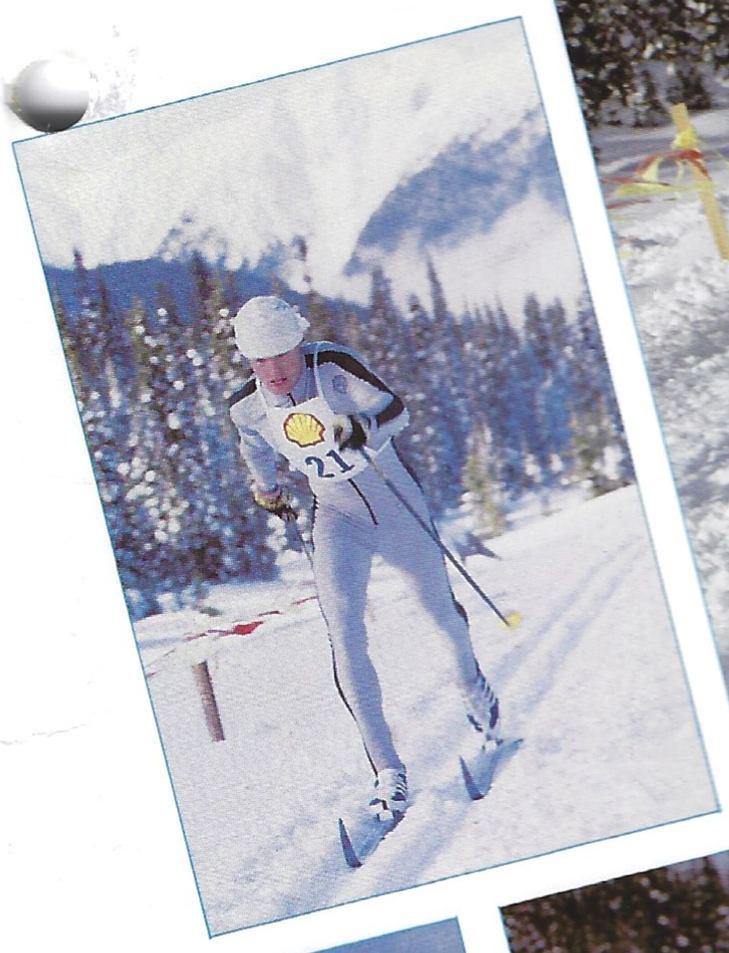
La Coupe Shell Cup
Edmonton 1982







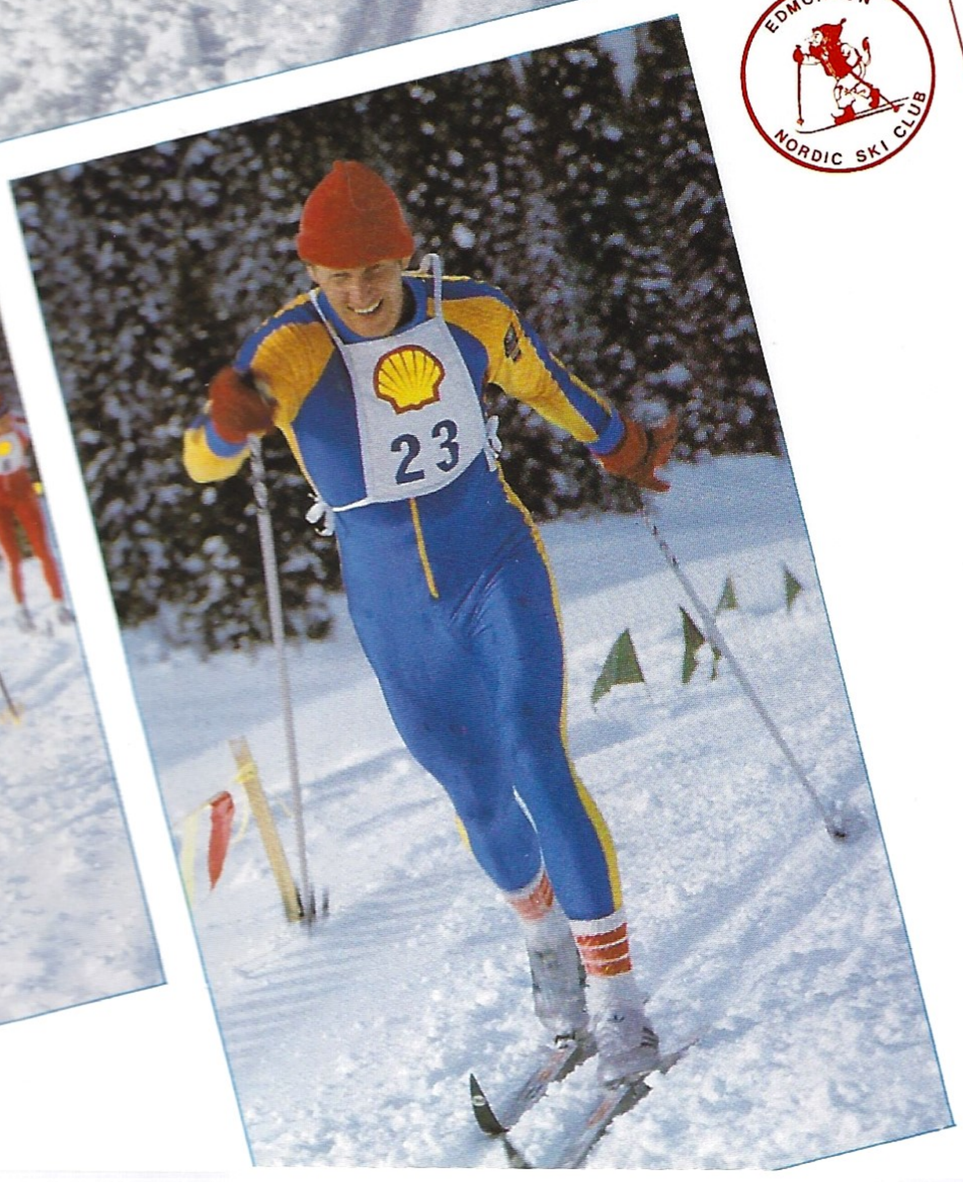


CANADIAN SENIOR CROSS-COUNTRY CHAMPIONSHIPS

JAN. 28 - FEB. 2



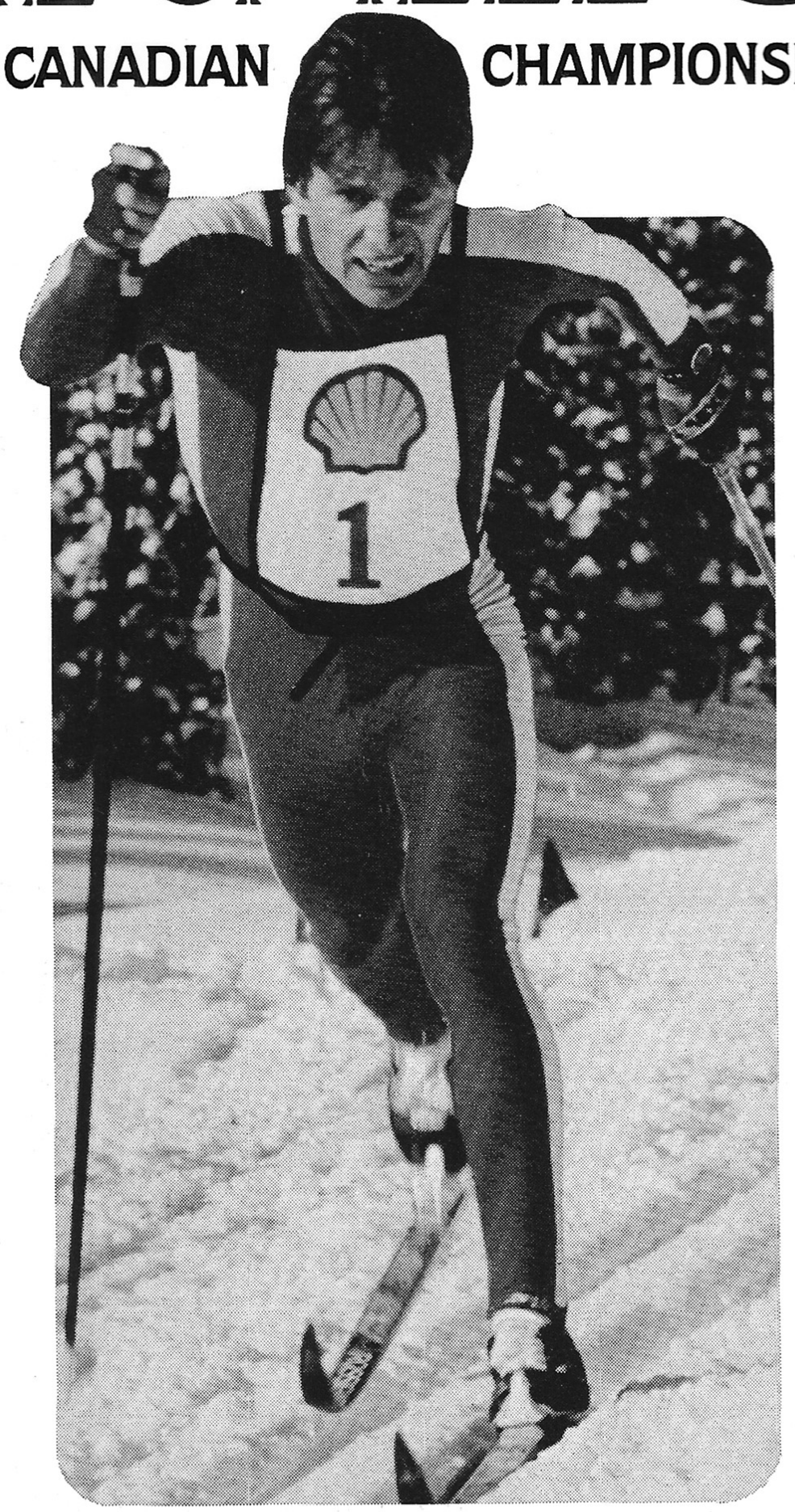




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CANADIAN SENIOR
CROSS-COUNTRY CHAMPIONSHIPS
JAN. 28 - FEB. 2

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The Shell Cup in Edmonton marks the sixth time since 1937 that the Canadian National Cross-Country Championships have been hosted by Alberta.

This souvenir guide gazes back to those earlier years when Canadian skiers headed West to experience national calibre competition in Banff, and later in Camrose.

Brief reports on nordic skiing in Alberta are to be found in addition to complete statistics of the past seven years of racing under the banner of the Shell Cup Canadian Nationals. Photos of recent and current national cross-country stars make this guide the most pictorial of any previous publication dealing with the championships.

Nordic skiing is Booming within Alberta. This Guide presents an overview of that growth.

The 1982 Shell Cup Souvenir Guide was prepared by Jarl Omholt-Jensen.
All 1981 Shell Cup photos credit CANON/Omholt-Jensen. All previous photos credit Jarl Omholt-Jensen.

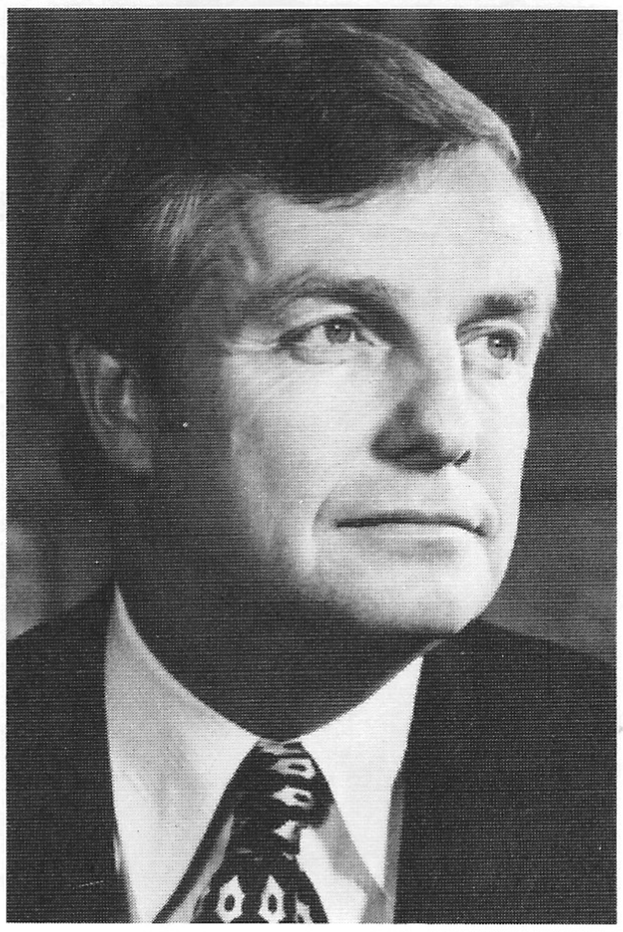
Cover Photos — Top Left to Right: No. 21 Gary Hartling, Alta.; Clinton Reece, Man.; Shirley Firth, N.W.T.; Doug Gudwer, Angus Cockney, Reino Keski-Salmi, B.C.
Bottom Left to Right: No. 16 Pierre Harvey, Que., No. 24 Doug Gudwer, B.C.; No. 17 Mike Cherny, Sask., No. 8 Rob Vellend S.O.D.; Rocky Notnes, Alta.

Alberta

THE PREMIER OF ALBERTA

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Edmonton, Alberta, Canada
T5K 2B7



MESSAGE FROM PREMIER LOUGHEED

On behalf of the Government of Alberta, I am pleased to welcome to Edmonton everyone participating in the Shell Cup Canadian Senior Cross-Country Skiing Championships, January 28 to February 2, 1982.

The Edmonton Nordic Ski Club is proud to host this National Championship, for which I understand approximately a hundred athletes from across Canada have gathered. Alberta enjoys a reputation for warm western hospitality, and I am sure you will receive an enthusiastic welcome in Edmonton.

My warm best wishes to all for a successful and enjoyable Championship.

MESSAGE DU PREMIER MINISTRE LOUGHEED

Au nom du gouvernement de l'Alberta, je suis heureux d'accueillir à Edmonton tous les participants aux championnats canadiens de ski de fond senior de la Coupe Shell, du 28 janvier au 2 février 1982.

Le Club Nordique de Ski d'Edmonton est fier d'être l'hôte de ce championnat national qui doit réunir une centaine a'athlètes venant de toutes les parties du Canada. L'Alberta se distingue par l'hospitalité chaleureuse de l'ouest et je suis certain que vous recevrez un accueil enthousiaste à Edmonton.

Mes meilleurs voeux à tous pour un agréable championnat couronné de succès.

Peter Lougheed

THE CITY OF Edmonton

City Hall
1, Sir Winston Churchill Square
Edmonton, Alberta
T5J 2R7

OFFICE OF THE MAYOR

C. J. (CEC) PURVES
MAYOR



On behalf of the City of Edmonton, I extend a sincere welcome to all competitors and visitors to the Shell Cup Canadian Senior Cross-Country Skiing Championships in Edmonton's Gold Bar Park January 28 - February 2.

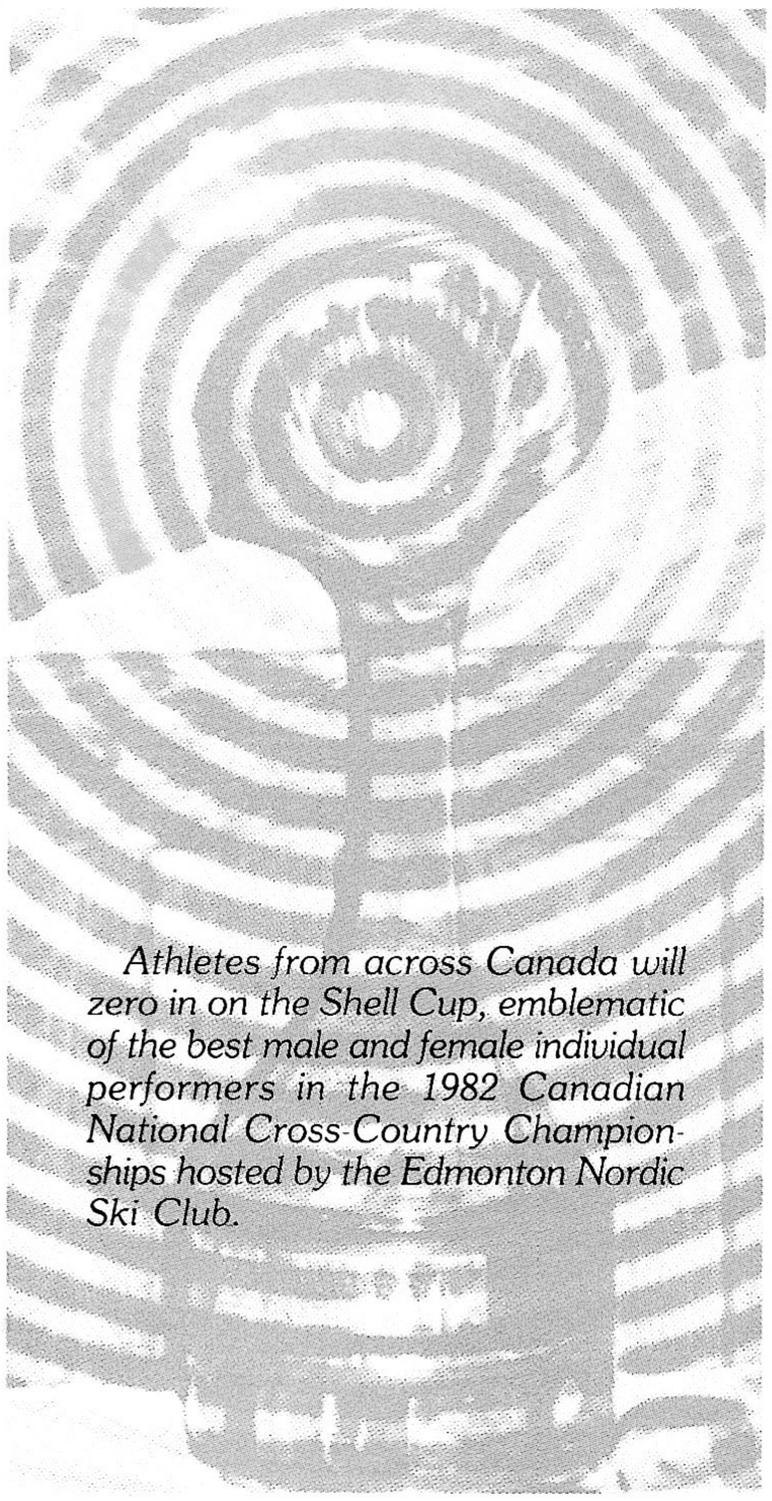
I am extremely pleased to learn this is the first time this national skiing event has been held near the downtown of a major city. It speaks well of Edmonton's abundant parkland and trail development.

Congratulations and thank you to the Nordic Ski Club for taking on the mammoth task of organizing this event. I know the residents of this city will take full advantage of the location of this year's meet, and join visitors from across the country in watching some of the best cross-country skiers in North America.

So again, best wishes for a most successful meet and good luck to all competitors.

Yours sincerely,

C. J. (Cec) Purves
Mayor



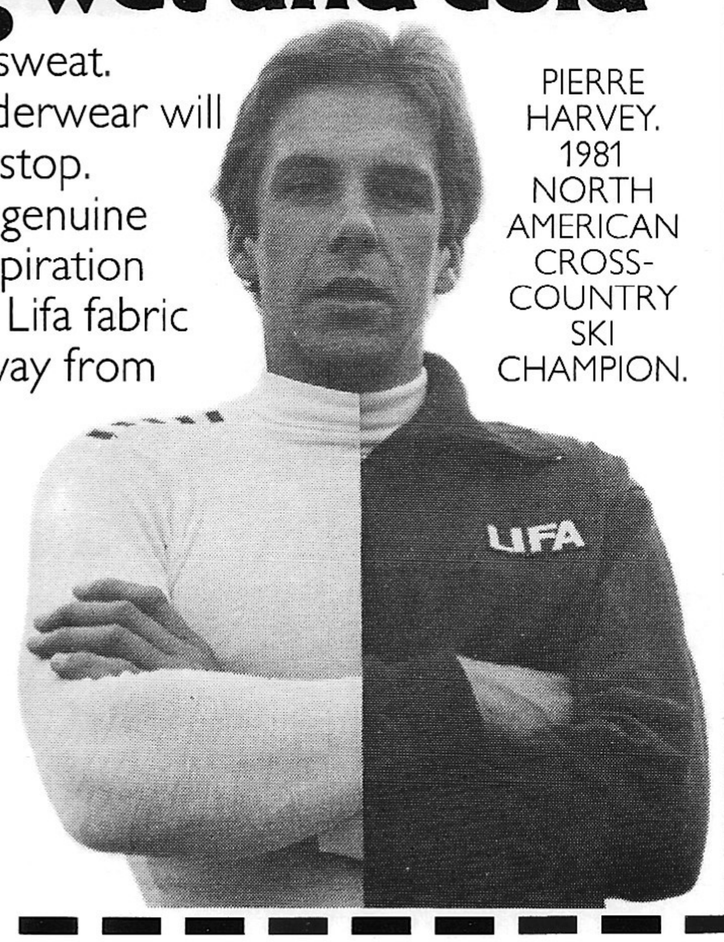
Athletes from across Canada will zero in on the Shell Cup, emblematic of the best male and female individual performers in the 1982 Canadian National Cross-Country Championships hosted by the Edmonton Nordic Ski Club.

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EDMONTON NORDIC — A CAPSULE HISTORY

A small nucleus of avid cross-country skiers announced the formation of an exclusively Nordic ski club for Edmonton in the Fall of 1978. About 350 people attended an initial meeting in the Kinsmen Sports Complex. The name for the new club was a subject of considerable debate, with suggestions of "Parklands Nordic", "Aurora", and "Hill's Angels" vying with the present name. A contest was held to pick a logo, and there was again considerable debate. Somehow, in spite of the presence of suggested logos involving beautifully posed skiers, people kept returning to Ron Nichol's suggestion of a "picturesque" (some soreheads said "ugly") little Troll with a nose of herculean proportions.

At present the club has more than 300 members. Members may participate in a wide range of activities. An extensive touring program offers both novice and experienced skiers opportunities to ski locally and to visit mountain parks. The education program provides opportunities for skill development for all levels of skiers. For competitive skiers there is biathlon, cross-country racing, jumping, and nordic combined at both junior and senior levels. It is in the area of racing that the club has accomplished major goals, such as hosting Canadian Ski Association time trials, the 1980 Alberta Championships, initiating a Junior and Senior High School league, and in embarking upon the development of the Jr. Jackrabbit Program.

It is through the guidance of past presidents Jack Macki (78-79), Don Tymchuk (79-80), and Ron Heino (80-81), as well as the assistance of many dedicated club members, that our club has flourished to this degree. We are proud of our club's achievements and "now" share in the excitement of hosting the 1982 Shell Cup.

A warm welcome to all from the Edmonton Nordic Ski Club. Best of luck to all competitors.

Jan Robinson, President



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CROSS COUNTRY IN ALBERTA'S CAPITAL

Edmonton with its numerous packed, groomed and set cross-country ski trails can now be considered a destination point for the travelling cross-country skier, offering the visitor varied trails, good accommodation and entertainment.

Ron Nicol, General Supervisor of Facilities for the southwest district of Edmonton's Parks and Recreation Department, presents this capsule of nordic skiing within Alberta's capital city boundaries.

Winter in Edmonton — cold weather, scraping frost off the windshield, struggling to start the car and joining with thousands of other Edmontonians participating in the fastest growing family sport in Canada — Cross-Country Skiing!

Edmonton re-discovered cross-country skiing in the early 1970's and, since then, the growth of the sport and the development of facilities related to it in the city have been phenomenal. Since 1974, over 2000 people each year have become involved in skiing through the popular Journal Learn To Ski Cross-Country program at the Riverside Golf Course. Both the YWCA and YMCA in Edmonton now offer extensive cross-country ski programs that encourage novice skiers to improve their abilities in order to better enjoy the sport, and most of Edmonton's schools now include cross-country ski instruction in the physical education curriculum.

Matching the growth in the numbers of skiers in Edmonton has been the development of ski trails and trail maintenance programs in the city. Edmonton boasts over 50 kilometers of groomed, maintained ski trails, largely within the river valley park system. Edmonton Parks and Recreation employs three maintenance crews equipped with snowmobiles and Bachler track-setters to groom the trails on a weekly basis. Trails range in difficulty from the novice loops at the Riverside Golf Course to the challenging terrain of the Gold Bar Park Trail, the site of the 1982 Canadian Cross-Country Ski Championships. Lighted trails at Kinsmen Park and at Beaumaris Lake provide safe and enjoyable night skiing until 11:00 p.m. each evening.

For skiers interested in club activities, Edmonton has a number of clubs that specialize in cross-country skiing, among them The Edmonton Nordic Club, your hosts for the 1982 Shell Cup, and the Tiluktuts Club, a ski touring organization. For information on these and other clubs and contact names call Edmonton Parks and Recreation, (403) 428-3545.

Competitive ski events are held on a regular basis throughout the winter in Edmonton. Two events that are of particular interest to the recreational skier are The Journal Cross-Country Ski Time Trials and The Journal Ski Loppet. The first event gives the recreational skier the opportunity to try ski racing by pitting himself against nationally-established time standards on a measured ski trail. Participants may qualify for bronze, silver or gold crests or sweater pins based on their performance. The Journal Ski Loppet, one in the Alberta Loppet Series, is a mass participation ski event for the whole family modelled after the famous Scandinavian citizens' races. Skiers may challenge distances of 5 km, 10 km, 20 km, or 30 km, on groomed trails through the river valley starting and finishing at Rundle Park. Times are kept and all participants are treated to a bowl of chili and a drink at the finish. Both events are well-advertised in the Journal each January.

From the beginning skier to the experienced racer, Edmonton has a lot to offer cross-country ski enthusiasts. For more information on getting involved in cross-country, call Edmonton Parks and Recreation at (403) 428-3559.



Bert Bullock, Inuvik, N.W.T. only triple gold medalist in a national history in 1976 Shell Cup.



THE NATIONALS IN ALBERTA — A LOOK BACK

Athletes in the '80's can afford to take certain things for granted. Take travel for instance. Jets, cars and good roads speed them to sites around the world within a day.

Imagine, however, a week-long train trip from Eastern Canada to Banff to compete in a cross-country event. Imagine the loss in physical conditioning.

That was the case for many skiers who headed to Banff in 1937 to take part in this province's first hosting of the Dominion Ski Championships as the Canadian nationals were known then.

From 1921, the year the Dominions debuted, until 1937, Canadian skiers had headed westwards only once — to Revelstoke, B.C. in 1931. Montreal and Ottawa carried virtually all the annual tournaments rotating yearly between the two cities.

Banff was considered part of the new approach to the championships — spreading them around the country. Three Rivers, Quebec ran the '34 championships. Toronto was awarded the '36 meet and Banff was given Alberta's first crack at the ski gathering in 1937.

The Calgary Ski Club and Ski Runners of the Canadian Rockies (The Banff Ski Runners) combined their talents to bring in Canadian, American, Swiss and Norwegian skiers in order to give Banff's Mount Norquay site its unique baptism.

In the early years of the Canadians, the nationals included jumping and downhill in addition to cross-country at the same area. For the sake of comparison to present day competition this glimpse back will deal only with the cross-country events.

On Friday March 5, 1937 all competitors were ready for the 18 kilometre individual event but, defending champion, Arnold Back of Sudbury was missing.

He showed up minutes before the start with Laurie Tulkku of Ste. Marguerite, Quebec after just arriving in Banff following a week-long journey aboard CP Rails Transcontinental. The two men had not eaten that day nor were they dressed for the race.

Back, 1936 Dominion champion, had been pre-seeded with the early starters, however Tulkku was a post entrant. Upon discussion with the remaining skiers and officials, they were allowed to start at the end of the list which eventually proved to be beneficial.

Starting last, they did not have to break trail. There were no set tracks in 1937. The first skier out and those who passed him had to break the skiing and poling track. It was a definite advantage to start towards the end of the pack.

Ironically Tulkku produced the best Canadian effort of the day finishing fifth a minute and 19 seconds behind 20 year old champion Howard Chivers of Hanover, New Hampshire.

Chivers, a Dartmouth University sophomore, outlasted the field of 34 to win in one hour, 23 minutes and 8.8 seconds. Norway's international star Sverre Kolterud was runner-up 27 seconds behind with Walter Praeger of Switzerland (coach of the Dartmouth team) third 13.4 seconds slower. Back wound up ninth.

1940 BANFF AGAIN HOST

With Banff's reputation as a national championships host assured following the 1937 events, the mountain community was again awarded the Dominion meet in 1940.

Gault Gillespie of the Laurentian Cross-Country Ski Club successfully defended his 1939 18 kilometre crown with a victory, covering the Mount Norquay trail in one hour, 41 minutes and 11 seconds.

Gillespie's fast three laps of the course gave him a two minute and 36 second lead over teammate Viateur Cousineau of Esterell, Quebec who posted 1.43:47 as runner-up.

Third place in the event, run under difficult waxing conditions, went to Einer Ellingrud of the Hollyburn Pacific Ski Club in Vancouver, with a time of 1.46:55.

Of the 15 skiers who started, 11 finished. Gault started eighth, passed six skiers on the first lap and took the lead on the second leg.

With Canada at war, there would be only one more championship before 1947. Fort William (later Thunder Bay) hosted the 1941 nationals.

BANFF 1948

With the Canadian championships back on track in 1947 following a break for the war and post-war years 1942-1946, the nationals again moved out to Banff.

The war break had definitely taken its toll on public interest towards the skiing championships. It would be a few years before crowds would once more make their way to watch the skiers.

A year after the Dominion meet resumed in Quebec City, Banff greeted 30 athletes from across Canada. The star of the '48 program was Lauri Huuki of Sudbury aged 43.

Huuki was unheard-of prior to '47 until he showed up at Mont. Ste. Anne, Quebec to race at age 42. Scorning doctors who diagnosed him as having high blood pressure, Huuki raced anyway. But not before he had signed a waiver releasing the organizers from blame should he collapse and die in the track.

Huuki, a thin-faced, 150-pound lumberjack made his way to Banff and successfully defended his 18 kilometre title with a victory over the Spray river trail in one hour, 22 minutes and 12 seconds.

Alexandre Alain of the Union Commercial Ski Club of Quebec City placed second in 1.23:24 followed by '39 and '40 national champion Gault Gillespie in 1.24:48. Ken Jones of Banff was top Albertan, sixth in 1.33:08. A field of 13 completed the course.

BANFF 1950

In just two short years public interest mushroomed in skiing, and to further promote it, Banff went all out with an international North American and Canadian Championships combined ski week.

The victor in the 18 kilometre distance was a Norwegian imigrant working in Eugene, Oregon, Hans Holaas.

Holaas, 26, had the event to himself and at one point on the track stopped to look at the mountain scenery. "I wish I had had a camera. It was spectacular," he said. "But it was a good thing I remembered I was in a race."

Winner of the 1949 US National Championships, Holaas took the Canadian title in one hour, nine minutes and 59 seconds.

Claude Richer of Ottawa ran second in 1.13:54 followed by Gosta Lindgren of Camrose in 1.15:33. Another Camrose racer who would become one of Canada's top skiers, Clarence Servold, placed fifth in 1.19:27 among the 14 skiers who completed the course.

CAMROSE 1969

Much happened during the interval between 1950 and '69. Men's racing changed dramatically from a single 18 kilometre jaunt to three individual runs and a relay. Men were competing in 15, 30 and 50 kilometre events and a three-by-ten kilometre relay which continue today.

Women managed a five and ten kilometre distance in '69 along with a three-by-five kilometre relay.

Camrose ran the championships along the banks of Stoney Creek south of the town February 17-23. When the events were over, a northern dynasty had begun and eastern Canadians stimulated a rivalry between East and West that has grown to great levels in 1982.

Shirley and Sharon Firth were 15-year-old school girls from Inuvik in their first senior nationals. Upon completion of the ladies circuit, Shirley had won the five kilometre crown in 19:11, taken the ten in 40:14 and led the NWT to a gold in the relay in 1.05:40. Sharon claimed two silver medals and shared in the relay gold.

Malcolm Hunter of the Ottawa Ski Club swept the 15 in 48:38, while Erik Salkeld of Sudbury won the 50 kilometres in 2.56:40 and Rudy Schorro of Toronto claimed the 30 in 1.38:24. No western skiers managed the runner-up spot in either of the events as Kauko Riihiaho of Toronto placed second in each race. Schorro, Salkeld and Risto Santala of Don Mills, Ontario won the three-by-ten relay in 1.44:35 for Ontario.

Camrose hosted approximately 40 athletes, a figure which will be surpassed substantially as Edmonton hosts the national cross-country championships for the sixth time in Alberta since 1937.

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ALBERTA'S GOVERNMENT BOOSTS NORDIC SKIING

Albertans are fortunate to have a provincial Recreation Department actively involved in the promotion of cross-country skiing. Shannon Langley, a consultant with Outdoor Recreation Alberta provides this view of the province's assistance with nordic development.

Over the past five years, Alberta Recreation and Parks has monitored the amazing growth of cross-country skiing throughout the Province. And though the rate of growth seems to be stabilizing, it is anticipated that there will be a steady increase in the numbers of cross-country skiers over the next ten years — recreational skiers, tourers and racers.

The majority of government support for cross-country has come from the Outdoor Recreation Section of Alberta Recreation and Parks. Assistance has been evident in the form of promotion of cross-country skiing from 'learn-to-ski' opportunities to leadership development to trail development.

Prior to 1977, the department's Regional Recreation Consultants promoted the initiatives of community groups interested in 'learn-to-ski' programs, from a novice to an advanced level. The content of these courses was formally designed through the Canadian Ski Association (C.S.A.)

In response to an increased demand for ski instructors in the communities, an instructor training program of the Canadian Association of Nordic Ski Instructors (CANSI) was promoted throughout Alberta. A graduated-level program for instructor certification was co-ordinated with the C.S.A. learn-to-ski programs. CANSI courses were sponsored at various centres including Blue Lake Centre and Yamnuska Centre. Regional and provincial courses are presently supported in co-operation with the provincial CANSI executive.

In the fall of 1978, in response to participation trends of the previous few years, a major promotion of cross-country skiing and trail development was co-ordinated using the talents of various national cross-country specialists residing within Alberta.

Communities such as High Level, Edmonton, Coleman and Vermilion were visited. Cross-country was promoted as a dynamic winter activity through focusing on excellent facilities that already existed within North America and Europe.

Since that tour, several trail development workshops have been held, utilizing resources from the Outdoor Recreation Section, the Planning Branch of Alberta Recreation and Parks and the Canadian Ski Association. Presently, there is a continuing demand for information on construction and winter maintenance of ski trails.

During the winter months of 1978-79 the Outdoor Recreation Section assisted with the initial development of the C.S.A. Tour Leader program within Alberta.

Through ski clubs, programs were set up and conducted. Other community clubs and agencies became aware of the Tour Leader program. The natural evolution of more experienced skiers wanting to try the wilderness areas had created a need for education on safety and ski touring sense.

Consequently certification programs were sponsored regionally and at Blue Lake Centre and Yamnuska Centre. It is readily apparent, even in 1982, that there is a great demand for basic touring education at the community level, where more and more people are becoming involved in cross-country ski touring.

In 1980, Alberta's 75th Anniversary year, the Department provided financial assistance to the C.S.A. Alberta Division for programs that focused on youth participation and youth development in recreational and competitive cross-country skiing. Aspects of this program will be continued through Outdoors Alberta, currently administered by the Alberta Association of YWCA's.

Several resources on cross-country skiing have been produced under the auspices of the Outdoor Recreation Section. An initial trail guide, 'Cross-Country Ski Alberta', was written around a core of information provided by the C.S.A. Since that first edition, the C.S.A. has updated and expanded the book for commercial distribution.

A Cross-Country Ski Instructor's Manual, containing an outline of CANSI and C.S.A. courses is available upon request to instructors and community programmers.

A new series of educational pamphlets on 'Enjoy Winter Safely' covers a variety of aspects of winter touring, and are also available upon request.

During the present winter season, two conferences have been co-sponsored by Alberta Recreation and Parks: a ski-touring conference held in Lake Louise in the fall of 1981 and the Cross-Country Symposium hosted in conjunction with the Shell Cup Senior Cross-Country Championships.

Alberta Recreation and Parks has taken an active role in the development of cross-country skiing in Alberta. The Canadian Ski Association — Alberta Division and its numerous clubs plus municipal recreation centres are encouraged to utilize the Department's resources as we anticipate the 1988 Olympics and the next ten years of cross-country skiing in Alberta.





Relays are the most dramatic events in the Shell Cup Cross-Country Nationals. Above is the start of the men's three-by-ten kilometre event in the 1975 Shell Cup in Burns Lake, B.C.

COMMITTEE

Chairman — Jack Macki
Chief of Race — Harvey Scott
Chief of Course — Doug Kelker
Chief Timer — Dave Mattern
Chief of Protocol — Maggie Nicol
Race Secretary — Jean Dryden
Accommodation Chairman — Therese Roberts
Treasurer — Wally Broen
Volunteer Coordinator — Sue Kankkunen
Park Patrol — Sgt. Jeff Barnes
Off-site Chairman — Ron Nicol
Expediting and Finance — Anders Anderson
Chief Steward — Anders Anderson

High Country





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Welcome To Nordic Skiing Country

The Recreation Development Division and the Outdoor Recreation Section of Alberta Recreation and Parks extend to all visiting skiers a hearty welcome to Alberta.

Alberta Parks and Recreation is heavily committed to leadership development in cross-country skiing in cooperation with the Alberta Division of the Canadian Ski Association and the provincial body of the Canadian Association of Nordic Ski Instructors.

For information on our various programs write:

Alberta Parks and Recreation
Standard Life Building,
9th Floor,
104 Jasper Avenue,
Edmonton, Alberta

Phone:

(403) 427-6562

SHELL STATISTICS 1975-1981

Women's Competition 5 kilometre Individual

Year	Name	Time	Club	Division
1975	Shirley Firth	16:47.55	Inuvik Ski Club	NWT
1976	Joan Groothuysen	17:55	Inuvik Ski Club	NWT
1977	Sharon Firth	15:25.65	Fresh Air Experience (Calgary)	Alberta
1978	Shirley Firth	19:15.04	Inuvik Ski Club	NWT
1979	Sharon Firth	20:32.48	Banff Ski Runners	Alberta
1980	Esther Miller	15:44.41	Omineca Ski Club	BC
1981	Esther Miller	15:46.21	Omineca Ski Club	BC

Women's Competition 10 kilometre Individual

1975	Sharon Firth	35:30.18	Inuvik Ski Club	NWT
1976	Shirley Firth	37:58	Inuvik Ski Club	NWT
1977	Sharon Firth	35:30.66	Fresh Air Experience (Calgary)	Alberta
1978	Shirley Firth	39:08.95	Inuvik Ski Club	NWT
1979	Shirley Firth	32:14.97	Inuvik Ski Club	NWT
1980	Shirley Firth	32:24.90	Inuvik Ski Club	NWT
1981	Shirley Firth	34:32.09	Inuvik Ski Club	NWT

Women's Competition 20 kilometre Individual (Added to sked in 1976)

1976	Sharon Firth	1.11:15	Inuvik Ski Club	NWT
1977	Shirley Firth	1.10:41.27	Fresh Air Experience (Calgary)	Alberta
1978	Shirley Firth	1.20:47.39	Inuvik Ski Club	NWT
1979	Shirley Firth	1.10:59.5	Inuvik Ski Club	NWT
1980	Angela Schmidt	1.08:37.61	Midland Ski Club	SOD
1981	Shirley Firth	1.06:39.20	Inuvik Ski Club	NWT

Men's Competition 15 kilometre Individual

1975	Ed Day	49:56.47	Hickory Wing Ski Club	BC
1976	Bert Bullock	40:25	Inuvik Ski Club	NWT
1977	Hans Skinstad	47:01.16	Hickory Wing Ski Club	BC
1978	Pierre Vezina	47:49.06	Mont Ste. Anne S.C.	QUE
1979	Anders Lenes	54:56.54	Banff Ski Runners	Alberta
1980	Doug Gudwer	43:04.75	Hickory Wing Ski Club	BC
1981	Pierre Harvey	43:49.62	Rouge et Or	QUE

Men's Competition 30 kilometre Individual

1975	Ed Day	1.44:21.72	Hickory Wing Ski Club	BC
1976	Bert Bullock	1.19:46	Inuvik Ski Club	NWT
1977	Stan Dunklee	1.35:35.81	U.S. Eastern Division	
1978	Pierre Vezina	1.37:22.25	Mont Ste. Anne S.C.	QUE
1979	Reino Keski-Salmi	1.38:57.82	Larch Hills Ski Club	BC
1980	Doug Gudwer	1.27.54	Hickory Wing Ski Club	BC
1981	Reino Keski-Salmi	1.39:53.79	Larch Hills Ski Club	BC

Men's Competition 50 kilometre Individual

1975	Hans Skinstad	3.08:18.28	Hickory Wing Ski Club	BC
1976	Bert Bullock	2.41:49	Inuvik Ski Club	NWT
1977	Tim Caldwell	2.39:21.90	U.S. Eastern Division	
1978	Doug Gudwer	2.47:06.47	Hickory Wing Ski Club	BC
1979	Reijo Puiras	2.48:45.4	Reipas	LSD
1980	Reino Keski-Salmi	2.36:49.88	Larch Hills Ski Club	BC
1981	Doug Gudwer	2.34:58.08	Hickory Wing Ski Club	BC

Sites of Competition

1975	Omineca Ski Club	Burns Lake, B.C.
1976	Voima Athletic Club	Sudbury, Ontario
1977	Whitehorse Ski Club	Whitehorse, Yukon
1978	Soo Finnish Ski Club	Hiawatha Park, Sault Ste. Marie, Ont.
1979	Viking Ski Club	Morin Heights, Quebec
1980	Mont Ste. Anne Ski Club	Mont Ste. Anne, Quebec
1981	Hickory Wing Ski Club/Yellowhead Ski Club	Bell Mountain, McBride, B.C.
1982	Edmonton Nordic Ski Club	Gold Bar Park, Edmonton, Alberta

Shell Cup Winners 1976-1981

1976	Bert Bullock, Inuvik Ski Club, Inuvik, N.W.T.; Joan Groothuysen, Inuvik Ski Club, Inuvik, N.W.T.
1977	Stan Dunklee, U.S. Eastern Ski Division; Sharon Firth, Fresh Air Experience Ski Club, Calgary, Alberta
1978	Hans Skinstad, Devon Nordic Ski Club, Devon, Alberta; Shirley Firth, Inuvik Ski Club, Inuvik, N.W.T.
1979	Reijo Puiras, Reipas, Thunder Bay, Ontario; Shirley Firth, Inuvik Ski Club, Inuvik, N.W.T
1980	Reino Keski-Salmi, Larch Hills Ski Club, Salmon Arm, B.C.; Shirley Firth, Inuvik Ski Club, Inuvik, N.W.T.
1981	Pierre Harvey, Rouge et Or, Laval University, Quebec, Quebec; Shirley Firth, Inuvik Ski Club, Inuvik, N.W.T.



MESSAGE FROM C. WILLIAM DANIEL — PRESIDENT OF SHELL CANADA LIMITED

It is a great pleasure to extend my warmest greetings to all the skiers from across Canada who have gathered in Edmonton to compete in the 1982 Shell Cup Canadian Senior Cross-Country Championships.

At Shell we are proud that, through our sponsorship, we have helped contribute to the development of Canadian skiers. These dedicated young athletes have worked hard to reach these Championships and we wish them every success.

Sincere appreciation must be expressed to the Canadian Ski Association and to the organizers and volunteers here in Edmonton who have given so much of their time, abilities and enthusiasm to making this Championship event possible.

To all of you, skiers, officials, volunteers and spectators, may I extend every good wish for a very enjoyable and rewarding competition.

SHELL STATISTICS 1975-1981

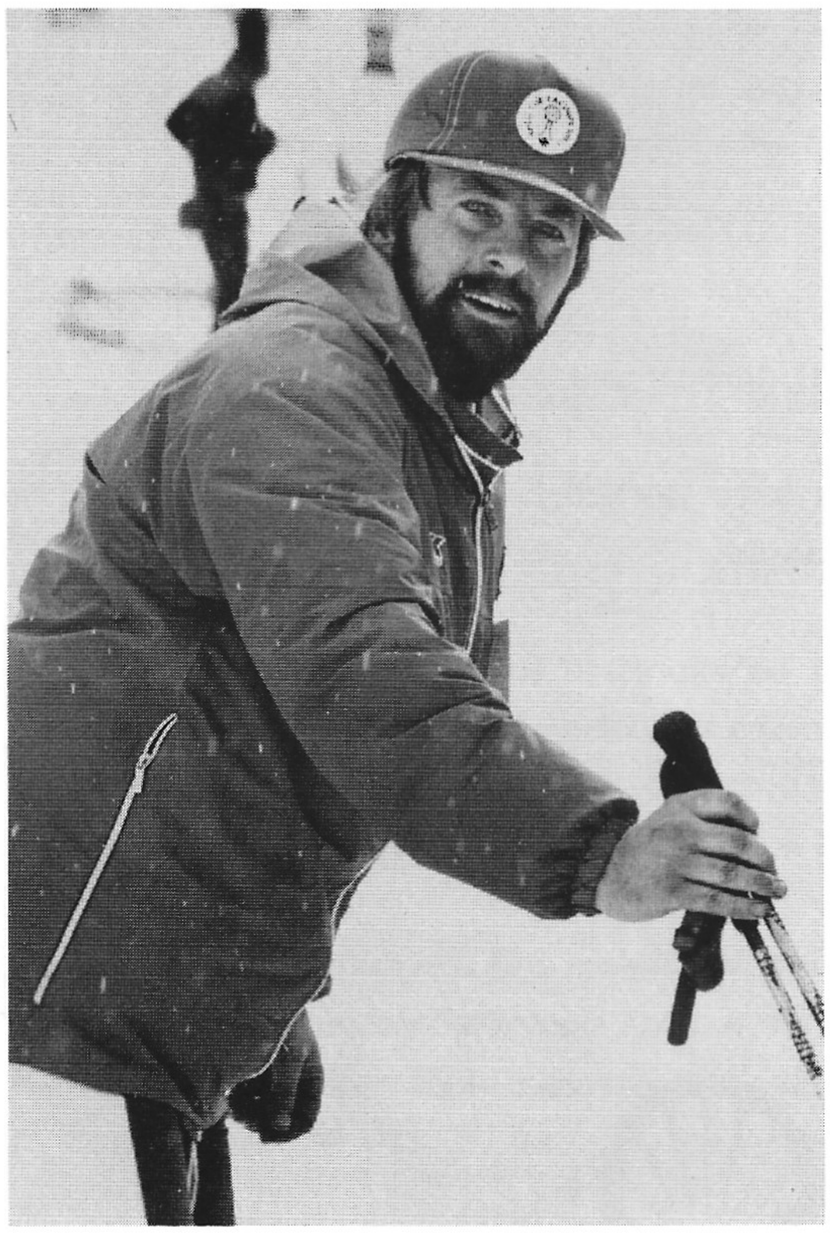
Women's Competition Three-By-Five kilometre Relay

Year	Name	Time	Club	Division
1975	Shirley Firth, Winnie Bullock, Sharon Firth	57:45.75	Inuvik Ski Club	NWT
1976	Sharon Firth, Shirley Firth, Joan Groothuysen	1.02:28	Inuvik Ski Club	NWT
1977	Shirley Firth, Joan Groothuysen, Sharon Firth	45:47.59	Fresh Air Experience (Calgary)	Alberta
1978	Luise Sander, Clare Wastenays, Marilyn Atkinson	58:37.54		NCD
1979	Duchane Richards, Joan Groothuysen, Sharon Firth	1.00:06		Alberta
1980	Angela Schmidt, Cheryl Niemuller, Dasha Cejnar	55:32.26		SOD
1981	Karina Engelbrecht, Margo Wallensteen, Esther Miller	49:08.63		BC

Men's Competition Three-By-Ten kilometre Relay

1975	Ed Day, Lauri Karjaluoto, Hans Skinstad	1.41:15.72	Hickory Wing Ski Club	B.C.
1976	Doug Gudwer, Lauri Karjaluoto, Hans Skinstad	1.51:46	Hickory Wing Ski Club	BC
1977	Doug Peterson, Tim Caldwell, Stan Dunklee	1.31:19.20	U.S. Eastern Ski Division	
1978	Doug Gudwer, Reino Keski-Salmi, Angus Cockney	1.40:24.78		BC
1979	Marvin Strimbold, Doug Gudwer, Reino Keski-Salmi	1.37:48		BC
1980	Marvin Strimbold, Reino Keski-Salmi, Doug Gudwer	1.33:19.45		BC
1981	Pierre Vezina, Richard Weber, Pierre Harvey	1.34:02.34		QUE

A TRIBUTE TO ROLF PETTERSEN



When an individual has given his favourite sport a boost and his undivided attention for many years, one cannot help but feel saddened when that person unexpectedly passes away.

Such was the case with Rolf Pettersen of Prince George, B.C., who at 35, died last summer following a sudden stroke.

From 1963, the year he won his first Canadian junior boy's title, until 1975 Rolf was a noticeable fixture on the national competitive scene with numerous medals going his way in junior and senior competition. During his skiing peak, he represented Canada in the '68 Grenoble Winter Olympics.

The photo of Rolf was taken last February atop Bell Mountain near McBride, B.C. after he had just inspected the finished ski trails to be used for the 1981 Shell Cup Senior Championships.

A lack of snow had moved the Nationals to McBride from his home base of Prince George, resulting in a wild scramble to create a new racing area within a week's notice. This Rolf and his organizers were able to do and a successful '81 Nationals are now history.

Prior to his death, Rolf, among his many skiing endeavours, was actively assisting the Western Cup cross-country series, a circuit of events within the four western provinces and two territories.

The nordic fraternity will not forget his contributions to cross-country in Canada.

TRY THE FINNISH CONNECTION

If you're a serious cross-country skier, you want the best products available on the market today. Jarvinen and Rex are synonymous with quality and world class performance.

JÄRVINEN

Jarvinen skis used by World Cup champion Juha Mieto are made by Jarvinen of Lahti, Finland, the world's largest producer of cross-country skis.

Jarvinen skis have won more Olympic medals than all other skis combined after adding five more in the recent Lake Placid Games. Jarvinen is the choice of Juha Mieto, Hilkka Riihivuori and other international stars.

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Rex offers you the most complete selection of hard waxes, klisters and glide waxes for the performance-minded skier. A full line of waxing accessories is also available.

Jarvinen and Rex are part of the Finnish collection of fine cross-country products.

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SHELL CUP CHAMPIONS 1976-1981



'76 — Joan Groothuysen, Bert Bullock



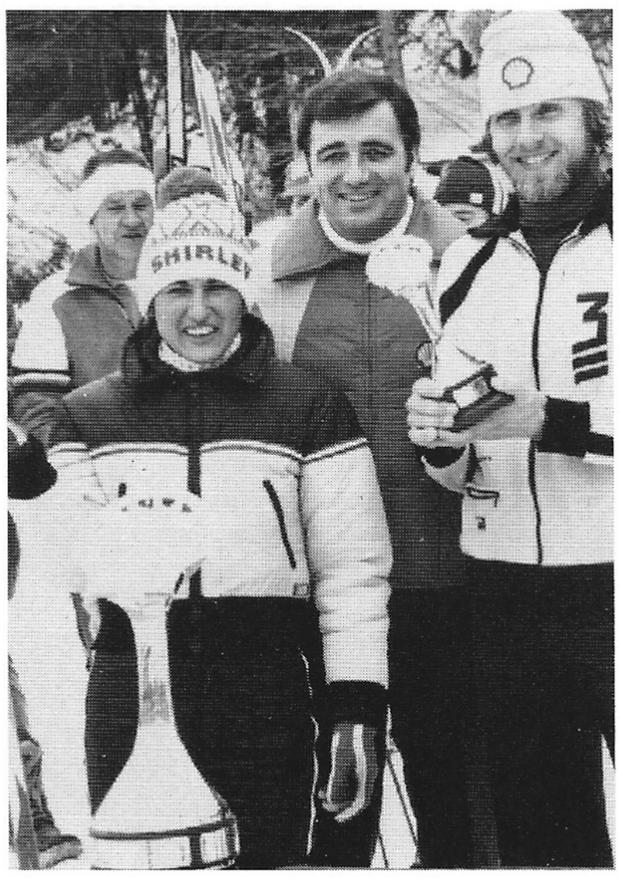
'77 — Sharon Firth



'77 — Stan Dunklee



'78 — Hans Skinstad, Graham Jack (Shell) Shirley Firth



'79 — Shirley Firth,
Gaston Beauregard (Shell)
Reijo Puiras



'80 — Shirley Firth, Reino Keski-Salmi



'81 — Pierre Harvey, Manson Catterson (Shell)
Shirley Firth

SHELL STATISTICS 1975-1981

Abbreviations of 16 ski divisions within the Canadian Ski Association.

BC	British Columbia Division
ALTA	Alberta Division
YUK	Yukon Division
NWT	Northwest Territories Division
SASK	Saskatchewan Division
MAN	Manitoba Division
LSD	Lake Superior Division
NOD	Northern Ontario Division
SOD	Southern Ontario Division
NCD	National Capital Division
QUE	Quebec Ski Division
LSZ	Laurentian Ski Zone
NB	New Brunswick Division
NS	Nova Scotia Division
PEI	Prince Edward Island Division
NWFLD/LAB	Newfoundland/Labrador Division

SOCIAL SCHEDULE

— Volunteer and athletes' reception at the Convention Inn South, Calgary Trail ..... 18:00 January 31

— Skiers banquet at Convention Inn South, Calgary Trail ..... 19:00 January 31

— Dance at Convention Inn South, Calgary Trail (Closed to Public) ..... 21:00 January 31

1982 SHELL CUP SENIOR CROSS-COUNTRY CHAMPIONSHIPS SCHEDULE JANUARY 28 - FEBRUARY 2, 1982

Thurs. Jan. 28	Men's 30 km	10:00 a.m.
	Women's 10 km	12:00
Sat. Jan. 30	Men's 15 km	11:00 a.m.
	Women's 5 km	12:30
Sun. Jan. 31	Men's 3-by-10 km relay	11:00 a.m.
	Women's 3-by-5 km relay	1:00
Tues. Feb. 2	Men's 50 km	9:30 a.m.
	Women's 20 km	12:00 ***

— Masters classes will likely be included in the 30 km and 15 km men's events. These will be guest classes only and WILL NOT COUNT towards medals or Canadian championship titles.

— Junior men and women will be allowed to compete in the relays and individual five and 15 kilometre events. They will also be eligible to win senior championship medals.

— Daily start times may be delayed due to extremely cold temperatures. If it is minus 25 degrees or colder at the start, a postponement will be issued for one to two hours in order for temperatures to warm.

— *** Depending upon the size of the fields in the 50 and 20 kilometre events, the women may start immediately after the men or wait until the conclusion of the men's competition. This has yet to be decided.

RECREATION PARKS AND WILDLIFE FOUNDATION

WHAT IT IS...

The Foundation, a Crown Corporation, was created in 1976 by an act of the Alberta Legislature, because governments do not have the means to identify and finance all the good ideas that exist for enhancing recreation, parks and wildlife opportunities in the province.

WHAT IT DOES...

The objectives of the Foundation are to provide grants to any person or organization for projects which will:

- develop or maintain recreational programs, facilities and services
- develop or maintain parks
- manage and conserve fish and wildlife.

The Foundation is interested in creative and innovative project ideas in these areas.

HOW YOU CAN PARTICIPATE...

You can participate in the Foundation's work, by not only submitting project ideas and proposals, but by making donations.

The Recreation, Parks and Wildlife Foundation welcomes donations bequests and gifts of real or personal property which may include cash, bonds, land, antiques and other items of a personal nature.

Because it is an agent of the crown, all contributions made to the Foundation can be used as income tax deductions.

For further information about the Recreation, Parks and Wildlife Foundation and how to contribute or apply for grants contact:

CHUCK MOSER, Executive Director
Recreation, Parks and Wildlife Foundation
6th Floor — Pacific Plaza, 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 420-1345

The Recreation, Parks, and Wildlife Foundation extends a warm welcome to the participants of the 1982 Shell Cup Cross-Country Championship in Edmonton. The Foundation is pleased to donate the BOMEM timing system to the Edmonton Nordic Ski Club.

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Marit Myrmael-WORLD CUP
Halvard Strand-BIATHELON WINNER

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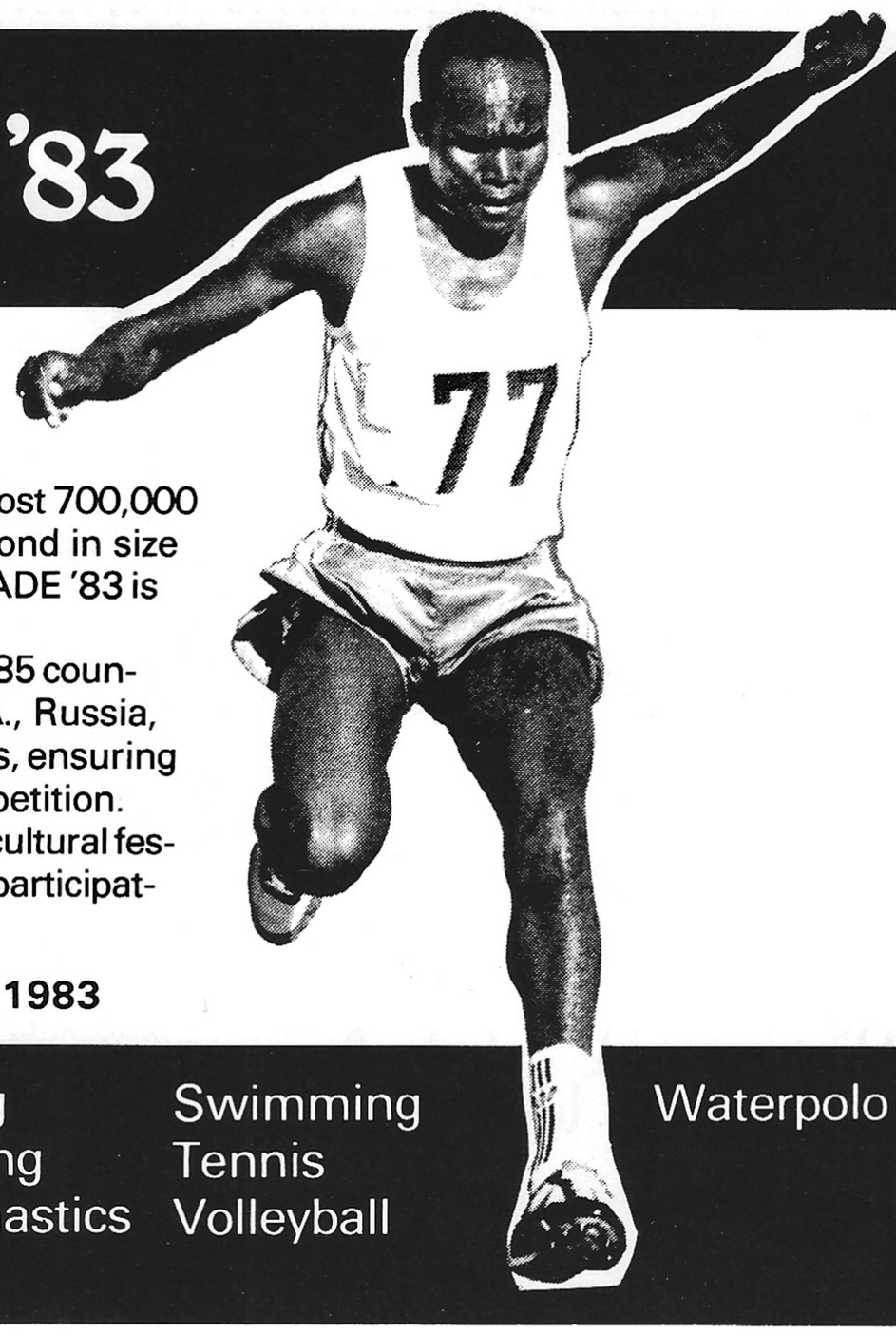
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Universiade '83



Edmonton · Canada

Edmonton — exuberant, energetic city of almost 700,000 people — will host a sports spectacular second in size only to the Olympic Games when UNIVERSIADE '83 is held here July 1 - 11th, 1983.

The Games will attract 4,000 athletes from 85 countries. With large delegations from the U.S.A., Russia, and China the quest for medals will be furious, ensuring spectators of an extremely high level of competition.

Augmenting the sporting activities will be a cultural festival of music, dance and art from many of the participating nations.

The World University Games July 1-11th 1983

Athletics	Diving	Swimming	Waterpolo
Basketball	Fencing	Tennis	
Cycling	Gymnastics	Volleyball	

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THE TIME IS RIGHT!

BOMEM Inc. offers a unique approach to timing. By virtue of its microprocessor — based design BOMEM equipment can handle all the unique aspects of timing a cross-country skiing event.

BOMEM has become the choice timer in Whitehorse, Yukon; Campbellton, New Brunswick; Sault St. Marie, Ontario, and Edmonton, Alberta

It's list of credits include the 1981 World Cup Cross-Country finals, the 1981 Shell Cup Junior Nationals, the 1981-82 NOR-AMs and the 1982 Shell Cup Senior Nationals.

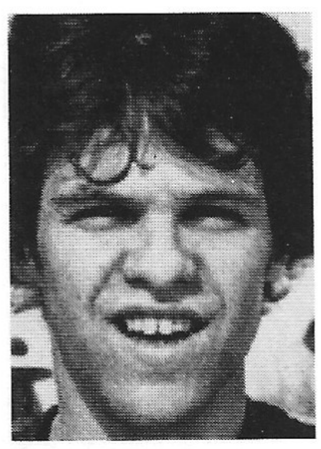
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NATIONAL TEAM SKIERS

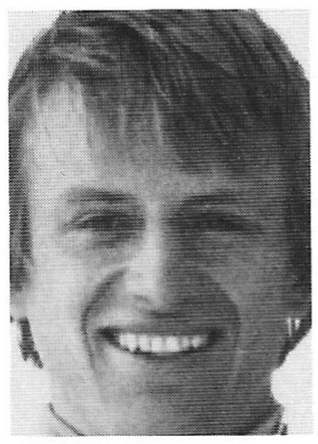
Canada's top international skiers will be coming home in order to attend the 1982 Shell Cup Senior Nationals.

Those skiers on the January portion of the 1982 World Cup will be in Edmonton as will various skiers representing Canada on the Great American Ski Chase marathon series.

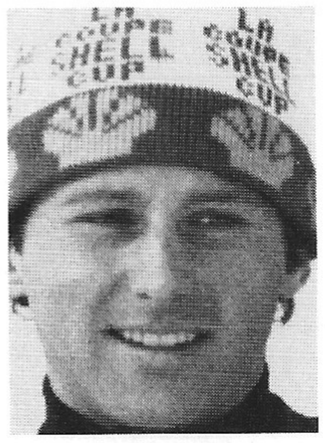
Presented below in a capsule form are brief biographies of the nation's best senior cross-country racers.



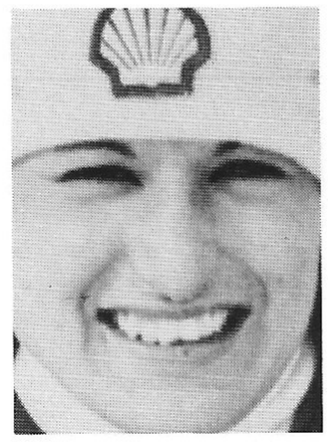
Andre Tourigny
SKI BOF, St. Leonard, Quebec
June 17, 1961 (20)
1981 Shell Cup Junior Men's Champion



Reino Keski-Salmi
Larch Hills Ski Club,
Salmon Arm, B.C.
June 9, 1957 (24)
Shell Cup Senior Overall Champion 1980



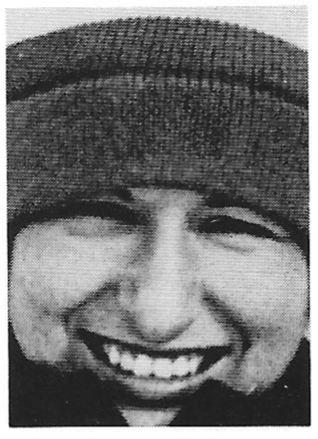
Doug Gudwer
Hickory Wing Ski Club,
Prince George, B.C.
June 22, 1956 (25)
Shell Cup Relay Champion 1976, 78, 79, 80



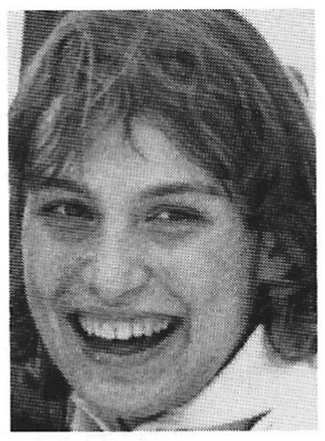
Shirley Firth
Inuvik Ski Club, Inuvik, N.W.T.
December 31, 1953 (28)
Shell Cup Senior Women's Champion 1978, 79, 80, 81



Celine Giguere
Victoriaville, Quebec
May 3, 1959 (22)
Mont Ste. Anne, Ski Club



Sharon Firth
Inuvik Ski Club, Inuvik, N.W.T.
December 31, 1953 (28)
Shell Cup Women's Champion 1977



Jenny Walker
Ottawa Racers
July 27, 1962 (19)
Shell Cup Junior Champion 1979



Esther Miller
Omineca Ski Club,
Burns Lake, B.C.
September 10, 1957 (24)
Shell Cup Relay Champion 1981



Pierre Harvey
Laval University Ski Club
March 24, 1957 (24)
Shell Cup Senior Overall Champion 1981



Angela Schmidt
Midland Ski Club, Midland, Ontario
January 6, 1960 (22)
Shell Cup Junior Champion 1978, 79, 80



Richard Weber
Nakkertok Ski Club, Cantley, Quebec
June 9, 1959 (22)
Shell Cup Junior Champion 1979

ALBERTA'S SKIERS

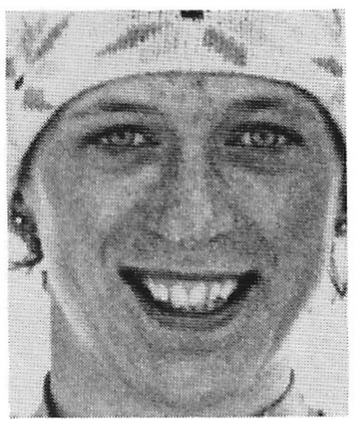
A team of twelve skiers (preferably six men and six women) will be invited to represent Alberta in the 1982 Shell Cup Senior Nationals.

In order to select this team, three trial races have been scheduled for Vermilion, Banff and Devon.

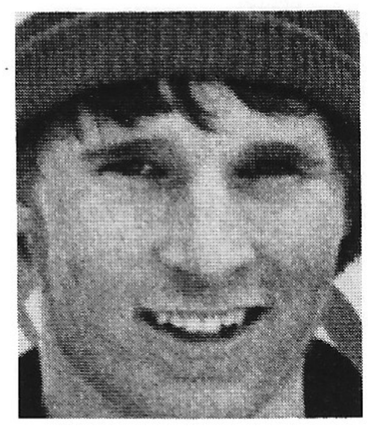
As of this writing, the exact team is not known, however we present some of the Albertans who are likely to make the official team or represent the province on their own.



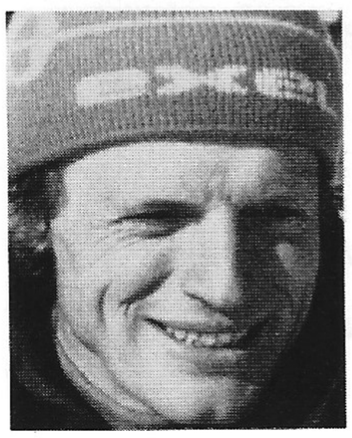
Morgan Scott
Edmonton Nordic Ski Club
November 27, 1964 (17) Junior



Joan Groothuysen
Vermilion Nordic Ski Club
September 6, 1957 (24)
1976 Shell Cup Senior
Women's Champion



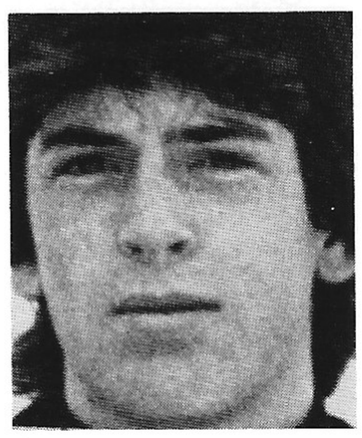
Eric Hannula
Hinton Nordic Ski Club
August 29, 1965 (16) Junior



Gary Hartling
Banff Ski Runners



Sue Tainsh
Vermilion Nordic Ski Club
Bronze Medal 1981 Shell Cup
Women's Relay



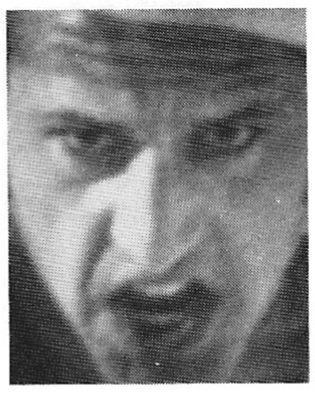
John Berg
Foothills Nordic Ski Club,
Calgary (Junior)



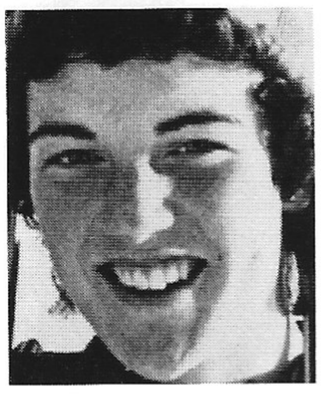
Beth Tabor
Foothills Nordic (Calgary)
February 21, 1964 (17) Junior



Margo Hartling
Banff Ski Runners



Ken Karpof
Edmonton Nordic Ski Club



Carol Gibson
Camrose Ski Club
December 15, 1964 (17) Junior
1981 Bronze Medalist Shell Cup Senior Relay
1981 Shell Cup Junior Girl's Champion



The official mascot of the FIS World Nordic Ski Championships — Moose Junior.



An aerial view of the new facilities during the 1981 pre-World Championships trials.

The Holmenkollen Ski jump and ski stadium can now vy for inclusion among the world's most elaborate nordic skiing facilities with the recent completion of over 15 million dollars of new construction.

The famed Holmenkollen ski jumping tower, visible from most points in Norway's capital, Oslo, has been refurbished to new international standards.

The hill outrun has been lengthened approximately eight metres and the tower increased in height by four metres.

A new score board, tunnels and bridges have been added to aid spectator and media viewing of cross-country events and their results. The Oslo facilities can now be considered on par with the stadiums of Lahti, Finland, Falun, Sweden and Lake Placid, New York. Oslo is going one better by including a complete biathlon range within the stadium area in expectation of a future World Championships in biathlon.

Canada will field a team of men and women to the cross-country races as well as a team of our top jumpers to the 70 and 90 metre ski jumping events.

The cross-country team will be selected on the basis of each athletes' best two out of three performances in the Shell Cup Nationals in Edmonton. Relays will not count.

Up to three men and five women may make the trek to Oslo should their performances fall within five percent of the winning time in each of the Edmonton individual events.

Approximately 20 nations will compete in the World Championships, the second time since 1966 that the meet has been held in Norway. The same site also staged the 1952 Winter Olympics.

World Championships Schedule 1982

Thurs.	Feb. 18	18:00	opening ceremonies
Fri.	Feb. 19	10:00	women's 10 kilometre cross-country
		13:00	nordic combined jumping
Sat.	Feb. 20	11:00	combined 15 kilometre cross-country
		13:00	men's 30 kilometre cross-country
Sun.	Feb. 21	13:15	70 metre jumping
Mon.	Feb. 22	12:30	women's 5 kilometre cross-country
Tue.	Feb. 23	10:00	nordic combined team jumping
		13:30	men's 15 kilometre cross-country
Wed.	Feb. 24	10:30	4-by-5 kilometre women's relay
		13:00	combined 3-by-10 relay
Thur.	Feb. 25	12:00	4-by-10 men's relay
Fri.	Feb. 26	10:30	women's 20 kilometre cross-country
		13:15	team jumping
Sat.	Feb. 27	11:30	men's 50 kilometre cross-country
Sun.	Feb. 28	13:15	90 metre jumping
		18:00	closing ceremonies

DISABLED SKIING

Although the International Year of the Disabled is over we feel it's appropriate to feature an item on the handicapped skier.

Two Edmonton Nordic Ski Club members Sue and Marleen Kankkunen are actively involved with disabled athletes. As the Blind and Visually Impaired National Championships are scheduled for Edmonton February 11-14, Sue and Marleen offer this glimpse of disabled skiing.

YES! WE CAN SKI TOO

Anyone can cross-country ski!

Individuals without arms and legs, those who suffer from heart problems, cerebral palsy or mental retardation and those who are visually impaired or blind have spent many a winter slip sliding away.

Cross-country skiing among the disabled can be enjoyed at various levels from 'shuffling along' to almost high-speed Olympic performances. The challenge to an instructor of a disabled skiing program is to untap the student's potential and focus on his or her ability rather than disability.

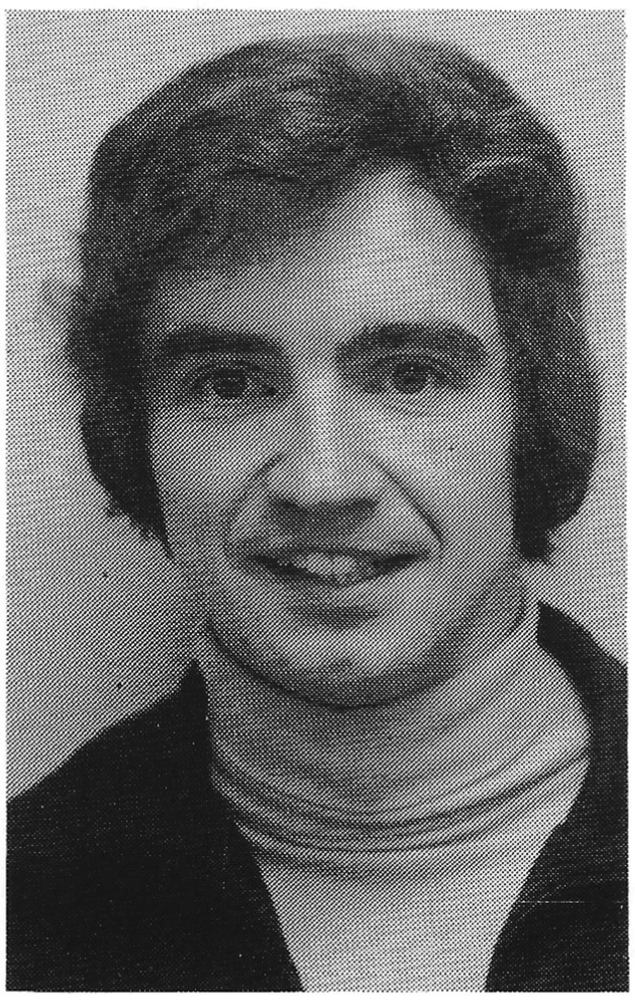
A student's potential can be tapped if the instructor works towards success step by step. Exercises must be developed with the individual student in mind. Major movements like the diagonal stride may have to be divided into several smaller steps to give the student a sense of accomplishment and further motivation to go on to bigger and better things.

Each disability and each individual require different approaches and modified instruction.

Some aids used for the physically handicapped are outriggers, sledges and long rods. Outriggers look like crutches with small skis which replace the standard ski pole. They are generally used



JARL OMHOLT - JENSEN



. . . HE KNOWS ABOUT SKIING AND SKI HAPPENINGS

Read him in Ski Journal Thursdays

in the Good Morning and Evening

Edmonton Journal

by leg amputees to assist with balance and turning in downhill skiing.

Sledges or pulks are often used by persons without lower body movement such as parapeligics or quadrapeligics. The sleds look like a sporty version of a toboggan. The skier can propel himself with shorty ski-poles or be attached by harness and pulled by another skier.

A blanket inside the toboggan covers the skier and keeps him warm. Long rods fifteen feet or longer are useful in leading students and getting them to imitate your motions. They also help the student learn stability, balance, rhythm and confidence. For many of them skiing is a first attempt at outdoor sports, thus looks of encouragement and praise from the instructor can go a long way to ensure the student stays with the activity.

A sense of humour and tact is a necessary component for teaching people with disabilities. One instructor intent on helping his student take off his boot ended up rolling on the floor with the entire foot in his hand. Rather than putting 'his foot in his mouth' the instructor replaced the student's runaway foot and continued the lesson.

Fun learning and the key words 'patience' and 'repetition' are fundamental in the teaching of the mentally retarded. Lessons are modified by the instructor to encourage friends and family members to participate in the program.

In teaching the blind, guides are necessary and a firm, well-packed track is very helpful. As visual demonstrations are not possible, the instructor makes use of the other senses such as touching and using the 'hands of the clock' to guide the student to the proper ski position and body movement. A great deal depends on the instructor's previous participation in sports and his understanding of movement in order to make his explanations understood by the blind.

A guide usually skis beside and slightly behind a blind or visually impaired skier. The guide's job is to inform the skier of any changes in terrain so they do not come as surprises. Other than that, a visually impaired skier is just like you or me except that he or she doesn't see at all or very little.

Most competitions are subject to the rules of normal racing. Many sanctioned events are monitored by the International Federation of Sport for the Disabled and, the International Ski Federation.

In disabled competitions, the difference between the highest and lowest points on a course and the maximum climb is generally lower than that found in regular racing.

For more information on disabled skiing in Alberta write: Ted Rhodes, 5144 Nesbitt Road N.W., Calgary, Alberta T2K 2N3.

Virtually any handicapped person can cross-country ski or alpine ski as long as the focus is kept on the abilities and not the disabilities. Don't be surprised if on your next ski trip you meet a handicapped ski enthusiast on the trail or on the hill.

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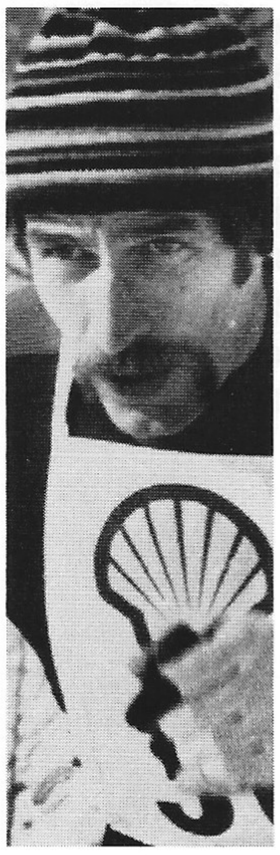
SHELL CUP 3-by-10 km RELAY '75-'81



'75 — Ed Day, Hans Skinstad, Lauri Karjaluoto



Start of men's relay 1978 Shell Cup







'76 — Hans Skinstad Lauri Karjaluoto Doug Gudwer



'77 — Doug Pettersen, Stan Dunklee, Tim Caldwell



'78 — Doug Gudwer, Angus Cockney, Reino Keski-Salmi



'79 — Marvin Strimbold, Reino Keski-Salmi Doug Gudwer



'80 — Marvin Strimbold, Doug Gudwer, Reino Keski-Salmi



'81 — Laurent Roux, Pierre Harvey, Richard Weber, Pierre Vezina, Bernard Voyer



Women's relay start 1981 Shell Cup



'75 — Shirley Firth, Winnie Bullock, Sharon Firth



'77 — Sharon Firth, Joan Groothuysen, Shirley Firth



'79 — Duchane Richard, Sharon Firth Joan Groothuysen



'76 — Shirley Firth, Sharon Firth, Joan Groothuysen

'78 — Luise Sander, Marilyn Atkinson, Claire Wastenays



'80 — Angela Schmidt, Cheryl Niemuller, Dasha Cejnar



'81 — Karrina Engelbrecht, Esther Miller, Margo Wallensteen

BIATHLON



If you'll pardon the pun, Alberta's biathlon program is going great guns.

With the recent installation of two biathlon centres in Camrose and CFB Wainwright, Alberta can now lay claim to having two of the three mechanical target ranges in Canada. The other is located at CFB Valcartier, west of Quebec City.

CFB Wainwright will have 30 shooting positions available this season and, along with its international-calibre trails, has been declared the alternate site for the 1988 Winter Games should Calgary's site experience any major difficulties.

Alberta encourages juniors and seniors of both sexes to learn the sport which is booming since the 1980 Winter Olympics in Lake Placid.

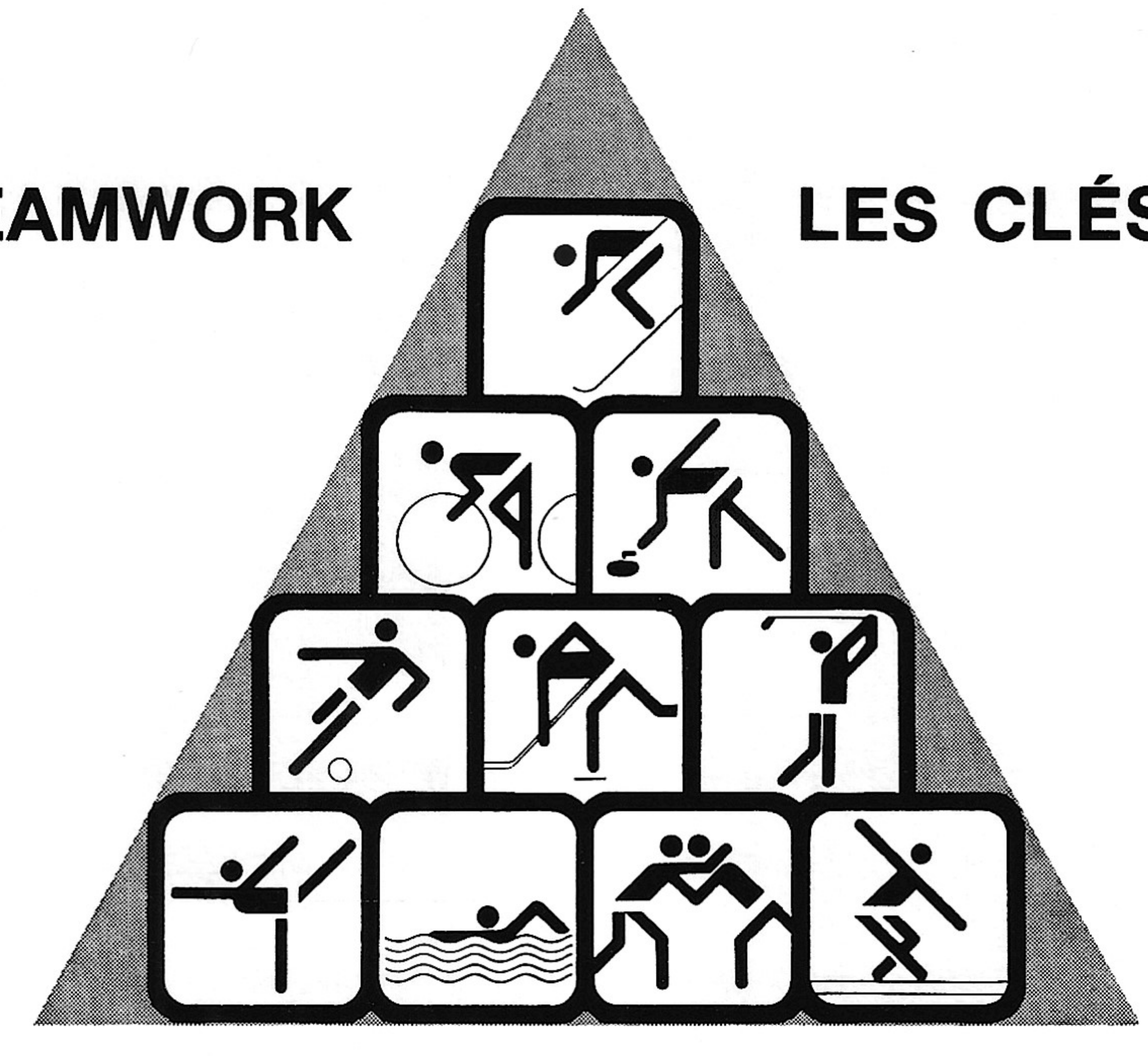
Much of the groundwork being done in Alberta to encourage the sport's growth has been under the direction of Dr. Veli Niinimaa of the University of Calgary, Elmer Kankkunen and Mark McTavish of Edmonton, Tim Howard of Camp Wainwright, Wally Manchester of Hinton and Darryl Philips of Camrose. Numerous other individuals are also assisting in various areas to increase coaching, facility construction and public awareness of the sport.

Canada has a team of six skiers on the current World Cup and World Championships circuit. All are expected home for the Shell Cup national biathlon championships in Valcartier March 11-14th.

Participation last year in the nationals was up 300 percent from the previous year. More than sixty athletes will probably take part in the senior and junior events this season.

The following events remain on the national and international circuits in which Canadians will compete.

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Chez Air Canada, nous savons observer ces règles, et nous atteignons nos objectifs: que nos passagers voyagent vers l'étranger ou au pays, ils savent qu'ils arriveront à temps, et en pleine forme.

Nous pouvons vous aider à atteindre votre but. Alors, choisissez Air Canada. Ensemble, nous formerons une équipe gagnante!

AIR CANADA

CARLSBERG CANADIAN MASTERS CHAMPIONSHIPS



Following the 1981 Canadian Ski Association annual convention in Sault Ste. Marie, it was agreed to remove the veteran categories from the Canadian National Cross-Country Senior Championships.

Veteran racing for men and women operates under the Canadian Masters Cross-Country Skiing Association which hosts its second annual national championships for skiers aged 30 to 70 and over, February 6-7 at the Dagmar Ski resort north of Toronto.

Sponsored by Carlsberg, the Masters will have approximately 200 representatives from across Canada taking part in two days of individual competition.

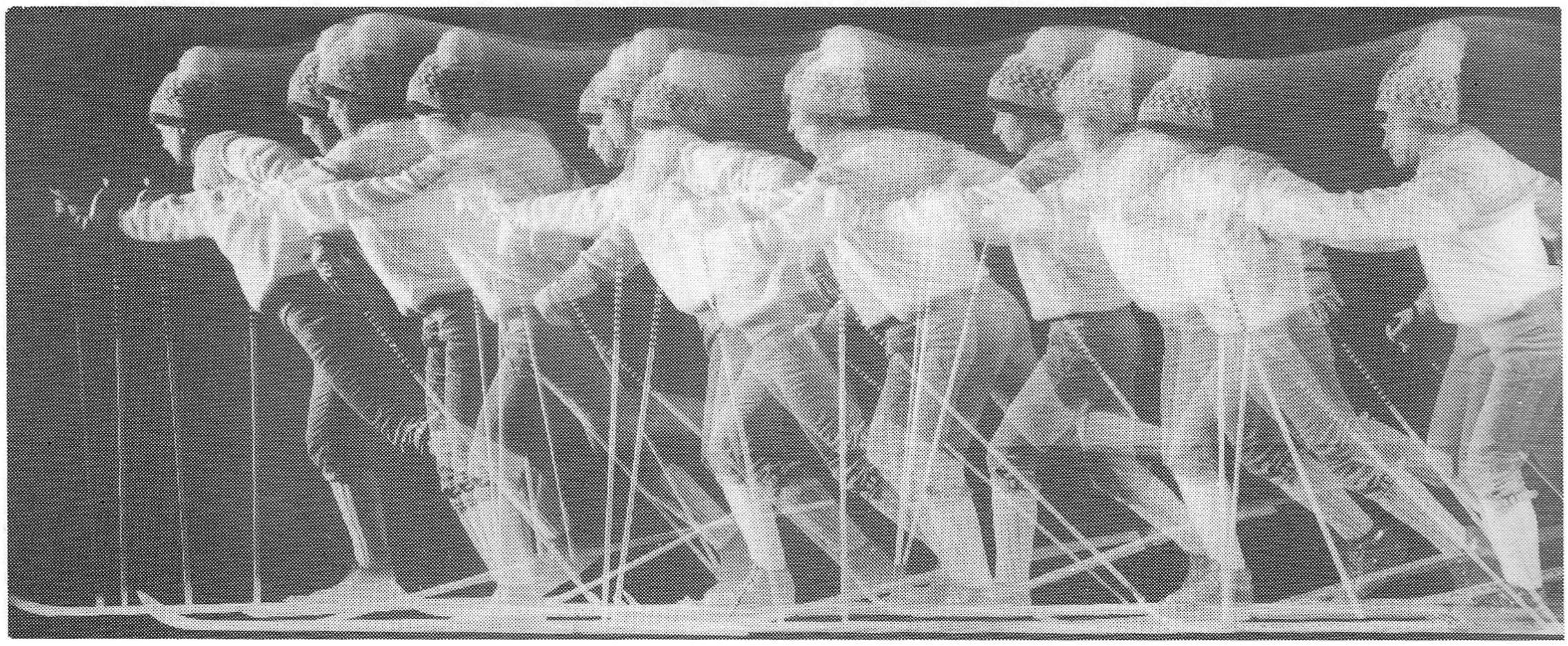
In addition to the national championships, Carlsberg began sponsorship this season of the Eastern and Western Masters Championships.

For membership information write:

Bill Gairdner
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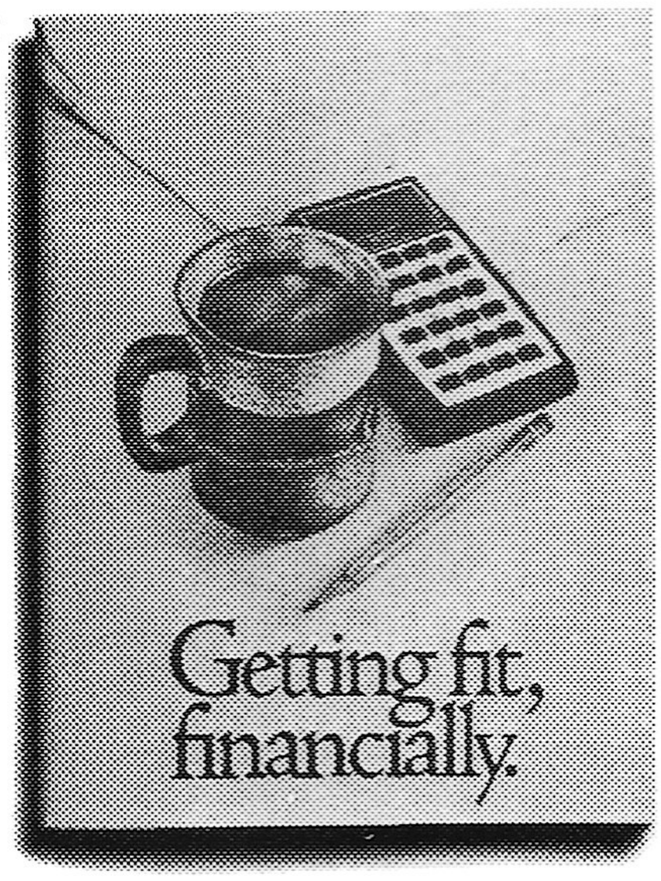
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OF CANADA

SKI JUMPING



With the success of Ottawa's Horst Bulau and Steve Collins of Thunder Bay over the past three years, ski jumping has gained noticeable media and public interest across Canada.

Alberta's jumping program has reaped some of the spinoffs of that attention with a growing number of youngsters involved in the system.

Jon Servold of Devon, Alberta is this province's representative on the national ski jumping team and is the lone member of the national nordic combined team.

Jumping facilities exist in Devon and Banff, and a new training hill was completed this fall in Grande Prairie.

With Calgary awarded the 1988 Winter Olympics, new 70 and 90 metre jumping towers will be built west of Calgary in the Bragg Creek area. A couple of training hills will also be included to make the centre one of the best, if not the best, in North America and on par with the top facilities in Lahti, Finland.

Ski jumping has a World Cup circuit similar to the alpine, cross-country and biathlon sports. Twenty-three events will make up the jumping calendar for the '81-'82 season.

The Shell Cup Canadian national senior and junior championships will take place February 6-7 in Thunder Bay.

Alberta's jumping program operates under the chairmanship of Gunnar Berg of Calgary. Edmonton's Jack Macki is vice-chairman. The equipment manager is Lyle Dye of Airdrie. Mark Servold of Devon is junior team coach. Irvin Servold of Devon coaches and chairs nordic combined which exists under the ski jumping umbrella.

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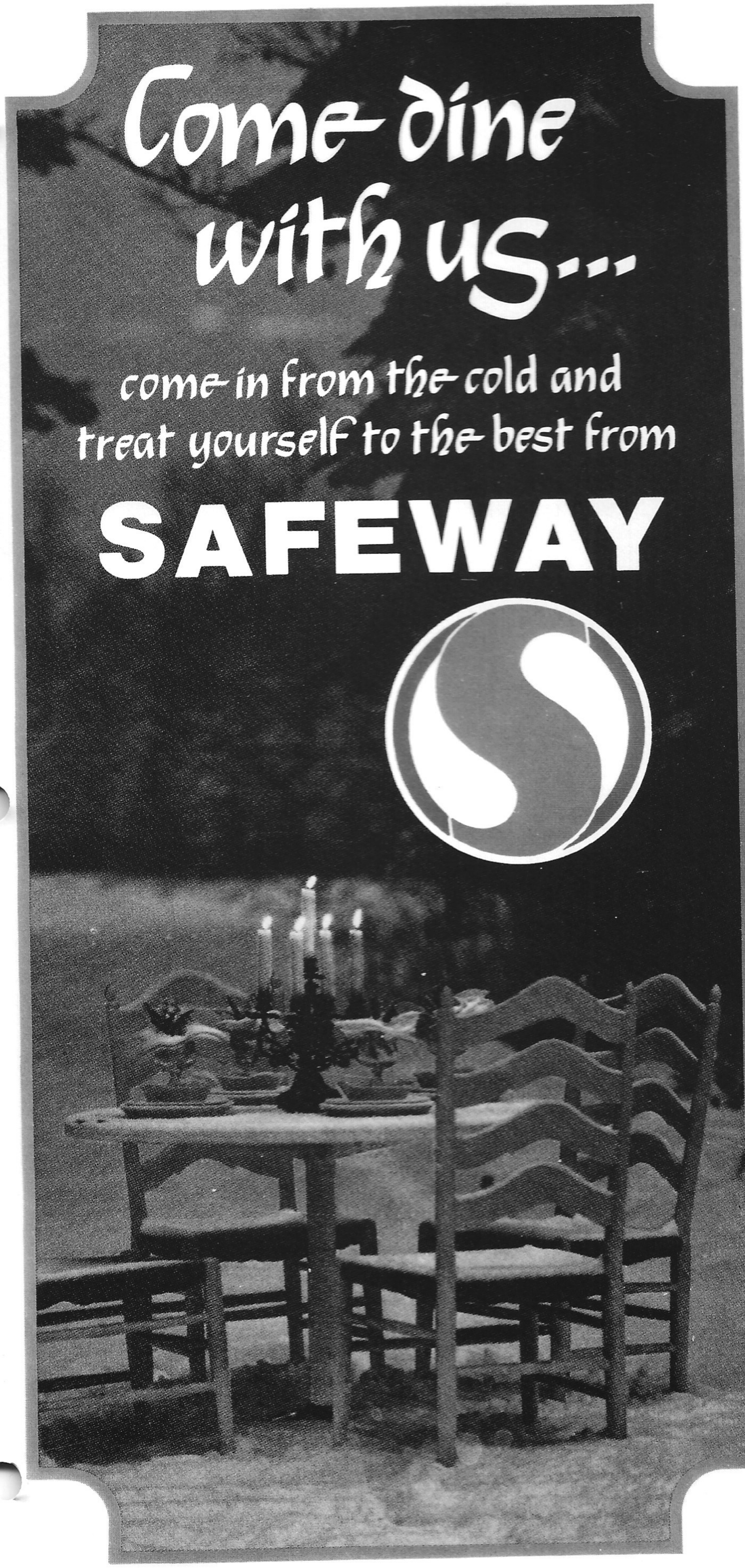
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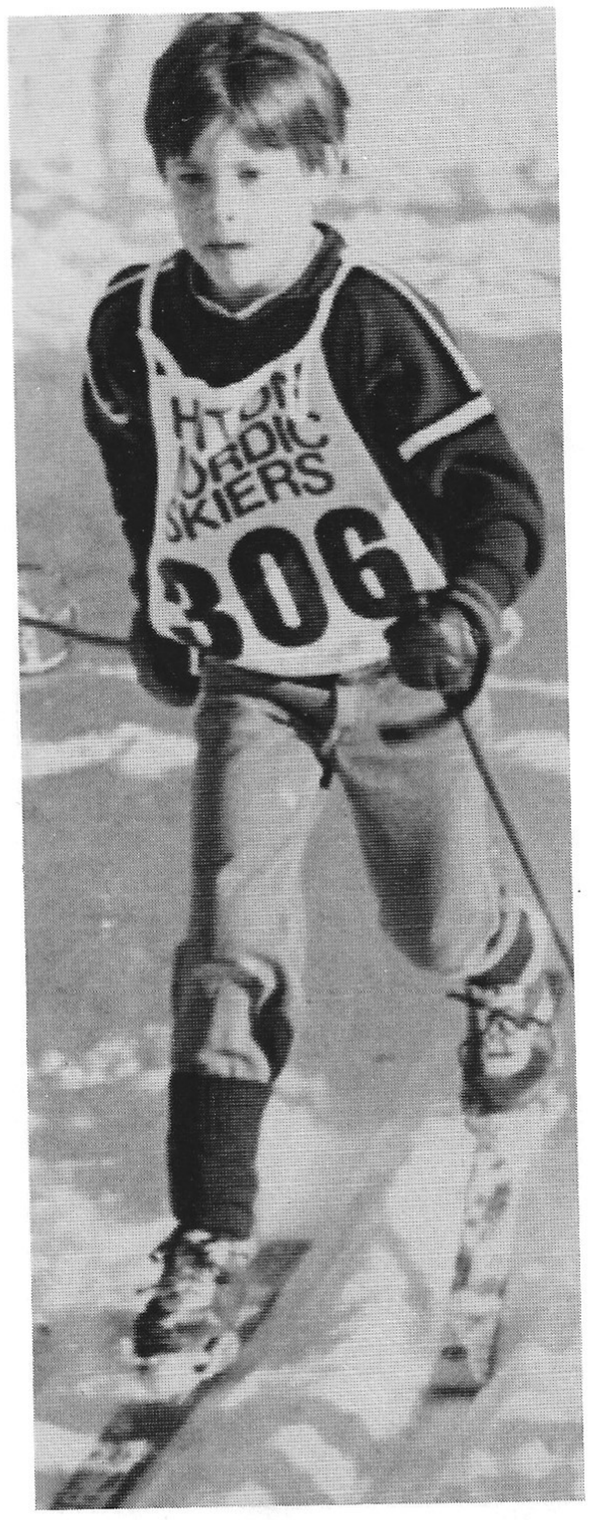
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SHELL JACKRABBIT SKI LEAGUE

Following a successful program begun in Manitoba over six years ago, the Junior Jackrabbit concept has gone national in the form of the Shell Jackrabbit Ski League.

Designed for children 8 to 13 years, the program strives to develop cross-country skiing skill through means of fun and adventure on skis.

The Jackrabbit League is named after Canada's oldest cross-country skier Herman 'Jackrabbit' Smith-Johannsen of Piedmont, Quebec. Born in Norway in 1875, the venerable father of North American nordic skiing is an active enthusiast at 106 years of age.

Edmonton Nordic coach Corey Torgness has begun to introduce the Jackrabbit program to a number of schools within the city and includes the program within his Edmonton Nordic Ski Club.

The League has found tremendous acceptance around Canada in it's first season as a national endeavour.

Manitoba, where the program began, continues to encourage dozens of youngsters to ski, many of whom plan to attend the 1982 Shell Cup junior national cross-country championships in Flin Flin, February 18-21.

For information on the Jackrabbit Ski League contact your ski club or provincial ski division office.

THANK YOU EDMONTON — THANK YOU ALBERTA

As of this writing of the 'Thank You' page, we unfortunately are unable to thank everyone by name who have helped and will help with this historic hosting of the Shell Cup within a major urban area such as Edmonton.

To those individuals and organizations who will come later, the Edmonton Nordic Ski Club, Shell Canada Limited and the Canadian Ski Association national and provincial offices would like to thank you for your efforts. It couldn't have happened without everyone's support. The Shell Cup in Edmonton will do much to further promote cross-country skiing across Alberta, the Prairies and Canada.

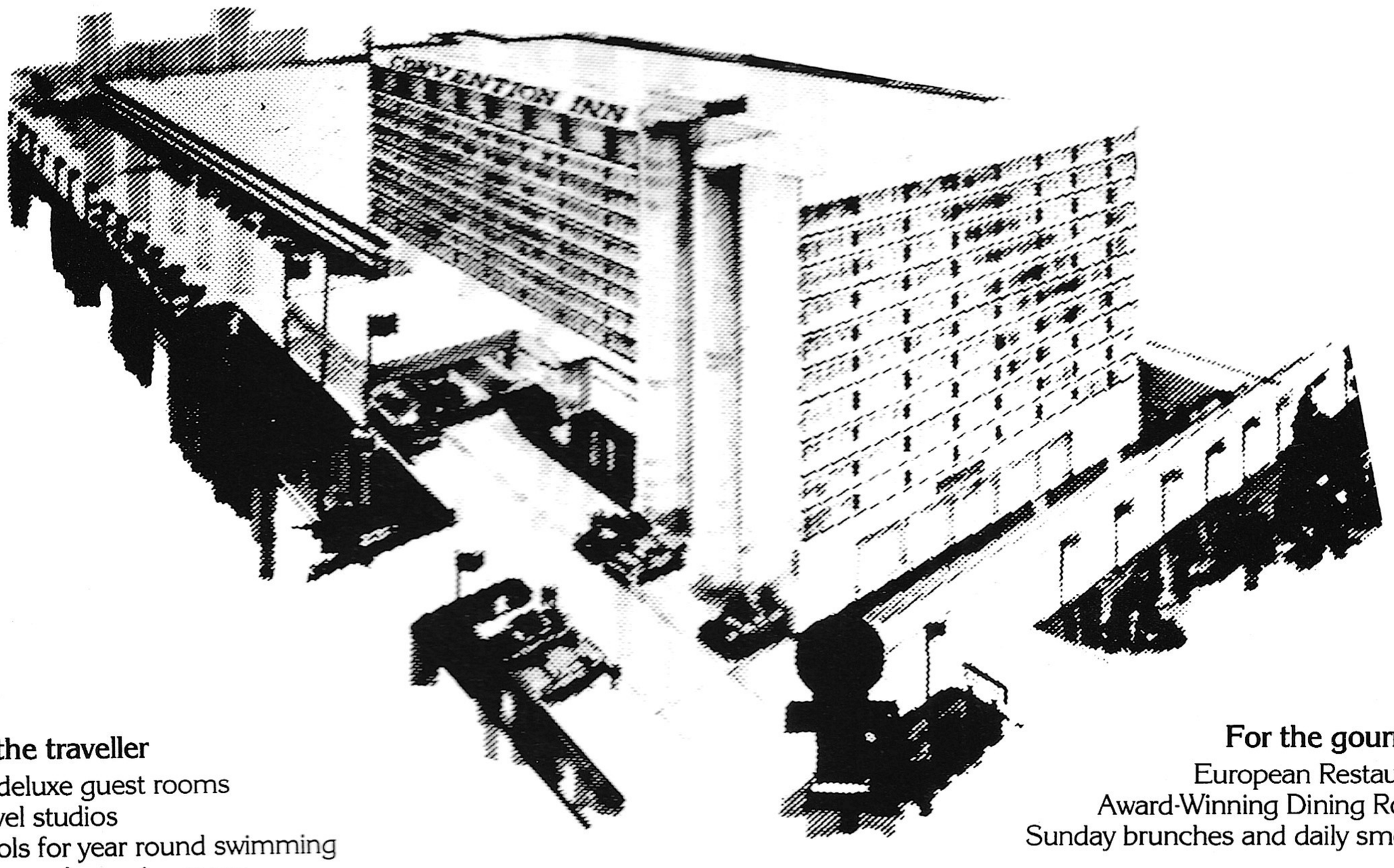
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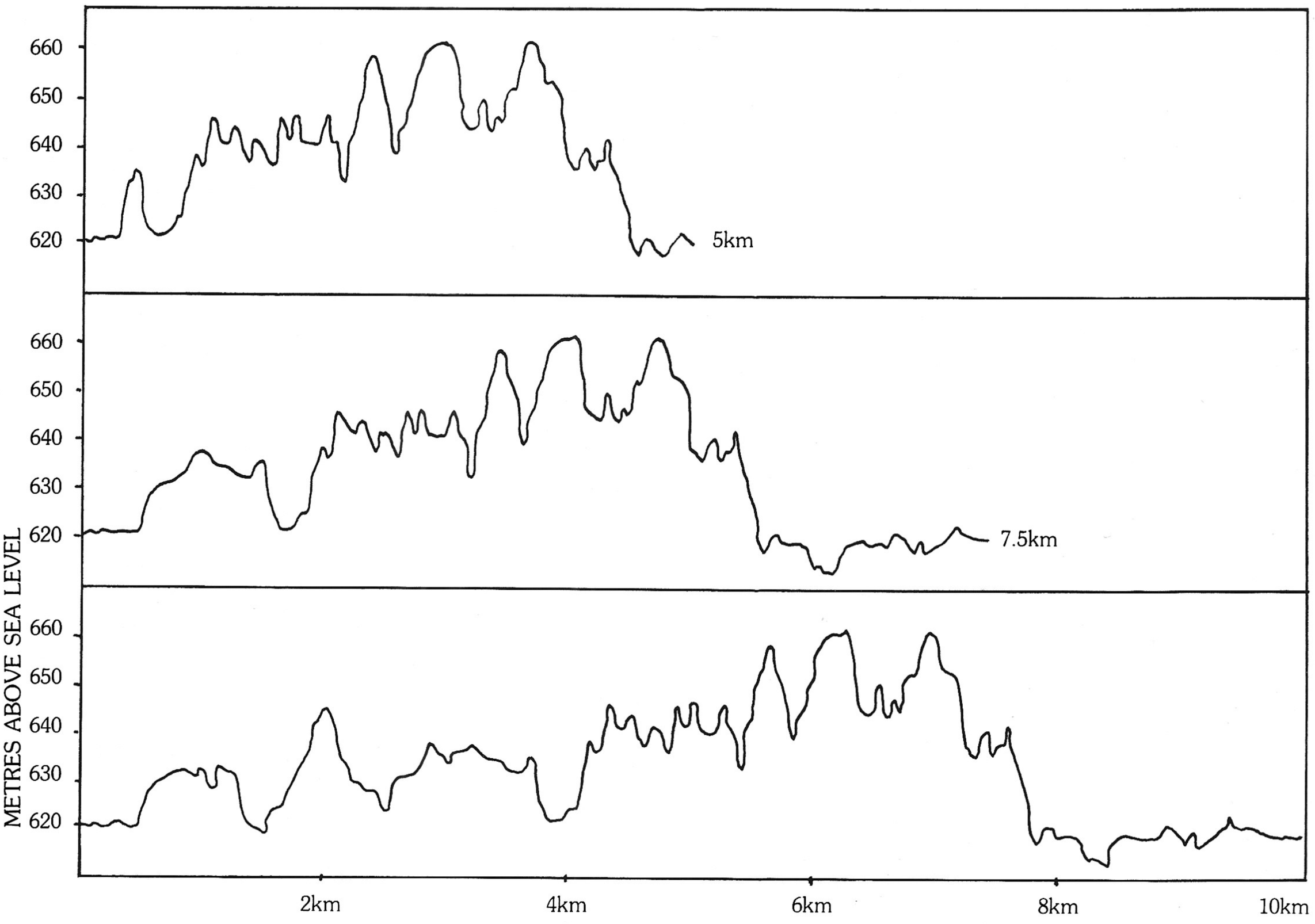
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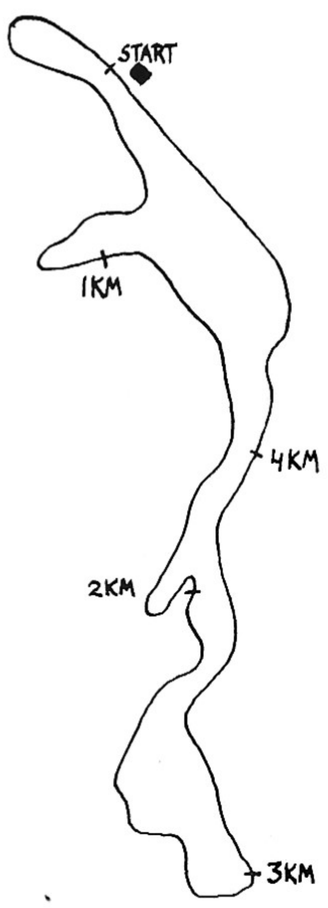
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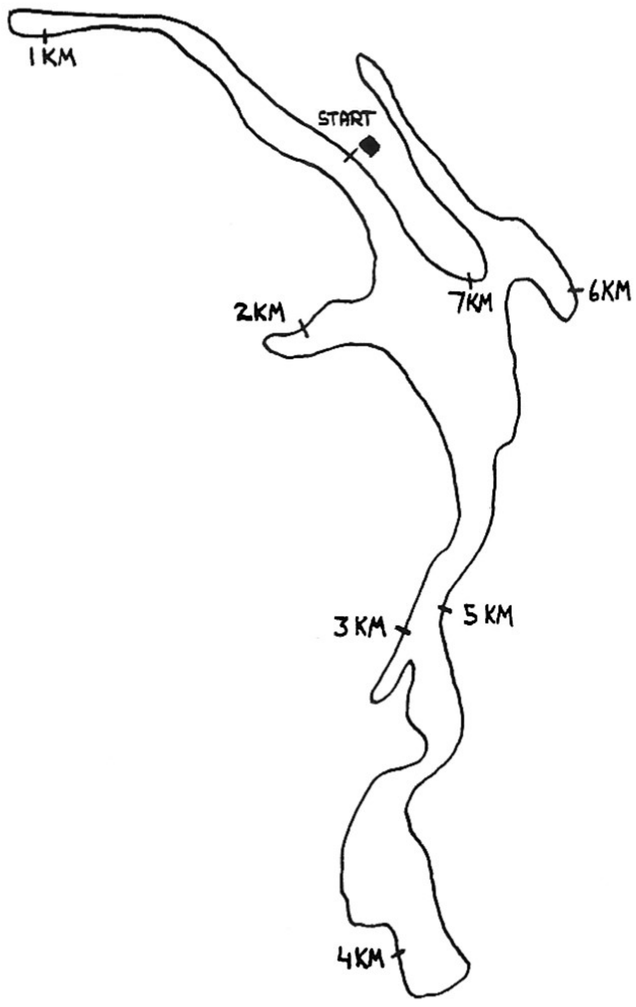
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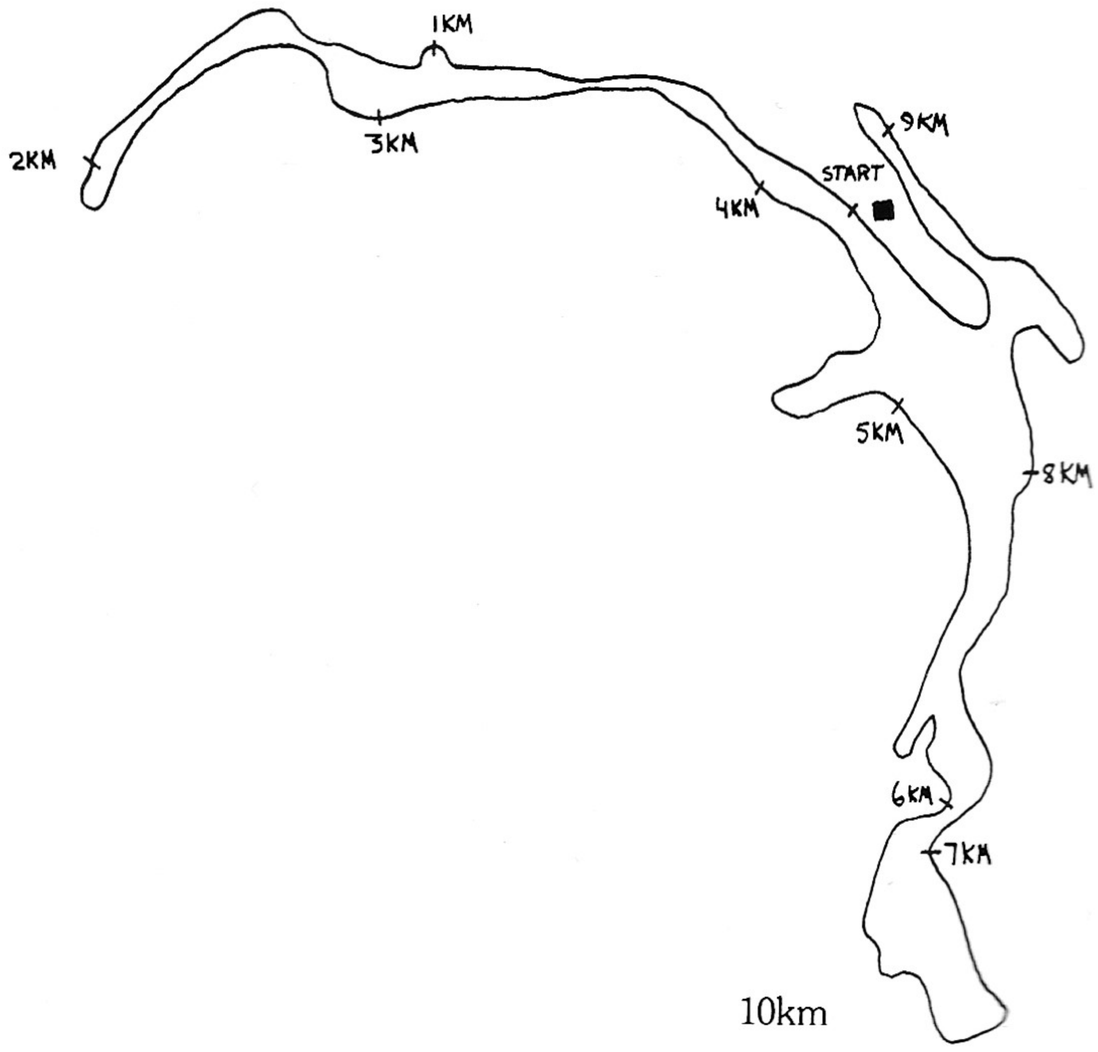
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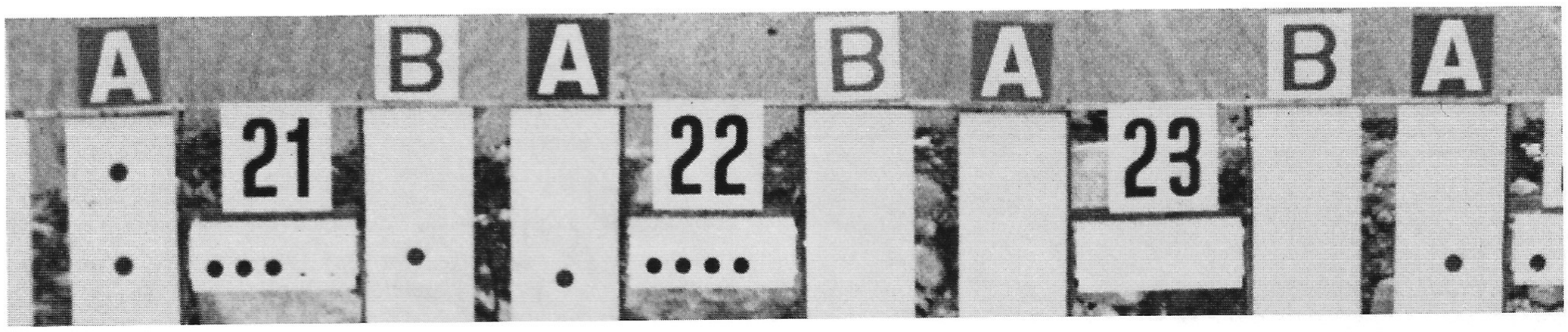
5km



7.5km



10km



January 15 - 17	World Cup 1	Egg, Switzerland
January 22 - 24	World Cup 2	Anterselva, Italy
January 29 - 31	World Cup 3	Ruhpolding, West Germany
February 8 - 14	World Championships/World Cup 4	Minsk, Soviet Union
February 13 - 14	Western Canadian Championships	Camrose, Alberta
March 1 - 5	Military Biathlon Championships	Valcartier, Quebec
March 11 - 14	Shell Cup National Biathlon Championships	Valcartier, Quebec

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