

It's in the Family!

Werner Schwar did not complete the entire 24 hour relay by himself.... this year, to break from tradition; he enlisted the help of his entire family. There are few in the Thunder Bay ski community who would take issue with the assertion that Schwar, now 44, is the toughest skier around, having skied in the 24 hour relay every year since the event's inception in 1996. Schwar, a former member of the Thunder Bay National Development Centre and previous medal winner at the Canadian Championships has twice skied solo (yes, that is 24 hours straight, **by himself!**) and holds the course record with an astounding 407.8km, a mark that is less than 10km shy of the world record.

But on Saturday, Werner Schwar entered the race with his wife Anne and their 3 children, Tessa, Anna, and Eddie making the event a true family affair. The irony however, is that Werner still skied for a full 24hr, just with a different mind set. He



skied alongside his young children for the first 10 hours and then skied the "night shift" by himself before being rejoined in the morning by his wife and family. Anne Schwar said of her husband, "Werner was the glue that held us together." 5 year old Anna, who normally is very chatty, said she could not talk during her ski because she wanted to ski as fast as she could for as long as she could. Anna said, "Dad, please don't talk to me, I can't chat because I am trying so hard." When it was all said and done, Anna had skied a total of 13km, Eddie 26km, and Tessa 45km. Numbers and records however, were definitely not the order of the day for the Schwar family, who are regulars at the local ski centres on most winter days. "It was both amazing and inspiring to see the entire family out there loving every minute of what cross country skiing is all about." said Big Thunder Nordic Ski Club Head Coach Adam Kates. "In a few years, when their kids get older, I'd put my money on that family to break the team record." I don't think anyone will take that bet....



Eddie Schwar (l) tags Anna Schwar (r)
Photo: Laura Inkila

Also inspiring in this year's event is the story of visually impaired skier, Frank Pollari who signed up as a solo entrant. He skied until the sun went down, as his vision keeps him from skiing at night and then came back the next morning to finish with a total ski of 88.1km over the 24hours.

Tim Wintoniw was the overall 24hr solo winner skiing a total of 278.5km while Kelly Henry, the lone female solo competitor skied 214.4 km.

There were also 16 jackrabbit skiers, who are 12 years of age or under, out of 95 participants for the whole event. Temperatures hovered around -20 for most of the night, making the track slower than normal but skiers remained tough.

Skiers enjoyed live music for part of the night, a potluck dinner, great prizes, and finished off the 24hour relay with the RBC Breakfast of Champions which included the famous Finn Pancakes and strawberry sauce....more than deserved by each and every competitor!!

Until next year! Results are on next page.

Tim Wintoniw



Frank Pollari



Kelly Henry



Please see <http://www.zone4.ca/results.asp?ID=3890&cat=all> for all results and see below for highlights:

Solo Male Lap Length: 4.27 km. Race Length:

24:00:00.0

PL	Team	Laps	Km	Avg Lap	Fastest	Speed km/h
1	Tim Wintoniw	65	278.555	0:22:04.4	0:13:18.9	11.61
2	Charlie Cororan	24	102.48	0:28:00.0	0:12:33.6	9.15
3	Superior Bike Tours.	20	88.1	1:11:34.7	0:14:45.3	3.58
4	Brian Berry	17	72.59	0:17:43.1	0:15:14.8	14.46

Click on a Team Name to view full team stats.

Solo Female Lap Length: 4.27 km. Race Length:

24:00:00.0

PL	Team	Laps	Km	Avg Lap	Fastest	Speed km/h
1	Cheaper than Rehab	50	214.405	0:28:44.5	0:14:43.5	8.91

Click on a Team Name to view full team stats.

Open - 10 Max Lap Length: 4.27 km. Race

Length: 24:00:00.0

PL	Team	Laps	Km	Avg Lap	Fastest	Speed km/h
1	Lappe & One Wannabe	127	542.29	0:11:17.8	0:09:43.9	22.68
2	All Inclusive NDC!	100	427	0:14:23.1	0:09:57.9	17.81
3	LU Heroes	92	394.64	0:15:35.3	0:11:42.5	16.43
4	For Schwar Not Going	91	389.741	0:15:47.8	0:10:54.9	16.22
5	KMH Komets	79	337.33	0:18:13.7	0:12:40.5	14.05
6	The Skiing Schwarios	73	315.635	0:19:31.1	0:13:50.8	13.13
7	Young @ Heart	64	273.28	0:22:30.1	0:14:50.5	11.39
8	Snow Motion	60	259.191	0:23:50.6	0:13:32.8	10.75
9	Lappe Ladies	55	235.776	0:26:07.3	0:10:52.5	9.81
10	Lappe JR Moms Team	60		0:23:55.7	0:12:15.6	10.71

Click on a Team Name to view full team stats.

Jackrabbits Lap Length: 4.27 km. Race Length:

24:00:00.0

PL	Team	Laps	Km	Avg Lap	Fastest	Speed km/h
1	Jackrabbit Stomp	13	55.704	1:49:38.7	0:21:56.8	2.34

Photos from the event taken by NDC volunteer, John Sims, can be viewed at:

<http://www.flickr.com/photos/teamontario/sets/72157626371769044/>

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