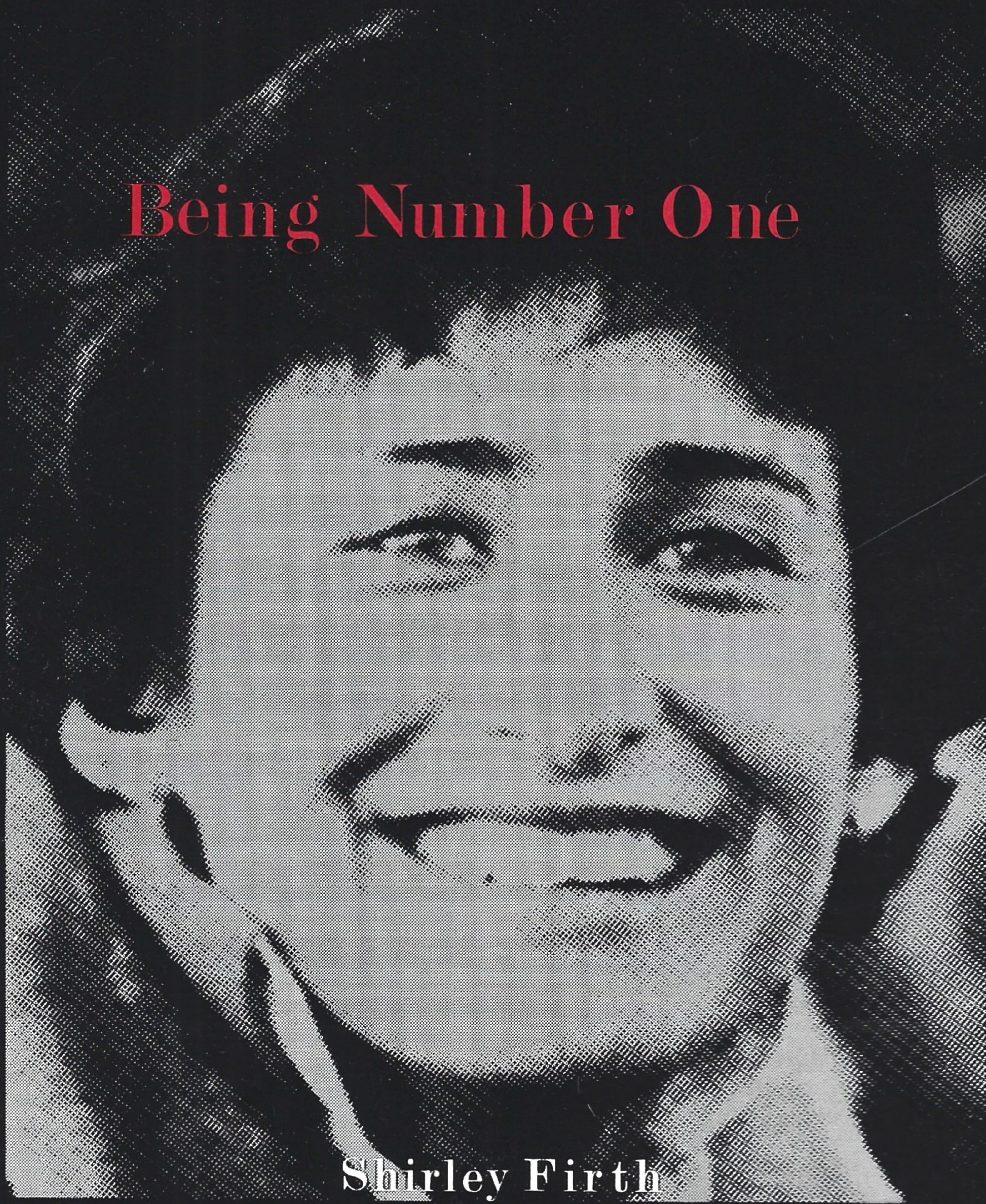




THE CANADIAN CROSS COUNTRY

# Championships

Being Number One



Shirley Firth

'83 Shell Cup

Discipline in Action! Watch the Canadian Amateur Ski Championships

# THE SHELL CUP

CANADIAN CHAMPIONSHIPS

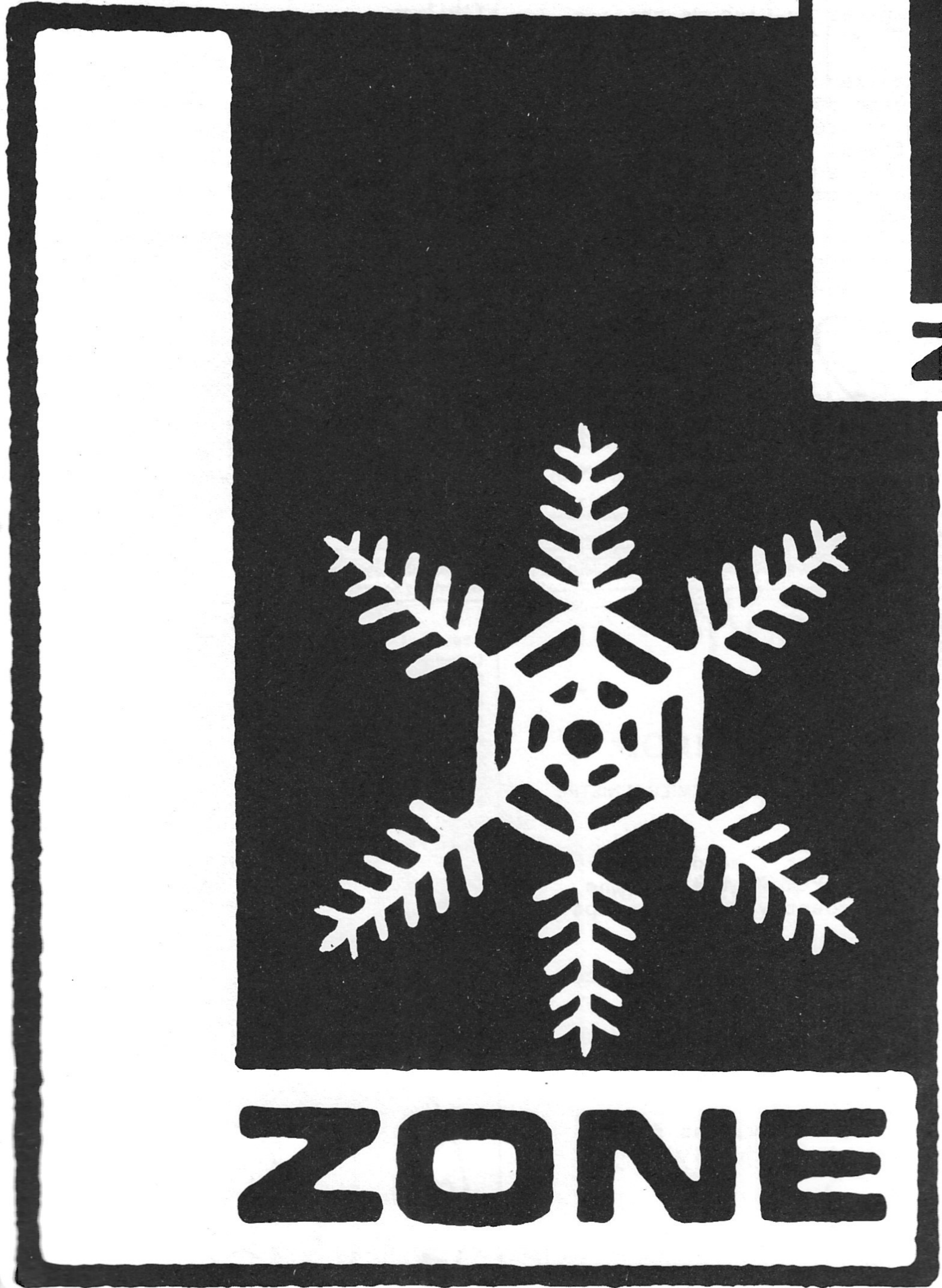


CHAMPIONNATS CANADIENS DE

# LA COUPE SHELL

En piste en vue des prochains championnats canadiens de ski amateur!





La zone Laurentienne de ski  
Laurentian Ski Zone



CANADA

MESSAGE FROM THE PRIME MINISTER

MESSAGE DU PREMIER MINISTRE

Je me fais un plaisir de saluer tous les athlètes qui prennent part au Championnat canadien de ski de fond 1983 pour l'attribution de la coupe Shell, organisé sous les auspices du Club de ski Viking.

C'est le degré d'excellence auquel vous êtes parvenus qui vous a valu d'être délégués à cette manifestation. Et c'est là une réalisation dont vous avez tout lieu d'être fiers, car elle prouve que vous possédez l'esprit de discipline et la ténacité qui sont un gage de succès dans toutes les sphères de l'activité humaine.

A chacun et chacune d'entre vous je souhaite des épreuves fraternelles et stimulantes.

O t t a w a  
1 9 8 2



CANADA

MESSAGE FROM THE PRIME MINISTER

MESSAGE DU PREMIER MINISTRE

It is with much pleasure that I send my greetings to all those who are participating in the 1983 Shell Cup, Canadian Cross-country Championships, hosted by the Viking Ski Club.

That you have reached the level of excellence which has brought you to this championship is an achievement of which you can be proud indeed, for you have proved yourselves to be imbued with the self-discipline and tenacity which make for success in any walk of life.

To each of you, I send my best wishes for an exciting and challenging race.

O t t a w a  
1 9 8 2

# THE CANADIAN CROSS COUNTRY Championship

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# C THE CANADIAN CROSS COUNTRY S hampionship

Number 58

January 1983

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*This year's host of the '83 Shell Cup, the Viking Ski Club has been around since 1929 and as this article shows they have remained active.*

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### BEING NUMBER ONE

#### John M. Nolan

*At 29, Shirley Firth is at the peak of her athletic career. She is the finest cross country skier Canada has ever produced but how long can she remain Number One?*

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### WHO TO WATCH Jarl Omholt-Jensen

*We asked Jarl to make some predictions about this year's Shell Cup.*

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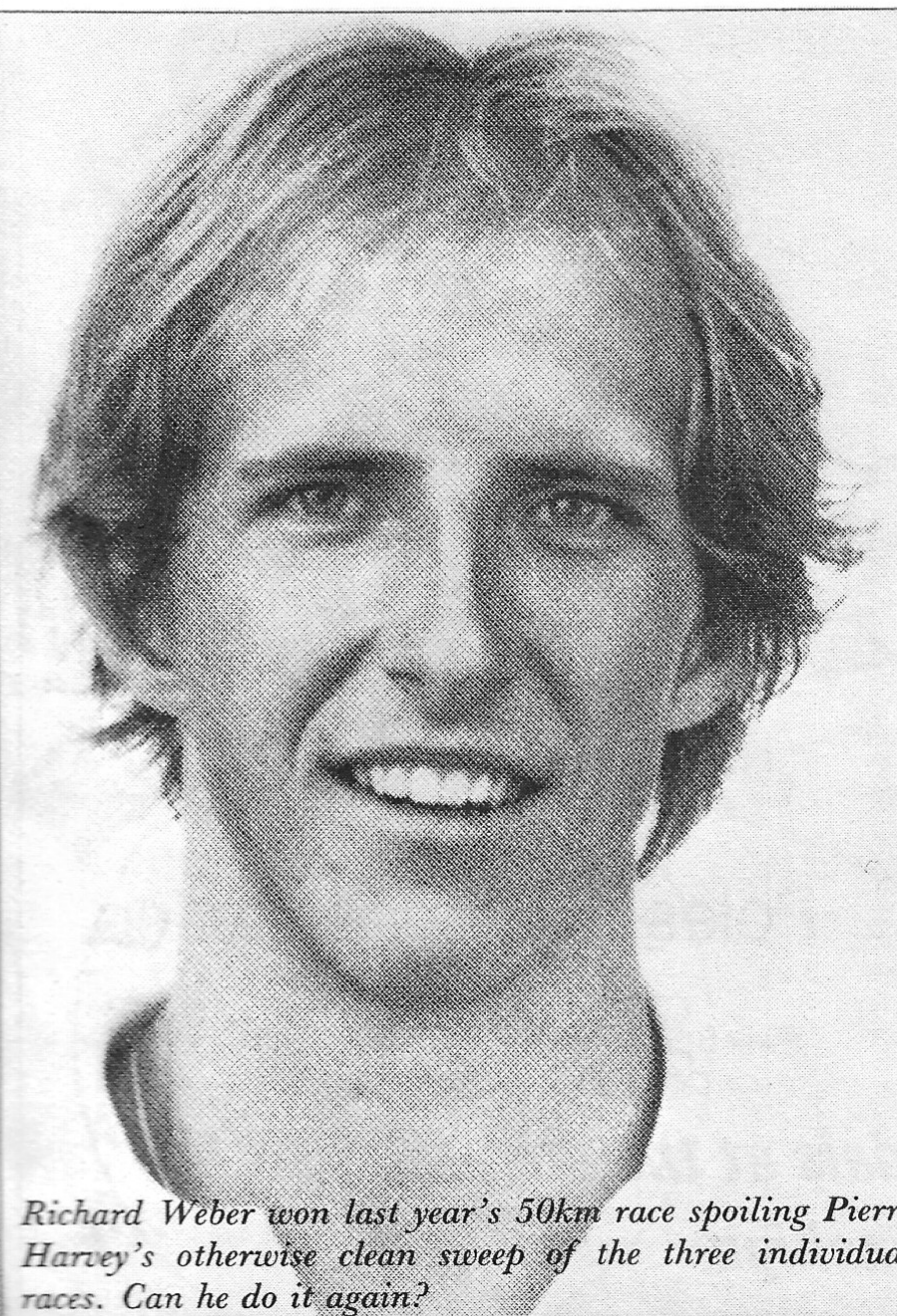
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*Richard Weber won last year's 50km race spoiling Pierre Harvey's otherwise clean sweep of the three individual races. Can he do it again?*

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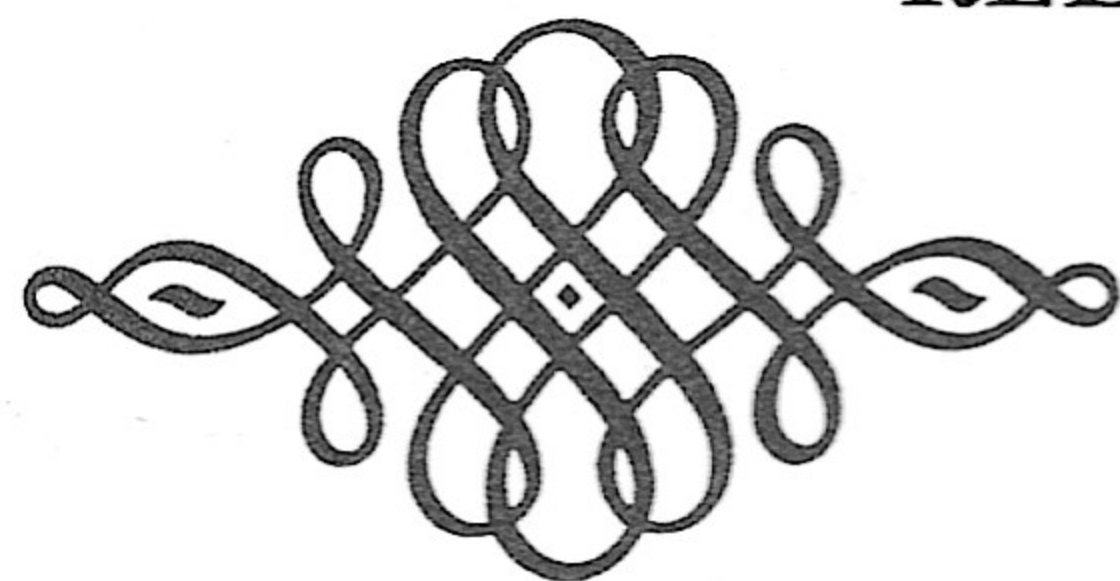
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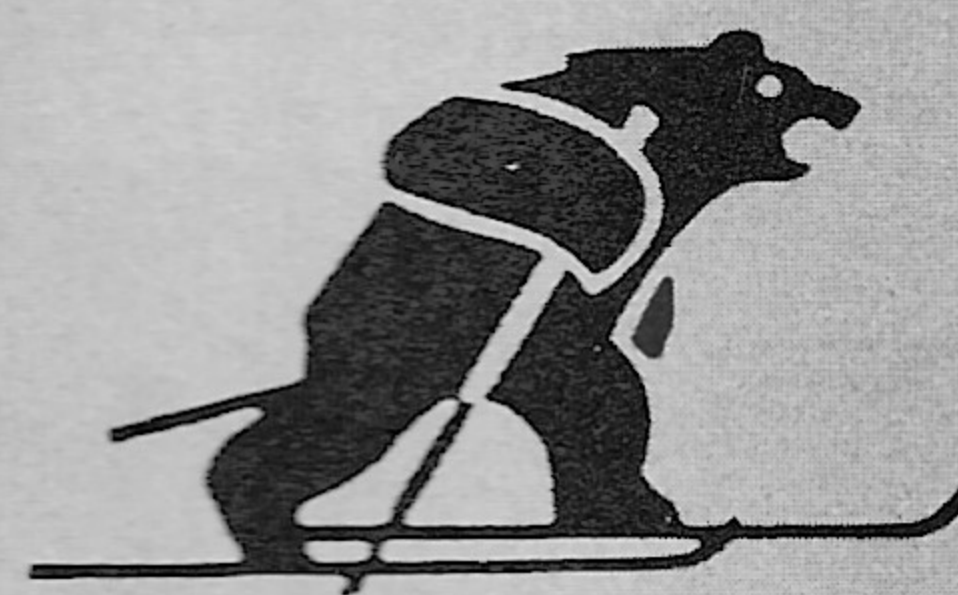


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*Swix Boron Poles - Won 9 of 13 Gold Medals at the  
1982 World Championships.*

# SALOMON

*Vive  
la différence*

5



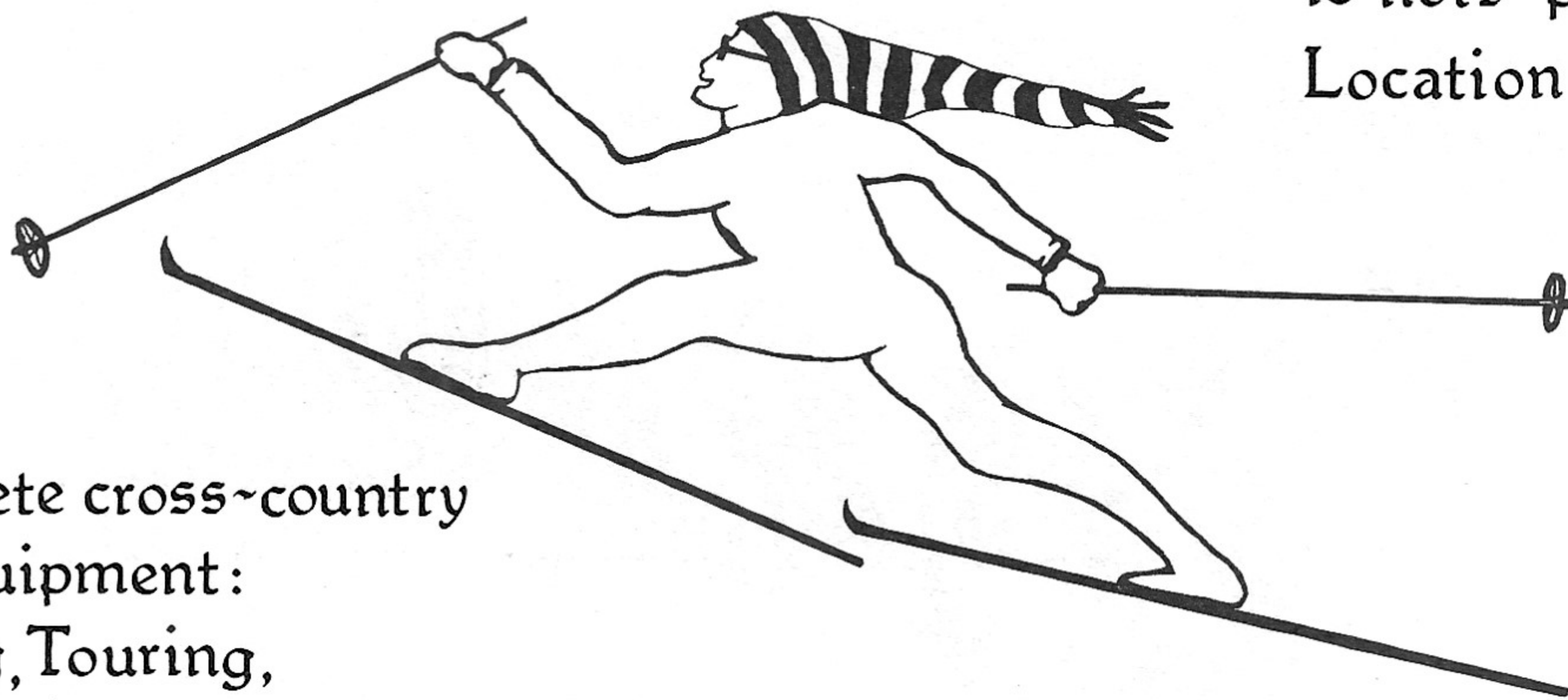
Salomon. Un ensemble intégré de chaussures et fixations qui présente une différence bien distincte: une arête centrale jumelée à la fixation s'encastre parfaitement dans une rainure pratiquée dans la semelle, assurant ainsi une maîtrise exceptionnelle. Une lame de flexion exclusive, intégrée à la fixation, sert de point de pivot pour tout le système, ce qui élimine tout stress au cou-de-pied et permet au talon de mieux se soulever, pour obtenir plus d'amplitude et une impulsion plus puissante. De plus, chaque ensemble de chaussures et fixations Salomon vous offre ces mêmes caractéristiques de maîtrise précise et de flexion. Venez constater vous-même la différence et vous comprendrez pourquoi, partout dans le monde, les coureurs les plus réputés comptent sur Salomon.



**SALOMON**  
*Lesprit de compétition*

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# Schedule

## 1983 SHELL CUP CROSS COUNTRY CHAMPIONSHIPS

### Races

#### Morin Heights

Thursday, Jan. 20th	Women's 10km	10:00AM
	Men's 30km	11:00AM

#### Mount Royal

Saturday, Jan. 22nd	Women's 5km	10:00AM
	Men's 15km	11:00AM

Sunday, Jan. 23rd	Women's Relays	10:30AM
	Men's Relays	12 noon

#### Morin Heights

Tuesday, Jan. 25th	Men's 50km	9:30AM
	Women's 20km	10:00AM

### DRAW AND COACHES MEETINGS

#### Morin Heights

Wednesday, Jan. 19th		5:00PM
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#### Montreal

Friday, Jan. 21st	Holiday Inn	5:00PM
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Saturday, Jan. 22nd	Holiday Inn	5:00PM
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#### Morin Heights

Monday, Jan. 24th		5:00PM
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### BANQUET

#### Montreal

Sunday, Jan. 23rd	Holiday Inn	6:00PM
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*Action in the 30km with Pierre Harvey, Reino Keski-Salmi and Richard Weber at last year's Shell Cup.*

## SPECTATORS' GUIDE

by John M. Nolan

The Championships are a series of eight races, four for men and four for women, modeled after the Winter Olympic cross country competitions.

In 1977 Hans Skinstad, Canada's top cross country skier at the time, made a prophetic prediction about Quebec skiers. "There isn't any club or province I know of that's as well organized as Quebec. The better organized you are, the better your chances of breaking through to the top."

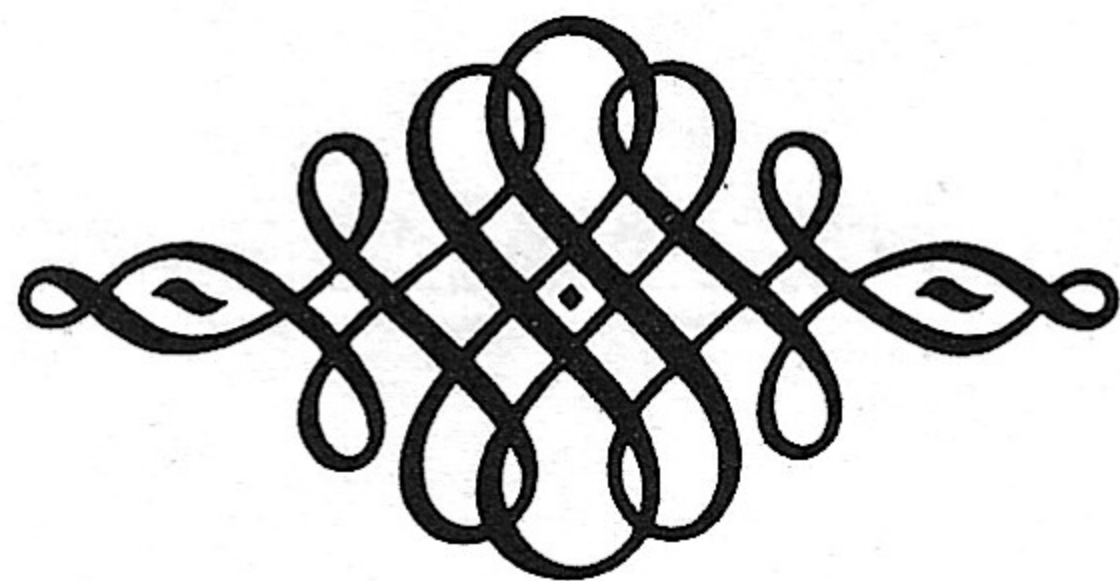
The following year Quebec broke through. After years of being chronically out of the medals, a Quebec skier, Pierre Vezina won both the 15km and 30km national championship races. Since then the Quebec Team has continued to develop and last year they dominated the championships, winning five of eight events.

Quebec skiers were 1, 2 and 3 in the 30km and 50km races and they won both the men's and women's relay races. Pierre Harvey won the 15km and the 30km races and was declared the overall Shell Cup winner. Richard Weber won the 50km and was 2nd in the 30km.

This year Quebec skiers will be on home ground, and since the short races and the relays are being held in downtown Montreal on Mount Royal, hundreds of enthusiastic home town fans are bound to give Quebec skiers an additional boost.

# Who to watch

by Jarl Omholt-Jensen



Picking the winners of a cross country skiing competition is like trying to predict what the Canadian dollar will be worth on March 1st, 1983. It's almost impossible and luck rather than cold calculations will account for the most successful predictions.

However, in predicting the outcome of the 1983 Shell Cup one can look at trends and divisional programs to roughly determine the outcomes of the eight events associated with the 1983 Shell Cup.

Quebec has been on a roll as of the past five seasons and last year was its best ever. In 1982 Quebec swept all gold medals in men's competition and took the ladies three-by-five relay for the first time since 1968. The Quebec men's relay victory was its second consecutive and the first time the division swept both the men's and women's relays.

Quebec relied heavily on the outstanding performance of Pierre Harvey of Stoneham who captured the 15 and 30 kilometer events, anchored the relay gold medal team but failed in his bid to win the 50 and thus sweep all three individual titles and all four men's gold.

Only one skier, Bert Bullock of Inuvik has taken all three individual gold medals. He accomplished the feat at age 20 in 1976 during the Sudbury Shell Cup. With his team placing fourth in the relay he lost the chance to sweep all four men's gold and few skiers, including Harvey last season in Edmonton, have had a crack at taking all four gold medals. The select group includes Doug Gudwer of Prince George in Mont Ste. Anne in 1980, Antero Rauhanen of Sudbury, competing on home ground in 1967, and Kauko Riihiaho of Toronto racing in Sault Ste. Marie in 1970.

Just taking three individual gold has proven difficult. Numerous skiers since 1967 have won two but failed to make it three-in-a-row for a clean sweep. They include Antero of Sudbury in 1967, Nils Skulbru of Vancouver in 1968, Kauko Riihiaho of Toronto in 1970, Rolf Pettersen of

Prince George in 1975, Pierre Vezina of Beaupré in 1978 and Doug Gudwer in 1980.

The task is a formidable one, however Harvey has the talents to do it despite strong opposition from Reino Keski-Salmi of Salmon Arm, B.C., Doug Gudwer, and Harvey's own teammate Richard Weber of Cantley who won the 50 kilometer in Edmonton. Also to be watched are André Tourigny of St. Léonard and Yves Bilodeau. Toronto's Rob Vellend and junior sensation Wayne Dustin, 17 of Sault Ste. Marie could also be the spoilers.

As for the men's relay, Quebec has two titles in a row after placing third for five consecutive seasons. Quebec's current effort is equal to B.C.'s short reign of 1975 and '76 prior to it sweeping three successive crowns in '78, '79, and '80. Previous four-in-a-row title holders include Ontario from 1967 to 1970 and the Northwest Territories from 1971 to 1974.

The women's story remains the Firth sisters Shirley and Sharon. Since 1969 Shirley has taken 27 gold, eight silver and three bronze medals. Sharon has countered with 18 gold, 12 silver and four bronze. Together the girls have taken 72 out of a possible 147 medals since their participation in senior competition in Camrose in '69.

Outside of the Firth twins, Angela Schmidt of Honey Harbour, Ontario, Monique Waterreus of Whitehorse, Esther Miller of Burns Lake, B.C., Marie-André Masson of Laval, Jenny Walker of Ottawa and Joan Groothuysen of Edmonton have the opportunity to reach the medal positions.

Challenging Quebec in the relay will be National Capital division skiers, B.C., Alberta and Southern Ontario.

While stating who will win is not possible, the guarantee offered is for fast, hard skiing competition that will undoubtedly make the 1983 Shell Cup the most competitive in history.

# THE CANADIAN CROSS COUNTRY Championship EVENTS

## WOMEN'S 10KM

Thursday, January 20th 10:00 AM  
Viking Ski Club  
Morin Heights

### STATISTICS 1975-1982

1975	Sharon Firth	NWT	35:30.18
1976	Shirley Firth	NWT	37:58 ***
1977	Sharon Firth	ALTA	35:30.66
1978	Shirley Firth	NWT	39:08.95
1979	Shirley Firth	NWT	32:14.97
1980	Shirley Firth	NWT	32:24.90
1981	Shirley Firth	NWT	34:32.09
1982	Shirley Firth	NWT	37:01.8

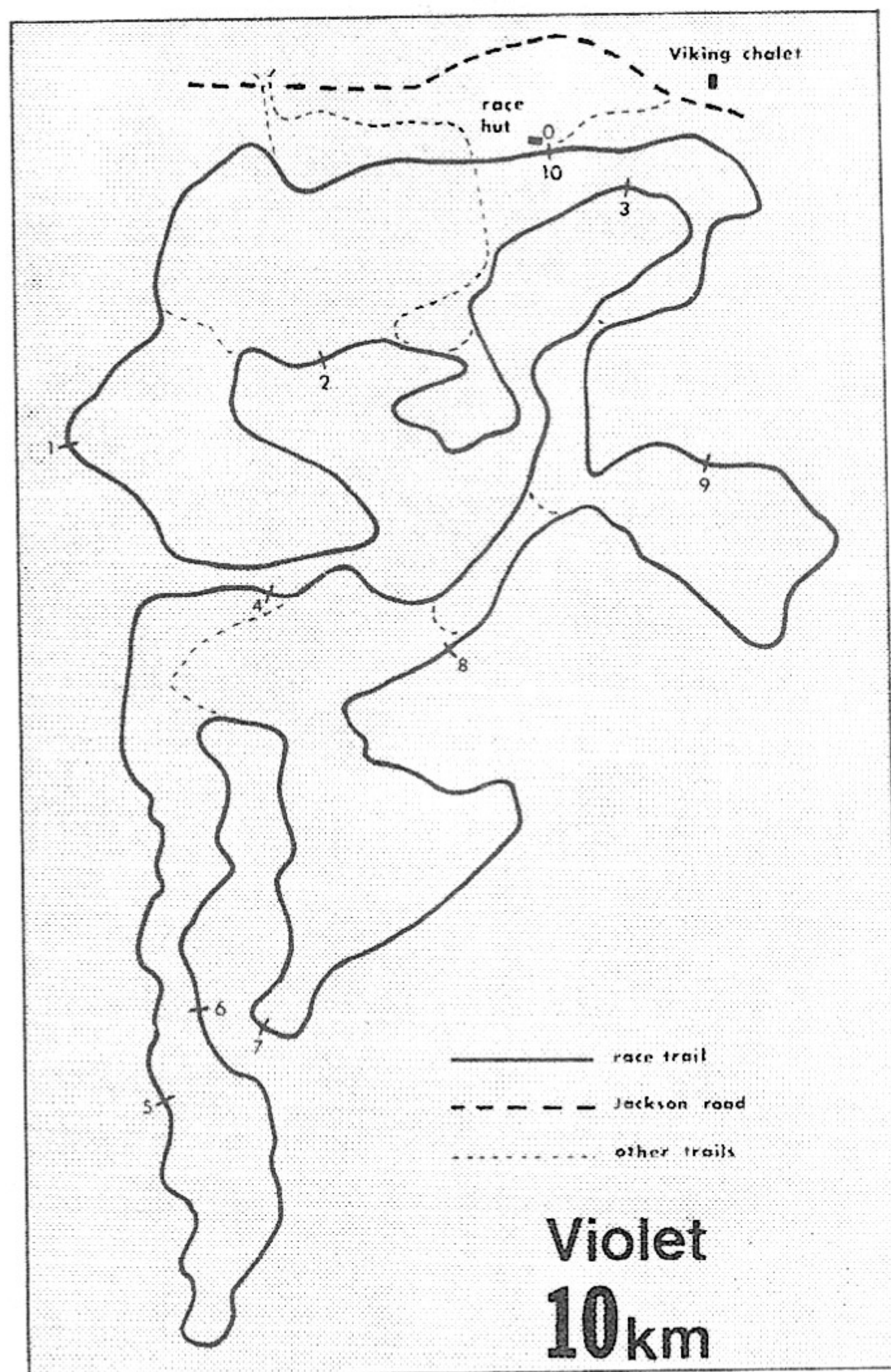
### DEFENDING CHAMPION



Canon/Omholt-Jensen

SHIRLEY FIRTH

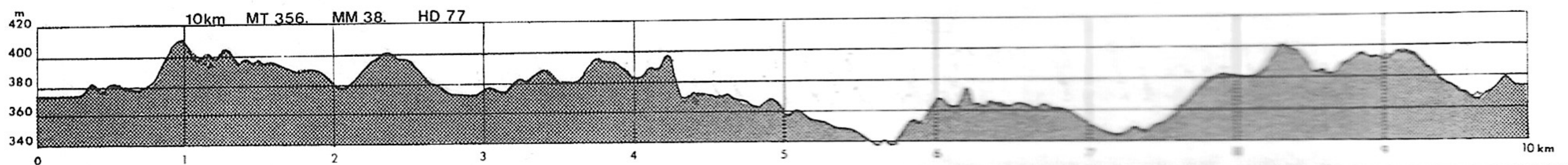
### TRAIL MAP



### LAST YEAR'S TOP 10 FINISHERS

10KM NAME	DIVISION	TIME
1 Shirley Firth	NWT	37:01.8
2 Sharon Firth	NWT	37:20.7
3 A. Schmidt	SOD	38:07.1
4 E. Miller	BC	38:27.4
5 M. Waterreus	YT	38:30.8
6 C. Giguere	QUE	39:25.2
7 J. Lumb	NCD	39:29.6
8 K. Englebrecht	BC	39:32.6
9 J. Groothuysen	ALTA	39:52.3
10 M. Masson	QUE	40:10.9

### TRAIL PROFILE



# THE CANADIAN CROSS COUNTRY Championship EVENTS

## MEN'S 30KM

Thursday, January 20th 11:00 AM  
Viking Ski Club  
Morin Heights

### LAST YEAR'S TOP 10 FINISHERS

1	P. Harvey	QUE	1:37:10.7
2	R. Weber	QUE	1:38:14.0
3	A. Tourigny	QUE	1:38:52.8
4	D. Gudwer	BC	1:39:27.7
5	G. Wasteneys	NCD	1:40:50.4
6	R. Puiras	LSD	1:41:44.9
7	R. Vellend	SOD	1:42:10.6
8	G. Hartling	ALTA	1:42:12.
9	M. Cherney	SASK	1:42:15.3
10	O. Spence	SASK	1:42:19.2

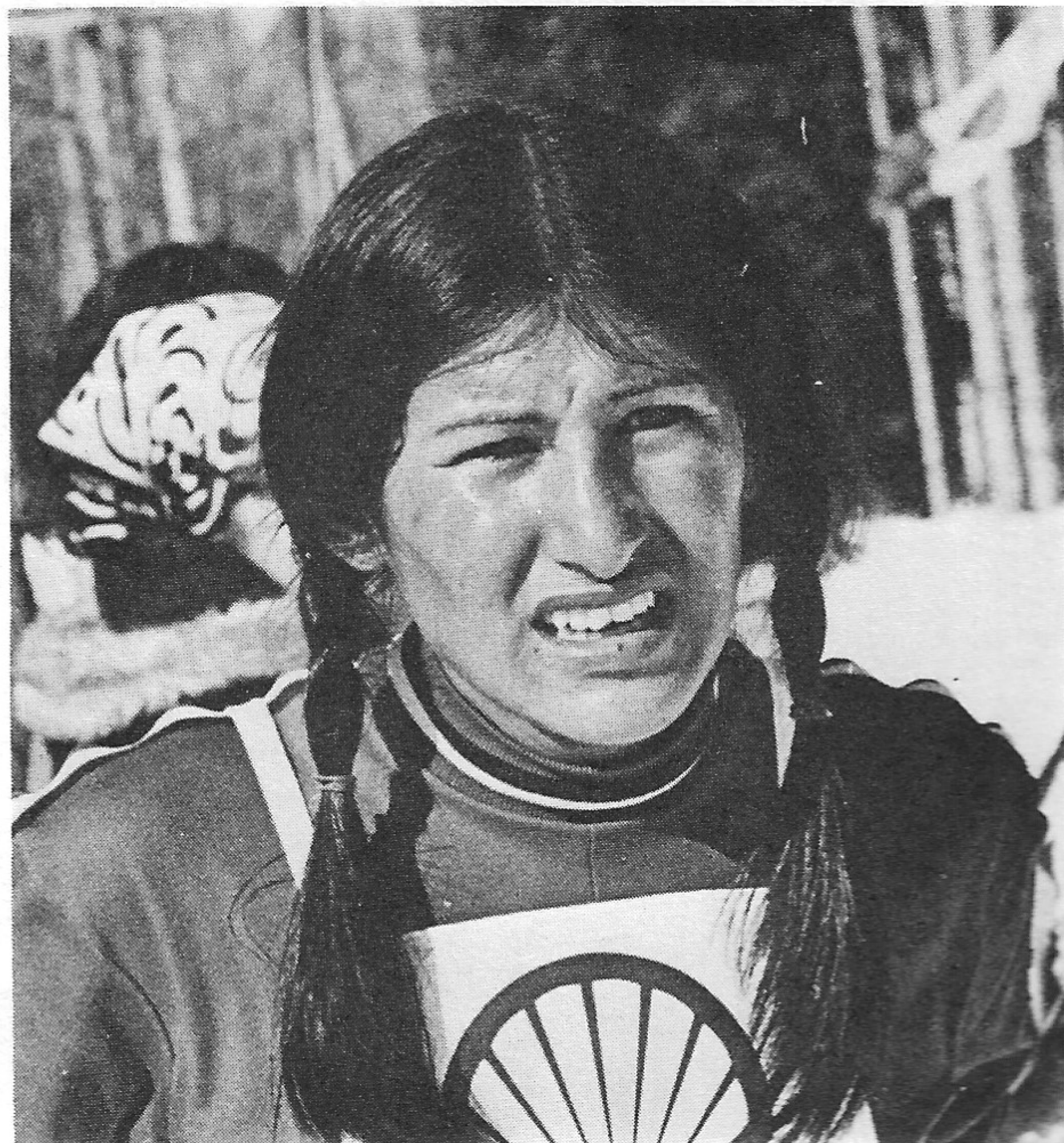
### STATISTICS 1975-1982

1975	Ed Day	BC	1:44:21.72
1976	Bert Bullock	NWT	1:19:46 ***
1977	Stan Dunklee	US	1:35:35.81
1978	Pierre Vezina	QUE	1:37:22.25
1979	Reino Keski-Salmi	BC	1:38:57.82
1980	Doug Gudwer	BC	1:27:54
1981	Reino Keski-Salmi	BC	1:39:53.79
1982	Pierre Harvey	QUE	1:37:10.7

\*\*\* Track loops used were shorter than normal.

*30 km Trail is 3 x 10 km Violet*

**DEFENDING CHAMPION  
PIERRE HARVEY**



Tony Omholt-Jensen

# BEING NUMBER ONE

by John M. Nolan

**U**ndisciplined pain paints a graphic image on Shirley Firth's face seconds after finishing an all-out effort in a 10km race only to lose by 12 seconds to twin sister Sharon. It happened eight years ago in the 1975 Shell Cup. Since then Shirley Firth has dominated the 10km event as well as the overall competition and emerged as Canada's premier cross country racer. Winning 27 gold medals since she began competing in the Championships in 1969, the five-time winner of the Shell Cup has created such an impressive record it will be years

before anyone can match her performance.

The above photo was taken eight years ago and as our cover photo shows Shirley has changed a lot during those years. Gone are the pigtails, once almost a Firth trademark. At 29 years of age Shirley Firth is a mature woman at the peak of her career in a sport where she has been a national champion almost as long as she's been skiing. Her only serious Canadian competition for the number one spot has come from her sister Sharon.





Canon/Omholt-Jensen

## SHIRLEY FIRTH

"You have to have competition", Shirley told a reporter last season, explaining that without it one has no incentive to improve. She now spends most of the competitive season in Europe on the World Cup circuit. Last year she ranked 11th place in the World Cup standings, a remarkable performance considering Canada's limited involvement in a sport dominated by the Scandinavians and the Russians. She started this season at the first women's World Cup race on December 12 in Male, Italy by picking up two World Cup points with her 19th place finish in a field of 77 skiers from twelve different countries.

European competition relieves some of the pressure on Shirley's sister Sharon, the only other Canadian skier who can challenge her supremacy. Sharon has won 18 gold medals in the national championships including last season's 20km race which prevented a clean sweep by Shirley. For years Sharon has been the competitive edge against which Shirley has sharpened her skills for world class competition and it's no secret they both enjoy each other's competitive nature.

"Sometimes we're a little too competitive", says Shirley. From trying to see who can say the most in one minute to who can get dressed the fastest, the Firth sisters have been using competition as a method of self improvement since they were teenagers.

As 13 year-old school girls in the MacKenzie Delta river community of Inuvik, Shirley and Sharon, twins from a large Loucheux Indian family of 11, got involved in cross country skiing in 1967.

"Our friends were skiing in (TEST) and asked us to try it." TEST, for Territories Experimental Ski Training was a cross country training program. It was a great introduction to the sport and the energetic Firth teenagers were soon making a big impression on the national scene. The girls knew they had found their sport.

Droppng just about all other activities the twins concentrated their energy on cross country skiing. It certainly was not a matter of being pressured into training. They were having such a great time skiing it was all they really wanted to do.

"As soon as the bell rang (to end the school day), we went skiing." It was fun but what was even more fun was the competition: the races.

"That was the most fun", said Shirley. "It was always nice to travel. We had always stayed in the settlement of Inuvik and it was too boring to stay at home."

Life in a small community above the Arctic Circle is quite a different reality from the populated centers to the south.



*"If you do well, you look forward to the next race."*



"We never knew about the Olympics or anything until 1968. And we didn't know anything about training. We just wanted to ski." It is now over fifteen years since Shirley started skiing and in that time she has become the finest cross country skier Canada has ever produced. She has changed a lot over the past years but she hasn't lost her enthusiasm for racing. The most obvious question facing her is, "How long can she keep it up?" She's reluctant to say, preferring to follow her heart as she, "skis from race to race."

"If you do well you look forward to the next race", Shirley says. "If you get the results you are looking for, it's always encouraging."

Shirley Firth has been on top for a long time. If anyone else wants to be on top, Shirley is the woman to beat. But make no mistake, Shirley is not planning on being Number Two.

# THE CANADIAN CROSS COUNTRY Championship EVENTS

## WOMEN'S 5KM

Saturday, January 22nd 10:00 AM  
Mount Royal  
Montreal

### LAST YEAR'S TOP 10 FINISHERS

1	Shirley Firth	NWT	18:01.8
2	Sharon Firth	NWT	18:04.0
3	Angela Schmidt	SOD	18:12.0
4	Esther Miller	BC	18:28.1
5	Celine Giguere	QUE	19:01.6
6	Monique Waterreus	YT	19:05.0
7	Marie-Andrée Masson	QUE	19:15.4
8	Carol Gibson	ALTA	19:19.6
9	Joan Groothuysen	ALTA	19:25.9
10	Kaarina Englebrecht	BC	19:27.4

### STATISTICS 1975-1982

5KM	NAME	DIVISION	TIME
1975	Shirley Firth	NWT	16:47.55
1976	Joan Groothuysen	NWT	17:55 ***
1977	Sharon Firth	ALTA	15:25.65
1978	Shirley Firth	NWT	19:15.04
1979	Sharon Firth	ALTA	20:32.48
1980	Esther Miller	BC	15:44.41
1981	Esther Miller	BC	15:46.21
1982	Shirley Firth	NWT	18:01.8

### DEFENDING CHAMPION



SHIRLEY FIRTH

## MEN'S 15KM

Saturday, January 22nd 11:00 AM  
Mount Royal  
Montreal

### STATISTICS 1975-1982

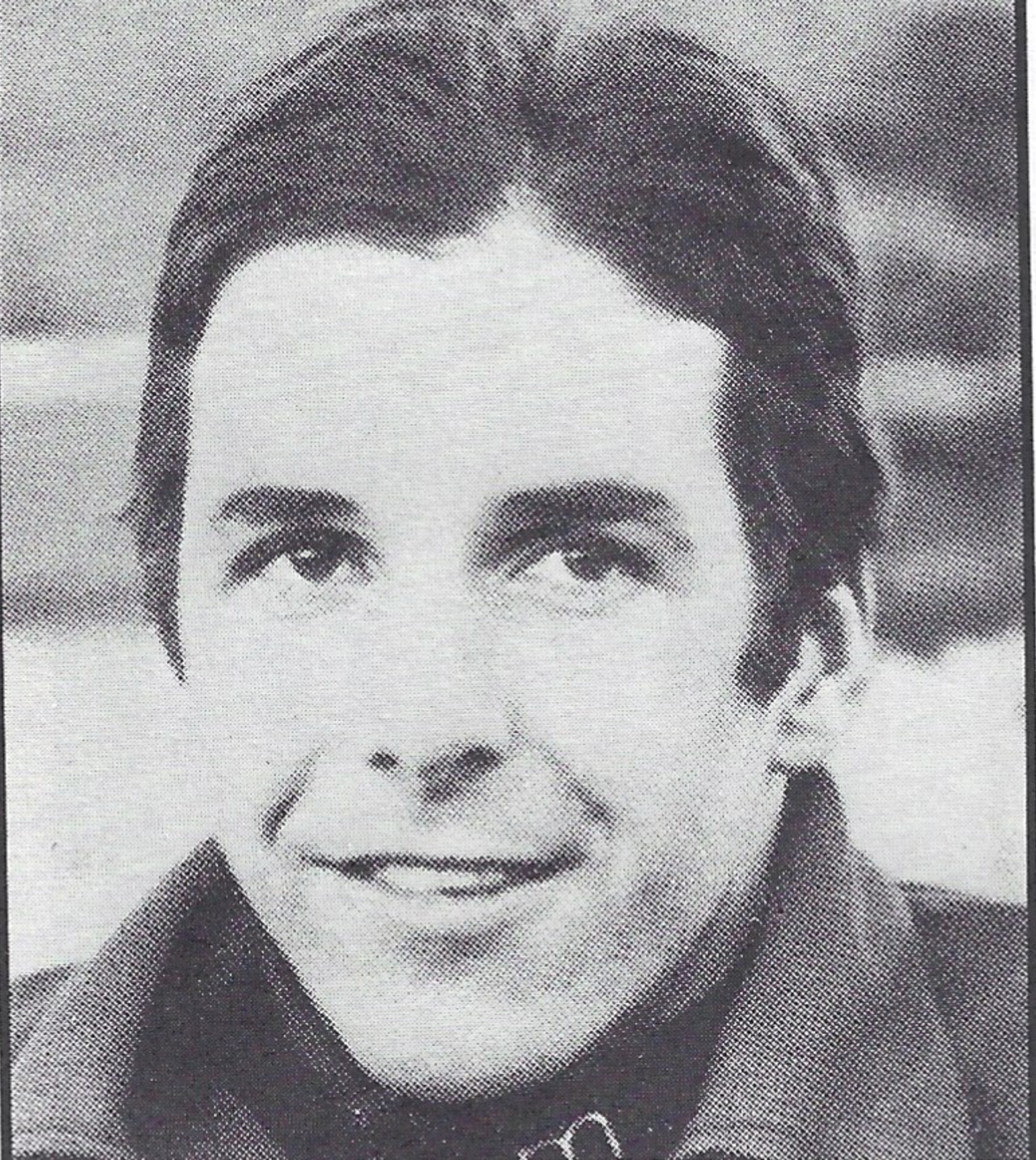
1975	Ed Day	BC	49:56.47
1976	Bert Bullock	NWT	40:25 ***
1977	Hans Skinstad	BC	47:01.16
1978	Pierre Vezina	QUE	47:49.06
1979	Anders Lenes	ALTA	54:56.54
1980	Doug Gudwer	BC	43:04.75
1981	Pierre Harvey	QUE	43:49.62
1982	Pierre Harvey	QUE	47:08.5

### LAST YEAR'S TOP 10 FINISHERS

1	Pierre Harvey	QUE	47:08.5
2	Reino Keski-Salmi	BC	47:49.5
3	Doug Gudwer	BC	48:14.7
4	Owen Spence	SASK	49:10.5
5	Richard Weber	QUE	49:18.8
6	Jeff Wood	MAN	49:22.9
7	Rob Vellend	SOD	50:17.8
8	Clinton Beece	MAN	50:19.6
9	Bernie Sander	NCD	50:26.1
10	Geoff Wasteneys	NCD	50:27.1

# THE CANADIAN CROSS COUNTRY Championship

DEFENDING CHAMPION

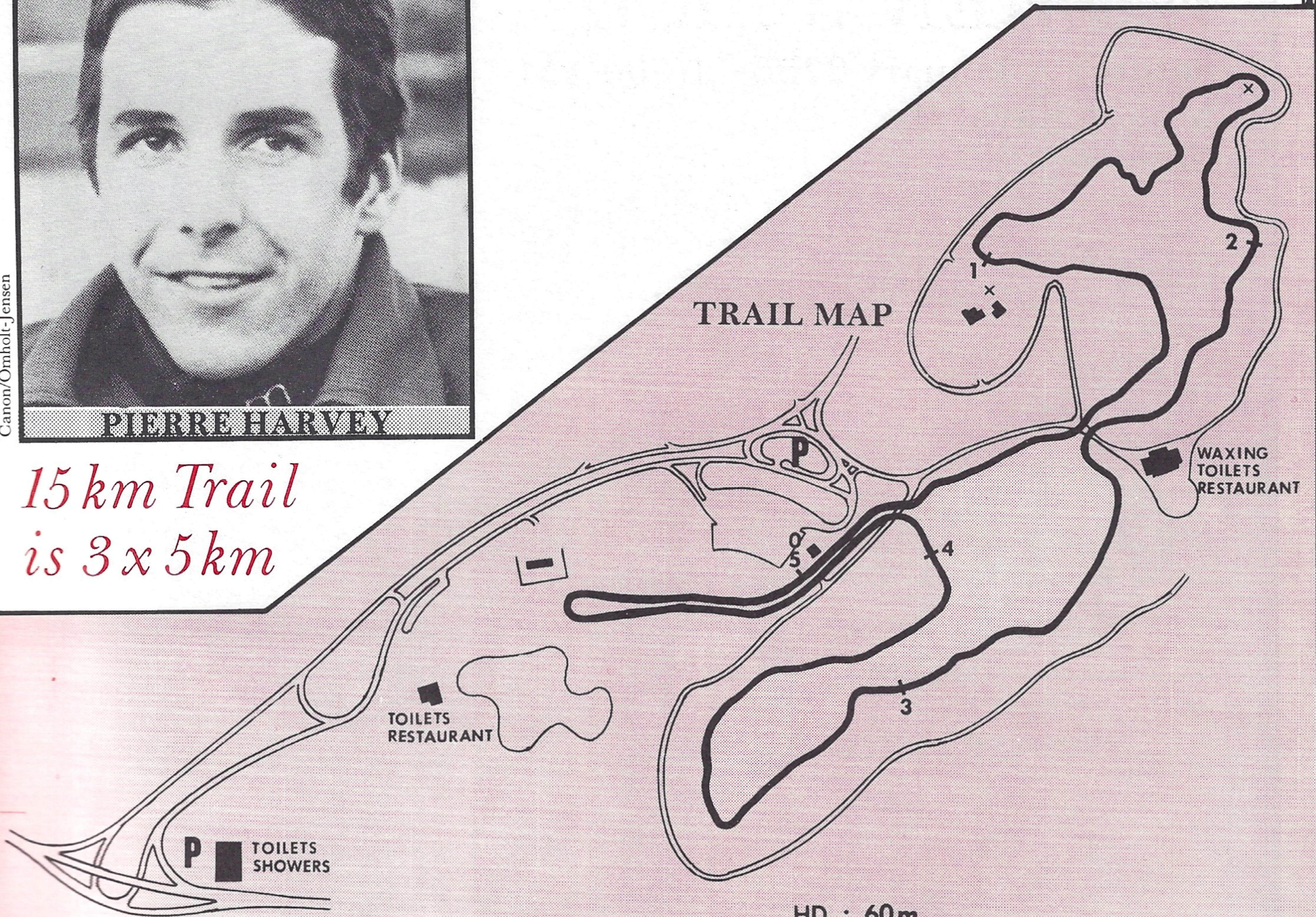


PIERRE HARVEY

Canon/Omholt-Jensen

*15 km Trail  
is 3 x 5 km*

TRAIL MAP

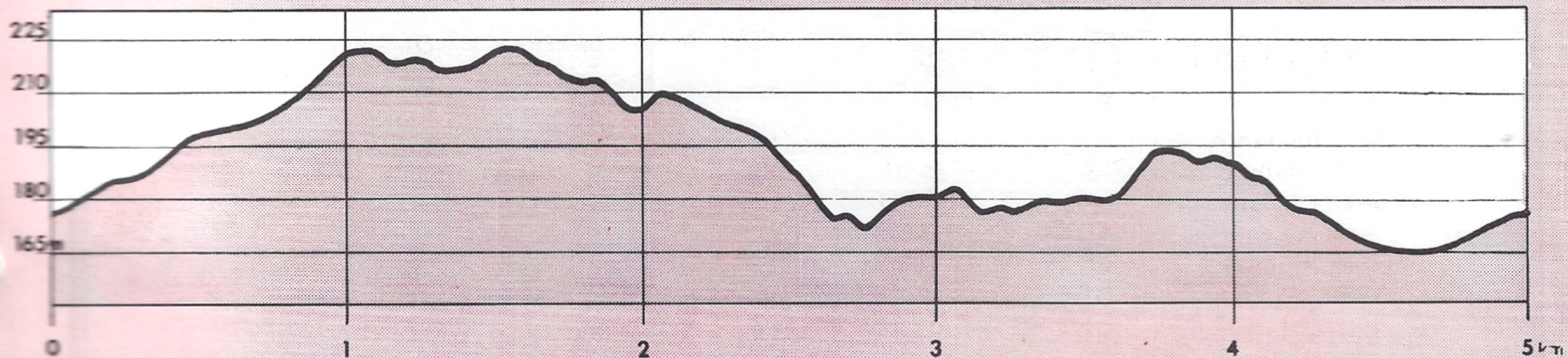


HD : 60m  
MM: 25m  
5km MT: 150 m  
10km MT: 300 m  
15 km MT: 450 m

## MONTREAL

PARC DU MONT ROYAL

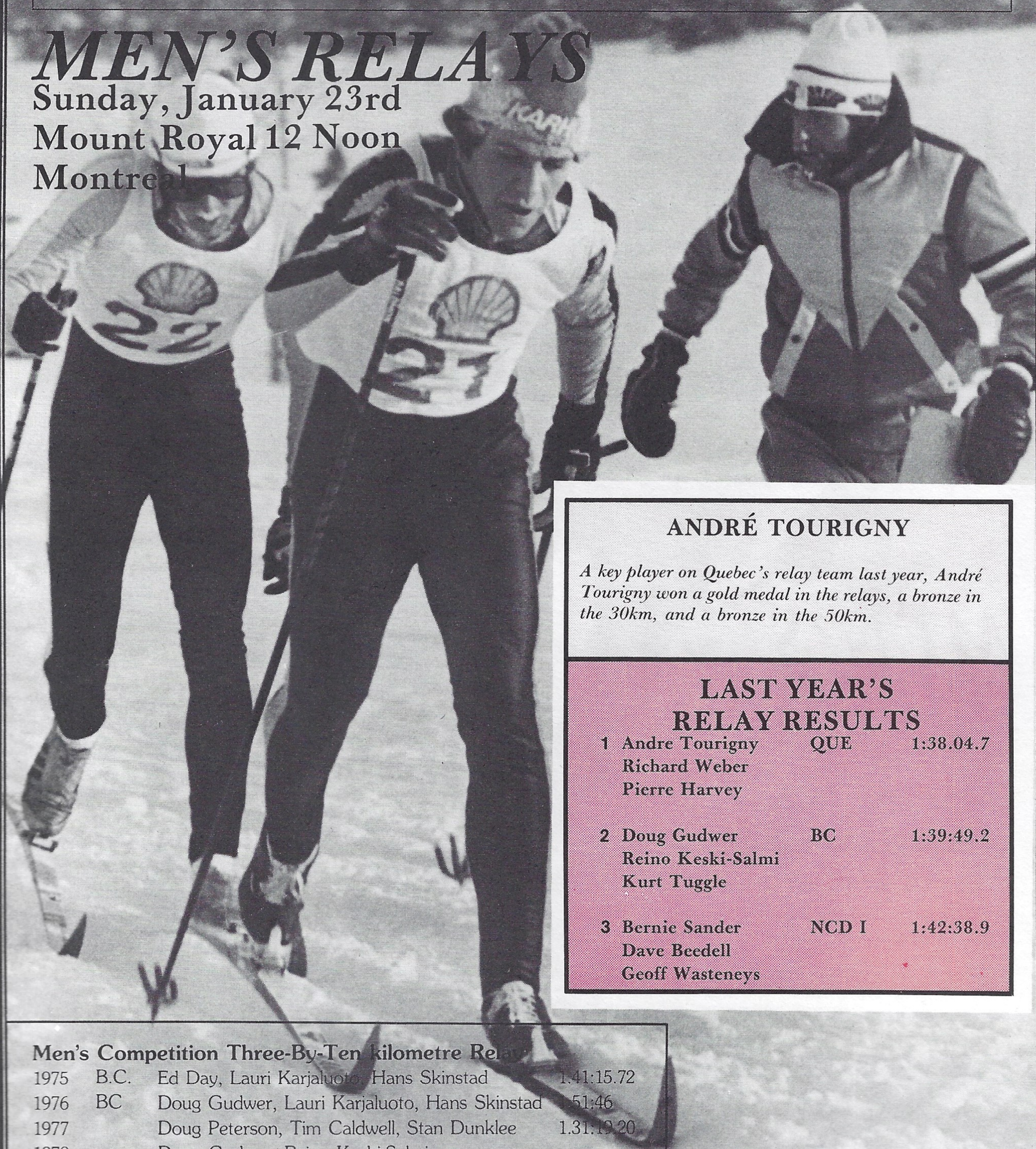
TRAIL PROFILE



# THE CANADIAN CROSS COUNTRY Championship EVENTS

## MEN'S RELAYS

Sunday, January 23rd  
Mount Royal 12 Noon  
Montreal



### ANDRÉ TOURIGNY

*A key player on Quebec's relay team last year, André Tourigny won a gold medal in the relays, a bronze in the 30km, and a bronze in the 50km.*

### LAST YEAR'S RELAY RESULTS

1	Andre Tourigny Richard Weber Pierre Harvey	QUE	1:38:04.7
2	Doug Gudwer Reino Keski-Salmi Kurt Tuggle	BC	1:39:49.2
3	Bernie Sander Dave Beedell Geoff Wasteneys	NCD I	1:42:38.9

### Men's Competition Three-By-Ten kilometre Relay

1975	B.C.	Ed Day, Lauri Karjaluoto, Hans Skinstad	1:41:15.72
1976	BC	Doug Gudwer, Lauri Karjaluoto, Hans Skinstad	1:51:46
1977		Doug Peterson, Tim Caldwell, Stan Dunklee	1:31:19.20
1978		Doug Gudwer, Reino Keski-Salmi, BC Angus Cockney	1:40:24.78
1979		Marvin Strimbold, Doug Gudwer, BC Reino Keski-Salmi	1:37:48
1980		Marvin Strimbold, Reino Keski-Salmi, BC Doug Gudwer	1:33:19.45
1981	QUE	Pierre Vezina, Richard Weber, Pierre Harvey	1:34:02.34

# THE CANADIAN CROSS COUNTRY Championship EVENTS

## WOMEN'S RELAYS

10:30 AM  
Sunday, January 23rd  
Mount Royal  
Montreal



**MARIE-ANDRÉE  
MASSON**

*The fastest skier in last year's relays, Marie-Andrée Masson is the most promising woman skier on the Quebec team.*

### THE RELAYS

*Head-to-head competition makes the national relays the most popular event with spectators. Quebec's teams are the defending champions in both the men's and women's competitions and the home town crowd on Mount Royal Sunday January 23rd should help them retain their titles.*

### Women's Competition Three-By-Five kilometre Relay

Year	Name	Time
1975	NWT Shirley Firth, Winnie Bullock, Sharon Firth	57:45.75
1976	NWT Sharon Firth, Shirley Firth, Joan Groothuysen	1:02:28
1977	Alberta Shirley Firth, Joan Groothuysen, Sharon Firth	45:47.59
1978	Luisse Sander, Clare Wastenays,	
	NCD Marilyn Atkinson	58:37.54
1979	Duchane Richards, Joan Groothuysen,	
	Alberta Sharon Firth	1:00:06
1980	Angela Schmidt, Cheryl Niemuller,	
	SOD Dasha Cejnar	55:32.26
1981	Karina Engelbrecht, Margo Wallenstein,	
	BC Esther Miller	49:08.63

### LAST YEAR'S RELAY RESULTS

1	Josee Anclair Marie-Andree Masson Celine Giguere	QUE 55:35.3
2	Kaarina Englebrecht Margo Hartling Esther Miller	BC 56:27.7
3	Clare Wastenays Jean McAllister Janet Lumb	NCD 57:20.3

# C THE CANADIAN CROSS COUNTRY S Championship EVENTS

DEFENDING CHAMPION  
RICHARD WEBER

## MEN'S 50KM

9:30 AM

Tuesday, January 25th  
Viking Ski Club  
Morin Heights

### OFF THE WALL!!

*Richard Weber, the 50km Canadian Champion, will be defending his hard earned title on the Viking Racing Trails in Morin Heights. Weber is seen here coming off the Viking Wall (an extremely steep descent which ends abruptly with a 90° banked turn.) The Viking Wall is a great spectator's spot easily accessible on skis.*

Jarl Ornholt-Jensen

### LAST YEAR'S TOP 10 FINISHERS

1	Richard Weber	QUE	2:54.34
2	Pierre Harvey	QUE	2:55.40
3	Andre Tourigny	QUE	3:00.35
4	Rob Vellend	SOD	3:01.49
5	Geoff Wasteneys	NCD	3:08.13
6	Dave Beedell	NCD	3:10.29
7	Mike Dyer	ALTA	3:20.41
8	Pat McLellan	ALTA	3:25.51
9	Carl Covello	ALTA	3:40.45
	Doug Gudwer	BC	DNF

### STATISTICS 1975-1982

1975	Hans Skinstad	BC	3:08:18.28
1976	Bert Bullock	NWT	2:41:49 ***
1977	Tim Caldwell	US	2:39:21.90
1978	Doug Gudwer	BC	2:47:06.47
1979	Reijo Puiras	NONT	2:48:45.4
1980	Reino Keski-Salmi	BC	2:36:49.88
1981	Doug Gudwer	BC	2:34:58.08
1982	Richard Weber	QUE	2:54:34.

# C THE CANADIAN CROSS COUNTRY S Championship EVENTS



## WOMEN'S 20KM

10:00 AM

Tuesday, January 25th  
Viking Ski Club  
Morin Heights



**DEFENDING CHAMPION  
SHARON FIRTH**

*Shirley Firth (50) in head-to-head competition with Sharon Firth (51) in last year's Shell Cup.*

*20km Trail is 2 x 10km Violet*

Bill Drennan

### LAST YEAR'S TOP 10 FINISHERS

20KM	NAME	DIVISION	TIME
1	Sharon Firth	NWT	1:13.22
2	Shirley Firth	NWT	1:13.52
3	Esther Miller	BC	1:16.04
4	Monique Waterreus	YT	1:17.50
5	Janet Lumb	NCD	1:18.08
6	Joan Groothysen	ALTA	1:19.47
7	Kaarina Englebrecht	BC	1:19.50
8	Celine Giguere	QUE	1:20.30
9	Kelly Rogers	SOD	1:21.23
10	Lorna Daurich	MAN	1:22.32

### STATISTICS 1975-1982

1976	Sharon Firth	NWT	1.11:15 ***
1977	Shirley Firth	ALTA	1.10:41.27
1978	Shirley Firth	NWT	1.20:47.39
1979	Shirley Firth	NWT	1.10:59.5
1980	Angela Schmidt	SONT	1.08:37.61
1981	Shirley Firth	NWT	1.06:39.20
1982	Sharon Firth	NWT	1.13:22

\*\*\* Track loops used were shorter than normal

# PEAKING

by Bill Koch

**I**n the small Tyrolian village of Seefeld, Austria Bill Koch became the first North American skier to win an Olympic medal in cross country skiing. It was the 1976 Winter Olympics and Bill Koch was peaking.

Last year Koch peaked again and became the first North American to win an overall World Cup title in cross country skiing.

“Watching him ski you know that were there no Olympics, no ski racing, no tyrannous stop-watches, he would still be skiing” says Eric Evans, writer and U.S. national kayak champion for many years.

“His love affair with the sport is that deep

and pure, that childish in the very finest sense. The gee-whiz fun of skiing is at the core of the sport’s fascination for Koch, and the public’s distorted notion that cross country skiing is simply mindless diagonal slogging through snow would never survive an afternoon of Koch watching. There is still play in it for him, pure childish play for the fun and hell of it.”

In this article Bill Koch advises racers on managing their training effort to achieve long range goals in cross country skiing. Olympic hopefuls, national champions and citizen racers can all learn from a man who speaks from personal experience.

— THE EDITOR

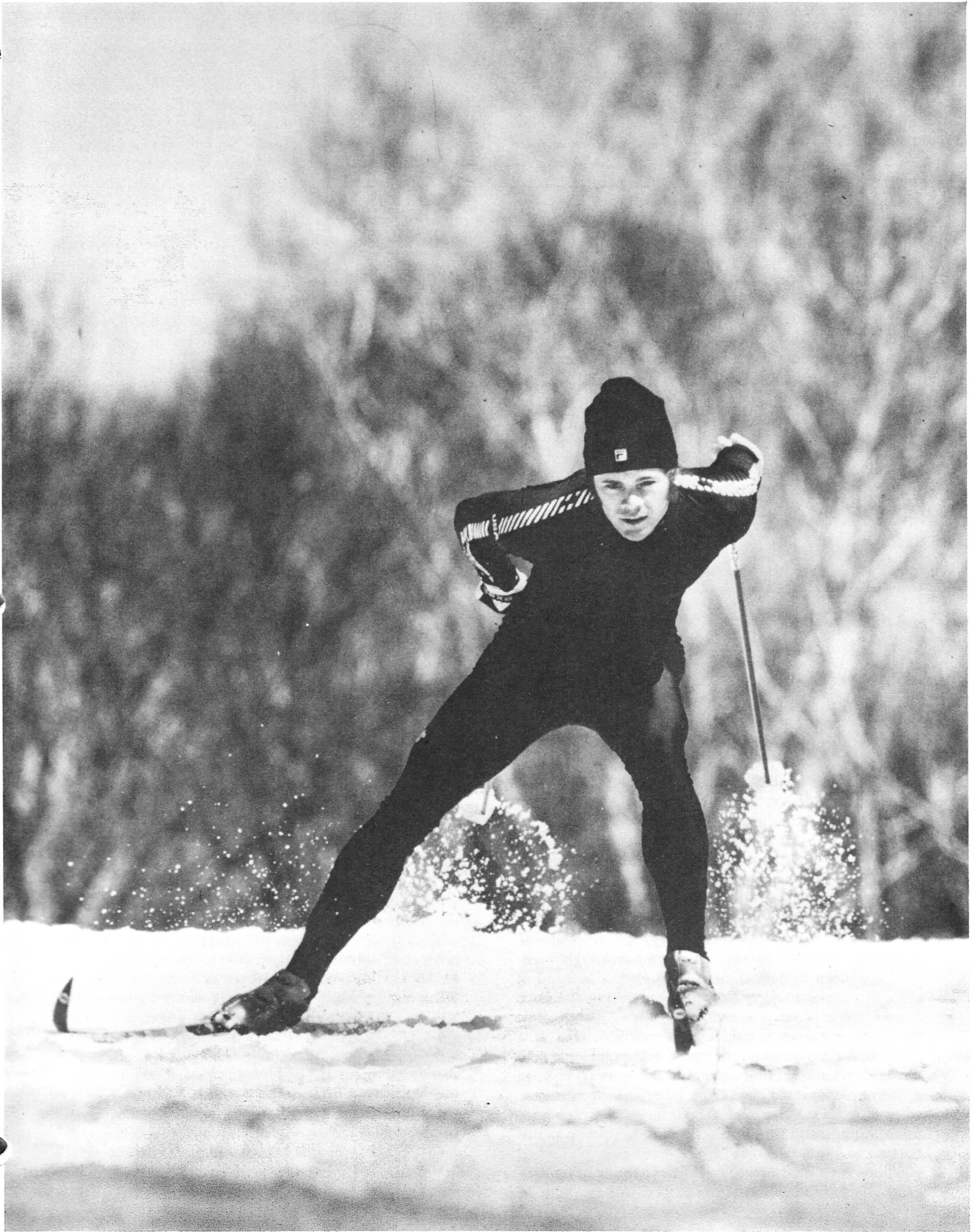
**T**RAINING DOESN’T STOP when the racing begins, but training volume may need to be less. If you maintained a high volume of training during November and December, which is the normal pattern, you will likely have to reduce the number of hours you train during the racing months or face a possible overtraining syndrome. You are adding racing and travel (which both require a lot of energy) to an already full and demanding training schedule.

During your peak racing period, your training volume might be only sixty percent of that of your peak pre-season training period. This is assuming that you were training at maximum volume then. There is a certain level of training that must be maintained for each individual athlete to produce best results. It is important for you to learn this level and this is accomplished mostly through self-analysis. Get to know your own body instead of blindly following the advice of others. You can be the best judge of your capabilities and know best how you are feeling.

Seeking advice, listening to ideas, and accepting help from your coach and from all other reliable sources is essential to a well-rounded program. But develop your independence and self-confidence as a priority because these two qualities will be your backbone when you stand alone in the starting gate and when you race alone on the course.

Finding the right training formula in winter is tricky, especially when you want to race consistently well all year and each race is as important to you as those comprising a World Cup or World Loppet series might be. It is good practice to listen to and learn about your body all year so you know yourself intimately when it’s time to start racing.

A demanding race schedule requires a lot of personal energy, and for this reason it is difficult to stay “up” both physically and mentally all winter. The energy and time that you had for training in November might not be as abundant once you start racing. Since you must keep up your training, it would be smart to utilize this reduced amount of time and energy in the most ef-



ficient and specific way possible.

A word of caution here: Some athletes are so preoccupied with the possibility of overtraining that they manifest all the symptoms of overtraining without actually reaching that state. The fear of overtraining prevents them from training enough to reach their potential. On the other hand, some athletes drive themselves *too* hard. Some do it in complete innocence — thinking that the harder and longer they train, the better condition they will be in to race. Others push themselves intentionally — some using training as an escape from other problems. As long as you are reasonably alert to the possibility that you could overtrain without being obsessed by it, I think you will know if you overtrain.

Phrases like “blowing up” and “peaking early” are abused; they seem to imply that it is the end of the line as far as racing is concerned for the rest of the season. It can and does happen, but not as often or as easily as you may think. It is necessary to train hard and rigorously and to explore your potential if you are to race at all. Hard work must become a habit, a lifestyle, something you automatically seek rather than something you force on yourself.

*“Hard work must become a habit, a lifestyle, something you automatically seek rather than something you force on yourself.”*

**W**ith regard to training and racing, I feel that it is better to do the wrong thing with confidence and gusto and with a mind open to new and more accurate knowledge than to vacillate or travel the middle of the road where it is believed to be “safe.” Be wise and make certain that ideas are well thought out, then be bold and assertive. Dare to take risks that might lead nowhere, but which, if they work, will be handsomely rewarded. Dare to be different and follow convictions even if you are alone in them and even if failure brings difficult circumstances.

From Christmas through March, you will probably be racing frequently. A common program would be weekend racing and an occasional midweek night race. You will need to determine for yourself what kind of training program works best for you during the days before a race. Your program might vary depending on how long the race is and how important it is. If a scheduled race is not particularly important, you will probably train right through it and not worry if you are a little tired on race day. This is important in a year when you want to peak in February, in which case maintaining good training in January is equally as important as January racing. If the event is important to you, however, you must plan your daily training program carefully so that you arrive fresh and ready to go on race day.

One of the most critical yet most difficult programs to maintain during racing season is your distance or endurance training. Endurance training seems to be the backbone of a successful winter program. For men in particular, the fifty-kilometer races are generally scheduled during the second half of the season and require that you carry your endurance base through the first half of the racing season so that you can utilize its benefits later. Shorter endurance sessions won't help you retain the capacity to race in fifty-kilometer events. The length of your workout should coincide with the distance you are planning to ski.

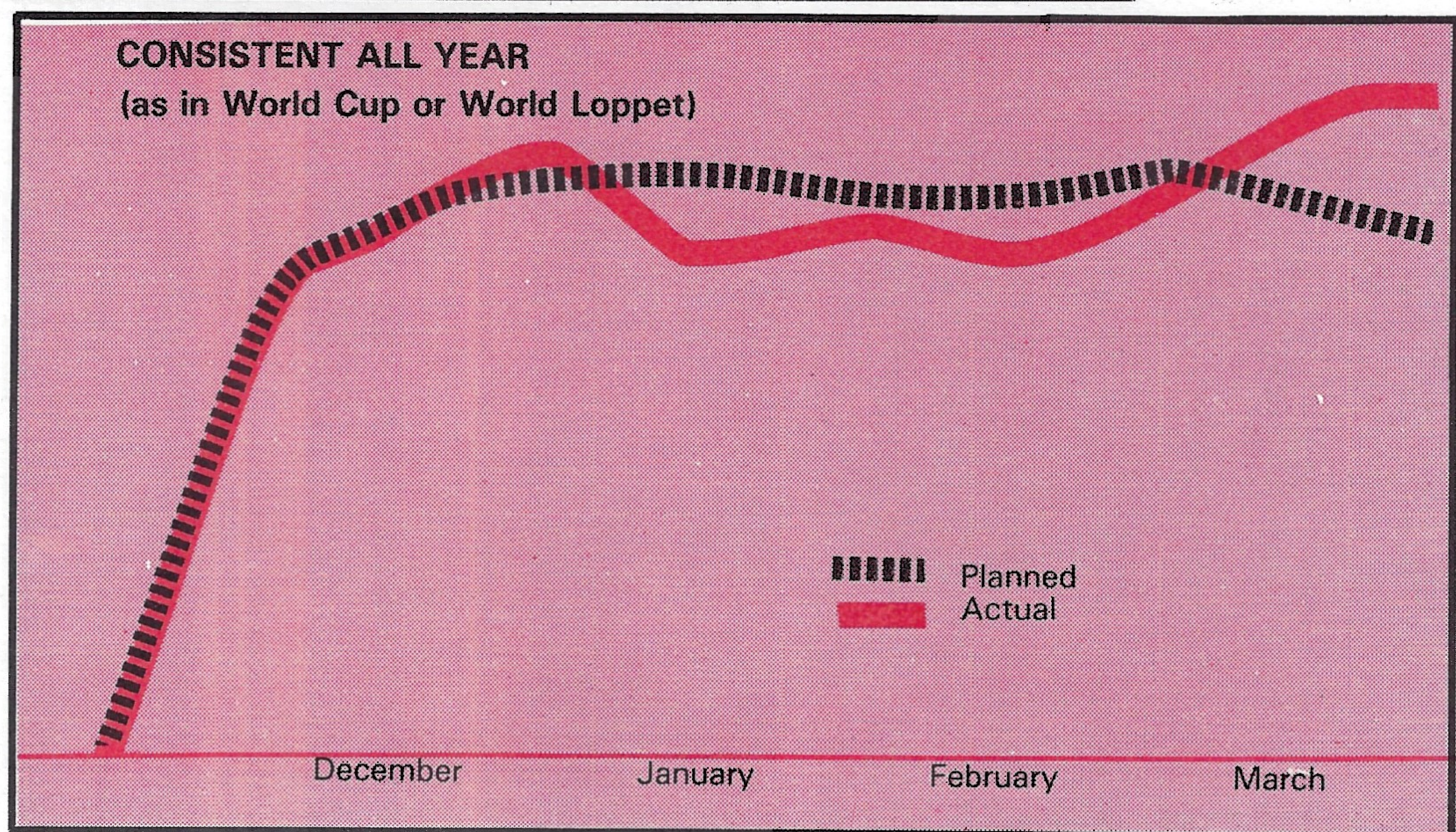
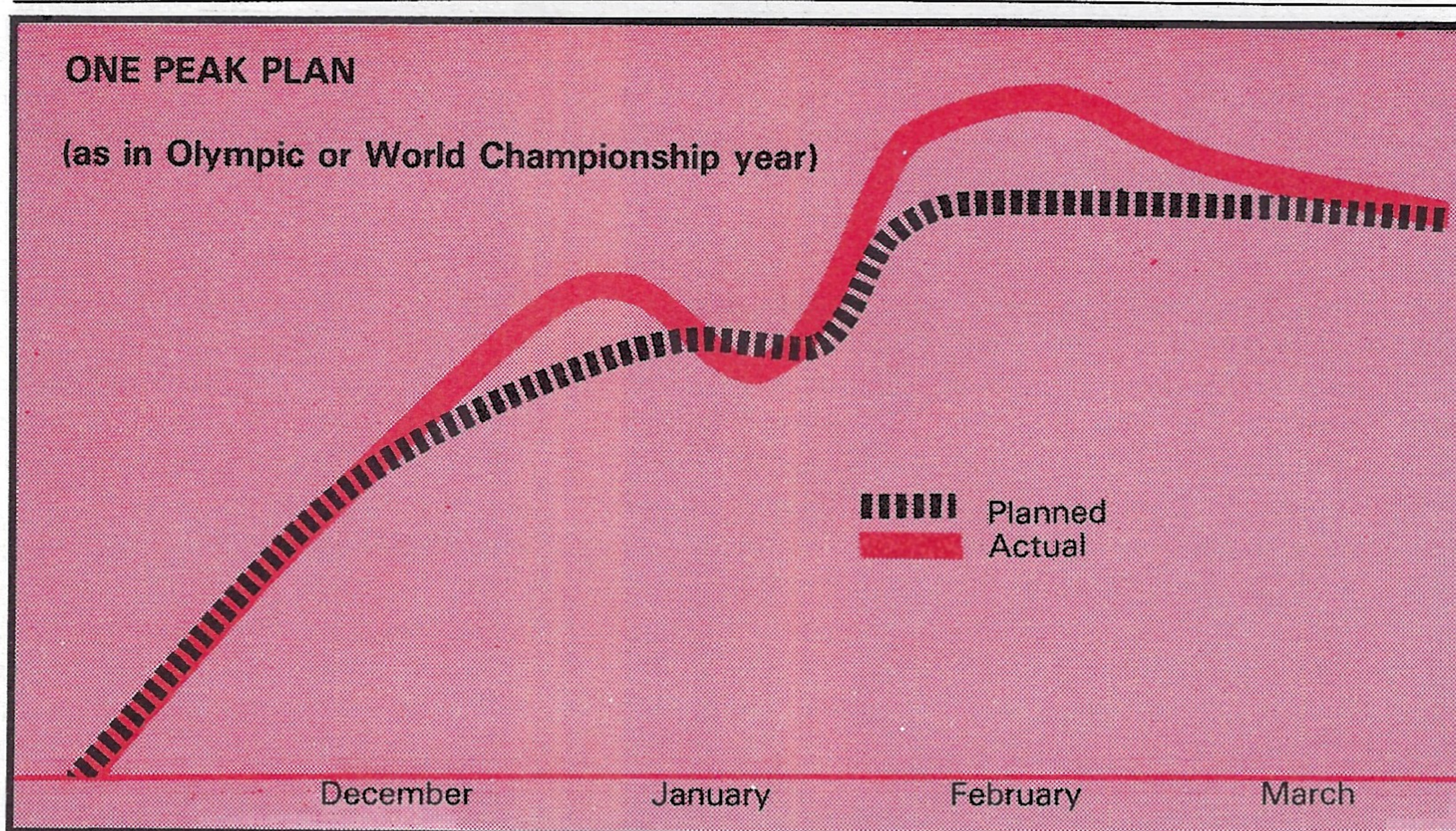
For this reason, try to keep at least one high-quality endurance workout of three or more hours duration in your winter training program. I'd rather have one three-and-one-half-hour quality workout followed by a rest day, which I would combine with workouts of shorter duration during the week, rather than several workouts each week that never exceed two-and-one-half hours.

A nonstop pacing workout of fifty kilometers may be more beneficial than two thirty-kilometer workouts. Even though the former requires less time and fewer sessions per week, it is tougher and more specific, and will therefore build better endurance for the long races. Fifty-kilometer races are in a class by themselves. A thirty-kilometer race is more closely related to a fifteen-kilometer race and can be strategically raced like a race of that distance. In one hour and thirty to forty minutes, it is over. But a fifty-kilometer race can last as long as three or more hours in slow conditions while still demanding a pace that is nearly as fast. After two hours at race pace, things can get tough if you aren't trained specifically for it, especially if it is very cold or unseasonably warm.

*“Do you have any particular goals for this winter, such as doing well for a particular race or through a series, making a certain team, or racing consistently all year?”*

**R**egardless of the length of races you plan to compete in, plan how you would like to manage your energy; don't leave something as important as this to chance. I find it important to have a sense of where you are and where you are going throughout the season. To accomplish this, with a calendar and race schedule before you, plan your entire winter now. How many races will you enter and when and where? Do you have any particular goals for the winter, such as doing well for a particular race or through a series, making a certain team, or racing consistently all year? Build a race calendar that will best accommodate your goals.

Once your schedule is firm and your main objective is recognized, plan how you'd like your performance curve to look so that you will perform at your peak at the right time. Now, make a simple line graph to il-



illustrate this clearly. Then think about how you would need to manage your personal energies to accomplish your performance curve. Think about whether you should gently hold back, apply steady pressure, or just go for it.

If you just bull into the season, you may find that you get so involved and keyed up for each race or series that you run out of gas when you need it most. On the other hand, if you go into the season too timidly, you may be at your best as the season ends and there are no more races in which to enjoy your peak. Either situation is frustrating.

The first year, your plan will be unguided by previous experience, but plan anyway to start the learning process. Incorporate into your chart what you think you can accomplish relative to your goals and follow it the best way you can.

Putting this graph into practice during the season requires learning about yourself, and this is a never-ending process. Things rarely go exactly according to plan. There will be unexpected ups as well as downs, but making plans helps you learn. Around mid-season,


evaluate where you are and make any changes that may be needed in either your schedule or your performance curve. If you are off track, try to figure out how to get back on.

At the end of the year, analyze your graph relative to what you actually accomplished. Draw a new line on the graph to represent what actually occurred. Looking at this, you can ask yourself specific questions about why you performed as you did and what you can do to change it for the better. This will help in planning for the following year. Also think about some long-range goals for the years ahead.

Be patient and treat each year of training and racing as the one that brings you one season closer to realizing your goal. Regardless of what level of racing you have reached, it's the effort that counts, and if you are trying your best, there's great reward there.

*This article by Bill Koch was previously published by Cross Country Skier, P.O. Box 1397, Brattleboro, Vermont 05301, USA and is reprinted here with permission. Subscription to Cross Country Skier is \$11.97 (US) in Canada.*

# JACK RABBIT



*“Get your skis on and hit the trail!”*

At 107 years of age, Herman “Jackrabbit” Smith-Johannsen speaks with the convictions of a man who has thought deeply about the human experience.

Jackrabbit, the father of cross country skiing in North America, is not only a champion in the art of survival. He is the spiritual champion, as well as the most convincing example, of the value of seeking out a life of vigorous activity.

*“Take advantage of all the good things in life but in moderation. Be it eating, smoking, drinking, or exercise. Be natural. Be thankful for all your blessings. Don’t dwell on negative matters. Be happy with yourself.!”*



**PATRON OF RACING  
SKIP SHELDON**

*Skip Sheldon congratulates Reijo Puiras of Thunder Bay seconds after winning the 50km '79 Shell Cup race. Skip, Viking's President from 1973 to 1976, was the Chief of Course for the above race held at the Viking Racing Trails on the Jackson Road.*

Jarl Omholt-Jensen

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# THE VIKINGS

by John M. Nolan

**I**n 1929 a group of Norwegians who had emigrated to Canada joined together to form one of Canada's most enduring institutions in cross country skiing: the Viking Ski Club. The founding members were primarily ski jumpers, including Carl Boswick who was soon to become a Canadian national champion. In those days local and even national

skiing events were held in downtown Montreal. Like this year's Canadian Championships, the '83 Shell Cup, the site of major skiing events was Mount Royal and the old wooden ski jump on Côte des Neiges was used for the jumping and combined skiing events. The Viking Club was strong in both jumping and combined and dominated the local competition for many years.

The old Côte des Neiges ski jump was a popular spot for spectators as well as competitors. In fact, the three mountains on the island of Montreal, Mount Royal, Westmount and Outremont served as a large winter playground for local skiers in the thirties. Here is how the president of the Montreal Ski Club described the local scene for the 1931 yearbook of the Canadian Ski Association:

Never before in the history of North America has such interest been shown in amateur winter sports as is now being shown at the approach of the 1932 Olympics.

Lying as it does so close to Lake Placid, Montreal will undoubtedly see many of the competitors both before and after the games, when it is hoped they will avail themselves of the opportunity to sample our Canadian skiing. From the point of view of position, Montreal is unique in being the only place on the continent where good skiing can actually be enjoyed in the heart of a great city. Mount Royal, Outremont and Westmount, at the feet of which are clustered the homes of some million people, have on their sides approximately four square miles of woods and parks. Rome has its seven hills, we have our three, and it is these which form the nucleus of Montreal skiing.

### JACKRABBIT

The president filing this report was none other than the Viking Club's most honored member and the father of cross country skiing in North America, Herman "Jackrabbit" Smith-Johannsen. Jackrabbit, besides being an effective administrator was also a competitive skier. When the club held its first Viking Veteran Ski Cup, Jackrabbit skied away with the first prize. The year was 1936 and the event was held in Shawbridge where the club had constructed a ski jump on the west side of the village. If you know where to look, you can still make out the outline of what remains of the jump today.

### THE SECOND WORLD WAR

But for some reason, perhaps as someone has suggested the problem was with the profile of the Shawbridge ski jump, the Vikings moved to Ste. Marguerite. They rented a ski lodge in the area and constructed a ski jump on a hill near the Alpine Inn. The new ski jump must have pleased them because they remained in the area until the Second World War. The war put a stop to the club's activities for a few years.

After the war the club resumed activities in the Christieville area operating out of a rented cottage. Members were soon at work on the construction of yet another ski jump with the help of club president Alex Olson who was able to make a large contribution to its development.

### JACK WAHLBERG

It was around this time, the mid-forties, when cross country skiing began to absorb the interest of the Viking skiers and they soon had a North

American champion among their ranks. He was a Swedish native who came to Canada when he was twenty-one years old. His name was Jack Wahlberg, a powerful competitor who at 76 years of age today continues one of the longest winning streaks in the world of sports. For the past 61 years he has won an award every year in either running or cross country skiing. Some of the highlights of Jack's remarkable career as an athlete include winning the 18km North American Championships race in New Hampshire in 1948 and representing Canada in the World Championships in 1950.

"I have a love of outdoor activity" he told writer Maureen Stern in a recent interview for The Gazette. "I like racing because you have light equipment, a mechanically prepared track and you can use your poles properly...but I also like touring because you see tracks of animals."

Jack Wahlberg's advice to the reporter was straight forward and sincere. He told her, "The older you get, the more important it is to keep active and out in the fresh air, and to watch your weight." They are not idle words. Last season Jack won the 15km race at the Canadian Masters Championships in the over 70 class.

He skis with such efficiency even seasoned skiers less than half his age have trouble keeping up with him. "I don't move like an old man and that's partly thanks to the exercise I do", says Jack, who skis about 1,500km every winter and paddles around in his racing kayak in the summer.

### THE CLOVERLEAF TRAIL

Tour skiing became very popular with Vikings in the early fifties and you can still find some of the old trail markers in the woods. Ski jumping remained an important club activity and in 1953 the jump in Christieville was abandoned and a new jump was built near the Bellevue Hotel in Morin Heights. The Morin Heights Ski Club amalgamated with the Viking Ski Club and the members worked together to develop and maintain the Clover Leaf Trail. For many years the Clover Leaf Trail was the club's most important trail. Most of the club's races and tours were held on this trail. It was also the original site of one of the club's most enduring events, a 3x10km relay race. Next year the club will celebrate the twenty-fifth consecutive running of the Viking Annual Relay Races.

### JACKSON ROAD

Toward the end of the '50's the club's involvement in ski jumping diminished until finally in the '61/'62 season it was dropped as a club activity. It didn't stop Ulf Kvendbo from successfully representing the club in ski jumping between

1965 and 1972. His successes included winning a Canadian Championships event and several international meets.

Sam Stallard, Rolf Ellingsen and Robert Weiler purchased property in the Morin Heights area around this time and began cutting cross country ski trails. Gradually, the club's activities were transferred from the Clover Leaf Trails to these new trails on the Jackson Road.

### **VIKINGS SELL SKIS**

The late fifties was also the period when the Viking Ski Club began importing and selling cross country skiing equipment. The venture was started by Sam Stallard, Robert Weiler and Gosta Edvardsson to fill the needs of members who found it difficult to purchase good equipment locally. The Vikings imported the equipment from Finland and Sweden and eventually began selling to the general public. The business grew each year until it became the club's main source of income.

By 1963 the club was sufficiently well off to purchase nine acres of land on the Jackson Road next to the existing cross country trails. The next year the original A-frame club house was started and by 1966 it was completed. As more and more sporting goods stores started to stock good cross country equipment the club no longer felt the need to continue importing it and sales were discontinued in 1964.

### **RACING TRAILS**

In 1966 under club president Robert Weiler a racing trail was laid out. It was a successful trail and two years later with Jan Nordstrom at the head, the club organized the Canadian Cross Country and Nordic Championships on this trail. Viking's Irene Jensen won the ladies 10km event and Leo Lehtonen won the 15km and 30km veteran championships. Over the years development has continued on the Viking Racing Trails and at the beginning of this season the entire 10km network was expanded and bulldozed to accommodate double tracking. This work was done in anticipation of the '83 Shell Cup and under the watchful eye of Racing Events director, Jan Eisenloeffel. The club can now boast the finest network of racing trails in the country.

### **CANADIAN SKI MARATHON**

To celebrate Canada's birthday in 1967 the Centennial Marathon Ski Tour was staged. It was a three day touring race from Pointe Claire to Ottawa. Four hundred skiers participated and the event was won by Viking's Gunter Vesser. This event has become the Canadian Ski Marathon, a two-day event on a 160km trail between Lachute and Ottawa which attracts over 4,000 skiers from

around the world. Leo Lehtonen scored a string of victories in the CSM by winning in '68, '70, '71, and '72. Viking members have continued to dominate the event. Last season Vikings skied away with a total of 56 medals, 31 of which were Coureur de Bois awards. Viking's Bill Pollack was awarded his second Gold Bar but the club's top performance came from a 10-year old. Chris Blanchard became the youngest skier in Marathon history to ski the full 160km (100 mile) distance to earn his Coureur de Bois award.

### **SMITH-JOHANNSEN LOPPET**

Jan Hansen initiated the club's most popular citizen's race in 1972, the Smith-Johannsen Loppet. Named in honor of Herman "Jackrabbit" Smith-Johannsen who has been the traditional starter of the race, it has consistently attracted the best citizen racers from Quebec and Ontario.

### **LAURENTIAN LOPPET**

One of the longest races in the world the Laurentian Loppet, a 75km event was started in 1979 under Jan Nordstrom. Aided by club president Malcolm Adams and Smith-Johannsen Loppet's race director, Judy Adams, Jan staged the longest one-day cross country race in Canada. It has since become an annual event but this year it will be shortened to 46km. This has been done to allow the club to concentrate its energy on running the Canadian Championships.

### **SKIP SHELDON**

The most potent force in the Viking Ski Club's involvement in cross country racing has come from the initiative of Viking's President, Skip Sheldon (1973-1976). Skip, a well-known and respected figure in cross country skiing across Canada, besides promoting racing locally, was also involved at the national level. He was Chairman of the Canadian Ski Association's Cross Country section for many years. In 1974 he took Bert Bullock, Sue Holloway and Esther Miller to France for the European Junior Championships.

Skip Sheldon was responsible for starting the Junior Racing Program in the early seventies and the Racing Team has continued to grow under its present coach Aare Oljemark and now numbers sixteen racers.

It was Skip who positioned the club squarely in the forefront of cross country racing. Under his leadership the Viking Club held its first Shell Cup race in 1976 and when it held its second Shell Cup in 1979, Skip served as the Chief of Course. This year, as the Viking Club once again hosts the Shell Cup Canadian Championships, they follow a tradition which originated with Skip. Through his continued support the club remains an important force in Canada's cross country racing scene.



# Looking Back

by Jarl Omholt-Jensen



It's been a long trail and it continues.

Trying to obtain old records and put together the complete history of the Canadian Cross Country Championships during its nearly sixty years of existence is not an easy task. Holes still remain. Based on a number of sources we can assume the 1983 Shell Cup, hosted by the Viking Ski Club, will be the 58th running of this national event.

The nationals originated in Montreal under the auspices of the Montreal Ski Club which felt the need for a national ski meet of coast-to-coast stature. At that time the event involved ski jumping and cross country skiing. Alpine skiing, as we know it today, did not begin nationally with a bonafide championships until the 1930's.

Montreal played host to the first Canadian championships in 1921 with skiers from the major centers such as Quebec City, Montreal, Ottawa and Toronto providing the bulk of competitors.

It wasn't until 1931 that the championships moved westward to Revelstoke B.C.. Montreal continued to be host on seven occasions prior to the Second World War: 1921, 1923, 1925, 1927, 1929, 1932 and 1935. The 1983 meet which is being held at both Morin Heights and on Montreal's Mount Royal will bring the nationals back to the city for the first time in 48 seasons thanks to the efforts of the Viking Ski Club.

Viking, which will host the long distance events on its racing trails in Morin Heights, has run the nationals on two previous occasions. The first was in 1968 when the nationals doubled as trials to select Canada's team to the Grenoble Olympics in France. The meet showed the Vikings were capable organisers of high-calibre events.

The senior championships under Shell's sponsorship, came to Morin Heights in 1979 and return once more in 1983. As with the '68 races, the '83 events will be trials to select top juniors to the World Junior Championships and our top seniors to the resumption of the World Cup circuit.

In the 58 years of championship competition since 1921 only four provinces and one territory have ever staged the nationals: Quebec, Ontario, Alberta and British Columbia and the Yukon. It would be a virtual domination by the four provinces were it not for the fact that the Yukon was awarded the races in 1977 in preparation for the World Cup finals it hosted in 1981.

As for the above statement that the '83 championships will be the 58th running, it boils down to a question of whether or not a competition was held during the war years. Some records indicate there were no races from 1941 to 1946 while other sources state no competition from 1942 to 1946. Thus some uncertainty exists as to whether or not the '83 events are the 58th or 57th. In support of it being the 58th Championships is the greater number of sources indicating no races from 1942 - 1946. They out-weigh the files supporting no races from 1941 - 1946. What is certain is the races continued from 1921 to 1940 and from 1947 to the present. All sources are in agreement there. The war years are the only questions to be resolved.

An early solution would benefit the sites which hope to host the races in the next couple of seasons. The 60th annual Canadian Championships should be something special and advance warning must be made available to everyone wishing to stage this important mile-stone in Canadian skiing. The 60th anniversary will occur either in 1985 or 1986 based on the final outcome of research into the history of Canada's most important cross country skiing event.

## NATIONAL SKI TEAM

### A TEAM

#### SHIRLEY FIRTH

31/12/53  
Inuvik Ski Club  
Inuvik, N.W.T.  
Coach: Anders Lenes

#### PIERRE HARVEY

24/03/57  
Rouge et Or, Université Laval  
Stoneham, Que.  
Coach: Bernard Voyer

### B TEAM

#### SHARON FIRTH

31/12/53  
Inuvik Ski Club  
Inuvik, N.W.T.  
Coach: Anders Lenes

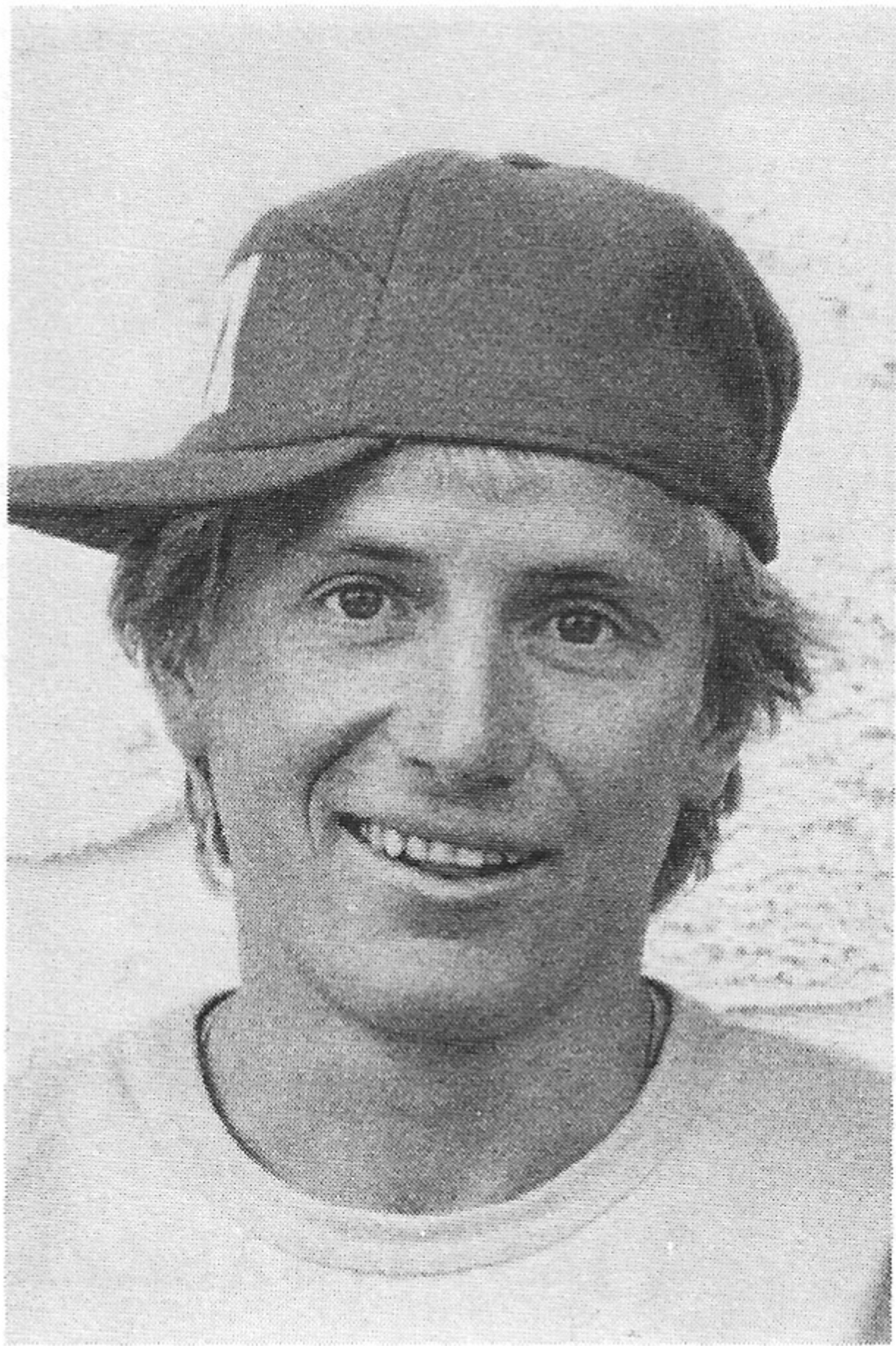


#### ANGELA SCHMIDT

06/01/60  
Midland Ski Club  
Honey Harbour, Ont.  
Coach: Don Foster

#### RICHARD WEBER

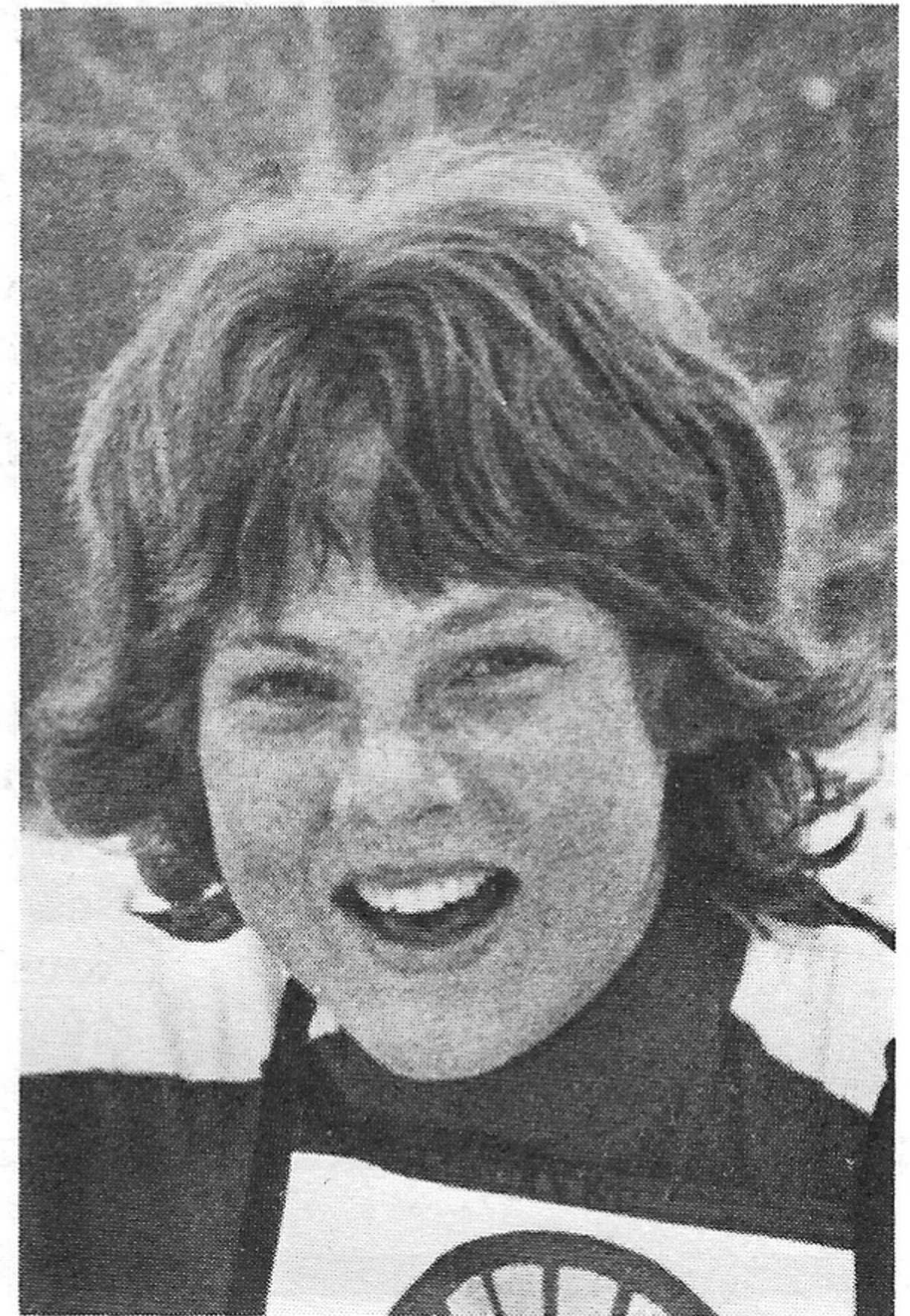
09/06/59  
Nakkertok Ski Club  
Cantley, Que.  
Coach: Laurent Roux



**ANDRE TOURIGNY**

17/06/61  
Ski Bof  
St. Leonard, Que.  
Coach: Laurent Roux

**DEVELOPMENT TEAM**



**JANET LUMB**

02/21/61  
Ottawa Ski Racers  
Ottawa, Ont.  
Coach: Heinz Niederhauser

**REINO KESKI-SALMI**

09/06/57  
Larch Hills Ski Club  
Salmon Arm, B.C.  
Coach: Marty Hall



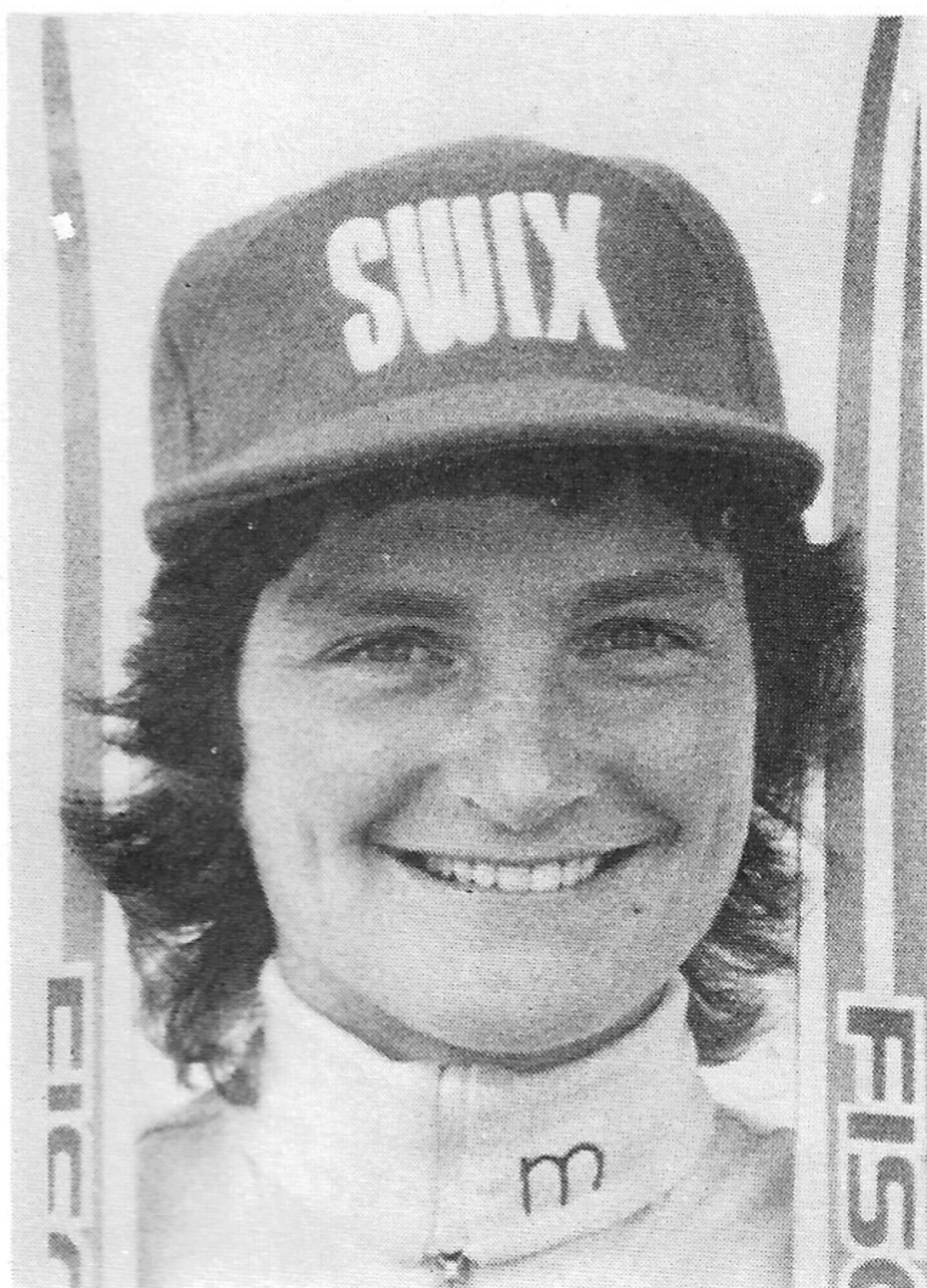
**MONIQUE WATTEREUS**

25/08/61  
Whitehorse Ski Club  
Whitehorse, YK.  
Coach: Grant Paulson

**MARIE-ANDREE MASSON**

08/10/63  
Fonders de St. Jerome  
Victoriaville, Que.  
Coach: Laurent Roux

**C TEAM**



**ESTHER MILLER**

10/09/57  
Omineca Ski Club  
Burns Lake, B.C.  
Coach: Marty Hall



**TALENT TEAM**

**CELINE GIGUERE**

03/05/59  
Mont Ste. Anne Ski Club  
Victoriaville, Que.  
Coach: Laurent Roux

**JENNY WALKER**

27/07/62  
Ottawa Racers Ski Club  
Ottawa, Ont.  
Coach: Marty Hall

**MARTY HALL**

03/09/37  
Hartford, Vermont USA  
Head Coach, National Team

**DOUG PETERSEN**

05/11/53  
Hanover, New Hampshire  
Assistant Coach, National Ski Team

# Ski Divisions

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



JENNY WALKER



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Director: Dr. James Sullivan

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*Municipalité de Morin Heights*

*Bienvvenue à Morin Heights  
Soyez heureux durant votre séjour  
Bonne chance à tous  
les concurrents*



Morin Heights

*Welcome to Morin Heights  
Enjoy your stay  
Good luck to all competitors*

La Coupe Shell 1983

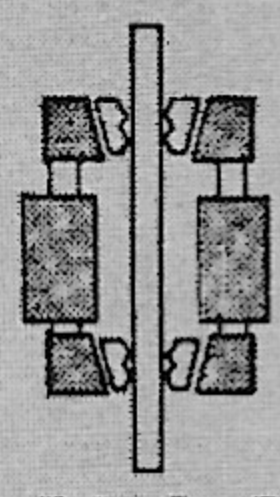
Championnats Canadien de ski de fond est subventionné par:



Gouvernement  
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*Bienvenue a tous les participants à la Coupe Shell 1983  
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*Welcome all racers to the 1983 Shell Cup  
Canadian Championships. Good luck to all!*



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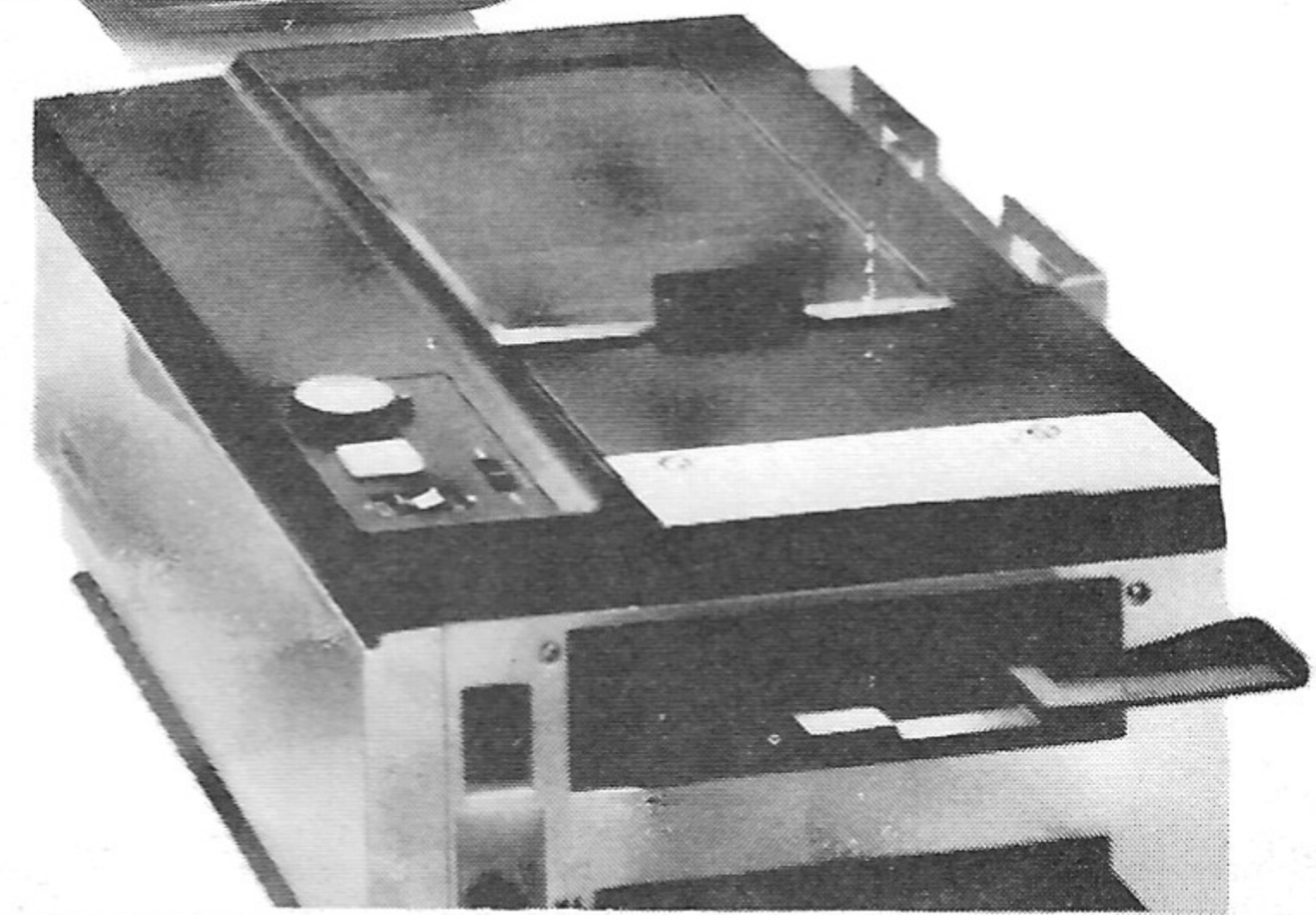
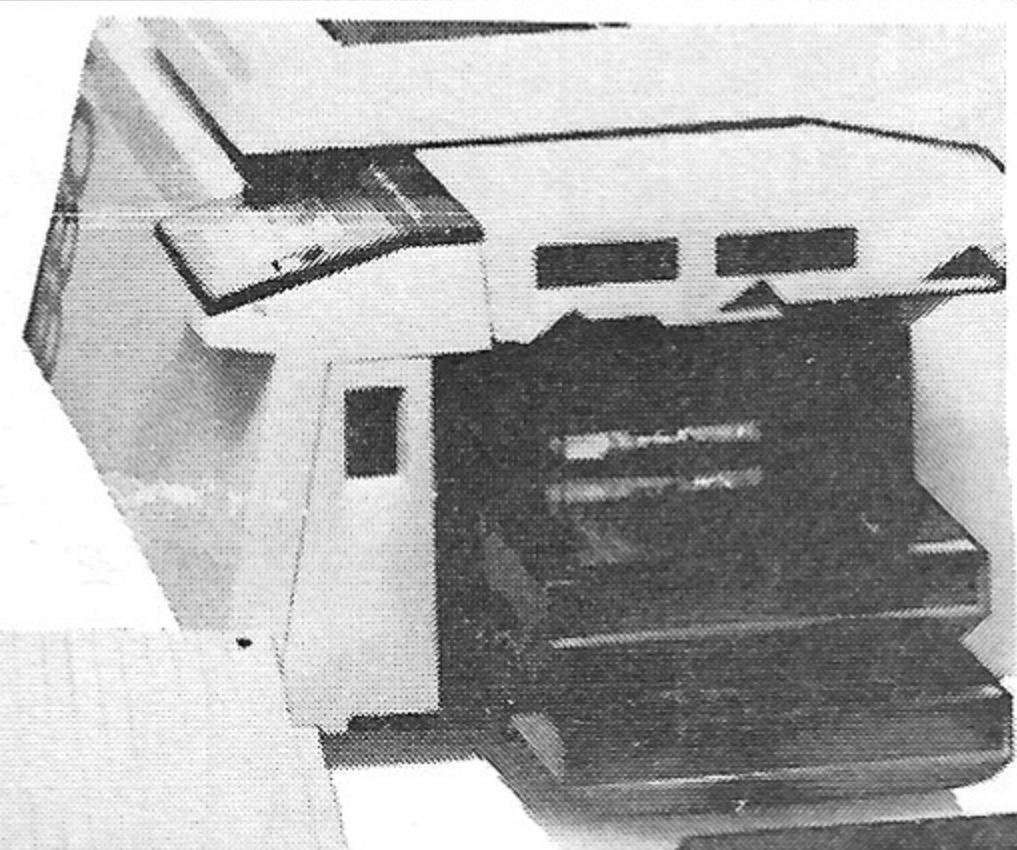
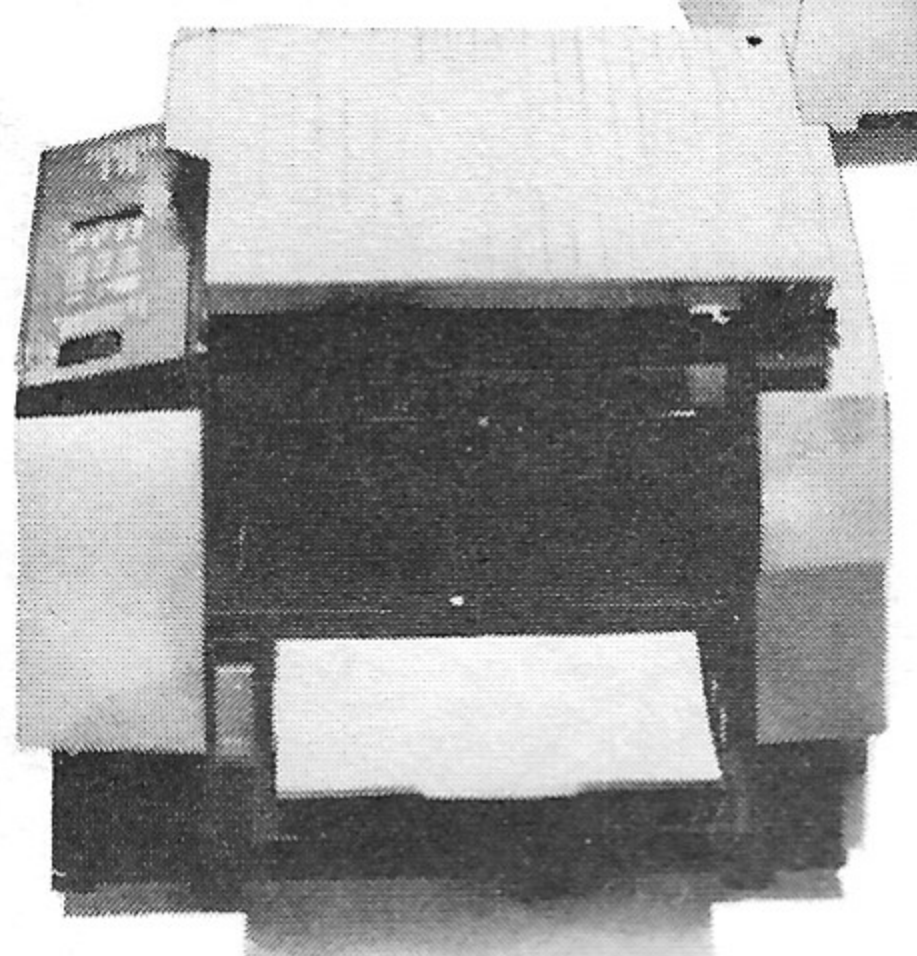
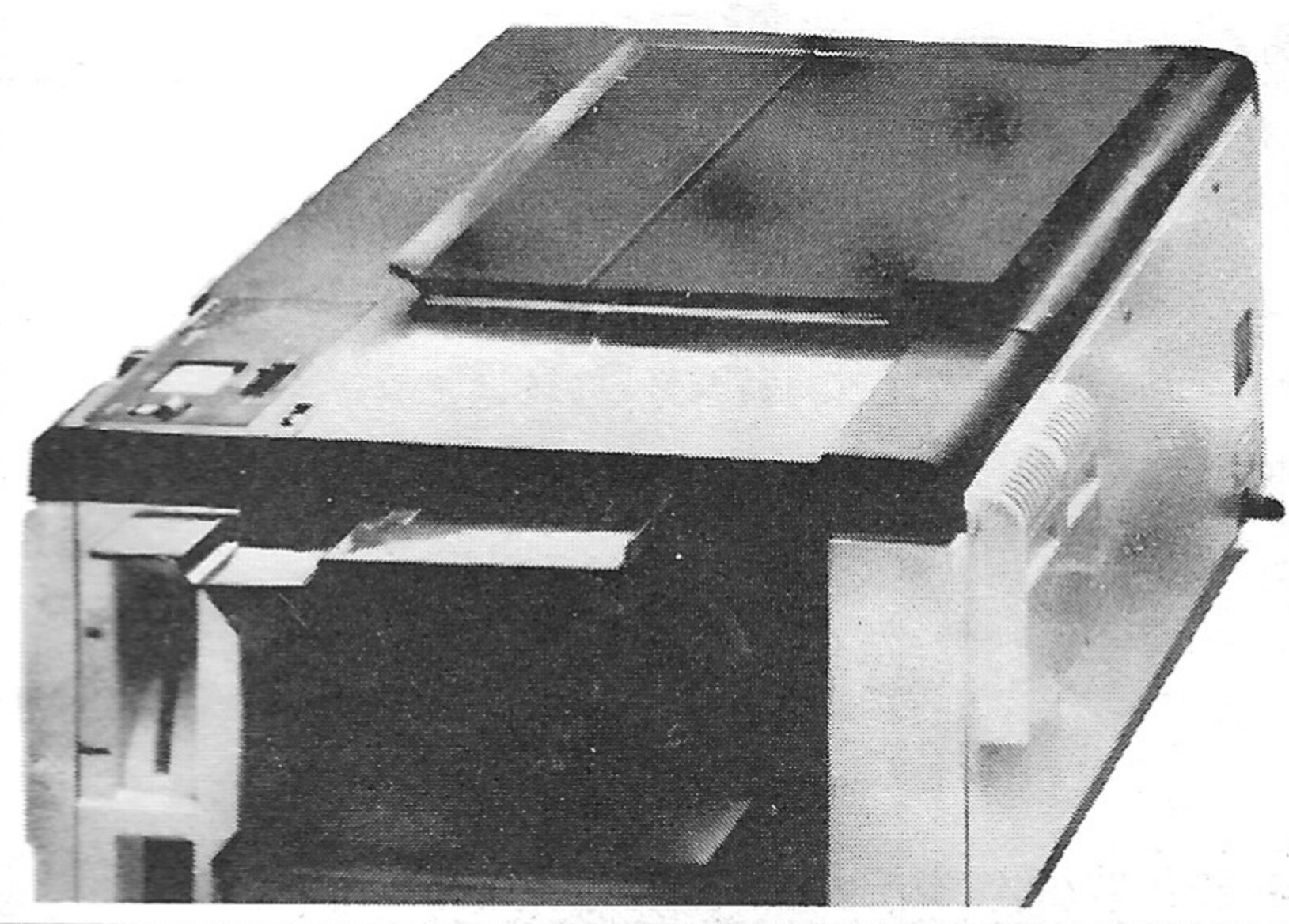
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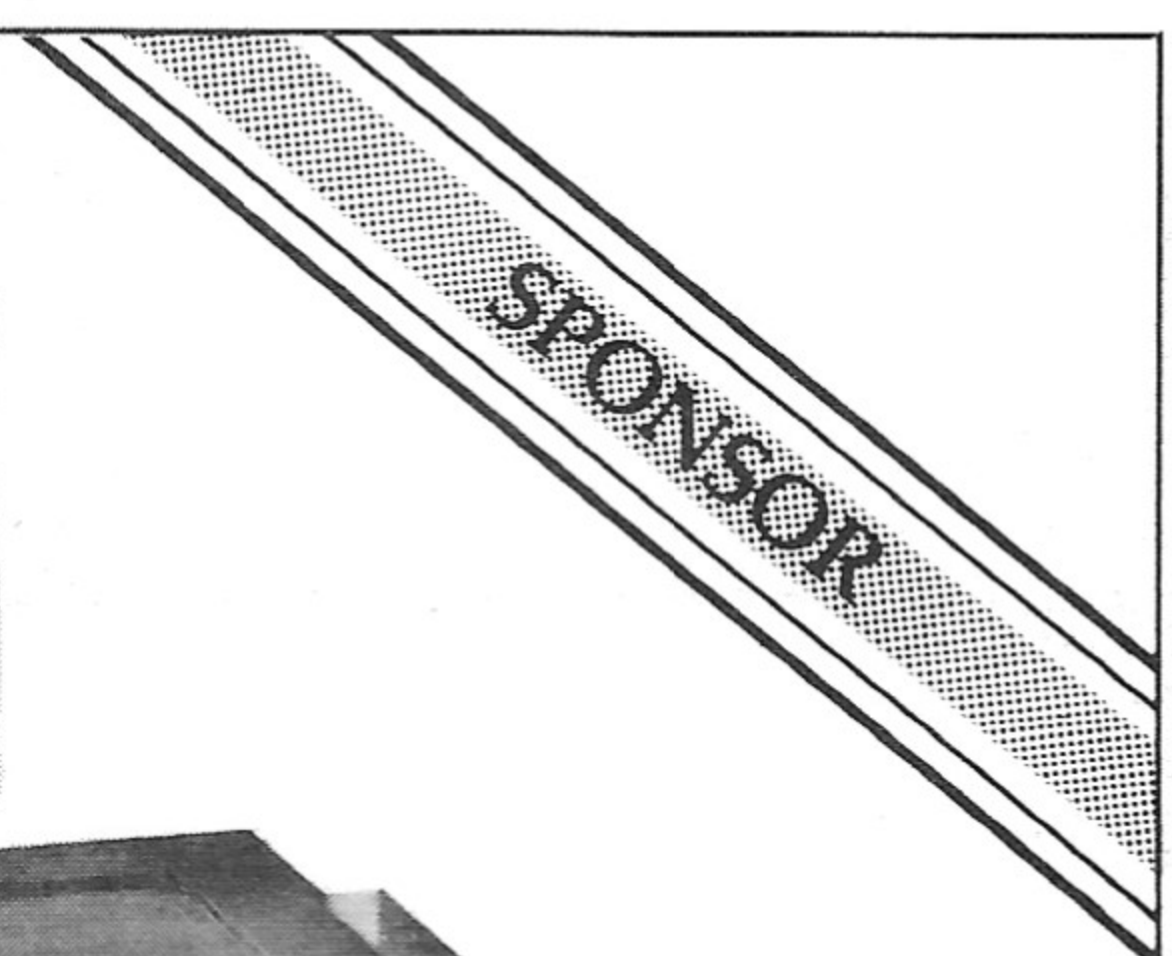
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**savin**



With the incredible increase in popularity of cross country skiing, more and more resorts are realizing just how important it is to have good cross country trails for their guests to enjoy.

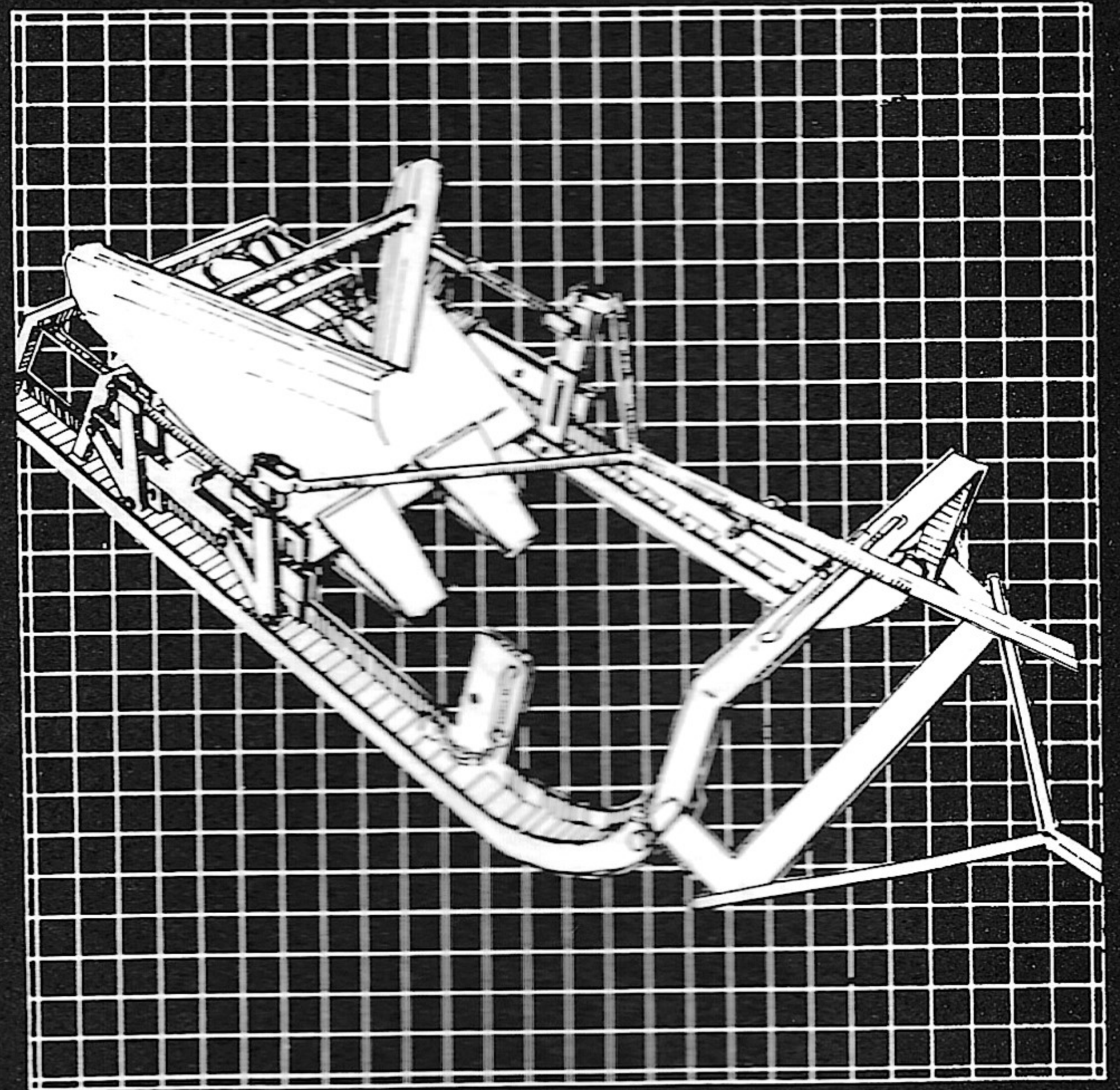
And every winter, more and more of those resorts discover the indispensable Track Sled.

Track Sled is designed to create and help maintain the best cross country trails in all kinds of snow.

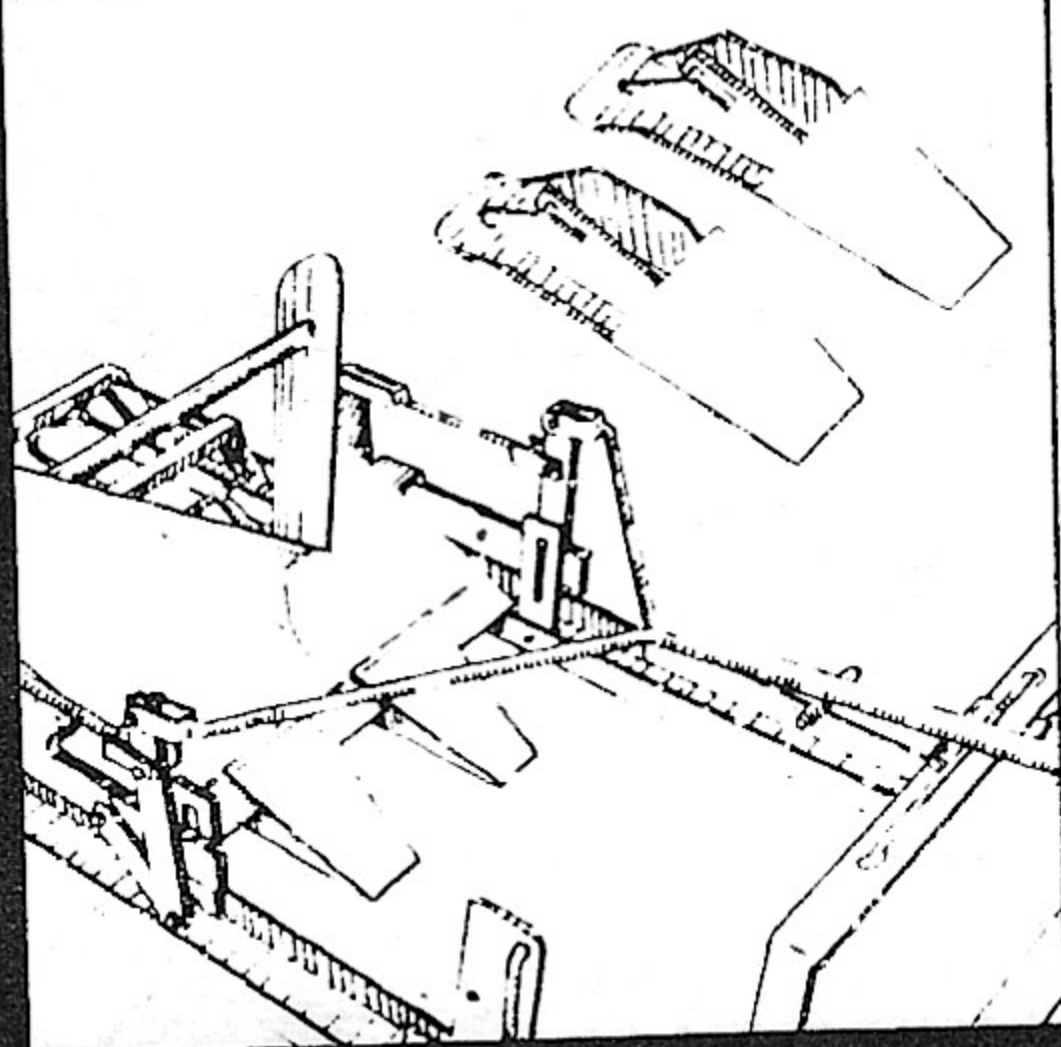
Track Sled is maintenance free, and attached easily to the back of nearly any snowmobile and snow tractors, and cuts clean professional tracks in even the most adverse of conditions.

Track Sled has been tested and is recommended by the Ontario Ski Resort Operators Association. But best of all, Track Sled will help you get your share of the ever expanding cross country ski market.

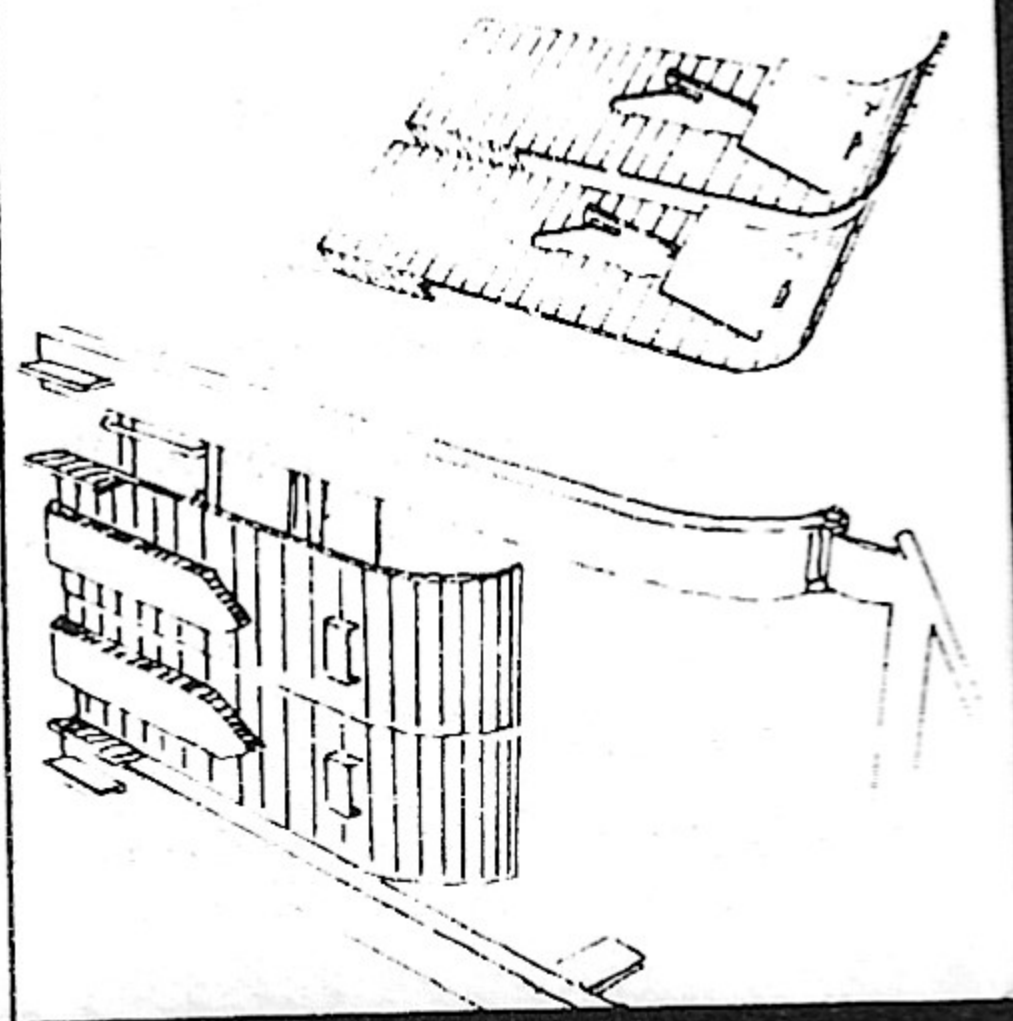
# TRACK SLED



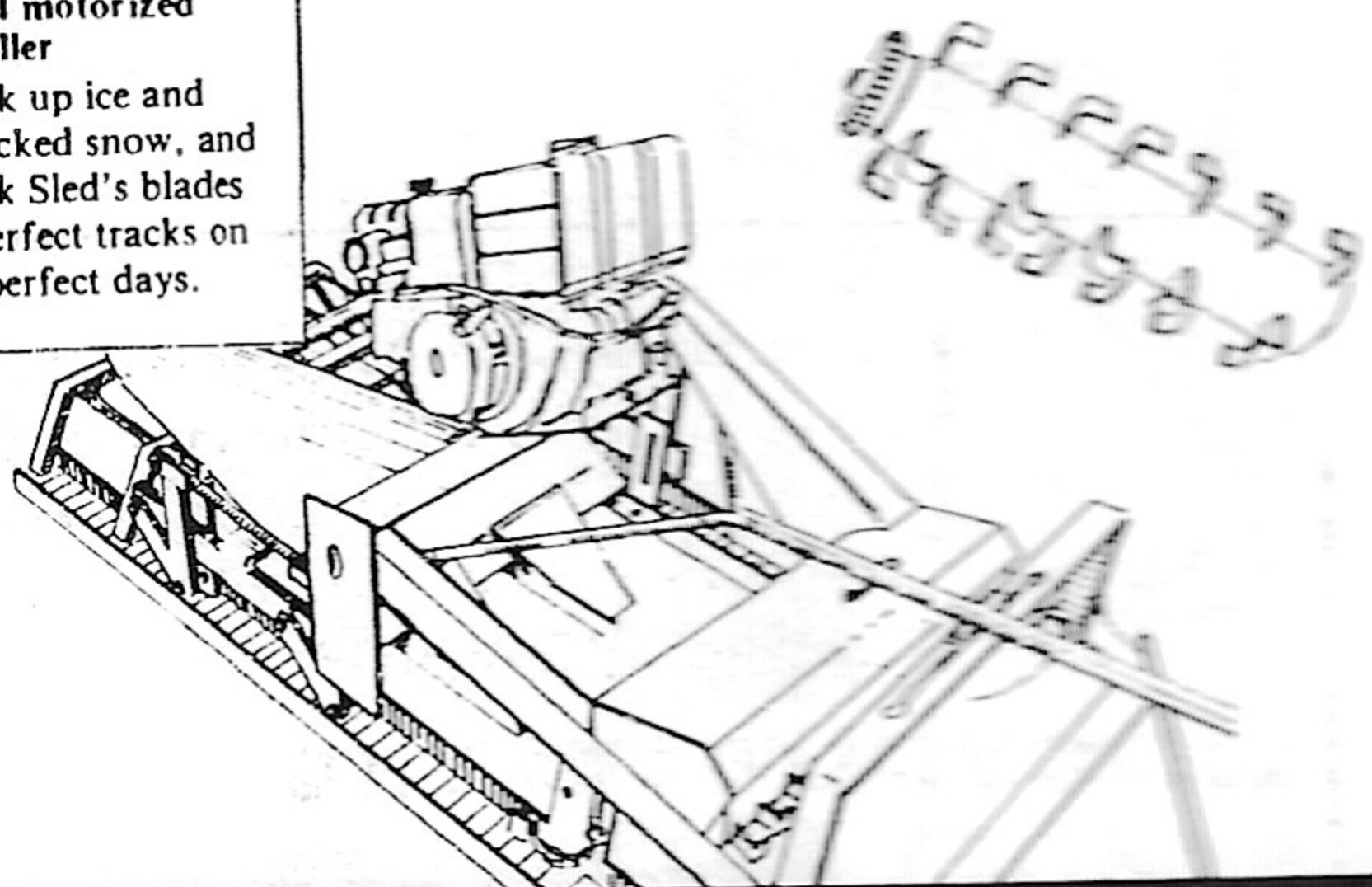
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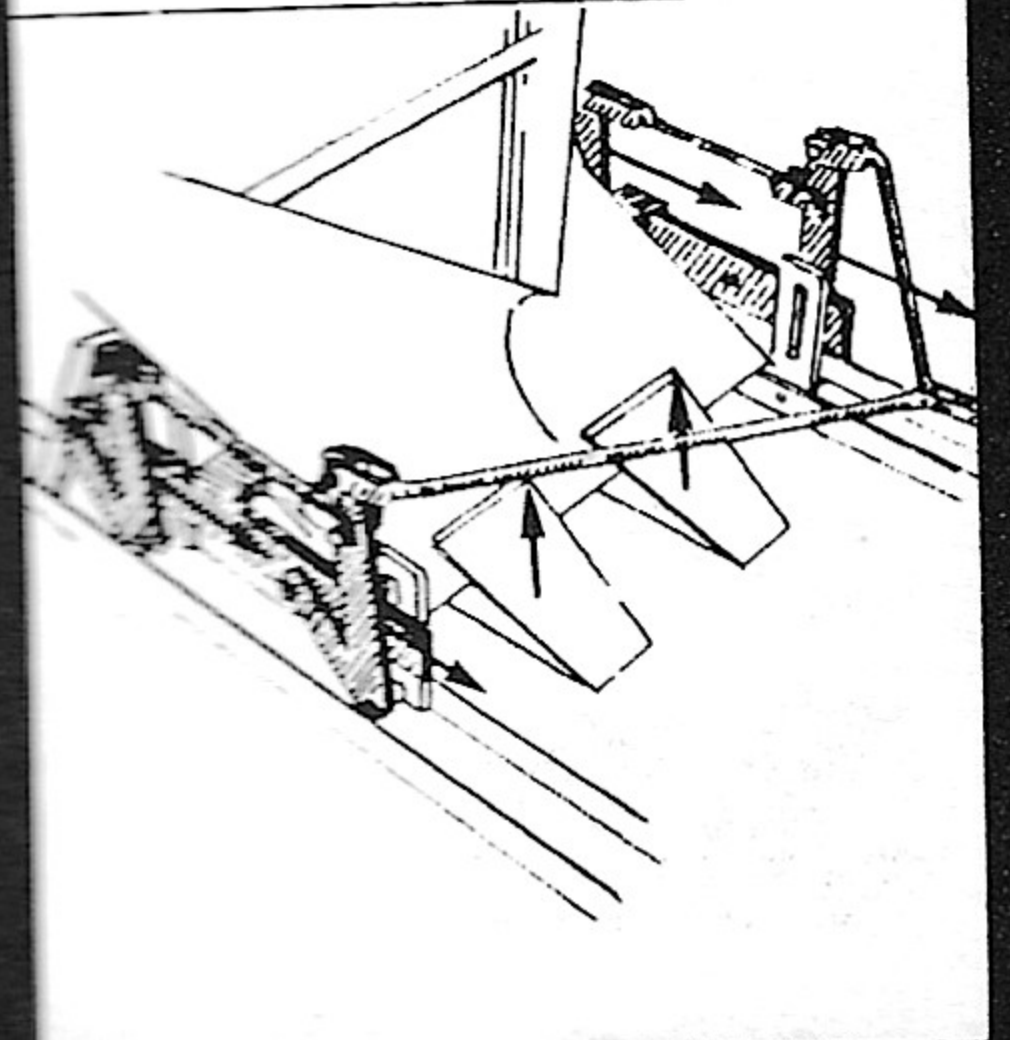
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**3. Optional motorized rotary tiller**  
To break up ice and hard packed snow, and let Track Sled's blades carve perfect tracks on not so perfect days.



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- Weight 1250g
- Width 37mm 44mm 37mm

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## JÄRVINEN

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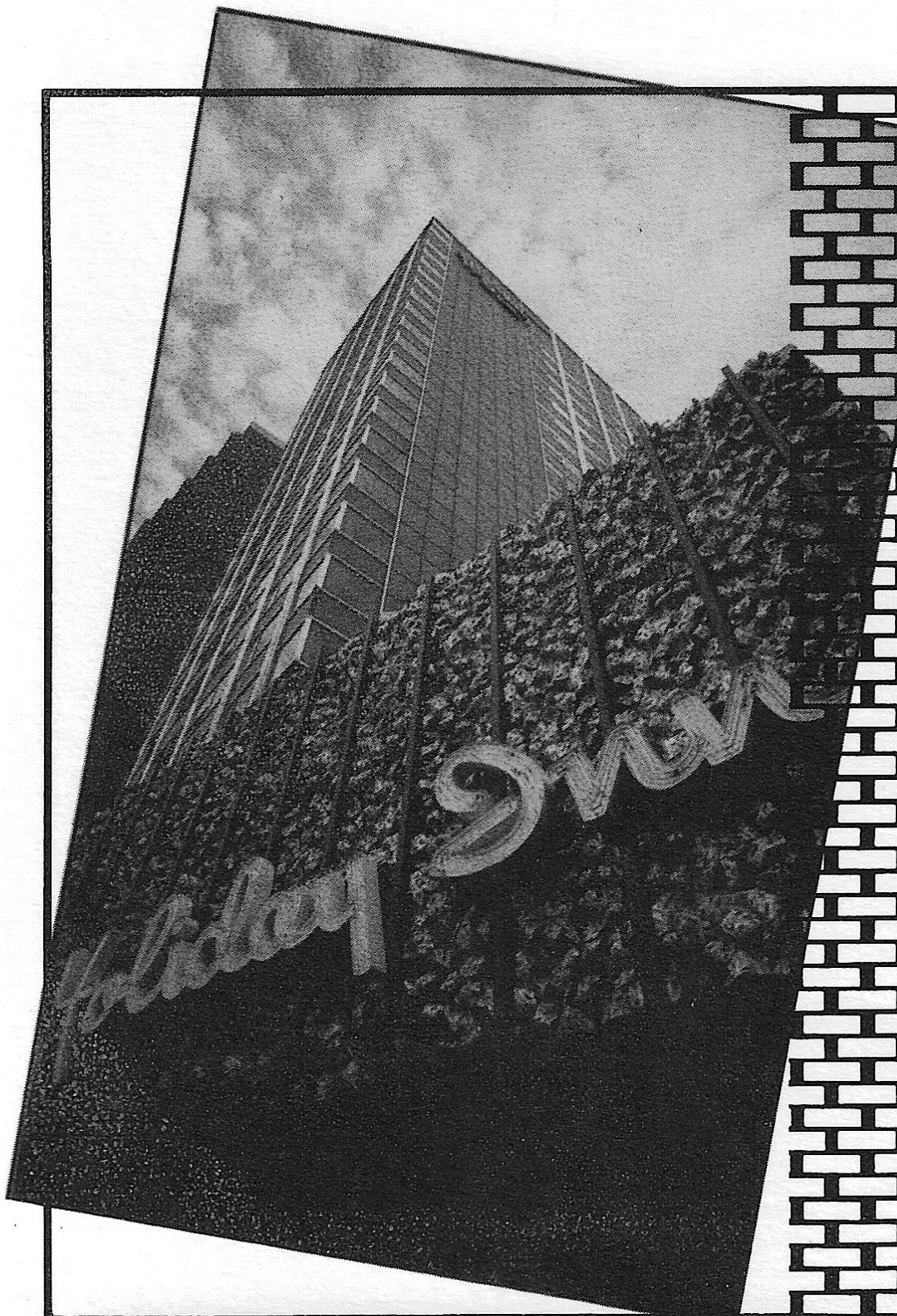
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