

S E A S O N 2 0 1 5 - 2 0 1 6

# Pumpkin Creek Cross Country Ski Club



[pumpkincreekskiclub@gmail.com](mailto:pumpkincreekskiclub@gmail.com)

1-204-828-3232 Box 50 Roseisle, MB R0G1V0



**MAPLE SYRUP  
"SWEET FUNDRAISER"**  
is again a huge success!

\$10 per can  
for No.1 Medium

Get your orders in  
before we run out!  
PLEASE EMAIL your order  
in to organize  
payment & delivery  
[pumpkincreekskiclub@gmail.com](mailto:pumpkincreekskiclub@gmail.com)

We will be selling the maple  
syrup at the Ski Swap  
on Nov 21<sup>st</sup> at the Windsor  
Park Nordic Centre in Wpg.

Thanks to all the  
"sweet stuff" sellers,  
the maple syrup network  
keeps growing!



This year's trail clearing day on October 18<sup>th</sup> had 30 incredible volunteers show up and work up a storm. It was a beautiful day as trails were clipped, trail sections repaired, a new approach to the trailhead bridge was cleared, the woodshed reorganized & wood split and even the club trail creek crossing bridge was built. A new short beginner trail, south of the Clubhouse was cleared this past month to offer skiers a chance to get their ski legs going before heading out onto the trail system. New steps & benches were built and installed on the clubhouse decks. Even the clubhouse floor has been washed.

Thanks everyone for such an amazing group effort! **READY SET SNOW!**

## FULL MOON DATES

Moonlight ski anyone?

Friday Dec 25, 2015

Saturday Jan 23, 2016

Monday Feb 22, 2016



## SAVE THE DATE!

SKI EQUIPMENT  
SWAP SHOP

**SATURDAY  
Nov 21, 2015**

at the Windsor  
Park Nordic Centre

PCSC SKI CLINICS

WEEKEND Dec 19-20, 2015  
& WEEKEND Jan 16-17, 2016  
(kids & adults)

w/ instructor Ellen Smirl

SUNDAY Feb 14, 2016   
Ski The Hills w/ Instructor Jack Cram

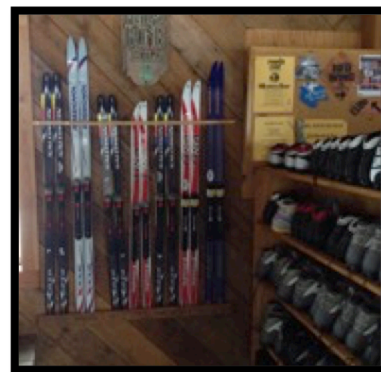
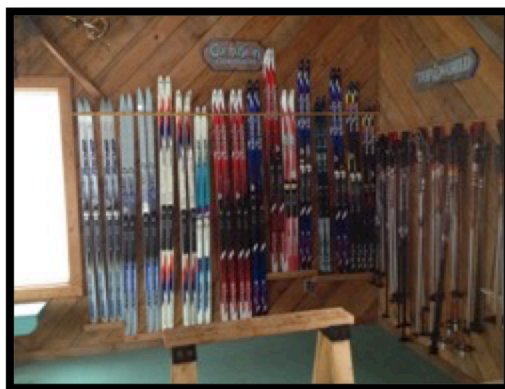
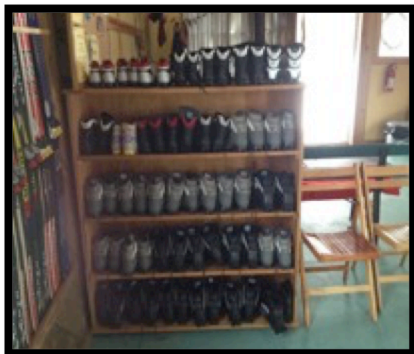
More details p.2

**MYSTERY  
TOUR  
SUNDAY  
Feb 7<sup>th</sup>,  
2016**

## CLUBHOUSE & SKI EQUIPMENT

COME OUT & ENJOY THE CLUBHOUSE &  
INTRODUCE SOMEONE TO X-Country Skiing!

*SKIS, BOOTS & POLES available in M/F Adult & Children's sizes  
~free usage for members or \$5 per pair for daily use~*



## SKI INSTRUCTION CLINICS



We welcome Ellen Smirl to the executive this year! She will be sharing her warm smile & love of skiing as she gives instruction clinics over two weekends this upcoming ski season. One day per weekend will be dedicated to kids and the other day to adults. We will continue to work with Ellen on the logistics as we hear from participants.

As well, Jack Cram will be giving a "How to ski the hills" clinic on Sunday February 14, 2016. More info will follow.

Instruction clinics are free for members  
& \$30 for non-members.

If you are interested, please let us know @  
[pumpkincreekskiclub@gmail.com](mailto:pumpkincreekskiclub@gmail.com).

**TRAIL GROOMING UPDATES** are shared thru our email list as well as on our Pumpkin Creek facebook page & also on the CCSAM "Trail conditions" website section.

## AGM HIGHLIGHTS

*AGM took place at the clubhouse on Sunday Oct 4<sup>th</sup> w/ 14 people in attendance, enjoying great company & delicious snacks.*

- Financial – Started 14/15 with \$4705, income of \$14409, expenses of \$19012, leaving \$102 in bank for start of 15/16. Bingo funds of \$2055 outstanding from CCSAM. An estimated 15/16 budget was looked at; with maple syrup sales and Bingo monies, \$5200 remaining to pay off the Bearcat Snowmobile - goal to pay off most of amount remaining on no-interest 3 yr private loan.
- Equipment update – Have 2 snowmobiles, groomer and mower all in good working order
- Remote winch for Bearcat needs to be installed and roller to pack snow is being purchased.
- Trails – Will be widening turn at clubhouse to come straight at clubhouse bridge (easier for grooming and on skiers). May move sign so it can be viewed from the clubhouse.
- Clubhouse – several projects underway, including stairs and a bench for outside (thanks to Jim and Tom!).
- Grants have been applied for to purchase a woodstove/cookstove. Will have a response by end of November.
- Ski clinics – several will take place, including an instructor's clinic. Ellen Smirl has joined the team! See section on clinics for more info.
- Membership fees – Due to the increase in Cross Country Canada/CCSAM fees, it was decided to increase registration fees to \$30 for individual memberships and \$50 for family memberships. Trail fees \$5 or \$10 for family and ski rentals at \$5 per pair (Ski rentals & instruction clinics will be free with all memberships).
- Mystery tour: Scheduled for Feb 7<sup>th</sup>, 2016.
- Danielle Dumesnil (President) and Danielle Cabernel (Secretary/Treasurer) happy to remain on Executive. Ellen Smirl graciously agreed to join the executive, as technical ski director. Thanks Ellen!

## Mystery Tour 2015...thanks to all the volunteers !



## How to Wax Classic Skis – info collected by Ellen Smirl

As I watch the leaves turn at this time of year, I can't help but get excited about the upcoming ski season. While having good skiing technique is great, having good wax will make you feel like you have great technique even if you don't! Learning how to wax your classic skis will make your ski more enjoyable and make you feel like a real pro this upcoming ski season. While many people get overwhelmed by the amount of information regarding waxes, unless you are racing every weekend, you really only need to concern yourself with learning how to grip wax your classic skis.

### Equipment: Classic Skis, Grip Waxes, Cork, Scraper

On classic skis, the base will be smooth the entire length of the ski and requires a kick/grip wax in the grip zone (also called the 'wax pocket' or 'kick zone'). The grip zone is under the binding, in the centre of the ski and is determined by the length of the ski, the stiffness of the ski and the weight of the skier. The classic ski also has 2 glide zones (from the tip of the ski to the beginning of the grip zone and from the end of the grip zone to the tail of the ski). Applying glide wax is a little more work and requires a few more tools. Ski shops can complete this process for you at a relatively low cost and only needs to be done a couple of times a ski season if you are skiing recreationally.

How to determine your grip zone:

1. Find a clean, smooth, very flat, hard surface (i.e. kitchen floor), carpet won't work.
2. Remove all grip wax from the skis so you don't stick to the floor.
3. Place both skis parallel to each other about hip-width apart.
4. Stand on the skis with your toes at the binding and keep your weight evenly distributed between both skis during the measurement.
5. Have a helper with a sheet of paper.
6. Have the helper slide the paper under the ski where your toes are.
7. If the paper will not slide under check that you are evenly distributing your weight on the skis. Otherwise the ski is too soft for you.
8. Now the helper should slide the paper forward and mark where edge of the paper stops. This is the front of the grip zone.
9. Now the helper should slide the paper back and mark where edge of the paper stops. This is the back of the grip zone.
10. The grip zone should extend from your heel forward toward the tip of the ski. If the back of the grip zone doesn't reach your heel the skis are likely too soft. The length of the kick zone should measure approximately 2 to 2-1/2 lengths of your foot (45cm to 65cm approximately).
11. Now the helper should place the paper in the area under the ball of your foot.
12. Move all weight to one ski and the helper should try to pull the paper free. If the paper comes out easily the skis are likely too stiff for the weight. If the paper does not come out or comes out with some difficulty then there should be no problem.
13. Mark the grip zone on the sidewalls or top of the ski for future ease of reference. This is your grip zone. Many skis already have tick marks on the sidewalls as guides for the grip zone.

How to apply grip wax:

- 1)** Determine your grip zone (see above), and choose the wax you will use (temperature and the snow conditions i.e. old snow, new snow, will determine the wax you will select). Most good ski shops can help you select a few different broad-range waxes that should be sufficient for most conditions.
- 2)** Apply a layer of grip wax (as though you are colouring with a crayon) to your grip zone, use your cork to work the wax in, and repeat 2 more times.
- 3)** Go SKI!!!

You will need to apply grip wax each time you go out to ski and sometimes during your ski if you find that your wax is not suitable for the conditions (so bring your wax and cork with you!!). As a general rule, if you find yourself slipping during your ski, try applying a warmer wax and if you find snow is clumping under your skis, try applying a colder wax. When going from a warmer wax to colder wax you may need to remove the old wax. You can purchase a scraper and wax remover from ski shops (only use the wax remover on the grip zone as it will remove the glide wax as well). Have a great ski!

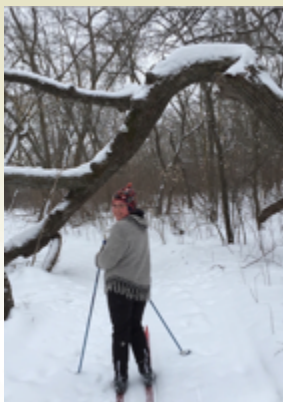


# Membership Information

**FAMILY MEMBERSHIPS \$50 / INDIVIDUAL \$30**

**ALL MEMBERSHIPS INCLUDE FREE USAGE OF SKI EQUIPMENT**

**AVAILABLE IN CLUBHOUSE & SKI INSTRUCTION CLINICS**



## SIGN UP & SEND IN:

Make cheque payable to:  
Pumpkin Creek Ski Club

Print & Mail to PCSC  
Box 50, Roseisle MB R0G1V0  
or

Scan, Email & E-transfer funds to  
[pumpkincreekskiclub@gmail.com](mailto:pumpkincreekskiclub@gmail.com)

## MEMBERSHIP APPLICATION 2015-2016

INDIVIDUAL \$30

FAMILY \$50

NAME (INCLUDE ALL FAMILY MEMBERS):

ADDRESS:

POSTAL CODE:

EMAIL:

TEL:

DONATION:



I would like to donate \$25 \$50 \$100 Other\_\_\_\_\_