



## President's Message

### Welcome Back

With this, our first newsletter of the 2010/2011 season, I would like to welcome everyone back. I hope you had a great summer and are now looking forward to a terrific winter of cross-country skiing.

Your Board of Directors has been busy putting together the club's programs and getting everything ready for the upcoming season. As well, the Viking-Morin-Heights Loppet organizing committee has held its first planning meeting for the 2011 edition of the loppet.

Trail clearing started September 18 and will continue on Thursdays and Saturdays until the job is done. If you've never been trail clearing, come on out and join us. The work is light, the company is great, and you get to hike on our trails and see them in a naked sort of way (no snow). It's also a pleasant way to fulfill your volunteer obligations. Watch for Judy Rogers' weekly trail clearing updates on our website. Due to exceptional luck in the area of weather this year we, at this writing, are very advanced in our trail clearing and I suspect that by the time you receive this newsletter the work will have been completed. I thank all those who participated this year and look forward to seeing you on the trails as soon as the snow arrives.

I would like to welcome Jean-Pierre Campeau as a new member of our Board of Directors. I look forward to working with him — and all the club's directors — on our many exciting projects this year. I would also like to thank retiring directors David Marshall and Peter Kirby for their contributions to the club's operations over the past couple of years.

In addition to the Board of Directors, the club has been very fortunate over the years to have dedicated coordinators who ensure that our programs and activities are run to the highest standards. To these people we are indebted.

This season we are looking for a couple of youth program parents who would like become part of this tradition and assist the "Youth Team" in running these programs. Contact me to volunteer or for additional information. (see President's page 2)

## Mot du Président

### Bienvenue!

Je profite de ce premier bulletin de la saison 2010-2011 pour vous souhaiter tous la bienvenue. J'espère que vous avez passé un bel été et que vous attendez avec impatience un hiver formidable à faire du ski de fond.

Depuis un certain moment, votre conseil des administrateurs travaille à préparer les programmes du club pour la saison à venir. De plus, le comité organisateur du Loppet Viking-Morin-Heights a déjà tenu sa première réunion de planification pour l'édition 2011 du Loppet.

Le débroussaillage des pistes a commencé le 18 septembre et continuera les jeudis et les samedis jusqu'à ce que le travail soit terminé. Si vous n'êtes jamais venu faire du débroussaillage, venez-vous joindre à nous. Le travail n'est pas difficile, la compagnie est agréable, et cela vous donne la chance d'explorer nos pistes à pied et de les voir toutes nues (c'est-à-dire, sans neige). C'est aussi une façon très plaisante de remplir vos obligations de bénévolat. Prenez connaissance des mises à jour offertes par Judy Rogers sur notre site web. Grâce au temps extrêmement beau cette année, nous avons fait un progrès incroyable avec le débroussaillage, et je crois qu'au moment où vous lirez ce bulletin, le travail sera déjà terminé. Je veux remercier tous ceux qui ont participé cette année et j'ai hâte de vous voir sur les pistes du moment où la neige arrivera.

Je veux aussi souhaiter la bienvenue à Jean-Pierre Campeau, un nouvel administrateur sur le Conseil. Je serai content de travailler avec lui — et avec tous les administrateurs du club — sur nos nombreux projets intéressants cette année. En même temps je remercie les administrateurs sortants David Marshall et Peter Kirby de tout ce qu'ils ont fait pour le bon fonctionnement du club depuis quelques années.

À part le conseil d'administration, le club a eu la bonne fortune pendant de nombreuses années d'avoir des coordonnateurs dévoués qui ont assuré que nos programmes et nos activités soient aux plus hauts standards. Nous leur devons beaucoup.

Pour cette saison nous cherchons deux parents avec des enfants dans le programme des jeunes qui voudront prendre la relève de cette tradition et aider « l'équipe des jeunes » à organiser ces programmes. Veuillez me contacter si vous voulez vous porter volontaire ou pour demander des renseignements supplémentaires.

Un rappel un peu précoce : nous cherchons des bénévoles pour le point de contrôle Viking pendant le Marathon de ski canadien les 12 et 13 février 2011, ainsi que pour notre propre loppet le 27 février. Si vous pouvez nous aider ou que vous voudriez demander de plus amples renseignements, veuillez me contacter.

Douglas Bowes-Lyon, octobre 2010

### President's message (cont...)

As an early reminder, we are looking for volunteers for the Viking mini-checkpoint in the Canadian Ski Marathon February 12-13, 2011, as well as for our loppet on February 27. If you can help out or would like additional information, please contact me.

Douglas Bowes-Lyon, October 2010



### Challenge Program is back

by Carol Fiedler

We are pleased to announce that the Challenge program will return to Viking this year. Aimed at teenagers (12-16 years old), who have successfully completed JR 4 or its equivalent, and who are eager to challenge themselves with long skis on various terrain, this five hour class will focus on refining ski skills, while seeking adventure. As instructor Rick Nesbitt puts it: the goal is "to extract the most out of winter. The most trails, the most terrain, the most air,

the most fun." The class will be held on Saturdays during the Viking ski season, from 10:00-3:00, with a one hour break for lunch, often enjoyed on the trails. The cost of the program is \$200 if registered prior to December 1<sup>st</sup>, \$220 thereafter. For more information, consult the Viking website, or contact the program coordinator, Carol Fiedler, 514-481-0101, [cfiedler@videotron.ca](mailto:cfiedler@videotron.ca).

### Challenge est de retour

C'est avec plaisir que nous vous annonçons le retour du programme Défi (Challenge) au Viking, cette année. Destiné aux adolescents (12-16 ans), qui ont complété le niveau JR 4 ou un équivalent, et qui sont très à l'aise avec les sorties de longue distance, ce cours de 5 heures vise à raffiner les habilités du skieur en terrains variés, en recherchant l'Aventure! Comme le dit si bien l'entraîneur Rick Nesbitt, le but est « de tirer le meilleur parti de l'hiver. Un maximum de sentiers, un maximum de terrain, un maximum d'air et un maximum de fun! »

Les cours auront lieu le samedi tout au long de la saison de ski du Viking, de 10h à 15h, avec une heure de pause pour le lunch, souvent pris sur les sentiers.

Le coût du programme Défi est de 200\$, pour les inscriptions reçues avant le 1<sup>er</sup> décembre, et de 220\$ par la suite.

Pour plus d'information, consultez le site Web du Viking, ou contactez la coordonnatrice du programme : Carol Fiedler 514-481-0101, [cfiedler@videotron.ca](mailto:cfiedler@videotron.ca).

### Leçons de ski pour adultes: le programme pour 2011

par Richard L'Heureux

Pour la troisième année, le club de ski Viking offre un programme de leçons de ski destinées aux adultes. La réponse enthousiaste aux programmes des saisons dernières indique que ce programme répond à un besoin réel, et que les membres du club souhaitent profiter à plein de la pratique du ski.

Cette année, comme l'année dernière, le club offrira un programme d'apprentissage des techniques de base du ski de fond: *pas alternatif*; *transfert de poids*; *double poussée*; *un pas, double poussée*; *pas alternatif en montée*; *montée en ciseaux*. Ce cours se

donnera en trois leçons en début de saison. Jusqu'à maintenant, les participants sont unanimes à conclure que ces cours, donnés par des entraîneurs qualifiés, améliorent grandement leur technique de ski.

Le cours de techniques de descente vous aidera à gagner confiance et assurance face au défi de la descente dans les pistes quelquefois éprouvantes. Le cours vous enseignera les principales techniques (pas tournant, dérapage, virage christiania, virage télémark) qui permettent de faire des descentes bien en contrôle et avec assurance.

Chaque programme comprend trois leçons données par un instructeur qualifié les dimanches de janvier, ce qui permet de bien profiter des techniques apprises pendant le reste de l'hiver. Le nombre de participants est limité. Le prix de chaque programme est de 75\$. À suivre sur le site WEB pour d'autres informations.

## Adult ski lessons program 2011

by Richard L'Heureux

For the third year, Viking Ski club is offering ski lessons for its adult members. The positive response from the preceding years clearly shows that the program has helped members get more out of their sport.

Once again this year, the club will offer the Classic Nordic Ski Techniques course. This covers the following skills: diagonal stride, double pole, one-step double pole, uphill diagonal stride, and herringbone.

The Cross-Country Ski Downhill Techniques course will also be given, helping skiers meet the challenge of downhill sections in all kinds of snow conditions. The techniques to be taught are: step-turn, diagonal sideslipping, parallel Christie, and telemark turn. These skills will help skiers to stay in control on downhill runs. The lessons are given by a qualified instructor.

Each program will include three lessons given on Sundays, starting early in January, so that members can practise their new techniques during the rest of the season. The numbers of participants is limited and the price of each program is \$75. More information will be posted soon on the website.



*Murray Moss trail clearing on Sept. 25 near Skip's Hut. Photo: J. Symon*



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## A few words from Gordon Cohen

### Membership:

I am happy to advise you that Wendi Petersen is our new Membership Secretary, replacing Marilyn Geddis who retired at the A.G.M. We all wish her good luck, and a long career like Marilyn's!

**Hosting:**

Audrey Speck has agreed to serve again as our Hosting Coordinator. Please send her your preferred dates before someone else grabs them:  
a.speck@videotron.ca

**Touring:**

I am currently working on our touring program. I can tell you that we shall have a new tour on the Lac Pilon trails, near Esterel, probably on a Thursday, courtesy of friends of the Makkonens.

I would appreciate some suggestions about our spring weekend "away". Although the Mt. Tremblant trips have been successful, it's probably time for a change. If anyone would like to host a new tour, or be added to my weekly email bulletin, please let me know: gdcohen@sympatico.ca

**NORWEGIAN CHRISTMAS SALE****November 12****4:00 pm to 8:00 pm****November 13****11:00 am to 4:00 pm**

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knitwear, pewter, viking and traditional jewellery,  
cheese, chocolate,

canned products, etc.

Cafeteria:

Scandinavian sandwiches and cakes

**VELKOMMEN TIL ALLE****Programme d'entraînement pour marathoniens**

par Richard L'Heureux

Cette saison, les membres du club inscrits au Marathon canadien de ski (12 – 13 février) auront la possibilité de s'entraîner en groupe sur les pistes du réseau Viking pendant les semaines qui précèdent le marathon. À chaque dimanche à compter du 9 janvier et jusqu'au 6 février, les marathoniens se retrouveront au chalet du club pour entreprendre une randonnée de plus de 20 kilomètres qui mettra à l'épreuve leur endurance et leur niveau technique. Ils pourront se retrouver ensuite pour échanger sur la randonnée et sur les points à améliorer.

Ce programme est gratuit. Surveillez le site WEB pour plus d'information.

**Tour program for marathoners**

by Richard L'Heureux

The 2011 Canadian Ski Marathon will be held on February 11 – 13 and some members, mainly those who want to compete as "coureurs de bois" have already started training. This year, the club is proposing a series of performance tours, 20+ km, on the Viking trail network, starting from the clubhouse, to help its members participating in the marathon achieve their goals. The tours will take place on Sundays, starting on January 9, until February 6. At the end of each tour, participants will have the opportunity to meet in the clubhouse to discuss their performance.

**Trails almost ready: just add snow!**

by Judy Rogers

From the first glorious day September 18 when 20 workers showed up, Viking trail clearing this season has attracted a strong turnout, including many newcomers and youngsters. Given that we've enjoyed (at the time of writing anyway) great trail clearing weather, it's possible the work will be complete by the time you read this. If not, remember that if you haven't taken part yet, trail clearing is a great way to fulfill your volunteer commitment – and enjoy a day in the woods getting our trails ready for the first snowfall.

Trail clearing took place most Thursdays and Saturdays. You can find complete information about trail clearing – including weekly reports, names of participants, photos, the updated map of what's been

completed, and information about upcoming work (should there be any left) – on the Viking website at [www.vikingskiclub.ca](http://www.vikingskiclub.ca). From the home page, follow the link to Trail Clearing.

Thanks once again to our trail clearing boss extraordinaire, Doug Bowes-Lyon, who directs this important annual effort. Names of all participants will be listed in an upcoming newsletter

## 2011 Youth Program Update

by Benita Stoyel

I am very happy to say that the club now has three program coordinators: Isabelle Sigouin has kindly stepped forward to take on the position of program coordinator for the Jackrabbit (JR) and Bunnyrabbit (BR) programs, joining Carol Fiedler who is the Challenge Program Coordinator and Elisa Rietzschel who is the Biathlon Program Coordinator. I will be around to provide support for their activities and coordinate between programs as well as take care of training. For this year Holly Robertson and Carol Fiedler will still be helping out the JR and BR programs but are looking for someone to step forward and learn the ropes. Next year they will not be available to do their jobs of coordinating program volunteers and coach assistants. Shauna Craig has also stepped forward to help Isabelle out with the programs.

Please note the following:

- Like last year, early bird registrations get a discount!
- All programs will stop registrations once they are FULL! (all programs are running on Saturday)
- Challenge Program on Saturday 10:00 - 3:00
- Biathlon Bears (ages 9-14) Saturday 9:30--11:30am
- Recreational Biathlon (ages 14+) Saturday 1:30--3:30pm
- There is a Biathlon Race Team being set up. Ages 14 and older. More info to come. For information contact Elisa Rietzschel.
- Same as last year: Bunnies 10-11:30 am, JR (1-3) 10 am-12 noon, JR 4 (3 hours TBD)
- The club will be hosting a biathlon demo on Sunday November 21 for anyone considering the program.

- Please note that there has been a lot of interest shown in Biathlon so early registration is recommended.

Wanted:

Coaches

- 2 JR /BR Coaches - If you know someone who is interested please contact Isabelle Sigouin
- 1 Biathlon Coach - Please contact Elisa Rietzschel
- 1 Biathlon Coach Assistant - Please contact Elisa Rietzschel

Volunteers

- 2 JR/ BR Program coordinators - One to learn ropes from Holly and Carol, one to assist Isabelle and Shauna with Program Coordination.
- 2 to 4 Volunteers to plan and coordinate a club open house. This could be made into a fun day!
- 1 Volunteer to coordinate Adult lessons open to parents of kids in programs Saturday mornings. It should be noted that work done towards these volunteer jobs contribute volunteer credits.



*Trail clearers walking in a sea of leaves on Blue Trail just south of Point J1. Photo: E. Vikander*

## Newsletter Submissions

**Viking**, the official newsletter of the Viking Ski Club, is published four times annually. Send submissions to: John Symon (coordinates on the back page).

Text submissions can be in English ou en français. For photo submissions, kindly indicate the subject and name of the photographer. **Photos should be sent separately of text articles; not embedded.** Advertisements should be photo-ready

## Ad Rates

|               | One Issue | Four Issues |
|---------------|-----------|-------------|
| Members       | \$10      | \$30        |
| Non-Members   | \$15      | \$45        |
| Business card | \$20      | \$60        |
| Quarter page  | \$30      | \$90        |
| Third-page    | \$40      | \$120       |
| Half-page     | \$50      | \$150       |
| Full-page     | \$70      | \$200       |

### Classified ads:

Very private Cottage on Lake Cook, Blue Hills, 203 Lakeshore Rd. Fully furnished household, 3 bedrooms, central electric heating. 514-696-2113 or kumo@attglobal.net

### CANSI Course

by Matthew Ballick

The Canadian Association of Nordic Ski Instructors (CANSI) is proposing a two day Level 1 course at the Viking Ski Club from Dec 27-28.

This is an introductory level course conducted largely on snow and focusing on the delivery of basic classic and skating skills to entry level skiers. Students will be guided towards self improvement and the assessment of the skiers in the group through the use of real time practical teaching situations.

Prior to the course, all candidates will be required to arrange for a pre-course on snow assessment to allow for individual attention and skill improvement. It amounts to a great 3 day ski lesson!

The costs will about \$240 for the two day course and \$60 for the pre-course. The club has agreed to partially subsidize the course.

Registration is available on the CANSI Quebec website and you can contact me directly at 450-226-7229 with any questions.

Places will be limited so I hope to see you there. Matthew Ballick, CANSI level III Instructor matthewballick@cgocable.ca

### Francophone recherché

Nous cherchons un francophone qui pourrait nous aider avec des communications écrites de Viking, y compris des traductions de l'anglais. Si vous pouvez

nous prêter main forte dans cette tâche importante, veuillez contacter Norm Horner (voir p. 12)

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### What's In Store this Winter? An Interview with Swisski's René Wachter

by John Symon

Earlier this year, Montreal's former premiere Nordic boutique, Norway Nordic in Ste Anne de Bellevue closed its doors. About the same time, a leading second-hand retailer of Nordic gear, Doug Anakin Sports in Beaconsfield also closed. We put together a list here of remaining and new retailers of Nordic products and services around Montreal. We also talked to René Wachter of **Swisski** in Sainte Agathe\* about new product offerings this season.

In terms of new products on the market this season, Wachter mentions the new Pro Pulse Classic Nordic binding platform by Salomon. This SNS binding is lighter than previous models. Rival Rottefella is also coming out with its new, lighter Accelerator slide-on

incompatible.” He points out that there can even be compatibility issues within the NNN and the SNS lines, especially between older and newer products.

Wachter also mentioned that Madshus also has a new, softer touring boot available this season, which will probably translate into fewer blisters. And there are the new Madshus Zero Classic Intelligrip (CIG) waxless Skis. “This is not a singing ski; it’s quieter than other waxless products. But I don’t have enough experience with it yet to know how well it works.” One online review says of the CIGs that they, “provide excellent kick in all conditions,” and not just in the -6 C and warmer snow conditions where traditional waxless skis do well.

“All the major brands have a ladies line of products now,” said Wachter. He also mentions however that few of his women customers are into performance skiing.

Swisski, which has been operation since the late 1970s, specializes in Nordic skiing. “We don’t carry downhill or even telemark skis,” says Wachter. His store offers a 10% discount to Viking members on select items. 819-326-4077 / [rw24@swisski.com](mailto:rw24@swisski.com)

### Other Places To Buy Nordic Equipment, Accessories, and Services

Viking members on the West Island will be pleased to know about two new Nordic outlets in their neighbourhood, filling the void created when Norway Nordic and Doug Anakin Sports closed earlier this year.



**Cycles Endurance\***, better known as a bike shop on St. Charles Blvd, has started carrying Fischer and Madshus skis together with Madshus and Swix poles. Owner Jean-Pierre Lavigne explains that, “The West Island needs a Nordic store now because there was nothing else out there.” Lavigne has hired some new people to help with the winter season and is offering

Viking members a 10% discount on select items.  
514-305-1913 / [info@cyclesendurance.com](mailto:info@cyclesendurance.com)



**Nordic Ski Service\*** is a service offered by former Norway Nordic technician Wayne Hesse. Operating out of his Kirkland house, Hesse offers ski repairs, wax cleaning, tuning, grip-zone sanding, and other services. “I’m well equipped for repairs,” he boasts and talks of his abilities, “to bring old skis back to life.” For prices starting at \$10, Hesse can also provide testing to tell customers whether old skis are worth saving. Hesse points out his fast turnaround—often within 48 hours—on services provided and mentions his extended hours. “Customers can call my cell phone from 8 a.m. to 9 p.m., 7 days a week,” explains Hesse. He sells waxes and scrapers, but is not a ski retailer. Viking members can save 5% on Hesse’s regular prices. More info: 514-996-6820 / [nordic.skiservice@yahoo.ca](mailto:nordic.skiservice@yahoo.ca)

Meanwhile, former Viking president, Lou Lukanovich of **Simon River Sports/ Boutique SRS\*** in Morin-Heights wrote us to say, “We intend to expand our rental. Last year we had only ‘No Wax’ skis (Rossignol) for rent. This year we will add some of our Madshus wax skis and boots for rent and sale. When we sell them, they would be at additional discounts if used. We will also get a few pairs of skating skis for rent and sales and get more wax choices.”

Lukanovich suggests calling the store (see ad p. 11 ) in November about the remaining inventory of Madshus products. “We are open 9 to 5 weekdays in November and able to order any type of Rossignol and Madshus products not in inventory. We will also carry on with snow shoe rental and sales.” His

Madshus products. "We are able to order any type of Rossignol and Madshus products not in inventory. We will also carry on with snow shoe rental and sales." His Boutique SRS offers a minimum 10% discount to Viking members (450-226-7821).

**Other Local Specialty Boutiques**

**André Jac Sport\*** in Laval, (450-622-2410); **Austrian Ski Shop\*** in NDG (514-483-3666); **Le Suroît Cycle et Ski\*** in Vaudreuil (450-455-0328); and downtown's **Le Yeti** (514-271-0773).



(advertorial)

Although it's mainly known as a downhill store, "**Austrian Ski Shop** has always carried Nordic gear," explains co-owner Paul Brodeur. He points out that the boutique stocks such Nordic equipment as:

- Fischer boots and skis
- Poles and tuning equipment from Swix
- Apparel and accessories from Swix
- Rossignol clothing
- both NNN and SNS bindings

5706 Monkland Ave in NDG  
 514-483-3666 info@austrianskishop.com  
[www.austrianskishop.com](http://www.austrianskishop.com)

\*\*\*discounts for Viking members\*\*\*

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**Chain stores that carry Nordic equipment:**

**Atmosphere/ Sports Experts** (514-365-1286); **Boutique Courir** (514-499-9600); **discounter Econosports** (514-693-0545); **La Cordée** (514-524-1106); **Louis Garneau 2000** concept stores (450-

677-1339); **Mountain Equipment Co-op** (514-788-5878); and **Sail** (450-688-6768).



**Used Nordic equipment and rentals:**

The **Play-it Again Sports\*** chain (514-484-5150); **La Poubelle du ski** (514-384-3582) and **Sports Aux Puces** chain (450-688-9001) offer new and used equipment, which can be a great solution for kids who quickly out-grow their equipment. These stores often buy used Nordic gear in good condition or sell it on consignment. Staff at Play it Again say that the best time to sell used gear is usually at the end of November, but advise telephoning first to be sure. Season rentals are also sometimes available at La Poubelle and at Sports aux Puces. See the Play it Again ad on page 10.

**Boot Repairs**

For ski boot repairs, try **Cordonnerie Monkland** at 5630 Monkland (corner Oxford) in NDG.

\* = Stores offering discounts (typically 10% on select items) to Viking members. For Play it Again, the discount has only been negotiated for the NDG store.

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Looking for ideas on where to take the kids this weekend? Some 500 ideas for kid-friendly destinations around Montreal are described or listed in **Exploring Montreal with Kids** and **Découvrir Montréal avec les enfants**, both available in fine bookstores and online for \$19.95  
[www.montrealwithkids.com](http://www.montrealwithkids.com)





Wayne Hesse

### Who is Wayne Hesse of Nordic Ski Service?

Rising out of the ashes of Norway Nordic is Wayne Hesse's Nordic Ski Service. Hesse describes himself as, "an intermediate, well experienced skier. I now spend most of my time skiing with my family; my wife and four boys, aged 13,10,9 & 6. That's a few skis to prep every time we go out. I enjoy working on skis, always trying to bring out the full potential of any given pair. It is a truly personalized service that I wish to offer. Clients who use my services are greeted by me; we evaluate the skis together and come up with a plan to shape them up. All the work is done by me on premises, in my workshop."

"I currently use Swix products for all hot waxing and grip wax applications, but I am also looking in to using Vauhti waxes."

"Thank you very much for the interest you have taken in my services and I look forward to further contact with you and the members of the Viking Club.  
Wayne Hesse: 514-996-6820."

### Newsletter History

Former president Erik Vikander believes that the first Viking newsletter was published in about 1955. A version typed by another former president, Robert Weiler, has been uncovered from that time period. Vikander also believes that current editor, John Symon, has published more issues (28 and counting) than any previous editor.

### Advantages of Membership

by John Symon

Why join Viking? Here is a brief listing of some of the advantages for members:

- ski for free all winter on 55-km of groomed Viking trails
  - ski for free all winter on about 75-km of groomed Morin-Heights trails, including the Aerobic Corridor (parking not included there)
  - ski for free on Lac Notre-Dame trails
  - free use of Viking clubhouse, including wax room, washrooms, saunas, kitchen, lunchroom, living room, parking lot
  - club members are eligible to apply for Carte Réseau, allowing holders to ski one day for free at each of about 18 Laurentian Nordic ski centres (extra fees apply)
  - join the touring group Thursdays or/and Saturdays and invite a friend along
  - social events, summer canoe trips, summer bicycle trips
  - club members eligible to enrol their children/ adolescents in some of the best Youth Programs around (supplementary fees apply)
  - 10% off regular prices on select items at many x-c boutiques (see pp. 7--8)
  - four issues of the Viking newsletter
- To join Canada's best--and arguably oldest--ski club, go to: [www.vikingskiclub.ca](http://www.vikingskiclub.ca),

.....  
**Skier nouvelles** is the biggest website for x-c news in Quebec:

**Skier nouvelles** Skier nouvelles est le plus important site internet au Québec consacré à l'actualité sur le ski nordique.

<http://veloptimum.net/skiernouvelles.html>  
.....

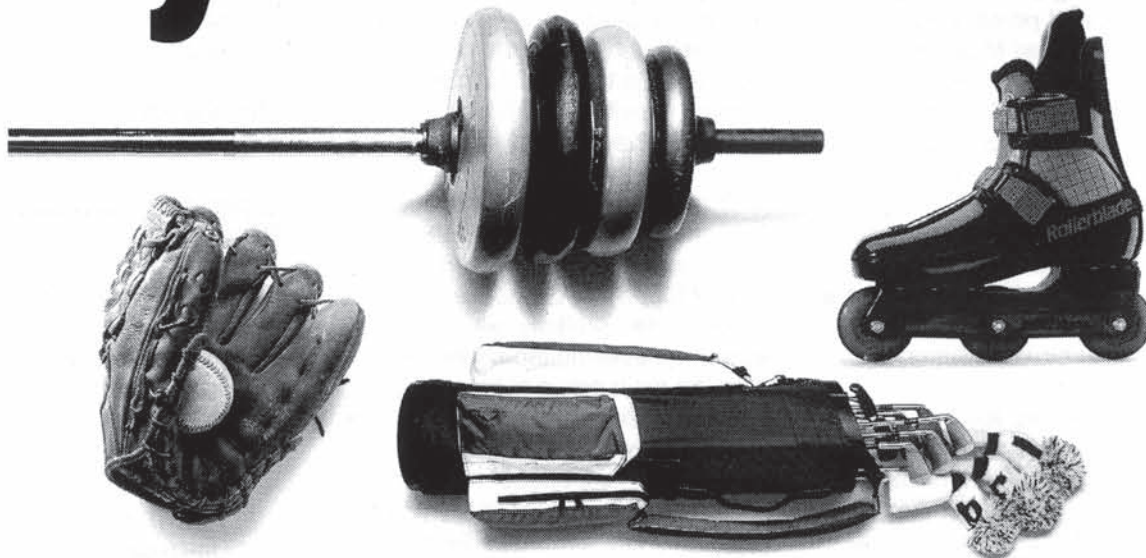
### Trail Report

To find out snow and trail conditions before leaving the city, call the Viking Ski Club phone (recorded message) at **450-226-3284** or go to:

[www.vikingskiclub.ca/](http://www.vikingskiclub.ca/)

Also listed on the website is information on how to join Viking.

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we'll pay you for it. Of course, we also sell equipment. So don't leave that equipment around the house to collect dust. Sell it to us and we'll put it back in the game.



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On October 23rd, the Canadian Paralympic Committee (CPC) hosted its first-ever Awards Ceremony to celebrate the heroes of the Vancouver 2010 Paralympic Winter Games. Four prestigious awards were presented to the Canadian athletes who excelled at the Games:

**Best Male Athlete Award – Brian McKeever and Robin McKeever**

Brian McKeever and guide/brother, Robin McKeever were selected as Best Male Athlete for their outstanding achievements in bringing home three Cross-Country skiing gold medals from the Vancouver 2010 Paralympic Winter Games. Brian McKeever was also the first athlete to be named to both the Olympic and Paralympic Teams in the same Winter Games.

**Best Female Athlete Award – Lauren Woolstencroft**

Known as the Paralympic Winter Games “Golden Girl,” Lauren Woolstencroft was selected as the Best Female Athlete. Lauren is a three-time Paralympic skier with eight gold, one silver, and one bronze medal. At Vancouver 2010, Lauren became the first Canadian winter Paralympian to win five gold medals at a single Games.

“I love my sport and I compete for the love of my sport,” said Lauren Woolstencroft, winner of the Vancouver 2010 Best Female Athlete Award. “I’m proud to be part of the best ever Games and receiving this recognition tonight is icing on the cake.”

**Best Debut Award – Viviane Forest and Lindsay Debou**

Viviane Forest and guide, Lindsay Debou were honoured with Best Debut. Viviane and Lindsay skied for Canada for their first time at the Vancouver 2010 Paralympic Winter Games and the pair brought home an impressive five medals: 1 gold, 3 silver, 1 bronze. Going into Vancouver 2010, Viviane had already won two gold medals in the sport of goalball at the 2000 Sydney games and 2004 Athens Games.

# VIKING SKI CLUB DIRECTORS & CO -ORDINATORS 2010 / 2011

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