



## Presidents Message February 2011

As noted in previous presidents' messages, February is always one of the busiest months on our calendar. This year is no exception. Isabel Sigouin and her team are doing a great job with the Bunnyrabbit and Jackrabbit programs. The Challenge program under the direction of Carol Fiedler and Coach Rick Nesbitt is back this year and in full swing. The Biathlon program led by Elisa Rietzschel and assisted by her able coaches is proving to be very popular. There is also the adult training on Sundays and the Thursday and Saturday tours. All in all it is shaping up to be a very successful year for both the programs and the club.

In addition to the programs we also have the Canadian Ski Marathon on February 12 and 13 where the Viking Ski Club mans a checkpoint supplying refreshments to the skiers as they pass through. And on February 27 we have the Morin-Heights Viking Loppet. As usual we are looking for volunteers to help in the running of the loppet; please advise Wilma Weimer of your intention to help us make this event successful.

New this year: Ron Crotogino and his crew have been busy laying out and marking snowshoe trails. To date they have laid out, marked and mapped 2.3km of trail, with more to come. For full details see Ron's report inside the newsletter.

As I write, this has been another snow-challenged year; however, in spite of the less-than-normal snow accumulation, the skiing has really been excellent. The Racing trails have been track set since late December and the Red was groomed mid January. The rest of the touring trails will be groomed as conditions permit. In the meantime they will be designated as "back country" ski trails. Check the website for up-to-date trail condition information.

(See "President's message" p. 2)

## Message du Président Février 2011

Comme je l'ai souvent souligné dans les messages antérieurs, février est toujours un des mois les plus occupés de notre calendrier. Cette année ne fait pas exception. Isabel Sigouin et son équipe font un excellent travail dans les programmes Jeannot lapin et Jackrabbit. Le programme Défi sous la direction de Carol Fiedler et de l'entraîneur Rick Nesbitt qui est revenu cette année est en plein essor. Le programme biathlon dirigé par Elisa Rietzschel assistée par ses talentueux entraîneurs s'avère très populaire. Il y a aussi l'entraînement pour adultes le dimanche et les randonnées du jeudi et du samedi. En tout et partout, l'année sera vraisemblablement une réussite pour les programmes et le club.

En plus des programmes, il y a le Marathon canadien de ski qui se tiendra les 12 et 13 février et le Club de ski Viking y gère un point de contrôle où les skieurs qui passent se font offrir des rafraîchissements. Le 27 février, nous aurons aussi le Loppet Viking de Morin-Heights. Comme d'habitude, nous avons besoin de bénévoles pour aider durant le Loppet. Veuillez aviser Wilma Weimer si vous voulez contribuer à la réussite de l'événement.

Nouveaux développements cette année : Ron Crotogino et son équipe se sont occupés à mettre sur pied des sentiers de raquette. À ce jour, ils ont ouvert et cartographié 2,3km de sentiers. D'autres sont à venir. Pour de plus amples informations, lisez le compte-rendu de Ron dans ce bulletin.

Au moment où j'écris ces lignes, la neige a encore été un problème cette année mais malgré la faible accumulation, le ski a été excellent. Les pistes de compétition ont été tracées depuis la fin de décembre et la Rouge a été damée à la mi-janvier. Les autres sentiers seront damés à mesure que les conditions s'amélioreront. Entre-temps, ils seront considérés comme des sentiers « hors-piste ». Consultez les comptes-rendus de l'état des sentiers sur le site Web.

Ceci est mon quatrième message de février du président et mon avant-dernier. Je donnerai ma démission comme président du club à la fin de la saison. Je terminerai mon quatrième mandat comme président et il est temps pour moi de passer à autre chose. Nous avons grand besoin de sang neuf pour relever de nouveaux défis, faire progresser le club et suivre le courant. Si vous êtes intéressé à devenir membre du conseil d'administration ou occuper le poste de président, veuillez me contacter ou contactez un des membres du conseil.

Douglas Bowes-Lyon

### **President's message (continued)**

This is my fourth February president's message and my second to last. I will be resigning as club president at the end of this season. This is my fourth term as president and it is time for me to move on. It is time for new blood to take up the challenge, to keep the club progressing and current with the times. If you are interested in becoming a member of the board or accepting the position of president, please contact me or any board member.

Douglas Bowes-Lyon

### **Michael Loken au Temple de la renommée?**

par J-P Campeau et Marty Loken

Plusieurs enthousiastes skieurs de fond voudraient que Mikarl Løken soit nommé au temple de la renommée du Musée de ski. Nous les Vikings de Morin-Heights savons qu'il le mérite amplement. Tous ceux et celles qui veulent appuyer ce projet peuvent le faire en écrivant à "Guy Thibaudeau" [museeduski@valleesaintsauveur.com](mailto:museeduski@valleesaintsauveur.com)

À titre d'information voici une courte biographie écrite par son fils, Marty, ainsi que les liens vers des articles sur Mike parus sur le Web. Nous avons également joint une entrevue récente qui résume bien sa vie.

Il a commence à skier dans la région à l'hiver de 1959 après avoir acheté son chalet en 1958. Afin de rejoindre les autres pistes du secteur (Western et Maple Leaf) il a tracé des pistes à partir du Lac Cupidon. Un peu après 1959, un de ses meilleurs Viking February 2011

amis (Per (Peter) Vik) qui était venu avec lui de Norvège, a acheté une maison de ferme à Morin-Heights. Ils devaient donc tracer une piste entre les deux endroits. En utilisant une partie de la piste Western, papa eut tôt fait d'établir un tel lien. Avec le temps, dans la première moitié des années 60, il a modifié la piste pour en faire une loupe qui devint, après quelques années, la Loken que nous connaissons maintenant. À l'origine, la piste traversait plusieurs lacs y compris Boisclair, Wilson, Kanawana, Racquet (maintenant le lac privé Loranger), Beauchamps, Denis et Cupidon. Dans les années 70, il entreprit de retracer la piste pour éviter les lacs surtout parce que les vents y étaient souvent très forts et qu'ils représentaient un défi à cause de la fréquente accumulation de glace sous les skis et de la difficulté de les traverser au début et à la fin de la saison. Depuis le début des années 80, il a surtout travaillé au retraçage de la piste rendu nécessaire à cause des nombreux développements dans la région.

Avec les années, de nombreux articles ont mentionné papa. Voici quelques liens qui pourront sûrement aider:

[www.clubmontagnecanadien.qc.ca/hommage-mike-loken.htm](http://www.clubmontagnecanadien.qc.ca/hommage-mike-loken.htm)

[http://laurentian.quebecheritageweb.com/article\\_details.aspx?articleId=74](http://laurentian.quebecheritageweb.com/article_details.aspx?articleId=74)

[www.shgph.morinheightshistory.org/photos09.htm](http://www.shgph.morinheightshistory.org/photos09.htm)

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### **Michael Loken to Temple of fame?**

by J-P Campeau and by Marty Loken

Many cross-country skiers would like Mikarl Løken to be inducted into the Ski Museum Hall of Fame. We from the Viking of Morin-Heights know that he deserves it very much. Those of you who want to show your support can do so by writing to "Guy Thibaudeau"

<museeduski@valleesaintsauveur.com>

For your information, the following is a brief biography provided by his son, Marty and web links to articles written about Mike. We have also attached a recent interview which reviews his life.



After buying his cottage in 1958, he started skiing out of there in the winter of '59. Given the need to link up with some of the other trails in the area (Western and Maple Leaf primarily) he blazed

trails that would link up from Lac Cupidon. Soon after '59, one of his best friends, Per (Peter) Vik, who came from Norway with him, had purchased a farm house in Morin-Heights and that meant a trail was required between their places. Building off the Western, Dad soon had that trail established. Over time in the early and mid-60s he modified the trail into a loop that evolved over the years into the Loken trail we know today. Originally, the trail went across a number lakes including Boisclair, Wilson, Kanawana, Racquet (now private Lac Loranger), Beauchamps, Denis and Cupidon. In the 70s he undertook the task of rerouting the trail to avoid these lakes because they were subject to strong winds. Under certain weather conditions, skiers crossing the lakes also got ice on their skis. It was also difficult to traverse the lakes early and late in the ski season. Since the early 80's the majority of work on the trail has involved rerouting due to ongoing development in the area.

Over the years there have been a number of articles that have mentioned Dad; those links can be found at the end of the French version of this article:

John,

I am forwarding you the email that I sent to Sylvie Lebeau of the ski Museum last October. I believe that the interview and links to various articles should answer most of your questions about Mike, his background and his accomplishments. Guy Thibaudeau, who is the chairman of the nominating committee of the museum; said that a show of support is needed to get the committee to induct Mike. I understand that their decision will be made within one month. I do not yet know the timing or format of the announcement.

Mike is a cross country ski icon here in Ste-Annes-Lacs (SADL) and also with many skiers in St-Sauveur; having built and perfected the Loken trail over more than 50 years, despite unabated development during the past couple of decades. It is enjoyed by many each winter and has become the backbone of our trail network in SADL. It is the Club de plein air of SADL which has nominated him and to the best of my knowledge, we are not affiliated with the Viking Club. I assume that my call for support for his election to the hall of fame has reached you through a mutual acquaintance.

We welcome any initiative that you might propose, particularly if it results in letters and emails of support to Guy Thibaudeau and other members of the nominating committee.

Thanks for your interest in recognizing Mike,

Ron Drennan 450-224-0596

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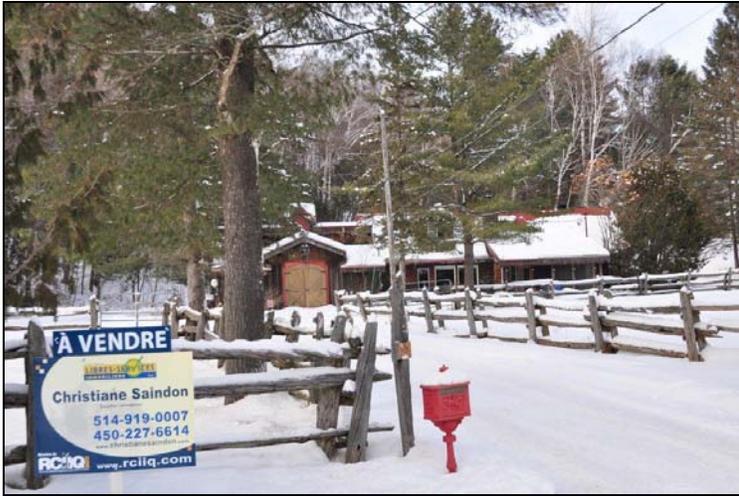
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----- **ULTRAMAR** -----

## Historic Morin-Heights Sound Studio for sale; Once 'best in world'

by John Symon

What do the Viking clubhouse and the disco soundtrack for the Bee Gee's Saturday Night Fever album have in common? Songs such as 'Staying Alive' were recorded at the Le Studio (Morin Heights), beside the bottom of Jackson Road, a short distance from Viking. Other notable bands and artists to have used this studio include: April Wine, ASIA, Bryan Adams, David Bowie, Cat Stevens, Chicago, Jean-Pierre Ferland, Julien Clerc, Roberta Flack, Corey Hart, Ian Hunter, Catherine Lara, Kim Mitchell, Nazareth, the Police, Keith Richards, Rush, Sting, and Toronto.



*Le Studio on Perry Road. Photo: A. Wills*

According to an online biography, the studio is owned by André Perry who is described as "widely acknowledged as a pillar of the Canadian music industry." Born André Perrotte in Montreal in 1937, he was associated with many other notable musicians before he opened Le Studio in Morin Heights. These include John Lennon and Yoko Ono for whom Perry recorded 'Give Peace a Chance.' Le studio, which encouraged artists to live on the 230-acre estate while recording there, was once described as 'the best recording studio in the world' by *Pro Sound News Magazine*.

The website of Christiane Saindon, an independent realtor, indicates that the 3,900 sq foot, 17-room building and adjacent stables, together with 17 acres of lakefront property, is listed for \$995,000. The

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adjacent water is called Lake Perry, but it is unclear whether the lake is named after André Perry or whether this is just a coincidence. When we spoke to Saindon, her remarks suggested that not all of the land is for sale. It was also unclear what condition the recording studio is in at present. According to Wikipedia, the entire 230-acre property was put up for sale in 2007 for \$2.54 million and eventually sold in 2009, then turned into a spa. We understand that the original building dates from 1868, but the studio was constructed in about 1975.

## From Challenge to champion; Viking program gave Olivia a solid start

by Sylvie Bouffard

Olivia Bouffard Nesbitt is now 18 years old – and has come a long way since she joined Viking's Challenge/Extreme Team at the age of nine. She was in the program for five years and loved it because of the great camaraderie, the variety of ski experiences, and maybe because her father was coaching the group. But most of all she loved it because she's crazy about skiing!

For the last three years, Olivia has invested a lot of time into racing. Last year she completed grade 12 in Edmonton so she could spend a racing season with her coach Les Parsons, who had coached her by email and telephone for the previous three years. Les has been a very positive influence for Olivia and continues to communicate with her regularly.

After a good second half of the season and good results at the Canadian National Championships, Les advised her to apply to a National Development Training Center. Last April Olivia was selected to the Callaghan Valley National Development Center, which is located in Whistler and uses the facilities of the 2010 Winter Olympics. She is part of a seven-athlete team (three boys and four girls) with a full-time exclusive coach and a waxing technician who has seven years of World Cup experience. Olivia describes the whole experience as "awesome", an attitude that's reflected in her racing results.

Before Christmas she had three consecutive weekends of racing that resulted in three podium

finishes, bronze, silver and gold, and three fourth place positions. Olivia was thrilled with her gold medal in the skate sprint event at the Rossland Haywood Nor Am multi stage Tour that included top Canadian and U.S. skiers. She posted the fastest qualifying time and was also the winner of the A final. These, along with her results at the World Junior Championship selection races at Thunder Bay in early January, were enough to earn her a spot representing Quebec at the 2011 Canada Winter Games in Nova Scotia from February 11 to 27. These games are held every four years and should be an impressive experience.

Olivia has worked hard to get where she is today and has had some obstacles to overcome but is passionate about what she is doing and is having the time of her life.

Editor's note: Everyone at Viking wishes Olivia good luck for the rest of the season and beyond!



## Challenge Program

by Carol Fiedler

Tout un retour pour le programme Défi : dix jeunes skieurs motivés parcourent les chemins et les bois du réseau de ski de Morin-Heights à la suite de leur entraîneur enthousiaste, Rick Nesbitt, à la recherche de neige poudreuse et d'aventures. L'équipe eXtrême du Défi a sillonné le corridor en pas de patin, en s'arrêtant sur un lac pour jouer au ski-handball; la semaine suivante, un long tour en ski les a menés du Viking jusqu'à Morin-Heights et retour, avant d'affronter les grands froids de la mi-janvier dans une expédition de ski hors piste. L'ascension de nombreuses pentes raides les a réchauffés, ainsi que

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le feu de camp et surtout les hot-dogs et guimauves du repas! Le skiathlome de la fin janvier a été l'occasion de tester leur équilibre avec des sauts à ski, courses de descente et de slalom sur une ancienne station de ski alpin. Les défis à relever ne manquent pas pour la suite de cette superbe saison, avec au programme, la préparation pour le Marathon de ski canadien et la Loppet en février, puis le camping d'hiver, prévu en mars. Si vous voulez encourager vos pré-ados ou ados, qui complèteront le niveau JR4 cette année en démontrant de très bonnes qualités de ski, à poursuivre le ski de fond l'an prochain, parlez-leur du programme Défi!

The Challenge program is off to a wonderful start, with ten eager skiers under the fun leadership of Rick Nesbitt, searching out snow and adventure throughout the trail system (and sometimes off the trails) of Morin-Heights. The Challenge Extreme Team has skate-skied the Corridor, stopping off at a nearby lake for a game of ski-handball; they have enjoyed an endurance ski in and around Morin-Heights, and they have had their first backcountry expedition, staying warm in -20 temperatures with the pace of their skiing and a campfire complete with hot dogs and marshmallows at lunch hour. For the last weekend of January, they had to demonstrate their balance skills with ski jumping, downhill races, and slalom races in a skiathlome. They have more fun planned: prep skis for the Canadian Ski Marathon and the Loppet coming in February, and a Winter Camping weekend scheduled for March. Encourage your strong pre-teen or teenage skiers, now in JR4, to keep skiing next year with the Challenge Program.



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## NIS Maintenance made simple

by Wayne Hesse

The Nordic Integrated System or NIS has revolutionized the way that bindings are installed on ski. The plate is bonded to the ski in the manufacturing process which has eliminated the need to drill holes to mount the binding onto the ski.

Screwing a binding to a ski can change the characteristics of the ski as well as create weak points in the ski when a traditional binding is not properly installed. The beauty of the NIS system is that it eliminates that mounting inconsistency and has given us the ability to also move the binding back and forth to tune the ski to field conditions or skiing style.

The front section of the NIS binding typically has 5 positions; one balance point and two positions 5mm and 10mm in front and behind the balance point. The heel plate, when properly adjusted, can be left in its place or moved the same amount as the front plate.

The NIS binding can be moved easily with the supplied metal key. If you wish to move the binding towards the tail of the ski, insert the key at the back of the binding, lift the tab and pull the binding towards the tail of the ski. You will hear a 'click' as it finds the next possible hole. Moving the binding forward requires that you insert the key towards the center of the binding, lift the tab and push the binding toward the tip of the ski. The same audible 'click' will be heard.

In short, moving the binding forward for classical cross-country skiing will give you a better foothold, while moving it back, provides you with better glide. Think of the type of terrain you will be covering in a given outing and try adjusting the binding accordingly. Once you get used to adjusting it, you could even adjust it part way through your day.

When skate skiing, the ski's balance during push-off can be optimized by adjusting the binding. Moving the binding forward of the balance point will cause the ski tip to rise to varying degrees given a skier's style.

The NIS system has given us the ability to fine tune our skis to enhance our skiing experience.

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Something that was not possible just a few years ago unless you had several pairs of identical skis with bindings mounted at different positions. Ski and binding using the NIS system weigh less than a traditional ski and binding. As we buy newer skis, and lay our old skis to rest, we can also use the same set of bindings between multiple NIS skis.

### Questions and Answers:

Q: Where can I pick up a spare adjusting key for the bindings?

A: Nordic Ski Service has spare keys in stock with the possibility of getting more.

Q: Before a long uphill section, how should I adjust the bindings?

A: The binding should be moved forward one or two notches to provide better grip.

Q: If my teenage son who is the same height as me but about 40 lbs lighter borrows my skis; should the bindings be adjusted for him?

A: If your son is too light and cannot close the ski properly, adjusting the binding will not work in any case. If he is off by just a bit, moving the binding forward should give him some advantage.

Q: What maintenance issues are there with NIS bindings?

A: Maintenance issues are similar to maintaining regular bindings. Greasing bindings regularly and changing the flexors when worn are still valid. However, we no longer have to worry about screws coming loose!

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## The Short Alpino Snowshoe Trail

by Ron Crotogino

In response to popular demand, a Viking snowshoe trail has been cleared, marked and initiated. We have called it the "Short Alpino Snowshoe Trail", and we encourage club members to give it a trial run. The trail is 2.1 km long and close to our racing trails. "Short" implies that it is easily manageable in less than an hour. It also implies that we intend eventually to establish a "Long Alpino Snowshoe Trail".

The Short Alpino Trail is marked with yellow and pink ribbons, as shown on the picture. It starts on Jackson Road just down the road from the clubhouse. The trail initially follows the Alpino ski trail, which starts down the road from the clubhouse. After about one km, the trail turns right off the Alpino Ski Trail through some dense bush and then connects to major survey line (where you'll see a lot of orange flags in addition to the yellow and pink flags). A right turn onto the survey line leads you up a steep hill. You will cross the ski trail that leads to the Roller Coaster. Continue on in a straight line and you will meet the ski trail again near Sam's Corner. Turn right once more and you'll cross the ski trail at the top of the Roller Coaster, then you'll cross the Roller Coaster by-pass and follow the trail around the mountain. Eventually the trail leads down a short steep hill and meets up with an extension of the Alpino Ski Trail that will take you back to the starting point. Don't miss the left turn up the hill back to Jackson Road, or you'll go for another turn around the trail.



The trail was laid out by the Snowshoe committee consisting of Ron Crotogino, Marc Lussier, Stephane Germaine (the new owner of a cottage across the street from our clubhouse, Chris Teron (our cartographer) and Tiffany Crotogino. It is Viking February 2011

a work in progress. We plan to do some fine tuning that will take us off the Alpino Ski trail sooner. Also we will take a small detour to take the trail through the bush to the top of the old Alpino ski tow (a bit of ski archeology).

We also intend to establish trails north of the club house. Isabel Sigouin owns a parcel of land up behind the clubhouse, where she has established some snowshoe trails for her family. She has invited *the club members to use these trails*. The Viking Snowshoe committee will clear a trail up to her trails and mark these in the near future.

If you wish to participate in laying out, clearing and marking snowshoe trails, please contact Ron Crotogino ([Crotogino@sympatico.ca](mailto:Crotogino@sympatico.ca)). Your help would be appreciated.



(advertorial)

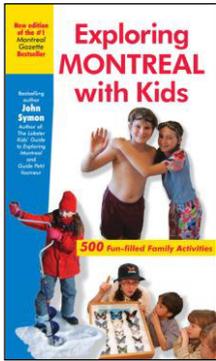
Although it's mainly known as a downhill store, "**Austrian Ski Shop** has always carried Nordic gear," explains co-owner Paul Brodeur. He points out that the boutique stocks such Nordic equipment as:

- Fischer boots and skis
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**Skier nouvelles** Skier nouvelles est le plus important site internet au Québec consacré à l'actualité sur le ski nordique.  
<http://veloptimum.net/skiernouvelles.html>



Looking for ideas on where to take the kids this weekend? Some 500 ideas for kid-friendly destinations around Montreal are described or listed in **Exploring Montreal with Kids** and **Découvrir Montréal avec les enfants**, both available for \$19.95 in fine bookstores and at [www.montrealwithkids.com](http://www.montrealwithkids.com)

## 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

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Full-page	\$70	\$200

## Obituary: Per Ivar Gurholt (1923—2011)

Viking Ski Club regrets the passing of 'Per Gurholt', president of the Club between 1959 and 1961, as announced in *The Gazette* of February 7. Our sympathies go out to his widow, Georgette, and extended family.

## The Morin-Heights Viking Loppet, challenge & fun for all who love to ski or snowshoe!

The increased popularity of snowshoeing, complimented by the Morin-Heights Municipality initiatives to establish extensive snowshoe trail networks has prompted event planners to welcome their participation in the 2011 Morin-Heights Viking Loppet. For the second time at The Loppet, a

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challenging 5 km snowshoe run through scenic forested areas, called Coureur des bois is hoped to attract energetic snowshoers, from adolescents to adults. The 39th edition of the Loppet will be held on Sunday February 27th, 2011. The Municipality of Morin-Heights and the Viking Ski Club are proud to invite you to participate with like-minded winter sports enthusiasts in this classic ski event. Challenge yourself through one of the three classic cross-country courses offered, 10, 20, or 33 km over the groomed Viking Ski Club and municipal x-country trail networks, appropriately manned with volunteers at en route refreshment stations. The day's exhilarating events concludes with a served hot lunch and medal presentations at the Morin Heights Elementary School.



*Club member Wilma Christianson (centre) of Dorval at the start of the Loppet 10km event in 2008. Christianson finished winning gold in her category  
Photo: Chris Beames*

[www.skiloppet.com](http://www.skiloppet.com)

## Le Loppet Viking de Morin-Heights, pour les mordus de ski de fond et de raquette!

La popularité grandissante de la raquette, jumelée à l'initiative de la Municipalité de Morin-Heights de développer un réseau de pistes de raquettes en forêt, motive les organisateurs du **Loppet Viking de Morin-Heights 2011** à inviter les raquetteurs cette année encore pour sa **39<sup>e</sup> édition**, le **dimanche 27 février** prochain. En effet, pour une deuxième occasion, le Loppet offre un magnifique parcours de 5 km, Le Coureur des bois, pour les raquetteurs adolescents et adultes recherchant un défi énergétique.

Trois parcours sont offerts aux skieurs de fond : 10, 20 ou 33 kilomètres sur les pistes du Club Viking et les sentiers du réseau municipal, qui comporteront des stations de ravitaillement armées de bénévoles. Lancez-vous un défi personnel ou même tentez de gagner une médaille dans votre catégorie, quel que soit votre âge et votre degré d'habileté. Cet événement exaltant se termine par un repas chaud et une remise des prix à l'école primaire de Morin Heights.

Nous attendons plus de 500 participants dans **la Capitale du ski de fond** et 130 bénévoles seront aussi du rendez-vous. Venez profiter du plein air dans un décor enchanteur, en ski ou en raquettes! Réservez votre place puisqu'elles elles sont limitées; l'inscription comprend un repas, la navette, une collation et plus encore!

Pour en savoir plus, pour vous inscrire ou pour participer comme bénévole, consultez le site internet du Loppet : [www.skiloppet.com](http://www.skiloppet.com)

### Trail conditions?

To find out snow and trail conditions before leaving the city, go to: [www.vikingskiclub.ca/](http://www.vikingskiclub.ca/)

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

### Ski Against Obesity

According to the Centres for Disease Control in Atlanta, Nordic skiing can burn up 650 calories per hour, almost 25% of the 2,800 calories it is recommended that active adult males burn per week.

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Obesity is becoming epidemic in North America, largely because the general population is physically inactive. Nordic skiing is therefore not only a lot of fun, but also very good for your health and the health of your family. Spread the word!



Challenge participants on descent, 2008. Photo: S. Smith



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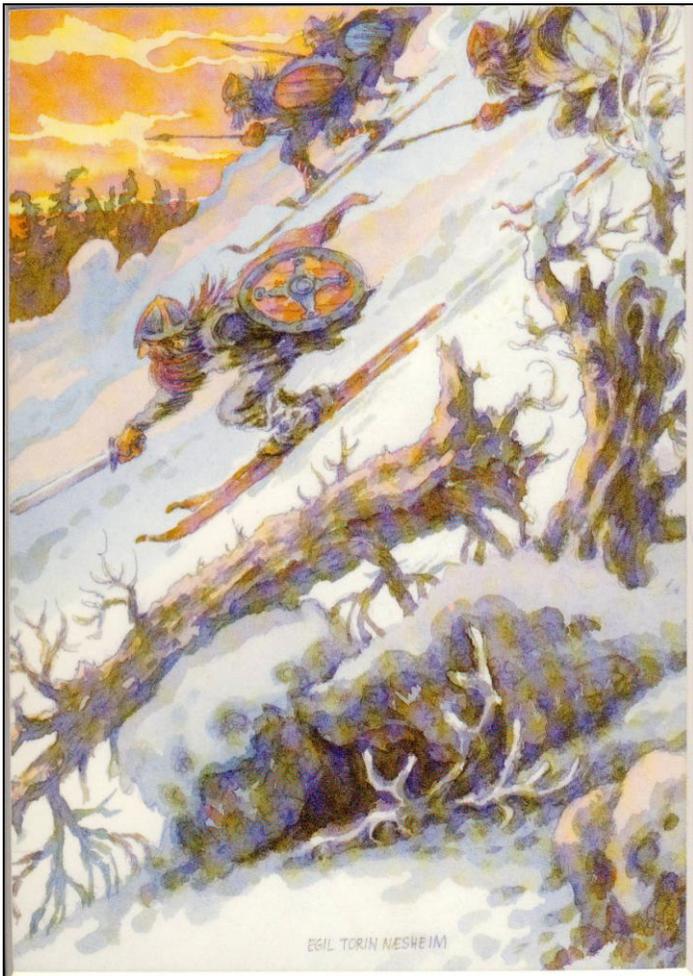
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## Another Place to Park for club members?

I went skiing at Morin-Heights in early February with other club members and we found that we could park the car for free at the Ski Morin-Heights parking lot, near the Camping et Cabines Nature site at the bottom parking lot. From there, a short ski through the woods leads to The Aerobic Corridor and other Morin-Heights trails where Viking members can ski for free. This trail access point gives club members an alternative parking area on Saturday mornings when the clubhouse parking lot is full.

Tom Krejcek,

Lac Notre Dame



Dear editor,

Exhaustive research about the origins of the Biathlon led us to the above image. Perhaps it explains something?

Best regards, Ron Crotagino

Viking February 2011

## Alternate route back to Montreal

Skiers up at the Viking Club House have a choice of routes back to Montreal when they drive to the bottom of Jackson/Perry Road. Turning left onto Route 329 takes skiers back to the city by the classic route through Morin-Heights to Route 364, which leads to Autoroute 15, but this way can feature bumper-to-bumper traffic around St. Sauveur on warm afternoons. To avoid the traffic, instead turn right onto Route 329 towards Lachute. This road is quieter and more scenic than Autoroute 15. When you arrive at the T junction beside an Ultramar service station in Lachute, there are a few options. The easiest way from here is turning right on Route 158 (towards downtown Lachute) and then almost immediately left onto Route 148 towards St. Eustache. Route 148 leads onto Autoroute 640, from where you can turn left (east) for a few kilometres before heading south on Autoroute 13. This route is scenic and adds perhaps 10km onto your driving distance while avoiding the St. Sauveur traffic.



*Detail from black and white photo of 1975 Loppet which evidently ran through the village of Morin Heights.*



*Unveiling of Viking's big red trail groomer, 2009*

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