



## Saskatchewan Winter Games (SWG)

From February 22-25<sup>th</sup>, The Regina Ski Club hosted the Cross Country and Para-Nordic Venues for the 2023 Saskatchewan Winter Games. 65 skiers from across the province participated in the games. Athletes ranged in age from 10-13 (Junior) and 14-16 (Senior) years old. Partnering with the City of Regina, Provincial Capital Commission and Regina Minor football, the club utilized the local infrastructure at the Canada Games Athletic Complex to provide a top-notch athletic Experience showcasing our Douglas Park and Foothills trails system. Our Regina team consisted of 12 athletes from [Regina Ski Club](#) and 1 athlete from [Qu'Appelle Valley Nordic Ski Club](#).

Despite a bitter mid week cold snap organizers were still able to host 2 days of racing and 3 medal events.

Day 1: Consisted of a quick and fast Classic Mass Start race with the Jr's doing 1 lap of our 1.5Km Douglas Park course and Sr's doing 2 laps. Regina won the below medals in the Classic Mass Start:

- 🥇 Sr. Female: Lorence Bourque
- 🥈 Jr. Female : Laurel Brock

Athletes were also grouped into teams of 3 within their category with cumulative time determining placement. The Regina team finished as follows in the Team cumulative time classic race:

- 🥇 Sr. Male: Everett Kulczycki / Charlie England / Holt Brunskill
- 🥈 Sr. Female: Judi Grundahl / Parker Brunskill / Lorence Bourque
- 🥉 Jr. Female: Bridget Farney / Freya Nostbakken / Laurel Brock



Day 2: Was the Free Technique Interval Start race on the Foothills course. Jr athletes did 1 lap of the 3km course and Sr. athletes completing 2 laps. Racers were thrilled with the tight and twisty course. Even a little surprised we had such a hilly race as they summited the Douglas Park hill on each lap. Regina won the below medals in the Freestyle individual start:

- 🥇 Sr. Females - Lorence Bourque

Congratulations to the Regina Cross Country ski team on an outstanding performance! Your hard work and dedication have paid off, and you have made the city and club proud.



And Finally:

The Other Gold Medal goes to..... Our Volunteers!

THANK YOU for supporting our efforts to host the Cross Country & Para Nordic events at the 2023 Saskatchewan Winter Games. We couldn't have done it without you.



### Best Nordic Ski Great Escapes 2023 - Special Offer

The publishers of Best Nordic Ski Great Escapes 2023 have extended a Special 30% Discount to Regina Ski Club members - for details click here: <https://nordicskigreatescapes.com/reginaski/>



## Nordic Trips 2023

Although the end has come for this season's nordic bus trips, there's still plenty of opportunity to strap on the sticks or webbing over the next couple of weeks anyway.

And what an ideal ski season throughout the ventures all the participants appreciated throughout the province. Yes we had a few burbs, which often goes with the territory.

Previously COVID complications stirred the pot in the past season and was subtly in our thoughts this season. The bus to nowhere, actually intended to Kenosee, that barely got out of the parking before breaking, literally "braking" down cancelling our second scheduled trip January 9.

Of course this bus was jam packed with enthusiastic skiers, including five newbies ready for the ideal weather and trail conditions. Paradise midseason as well with trips to Madge Lake, Saskatoon (Eb's Trails), Prince Albert (Little Red Trails), Kenosee and Canmore/Lake Louise.

The bus trip season ended March 4 with an added trip to Good Spirit Lake Ski Trips just north of Yorkton. Although only 20 members took in the trip, it was truly enjoyed by all, even though the bus got stuck at the park. Off they all got, strapped on their skis and absorbed a great day!



Good Spirit Provincial Park, knowing we were coming out, groomed the trails for us in the morning and they were pristine.

Even the many moose sighted in the park appeared to be appreciative.



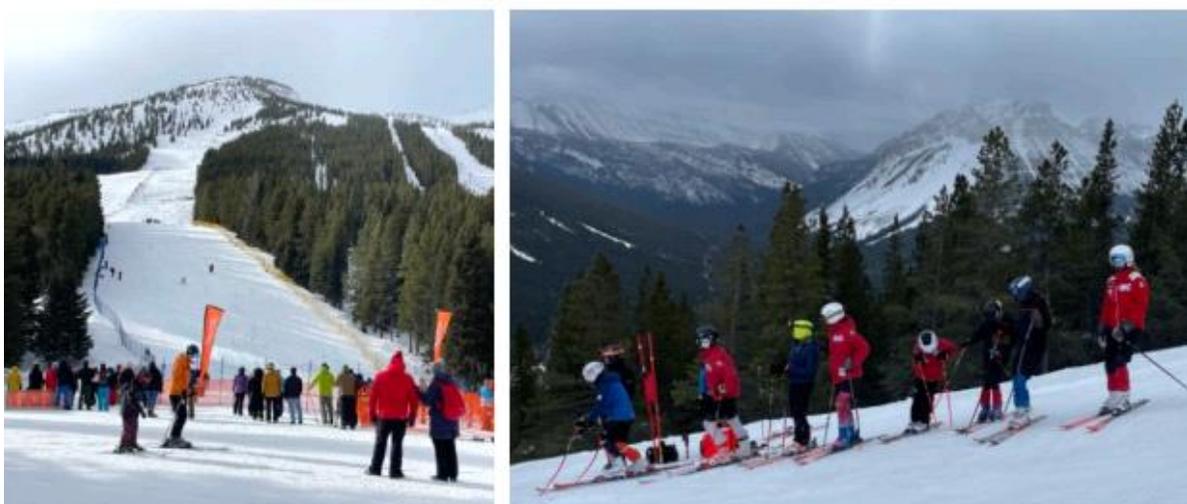
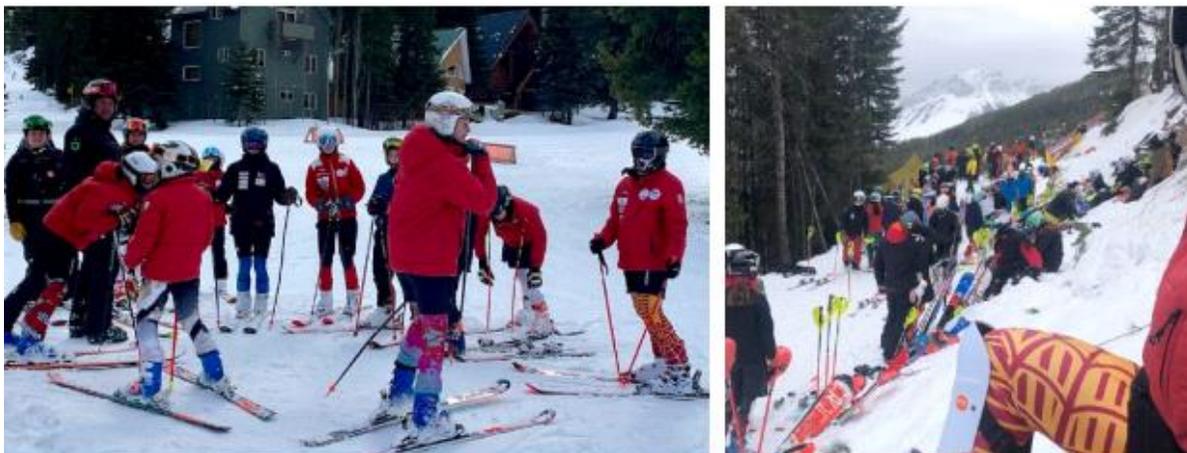
Great memories to be enjoyed and hopefully to be more of on [future trips!](#)

Ski Tips (click on pics)





Castle Mountain U14 slalom and giant slalom race ran February 10th, 11th, and 12th attended by 6 RART athletes.



Saskatchewan Winter Games opening ceremonies were on Sunday February 19th. Races started Monday February 20th at Mission Ridge Winter Park consisting of 2 slalom races. Tuesday February 21st started off with a morning slalom race and ski cross training in afternoon. Wednesday morning ski cross training and afternoon ski cross race with 54 heats.

There were lots of athletes attending from all across the province. The U13 women's group had 11, U13 men 11, U15 women 9, U15 men 14, U17 women 7 and U17 men 10.





Leader post came out Wednesday during ski cross to take photos. The article is posted at:

<https://leaderpost.com/news/saskatchewan/in-pictures-sask-winter-gamestakes-to-the-slopes-of-mission-ridge>

Regina sent 4 alpine athletes, one guide, and two coaches to the Canada Winter Games in PEI. Athletes Joshua Schramm, Ava Starkebaum, Joe Allan, Reichen Schoeman, guide James Lewis, coaches Ben Cousineau and Gord Poulton.



Melville Nordic Trails Club



Preeceville and Area Nordic Ski Club

Meet at the warm-up shelter and ski at your own pace and gather after for some food and even some prizes!



RSVP by emailing: [megan8maier@yahoo.ca](mailto:megan8maier@yahoo.ca)

## President's Message

I had the opportunity to volunteer at two great Ski Club events recently.

February 11<sup>th</sup> I helped at the SaskTel Challenge Cup at Mission Ridge. This event is the major fund raiser for our Adaptive Ski Program as well as an enjoyable ski race. It featured 12 teams of alpine skiers and snow boarders competing on a slalom course. Each team consists of 4 able bodied skiers and one adaptive skier, some of whom have a guide.

Skiers raced two at a time. While the winning team was selected by total times, two racers doing parallel courses added a lot of excitement to the races.



My limited role, ensuring skiers knew who was next to the starting gates and were lined up properly, left me time to watch the races and appreciate the skiers and volunteers. This is the first time I had seen people on a sit ski in person. It's very impressive to watch a skier guide a sit skier through the slalom gates and perhaps even more impressive to see a blind skier trust her coach to take her down a course she cannot see. Most importantly, the able bodied and adaptive skiers were having fun together.

### *Sit Skier in SaskTel Challenge Cup*



Since I became Club President I have been impressed by our Adaptive Ski Program which allows people enjoy skiing who otherwise would not have that opportunity. I am even more impressed now that I have taken time to see some of the skiers in person. My wife, Paule, also volunteered at the event, as a photographer. I have shared some of her photos.



The second big event was Nordic Skiing at the Saskatchewan Winter Games, held in Douglas Park and Foothills Ski Trail and hosted by our club. I believe there is a separate article on the Nordic event in the games and also on the alpine race event, which our club also hosted.

I wish to pay tribute to Brennan Craig, Fiona Vincent, Scott Brunskill and Craig Francis who made up the local organizing committee did a wonderful job in the face of some adversity. It was too cold to run races on the first day of competition, so they turned the day into a training day. Temperatures were close to the limit on the last two days, but were run very successfully.

I won't manage to name be everyone but do wish to acknowledge some other key c volunteers. Ray Robertson and Mike Vincent ensured the trails were well groomed and ready for competition. Cross Country Saskatchewan representatives Dan Brisbin, Laurie Weiman and

Alana Ottenbreit contributions as officials, coaches and organizers were greatly appreciated. And our coaches Andre Bourque and Natalie Millar organized trails and manage the team.

I also note that the Winter Games paid for equipment and a warm up tent which we used at the games and our racing team will continue to use. A legacy grant from the Winter Games enabled the Club to purchase a new snowmobile for grooming.

It was a lot of fun volunteering. The athletes were clearly enjoying the competition and excited to be competing. We had some very close finishes which were exciting to watch. The Saturday course had skiers climb and then zoom down a hill, into a couple turns and to the finish line, which made for exciting finishes. I really enjoyed being one of the volunteers.



*Racer*

*Approaching Finish Line at Winter Games*

These events only happen because of club members who give their time, sometimes a lot of it. The core team of organizers has been working for more than a year. The much larger team during the actual games included the groomers, who ensured the trails were excellent, coaches, timers, trail marshals, starters and many others. Similarly the SaskTel Challenge Cup depended on volunteer coaches, starters, timers, and people to set up and take down the course, protective netting, starting gates and other equipment. Thanks to everyone who helped make the Winter

Games and the SaskTel Challenge cup so successful. And thank you to SaskTel for being the major sponsor of the Sasktel Challenge Cup, that support is essential for our Adaptive Program.

Also, thank you and compliments to all of Winter Games athletes in Biathlon, Nordic and Alpine skiing. We are proud of your accomplishments.

Dale Hjertaas  
RSC President

Memories thus far in 2023



Events:

March 11  
Adaptive Training Day/Races  
Mission Ridge Fort QuAppelle

March 11 @ 2:30-3:30 PM  
Play and Stay Social  
White Butte Trail Head Hut

March 13 @ 8:00-9:00 PM  
Regina Ski Club AGM  
Online Check your email  
and ask for Zoom link

March 15 @ 6:15-8:30 PM  
Wednesday Night Race  
Last Race of the Season  
Douglas Park

March 19-24  
Adaptive CADS Festival  
Kimberly Alpine Resort  
Coordinator Luc Lemoine

Contributors:

Brennan Craig  
SWG

Dorothy Joesphson  
Best Nordic Ski - Special Offer

Kim Smith  
Nordic Trips 2023

Ski Tips  
Eb's Adventures Website  
Octogenerial Ski Club

Kelly Lucas  
RART

Melville Nordic Trails Club  
Melville Loppet

Preeceville and Area Nordic Ski Club  
Preeceville Loppet

Dale Hjertaas  
President's Message

Memories thus far in 2023  
Torey McLean , Kim Smith, Joanne Zepp