



President's Message

Welcome Back! With this, our first newsletter of the 2009/2010 season, I would like to welcome everyone back. I hope you had a great summer and are now looking forward to a terrific winter of cross-country skiing.

Your Board of Directors has been busy putting together the club's programs and getting everything ready for the upcoming season. As well, the Viking-Morin Heights organizing committee has held its first planning meeting for the 2010 edition of the loppet.

Trail clearing started September 26 and will continue on Thursdays and Saturdays until the job is done. If you've never been trail clearing, come on out and join us. The work is light, the company is great, and you get to hike on our trails and see them in a naked sort of way (no snow). It's also a pleasant way to fulfill your volunteer obligations. Watch for Judy Rogers' weekly trail clearing email updates.

A year ago I wrote that we had received a grant from the MRC toward the purchase of new trail-grooming equipment. Although we haven't quite reached our fundraising goal, we're well on our way, and I am pleased to announce that we will be buying the equipment in the next few weeks. This purchase is possible thanks to the many club members who contributed to our special fundraising drive. My sincere thanks to all of you for your generosity — and to those who haven't made a donation, please consider doing so. For more information on this, see the article in this newsletter by our fundraising chairman David Marshall.

I would like to welcome Norm Horner as a new member on our Board of Directors. I look forward to working with him — and all the club's directors — on our many exciting projects this year.

As an early reminder, we will be looking for volunteers for the Viking mini checkpoint in the Canadian Ski Marathon February 13/14, 2010, as well as for our loppet on February 28. If you can help out, please contact me.

It's shaping up to be a great season!

Douglas Bowes-Lyon

Lettre du Président

Bienvenue à tous! En ce début de saison 2009-2010, je vous souhaite la bienvenue ainsi qu'une excellente saison de ski.

Le conseil d'administration s'est appliqué aux préparatifs de la saison de ski ainsi qu'au programme des activités du Club. Le comité organisateur du Loppet Viking / Morin-Heights a tenu sa première réunion en vue de l'édition 2010 du Loppet.

Le débroussaillage des pistes a démarré le 26 septembre et se poursuivra tous les jeudis et samedis jusqu'à ce que le travail soit complété. Si le cœur vous en dit, venez participer à cette plaisante corvée, en agréable compagnie et en pleine nature automnale. Cela est une agréable façon de satisfaire à votre obligation de bénévolat. Les courriels hebdomadaires de Judy Rogers vous informeront sur le sujet.

L'an dernier j'écrivais que nous avions reçu un subside de la MRC pour l'achat de nouveaux équipements de traçage des pistes. Même si notre objectif de levée de fonds n'est pas tout à fait atteint, nous demeurons confiant d'y parvenir. Je suis donc heureux de vous annoncer que nous procéderons à l'achat de cet équipement au cours des prochaines semaines. Cette acquisition est rendue possible grâce à la générosité de plusieurs, lesquels je remercie sincèrement. À ceux qui n'ont pas encore fait parvenir leurs dons, je demande d'y voir le plus tôt possible. On trouvera plus d'information dans l'article ci-inclus du président du comité de levée de fonds, David Marshall.

Je souhaite la bienvenue au nouveau membre du conseil d'administration, Norm Horner. Il me fait plaisir de m'attaquer à nos projets avec lui et avec tous les membres du C.A.

Déjà nous recrutons des bénévoles pour le Marathon Canadien de Ski (les 13 et 14 février) et pour le Loppet (le 28 février). Je prendrai votre appel avec plaisir si vous désirez y participer.

En route pour une magnifique saison de ski !

Douglas Bowes-Lyon

Viking Youth Program is taking shape.

by Benita Stoyel

Since early September there has been active work on the youth programs taking into consideration comments provided in the questionnaire completed at the end of last season. Similar to previous years, four Jackrabbit levels and one Bunnyrabbit group are planned for the upcoming season.

Each of the four JR levels will receive one hour of coaching by Julie Valente or Sarah Moore with the help of a coach assistant dedicated to each group. In addition to the coach assistant each group will have one parent volunteer to take them out on the trails. At the moment, we already have Catherine Rosignol as parent volunteer and Daniel Lone and Sarah Lone as coach assistants who are all working towards getting their coaching level certification. The target ratio for each JR level is between a minimum of 6 and a maximum of 8 kids per parent volunteer/coach assistant. The JR4 level will be spending two hours on the trails in addition to the one hour of coaching. As Sylvia Welke, last year's dynamic bunny instructor will be spending the winter in Ottawa, we are currently looking for someone to head up this responsible position.

This year, the club will be offering a Challenge type program for kids aged 14 and up. Younger, stronger kids with a higher endurance will also be considered for this group. The details of the program are still evolving. What we do know is that the group size will be a minimum of 8 and a maximum of 12. If you have or know of anyone interested in joining this group it would be appreciated if you could get in touch with me soon so that the program can be moulded to the group's preferences.

Please note that a significant difference this year is that all participants of the Bunny and Jackrabbit programs are to become members Ski de Fond Quebec (SFQ). This membership, which comes at an additional expense will, provide the club assistance in establishing an optimal youth program, offer SFQ support to our coaches and allow the club to become more connected with clubs in the region. It also needs to be noted that a portion of the funds of this membership are directed to promote and develop the sport as well as provide insurance coverage. The good part about becoming SFQ members is that each BR and JR will receive a progress booklet which, in addition to providing useful information about ski techniques, equipment and waxing, includes a log of achievements. In order to accommodate the SFQ membership cost, the Viking

youth membership cost has increased.

As mentioned above we still need one Bunny Instructor and three JR parent volunteers. . We are also looking for a couple more coach assistants.

Anyone interested in these positions should contact me (Benita at (450) 689-3452) ASAP, because we would like to offer to send you on an initiation to community coaching course. It is important that all youth program participants register before December 1st if possible. All Jackrabbits and Bunnies have to be registered with SFQ and books need to be ordered so that they will be available for the first lesson. It will also allow the coaches to better place the youth in their appropriate group before the first lesson. To encourage this, we are giving a \$10/child discount for registrations prior to December 1st. Please note that this year group size will be limited. So register early!

When you fill out your Viking membership forms please make sure to complete one SFQ form for each child and mail this back to Viking. Make copies or download the form from SFQ website, www.skidefondquebec.ca (under Affiliation/Inscription, then Formulaire d'adhésion individuelle des membres 2009-2010 - 3rd one down) if necessary.



new section on the Black Trail that avoids a steep downhill Photo: .D. Wills

Trail Clearing activities have started!!!

by Derek Wills)

Saturday, 26th September marked the first foray out by club volunteers to clear the trails of the Viking ski network, and a delightful sunny 19.C day it was

Viking November, 2009

too....as the 10 volunteers can attest!
 Dividing into 2 work groups, the Yellow and Red/Green trails from the clubhouse to the Ruin (Junctions "O" and "D") were first assailed and proved to require a lot of work with hand and chain saws to clear away many downed trees as typically illustrated here.

On return back to the clubhouse, we cleared the Jackrabbit Trail which although short, had some large tree obstructions to be cleared away. All efforts were rewarded with refreshments out on a sunny clubhouse deck!

Des informations supplémentaires seront données sur le site internet du club, à <http://www.vikingskiclub.ca/>.

Bonne saison de ski!

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Nouveaux cours de ski pour adultes cet hiver
Richard L'Heureux

L'hiver dernier, plusieurs membres du club Viking ont profité des cours de ski de fond offerts pour la première fois aux adultes et en ont été enchantés. Les novices ont pu maîtriser rapidement les techniques de base tandis que même les skieurs expérimentés apprenaient à mieux skier avec moins d'effort.

Aussi, le club entend renouveler l'expérience et offrir à nouveau ce cours en techniques de base pour la prochaine saison, pour que d'autres membres en profitent. Ce cours sera offert dès le début janvier. De plus, pour répondre aux besoins exprimés par plusieurs membres, le club offrira un programme d'initiation aux techniques du pas de patin. Enfin, vu que les descentes sont un élément important du ski nordique, en particulier sur un réseau de pistes comme celui du club Viking, le club offrira un cours de techniques de descente, pour permettre aux skieurs de maîtriser leur vitesse et de bien se diriger en descendant.

Chacun de ces programmes seront donnés en trois leçons, et suivront la méthode de l'Association canadienne des moniteurs de ski nordique (ACMSN/CANSI).

Vikings keep wheeling during the summer!

by Derek Wills)
 Although our President Doug (Bowes-Lyon) has wheeled across Canada, he was eager to keep those wheels spinning so during the summer he organized and guided a series of Montreal city bike tours, sort of paralleling the Thursday ad hoc ski tours. He was enthusiastically assisted by the family pet dog Max who, husky like, was always eager to pull Doug, bike and carriage along and when tired could relax in the carriage...and be ready to leap out and chase any passing wild life it spotted!!

The enormous free parking area on the south side of the Angrignon Park served as our Thursday morning (around 10 am) rendezvous point, and post-tour refreshment point. Going on these tours (typically around 40 to 50 km), really opened our eyes to many things, interesting historic sites and new routings for cyclists in a city that is slowly becoming more bicycle friendly. The traffic free Ice Bridge which can be accessed via Nun's Island, serves as a peaceful way to traverse the St. Lawrence River and get to other bikeways on the South Shore, and the adjacent St. Lawrence Seaway peninsular. Returns back to the Old Port were variously made by ferry, and the Jacques-Cartier Bridge.

To compliment the city tours, and to round out the season, Judy (Rogers) hosted a 50 km Laurentian bike tour starting in Arundel, lurching lakeside up in Brebeuf and returning via a mixture of highways and the Aerobic Corridor which scenically parallels the Rouge River.....all against a backdrop of "just bursting out" fall leaves!

Touring Report

by Gordon Cohen

Plans for next season's tours are well under way. Thursday tours will start January 7, 2010, and Saturday tours on January 9. Derek Wills will coordinate the ad hoc Thursdays. The Saturday schedule will appear in the December newsletter. If anyone would like to lead or host a tour, kindly get in touch with me as quickly as possible at gdcohen@sympatico.ca. I am particularly interested in suggestions for our weekend away. I would not be against going to Tremblant again, as our trip was so successful last season.

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November 14

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VELKOMMEN TIL ALLE

Newsletter Submissions

Viking, the official newsletter of the Viking Ski Club, is published four times annually. Send

submissions to: John Symon (coordinates on the back page).

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

Ad Rates

	One Issue	Four Issues
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Full-page	\$70	\$200

Hosting

by Gordon Cohen

I am pleased to advise that Audrey Speck has volunteered to serve as Hosting Coordinator for the coming season. She will be getting in touch with those of you who volunteered last season. Her email address is: a.speck@videotron.ca and her phone number is 514- 487-0432. If you know when you would like to be host, please get in touch with her. I cannot repeat often enough; hosting is important to Viking.

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----- **ULTRAMAR** -----

Trail Report

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

www.vikingskiclub.ca/

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

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Where to Buy Nordic Ski Equipment

by John Symon

Montreal Area Retailers (Sale and Rental) of New X-C equipment: **Norway Nordic*** (514-457-9131) in Ste-Anne de Bellevue; **André Jac Sport** in Laval, (450-622-2410); the **Atmosphere** chain (514-365-1286); **Austrian Ski Shop** 5706 Monkland Ave. (514-483-3666); **Boutique Courir** (514-499-9600) (downtown and Longueuil); **La Cordée** (514-524-1106); **Louis Garneau 2000** theme store in Longueuil (450-677-1339), **Mountain Equipment Co-op** (514-788-5878); **Le Suroît Cycle et Ski** in Vaudreuil (450-455-0328); and downtown's **Le Yeti** (514-271-0773).

In the Laurentians, check out **Boutique SRS*** (450-226-7821) in Morin-Heights and **Swisski*** in Ste-Agathe (819-326-4077).

New and used equipment:

The **Play-it Again Sports*** chain (514-484-5150); **Doug Anakin Sports*** (514-695-0785) in Beaconsfield and **Sports Aux Puces** Laval/Rosemere (450-688-9001).

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

Stores indicated with an asterisk (*) offer discounts to Viking members on selected items.

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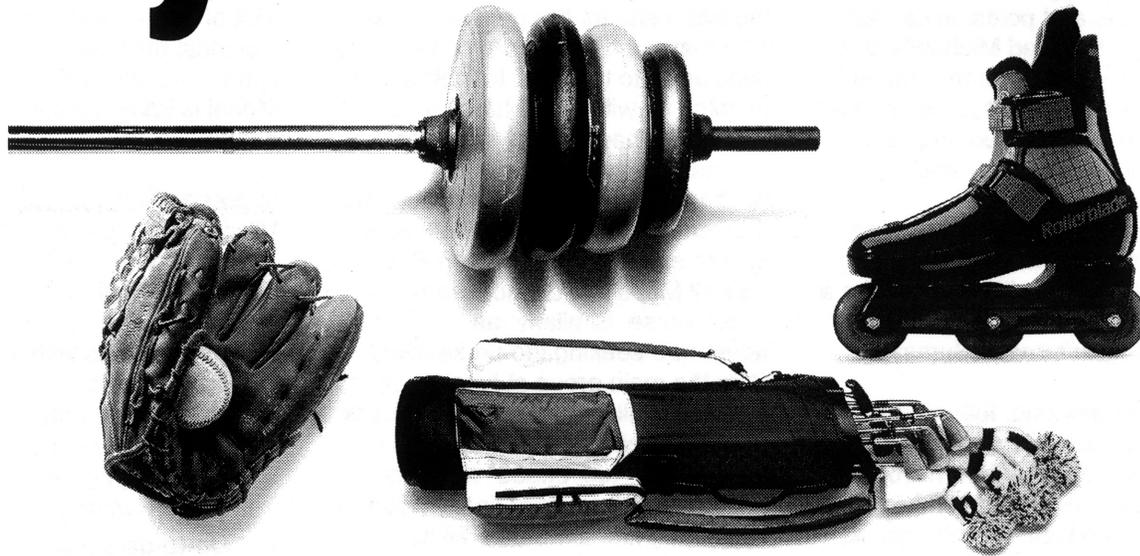
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Advantages of Membership

by John Symon

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

- ski for free all winter on 55-km of groomed Viking trails
 - ski for free all winter on about 75-km of groomed Morin-Heights trails, including the Aerobic Corridor (parking not included there)
 - ski for free on Lac Notre-Dame trails
 - free use of Viking clubhouse, including wax room, washrooms, saunas, kitchen, lunchroom, living room, parking lot
 - club members are eligible to apply for Carte Réseau, allowing holders to ski one day for free at each of about 18 Laurentian nordic ski centres
 - join the touring group Thursdays or/and Saturdays and invite a friend along
 - social events, summer canoe trips, summer bicycle trips
 - club members eligible to enrol their children/ adolescents in some of the best Youth Programs around (supplementary fees apply)
 - 10% off regular prices on select items at many x-c boutiques (see p. 5)
 - four issues of the Viking newsletter
- To join Canada's best--and arguably oldest--ski club, go to: www.vikingskiclub.ca,



2008 Trail clearing on the Green Trail with Derek Wills, Philip Harrison and Jarmila Philipp. Photo: H. Wills

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

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

Skier nouvelles soit le plus important site internet de l'actualité du ski nordique

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Gordon Cohen 514 482 1327 <i>(Vice-President)</i> 514 271 4646 (office) gdcohen@sympatico.ca	Hosting Membership Secretary Membership database and communications co-ordinator Touring	Audrey Speck 514 487 0432 a.speck@videotron.ca Marilyn Geddis 514 486 7912 Murray Moss 514 927 0155 (Cell) m_moss@videotron.ca Derek Wills (co-ordinator) 514 683 0696 derek_wills@sympatico.ca
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