



# TYNESIDE LOIPERS

The NorthEast's Specialist  
Cross Country Ski club



**Newsletter  
October 2009**

**Website:** [www.tynesideloipers.org.uk](http://www.tynesideloipers.org.uk)

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### Club Events

Thurs 27 <sup>th</sup> Nov, 7pm	AGM and Social at Alasdair's house – see page 3
Sat 28 <sup>th</sup> Nov	Discount event at Nevisport – see page 3.
30 <sup>th</sup> Nov to 4 <sup>th</sup> Dec	Discount week at Wildtrak – see page 3.
Tues 8 <sup>th</sup> Dec (tbc)	Loiper's Xmas meal – see page 3.
28 <sup>th</sup> Feb to 7 <sup>th</sup> March	Track skiing in Lapland – contact Alan or Judi (page 4)
10 <sup>th</sup> to 22 <sup>nd</sup> March	Norway Hut Touring holiday – see Charlie or Alan (p 5)

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## Editor's Musings

The loipers AGM and Xmas meal will soon be upon us (more elsewhere in this newsletter) and thoughts are turning to a busy ski season. Some loipers have already been out spotting snow... Chris Ottley has just returned from NW Scotland and reports 'snow down to 750m – but I doubt it will last'. Jon Mellor, first as ever to spot the best snow in Norway, sent me a photo of conditions at Finse at 1200m altitude and the snow looked very good indeed (sadly not so good now but you can keep track of conditions by googling – webcam, Finse and Norway).

Last year was very good in the UK and Europe (especially February in Greece!) and let's hope that this year will be just as good. Elsewhere in the newsletter there are reminders about local skiing and club ski equipment if you should need it. If you are tempted to go further afield, do consider joining us for XC track skiing in Finnish Lapland or hut touring in Norway (early and late March respectively).

## Member news

After her racing success at the Engadin marathon (under 4 hours in 2008) **Heather Dickinson** is switching to classic style XC and going for the Birkebeiner in Norway (a classic only race of 50km).

Good luck to **Greg Buick** who is also going for the Birkebeiner and is hoping to have enough energy left to join us on the TL Norway hut touring trip a couple of days later.

Not content with funded field trips to just about everywhere in the world, **Yani Najman** has managed to negotiate a one-year sabbatical and will be off skiing next year in New Zealand.

## **Loipers Website and E-Mails**

There have been some minor problems with the website [www.tynesideloipers.org.uk](http://www.tynesideloipers.org.uk) but these are now sorted out and the website is currently being updated. If you have any suggestions or comments about the club website, or if you have contributions which you think should be included, our webmaster Charlie will be pleased to hear from you.

Our best means of communication is usually by e-mail and hopefully, as Membership Secretary, I have all your latest e-mail addresses. If you have recently changed your e-mail address (or if you have not heard from me recently and think you have been missing out on e-mails) contact me at [alanmitcham@metronet.co.uk](mailto:alanmitcham@metronet.co.uk)

### **Membership Subs**

If you are not already paying by standing order, do please send a cheque as soon as possible to the membership sec - Alan Mitcham, 5 The Rise, Ponteland, Northumberland, NE20 9LJ. Cheques payable to Tyneside Loipers please.

Full members	£14
Joint members	£22
Country member (newsletter only) ex Durham, Tyneside, Northumberland	£5

## **Tyneside Loipers AGM and Social Evening**

The AGM and social evening is scheduled for Tuesday 27<sup>th</sup> October, starting with food and drink from about 7pm onwards. As usual the club will provide wine and soft drinks and you provide the food and any other booze (all contributions greatly received). The meeting will be held at Heather's house - 3 Glastonbury Grove, Jesmond, Newcastle upon Tyne, NE2 2HA.

For more details and instructions on getting to Glastonbury Grove, or to let her know what food or drink contribution you will be bringing, call Heather on 0191 281 0495 (or e-mail [hodasd@f2s.com](mailto:hodasd@f2s.com)).

The formal business will begin around 7.45 pm and end at 9.30 latest. After that you are welcome to stay for another glass of wine or mug of tea and more socialising and people can get down to serious chat about recent exploits and future trips.

Business items will include: finance, members and SSE subs, other officers reports, club kit, trips planned, Awards for All application, publicity, and lots more (full agenda on the night). The AGM is your opportunity to influence what the club will be doing over the next year!

## **Loipers Christmas Meal**

It looks like we will be aiming for the Xmas meal at the Sky Apple cafe in Heaton (to be confirmed at the AGM). The provisional date is Tuesday 8<sup>th</sup> December when we would have a special opening for Tyneside Loipers. The Sky Apple is a vegetarian restaurant with an excellent reputation for good food enjoyed by veggies and non-veggies alike. Have a look at the evening menu on [www.skyapple.co.uk](http://www.skyapple.co.uk) Watch out for final details by e-mail and contact Charlie if you would like to join us on 8<sup>th</sup> December.

## **Club Discount Weeks**

Club discount week at Wildtrak is from Monday 2<sup>nd</sup> to Friday 6<sup>th</sup> December (St Andrews Street, Newcastle). The 20% discount applies to all items except perhaps books and maps and GPS and is off the original marked price. Thursday evening is late opening until 7pm. Don't forget to take your TL membership card.

Nevisport is holding a special club discount event on Saturday 28<sup>th</sup> Nov (one day only, from 9am to 5.30pm). They too are giving 20% discount on production of your TL membership card.

Remember that Wildtrak and Nevisport give 10% discount on production of TL membership card at other times of the year (as do the LD Mountain Centre).

### Other Dates....

Kendal Film Festival runs from Thursday evening 19<sup>th</sup> to Sunday 22<sup>nd</sup> November and has a great programme of films and lectures and other events at various venues in Kendal. There are many well-known contributors (Doug Scott, Johnny Dawes, Andy Kirkpatrick, Simon Yates and Cameron McNeish, to name just a few) and there is a ski and board evening (Friday 20<sup>th</sup>) with lots of adrenalin action. There are films and lectures about climbing, skiing, running, mountaineering, paragliding, wild-water canoeing and adventure biking. See [www.mountainfilm.co.uk](http://www.mountainfilm.co.uk)

More adrenalin snow-sport action can be seen at the 'The Gate' Empire Theatre in Newcastle on Tuesday 1<sup>st</sup> December. The new Warren Miller film 'Dynasty' starts at 8pm. Tickets are available from Nevisport at £8 or book on-line at <http://www.store.warrenmiller.co.uk/> But sadly the annual Warren Miller ski film is no longer the real treat that it used to be with good entertainment and dry humour from Warren Miller himself. I went last year and came out half time fed up with the very loud 'music', short video clips and 10-second sound bites (Ed.)

### Tyneside Loipers Club Holidays

Yllas (Finnish Lapland) – 28<sup>th</sup> February to 7<sup>th</sup> March

This has the makings of a really good club holiday – 14 of us have already booked for this week of track skiing at Yllas (Akaslompolo) in Finnish Lapland. We are booked with Inghams (see <http://www.inghams.co.uk/ski/FIN/index.html>) flying from Manchester to Kittilla but the same resort is also bookable with Crystal Ski. Please get in touch with Alan or Judi if you would like to join us.

The holiday will cater for all abilities. Some of us will be pottering along the loipes and stopping at the wayside cafes and cooking shelters but others (marathon ski racers and ex-Waymark leaders!) will be skiing further afield and going for big mileage. Or you could do a mix of pottering and serious skiing to build up your XC ski technique and fitness as the week goes by.

The area has 300km of prepared ski trails and near perfect snow (about as good as you can get anywhere). See the excellent articles by Judi Webb, Neil Aitchison, Frank Cauley in recent newsletters. There is also a small ski hill with a gondola and various drag lifts and alpine or telemark skis for hire (some of us will be spending a day or two on the hill on telemark skis).

Most of us will be staying at the 'Yllas log cabins'. These are self catering but with a meals option in the Akas Hotel if you prefer. Frank recommends rooms in the hotel itself but booking the Yllas cabins also gets you a free XC ski hire or snowshoe package. See the Inghams website for these and other accommodation options.

The Sunday morning Manchester flight goes at the ridiculous hour of 0600 (check-in at 0400) so it means driving overnight or staying the previous night at an airport hotel (eg. Travelodge £29 with early booking). The redeeming feature is that we will start skiing on the arrival afternoon!

## Norway Ski Touring – 22<sup>nd</sup> March to 2<sup>nd</sup> April

Our usual hut-to-hut touring trip will be in the little known area of Tafjordfjella northwest of Jotunheim. The area has some very fine unstaffed huts connected by recognised marked routes. And there are a number of rewarding peaks to be bagged, ranging between 1900 and 2000 metres above sea level and offering fine views from the Jotunheim on one side to the coastal fjords on the other. We will be going just before Easter and it looks like there will be at least 4 of us – Charlie, Keith, Alan and Greg. We would be pleased to hear from anyone else who would like to join us.

This is a new area for the loipers (Google Tafjordfjella for more info) but it looks to be a good one – it is also an area visited by the Telemark Ski Company and there is more good information on their website too. Tafjordfjella is easily accessed by bus or train from Oslo (route details yet to be decided) and flights are available from Newcastle (with KLM) or from Edinburgh (Norwegian Air).

Please note this is not a trip for inexperienced skiers! (If you are keen to do some Norway hut touring and would like an easier trip we would like to hear from you anyway and will bear this in mind for next year.)

### **SnowSport England Kvitavatn Week**

If, after all that, you are still looking for an active XC ski holiday, do think about joining the SnowSport England Kvitavatn week (Norway 4-11<sup>th</sup> April). This is the tenth year that the course has been running at Kvitavatn and it comes much recommended by TL members who have been in previous years (including your hard working newsletter editor!). Coaching is given in small groups either on the ski hill (for Nordic downhill and telemarking) or on the extensive range of prepared tracks (for XC skills and racing). For more information see the separate leaflet sent out with this newsletter, or contact the organiser [wendy.mcrae@tesco.net](mailto:wendy.mcrae@tesco.net)



Thanks to Lakeland XC Ski Club for this splendid collage – the best of Nordic skiing – XC track skiing, telemarking, racing and roller skiing.

## Bits and Pieces

The ski centre at **Glencoe** (Grey Corries) is struggling to survive and may not open this winter without volunteer help from the skiers themselves. The resort owner has failed to find any financial backing or a suitable buyer and a petition is being put to the Scottish Government for support. Ironically, last year, the Glencoe resort had one of its best ever years for snow.

Pity about the **SSE Telemark Festival** at Castleford Snowdome this year..! Sadly I didn't know about this until a few days before the event on Saturday 10<sup>th</sup> October. As far as I know, none of TL managed to attend. Last year's event was better publicised (unless you were watching the SSE website, this year was easily missed).

Those who enjoyed the **orienteeing** evening in July might like to know that there are frequent orienteeing events all around the northeast, many of them organised by the Newcastle and Tyneside Orienteering Club ([www.newcastleorienteeing.org.uk/](http://www.newcastleorienteeing.org.uk/)) Most of these events have various courses to suit differing abilities – colour coded from White (very easy) to brown and black (longer and much more difficult). There are also at this time of year various night-time events (running around the woods with a head torch!) and a series of introductory orienteeing events for beginners (which include advice and coaching if you need it). There are also occasional bike-orienteeing events (mountain bikes on quiet country roads and muddy tracks) – I recently tried one such event based at Capheaton and enjoyed it greatly (Ed.)

**Travelling with Skis** - Chris Ottley passed on a handy tip following the recent comments about taking skis on trains. Chris recommends taking a short length of bungy cord to tie the skis to the handrails near the entrance to the carriage.

Greg Buick is flying with Air Canada and has been told that skis must be carried in a rigid and/or hard case. Is this becoming a trend with other airlines, I wonder?

### Local Skiing

The Yad Moss Ski Area is offering their adult rate season ticket for £35 for those joining before 1<sup>st</sup> Dec (family season ticket rate is £60). And that could be a good deal if we get as much snow as last year. After 1<sup>st</sup> Dec the only option is to purchase a day ticket at £15 per adult and £8 for juniors. The Yad Moss ski area is quite extensive and the ski tow is 630m length and 125m vertical rise – all this less than 50 miles from Newcastle (7 miles from Alston on the B6277). Up to date snow conditions and other useful information see [www.yadmoss.co.uk](http://www.yadmoss.co.uk)

The Weardale Ski Club is a little south of Daddry Shield in Weardale. Their adult season ticket price is £25 (plus £10 joining fee for the first year) but they also have a day ticket price of £15. Note their new website address [www.skiweardale.com](http://www.skiweardale.com)

The Allenheads Ski Area [www.ski-allenheads.co.uk](http://www.ski-allenheads.co.uk) is a better option for beginners and less experienced skiers. The skiing is a little limited but the area is more sheltered and easily accessible close to Allenheads village. They are offering annual adult membership at £25 (£20 if purchased before 1<sup>st</sup> Dec).

**Local ski touring** in Northumberland, Durham and the Pennines.... Make sure we have your up to date e-mail address and watch out for more details!

## Summer Events 2009

Thanks again to Keith Walker and his wife Paula for hosting an excellent day in the wilds of Hexhamshire, culminating with a BBQ at their house overlooking the Allenheads valley. Much like last year, we were blessed with a fine sunny day and a glorious sunny evening.

Keith took us on an 8-mile walk in the lovely countryside around Allenheads and the little known valley of Swinhope. Later we enjoyed plenty of good food and drink (including Keith's excellent homebrew) as we soaked up the lovely view across the valley. Thank you Keith for an excellent day.

We also had an excellent orienteering evening organised by Alasdair (and ably assisted by Rob Forster) using the permanent course at the Tyne Riverside Country Park, Low Prudhoe. Rob introduced us to the orienteering map which showed the detailed terrain and the position of all the controls and then Alasdair explained the rules and handed out the control cards which set out the order in which the controls had to be visited. Rob, Philip and Alan set off at a run at 2 minute intervals whilst Jane, Pat and Carolyn decided to visit every control on the map (which they greatly enjoyed though needless to say it took some time!) The evening ended with a well-earned pub meal at the White Swan in Ovingham.

Our other summer outing was an all-day bike ride around Kielder using the new 26-mile trail 'Lakeside Way' that goes right around the lake. This is an splendid route and, although quite hilly, there are excellent views as it follows the various inlets and promontories of the lake. The trail goes over the splendid curved suspension bridge at the Lewisburn and elsewhere there are various sculptures and artworks which give added interest. It was a very enjoyable day and a shame that there were only 4 of us (maybe we can do something similar next year).

### Norway Maps

Just a reminder... Charlie is keeping a number of maps which we have accumulated on our various hut touring trips to Norway and it is his intention to build up a Norway map library for club members. If you have any useful touring maps which could be donated to the club, please let Charlie know.

### What Happened to Waymark Holidays?

For 34 years Waymark Holidays was everyone's favourite XC ski (and walking) holiday company. But then a couple of years ago it was swallowed up by Exodus. Now a new book 'The Waymark Story' has been written by (ex-employee and writer) Colin Saunders, with contributions from former directors, staff, leaders and clients. The book has been well received by everyone and is available as a free download (as a pdf file) from <http://www.colinsaunders.org.uk/WaymarkStory.html>

Exodus has of course retained the Waymark name - more on page 12.

### Something Completely Different This Winter!

Tromsø in Norway is the place to be for some rather unusual events. On the 9<sup>th</sup> of January there is the Polar Night Half Marathon and then in early February, as part of Saami Week, there are the Norwegian Reindeer Racing Championships and the Norwegian Lasso Throwing Championships.

The Half Marathon starts at 1530 when it will be quite dark with only the moon and the occasional Northern Lights providing illumination. Last year the winning men's time was 1.21.06. (Tromsø also hosts the Midnight Sun Marathon, on June 19<sup>th</sup> 2010, along with several other shorter distance events, one of which is a 10k race for inline skates or roller skis!)



The Reindeer Racing Championship takes place over a 200m course in the main street of Tromsø. As well as being a competent skier you have to know how to handle your reindeer!

Lasso throwing has always been a tradition amongst the Saami People but it is now classed as an official Norwegian Championship. The event consists of trying to lasso a simulated Moose head (with antlers!) from a distance of about 10m. These two events are just a small part of Saami week which celebrates the traditions and culture of the Saami people who inhabit northern Norway, Finland and Sweden.

If you are a golfer and you want to try something different in summer, then why not try the Arctic Open Championship at Akureyri in Iceland. At 69°49' latitude it is the most northerly Championship Course in the world. The event takes place between June 24<sup>th</sup> and 26<sup>th</sup> – with tee off times after 2000hrs golfers have a chance to play under the Midnight Sun.

Anyone interested? Find out more on [www.msm.no](http://www.msm.no) and [www.arcticopen.is](http://www.arcticopen.is)

Frank Cauley





## **Roller Skiing Update**

Heather and I have been roller skiing on various occasions through the summer, meeting up at Hetton Lyons Park on Thursday mornings. Regular practice does wonders to improve skiing technique (both classic and skating styles) but sadly, for several reasons, we have not met frequently enough to benefit as fully as we would have liked.

For me, the major breakthrough came when I attended the recent SnowSport England coaching weekend at Lancaster. The resurfaced (smooth tarmac) cycle track at the Salt Ayre Sports Centre was a joy to ski on.

With only 3 groups, Racing, Advanced and Beginner/Intermediate, I was put into the latter, which was a very mixed ability group. However, with only 6 of us, Kevin our instructor managed to get the best from us all (in fact I would have been fine in the advanced group but I had applied late and this was already a large group).

We spent a lot of time on both days doing basic balance exercises and concentrating mainly on classic technique (diagonal stride, double poling and double pole kick) which was just as well as this is my weak area on roller skis. Proper diagonal stride technique needs a committed weight transfer onto the new gliding ski on each side, so good balance really is important.

On Saturday afternoon there was a 4-lap race (about 1.3km per lap) consisting of 2 laps of classic style and 2 laps skating. It was Race number 10 in this year's British Race Series and most of the British Nordic Race Team and the Junior Development Squad turned up to compete. Many from the various coaching groups declined to take part but I bravely (or foolishly) agreed to enter. I was 5<sup>th</sup> veteran male (out of 6) in just over 20 minutes, during which I discovered parts of my lungs that had not been used for some time! The fastest time was little more than 12 minutes (and some of those juniors can ski at an incredible pace!)

With a renewed enthusiasm for roller skiing, I am planning to join the next roller ski event organised by the Lakeland XC Ski Club which is a 10-mile out and back tour along the quiet west side of Thirlmere (good tarmac all the way). The event is on Sat 21<sup>st</sup> Nov which neatly fits in with the Kendal Mountain Film Festival from 19<sup>th</sup> to 22<sup>nd</sup> (see page 4). More info from the Mike Smith [mhsmith@ktdbroadband.com](mailto:mhsmith@ktdbroadband.com)

Alan Mitcham

(More on roller skiing from Alasdair on page 10.)

### **Cross-Country and Telemark Ski Equipment - Buying or Hiring in the UK -**

Braemar Mountain Sports, Tel. 013397 41242 or [www.braemarmountainsports.com](http://www.braemarmountainsports.com)

Cairngorm Mountain Sports, Aviemore. Tel. 01479 810 903 (same website)

Mountain Spirit, Aviemore. Tel. 01479 811788 or [www.mountainspirit.co.uk](http://www.mountainspirit.co.uk)

Backcountry UK, Ilkley, Yorks. Tel. 01943 816011 or [www.backcountryuk.com](http://www.backcountryuk.com)

## **Technique tips – pearls of wisdom from Mike Dixon, Hetton, September 2009**

The first weekend of September saw the return to Hetton Lyons Park of the crack coaching team of Mike Dixon, Patrick Winterton, Adam Pinney and Ivan Gorbenko with a full house of people wanting to develop their basic style, hone their roller skiing skills or take the necessary steps to become club coaches. We are privileged to have such a facility close-by as it attracts fellow skiers from the length and breadth of the UK. I sometimes feel a bit parochial not going down south to events at Hayes or north to the Cairngorm Hill Climb, for example. Please let me know if any of you would like to team up to go to one or two of these events next year.

In contrast to the floods of 2008 the weather was actually dry and quite warm. I was lucky enough to get a place in Mike Dixon's group with other experienced racers. Collectively our standard has risen a great deal over the years that the SSE has supported these coaching weekends but Mike and the other coaches can always add that bit of polish to one's technique or pass on the latest thinking about the most efficient way to ski.

This time we started with classic style, a couple of laps using no poles, honing balance and drive from ski to ski using a short stride and relaxing the follow through. Mike's judicious use of the video camera helped us see when we were getting the fundamentals right in pushing the front knee forward of the gliding foot just before driving off it and keeping the pelvis above the balance point. It is good to get confirmation that you do are performing a technique correctly and link that to the feeling in your body while you are doing it. Also you can see more clearly what your fellow skiers do and understand why they look good or not.

One main point of improvement for me was on double pole kick. I used to blithely kick when my feet were together. That limits effectiveness. Kicking with that foot forward of the standing foot is the recommended technique nowadays and if you can push the pelvis forward at the same time you'll be really moving.

There was a skating race in the afternoon so we moved on to that style before lunch. Working on dry land (on grass) at first Mike got us doing a balance drill mimicking skating weight transfer. Progressing to deeper and more dynamic moves the main teaching point here was to keep the pelvis level as weight was moved side-to-side. This was to help a fluid style allowing the returning leg to slot nicely under the body with minimal effort. Another exercise to encourage this was based on Skate 2 (see note of standardised nomenclature below) using staccato, upright double poling and making a very acute, almost parallel, 'V'. We tried to lengthen the glide on each ski.

For racing, and coping with undulating terrain, power and acceleration is a key ingredient to better results. So, to tire us out before the race, Mike had us doing 100m slightly uphill accelerations using Skate 3, firstly at about 90% effort then upping that to our maximum. Our dynamic kick was meant to launch us from the ground, emulating the sprinters you may have seen at the Winter Olympics. More practise needed! But definitely a good exercise to get out of the rut of a lazy tempo all the time.

The adults' race was at 4pm, 20km freestyle. I hadn't brought my skating rollers and anyway I was feeling knackered. There was a good field, however, including some people putting me to shame by using it as their first roller ski race. It also included two of our foremost young skiers, Callum Smith and Andrew Young from Huntly Nordic Ski Club. They had a grand battle gradually pulling away from their more senior pursuers as the laps unfolded. I was a marshal at the bottom of the steep hill and had an excellent view of them powering up it (very impressive). No wonder they are tipped to qualify for the Winter Olympics next year.

Sadly I couldn't attend the following day but no doubt it was excellent. I strongly recommend having a go next year in July and/or September. Watch out for details.

My thanks go to Frank for giving me a lift and saving some carbon emissions. I did find out that it was possible to get all the way there from Newcastle by public transport so maybe I'll try that next time. The Metro was fine to Heworth and I wasn't arrested for carrying long pointy sticks. Meanwhile I am willing to pass on some of those roller skiing tips directly either Hetton or at another venue such as the Town Moor or Hadrian's Way. Please get in touch and you'll help me improve my teaching skills as a roller ski instructor and I'm sure your skiing will benefit too.

Alasdair Wilson

## Standardised Freestyle Skiing Terms

### Basic Skate

*An unrefined, entry level skate with or without double poling*

#### **Skate 1** V1, 1-skate, Paddling, Paddle Dance

*A double pole with poles planted at same time as the down-set of the incoming ski, poles planted asymmetrically with a "hang" pole leading that ski.*

#### **Skate 2** V2, 2-skate, Double Dance

*A double pole twice for every two skate steps i.e. double pole every skate step.*

#### **Skate 3** V3, 3-Skate, V2 alternate, Single Dance

*Double pole once every two skating steps as in Skate 1 but timing is different, poling slightly before the down-set of the incoming ski and more symmetrical with the direction of travel.*

#### **Herringbone Skate** Diagonal Dance, Diagonal skate, teddybear skate, granny skate

*A gliding herringbone, with a distinct step forward, with single arm (diagonal) poling on the opposite side to the skating leg*

#### **Free Skate** Field skate

*Skating without poling. May be tucked or open.*

#### **Marathon Skate** Siitonen Step/Skate

*Double poling with push from an angled ski while the other ski remains pointing straight ahead, usually in a cut track*

*Classic terms are more obvious, so wait until next issue for the finer points!*

## **Cross Country and Telemark Ski Holidays**

Exodus are holding their position as the leading holiday company for cross country skiing and are still trading partly on the reputation of Waymark Holidays who they took over a few years ago. It is worth checking out the Exodus brochure or looking at their website [www.exodus.co.uk/activities-experiences/waymark-holidays](http://www.exodus.co.uk/activities-experiences/waymark-holidays)

One of their recently introduced holidays is at Mosstrand which is a former boarding school on an island on Lake Mossvatn on the edge of Hardangervidda. Mosstrand is owned by a consortium of Brits who have each put in some investment finance to create this excellent facility. The skiing, out across the frozen lake and into the surrounding country, is mostly off-track (grade 2 and 3).

Also in the Exodus brochure, Eric Woolley (SnowSport England Coach for XC and roller skiing) is leading a number of XC ski holidays with coaching in skating technique. In Versciaco, Italy there are 'Learn to Skate' weeks for beginners and 'Skating and Day Touring' weeks for improvers, whereas in Seefeld, Austria there are weeks for more advanced skiers wishing to do longer distance day touring. Eric is an excellent teacher and would be pleased to advise anyone interested in doing one of these holidays (let me know if you need his contact details – Ed.)

Other XC ski holiday providers... see the following.

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

[www.ramblersholidays.co.uk/cross-country\\_skiing\\_holidays.aspx](http://www.ramblersholidays.co.uk/cross-country_skiing_holidays.aspx)

[www.hfholidays.co.uk/crosscountryskiing/index.asp](http://www.hfholidays.co.uk/crosscountryskiing/index.asp)

(The XCUK website also has a links to a much recommended Hints and Tips section with useful articles on a number of cross country ski topics – news, books, racing, training, equipment, etc)

The Telemark Ski Company [www.telemarkskico.com](http://www.telemarkskico.com) are the specialists for Nordic downhill and telemarking skills. I went twice with them last year (Ed.) and they are excellent for learning to telemark or just honing your technique. And they go to some great places – Hintertux glacier, Cervinia, Andermatt, Stubai Alps, and even Greece! They also do various Nordic hut touring trips and have recently introduced snowshoeing.

### **Club Skis and Boots**

We have about 5 pairs of metal-edged skis and 9 pairs of leather boots available for use by club members. These are ideal for ski touring for Norway or for when we get some snow in the UK! There is a small hire charge of £10 per weekend.

Contact Paramjeet Bhogal - 14 East Avenue, Benton, Newcastle  
(phone 0191 266 5052, e-mail [paramjeet.bhogal@newcastle.gov.uk](mailto:paramjeet.bhogal@newcastle.gov.uk) ).

Contributions for the next newsletter would be appreciated early in the New Year (first week in January). Articles, news items and photos please.

Alan Mitcham (Newsletter and Membership Sec)