

■ **SUPER DAVE FACT:** Ever wonder what it would be like traveling across the globe on a motorcycle? Dave's good friend Rene is half way through his epic trip. Check out Rene's site ([www.renedian.com](http://www.renedian.com)) and consider purchasing one of his extraordinary calendars with photos of his journey! SOURCE: Metro Vancouver

■ **HOT SITES:** Check out the following great sites: [www.nordicracers.bc.ca](http://www.nordicracers.bc.ca), [www.skitrax.com](http://www.skitrax.com), [www.crosscountryconnection.bc.ca](http://www.crosscountryconnection.bc.ca). SOURCE: Metro Vancouver



# WESTCOAST WEEKEND

# Conquering the snow

## Cross-country ski trails closer than you think

By DAVE NORONA  
for Metro Vancouver

While most Vancouverites are complaining about the winter darkness and the giant size puddles that plague the city, I am up in the mountains where the water is white and the picturesque views stretch out in every direction.

Cypress Cross Country is just a short 25-minute drive from the city however, once you explore the 19 kilometres of trails you will feel miles away from anywhere.

There are two disciplines of cross-country skiing: classic and skating.

Classic, the oldest and most traditional, is what most people picture when they think of cross-country. It is a kick and glide technique that is very similar to running. The skier skis within a track and uses fish scales or wax in the middle of the ski to get grip on the snow, which prevents the skier from sliding backwards.

Skating is the new form, and is very similar to in-line skating, with three different poling techniques that are used to conquer hills or hit warp speed. Both disciplines require a certain amount of fitness and technique. However, with a few short lessons anyone can be out on their own enjoying this empowering sport.

If you are new to the sport, I suggest immersing yourself in some lessons. Cypress Cross Country



Dave Norona enjoys the serenity of cross country skiing by Hollyburn Lake on Cypress Mountain. JEN DICKIE/FOR METRO VANCOUVER

([www.cypressmountain.co](http://www.cypressmountain.co)) offers inexpensive evening lessons that include instructor, equipment and trail fees.

If you're looking to buy, remember you get what you pay for, so choosing the right gear the first time round will ensure that you have fun.

Whether skating or classic, boots are the most important piece of equipment and this is where I suggest you spend the most money. Get something that fits perfectly, snug but not tight, warm, and gives you the right stability. Salomon has

led the way in cross country boots and bindings and I highly recommend them.

All ski brands perform well and I suggest picking a model one or two down from the top model. You will still get most of the great features of a top line ski however, you will save a lot of money.

You can spend \$50 to \$450 on a pair of poles. The lighter and stiffer the better transfer of energy you get, so they are important. I suggest spending somewhere between \$90-\$140. This way you get a pole that is both lightweight and

stiff without breaking your bank account.

Sigge's Sport Villa ([www.sigges.com](http://www.sigges.com)) has been in the business since the '60s and they can help you make the best choice. Ask about their special package deals as well as their weekend bus trips to Manning Park. The day includes transportation to and from Manning Park, your trail ticket, and wine and cheese on the way home. Now that's my kind of trip!!!

For more Super Dave info, check out his website [www.davenorona.com](http://www.davenorona.com).

# Gear Guide



### TOKO WAX

**Description:** You are skiing on a thin layer of water and a waxed base will glide faster and handle better over a non-waxed ski. Toko wax is temperature rated and warmer waxes help repel water off the surface faster while colder waxes help create moisture through friction so your skis will slide faster!

**Price Range:** \$16.95 **Where to find it:** Vancouver Ski Services 271 East 2nd Ave., Vancouver; Westside Ski 232 West Broadway, Vancouver.



### SALOMON EQUIPE 9 SKATING SKI

**Description:** The Aerolite Body of the Equipe 9 provides a strong, torsion resistant, lightweight core for awesome performance. This ski is stable at high speed and the Javelin Skating side-cut makes it super efficient.

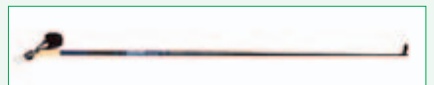
**Price range:** \$419 **Where to find it:** Sigge's Sport Villa 2077 West 4th Ave., Vancouver.



### CAMELBAK LOBO SYSTEM

**Description:** Easy and convenient filling with the huge OMEGA™ Reservoir. Bungee cinch system, cargo pocket for an extra jacket or ipod and an AirMesh harness and back panel to keep sweat away.

**Price range:** \$99. **Where to find it:** Deakin Equipment 1361 Powell St., Vancouver, Dizzy Cycles 1856 West 4th Ave., Vancouver.



### YOKO MISTRAL POLE

**Description:** Yoko's Mistral pole achieves the perfect balance of stiffness, strength and lightness. The Fp30 grip system delivers more forward thrusting force and skiing speed with no greater energy consumption over a traditional straight pole.

**Price range:** \$109 **Where to find it:** Mountain Equipment Co-op 1341 Main St., North Vancouver, Sigge's Sport Villa 2077 West 4th Ave., Vancouver.

## Sigge's

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BC Interior

Skate Skiing Rental Package \$30

Featuring Salomon boots and bindings.

Skate Skiing Lesson Package \$119

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