



Ontario Masters Cross Country Ski Association

THE BULLETIN

MAY, 2016

MWC 2017 – Klosters, Switzerland

Klosters, Switzerland will host the 2017 MWC from March 2 - 11. Interest is very high to date with quite a few skiers already committed. Our National Director, Bruce LeGrow, has had over 45 double rooms booked at 2 different hotels in Klosters, which is a super showing for this time of the year! If you are keen to go, you should make sure to arrange your accommodation details very soon.

Skiers who participate in the MWC will be eligible to enter the Engadine Ski Marathon, which takes place the weekend directly following the MWC events. Transportation to and from Klosters will be arranged by the Organizing Committee. Further details and registration for this will be available in October, 2016.

CANADIAN MASTERS 2017 – Charlo, New Brunswick

The 2017 Canadian Masters Races will be from February 12 – 18, 2017. This will be hosted by the Les Aventuriers Ski Club in Charlo. They already have much planning done, and the location is blessed with excellent snow conditions and an amazing trail network. You can get all the information on the event by going to our the Canadian Master's web site at:

www.canadian-masters-xc-ski.ca and click on the 'Championships' link where you will see the complete Bid Document.

ONTARIO MASTERS 2017

It is very likely that the 2017 Ontario Masters Championships will be at North Bay Nordic. We are presently determining the exact weekend, and schedule of events. We will ensure that this event does not conflict with the Nationals in Charlo, or the MWC in Switzerland. We will keep you updated on the exact date so you can mark it on your schedule.

POINTS SERIES RESULTS

Only 2 loppets, Fischer & Scenic Caves, have been added to the standings which were attached to the March newsletter. Jane Ravenshaw with 500 points finished with a narrow margin over Chris Huet with 497.21 points.

Richard Thomas maintained his lead, also with 500 points. Harry vanderLugt was 2nd with 479.68 points and David White was 3rd with 477.75 points. Ed deLaplante placed 6th with 398.66 points with only 4 races on his schedule. The iron man was Rob Cheskey skiing in 10 events (4th place with 475.16 points). David White skied in 9 events. Given the number of cancelled events during the season due to poor snow conditions, 9 and 10 events attended is very impressive.

The final point standings are attached. Congratulations to everyone who took part.

Please report any errors to revans@cogeco.ca

CANADIAN MASTERS DRYLAND TRAINING CAMP

This 5 day XC Ski Dryland program at Nipika Mountain Resort is for masters skiers who are interested in learning to train specifically for XC ski racing or loppet skiing. Skills of roller skiing, ski striding, strength training, building annual plans, yoga, trail running and mountain biking will all be presented. Current Canadian/Ontario Masters Ski Association memberships [\$20.00] are required.

Included: 4 nights accommodation at Nipika Mountain Resort, 4 days training, meals, group equipment

Date: Wed. Sept 21 – Sun. Sept 25, 2016-03-13

Cost: \$950.00 per person, plus tax / optional transportation from Calgary Airport @ \$125 each way.

To Register: Nipika info@nipika.com or Wendy Grater wendy@blackfeather.com

ONTARIO MASTERS DRYLAND TRAINING WEEKEND

We are planning a 2 day XC Ski Dryland Training weekend. It is to be a fun weekend get together with activities to train for XC ski racing or loppets . The weekend will be held at Parry Sound's Georgian Nordic Ski Club and include ski striding, interval training, roller skiing and/or biking, yoga and trail running. Current Ontario Masters Ski Association memberships [\$20.00] are required.

Included: 2 days at GNSCC, dinner Saturday night at GNSCC

Date: Oct 1 and 2, 2016

Anticipated Cost: \$40.00 per person*

* may alter slightly depending on prices from GNSCC, etc.

To Register: Wendy Grater wendy@blackfeather.com

REGISTRATION & MEMBERSHIP

Please find attached the membership form for Ontario/Canadian Masters for 2016/2017. You can also register online at www.zone4.ca.

Please send any snail mail registration to:

Russ Evans, 24 Cortina Cres, Hamilton, ON L8K 4K4.

Please make sure to have any cheques made out to Canadian Masters X-C Ski Association. Thanks.

Thanks, and have a great summer!