

XCitation

OFFICIAL NEWSLETTER OF THE CANADIAN ASSOCIATION OF NORDIC SKI INSTRUCTORS, CANSI
BULLETIN OFFICIEL DE L'ASSOCIATION CANADIENNE DES MONITEURS DE SKI NORDIQUE CANSI

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Cover photo - Mont Tremblant
by Paul Battle

Winter - Season 2007
volume38 issue3

Editor's Note



To coin a probably much too overused phrase (and book title), the "power of positive thinking" is something that continues to grab my attention on a daily basis. And not just 'positive' thinking but also 'big-picture' thinking. It improves every aspect of life.

John Maxwell is one of my favourite authors at the moment (they change all the time). And some of my notes mention things that big-picture thinkers do, like: "learn continually" and "listen intentionally". They "don't strive for certainty" and are "comfortable with ambiguity". They are "teachable" and "gain insight from a variety of people".

How does it relate to instructing? Well... thinking about the big picture can help you to demonstrate for your clients where you are going with a skill or exercise. It allows you to help your clients connect the dots between what they are doing now and where they need to be, allowing them to understand the journey a bit better. You'll also be able to take into consideration all the variables when you are out there on the snow with your clients and approach the lesson accordingly, taking everyone's needs into consideration.

So, then why is it the subject of my Editor's Note? - how does it fit in with the themes of this season's issues of XCitation? It's about soaking it all up. XCitation is about having an open mind. The Technical Committee will publish CANSI's stance on things in the manuals and we need to teach by them or risk weakening an organization and its reputation. But it doesn't mean we can't soak up everything else too and throw it on the table for discussion or debate, not necessarily with our clients but with each other.

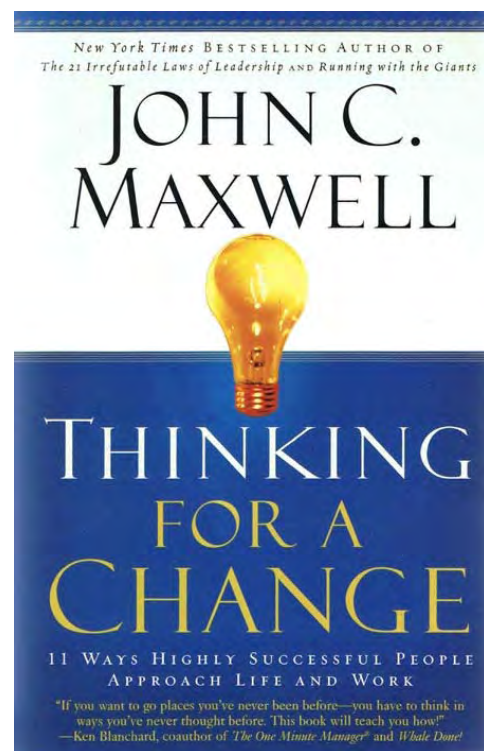
Kuzmin has presented us with a fighting argument that wax shouldn't exist for skiers because it is only deterring people from embracing the sport. He suggests that it's nothing more than the wax companies marketing schemes that has us thinking we need it.

June Hawkins has made her arguments against rotation in skating for years and presents them to CANSI at the Seminar.

Maybe a big-picture thinker will embrace these contradicting concepts because they can be healthy conflicts if taken in the right light?

Think big. Open your mind. Share your take. We all learn from it.

Karla Wikjord
XCitation Editor

Behind the Scenes

You get emails from her and maybe even a phone call. But most of us don't know what she looks like or where she comes from.

Renée Scanlon is CANSI's frontline Administrator at the Canadian Ski Patrol Office but the geographical challenges of such a vast country as Canada mean that we don't ever get the chance to pop in to say hello.

Renée's job has been a challenging one since we handed over the task to the Ski Patrol Office. CANSI has been experiencing more than its fair share of growing pains over the past couple of years and Renée is the one dealing with the brunt of it. What with an incomplete and incorrect database and a dwindling membership we have to thank our lucky stars she's still here.

CANSI is definitely getting back on track with Renée's help and perseverance so as members, let's just say: "Thanks!"



Kid's Ski Fast

Cross Country Ontario, the governing body of cross-country skiing in Ontario is extremely pleased to announce that it has received a grant from the Ontario Ministry of Health Promotion's Active 2010 fund (www.active2010.ca) to organize and implement a learn-to-cross-country ski program for **grade 6, 7 and 8 students** in the National Capital District (NCD)!

The name of this program is tentatively '**SKI XC fast**'! The goal of the program is to introduce children and young teenagers, (the vast majority of whom have never had the opportunity, thought or inclination) to the activity of cross-country skiing. We hope that some of the participants and their respective families will enjoy the activity sufficiently to become lifelong cross-country skiers.

The '**Ski XC fast**' program mandate is to develop a working relationship with the two largest school boards in the NCD, the Ottawa-Carleton District School Board (OCDSB) and the Ottawa-Carleton Catholic District School Board (OCCDSB), so that as many students as possible are able to have the opportunity to enjoy this activity.

The '**Ski XC fast**' program intends to provide the following;

- Instruction in the technique of **Skate Skiing**
- All the necessary **equipment** to enjoy Nordic skiing
- **Quality** instruction from trained, certified and experienced instructors.
- A program that follows all the **OPHEA safety guidelines** for Nordic skiing.
- **Free** coaching and officials courses for any interested **teachers!**
- Promote and organize the **first NCD Elementary School Cross Country Ski Championships!** Tentatively scheduled for Wednesday March 7, 2006.
- **Insured** by Cross-Country Canada
- Provide appropriate **curriculum** connections for each grade.

Each instructional session of the 'Ski XC fast' program will;

- Be approximately **2 hours** in duration.
- Be extremely **affordable** for every student
- Try and be held at a **location** of the teacher/schools choice.

If you have any ideas, suggestions and comments regarding the

'**SKI XC Fast**' program please do not hesitate us. Your experience and advice will certainly assist us in developing the program communication, promotion and instructional plans so that every participant has a rewarding experience.

Geoff Tomlinson

Program Director: NCD 'SKI XC Fast'



"Ski XC Fast" Instructors ready to meet their students!! With their ski bags packed full of skate skis!! Left to right; Paul Graner, (XC III) Katherine Kitching (XC I) Geoff Tomlinson (XC I)

Photo Credit: Justin Hanley

What happened to our Interski Team?

Those of you who read (and remembered) the Fall issue of XCitation were probably wondering why there was no mention of Interski in the Xmas issue. Due to an unfortunate series of miscommunications our CANSI Demonstration Team did not have a secured reservation at Interski 2007. It is a loss for all CANSI members that we were not represented in Korea and can only trust that future Interski Congresses will be more successful.



CANSI Technical Updates

Skating and Classic 2006-2007

By Steve Gentles and Michael Lalonde

These notes outline CANSI Ontario's technical emphasis for the 2006/2007 season. The information presented complements the CANSI Ontario on-snow refresher, the Instructors Manual and the 'Ski Your Best' DVD.

Body Core

1. 'Compression' or a slight rounding of the back in double poling (classic and skating) to effectively utilize the abdominal muscles. This is in contrast to flexion at the hips.
2. Less compression of the torso in skating compared to compression in classic double poling.

Classic Technique

The high level diagonal stride maximizes glide and ensures a powerful leg stride on flat to moderate inclines. It is appropriate to introduce this manoeuvre to Level III CANSI instructors and advanced students and racers.

High Level Diagonal Stride Mechanics:

1. At the end of the stride the skier forcefully drives the leg forward by leading with the hip.
2. The recovery foot moves in line with or past the gliding ski foot before touching the snow.
3. By the time the ski contacts the snow the hips are opened to their fullest. The body has a forward lean from the ankle and the ankle and knee are bent to less than 90 degrees.
4. The support leg heel is momentarily pressed forward ahead (greater than 90 degrees) of the knee to maximize glide.
5. Just before the feet together position, the support leg ankle flexes to less than 90 degrees.
6. The stride is initiated with the body weight distributed throughout the foot and ends when the skier forcefully pushes off from the forefoot.



Top photo: Steve

Bottom: Mike

Resultant Power and Propulsion:

- A more powerful and longer stride (hip rotation and lower hips) utilizing all joints from larger to smaller.
- Forward lean from the ankles permits the torso to effectively load the poles.
- Enhanced balance through a lower centre of gravity.



High Level D.S. Drill Progressions:

- **Falling Forward** - The student leans forward from the ankle and allows gravity to take effect. The skier lands on a bent knee and ankle.
- **Stick Man** - Leading with the hip the recovery foot contacts the snow ahead of supporting leg foot to increase stride length.
- **Soccer Kick** - Skier adopts a low stance with flexed ankles and knees and pretends to kick a ball with his/her knees resulting in a more powerful stride.
- Perform the D.S. slowly, and as soon as the ski contacts the snow slide the ankle forward (focus on one leg at a time) and glide.

Double Poling

1. Static - In partners (without skis) one person keeps his/her body in a straight line and leans forward from the ankles and falls onto the other person. The partner out stretches one leg and catches the person by supporting them with their shoulders.
2. Four Phases:
 - a. **Fall Forward** - In a standing position and the hands slightly forward of the hips, bring the hips and shoulders forward in preparation for the next poling motion. Create a forward lean by bending at the ankles (and slightly bend the knees) so that body weight is over the poles.
 - b. **Crunch** - Keep the elbows locked throughout this phase and crunch the torso. The shoulders compress towards the knees. (Similar to drinking bird but with a rounded back)
 - c. **Push** - When the hands pass the thighs, the force is applied by using the arms and shoulders to extend the arms behind the skier.
 - d. **Recovery** – As soon as the pole baskets leave the snow, the hips and torso begin to move forward. In the relative standing position, the hands are slightly ahead of the hips.

Note: The 3-beat can be accomplished through a slight hesitation of forward arm movement but preferably, the hips and torso move forward as the arm follow-through occurs.

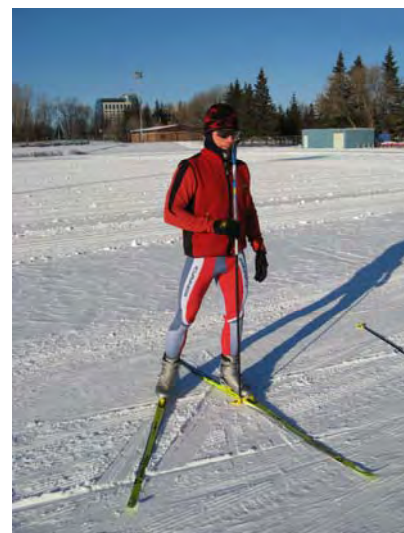
Skating Technique



Belly Button Rules!

Achieving dynamic balance (complete weight transfer) onto a flat ski is important in order to maximize glide. In skate skiing this is done with either full rotation or a lateral movement of the pelvis relative to the direction of the track. CANSI considers both methods (and anywhere in between!) to be correct, as long as there is full weight transfer and glide onto a flat ski. To accomplish this, the center of mass (COM; this is about 5 cm above the tailbone in a person walking, and even lower in a person with skis on) must be balanced laterally (ie, side to side) over the glide ski.

Full rotation is when the pelvis (or hips) and upper body rotate fully in the direction of the glide ski (nose-knee-toes alignment) creating a right angle. The lateral method of weight transfer occurs when the hips and upper body are oriented closer to the centre line (direction of the track) throughout the stride.



Ski position in various phases:

Position	Phase	Description	Flatness of Ski
#1	Glide	Ski initially makes contact with the snow	Outside edge
#2	Glide	Body weight transfers to ski	Transition from outside edge to flat
#3	Pole Assisted Glide	At initiation of double poling and leg push	Flat
#4	Push	Initiation of leg push	Rolling onto inside edge
#5	Push	Completion of leg push	On inside edge



Weight Transfer through Rotation

1. Weight transfer and balance is achieved through rotating the hips and torso to face the glide ski creating an alignment of the nose and knee over the ski.
2. The forward movement of the hips during the leg recovery places the torso in a position to initiate poling in the direction of the glide ski.
3. Hips and torso rotate together (ie, there should be no twisting of the spine).
4. In uphill skating manoeuvres (offset, one-skate uphill) there is less forward foot projection to avoid stalling and thus excessive loading of the legs. The recovery foot lands beside the other foot and a higher tempo is used.

Weight Transfer through Lateral Movement

1. The pendulum affect enables the ski to be placed at the centerline of the body on its outside edge.
2. With little hip rotation the power generated moves the skier straight towards the intended direction of travel.
3. The power generated by the lateral leg push moves the skier straight down the intended track. At the same time the body's centre of mass moves over the new glide ski. This stance leads to greater power and propulsion and an effortless looking glide.
4. In the offset maneuver on steep inclines more rotation of the hips and torso will be evident.

Lateral Free Skate Drill Progressions:

1. Static – Skiers are shown the objective of each ski position directly under the body by sliding each ski underneath while pushing the opposite ski to the side.
2. Gravity - Fall forward onto the recovery ski and move into a standing position and glide.
3. On a slight downhill and at the end of the leg push, position the new glide ski directly underneath the body and parallel to the direction of travel.
4. Same as (c.) but the un-weighted ski follows the push ski for as long as possible.

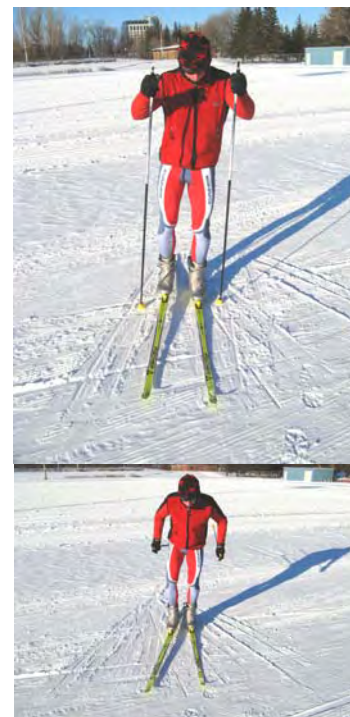


Photo Credit: Henry Madsen

Tricia Wilson, Marie-Catherine Bruno and Karla Wikjord at the Seminar in December



Ask a Pro column revived.

If not too late to open up this discussion again in the XCitation here is my delayed response to one of your questions that you put forth on behalf of readers:

The 'Ask a Pro' column of the February 2005 XCitation issue discussed the question if a skier could glide on a flat ski while skating if the knee is collapsed (i.e. turned inward)? The responses varied from, "it depends on the person's body structure to no it is not possible".

Mike says: When the body is moving forward on the support leg ski, yes a skier can ride a flat ski with the knee turned inward, but only for a brief time. This is an ineffective way to ski for most people because it causes the hips to turn away from the glide ski resulting in short glide phase and a weak leg push (to counterbalance this effect we might see a 'C' shape in the skier's body when observing from the front or back). A 'collapsed' knee is usually a symptom of a balance problem and is corrected through applying the belly button rule.

Mike Lalonde is a CANSI Level III XC based out of Ottawa, ON. Thanks for your input Mike.



Ski Trivia

1. I was more famous for failure than for being a great ski jumper. In 1988 I placed dead last in the Calgary Olympics, on both hills. Nevertheless, I was given a nickname that suggested more success than I ever had. What was it?
2. In historic times, Finnish hunters and warriors used long ski poles that were also what kind of weapon.
3. What US state has the most dog-friendly cross-country ski resorts and centres?



XCitation and...



www.cansi.ca/en/news (www.acmsn.ca/fr/news)

With the introduction of our new www.cansi.ca website, we now have two excellent sources of CANSI news: XCitation and cansi.ca/news. XCitation is published 4 times a year and is available online at <http://cansi.ca/en/news/newsletter.php> (<http://cansi.ca/fr/news/newsletter.php>). We do not print and mail XCitation due to the high costs of doing so, but you can print it yourself.

www.cansi.ca/en/news is an excellent source of timely news. A number of members including the communications person on each regional board have the ability to publish news items.

We e-mail an announcement when XCitation is published. You can check cansi.ca for new news items or subscribe using a RSS reader.

There are still a number of members who haven't supplied an e-mail address or whose e-mail address is out of date – please login to cansi.ca and verify that your address is correct.

Without it, you'll miss out on the notification of new XCitations (and also increase our administration expenses as we can't handle membership renewals by e-mail).

Kuzmin responds

By Karla Wikjord



Mr. Kuzmin was gracious enough to take the time to reply to my questions regarding his theories on waxing (or not waxing). My letter to him was published in the last issue of XCitation.

Although I felt that I, perhaps, was able to bring up some potential flaws in his thinking, Leonid has very strong beliefs and firm answers on the matter.

I had questions about metal scraping. "...Metal scraping removes a fair amount of material thereby reducing the life of the ski. This may be acceptable for racers with new sponsored gear each year but is it feasible for those of us that ski for a living and must purchase our own gear? For this reason, to lengthen the useful life of a pair of skis, are we not better to continue waxing?"

Mr. Kuzmin responds by saying that "stone grinding (SG) takes much thicker layer of the base. 3-4 SG is enough to see glue behind the base. I have one pair of skating skis which steel scraper every two weeks from 1999 to 2005. This skis is in good conditions with quite thick base."

Concerning the benefits of wax on shorter races I asked, "Certainly in races shorter than 3.8 km with not-so-dirty conditions wax would win, wouldn't you agree?" Kuzmin definitely agrees but only if we use pure perfluorocarbon glide waxes.

I also challenged him with, "Do you have any evidence on how much slower waxed skis become after 1.5 or 3.8 kms? Many women's races are 5km or 7.5km. There is not a lot of room for error. If a racer loses ground off the mark but her skis only pick up speed after 3.8 km, the race is likely already lost."

Kuzmin refers to some websites to help answer this one in a little more depth. "In <http://epubl.luth.se/1402-1757/2006/03/index.html> Paper B pages 15-16 you can find some information about that. Very often steel scraped skis glide better directly from beginning <http://www.skidforum.se/viewtopic.php?id=895> "

So for the biggest question of all... "Can you conclude from your research that wax should be completely removed from our wax kits?"

So for the biggest question of all... "Can you conclude from your research that wax should be completely removed from our wax kits?"

Kuzmin was resolute. He replied, "Yes, we can use only scraper and some riller. We do not need any glide waxes; we need to improve scrapers and rillers."

He went on to say that "... someone who is not personally committed to XC skiing can see the issues more clearly without becoming ensnared in the details. They see the problem from an altitude of abstraction. One suggested abstraction is: It is very difficult (probably impossible) to find any other activity in which technological progress has caused so much trouble as in XC skiing.

The changeover from wooden equipment to composite and plastic equipment in canoeing and boat racing made the service and storing of boats and oars (paddles) much cheaper and simpler. The changeover from wooden equipment to composite and plastic equipment in XC skiing made the current servicing of skis many times more material- and labour-intensive than before. The preparation of one pair of skis at the Olympics 1972 took 15-30 minutes and cost about \$1, while the preparation... at the... Olympics 2006 will take several days and will cost a minimum of \$250 in materials alone, but if we include the service team salaries (which are quite predictable), the preparation will cost more than \$1000. As mentioned before, this development is very mysterious. The new ski base material (UHMWPE) outperforms the old one (wood) in all respects, but the after-sales service of new equipment is considerably more expensive.

Undoubtedly, the science, the complexity and the cost of waxing skis turns off more than the beginner cross-country skier. So we, as instructors, must ask ourselves this question: How do we entice the beginner to embrace skiing as a life-long sport without letting the waxing world deter them?

I've been following the Kuzmin philosophy this season. I bought a brand new pair of skate skis and haven't waxed them at all. I can't say that I necessarily ski any slower than my compadres. Neither can I say that I am faster. I haven't raced on them or done any glide tests so I have no hard and cold facts to share. But what I do know is... I still enjoyed every ski outing and I haven't spent a single penny on wax!





Photo Credit: Henry Madsen

CANSI Ontario Report

Ontario copes with the eastern winter 2007

By Glenn Lee

When it became clear that the early winter weather would not deliver sufficient terrain to run a Telemark Level II course scheduled for Calabogie Peaks, near Ottawa, CANSI Ontario scrambled to find alternatives, and found a solution by moving the course to Mont Tremblant, Québec.



The Resort at Mont Tremblant helped out by allowing the 4 day course to run on its slopes. The mountain's extensive snow making facilities, colder temperatures, and even some help from Mother Nature made the course a success. The advanced terrain for the course was all there - groomed, variable, steep, bumps, and glades. The course was conducted by Glenn Lee. Tremblant's Stephane Perreault provided a half day of advanced skill improvement on day 3 of the course that was enjoyed by all participants. Everyone skied hard for 4 days, and definite improvements were seen in their skiing and teaching skills.

Congratulations to CANSI Ontario's newest Telemark Level II Instructors: Paul Battle of Packenham, and Dave Sampson of Ottawa.

Submitted by Paul Graner

Just for fun! Cameron Smith (XC II) and Paul Graner (XC III), after a hard days work teaching skiing! (Though we are skiing slowly to the camera with not the best form!)

Photo Credit: Justin Hanley



Updates by Paul Graner:

Mike Lalonde and myself ran a successful Level I/Refresher XC ski course in January with 6 new successful CANSI Level I instructors. Without two examiners our success rate would have been half, many people are still off the standard at the start of the course, mainly from individuals not connected with a strong XC program or in more remote areas.

We are looking at doing another Level I/Refresher XC ski course but during midweek, to fit in those who can never make it to weekend course because they work or volunteer with XC skiing on most weeks and cannot get the time off.

Three photos of a Level I XC Course Mike Lalonde and myself did January 27-28/07 at Mooney's Bay XC Ski Centre, Ottawa.

- 1) Getting ready, the paper work (waivers)
- 2) Bruno Cyr (Yellow Jacket) leads a "One Skate" Lesson Assignment
- 3) 6 new CANSI I XC Instructors, from left to right, Ian Simpson, Bruno Cyr, Dave Rutledge, Todd Harris, Laura Grant, Alex Beaumont, Mike Lalonde-Course Conductor.

Photo Credits: Paul Graner



Trivia Answers

1. Eddie the Eagle
2. Spears. There was a spearhead on the upper end of the pole.
3. Maine. There are 9 dog-friendly resorts. Colorado is a close second with seven. If you are a dog owner, check out www.dogfriendly.com for a list of the resorts.



December Seminar Photos

Photo Credits go to Henry Madsen.



Clockwise: Tricia Wilson (Canmore);
 Karla Wikjord (Courtenay) Marie-
 Catherine Bruno (Silver Star) and Tricia;
 Ski star;
 John Gallagher (Canmore), Karla,
 Mark Simpson (Vancouver), Marie-Cat,
 Bill Perry (Mt. Washington)



UPDATES FROM THE WEB PROJECT

We continue to make significant improvements on CANSI.ca and the systems and processes that support it. We are significantly ahead of our planned schedule (the original project called for a 2 year rollout) but behind schedule on some items that are visible to members.

Membership Cards and Receipts

There have been significant delays in the delivery of software to process course results, so we have delayed mailing the combined membership card and receipt. We are optimistic that we can mail them within the next two weeks (~February 15th).

You should have received a handwritten membership card from your Course Conductor when you completed a course or refresher this year. The majority of members have used PayPal to process their membership renewal and course registration – they received an immediate receipt e-mail'd from PayPal.

Course Results

If you have taken a course this year, you can verify that your certification was updated by logging into cansi.ca. If your course results aren't reflected, please contact your Course Conductor or your region.

Note that you need to refresh your certifications every 3 years. Expiry dates are set to October 1st of the 3rd year following your course or refresh. For example, if you refreshed in either December 2006 or January 2007, your certification expiry date will be updated to October 1st 2010.

With the introduction of our new systems and procedures, Regions and Course Conductors can now enter course results online immediately following the completion of their courses. The system automatically updates your certification when the course results are posted. To solve some of the problems that we have experienced in the past with course results not getting into our database, Course Conductors are now not paid until all marks are entered and fees paid.

Accuracy of our Membership and Certification Data

Please refer to <http://www.cansi.ca/en/news/2006/11/000004.php> - Many members are finding errors in their certification data when they login. The new system allows you to see your certification information, while in past years this information wasn't published. Now that this information is readily available, we are seeing that some clerical errors were made in past years and also that some course sheets were *never* recorded. If you find any errors in your certifications when you login, please contact the [National Office](#). A number of people have been putting in a lot of effort to confirm your certifications when you point out errors.

Now that this information is published and readily available for you to review, there should be far fewer errors.

PayPal for “Clearing” CANSI Payments

PayPal is batting 100% on processing your payments and providing our systems with timely updates on payments. Membership Renewals and Course Registrations are updated immediately when processed through PayPal. You can also pay by mail (cheque) or telephone (credit card).

Note that PayPal is quick, accurate, efficient (reduces our administrative costs and volunteer time) and you immediately receive a receipt.

If you have any questions, please send them to membership@cansi.ca or contact the National Office.

Garry Almond

Masters XC Racing in Ontario

Steve Gentles

The Ontario Masters cross country ski championships will be held this year from March 9 to 11, in North Bay. If you are 30 years or older, I encourage you to consider becoming involved in masters racing. Racing challenges your skiing, promotes a greater level of fitness and adds an exciting dimension to the sport. The motivation to train also leads a healthier lifestyle. Belonging to the Canadian Masters is a great way to make new friends and acquaintances in the cross-country ski community. Importantly, it will give you a better understanding of skiers who race, should one ever end up in your lesson!

The term Masters was coined back in 1980 to replace terms like “old boys/girls”, “veterans” and “antiques” for racing categories. Masters refers to the “mastery” of the skill of skiing. The Masters races are for skiers 30 years and older as of Jan 1, 2007. The race categories are in 5-year sections. MM1 is the abbreviation of Master men's one section and is for 30 to 34 years olds, and MW1 is the female section. MM2 is from 35 to 39 etc.



We have a number of CANSI instructors here in Ontario who run masters groups. Paul Jorgensen (level III) of started an adult ski group last year at his ski club, Arrowhead Nordic. Of the 20 participants, around a dozen participated in events that included the Sounder loppet in Parry Sound, the North Bay and Muskoka loppets, and the Canadian Ski Marathon. Some of them are parents of children in the club's jackrabbit program. Last year Arrowhead won club of the year for Southern Ontario, and Paul thinks that was at least partly due to their adult programming.

Reijo Peltoniemi (level IV XC, level I Telemark) runs a masters group in Thunder Bay together with former national-level racer, Werner Schwar. The Lappe Nordic Masters group comprises 15-20 skiers who come out once a week to the one-hour weekday evening sessions. These are directed at providing people technique instruction and race strategy, including how to ski different terrain. Like Paul's group, some are parents of jackrabbits, but there is a broad age-range. Just about everyone does at least one event in the season, such as the Sibley Ski Tour, the Kamview Ski Tour, or one of the many races that are held practically every weekend in the region.

Paul and Reijo are examples of how CANSI instructors fill an important need in the cross-country ski community by offering instruction and programming to adults.

The tentative schedule for the Ontario Masters races in North Bay is as follows:

- Friday afternoon: 10k classic, followed by wine & cheese social
- Saturday: 10k freestyle, followed by pasta dinner and awards
- Sunday: 18k classic

In order to participate, you need to join Canadian Masters. For the \$20 fee (which you can pay at your first race) you become a member of a great group of people who are also interested in challenging their skiing. It also makes you eligible to compete in Masters races provincially, nationally, and internationally (the 2008 World Masters Championships are on North American soil, in McCall Idaho). Members receive three newsletters throughout the year.

For more information on joining the Canadian Masters, or the Ontario Masters Races (March 9-11), visit www.northbaynordic.ca, or contact Tom Cook at (705) 476-0648 or tomcook@ontera.net.

Steve Gentles is Ontario's XC Technical Representative. His certifications include Level III XC and Level I Telemark.

Photo of the Month

Submitted by Corey Mohr.

This is what 52 kms at -21°C will do to you! – Corey in the 'Manitoba Super Loppet' in Pinawa, Manitoba. It is the longest Loppet in Manitoba and Pinawa's first attempt at hosting such a distance.

Corey is a CANSI Level I and Wildwood Jackrabbit Coach in Winnipeg, MB.

Photo taken by Frank Walton

If you have a picture you'd like to share with us, please submit it to CANSI XCitation via email to communications@cansi.ca



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