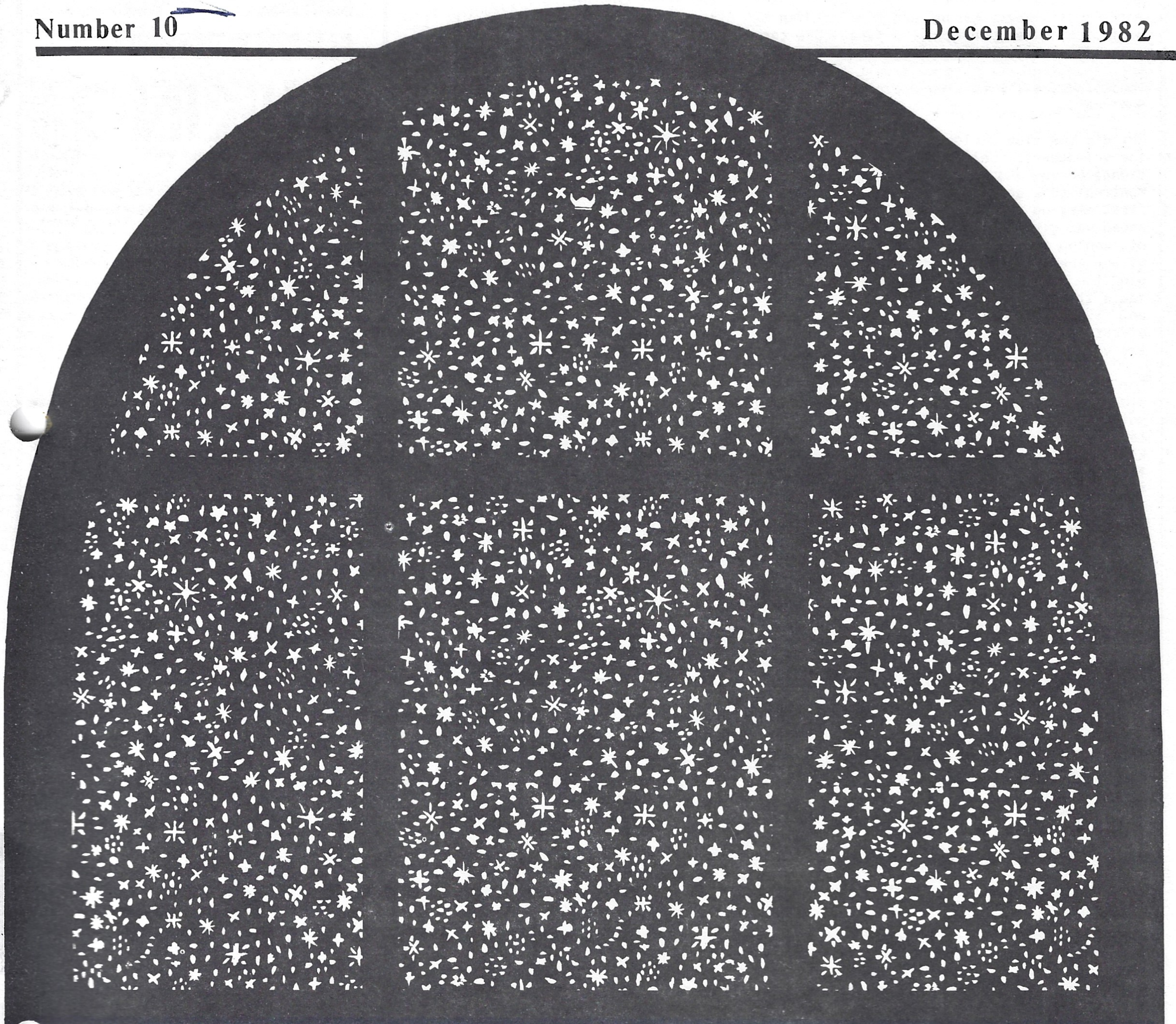


VIKING



Number 10

December 1982



C H R I S T M A S

EDITORIAL

The extra effort

The Viking Ski Club is no longer just a club. It has evolved into an institution providing society with both the facilities and the experienced personnel to run major events of local and national importance in cross country skiing and orienteering. The 1983 Shell Cup Canadian Senior Championships is a good example.

Canada's top races, the National Championships and the World Junior Championships trials will be run this year by the Viking Ski Club. Operating entirely with volunteers the club will stage a full week of races, ceremonies, and social events for over two hundred of the best cross country skiers in Canada and the entourage that always accompanies them: coaches, assistant coaches, officials from Cross Country Canada and the Canadian Ski Association, sponsors, suppliers, media, relatives, friends and fans. One can quickly conclude a lot of Vikings are going to be very busy keeping all these people happy for a week. To make the situation even more difficult the club has chosen to stage the event in two locations: the Viking Club Racing Trails in Morin Heights and on Mount Royal in Montreal.

Why did the club decide to do such a thing? It just about doubles the burden on the volunteers. Well it was not just an idle decision. Discussing the additional burden and added complexities of holding part of the Championships in Montreal took up more than half of the Championship Committee's time from their first meeting in May until a final decision was made in October. The final go-ahead was given after Cross Country Canada agreed to cover the additional cost of running the event on Mount Royal. But that still doesn't answer the question of why these Viking volunteers knowingly voted to double their work load by staging the race in Montreal as well as Morin Heights. The answer is simple: because it's an exciting idea. It follows a tradition the Viking Ski Club thrives on. Sure it's going to be a lot more work. It's going to require an extra effort but no one understands better what giving that extra effort means than the very people who are running this event.

For over fifty years the Viking Ski Club has been a major influence on the development of cross country skiing both locally and nationally. Viking's membership list has traditionally been a "who's who" in cross country skiing. From tourers to citizen racers, from local races to world class competition the Viking Ski Club has been making a big impression since 1929. With living legends like Herman "Jackrabbit" Smith-Johannsen, Jack Wahlberg and Art Gravel, to mention only a few, the club has always represented the very best.

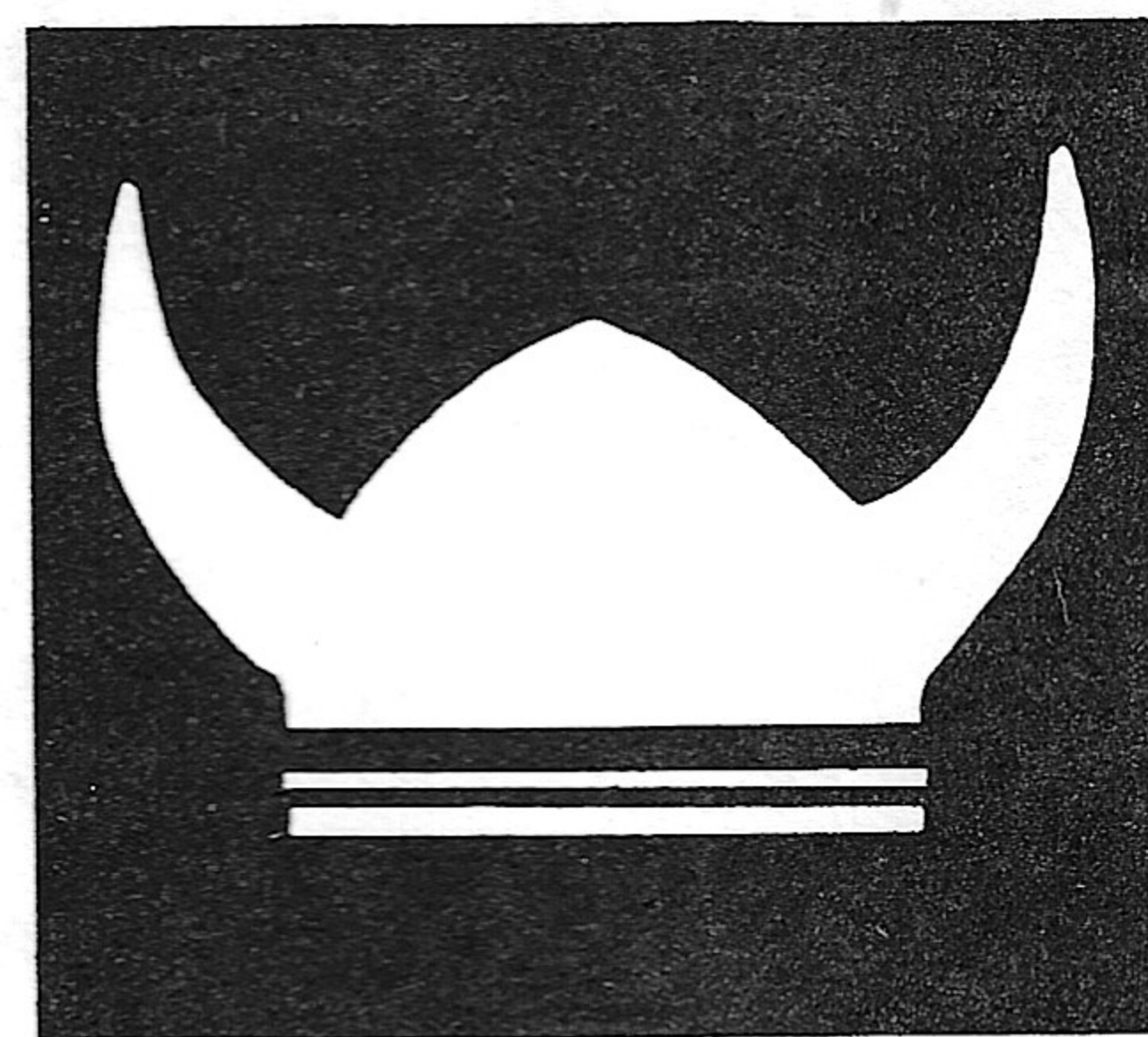
Partly because of the high standards the club has maintained, not only in the personal performances of its members but also in the quality of its events, many outsiders as well as some newer members fail to realize a very important fact: the Viking Ski Club is a volunteer club. The club has operated for over fifty years on the volunteer work of its members. The board of directors are not paid. The club's President, the executives and the committee chairmen are not paid. The clubhouse and the extensive network of racing and touring trails are all maintained by the volunteer work of Viking Club members. Many of the local races from the Autumn Run to the Smith-Johannsen and Laurentian Loppets are run by the club's volunteers. In addition the club runs many of the national events in orienteering as well as cross country skiing.

How do they do it? Well they certainly don't do it by charging high membership fees. Viking membership fees are ridiculously low. Annual fees for a single member are only \$35 and the club limits membership to a maximum of 300. Compare this annual \$35 fee to the daily \$19 fee skiers will pay to ski at Mont Tremblant this season. Viking membership is possibly the biggest bargain in anyone's budget.

It is obvious the club could not offer its members the services and facilities it does solely on the revenue from membership fees. It doesn't. Instead, it taps the abundant talent, expertise and energy of its most valuable resource: its members.

Each Viking member, as part of the conditions of club membership, agrees to contribute three days of work per year to the benefit of the club. Some members spend all three days clearing trails in the fall. Many spend at least one day acting as host at the clubhouse. Others help run races either by acting as officials or by manning feeding stations. Some members take care of the clubhouse, others organize and prepare food for club socials, and others work on the preparation of VIKING, the club's newsletter. This list goes on and on as Viking members handle all the jobs from shovelling snow to managing Canada's top races like this year's '83 Shell Cup.

But that is not the whole story, many members give a lot more. Giving more than is asked for is another Viking tradition. The club has been built on the shoulders of people who have consistently given that extra effort. If we can stand tall today, proud of our association with the Viking Ski Club we should remember we are standing on the shoulders of our fellow members.



VIKING

Editor	John M. Nolan*
Associate Editor	Susan Nish
Advertising	Nancy Lee Patch
Photographer	Vacant
Contributors:	Lori Baird, Ronald Faltus, Paul Rietzschel, Pete Ryan

Published by

VIKING SKI CLUB
CLUB DE SKI VIKING

President	Andrea Burgess*
Vice President	Barry Carrique*
Treasurer	John Moran
Membership Secretary	Katy Van Walsum*
Recording Secretary	Pauline De Wit

COMMITTEE CHAIRPERSONS

Canadian Championships	Denyse Rietzschel
Debentures	Tom McKenna
Equipment	Soern Petersen
Family & Children	Mony Frojmovic
Host	Martha McKenna*
House	Neil Stewart
Laurentian Ski Zone	Vacant
Orienteering	Judy Adams
Publicity	Barry Carrique*
Racing Coach	Aarre Oljemark
Racing Events	Jan Eisenloeffel*
Social	Sandra Carmichael
Telephone	Mandy Bjerkelund
Touring	Immanuel Braverman and Paul Tree*
Trail Clearing	Steve Sewell
Trail Setting	Jan Nordstrom*

* Directors 1982-83

VIKING is the newsletter of the Viking Ski Club/Club de Ski Viking. Any items, press releases, art work or photographs are considered for inclusion if they are received prior to the respective deadline.
©1981 John M. Nolan

SUBMISSION DEADLINES

Issue	Final Date
October	September 13, 1982
November	October 18, 1982
Christmas	November 30, 1982
March	February 7, 1983
Spring	April 4, 1983
Summer	June 20, 1983

All material should be submitted to:

Editor
VIKING
Suite 305
1800 Dr. Penfield,
Montreal, Quebec, H3H 1B4.
Telephone: 937-1976

Steve Sewell thanks trail crews

Touring Trails are ready

Trail clearing was completed a little earlier this year: November 7th. This was a nice change from working in wet falling snow. In fact, with the wonderful weather we had in September and October, trail clearing was very pleasant almost every weekend.

Many thanks to all those members who came out and worked, many on two or three occasions, and special thanks to those who agreed to act as Trail Captains. These Trail Captains saw to it that their section of the trail was completed.

Unfortunately, much of crown south as well as part of the red trail have been logged. We will be able to use these trails this winter but they are not as beautiful as they once were.

We have one unresolved problem: access to the crown south trail. For years now, access to this trail has been from the Jackson Road near the "ruins" (the old foundation in the clearing about one kilometer from the clubhouse where the yellow and green trails separate). At the moment the landowner will not give us permission to cross his land. Our president, Andrea Burgess, is presently working on this problem and hopefully it will be resolved before we want to use the trail at this section.

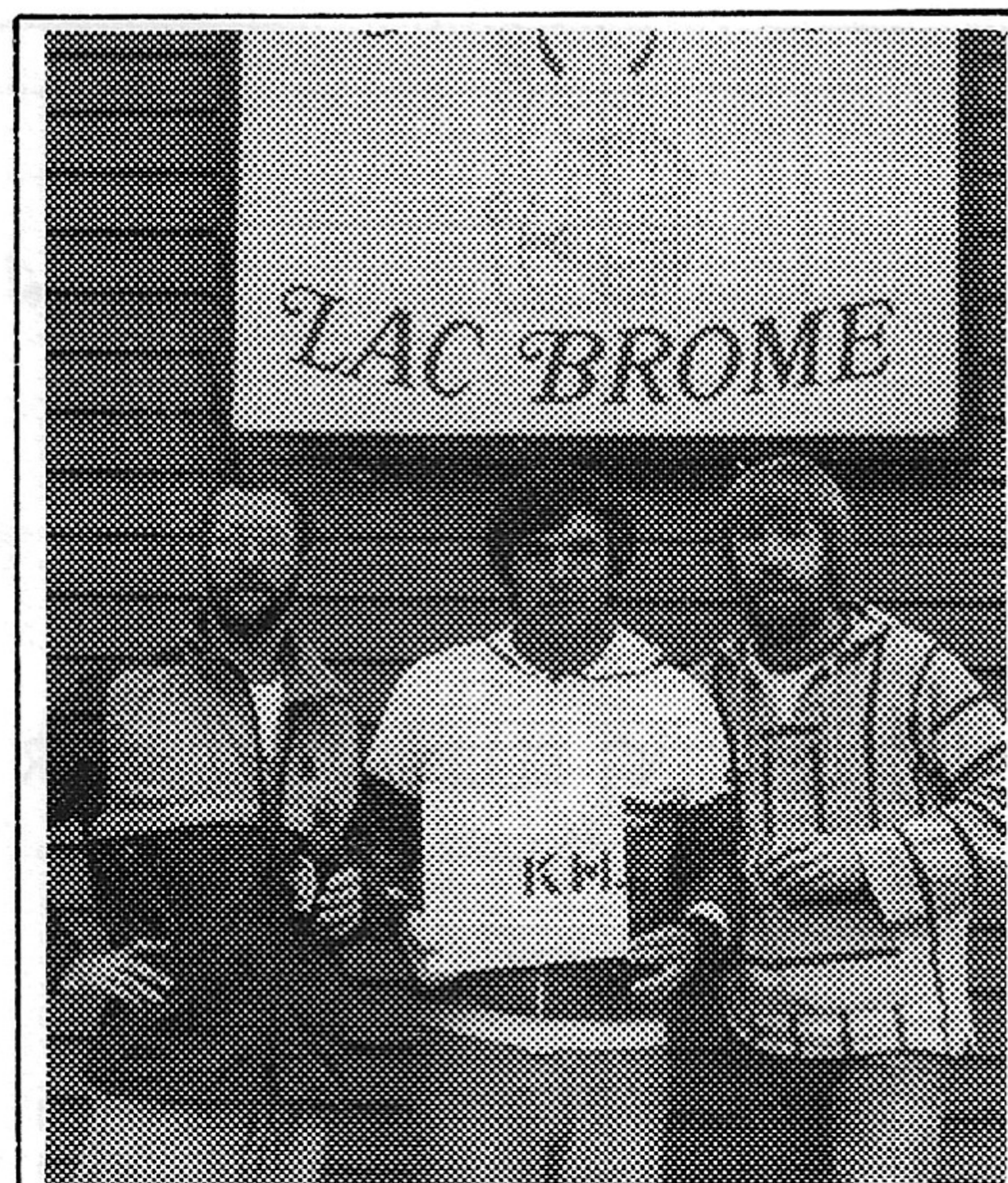
All members are reminded to stay on the Viking trails. When we go off the trails we are often taken closer to someone's house where the presence of skiers may be resented. This is particularly important on the green trail in the area of the clubhouse where we ski quite close to our neighbours' houses. Approach people, who are skiing in the wrong direction, exercising their dog, driving skidoos, or otherwise abusing the trails, with caution. They could be the landowner. If a landowner refuses to give the club permission to use part of a trail where it crosses his property, we then have a major rerouting problem which is usually very difficult to solve.

Let's hope for snow soon and lots of it. A good season of skiing for all.

Here they come!

Top racers coming to Shell Cup Races will begin arriving on Tuesday, January 18th and most of them will head directly to the Carriage House in Morin Heights, the race headquarters for the '83 Canadian Championships. Early arrivals will use their time to become familiar with the Viking Racing Trails before the first event, the men's 30km and the women's 10km on Thursday, January 20th.

Although the competitors have Friday free with no races scheduled many will use the time to move to the Holiday Inn on Sherbrooke Street, the race headquar-



Viking's Alan Wright (center) who tied for first place in the Brome Lake 80km race with Stuart McKelvie (left), pose for a winners photo with third place finisher Douglas Grant. Alan's time was 6:34:29.

Jan Eisenloeffel thanks helpers

Racing Trails are ready

The widening of the racing trails and the grading by a bulldozer is now completed. All 10km of it!

Club members put in an impressive total of 500 manhours to clear trails, cut trees, haul logs and make bridges. Thanks to all of you. René Dufour, Jean Marc Emard and John Walker did a lot of tree-cutting to widen the trail during

weekdays for which they were paid. Hewitt provided a caterpillar bulldozer for the grading free of charge. The Beaver group provided the transportation to and from Morin Heights. They also recommended an operator who did a fantastic job in difficult terrain in just 76 hours. During the bulldozing John Walker was also present to supervise the job, to show where to go and what to do.

ters in Montreal. Mount Royal will be the site for the two short races, the women's 5km and men's 15km on Saturday. On Sunday the same trails will be used for the relay races and it promises to be an exciting event. Last year the powerful Quebec team of Pierre Harvey, André Tourigny and Richard Weber won the relays after years of domination by the West. The crowd is expected to provide a lot of moral support for the local favourites.

Free membership to Club's seniors

After a lengthy discussion the directors of the Viking Club voted unanimously on November 8th to eliminate annual fees for members over 75 years old and to cut the fees in half for those 65 and over. Beginning with the 83-84 season active members who have been with the club for the previous ten years will be eligible to apply for this new plan. Although fees will be free or half price for these members, they will still be obliged to perform three days of service towards the benefit of the Club as a condition of membership.

Shell Cup Races

CANADIAN SENIOR CHAMPIONSHIPS
1983 SHELL CUP

Men	Women	
30km	10km	Viking trails, Thursday, Jan 20th
50km	20km	Tuesday, Jan 22nd
15km	5km	Mount Royal, Jan 22nd
Relays		Sunday, Jan 23rd

Photographer WANTED

We have an immediate opening for a Senior Photographer to join the VIKING staff. This position involves providing photographs of the activities of the Viking Ski Club and its members. Only members will be considered for this position.

Call 937-1976

A taste of France

VIKING CLUBHOUSE DINNER

Date: Saturday, January 15, 1983
 Time: 5:00 p.m.
 Cost: \$15.00 per person
 (includes savories, hot meal, wine
 coffee and dessert, entertainment.)



Due to advance preparation, reservations are necessary.
 Seating capacity is for 60 people only.

SELL OUT EVENT - DON'T BE DISAPPOINTED! RESERVE NOW.

Tickets available by request only.

CHEQUE PAYABLE TO "VIKING SKI CLUB"

Please reserve _____ tickets at \$15.00 each
 for the Viking Clubhouse Dinner.

Cheque in the amount of \$ _____ enclosed.

Forward to: Sandra M. Carmichael
 1620 Seaforth Avenue
 Montreal, H3H 1B7
 Tel: 931-3567 (residence)

Who's going to clean up?

It is time again to remind everyone that each individual member is responsible for cleaning up after using the clubhouse facilities. Tables and counter tops should be wiped clean. Dishes and utensils should be washed and dried if you use them. Chairs and tables should be set back to their proper location and nothing should be left on the table while you are out for a ski or having a sauna.

Bags should not be left in the changing rooms but stored either on the shelves at the top of the stairs or in your car. If the shelves are full when you arrive, please store your gear in your car. Loose clothing should not be left hanging around. Jackets should be hung up on the hooks in the hallway leading to the Ladies sauna.

Skiing in Labrador

"It's a bleak place" said Gordon Cohen, "I didn't see the sun for five days". He was talking about Labrador City where both the National and Quebec Teams have been training on snow for the past month.

Gordon was attending a "course conductor's course" for the Jackrabbit Program. It was being offered by Cross Country Canada and 17 to 18 participants from across the country attended. According to Gordon the cross country facilities are very good but they don't have a beautiful clubhouse. They have a waxing room and a parking lot but more important than that they have snow.



Save Money

Save Money on Clubhouse Transportation

Travel between the Montreal area and the Viking Ski Club in Morin Heights is more expensive this year with the increased cost of gasoline and autoroute tolls. To help members reduce their travelling expenses VIKING provides a weekend car-pool service. Listed below are the names of members who can occasionally provide transportation to the clubhouse.

Here's how it works

Call the member closest to you and arrange a mutually convenient place to be picked up. Each passenger will pay the driver a flat fee of \$5 for the return trip.

How to get on the list

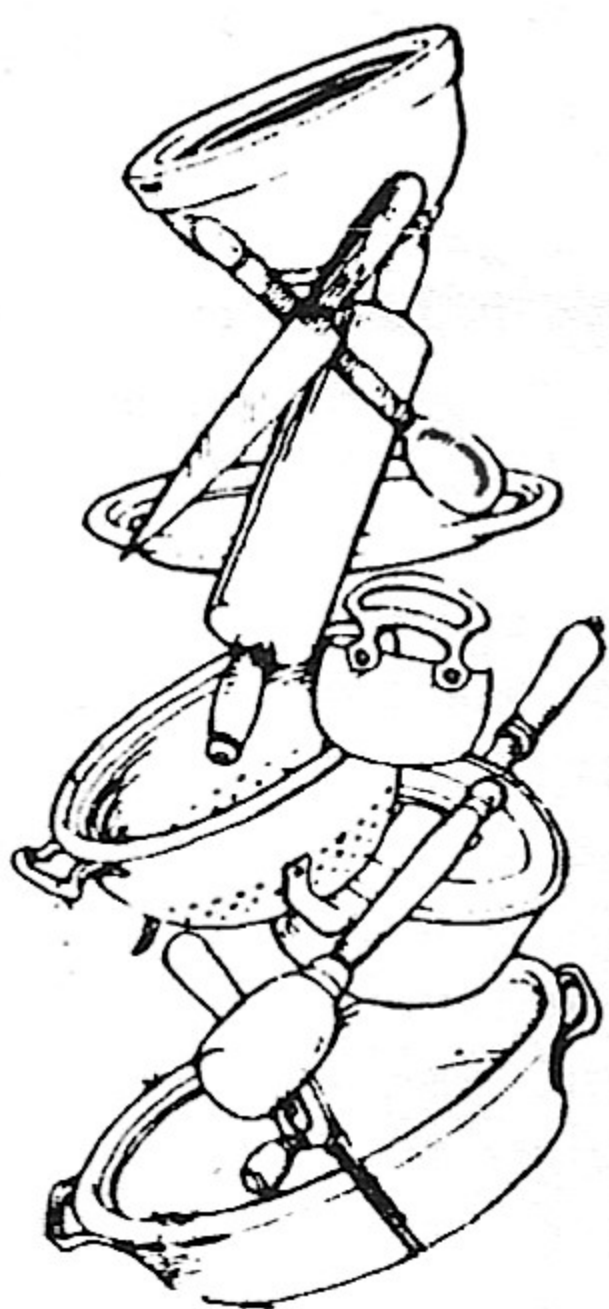
If you plan to drive your car occasionally to the clubhouse on the weekends and you have room for a passenger or two, your name should be on the list. Call 937-1976 before February 4th and leave your name, telephone number and area with Susan Nish or John Nolan.

'THE LIST'

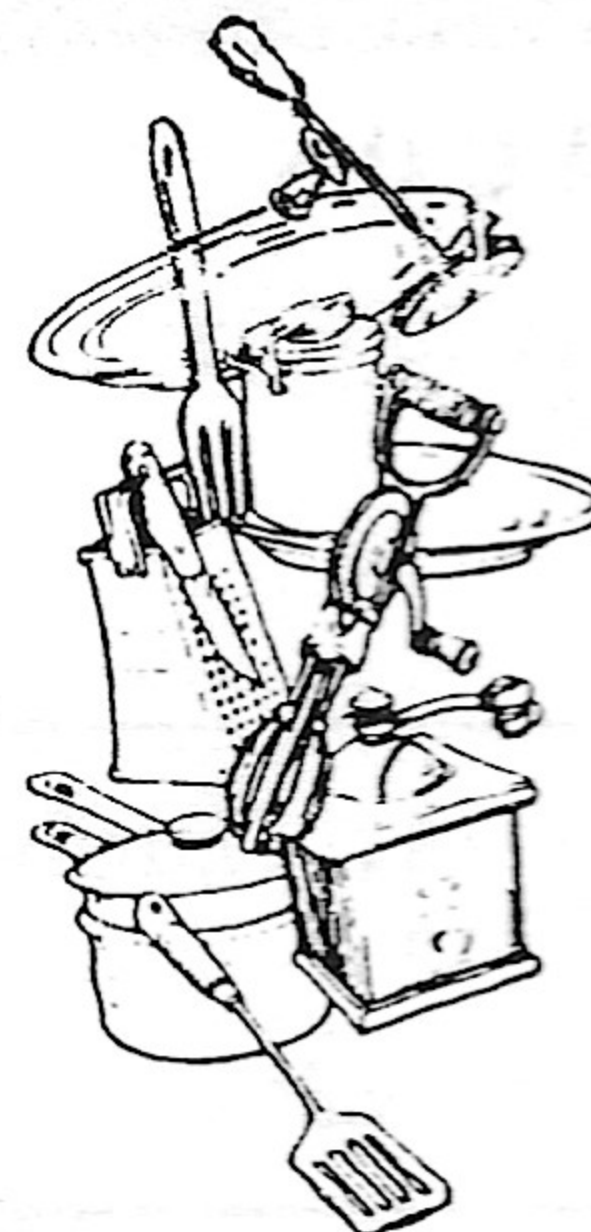
Downtown Montreal	
Sandra Carmichael*	931-356
Westmount	
Geoff Dougherty*	933-727
Rex Tallentire*	481-900

* Non-smoking

Kitchen Tools ANYONE ?



The Viking Ski Club's kitchen is in need of some basic kitchen utensils: a kettle, large colander, lidded pots of various sizes, two or three giant pots (for spaghetti etc.), a teapot, measuring cups and spoons, large serving spoons and a chopping board, to mention just a few things. If you have something you can spare please leave it in the kitchen.



V I K I N G

SKI TOURS

TRACKS TO TRY

Paul Tree

A great number of Vikings have volunteered to lead tours for the members of the Club. Some of these tours are "traditionals" while others are new ones. It is hoped that many members will take advantage to explore the Laurentians and ski in new terrain. If you wish to participate in any of the tours contact the tour leader(s) and state that you are coming. Should you have a change in plans and you are not able to participate you MUST cancel with the tour leader. If you don't you will keep the entire party waiting as you are expected.

Always arrive 15 to 30 minutes before departure time to allow for waxing, appropriate dressing and generally getting ready. Tour leaders will not wait longer than 10 minutes past schedules departure time. Skiers who arrive too late will have to ski on their own. All skiers ski at their own risk. Bring appropriate clothing and food as lunches are mostly "in the open".

TRACKS TO TRY



Typical of the scenes awaiting skiers on this year's larger selection of ski tours. Sorel Cohen pauses for a moment on last year's tour to Mount Legault.



— V I K I N G —

SKI TOURS

MONTEBELLO 3-DAY TOUR

Friday, January 14th
10:00am

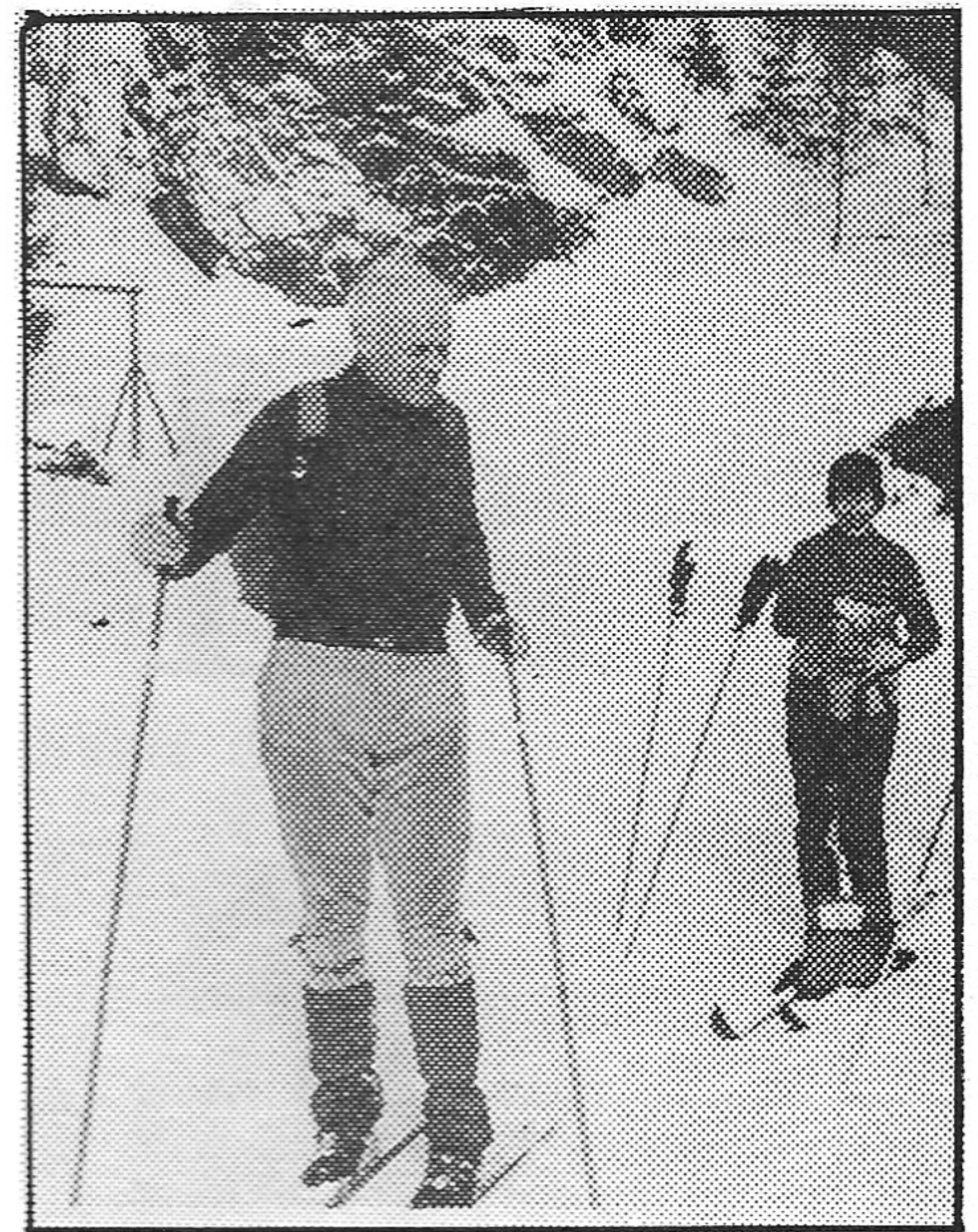
Distance: 15 to 20km per day

Difficulty: You must be able to carry your backpack containing sleeping bag, clothes and food. For intermediate and advanced skiers.

Departure: Entrance gate to Chateau Montebello, Montebello, Quebec.

Tour Host: Bill Pollack
(819) 326-3559

Comments: This three day tour beginning Friday and finishing on Sunday will be lead by Bill Pollack, an experienced skier and Gold Bar Coureur de Bois in the Candian Ski Marathon. Participants will ski to cabins where they will stay overnight. Breakfast and dinner will be provided, skiers must bring their own lunches. The cost per person is \$35.00 to \$40.00 (to be finalized). Participants must send their money to Bill Pollack at the latest Friday, January 7th, 1983. The number of skiers is limited so get in your registration now. You will be sent more information at a later date.



Walt Van Walsum will lead the way on the Dutch Tour.



Sunday, January 16th
9:30am

Distance: 12km one way or 25km loop

Difficulty: One way tour is for intermediate skiers but only advanced skiers with an endurance base should attempt the loop.

Departure: Tour leaves from Auberge Hollandaise on Rout 329 on the outskirts of Morin Heights towards St. Adolphe d'Howard.

Tour Hosts: Katy and Walt Van Walsum
(695-6306)

Comments: Katy will coordinate the return transportation for those tired or unprepared for the more demanding, strenuous return via the Portageur. Please contact Walt or Katy, before Jan. 15th if you intend to participate. The meeting place is at 9:00am at the Auberge Hollandaise on the south side of Highway 329, approximately 3km from the junction of 364 and 329 north of Morin Heights (towards St. Adolphe d'Howard). Cars should be parked on the west side of the Auberge. To keep warm, please go inside and order your favorite early morning snack.

VIKING Touring CALENDAR

January 14-16	Montebello 3-day Tour
January 16	Dutch Tour
January 30	Johannsen Peak
February 6	Lac Brulé Tour
February 13	Lake Notre Dame Tour
February 19	Lake McDonald Tour
February 27	Lovers Leap Tour
March 13	Loken Tour
March 20	Rainbow Lake Tour

— TRACKS TO TRY —



— V I K I N G —

SKI TOURS

JOHANNSEN PEAK TOUR

LAKE NOTRE DAME TOUR



Sunday, February 13th
10:00am

Distance: 10km or 25km loop

Difficulty: 10km intermediate, 25km intermediate with endurance.

Departure: Viking Ski Club

Tour Hosts: Sorel and Gordon Cohen
(482-1327)

Last year's tour to Johannsen Peak put smiles on the faces of Gordon Cohen, Paul Tree, Helen Lochling, Ernestine Tree, Peter de Neeve, and Susan Ross or was it the big pot of "gluhwine"?

Sunday, January 30th
9:30am

Distance: 12km

Difficulty: For advanced skiers

Departure: Tour leaves from Devil's River Lodge, Mont. Tremblant (north side). Take Laurentian Autoroute to the end and continue on route 117 to St. Faustin, follow signs to Mont. Tremblant Park. Do not enter Park but turn off just before entrance to park, continue on road to Mont Tremblant ski area.

Tour Hosts: Ernestine and Paul Tree
(733-2287)

LAKE MACDONALD TOUR

Saturday, February 19th
10:00am

Distance: 6km or 12km loop

Difficulty: Intermediate

Departure: Tour leaves from de Neeve cottage "Sepbet". Take route 327 from Lachute to Brownsburg, continue along and 2.2 miles past Lost River turn left before the bridge then follow signs.

Tour Hosts: Eileen and Pieter de Neeve
(931-5536)



Gordon Cohen will take you on the Lake Notre Dame Tour.

V I K I N G

SKI TOURS

TRACKS TO TRY



Ernestine and Paul Tree are your hosts on the Lovers Leap Tour.

LOVERS LEAP TOUR



Sunday, February 27th
10:00am

Distance: 12km

Difficulty: For advanced skiers

Departure: Tour leaves from 276 Village Road, Christieville. This is the old road between Morin Heights and St. Sauveur - 3 miles from St. Sauveur.

RAINBOW LAKE TOUR



Sunday, March 20th
9:30am

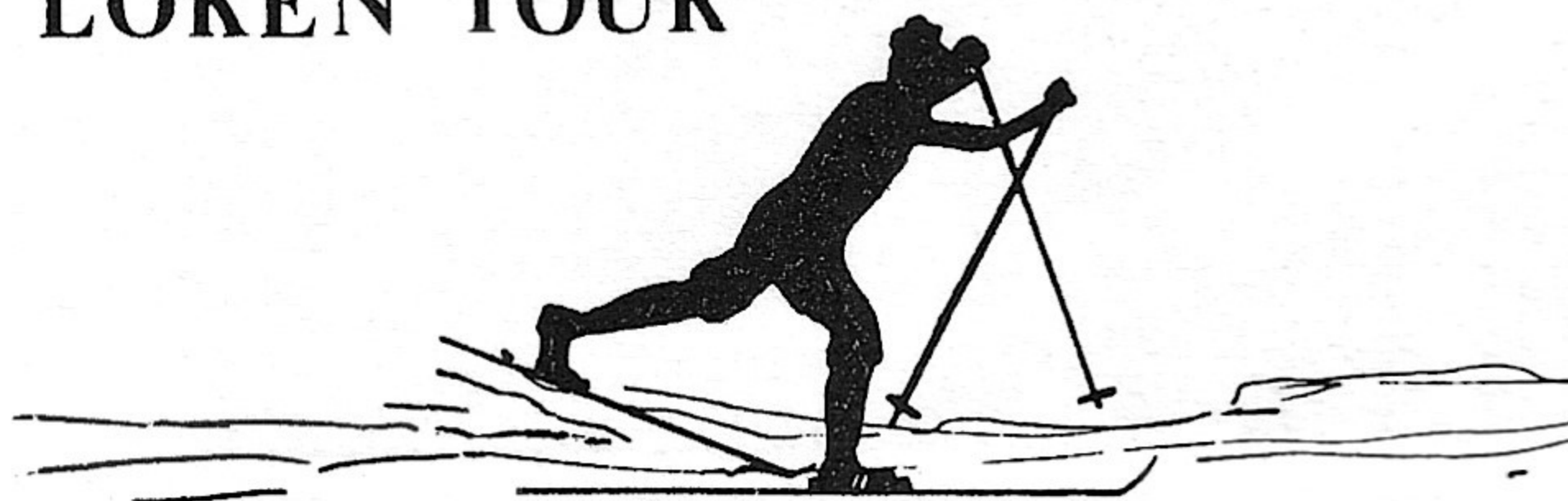
Distance: 35km but there are turn offs at shorter distances.

Difficulty: Intermediate with endurance

Departure: Viking Ski Club

Tour Hosts: Miep and Leo de Groot
(621-2279)

LOKEN TOUR



Sunday, March 13th
10:00am

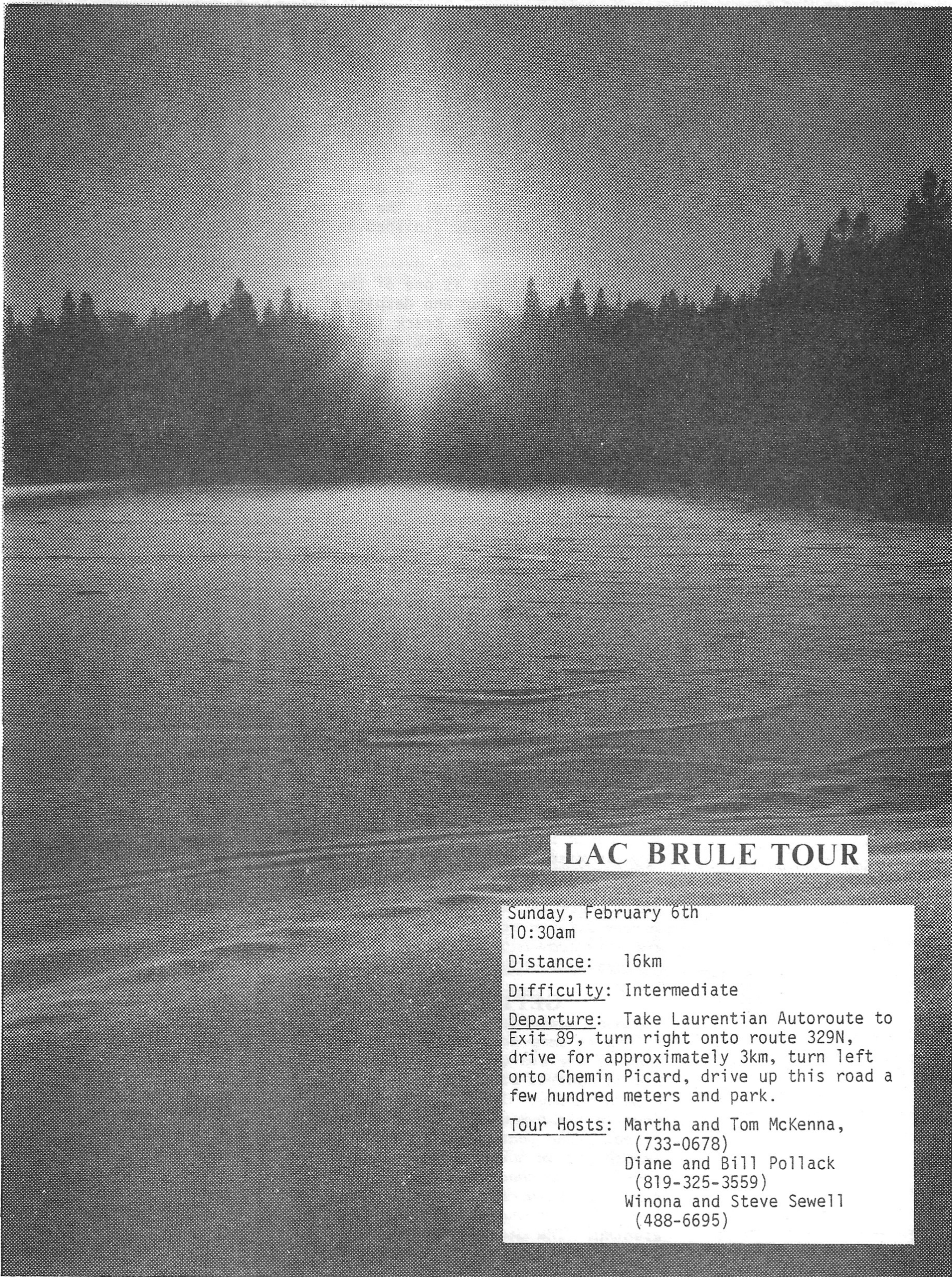
Distance: 6km or a 12km loop

Difficulty: Intermediate

Departure: Tour leaves from church parking lot, Ste. Anne du Lac, Exit 57 Laurentian Autoroute.

Tour Hosts: Ann and Michael Loken
(733-2001)

V I K I N G S K I T O U R S



LAC BRULE TOUR

Sunday, February 6th
10:30am

Distance: 16km

Difficulty: Intermediate

Departure: Take Laurentian Autoroute to Exit 89, turn right onto route 329N, drive for approximately 3km, turn left onto Chemin Picard, drive up this road a few hundred meters and park.

Tour Hosts: Martha and Tom McKenna,
(733-0678)
Diane and Bill Pollack
(819-325-3559)
Winona and Steve Sewell
(488-6695)

Mont Ste. Anne race has a lot to offer

John Doyle

For those skiers interested in finishing their season with a challenge, put Le Grand Fond on your racing calendar. For the past 3 years a few Viking members have participated but we would like to see more members get to know of this fine event.

Le Grand Fond, scheduled for Saturday, March 12th, is organized by Club de Ski Mont Ste-Anne. The course starts at Camp Mercier, situated north of Stoneham Quebec, and follows a course of 72km across a series of picturesque mountain ranges to finally arrive at Mont Ste-Anne. Be prepared to climb, however, since the total vertical ascent is a few thousand feet.

A year ago the track was double set for the entire distance and due to mid-winter type conditions was very fast with a winning time of 4 hrs and 10 minutes. This year we were not so lucky. Heavy rain the day before and freezing overnight conditions obliterated the track for the first 30 kilometers. Luckily snow started falling Sunday morning. It

fell heavily for the first two hours of the race causing some problems for the front runners who had to break track but allowed the race to be run in enjoyable conditions. The track improved on the last half of the course which was double tracked by the well-equipped Mont Ste-Anne Complex. The last 20 kilometers of the course were exceptionally fast being on glazed track and all down hill to Mont Ste-Anne. This allowed a respectable winning time of 4 hrs 59 minutes 30 seconds by Pierre Vezina. The first woman, Louise Martineau, finished in 5 hrs 7 minutes 9 seconds.

Without a doubt this is one of the best run races of the year and despite the inaccessibility of the track (all supplies are brought in by skidoo) the feed stations were well stocked with both food and a good choice of drinks. A lunch and free beer is also provided afterwards to the skiers as part of the entry fee (only \$15). An additional \$8 buys bus transportation by Voyageur to Camp Mercier from Quebec City and from Mont Ste-Anne back to Quebec on Sunday.



How to Enter

Viking members who would like to enter the Grand Fond Loppet should contact either John Nolan (937-1976) or John Doyle (683-8327) for an entry form. Please note that only 300 entries will be accepted for the 72 km distance. In addition, booking a seat on the bus from Quebec City to Camp Mercier should be done soon because the race should attract many skiers from Quebec City.

If there is sufficient interest from members a package deal may be arranged to cover transportation and accommodation.

How to ski Loppet Grand Fond this year.

GENERAL

The Loppet Grand Fond Mont Ste-Anne will be held on Saturday, March 12, 1983 and will consist of 3 races, a 15 km, 30 km and 72 km distance. Cost of entry will be \$5.00, \$10.00 and \$15.00 respectively. In the case of the 15 km and 30 km races these will be held on a circuit which will start and finish at the Chalet de Competition, Parc du Mt. Ste-Anne, St. Féréol les Neiges. For those unfamiliar with Mont Ste-Anne follow Rang St-Julien which continues on past the down-hill ski complex.

The 5 km and 30 km Races

Due to the starting times for the 30 km and 5 km slated for 10 am and 10:30 am respectively it would be possible to drive to Mont Ste-Anne on the Saturday morning however it would be necessary to be on the road from Montreal at about 5 am in the morning. It would therefore be advisable to arrange Friday night accommodation at Ste-Anne de Beaupré or in this vicinity.

Those wishing to stay at Ste-Anne de Beaupré should consider staying at Auberge la Basilique opposite Ste-Anne's Cathedral where double occupancy accommodation can be obtained for approximately \$10. per person. (This was the price last year.) There are other motels and hotels in the area but John Doyle recommends the Auberge la Basilique as the best choice.

The 72 km Race

In the case of the 72 km race some logistic problems arise due to the fact that the start of the race is at Camp Mercier (approximately 60 miles north of Quebec). This race is skied not in a circuit but in one direction arriving at the finish line which is at the Chalet de Competition at Mont Ste-Anne.

It becomes absolutely necessary to arrange overnight accommodation in either Quebec City or at Mont Ste-Anne. There are some draw-backs in either of these arrangements which will be elaborated on below.

GETTING THERE

The most convenient arrangement in travelling to Camp Mercier is to take advantage of the bus which costs \$8 and leaves Central Station in Quebec City at 6 am Saturday. You leave your belongings in the bus which serves as a vestiare. (The seats are comfortable enough for an hour's sleep after the event if you choose). This bus then returns you Saturday evening back to Quebec City arriving at about 7 pm in the evening. The disadvantage of staying in Quebec City is that fast skiers can complete this course by 1 pm to 1:30 pm in the afternoon but have to wait until 6 pm in the evening for the bus to return. There is a meal after the race and medals are presented later in the day. The advantage of staying in Quebec

is about 1 hours extra rest in the morning.

If you stay at Ste-Anne de Beaupré it is necessary to rise at about 4:30 in the morning. With this arrangement the following is possible. If more than one group of people are staying at Ste-Anne one car can be used to drive the entire group to Central Station at Quebec leaving the other car at Ste-Anne de Beaupré. It is approximately 1 hours drive to Central Station in Quebec City. The car can then be taken to Camp Mercier. It is not advisable to drive to Camp Mercier as this means a big detour to retrieve ones car afterward. Camp Mercier is on route 175 north of Quebec on the road to Chicoutimi. It would then be possible to return earlier to Montreal by using the second car to drive the group back to Central Station after the event to retrieve the other car.

Le Globe-Trotter

Backpacking, hiking, and cross country skiing

1324 A Sherbrooke Ouest, Mtl.
Tél.: (514) 849-2193

The Faltus twins, Ronald and Robert, about to enter the relay zone in the '82 Viking Relays.

The 24th Annual Viking Ski Club's



RELAY RACES



The Viking Ski Club invites you to participate in the relay races to be held on the Viking racing trails.

Location: Viking Racing Trails, Jackson Road, Morin Heights, Québec.

Date: Sunday, January 2nd, 1983.

Events:

Junior Ladies (19 yrs. and under)	3 x 5 km	10:00AM
Senior Ladies (20 yrs. and over)	"	"
Junior Men (19 yrs. and under)	3 x 5 km	11:30AM
Senior Men (20 yrs. to 34 yrs)	3 x 10 km	1:00PM
Veteren Men (35 yrs. and over)	"	"

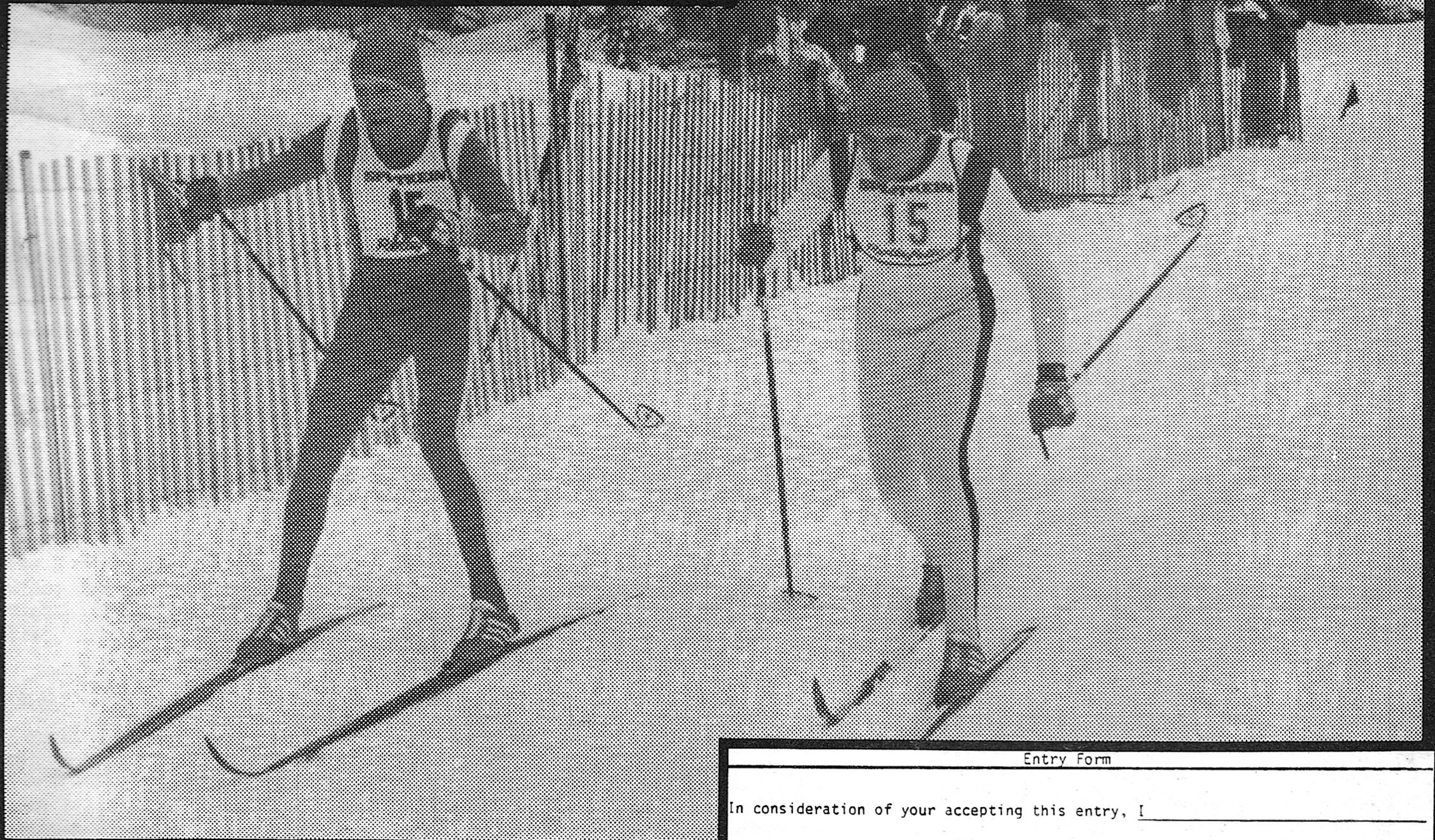
Entry Fee: \$5. per Senior competitor
\$3. per Junior competitor

Entry Deadline: Entries close on Monday, December 27th, 1982. Late entries will be charged \$2 extra. Entries in writing only. Teams may be made up on race day but no changes will be allowed within one hour of starting time. Mixed Club Teams will be made up if required.

Send Entries to: Viking Ski Club, 4500 Promenade Patton, Apt. 603, Laval, Qué. H7W 4Y6. Cheques should be made payable to Viking Ski Club Inc.

Information: André or Diane Dionne (514) 688-2765.

Awards: Viking gold, silver and bronze medals for each event.



Viking Ski Club



Time Trials

Dec. 26 th

Time Trials

The Viking Ski Club welcomes skiers from all categories, at all levels and all ages to participate in the Club's annual Time Trials. It's an event for the entire family open to all members and their guests. All you need to do to enter is to show up at the Clubhouse before 10:30. Show your membership card to the registration officer in the lounge and they will give you your start time. Every skier starts and is timed individually.

Time trials will be available for 1 1/2 km, 2 1/2 km, 5 km and 10 km distances.

Notice to Relay Racers

Viking Club Relay Teams will be chosen on the basis of your performance in the time trial. For information contact: Lori Baird or Scott Morgan (514) 286-0219.



Entry Form

In consideration of your accepting this entry, I _____

_____ hereby for myself, my heirs, executors and administrators waive and release any and all claims for damages I may have against the Viking Ski Club and its Officials for any and all injuries suffered by me in this event.

Name: _____ Circle Event: JL SL JM SM VM

Address: _____ Postal Code: _____

Club: _____ Birth Date: _____

Team Members: _____

Copy or facsimile is acceptable

Pete Ryan

Biggest ever Autumn Run

Lori Baird

Over 140 runners, the largest turnout in the twenty-year history of the Autumn Run tested out their knees and running shoes on the Viking ski trails on Sunday October 31st. The weather cooperated giving the runners a perfect day: sunny and warm enough to run in shorts.

Outstanding performances were put in by Viking's junior members running in the first event: the 1.2 km loop. Liv Hansen, only 5 years old managed to finish the 1.2 km loop still smiling.

The women's 4.8 km saw a strong showing of Viking women who managed to capture 2nd to 5th place. The men's 7.2 km was won with a strong 1 minute lead by Viking Dave Brook.

This year's 15 km runners were relieved to find they were not "running with the moose". (Last year's course featured a dead moose and some rather surprised hunters.) Daniel Morrier of Jog-Coeurs finished first with a blistering pace. He was over a minute and a half faster than last year's winner Graham Donnelly who finished second.

A solid 4th place finish was run by Viking Ronald Faltus and André Dionne cut almost a minute off his time last year to take 7th place. The master's division was easily won by John Doyle, over five minutes ahead of his nearest rival, and the first place woman, also with a strong lead, was Viking Diane Dionne-Leger.



Race organizer Michael Dohrendorf sits at the finish line with Timer Judy Adams.

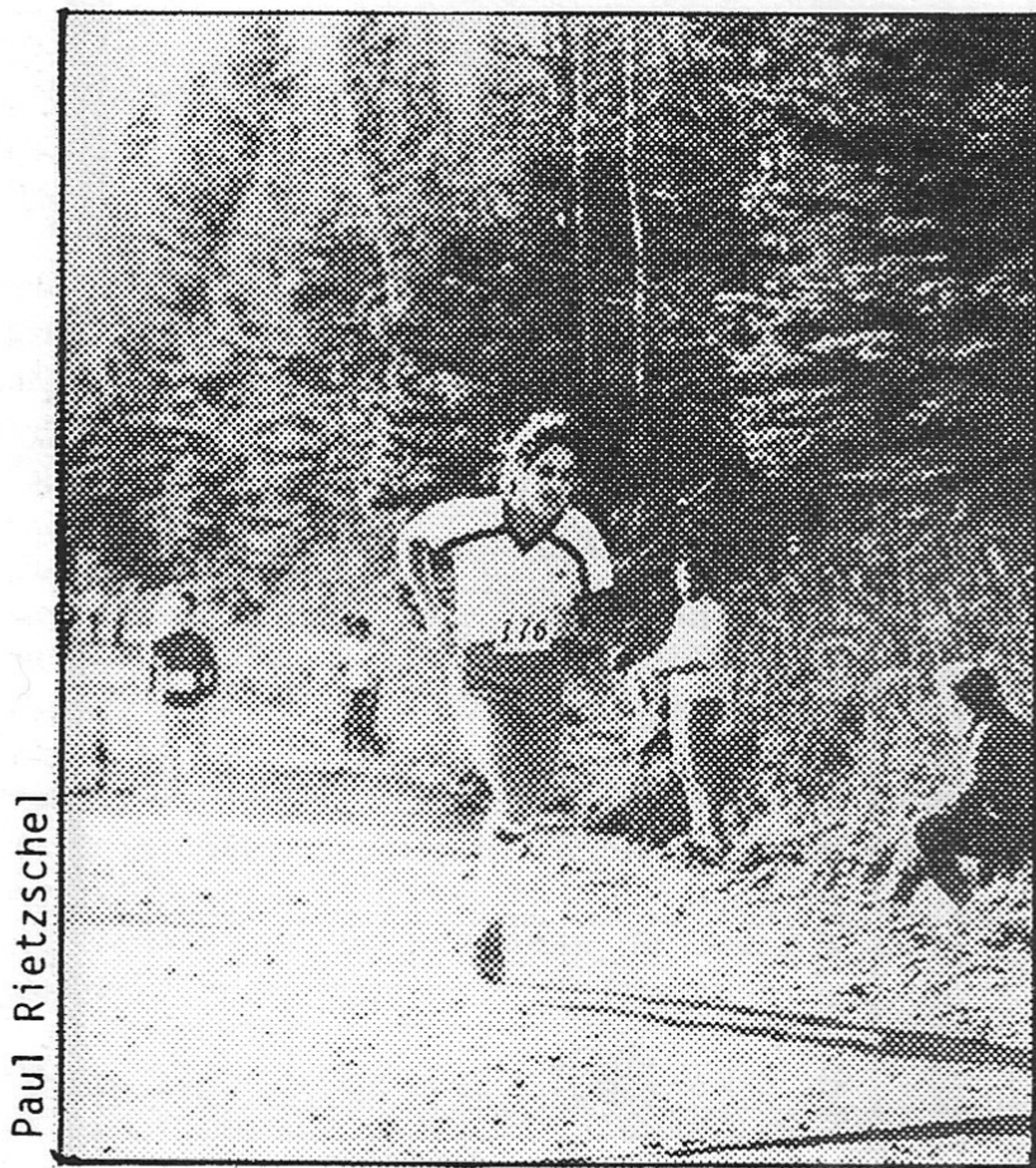


Katja Frostell running in the 1.2km r



Michelle Doyle (928) and Liv Hansen.

Special thanks must go to Michael Dohrendorf and his crew for a well-run, fun event. Mrs. Carruthers ensured everyone was well fed with her fine chili, cheerfully served up by Mrs. Nissen and Elizabeth and Chantal Dohrendorf. Judy Adams, Denyse Rietzsche, Eloise De Pelteau and David Brimacombe were the event's ever-patient timers. On the course and recording results were Elisa and Paul Rietzsche, and Jerry Drouin who were assisted by a group of students from Rosemere High School. Thanks also to Sealtest for their generous supply of yogurt and juices.



Paul Rietzsche

Lucie Guay won the 4.8km race by being 1 second faster than Viking's Lori Baird.

**THE LARGEST BICYCLE
SHOP IN QUEBEC IS
NOW IN N.D.G.**



6665 St-Jacques 100 Meters west of Cavendish
WOOD XC SKIS - OUR SPECIALTY
SALES - SERVICE - RENTALS
486-1148

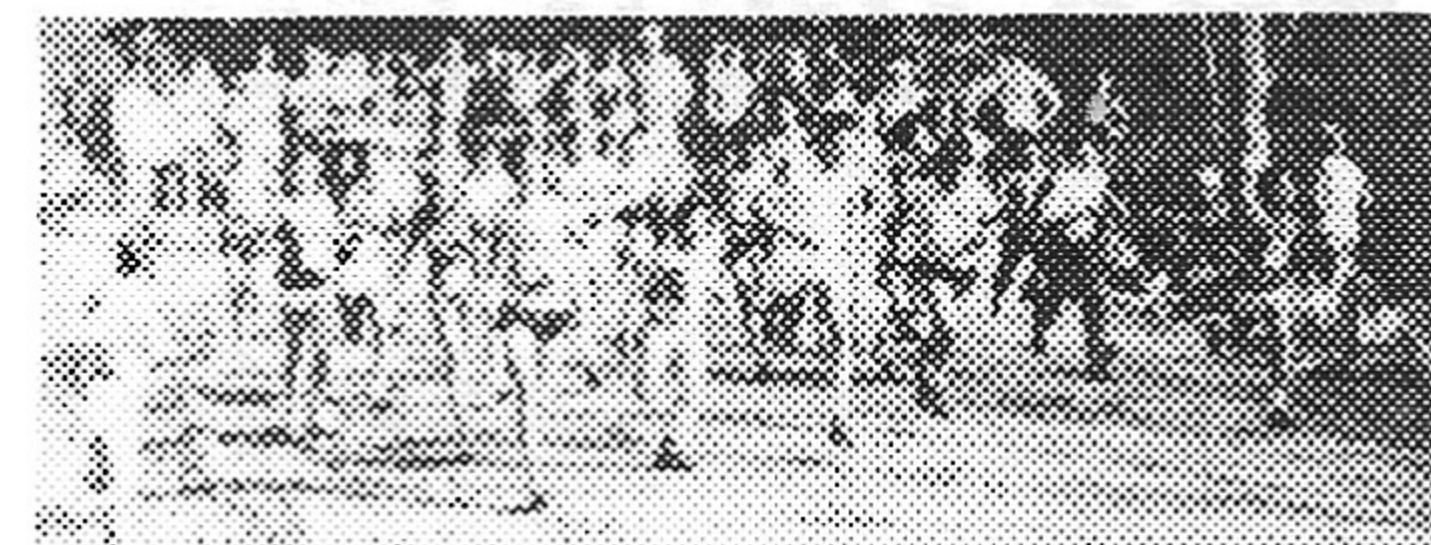
1.2 Km Jennifer Blanchard

Girls - 9 years and under

1.2km	Club	Time
1-Jennifer Blanchard	VSC	7:57
2-Anita Eisenloeffel	VSC	8:08
3-Whitney Reynolds	VSC	8:33
4-Michelle Doyle	VSC	10:49
5-Liv Hansen	VSC	10:59



The 20th Autumn Run Results



1.2 Km Francis Quintal

Boys - 9 years and under

1.2km	Club	Time
1-Francis Quintal		6:02
2-Bertrand Dufresnoy		7:35
3-David Leduc		8:23
4-Joshua Dougherty	VSC	10:06

1.2 Km Krista Grobler

Girls - 10-15 years

1.2km	Club	Time
1-Krista Grobler	Rosemere HS	6:41
2-Alison Traynor	Rosemere HS	6:51
3-Christine Cardinal	Rosemere HS	7:08
4-Chantal Haché	Rosemere HS	7:09
5-Valerie Jones	Rosemere HS	7:17
6-Monica Nissen	Rosemere HS	7:20
7-Marleen Eisenloeffel	VSC	8:08
8-Katja Frostell	VSC	8:41

1.2 Km Grant Robertson

Boys - 10-15 years

1.2km	Club	Time
1-Grant Robertson	Rosemere HS	5:23
2-Anders Vikstrom	VSC	5:29
3-Marc Thebaud-Micholson		5:49
4-Paul Keleny		5:56
5-Francis Letourneau	VSC	5:57
6-Tim Roy		6:12
7-Roger Carr	LCC	6:17
8-Kenneth Oh	LCC	6:30
9-Chris Oh	LCC	6:33
10-Chris Blanchard	VSC	6:35
11-Jay Burgess	VSC	7:16
12-Claus Frostell	VSC	7:28
13-Michael Nissen	Rosemere HS	7:59
14-Eric Dohrendorf	VSC	8:12

7.2 Km David Brook

Men, open

7.2km	Club	Time
1-David Brook	VSC	31:34
2-François Binette	Uni	32:38
3-Michael Reinmuller		33:52
4-Peter Marzell	VSC	34:56
5-Grant Robertson	Rosemere HS	36:09
6-Neil Steinman	LCC	36:28
7-Jean Parent		36:55
8-Stephan Poirier		38:25
9-Claude Dutrisac		38:26
10-Bob Matthey	VSC	38:48
11-Daniel Laplante	VSC	38:49
12-Michel Jones Carpentier		40:53
13-Paul Letourneau	VSC	41:39
14-Pierre Milette	Azimut	42:28
15-Normand Sauvé	VSC	43:15
16-Ernest Dan		43:37
17-Francis Quintal		44:31
18-Jean Valade		48:11
19-Peter Richardson		48:41

4.8 Km

Ladies, open
4.8km

Rank	Name	Club	Time
1	Lucie Guay	Quebec	25:54
2	Lorie Baird	VSC	25:55
3	Michele Favron	VSC	28:19
4	Dale Ashworth	VSC	30:25
5	Nicole Tigchelaar	VSC	31:48
6	Carole Leger		32:43
7	Charmaine Dyke		32:50
8	Caroline Cohen	VSC	33:36
9	Madeline Clark	VSC	34:28
10	Pauline Beauchamp		34:45
11	Kathleen Wilson	Lachine	34:53
12	Madeleine Bernard		34:57
13	Beverly Dyke		35:46
14	Relia Labbate		35:53
15	Elizabeth Whinney	Rosemere HS	38:17
16	Andrée Blais		39:28
17	Micheline Leger		39:28
18	Louise Blais		42:33
19	Joanne Dinarzo		42:58
20	Helene Hardy		45:54
21	Ginette Dubé		45:54
	Annie Berthiaume	Franks Ami	DNF
	Andrée Parent		DNF

7.2 Km

Masters - 40 years and over

7.2km	Club	Time
1-Hugh Wilson	Lachine	33:38
2-Regis Forel	Azimut	37:15
3-Vagn Pederson	VSC	46:25
4-Yves Millet		48:21
5-Normand Quintal		52:39
	André Fleury (ran 15km instead)	DNF
	Gerard Sabourin	DNF

15 Km

Masters - 40 years and over

15km	Club	Time
1-John Doyle	VSC	62:37
2-Tom Traynor	Dynamos	67:52
3-Thor Vikstrom	VSC	70:40
4-Robert Weiler	VSC	72:03
5-Jean Pierre Richard	VSC	73:53
6-Brian Timberley		77:39
7-Peter Malburg	VSC	80:28
8-John Land	YMCA	80:29
9-Morris Rathwell		81:47
10-Pierre Cartier		82:47
11-Steve Sewell	VSC	83:49
12-Bjorn Tollefsrod	VSC	84:16
13-Ross O'Connell		89:55
14-Gerard Sabourin		90:07
15-Guy Vincent		90:18
16-Hector Perrin	SEPCRA	90:34
17-P. Rossall	Rolls Royce	97:52
18-Pierre Garneau		112:40
19-André Fleury		134:26

Lucie Guay

15 Km

Diane Dionne-Leger

Ladies, open

15km	Club	Time
1-Diane Dionne-Leger	VSC	72:06
2-Karen Oljemark	VSC	76:17
3-Anne Gal	Beaconsfield	76:27
4-Lisette Letourneau	VSC	77:33
5-Karen Vittecoq	VSC	77:42
6-Yvette Dufresnoy		83:47
7-Kadri Blanchard	VSC	84:58
8-Marge Cardinal		90:45
9-Charmaine Dyke		109:25

15 Km

Daniel Morrier

Men, open

15km	Club	Time
1-Daniel Morrier	Jog-Coeurs	57:21
2-Graham Donnelly	Lachine.1669	59:00
3-Francis Falardeau	Azimut	60:29
4-Ronald Faltus	VSC	60:59
5-Marcus Croft	Mtl. Int.	61:11
6-Gary Munro		61:20
7-Andé Dionne	VSC	61:35
8-James Jackson		61:48
9-Tony North	W. Rugby	64:07
10-Tim Baker	VSC	64:38
11-Eric Lasota	VSC	64:40
12-Alain Duresnoy		65:01
13-Ton Gaffagnini		65:30
14-François Leger		65:49
15-Ted Widlake	Dynamos	66:10
16-Jan Hansen	VSC	67:20
17-Robert Faltus	VSC	68:49
18-J.C. Beaudry		68:58
19-Adrian Macek	VSC	69:11
20-Jerome Nyez	Uni	69:13
21-John Land Jr.	CMR-St. Jean	69:29
22-Steve Botting	VSC	69:47
23-Caj Frostell	VSC	70:12
24-Guy Vezina		70:16
25-Georges Havspy		70:50
26-Lawrence Harrison		71:11
27-Alain D. Moureau		71:27
28-Denis Leduc		71:36
29-Robert Frenette		71:51
30-Peter Blanchard	VSC	72:53
31-Jean Pierre Bertrand	VSC	74:12
32-Richard Hovey		74:21
33-Richard Zielinski		74:40
34-David Rogers	SEPCRA	74:47
35-Heikki Metjamarttila		75:14
36-Michel Labonne		76:24
37-Robert Desroches		77:24
38-Yvan Charron		77:30
39-Maurice Dupras	VSC	77:31
40-Gary Fox		79:52
41-Mark Emery	Rosemere HS	80:20
42-Michel Delavergne		82:10
43-Pierre Tetreault	VSC	82:42
44-Lawrence Hibbert	VSC	84:43
45-Doug Peckover	Wild. Wand.	89:06
46-Anders Vikstrom	VSC	89:54

Making Tracks

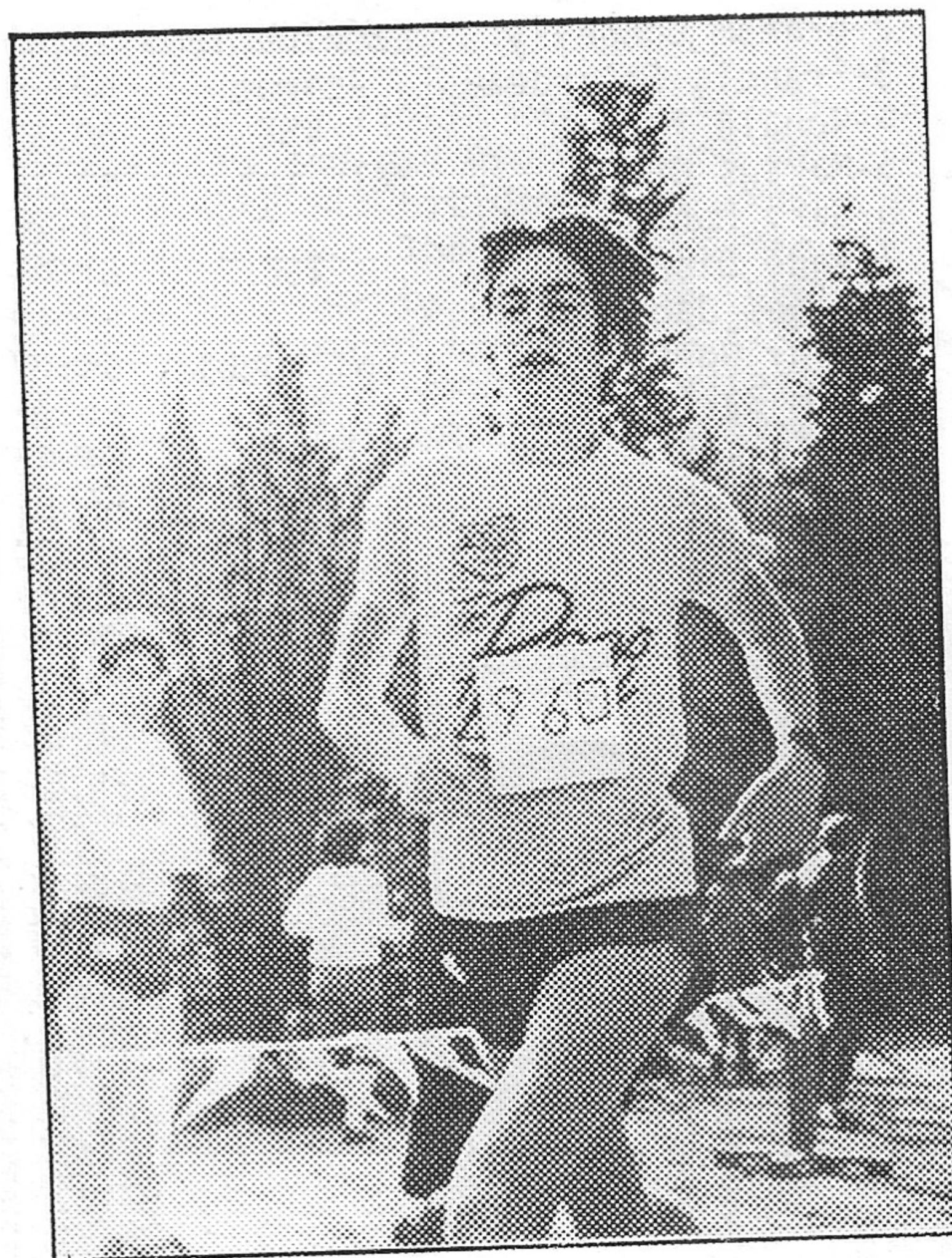
THE VIKING RACING TEAM 1982 - 83 SEASON

Exciting year for Racing Team

This year should be an exciting one for the Viking Racing Team. We will be attending the Quebec Sealtest Races (the Quebec Championships series) and some of the Carlsberg Loppet races. However, the Seniors will also be competing in the Canadian Shell Cup Championships, which are being held on our own trails, January 20-25th.

As many Juniors as possible (those who deserve it) will be sent to the Canadian Junior Shell Cup Championships which will be held in Sault Ste. Marie, February 26-March 1983.

Karen Oljemark



Grant Robertson, a new member on Viking Junior Racing Team, won the 1.2km race 6 seconds ahead of Anders Vikstrom.



Sandra M. Carmichael

VOYAGES
PANORAMA
TOURS INC.

2043 Stanley Street

286-3522 Res. 931-3567

JUNIOR TEAM

VIKING SKI CLUB'S RACING TEAM 1982 - 1983

Juniors

Caroline Cohen
Marie Cyr
Kim Sewell
Nicole Tigchelaar

David Brook
Randy Dagenais
Benoit Havard
Stefano Ianni
Benoit Létourneau
David Mitchell
Eric Jonash
Grant Robertson

Seniors

Karen Oljemark

René Dufour
Jean-Marc Emard
Tom Oljemark

Head Coach

Aare Oljemark

Assistant Coach

Karen Oljemark

CAROLINE COHEN

Caroline, 16 years old, from Westmount is a veteran member of the racing team. This is her third year on the team but she has been skiing since the age of seven. In '81 she took first place in the LSZ race and last year she walked away with first place in the Montebello 25km event in her class. This fall she began training early on roller skis on her favorite track: Westmount Boulevard. Caroline is a student at Trafalgar School.

MARIE CYR

Fifteen year old Marie Cyr, from Carleton Place is a recent addition to the Viking racing team but she has been racing for the past three years. She came second in the Marathon Abitibi in 1981 and second in last year's Club Championships. Marie is a student at Ecole Regina Assiniboia and besides skiing she enjoys several diverse activities as handball and playing the piano.

Siren

CROSS COUNTRY SKIS & ACCESSORIES

6131 Sherbrooke St. West, Montreal, Quebec
Tel.: 1-514-482-2734

Making Tracks

THE VIKING RACING TEAM 1982-83 SEASON

KIM SEWELL

Without a doubt seventeen year old Kim Sewell of Westmount was the most successful racer last season with a string of first place performances: Viking Time Trials, Laurentian Loppet (34km), and the LSZ Championships. Kim also excels at running, finishing first in the '81 Autumn Run and both the '81 and '82 GMAA cross country races.

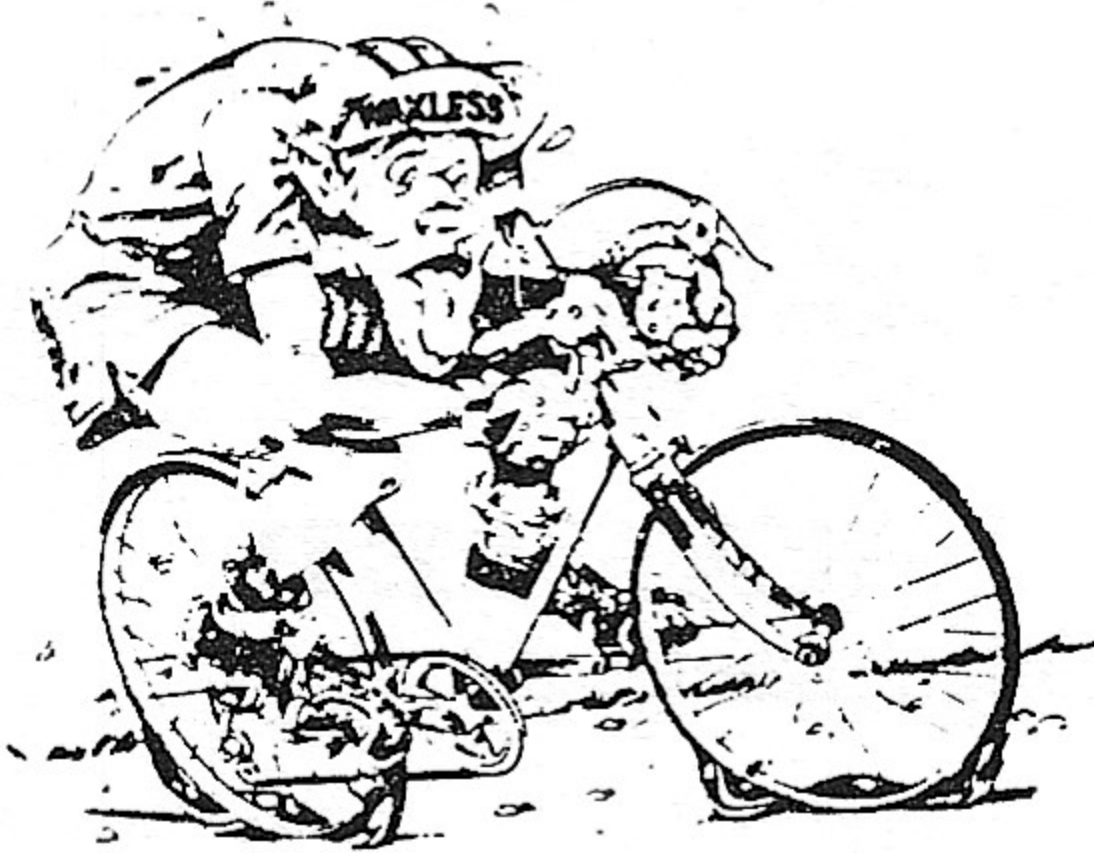
Her pre-season training had been going well but unfortunately she twisted her ankle in a minor car accident coming home from a party on November 12th. Hospital X-rays showed no broken bones but she was put on crutches and her training will be discontinued until she recovers. Kim attends Sacred Heart School.

NICOLE TIGCHELAAR

Nicole Tigchelaar, the 16 year old from Pointe Clair who became the youngest female skier to earn a Coureur de Bois award in the Canadian Ski Marathon in 1981, is in her second year as a member of the racing team. She's a student at John Rennie High School and her interests include jazz ballet and playing the guitar.

DAVID BROOK

David, 18 years old, from Rosemère is a new member of the racing team but he has already made a big impression by winning the 7.2km Autumn Run. Earlier this year he won GMAA Ski Championships and the Montebello GMAA Race. He is studying health sciences at Vanier College and he enjoys camping and kayaking.



**Skis without Swix are
like tires without air.**

SWIX
SKI WAXES
and Accessories.

RANDY DAGENAIS

Sixteen year old Randy Dagenais from Pointe Claire is in his first year as a member of the racing team and his second year as a cross country skier. He was second in the 1982 GMAA. Mountain climbing is one of his activities but he also enjoys music. He plays the piano, the clarinet and the saxophone and when he gets the time, he attends John Rennie High School. Right now his main interest is girls.

BENOIT HAVARD

Benoit Havard, a 16 year old from Dollard des Ormeaux learned about the racing team from Nicole Tigchelaar at the Montreal Ski Show. He did well in the recent Ski Fitness Test and he is looking forward to training with the team. His other interests are football, hockey and tennis.

STEFANO IANNI

Sixteen year old Stefano Ianni from Rosemère is in his first year with the team. He attracted the attention of the coaches when he won the GMAA Midget Cross Country Ski Championships in February. Stefano attends Rosemère High School.

BENOIT LETOURNEAU

Benoit, the 16 year old from Mont Roland, joined the team last year and earned the title of "Rookie of the Year" by his outstanding performance in a number of races including 1st place in the Laurentian Loppet 15km. "Big Ben" is a student at Polyvalante Augustin Norbert Morin and he enjoys kayaking et course à pied.

DAVID MITCHELL

David, 17 years old from Rosemère is a veteran member of the racing team. Last year he won 1st place in the LSZ race in his class and finished third at the Quebec Sealtest Championships. His other interests besides skiing include playing the guitar.

ERIC JONASH

Eric Jonash, 16 years old from Pointe Claire has been skiing for three years but this is his first year on the Viking racing team. He was first in the Lac St. Louis Regional Quebec Games and second in GMAA Bantam race. He attends John Rennie High School and cars are one of his interests.

GRANT ROBERTSON

Fifteen year old Grant Robertson from Rosemère was introduced to the racing team by Viking's Linda Binning, a physical education instructor at Rosemère High School. Grant has been skiing for ten years and Linda has been coaching him in both cross country skiing and running. His skiing successes include 2nd place in the Laval Championships and 3rd overall in the '82 GMAA race.

SENIOR TEAM

RENE DUFOUR

René, a 21 year old skier from Rosemère has been skiing for five years and is a veteran member of the racing team. Last year he was 3rd in the Laurentian Loppet (34km) and 8th in the Coupe Sealtest 30km final.

JEAN-MARC EMARD

Twenty-one year old Jean-Marc, a Nautilus Instructor from Rosemère is in his fourth year as a racer. His best performances include 3rd place in the Club Championships and 5th in the Laurentian Loppet (34km). Besides skiing Jean-Marc enjoys cycling.

TOM OLJEMARK

Twenty year old Tom Oljemark from Montreal has been skiing for thirteen years and he is the most successful racer the club has produced in recent years. He was Canadian Junior Champion in 1978 and last year he was a member of the National Junior Team. This is Tom's first year as a senior. He is attending Vanier College where he is studying architectural technology. His other interests include photography.

AARE OLJEMARK

Aare, a 45 year old Market Development Officer with CNR has been coaching cross country skiers for the past 10 years. Aare is also a computer enthusiast.

KAREN OLJEMARK

Karen, a 22 year old Fitness Instructor and Physical Education Teacher has been a coach for 3 years and a cross country skier for 13 years. She was 7th in the '77 Canadian Senior Championships, 4th in the '82 Coupe Sealtest final and 2nd in the '82 Quebec Loppet Series. Karen enjoys reading and most outdoor activities.

CHITCHAT . . .

F. David Mathias, the architect who drafted the plans for the new clubhouse extension a few years ago, was made an honorary member of the Viking Ski Club at the November 7th meeting of the Club's board of directors.

The Laurentian Ski Zone has awarded the Viking Ski Club \$3000 in trail grants for the coming season. Most of the money will be used to defray the cost of widening and bulldozing the racing trails in preparation for the Shell Cup National Championships. \$1000 of the grant will be spent on expanding the touring trails for the Viking Loppet. Paul Tree spoke for the board of directors in expressing his thanks to the LSZ for the award.

In order to obtain the full commitment of members to assist in running the Canadian Championships on January 22nd and 23rd the board of directors decided not to schedule any other club activities. On those days the races will be held on Mount Royal, Montreal and members are urged to help out. No previous experience is necessary. Call Jan 697-8199 or Paul 733-2287 to find out how you can help out at the big event.

The bulldozers have come and gone and the Viking Racing Trails are now wide enough to allow double tracking around the full ten kilometer of trails. Racing events director Jan Eisenloeffel with the assistance of John Burgess arranged for the bulldozing equipment, transportation and operator.

The neighbours of the Viking Ski Club on the Jackson road were treated to a wine and cheese party at the clubhouse hosted by the Club directors on Saturday afternoon November 20th. Although a larger turnout was hoped for, the directors were pleased with the opportunity to meet some new neighbours as well as renew acquaintances with others. Consideration will be given to making this an annual event.

For the first time in five years the LSZ Championships will not be held at the Viking Ski Club. Instead they will be held at the Club de Golf, New Glasgow, 12km east of St. Jerome on January 29th.

If you ever wanted to ski in downtown Montreal here is your big chance. A popular marathon will be held at the Olympic Stadium on January 30th with a 10km distance for adults and 3km for children. Over \$50,000 in prizes will be drawn for at this fun ski event. Call Ski Québec at 374-1558 for more information.

Racing Events director Jan Eisenloeffel tells us that most of the emphasis for help this season is being directed to the Canadian Senior Championships, and the response so far from volunteers is encouraging. However, he reminds members not to forget about helping out with running the Time Trials, December 26th. (Call Scott or Lori 286-0219) and the Viking Relays, January 2nd (call Diane or André 688-2765).

Karen Oljemark tells us that Toni Scheier, Coach Development Coordinator for Cross Country Canada is developing a coaches resource package. If you are interested in qualifying for coaching certification at a national level he is the man to talk to and you can contact him at CCC, 333 River Road, Ottawa, K1L 8B9.

Paul Tree arranged to have the tile floors in the clubhouse sealed to facilitate keeping them clean. The flooring in the entrance and in the lounge was gleaming when the directors invited the Jackson Road neighbours over for wine and cheese.

VIKING SKI CLUB

Hosts List



DECEMBER 1982

5 Sun.	Ginette & Roger Page	465-233
11 Sat.	Michel Thibault	688-3086
	Mike Nicholson	695-8750
	Hedwidge Asselin	481-3938
12 Sun.	Colin, Nancy Lee Patch	487-4534
	Robert & Michele Frenette	738-6778
18 Sat.	Mike & Ann Loken	733-2001
	Neil MacKinnon	733-2919
19 Sun.	Kathleen Butler & Gilles Dulude	844-0644
	Geoff Dougherty	933-7270
25 Sat.	Immanuel & Shirley Braverman	737-4738
	Itzik Braverman	271-7163
26 Sun.	Mark & Toyoko Marshall	694-1026
	Rejean Charbonneau	766-2079
27 Mon.	Katy & Walt Van Walsum	695-6306
28 Tues.	Eileen & P. De Neeve	931-5536
	Doug MacLean	631-4759
29 Wed.	Jan & Ank Meyers	486-4094
	Doug MacLean	631-4759
30 Thurs	Gordon & Sorel Cohen	482-1327
31 Fri.	Ernestine & Paul Tree	733-2287
	Laurent Belanger	or 1-226-3007 768-8975

JANUARY 1983

1 Sat.	vacant	
2 Sun.	Chris & Doreen Paine	332-0907
	John & Andrea Burgess	486-7806
	Alex Vicas	392-5235
3 Mon.	Laurent & Denis Belanger	768-8975
8 Sat.	Howard & Jean Harvey	634-242
	Michel Perras	334-031
9 Sun.	John Dysthe	738-1297
	Joy & Erhardt Ferdinandi	481-5217
15 Sat.	Sandra Carmichael	931-3567
	Pauline Dewitt & Nelleke Lingbeek	933-7071
	Ron Braverman	481-1875
16 Sun.	Rolf & Wilma Christiansen	642-4605
	Carolyn & Ted Osborne	636-3655
20 Thurs	vacant	
22 Sat.	Vagn Pedersen	H 1-742-1691
	(O 636-0031)	
	Marilyn & David Waters	697-7352
23 Sun.	Marilyn Geddis	486-7912
	Susan Chirke	737-9978
25 Tues.	vacant	
29 Sat.	Warren & Kathy Mayhew	695-4030
	Soern & Angela Petersen	695-0656
30 Sun.	Dennis & Marcia Schaeffer	487-5478
	Hope Hoey	1-227-3190
	Henri Manceau	279-9693

WANTED

Children's Equipment?

Want to sell the cross country equipment your children have outgrown? We need skis, boots and poles for a 4 year-old and a 6 year-old. Call Ernestine at 733-2287.

Wanted

Boy's touring or racing boot size 7 and wood touring or racing skis 160cm are wanted by Moni Frojmovic. (482-6893)

MURRAY

SPORT

1200 Peel Street
861-9636

What went wrong?

A ski fitness test open to all skiers was held at Rosemère High School on Saturday, November 13, 1982. It was organized by Karen Oljemark and Jean Marc Emard of the Viking Racing Team and members of the team helped out with the testing.

A number of factors such as the remote location, the first year of the event, no pre-registration and inadequate publicity resulted in a very poor turnout. Only one other skier, Normand Cadieux of Viking showed up besides the racing team. At least the Viking Team members got tested. However, the test was a good learning experience for the organizers, and if the event is held next year, a thorough publicity effort and pre-registration will certainly ensure greater success.

Two Vikings chosen for new hall of fame

It was not much of a surprise to hear that "Jackrabbit", Herman Smith-Johannsen was chosen to be one of the first four people to be inducted into the new Laurentian Ski Hall of Fame. It would have been impossible for the Groupe de recherches sur l'histoire du ski dans les Laurentides (GRH-SL) to neglect the contribution of a man who has been breaking trail since the 1920's.

Along with Jackrabbit the other Viking selected for the October 16th opening of the Hall of Fame in St. Sauveur des

Monts was another living legend, Arthur Gravel. Art was a member of the Canadian Team at the Winter Olympics in 1932. He was a competitive skier from 1920 to 1936 winning the university championships at Lake Placid in 1922; representing Canada at the World Championships in Holmenkollen, Norway in 1926; winning the first official downhill event organized in Canada in St. Sauveur in 1930 and winning the Quebec-Kandahar downhill race in both 1934 and 1935.

Besides the two Vikings, the GRH-SL (which is a committee of La Société d'histoire des Pays-d'en-Haut), chose two other skiers for the Laurentian Ski Hall of Fame: Lucille-Wheller Vaughn, born in St. Jovite, who was the first woman skier to win an Olympic medal (Cortina, Italy, 1956), and Emile Cochand Pere, 92 years old, born in Switzerland, came to Canada and in 1911 became the first ski monitor in the Laurentians where he also opened the first ski trails.

The next *VIKING*, the Race Results issue, will be available early in March. The final submission date is February 7th but race results, photographs and handwritten material should be submitted

VIKING SKI CLUB		
Hosts List		
FEBRUARY 1983		
5 Sat.	Barbara Albu John & Phyllis Parrish Stan Droulis	932-6547 733-8660 731-5226
6 Sun.	Dominique & Deborah Scipio	737-5038
8 Sat.	Sandra & George Smith Rejean Charbonneau	487-3386 766-2079
13 Sun.	Marilyn & Gary Gerber John & Mimi Doyle	931-6715 683-8327
19 Sat.	Keith & Nicole Carrier Pierre & Phyllis Duchastel	489-0605 738-9626 342-0696
20 Sun.	Ivo & Zuzawa Jirkovsky Linda Cunnington & Angelo Diez	342-0696 739-6548 932-6092
26 Sat.	Allen Aitken Paul & Andra Terni Jean-Claude Farge	739-6690 731-6351 737-5858
27 Sun.	Rigby & Doris Whitty Michel Lassonde Margaret Graham Bill Cowley Hope Hoey	653-7998 486-7718 1-613-733-4037 1-227-3190
MARCH 1983		
5 Sat.	Ethel Roskies & John Stonehewer	937-0625
6 Sun.	Gilbert & Jeanette Bard	843-5501
12 Sat.	Tom & Sandy Newton Yoko Kondo Lisette & Paul Letour- neau	695-4246 482-7123 1-229-6196
13 Sun.	Caj & Pirko Frostell	697-5105
19 Sat.	Roman & Irene Jezek Jean-Claude Richard	695-6498 672-0436
20 Sun.	Allan & Mrs. Rotman Rex Tallentire	731-1636 481-9008
26 Sat.	Ted & Mary Harris	697-2835
27 Sun.	Rudolf Kuzmider & Charlotte Jungklaus	288-1894
APRIL 1983		
2 Sat.	Diane Leger Dionne & André Dionne	688-2765
3 Sun.	Steve Sewell Bill Pollock	488-6695 1-819-326-3559

Special thanks go to Russ and Linda Binning for help before and during the test, to Rosemère High School and Laureval School Board for the location, to Keith Rogers, Principal of the school, for access to the school and to Rosemère Racquet Club for use of their testing equipment. Thanks also to the team members who manned the testing stations.

A TRAINING PROGRAM IN Cross-country skiing

for children and adults

TRAINING PROGRAM UPDATE

SKI-TRAINING
The Viking Ski Club's Family Program is a collaboration with local ski clubs in the area offering of two programs in cross country skiing.

CHI
This is a program for children's cross country skiing. It is part of a national program of supervised distribution to children (see below). A subsidy of \$24 per child in the local Ski League.

Children enter manual, ski bit newsletter per i

Entry deadline December 19th.
Late comers will be admitted as class size permits.
Applicants will be contacted by W-3 Aventure for final registration.
All sessions will be held at the Viking Club on Sunday mornings.
Children's program will be a one-hour inhouse fun and learning sessions and four 3-hour sessions on snow.
Adult's program will be four 2 to 3 hour on-snow sessions.
Members enrolled in the training program will be given the opportunity to join a Viking touring team in their age category for the Canadian Ski Marathon. A Viking Junior four-man team is one possibility. This is not considered as a competitive event but a chance to ski with other members of similar ability.

Instruction for beginners or two or three sessions. The program continues into February. \$24 and classes will be held by an instructor.

Children's Program
a Five 3 hr. sessions
2 dry-land
3 on snow

Adult's Program
a Four 2 hr. sessions
1 dry-land
4 on snow
* pro-rata

Note: Please do not include money with your response.

If you are program cc

VIKING Côte St-Louis H4W 1L7

Name _____
Address _____
Experience _____
Tel. _____

Citizen Racer's TRAINING PROGRAM

Karen Oljemark

Part Two

On-snow training

This is the second of a two-part feature on training by Karen Oljemark, Assistant Coach of Viking's Racing Team. The first part of this series appeared in *VIKING* No. 9, November 1982.



Karen Oljemark steps across the finish line in the 15km Autumn Run.

As soon as the snow falls most competitive skiers go into a period of "overdistance" training. Slow your training pace down, but spend every possible hour on the snow over easy, rolling terrain to "groove in" your ski technique for the season.

Improving Technique

This is the time to get in a lot of technique training: the mistakes you develop now will stay with you to the end of the ski season. It's fine to be able to pound around the tracks, but you'll get much more out of your effort with a better technique. Go out with the knowledgeable skier and ask him for pointers. One thing the Viking racing team does during the first weeks on snow is to ski without poles on flat terrain. This exercise forces us to get a complete weight transfer from one ski to the other, the key to efficient ski technique. Citizen racers should try a few sessions of skiing without poles at the beginning of the season.

Maintenance Program

During the ski season, keep up your flexibility training and decrease your weight training to a maintenance program of 30 to 45 minutes twice a week.

Peaking for Races

In terms of training for loppet races, choose one to two races where you wish to record personal bests and plan to "taper" your training four to six weeks before the first event. Tapering means that you gradually decrease your training volume while increasing intensity. This process is called peaking.

Ski fewer kilometers on hillier terrain and increase your interval sessions back to two times a week. Uphill intervals on a hardpacked ski track of 30 seconds to one minute in length are ideal. In addition, one can do natural interval training, which means going at a steady pace over varied terrain. Each hill becomes an interval workout.

Another rule of thumb is to start with shorter races of 5 kilometers (for women) to 15 kilometers (for men) and gradually work into the longer loppet races as the season progresses. You can race once a week if the races are fairly short, but if the races are long (for you) participate only once every two to three weeks.



Citizen Racer's TRAINING PROGRAM

The following table presents a typical training program which illustrates the trends described earlier in this article.

DURATION



1 to 2 hours a session (including warm-up and cool-down)

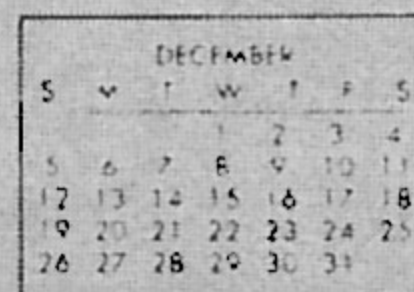
INTENSITY



Cardiovascular Endurance: 75% of maximum heart rate (220 minus your age)

Anaerobic Training: 85 to 100% of your maximum heart rate.

FREQUENCY



5 to 6 days a week (once a day, or twice a day on ski weekends)

TRAINING PARAMETERS

TOTAL HOURS (FALL)

TOTAL HOURS (WINTER)

FLEXIBILITY

10%

10%

MUSCULAR ENDURANCE/STRENGTH

20%

10%

AEROBIC ENDURANCE

60%

70% - 60%*

ANAEROBIC TRAINING

10%

10% - 20%*

* As the ski season progresses, volume distance skiing and technique training decrease, and intensity in the form of interval skiing increases so that the skier heads into his 'peak'.

ADDITIONAL TIPS

1. Keep a diary of your training. It is an excellent tool by which to measure your progress and to avoid overtraining.
2. Make sure you get adequate rest and eat a well-balanced diet. Decrease your training at times of increased stress (on the job, at home, at school).
3. Follow the HARD DAY - EASY DAY principle and have one day of rest a week.
4. Be sure to have an adequate warm-up and cool-down consisting of light jogging or skiing and stretching exercises, especially before and after races.

VIKING MEMBERS

10 to 15 % Discount



DOUG ANAKIN 454 Beaconsfield Blvd.,
Outdoor Sports Beaurepaire Tel: 695-0785

Neil Stewart thanks workers Clubhouse is ready

Work party from the House Committee had a successful day doing repairs on the club house Oct. 3rd. Several trips and meetings took place beforehand to prepare and decide on what work had to be done. On the day itself, things went very quickly, with about twenty small projects completed: scraping and painting, minor shingle repairs, rebuilding the front step, new shelving in the kitchen, outside cleanup, and so on.

The House Committee chairman thanks all those who helped: Roy Shetler, Graham Shetler, Krys Stewart, Michelle Stewart, Robert Weiler, and Committee members Norm Dowling, Yoko Kondo and Ed Rivet.

Kid Stuff

Come on kids !

DON'T MISS THIS EVENT! Viking's Royal Bank Junior Olympics Children's Race will take place on January 16th. To enter you must register at the clubhouse on the day of the event before 11am. Race will start at 11:15am.

Royal Bank Junior Olympic Awards will be given out after the race as well as a number of Viking prizes. A huge Hot Dog Feast will follow the race.

Categories

- under 6
- 6-7
- 8-9
- 10-11
- 12-13(M)
- 12-13(F)
- 14-15(M)
- 14-15(F)

Distance

- 1.5km
- "
- "
- 3km
- "
- "



HELP ME UP!

Sunday, December 19th Ski Exchange and Equipment Clinic

On Sunday, December 19th between 10am and 4pm the Viking clubhouse in Morin Heights will be the scene of a clinic on the choice and care of cross country equipment and also a sale of used equipment.

Members wishing to sell equipment should label each item with the price, member's name and phone number. Ten percent of the selling price will be retained by the Club and the balance will be given to the member selling. Unsold equipment can be picked up after December 19th or left on display at the clubhouse for possible future sales although the Club cannot be held responsible for theft. Equipment can be brought to the clubhouse in advance, properly labeled, and left with the host of the day.

Member's Responsibilities

1. Show host membership card at parking lot entrance.
2. Leave membership card in car window.
3. Always sign the register.
4. Young children must be accompanied by an adult.
5. A guest must be accompanied by a member.
6. Smoking is only permitted in downstairs lounge.
7. Dogs must be kept outside and off ski trails.
8. Remove all personal items from clubhouse before 4:00 p.m. closing.

Hosts' Duties

1. Open clubhouse at 9:00 a.m.
2. Check membership cards at parking lot entrance.
3. Restrict parking lot to members' cars.
4. Restrict club's facilities to members.
5. If necessary, inform members of their responsibilities.



JUST FOR FUN

by Jayem Nolan

Christmas Puzzle



See if you can find anything different between these two Christmas trees and Santa Clauses. A good eye will see 10 different things, a sharp eye will spot 20 things but a real Viking will find all 31.

VIKING SKI CLUB

📅 Racing Calendar 📅

82

December 18/19 Coupe de Québec,
Alma
26 Viking Time Trials*
28 Coupe de Québec,
Shawinigan Sud
31/ NOR-AM East,
Lake Placid, NY.

83

January 1/2 Above event con-
tinued.
2 Viking Relays*
5 NOR-AM East, lo-
cation undecided.
8/9 NOR-AM East,
Mont Ste-Anne.
8/9 Eastern Masters,
Refuge, Stoneham.
15/16 Coupe Sealtest,
Drummondville
20/25 Canadian Champion-
ships Shell Cup*
22 Loppet Bec-Scie.
Ville de la Baie.
23 Tay Valley Race,
Ontario.
29 LSZ Championships,
New Glasgow.

February 5 Montebello Loppet
5/6 Canadian Masters,
Dagmar, Ontario.
5/6 Coupe de Québec,
location unde-
cided.
12/13 Cdn Ski Marathon
19 Gatineau 55km
21-26 World Masters XC
Championships,
Telemark, WN.
26/27 Coupe Sealtest,
Gatineau.
26/27 Shell Cup (Junior),
Sault Ste Marie.

March 6 Viking Loppet*
12 Grand Fond Loppet,
Mont Ste. Anne.
12/13 Coupe de Québec
location unde-
cided.
13 Viking Champion-
ships*
19/20 Coupe Sealtest,
La Tuque.
26/27 Coupe Sealtest,
Mont Ste. Anne.
26/27 World Cup,
Labrador City.
29/3 North American
Championships,
Labrador City.

* Races held at Viking Ski Club, Morin Heights.

BOUTIQUE NORDIK

Mountain and ski specialist

CROSS COUNTRY

- Marathon, touring and expedition.
Personalized camber selection.
- Stretch clothing for comfort and style.
- New!** — telemark
- Exclusive "Loppet" ski (SUNDINS),
the only marathon ski with a side camber
- BERGANS 50mm binding.
- PELTONEN, KARHU, SUNDINS,
FISHER.

- Children ski exchange program

DOWNHILL SKIING

- Mountain fashion, for function and style.
- Weekend excursions: wilderness skiing
and telemark. Charlevoix region

WINTER CLOTHING

- A technical selection for outdoor activities,
skiing and expedition.

GORE-TEX — THINSULATE — HOLLOFILL — down, pile, and fleece pile.
LIGHTWEIGHT EQUIPEMENT FOR TRAVELING
AVAILABLE ALL YEAR ROUND

1221 St-Hubert, Montreal, Que. H2L 2Y8 • 844-0441



VIKING

Suite 305
1800 Dr. Penfield
Montréal, Québec
H3H 1B4



Blacks
CAMPING INTERNATIONAL

MONTREAL:
3525 QUEEN MARY ROAD
(AT GATINEAU ST.)
TELEPHONE: (514) 739-4451

A complete range of outdoor clothing and equipment to put you in tune with your trips to nature.