

McCreary Ski & Outdoor Club

Winter Program 2011-12

Don't just watch your children JOIN THEM!!



Membership Fees

The fee for Club Programs is \$10 per person. However members of the McCreary Ski Club receive programs free. A youth membership is \$15 (13-18), Children \$10 (6-12), Under 6 free, Adults are \$20. A family membership is \$30.

McCreary Ski Team

The Club hopes to create a section for skiers who wish to develop their competitive skills in the future.

Coaches/Instructors

Our coaches have been trained under the National Community Coaching Program. Always looking for more people to help out – don't have to ski well or at all to volunteer.

Information and Equipment

Check out our information on the McCreary web at: www.exploremccreary.com or email mccreary@inethome.ca

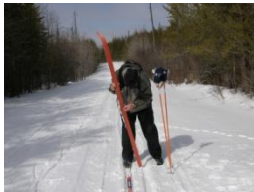
Contact the McCreary Ski & Outdoor Club (835-2529 or 835-2879) for information about ski rentals & membership.

Schedule of Events 2011/2012

We meet every Sunday at the McCreary Community Golf Course on Highway 361 (Agassiz road). We rarely cancel unless the weather is really miserable. The meeting place and time can change for special events.

- December 28 Intro Waxing Clinic 10:00 am Bring a Lunch & ski after with us.
- December 31 Ski tour Oak Ridge, RMNP – meet at Golf Course
- January 1 Sunday skiing at Golf Course begins
- January 7 Ski tour Wasagaming trails RMNP; meet at Golf Course; bring a lunch & water
- January 8 Sunday skiing at Golf Course
- January 9 Moonlight Ski & Pot Luck Supper at Golf Course 6 pm
- January 14 Ski Tour Whirlpool Lake RMNP
- January 13-14 Introduction to Community Coaching Course
- January 14-15 Community Coaching Course Register with Debbie 835-2879
- January 15 Sunday Skiing at Golf Course
- January 22 Sunday Skiing at Golf Course
- January 29 Sunday Skiing at Golf Course
- February 5 Sunday Skiing at Golf Course
- February 7 Moonlight ski & pot luck supper at Golf Course 6 pm
- February 18 McCreary Maple Sugar Capital Winter Festival – join our fun relay – enter a team
- February 29 Celebrate the Leap Year with an extra day to ski, walk or snowshoe. Join us at the Golf course for a pot luck supper followed by an evening of games
- March Until the snow goes - ski tours

- March 4: Season Wrap Up Ski & Snowshoe fun races, games & pot luck dinner at the McCreary Golf Course Clubhouse. Starts at 3 pm



Program assistance received from Manitoba in Motion, Sport Manitoba, First Sport, Investors Group. And Healthy Together Now.

Cross-Country Ski Equipment Guide

The following is the spend-thrift's guide to the selection of cross-country ski gear. You don't need to spend big bucks, certainly not like the gravity challenged (downhill) skier whose equipment costs can involve a second mortgage. Not too long ago, a good quality set of skis, poles, boots and bindings would set you back about \$150. Nowadays, you can expect to shell out twice that amount or more, but the quality of the equipment is much improved. You can expect 10 or more years of entertainment, excitement and exercise from a new set of gear. For XC skiing, you need skis, poles, boots and bindings, wax, plus an assortment of suitable clothing. Let's take them in the reverse order.

Clothing. You probably already have everything you need. First, dress in layers. That means don't pull on your heaviest parka, but instead underwear, tee shirt, sweater and light wind-proof jacket on top, and underwear, pants and light wind-proof pants below. Pyjamas, tights and sweat pants can also be used for layering. Add mitts, toque and a pair of socks and you're ready to go. If you overheat, simply remove a layer, maybe starting with the toque. If you have trouble keeping your feet warm, extra socks won't help: instead put on another pair of long underwear or tights over your legs. Guaranteed: your toes will be toasty if your thighs and torso are well protected. If you have trouble with your hands, put something more on your head. (Yes, more on your head keeps your hands warm!) Try woollen mittens inside larger mitts. One trick to keeping warm is to keep moving – you will be amazed at how little clothing you need at sub zero temperatures when you're tearing down the trail.

Recommendation: get a good pair of long underwear, preferably made from a synthetic like polypropylene which tends to wick away sweat. Cotton underwear is okay when you are moving but will get cold fast when activity stops. Definitely choose mitts (not gloves), best with leather palms to prevent wear. For very small children, a good snow suit is sufficient but their range of movement will likely be hampered.

Boots and bindings. We'll need to spend some money here, but these should be regarded as investments that can easily take you through 10 ski seasons. Choose a pair of boots that fit comfortably with one or two pairs of socks. Recreational skiers will probably be happiest with boots that cover their ankles. Bindings are what hold your boots onto the skis and several types available. Most common are the ancient '3-pin' system, the old Solomon-D system, and the newer Solomon 'Profile' and 'New Nordic Norm' systems. On a performance scale of 1 to 10, the 3-pin system scores 1, the Solomon-D scores 6 and the other two score 7 to 10.

Recommendation: The old Solomon-D system is generally quite economical and is suitable even for skate skiing. However they are very difficult to find. The two newer systems are definitely superior, and definitely more expensive. Make sure your boots match your bindings! The Profile and New Nordic Norm look the same but don't mix.

Exception: for children whose foot size changes daily, the low-cost 3-pin system is most affordable for their first year or two of skiing. Unfortunately, most 3-pin boots are not well made and they often pop off small feet. When you can afford it, move up to something better.

Poles. Poles are commonly made of fibreglass, bamboo or aluminum. Your best bet in terms of durability and cost is probably fibreglass. Pick one with a comfortable handle and a strap that can be adjusted. The other end doesn't much matter, so long as it has a point and a basket. For conventional or classic skiing, the pole should extend from the floor to your armpit.

Recommendation: Choose fibreglass poles with a good adjustable strap. It is easy to shorten poles that are too long.

Skis. Most manufacturers make high-end and less expensive ski variants and few recreational skiers will notice much difference. Don't get taken in by the fancy paint job on top: it doesn't affect performance. Far more important is the bottom. In Manitoba, we want skis that you can wax. You'll be frustrated with waxless skis except on those rare spring days where the snow is wet and sticky. Most skis today are fibreglass; wooden skis look nice but are heavier and less durable. To select your length for classical skiing, the old method is to pick a pair that extends from the floor to the wrist of your raised arm. A better method is to base the selection on your weight – ask a salesperson or experienced skier for help. Heavier skiers want skis with a larger camber (curvature) so that their glide will not suffer. If you want to skate-ski, you'll choose skis that are shorter, reaching from the floor to about the elbow of your raised arm, and that have greater camber.

Recommendation: Choose fibreglass skis in a price range you can afford. You'll probably want 'light touring' skis as opposed to racing skis or back country skis. In Manitoba, make sure they're waxable!

Many ski shops sell ski packages from the late fall running through to about February and they generally provide good value. Watch for sales of last year's models in the late spring and early fall. You can also get good value at the annual Ski Swap Shop (November) in Winnipeg & Brandon.