for a "Best Ever Canmore Development Camp".



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Nordic Ski Event!

February 10-11, 2017
Edmonton, AB

New
29km Skate-
Ski Race!



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Have a Story or Photos to Share that Might Interest CCS Members?

Please submit any articles or stories to Alana ccs@sasktel.net before Feb 15, 2016.



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