



## Nordic News Turns Digital

FOR OVER TWENTY YEARS NORDIC NEWS HAS BEEN mailed to each member's door. Due to enviromental concerns and budget restraints, Nordic News is proudly going digital. This way, we can give CCS members direct links to signups and results and use the extra funds to help clubs with their grants and programming. The digital format also allows us to include longer articles, and full colour photos. We hope that members enjoy the new look and accessibility of our publication.

Thank you to all those that have donated their stories and photos for the newsletter in the past and looking forward to receiving them in the future.







## It is Back !!!

CCS HAS BROUGHT BACK THE LOPPET PASSPORT FOR THE 2017-18 SEASON, AND BEYOND. We hope that the Passport will recognize and encourage more skiers to take part in more of our Club Loppets.

### Awards

Participants have 4 seasons within which to ski different loppets.

Award Levels: :

- Bronze Pin – 4 loppets within 2 seasons
- Silver Pin – 7 loppets in 3 seasons
- Gold Pin – 10 loppets within 4 seasons
- Platinum Pin – 10 loppets at the maximum distance within 4 seasons

### Youth Certificates (age 14 or under at registration)

- Jack Rabbit – 4 loppets within 2 seasons, can repeat same loppet each season
- Cottontail – 7 loppets in 3 seasons, can repeat same loppet each season
- Hare - 10 loppets within 4 seasons, can repeat same loppet each season

Klister – 10 different loppets within 4 seasons

Start and finish of the term is based on date of registration.

The program is sponsored, in part by the following ski shops:

- Eb's Source for Sports, Saskatoon
- Fresh Air Experience, Prince Albert & Regina
- Gene's Cycle & Sports, Prince Albert
- Sunshine & Ski, Regina

Come on skiers.....Get Stamped!!



Welcome to the Good Spirit Cross Country Ski Club

Eighth Annual  
**Lamplighter Loppet**  
**Feb 17 2018**

**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 affilia-**  
**tion** \_\_\_\_\_ **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 2018 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: \_\_\_\_\_

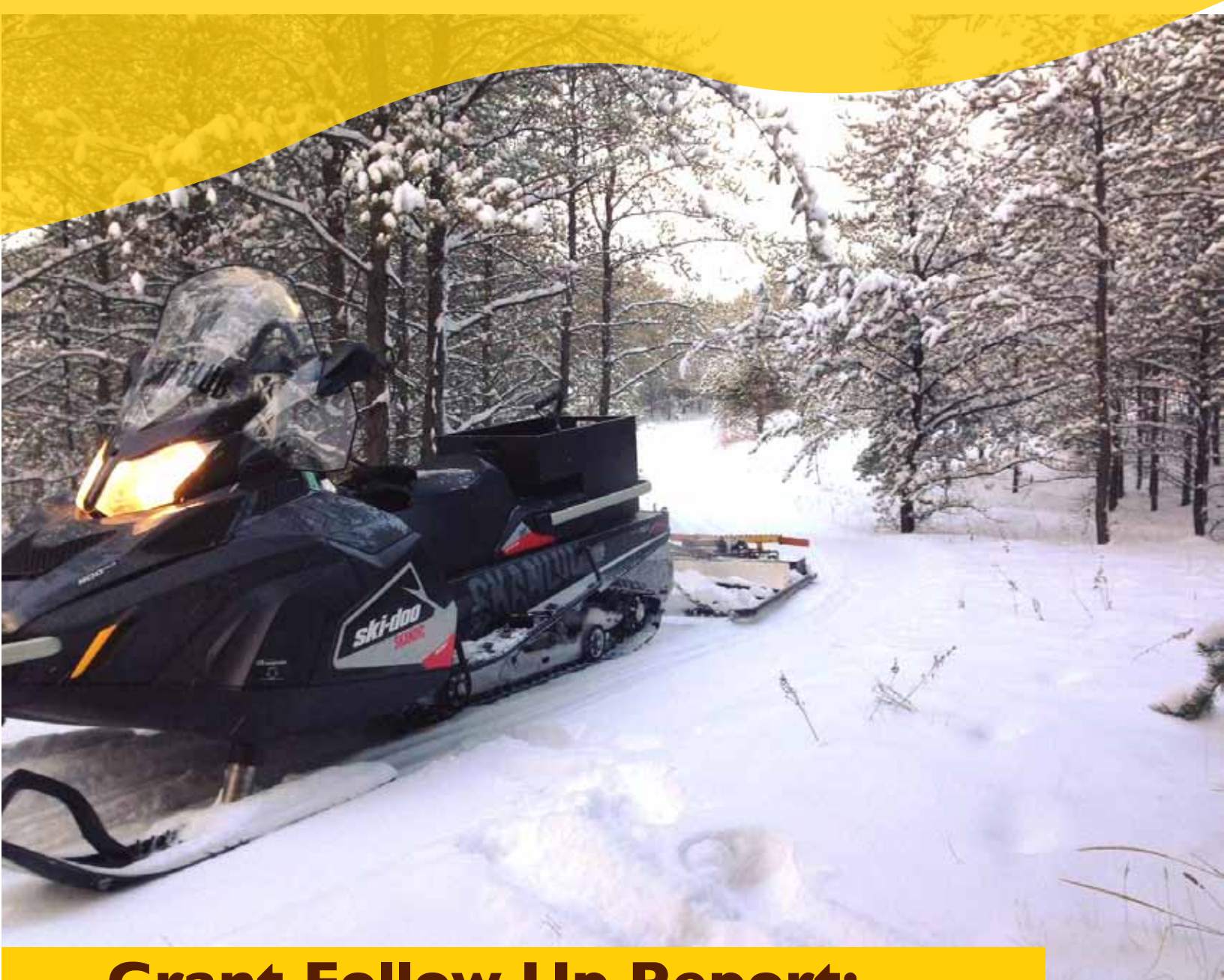
**Preregister by Feb 13<sup>th</sup> 2018. Send registrations and make checks out to:**

**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.





## Grant Follow Up Report: Prince Albert Ski Club

THE PRINCE ALBERT SKI CLUB PURCHASED a new 2016 Skandic SWT Snowmobile to replace a 2002 Skandic SWT Snowmobile. The older machine was sold to another ski club in the area.

The 2016 SWT has several advantages over the older machine. The four stroke engine will be easier on the environment and the tracking crew volunteers. The longer track gives the machine more traction for grooming the hills on the Little Red Ski Trails. The club expects to have fewer maintenance costs for several years to come.

Our club now operates two Skandic SWT Snowmobiles (both four stroke engines) and a tracked ATV to groom over 50km of freestyle and classic ski trails at Little Red River Park and Cooke Municipal Golf Course in Prince Albert. The ski trails are groomed regularly for the enjoyment of the club's members and the general skiing public.

The Prince Albert Ski Club would like to thank Cross Country Saskatchewan's Facility Grant program for the funding that helped in the purchase of this new machine.



# Prince Albert Ski Club

Epic  
Return



PRINCE ALBERT SKI CLUB

## 2018 PA Classic Loppet

Saturday, January 27th

Little Red River Park



### EVENT DETAILS

**When:** Saturday, January 27th 2018

**Where:** Cosmo Lodge, Little Red River Park

**Registration & Bib Pick Up:**

9:00am - 9:45am

**Loppet Start Time:** 10am

**Cost:** Adults - \$20(ski club members) \$25(non members)

Youth (16 and under) - FREE

**Late Fee Of \$10 After January 24th**

Registration Fee Includes: Loppet entry fee, stew  
& bannock lunch (*donated by Gene's Sports*)

**Distances:** Choose between 5km & 30km

Ski Package (*donated by Fresh Air Experience*)

Get an entry to win for every \$20 raised!

Loppet Proceeds  
Go Towards:



Loppet Proudly Sponsored By



## Register Online At [www.zone4.ca](http://www.zone4.ca)

# 37th Annual Carlton Trail Valentines Loppet

Saturday, February 10



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 7, 2018 or email registraion info to: Brad Lefebvre at [bwlefebvre@sasktel.net](mailto: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.*



The Elmhurst Ski Club presents the

# CHEESE CAKE CLASSIC

**Sunday,  
February 4**

**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    \$75.00**

**\* Includes:**

**Hot meal &  
CHEESECAKE**

**20 km**

**15 km**

**10 km**

**6.5 km**

**4.5 km**

**3 km**

**CONTACT:**

**Rick Hartley    OR    Bill Kresowaty**  
**845- 3369                      845-2755**





## Duck Mountain News



DESPITE THE VERY DISAPPOINTING 2016-17 ski season here at the Duck, we are optimistically looking forward to a "GREAT" 2017-18 ski season.

Through the co-operative efforts of the Duck Mountain Provincial Park (D.M.P.P). staff, the Cross Country Saskatchewan, grants, and Kamsack Ski Club (K.S.C). input, the following has been done this year.

Due to the strong winds we had this fall, all the ski trails had to be cleaned twice. They now have all been packed. With one more good snowfall, tracks will be set.

Tamarack shelter is now sporting a brand new steel roof. Five of the six shelters now have steel roofs. This only leaves Log Inn with its original roof.

Ski Hill and Moose Lake shelters are the recipients of two brand new sweet (rosewood) smelling toilets. Moose Lake shelter is one of the favorite overnight camping shelter.

Many x-c skiers have had memorable moments there. One of those moments which I was personally lucky enough to experience, took place on Feb.9,2002. The day began with a clear blue sky and a brightly shining sun -- 12 degrees, perfect for x-c skiing. As I approached Moose Lake, I was treated to a landscape of millions of crystals blanketing the white lake, like diamonds dancing in the sun. How appropriate, for this was the day that two x-c skiers named Oeny Pollock and Tom Carnaham exchanged their diamonds, for this was their wedding day and the site was Moose Lake shelter. CONGRATULATIONS, Oeny and Tom on this your 15 th. anniversary, from all members of the K.S.C. In order to promote more cross country skiing at Duck Mountain, the K.S.C. in co-operation with D.M.P.P. authority, will soon be posting information on what facilities are available in those shelters that are suitable for overnight camping.

To get this info. visit: [kamsackskiclub.ca](http://kamsackskiclub.ca) -





## 38th Duck Mountain Loppet

Saturday, February 24, 2018  
Duck Mountain Provincial Park



Hosted by the Kamsack Ski Club, registration takes place at the Madge Lake Golf Course parking lot from 8:30—11:30 AM. Pre-registration is preferred, registration forms & payment need to be received before the deadline of **Wednesday, February 21st**. The 45 km route will have a cut-off time, there is no mass start or timed events.

Organizers reserve the right to cancel or alter any or all of the events at any time without notice or liability and reserve the right to keep a portion of the fees to cover costs incurred. The club may retain a \$5.00 per registration cancellation or no show fee. Meals are only guaranteed for the first 225 registrants.

**CANCELLATION DEADLINE IS THURS, FEBRUARY 22—  
PLEASE SEE OUR WEBSITE FOR UPDATES UP UNTIL DAY OF LOPPET**

### Duck Mountain Loppet Registration Form

**Please make cheques payable to :** Kamsack Ski Club, c/o Kamsack Recreation Director  
Box 729, Kamsack, SK, S0A 1S0 or drop off at the Kamsack Town Office.

Name(s):		Phone:
Address:	City:	Postal Code:
E-Mail:	Age of Children Under 12:	
I am a member of the following ski club:		Amount Enclosed:\$
I/we intend to participate in the following: Classic:___ Bunny Hop (5km):___ 10km:___ 20km:___ 25km___ 30km:___ 45km:___ This is my first time at the Duck Mountain Loppet:_____		

### Entry Fees

	Any Ski Club Members	Non- Members
Jackrabbit	\$15	\$15
Youth 12—17	\$20	\$25
Adults	\$30	\$35
Family (2 parents & Children under 12)	\$58+\$13 per child	\$68+\$13 per child
Non-participant Meal	\$20	\$20
Late Fee (after Feb 24)	additional \$5	additional \$5

### Waiver

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

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

### For More Information

For more information on the Duck Mountain Loppet call the Kamsack Recreation Director at (306)542-2044 or email at [rec.kamsack@sasktel.net](mailto:rec.kamsack@sasktel.net) OR call Bruno on 306-542-3734



# The Northwest Loppet Weekend

## Event #1 – Buffalo Narrows Ski Loppet

Saturday March 10<sup>th</sup>, 2018  
1:00pm - 4:00pm

**Where:** The Buffalo Narrows Waskawîhew Trails. When travelling north into town on Hwy155 the signed trailhead with chalet and parking will be on your left 2km after crossing the bridge.

**What:** Skiers will have 3hours to complete any combination of 2km, 4.5km, 7km or 13km loops through beautiful Boreal Forest. Classic trails total 13km in distance and skate trails total 7km in distance. Both styles permitted! There will be aid stations with fires, food and drink provided along the course. Entry fee includes a hot supper, refreshments and prizes at the après-ski event at Twin Lakes Community School.

**Registration & Fees:** Due Thursday March 8<sup>th</sup>. Special rate for participants completing both Northwest Loppet Weekend Events (Event #2 – Ile a la Crosse Ski Loppet). Please circle below. Note that \$5 must be added per skier if not registered with a Cross Country Saskatchewan ski club.

Adult single event \$20 or both events \$30      Youth (under 18) single event \$5 or both events \$10

**Waiver** (to be signed by all participants or legal guardians, one waiver per participant): I, the undersigned, hereby release the sponsors and organizers of the Northwest Loppet Weekend from all liability for injury or damage to me and/or my child through participation in this event. I agree to abide by the decisions made by the 2018 Northwest Loppet Weekend Committee.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant or guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Send registrations and make cheques out to: Buffalo Narrows Ski Club, Box 126 Buffalo Narrows SK, S0M 0J0.

For more information contact Matt Mazurik at m\_mazurik18@hotmail.com or 306-260-1188.  
Several hotels and bed and breakfasts are available in both host communities!



# The Northwest Loppet Weekend

## Event #2 – Ile-a-la Crosse



### Ski Loppet

Sunday, March 11<sup>th</sup>, 2018  
11:00am - 2:00pm

**Where:** The event will start and finish at Rossignol High School in beautiful Ile-a-la Crosse, Saskatchewan. Parking is available in front of the building.

**What:** Skiers will have 3 hours to complete any distance they desire! Classic trails total approximately 10 km (there are a variety of loop distances) and there will be a suitable distance for any level of skier to complete. There will be aid stations with fires, food and drink provided along the course. Entry fee includes a hot meal, refreshments and prizes at the après-ski event at Rossignol High School.

**Registration & Fees:** Due by Thursday, March 8<sup>th</sup>. Special rate for participants completing both Northwest Loppet Weekend Events (Event #1 – Buffalo Narrows Ski Loppet). Please circle below. Note that \$5 must be added per skier if not registered with a Cross Country Saskatchewan ski club.

Adult single event \$20 or both events \$30      Youth (under 18) single event \$5 or both events \$10

**Waiver** (to be signed by all participants or legal guardians, one waiver per participant): I, the undersigned, hereby release the sponsors and organizers of the Northwest Loppet Weekend from all liability for injury or damage to me and/or my child through participation in this event. I agree to abide by the decisions made by the 2018 Northwest Loppet Weekend Committee.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant or guardian signature: \_\_\_\_\_

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

Send registrations and make cheques out to: Ile-a-la Crosse Ski Club, Box 293 Ile-a-la Crosse, SK, S0M 1C0.

For more information contact Darcie McGonigle at darcie.m@usask.ca or 306-833-7779.

Several hotels and bed and breakfasts are available in both host communities!

Local motel (Northern Sunset Motel) has rooms for rent.

# 35rd Annual Saskaloppet Friday, March 2th - 3th, 2018

The La Ronge Ski Club will be hosting the 33rd Annual Don Allen Saskaloppet on Friday, March 4 & Saturday, March 5, 2016

## Distances

The forest fires of 2015 damaged much of the Saskaloppet Trail. It may therefore be some changes to the Saskaloppet's route and distances. However, to the extent possible, organizers hope to offer distance options similar to other years, i.e., 5 km, 8 km, 13 km, 20 km, 35 km, 55 km and 84 km.

## Start Times

Start time for the 2-day, 50-km and 84-km Kupesewin events is Friday, March 4, 2016, at 12:30 p.m. Start time for the main, 55-km event is Saturday, March 5 at 8:30 a.m. All other events start Saturday at 10:00 a.m.

## Prizes

All events are timed. Cash prizes (\$300 for 1st and \$200 for 2nd) will be awarded to the top male and female finishers in the 55-km event. All participants will receive finishing certificates.

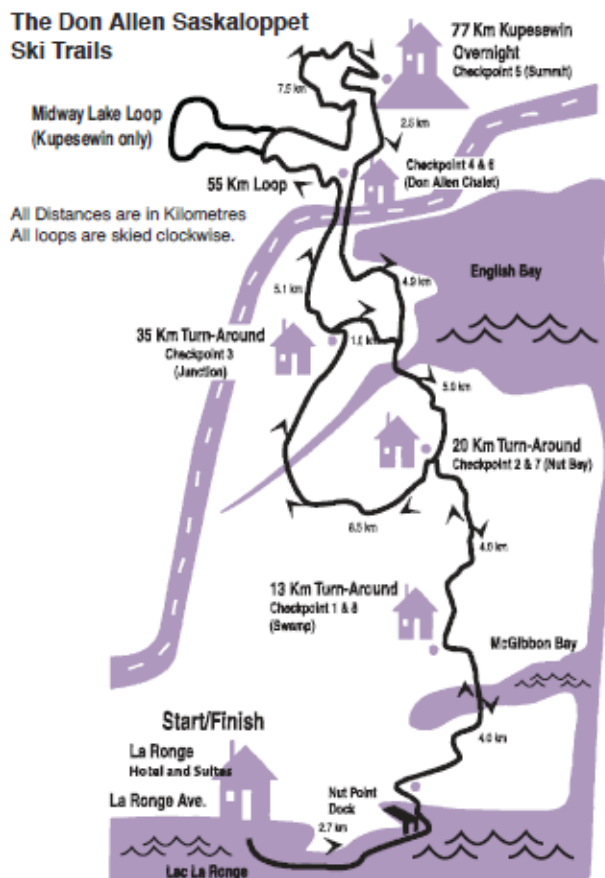
## Registration

Registration is online at [www.zone4.ca](http://www.zone4.ca). Detailed information can be found on Zone4's Don Allen Saskaloppet registration page.

## More information

For more information visit <http://www.larongeskiclub.ca> or Saskaloppet Chair, Dorothy Looyestein, at (306) 425-7328 (days) or [dmacauley@sasktel.net](mailto:dmacauley@sasktel.net).

## The Don Allen Saskaloppet Ski Trails







# La Ronge Sask Cup

February, 2017

THIS YEAR THE LA RONGE NORDIC SKI CLUB hosted two Sask Cup events: Sask Cup # 1, and Sask Cup # 2 at the Don Allen Trail System, North of La Ronge Saskatchewan. Snow conditions were challenging this year with snowfall amounts being below normal. This made it challenging to find a date to host these events; however, on February 25th a classic technique Sask Cup # 1 race was held with 45 racers in attendance, and on February 26th a free technique race was held with a total of 55 racers competing.

The La Ronge Nordic Ski Club would like to express its thanks to all of the clubs, and individual racers who took part in the exciting race event. Of particular note we would like to highlight that this was the first year that our club used Zone4's new online timing software at our trails. This was a particularly difficult task as it was necessary to use cellular data to access the online software; however, with the use of a cell booster we were able to use the online software to offer real time

unofficial results to spectators, coaches, and athletes. This was accomplished by using a mobile device as a keypad and publishing one of Zone4's result sets as viewable with a web address. Next year the club plans on expanding this technique to various checkpoints throughout our races.

Thank you to everyone who participated and the volunteers who helped make this race a success.







## Fall Dryland Camp in Waskesiu 2017

THE ANNUAL CROSS COUNTRY SASKATCHEWAN FALL DRYLAND TRAINING CAMP based in Prince Albert National Park was bigger than ever this year with over 70 skiers in town, either taking part in the training camp itself or the Level 2 Officials course and NCCP Train 2 Train Dryland course being held in conjunction with the training camp.

We were delighted to have the University of Alberta – Augustana Vikings ski team join us from their base in Camrose, Alberta. Two CCS athletes, Mackenzie Grove and Michio Green, attend Augustana and they were joined by 6 of their teammates and Head Coach Lowell Niven.

Lowell helped Andrew Brisbin coach the High Performance group, which had athletes ranging from Midget to Senior age groups.

Alison Meinert led the Learn 2 Train group at the camp, with the help of many volunteer coaches and parents, allowing Bantam and Midget aged skiers to take part in the camp and help build the excitement for this season's Saskatchewan Winter Games.

The camp kicked off on the afternoon of Friday, September 22nd with a rollerski focused on double pole technique and included some head-to-head sprints for a fun speed element.

On Friday evening everybody took part in the CCC strength test, which includes pull ups, sit ups, push ups, box jumps, and tricep dips. The CCC strength test is a simple, standardized way for athletes to track their strength progress throughout the season and from year to year. To wrap up the evening's strength workout, the Augustana Vikings led the group through an additional 20 minute strength circuit using the playground area down by the beach.

On Saturday morning, there were many other endurance athletes in town for the Outterlimits Fun Run which is a huge event with over 600 runners registered. The Fun Run was included in the training camp schedule as a fun way to add a race effort. 70 – 80 cross country skiers took part in the run so it was great that we could have such a strong presence at the event. Most athletes raced the 5km course, while some of the older athletes tackled the 10km distance. The run took the athletes through the streets and paths surrounding the Waskesiu townsite.

Later in the day, the athletes suited up in their skate roller-ski gear and headed out onto the roads for some long, easy distance rollerskiing. After working on technique on the quiet streets around town, the older athletes added some more distance to their ski by heading out on the beautiful scenic highway south of town. The scenic highway is newly paved and rolls its way along the southeast shore





of Waskesiu Lake and through boreal forest. It is a fantastic place to rollerski, particularly with the golden autumn leaves out in abundance.

On Saturday evening, the entire group had the opportunity to have a well-deserved team supper together. Parents Laurie, Lisa, Rebecca and Julia made it happen with a lot of hardwork and prepared a delicious chili supper. It's not easy feed over 70 hungry athletes, parents, coaches and officials! Coaches Alison and Geoff Meinert led an after-supper game of glow-stick capture the flag in the park, closely watched by a herd of elk. That wrapped up a long day of training and activity.

Training on Sunday began early with a rollerski agility session. An agility course was set up at Main Beach Parking lot which featured slalom turns, barrel turns, grass crossing, backwards skating and jumping. Athletes got to practice being nimble on their skis and keeping their feet quick. At the end of the session, the participants of

the Level 2 Officials course put race bibs on the athletes so that the officials could practice running a race and the athletes could go around the course once more with a bit more speed and intensity.

Later in the day, the athletes drove south to do one last long distance training session. The older athletes started by rollerskiing for an hour and a half in the south end of the park and then changed into running shoes to ski hike around the 8km Spruce River Highlands trail. The L2T group hiked the 8km Spruce River Highlands trail as well.

The camp wrapped up with a picnic and a cold dip in the lake for the brave athletes at the nearby Sandy Lake beach, before people hit the road to head home.

Can't wait to do it again next year!



## Big Sask Presence at World Cup Races

World Paranoctic Ski cross country and biathlon races took place in Canmore Alberta between December 8th and 17th, and Saskatchewan had a big presence. Brittany Hudak, who is on the Nastional Para-Nordic Ski Team, and Jesse Ehman, skiing in his first World Cup event were there as athletes. Olympian Colette Borgne and Saskatchewan alumnus Kaspir Witz, currently coaching the South Korean team, were there as coaches. Dan Brisbin served as National Technical Delegate and Jeff Whiting as a course official. A highlight was Brittany's bronze medal in a biathlon race.

# CCS 2015-16 Board of Directors and Staff

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C 552-9236 F 780-9462

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

Please submit any articles or stories to Alana [ccs@sasktel.net](mailto:ccs@sasktel.net) before Feb. 15, 2018.



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