

The diagonal way of meeting people

by Carol Kassian

Skiers meeting skiers. That is the main feature of the U of A Nordic Ski Club according to Alan Wilman, the club's president.

Wilman is an experienced cross-country skier, who has been involved with the sport for 10-15 years, and is currently overseeing the club's activities while pursuing graduate studies in Medical Physics. Alan perceives the club's strength to be the individual members of the club.

"The members are outdoor oriented, very friendly, and form a cohesive unit," said Wilman.

Although the 45 members of the club are at various levels of ability, ranging from beginning skiers to advanced ski racers, the members have become a closely knit group.

The basis of the members' cohesiveness is that they share a common interest in cross-country skiing, regardless of their individual skill levels. In addition, off-season club activities are a contributing factor in maintaining the club's unity. To initiate the current year, members participated in an inaugural hiking trip. Another provision of the club is dry land training, which enables

skiers to maintain their fitness year round. As a unit, the club participated in this year's Campus Recreation Co-Rec Intramural Volleyball League. The cohesiveness of the membership contributes to the promotion of nordic skiing and also attracts new members into the club.

By introducing beginner skiers to all aspects of nordic skiing, including touring, racing and ski instruction, the club hopes, according to Wilman, to enable its members to "appreciate what cross-country skiing is all about."

Quality instruction is provided. Currently, the club has four experienced instructors, one of whom is a nationally certified

racing coach. The club will be providing instruction for the Intramural Cross-Country Ski Clinic & Meet to be held this Sunday at Kinsmen Park.

The club actively participates in local skiing as well as touring to other areas. The purpose of the cross-country ski trips is to get away from it all and experience skiing on mountain trails, in the backcountry, and to participate in telemarking. At Christmas, the club took a six day trip to Ribbon Creek in Kananaskis Country. This weekend, some skiers will be travelling to Banff, and other trips are being organized for Reading Week and at the end of the year. Wilman considers the

touring aspect of the ski program to be the "best part and most remembered."

Some club members also participate in a variety of races. An upcoming race involving the Nordic Ski Club is the Canadian Birkebeiner which will be held Saturday, January 28. Racers will ski from Devon to Fort Edmonton and will carry a pack of weights on their back. This type of race is based on a similar Scandinavian Event. The extra weight to be carried during the race is a concept that originated in Scandinavia. A soldier skied cross-country to safety while carrying a young prince on his back. Today, the race packs are of a weight similar to that of a young child and so the Scandinavian tradition continues.

More information on the U of A Nordic Ski Club may be obtained from their office located in the basement of SUB, Room 030P.

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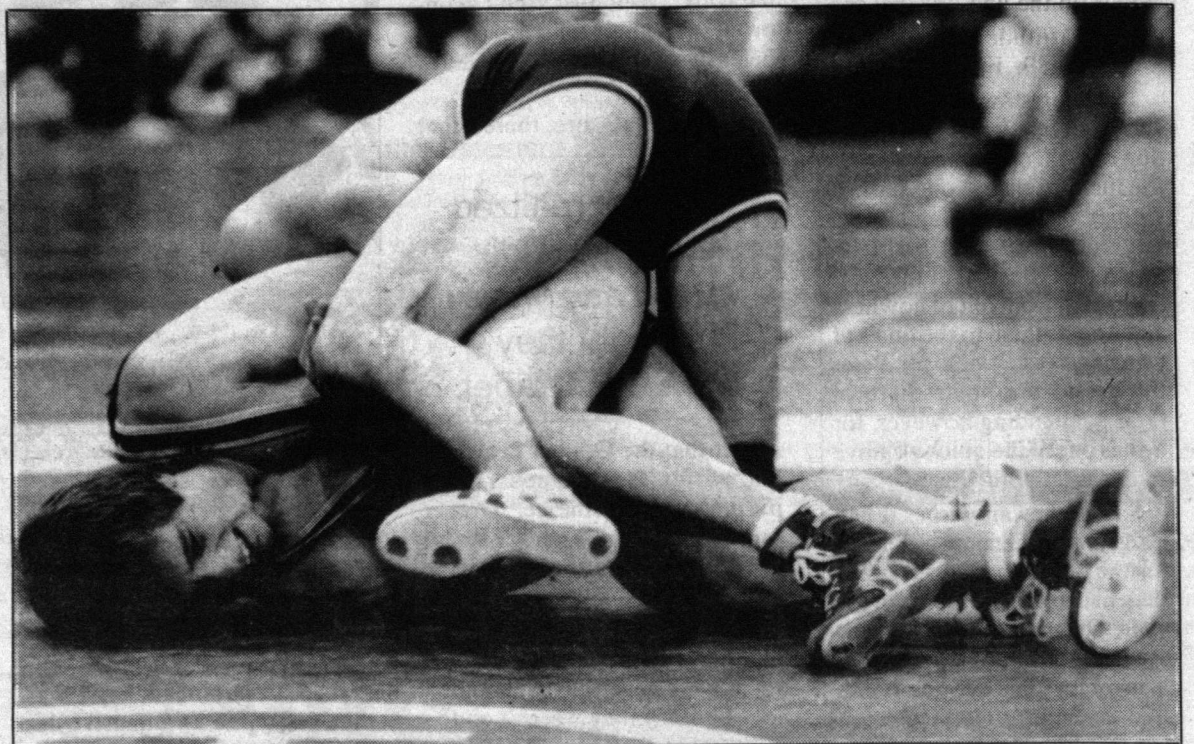
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The Golden Bear Wrestling Tournament happens at the Butterdome Friday and Saturday.

In other sports action at the university this weekend the Bears volleyball team host the Golden Bear Classic. Starting Friday and ending Sunday afternoon, the tournament brings the University of Regina Cougars to town to face the Bears, and four senior club

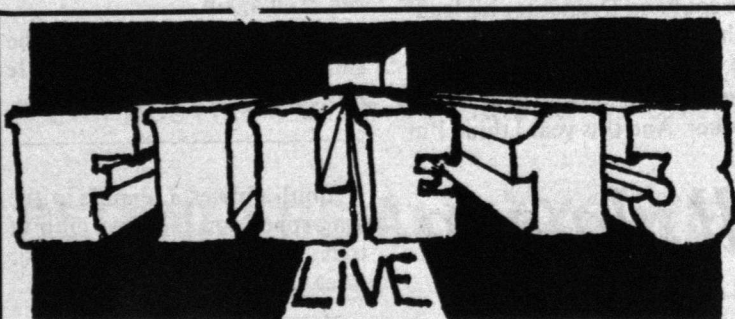
teams from Edmonton.

Preliminary games start at 6 and 8 pm on Friday, and 11 am, 1 pm and 6 pm on Saturday. Medal games take place at 11 am and 1 pm at Varsity Gym. The Education and Dance Gyms are other venues for this

event.

The U of A also hosts the Golden Bear Open wrestling tournament, Friday and Saturday. Teams from the University of Saskatchewan and Manitoba, and also has university class athletes from Calgary and B.C.

A high school meet will also be held, with athletes from all over western Canada and the Northwest Territories competing. All action takes place at the Butterdome, Friday at 5 pm and Saturday at 10 am.



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