



December 2022

# Sitzmarks

Holiday Edition

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## Christmas 2022 Edition



Para Camp and Instructor Training at Silver Star

### Para Camp and Instructor Training

We had a great Para Camp and Instructor Training opportunity at SilverStar. Travel to and from SilverStar was great with no delays or bad roads, even with several snow storms and air line delays we all made it out and back safely. We enjoyed fresh powder snow almost each day with a couple of days, with over 7 cm of new snow. We had instructor sessions on guiding and sit ski training. We enjoyed the SilverStar light event with fireworks, hot chocolate and free hot dogs. We also had the opportunity to ski with local visual impaired races on the Vernon Ski team and with Josh Dueck 2 time Paralympic athlete. Also got the opportunity to ski with our 2

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Saskatchewan athletes that have joined the Vernon FIS Ski Team. Next event for the Para program is instructor training at Mission Ridge with a CSIA level 1 course January 6-8th and our first event day on January 14th.







### Grooming at White Butte Trails

Ever wonder what goes into making your ski trails so magical?

Here are "Before & After" photos of WBT last week following 10 hrs grooming by Chuck Brumwell & Merle Boyle



Before:





After:





RSC Groomed Ski City Trails



Les Sherman Park



Kinsmen Park



Douglas Park



Science Center





There is a lot of work to keep the website updated, especially with photos so be sure to check out trail conditions on our website at Nordic Pulse.

### Nordic Pulse

Our website uses Nordic Pulse to power the map showing trail conditions. Nordic Pulse also allows you to see trail conditions on many other trails across the country. We at Regina Ski Club and La Ronge pioneered use of Nordic Pulse in Saskatchewan. Skiers liked it so much that Cross Country Saskatchewan purchased rights for all clubs in Saskatchewan to use Nordic Pulse. A number of clubs have and that has potential to improve your skiing opportunities. How? It lets you check ski conditions, so you know whether trails are groomed and open.

How do you access Nordic Pulse and find information on other ski areas? On the Regina Ski Club home page <https://reginaskiclub.ca/> scroll down to find the trail conditions map. At the top left of the map you will see the words Nordic Pulse. Clicking Nordic Pulse will bring you to <https://nordic-pulse.com/ski-areas/CA/SK/region/Regina-Ski-Club> which also show the Regina ski trails. Hovering your mouse over any trail segment will show the trail name and when it was last groomed.

At the top right there are several headings including Ski Areas and Map. These let you access information for other ski areas in the province. Clicking on the map shows ski areas registered on Nordic Pulse. Some areas show as black, those areas have not posted any information yet this year. Those in colour have grooming information. Clicking on the dot give you the choice of View on Map or Read Report.

Perhaps you were thinking of trying the QVN trails at Lumsden. Clicking on that dot shows they last groomed December 18, with about 1.5 kms of trails groomed and the remainder closed.

The alternate way of finding ski areas is to click on “Ski Areas”. That provides a list of areas by province and state. I am heading to Prince Albert for Christmas and thinking of doing Eb’s Trails on the way. I click on Saskatoon Nordic Ski Club Eb’s Trails and see that all the trails are open and were last groomed December 16. The table also provides distances to help me plan a route.

Similarly, if I was thinking of a day trip or weekend trip to Duck Mountain, I click on Duck Mountain Nordic Ski Club and learn all trails are open and last groomed December 16. It appears they groomed them to be ready for our bus trip on the 17th! As an aside, the skiing was great.

Nordic Pulse is new to most clubs. It appears some have registered but may not have started posting data yet. Also, Sask Parks is not using Nordic Pulse, except where clubs are partners on the trails and putting it on Nordic Pulse. Of most relevance to us, Moose Mountain and Echo Valley are not on Nordic Pulse. So the system isn't perfect, but where it is being used you can now check trail conditions and plan your ski trip with confidence. I think that will be especially valuable in early and late winter and after storms.

Nordic Pulse is being used across the continent, which is nice if you are traveling. If, for example, you were thinking of going to Cypress Hills, the Elkwater trails were last groomed December 15, and it looks like there are about 30 kms of trail!

I hope Nordic Pulse helps you enjoy skiing in more areas this winter.



The screenshot shows the Nordic Pulse website interface. On the left is a map of Regina, Saskatchewan, with several colored dots indicating ski areas. A legend at the bottom of the map shows a color scale for 'GROOMING' (from green to red) and 'DIFFICULTY' (from white to black). On the right, there is a list of ski areas with their last grooming dates and times. The top area is 'Regina Ski Club Kinsmen Park' (last groomed Dec 19, 8:01 PM). Below it are 'Regina Ski Club Kinsmen Park' (last groomed Dec 19, 7:58 PM) and 'Regina Ski Club Douglas Park' (last groomed Dec 17, 11:50 AM). The website header includes the Nordic Pulse logo, navigation links for Ski Areas, Map, Events, and a 'Register Your Club' button. The browser address bar shows the URL: nordic-pulse.com/ski-areas/CA/SK/region/Regina-Ski-Club.

Ski Area	Last Groomed	Notes
Regina Ski Club Kinsmen Park	Dec 19, 8:01 PM	Skate & classic renovated this afternoon. Conditions great for both.
Regina Ski Club Kinsmen Park	Dec 19, 7:58 PM	
Regina Ski Club Douglas Park	Dec 17, 11:50 AM	Classic track renovated this morning; very good except for a couple thin spots under trees.

Regina Ski Club Bus Trips



**REGINA SKI CLUB 2022 – 2023 NORDIC SKI TRIPS**

Trip Date	Time	Trip Name	Destination	Trip Leader	Adult	Child
<del>Sat Dec 17</del>	<del>8:00 AM</del>	<del>Madge Lake Day Trip</del>	<del>Duck Mountain Provincial Park</del>	<del>Dave Safnuk (306) 543-9877</del>	<del>\$40</del>	<del>\$20</del>
Sat Jan 7	8:00 AM	Kenosee Day Trip	Moose Mountain Provincial Park	Leona & Jack Spruyt (306) 529-5397	\$40	\$20
Sat – Sun Jan 14 – 15	8:00 AM	Eb's Trails/ Little Red	Saskatoon Prince Albert	Guy Hughes (306) 737-6570	\$90	\$45
Thur – Mon Jan 26 – 30	12:30 PM	* Fred Cameron Memorial Canmore Trip	Canmore, Alberta	Guy Hughes (306) 737-6570	\$210	\$105
Sat Feb 11	8:00 AM	Kenosee Valentine's Day Trip	Moose Mountain Provincial Park	Helen Ager (306) 536-8031 Joanne Zepp (306) 586-1317	\$40	\$20
Sat Feb 25	8:00 AM & 7:30 AM	Madge Lake Loppet Day Trip	Duck Mountain Provincial Park	Aldona Torgunrud (306) 216-8128 Calvin Lai (306) 537-5322 (Jackrabbits)	\$40	\$20



January 7 Ski Trip.pdf



January 14 & 15, 2023 Trip.pdf



Canmore 2023, January 26 - 30.pdf



Noon Year's Eve Special

Check out the Regina Ski Club display...there may be some treats!!



joy peace  
believe  
merry noel  
december



**Contributors:**

Gord Poulton  
Alpine Adaptive Director  
Para Camp

Gregg Brewster  
Nordic Facilities Director  
Grooming at White Butte Trails  
Regina Ski Trails

Dale Hjertaas  
RSC Presidente  
Nordic Pulse App

Kim Smith  
Nordic Trips Co-ordinator  
Nordic Bus Trips

Leona Spruyt  
Social Director  
Noon Year's Eve Special

**Events:**

December 28  
Wednesday Night Races  
Host - Sandy Bain

January 7  
Kenosee/Moose Mountain Day Trip  
Nordic Bus Trip  
Hosts Leona & Jack Spruyt 306-529-5397

January 14  
Eb's Trail / Little Red Weekend  
2 day Nordic Bus Trip  
Mcdowall, SK  
Host: Guy Hughes 306-737-6570

Now - January 24  
Tuesday 6:45  
Beginner Classic and Intermediate Skate  
Kinsmen Park & Science Centre

January 14 & 28  
Alpine Adaptive Day  
Mission Ridge Winter Park  
Fort Qu'Appelle

January 26 - 30  
Fred Cameron Memorial Trip  
Alpine and Nordic Bus Trip  
Guy Hughes 306-737-6570  
Canmore, AB



Job Opportunity



CCS Head Coach Ad .pdf



MERRY  
CHRISTMAS

