

Canadian Masters Association  
National newsletter  
February 2024

Hello from Vuokatti, Finland at the 2024 Masters World Cup - The land of ice and snow - WOW! We arrived to cold weather with -32C at night and warming up to - 24 - 26C for the first days of the MWC events. Lots of snow with over a meter in places around Vuokatti Sport - Olympic Training Center. Incredibly beautiful sunshine and blue skies but feeling dam/darn cold out there.

Unfortunately, the first middle distance races had to be canceled as our World Cup - FIS temperature ruling cut off is -20C. Fortunately a few days later the cold high pressure system started warming up and the short distance races started with over 600 competitors from 27 countries. Everyone was excited to start racing and the atmosphere before and during the races was electric!. First races started at -19.C on old transformed snow that felt much faster than expected for these conditions probably due to the 87% humidity ... weird at such cold temps. Competitors skied a shortened 4.4 km loop on hard fast classic tracks or a 3 km loop for senior categories.

The courses were fantastic rolling terrain with skiable hills and fast sweeping downhills that were so much fun to ski. The shortened freestyle events were not as fast out of the tracks due to the squeaky old transformed snow at - 20C. Luckily the Technical committee agreed to set classic tracks on each side of the skate lanes on all the long straight downhills and they were hard, glazed and fast. The short distances made for packs of bumper to bumper skiers skiing as fast as possible on the short courses. Always someone in front of you to chase and someone behind you chasing - such a blast!

The course grooming at the Vuokatti Sport OLympic training center was some of the best tracks and courses I have ever skied. Especially when their high tech track setters can change the width and depth of the classic tracks so they are actually a bit wider and deeper on the long fast downhills. The feeling of staying in the tracks on sweeping corners was incredible with packs of skiers bumper to bumper throughout the course.

Relays went the next day and Team Canada broke through in Men's 8 with a Silver medal! Gaetan Beaulieu and Andrea Gavin skied the classic legs and Stu Hamilton and Claude Chaput skied the freestyle legs! All four Canadians skied their fastest times for the shortened 5 km at -18C. We had one other official team in M5 that finished 5th in a very fast field. Well done team!

The long distance races went ahead with slightly warmer temperatures and faster conditions at - 13C with a bit of fresh snow mixed into the old transformed snow. Classic races went the first day while the next day was the long distance freestyle. Temps warmed slightly for freestyle races - Team Canada skiers had great races with most skiing a 30km classic or skate on a 10 km loops that was tough but great terrain. The senior skiers skied a 15 km on 3 x 5 km course.

Two Quebec skiers broke through to medal in incredibly tight finishes with less than 2 seconds between 1st and 3rd. Wow!

**Luc Tremblay** - 30 km - M5 skied to a bronze medal less than two seconds out of gold!

**Claude Chaput** - 30 km - M8 skied to a silver medal after leading for last 5 km and lost the gold by a sprint at the finish.

Big thank you to the Canadian skiers and their wives who made it to Vuokatti MWC 2024! You were all such a pleasure to meet and compete together! Great team spirit and lots of cheering was appreciated by our small team!

Check out our Canadian Masters website to see pics of Vuokatti Finland MWC 2024 for awards and group photos!

[Canadian Masters Cross Country Ski Association](#)

Already looking forward to seeing you all again next March in Klosters, Switzerland MWC 2025! [mwc2025.com](http://mwc2025.com) Accommodations for Team Canada have been requested at the Hotel Silvetta and Hotel Biz only 400 hundred meters from the race courses. This small Swiss community is located in a beautiful valley with one of the most picturesque areas in the Swiss Alps about 25 km south east of Davos Switzerland! Details will be sent out to all our Directors by May 2024.

Arrived home a few days ago from Finland and hope you are all looking forward to the rest of our 2024 ski season. Snow conditions have been a challenge throughout much of Canada this year but some areas have great conditions. Menihek Nordic in Labrador City has great conditions on all natural snow!

## **Canadian Masters National Championships - March 20 -23, 2024 Menihek Nordic ski club- Smoky Mountain - Labrador City, Labrador**

Come ski the east coast with members from across Canada!

Still time to register to join us for some famous East coast Atlantic hospitality on some great ski courses. Great snow and even better hospitality. Can also plan to stay for the 2024 Labrador Loppet. Hope to see you all there in March!

**Nordiq Canada and Canadian Masters** - We are looking forward to the upcoming discussions regarding Canadian Masters competitions and program resources. The Canadian Masters survey coordinated by Gary our Alberta director has great responses and will help guide our discussions for what is the best way forward for competitions and resources for Masters skiers across Canada. More info in May 2024.

Have you checked out the new and improved Canadian Masters xc ski website

[Canadian Masters Cross Country Ski Association](#)

Have a great ski season and stay tuned for next National newsletter in the Spring  
Ski often and smile more!

Mike