

1973 - 2023 Wostawea Time Capsule Story

“Wostaweans at the 1982 Canadian Ski Marathon”

Story shared by Jim Wolstenholme

In the early years of the club the main focus was long-distance skiing. We had our own 110 km Maritime Ski Marathon (Woodstock to Fredericton), the North 100 (Bathurst to Miramichi) and loppets in Campbellton, Charlo, Kouchibouguac, Fundy and New Sweden, Maine. For some of us, though, our aim was to earn Coureur de Bois status in the Canadian Ski Marathon (CSM), a two-day, 160 km event from Lachute, Quebec to Ottawa.

The ten Wostaweans in the picture below participated in the 1982 CSM. They are, from left to right: back row Jacques Paynter, Jim Wolstenholme, Dave Kersey, David Cubitt, Steve Hart and Paul Viger; and front row Floyd Jones, Julf Schwenke, Louis Magtibay and Toby Graham.

Some of us were first-timers aiming for the Bronze Coureur de Bois award (Dave, David, Paul and I were successful; Sarah Stocker also earned the Bronze). Others were out to build on earlier successes: Jacques (1981 Gold), Julf (earned Gold following Silver in 1981) and Toby (Gold remained elusive for him following Silver in 1977). In all cases this highest achievement meant skiing the full 160 km (10 sections) over two days. For Jacques, Julf and Toby it involved carrying all their gear and camping out overnight. The rest of us stayed in comfort at the Chateau Montebello. Steve and Floyd received Johannsen awards in 1982: Steve Gold (8 sections) and Floyd Bronze (6 sections). Eszter Schwenke also deserves mention for Johannsen awards in 1978 (Bronze, 5 sections) and 1981 (Silver, 6 sections).

Success in the CSM results from a combination of fitness, strategy, skiing efficiency and nutrition. We were all pretty fit, having competed in the Maritime Ski Marathon the previous weekend and logging many long-distance skis over the winter. Strategies varied but most set a pace that they were confident they could maintain over two days. Thankfully, by chance, I tagged on to a team of Quebeckers who skied at a constant pace that suited me. Good classic technique with properly waxed skis and the ability to take advantage of fast downhill sections made for efficient execution. Skiing for ten hours or more at a stretch consumes way more calories than normal activity, so it was important to start the event with lots of carbohydrate reserves and to add to them over the first day at breakfast, regular feeding stations and the evening buffet at the Chateau.