

# O N S N O W

A Movie about Cross-Country Skiing  
Body, Mind and Spirit in Motion

**O**n Snow tells the story of kindred spirits, athleticism, lifestyle, and adventure across a Canadian Winterscape. The film mixes modern XC skiing, breathtaking action tracking cinematography with a rocking sound track craft its own funky and highly caffeinated style.

**T**he question of what it means to be on-snow is answered by way of anecdotal devices, narrative and motion; de-constructing the popular notions of cross-country skiing from the arcane to the extreme, while indulging in a bit of "culture jamming" along the way; whether that be developing a penchant for Starbucks coffee or using snow boarders as slalom gates.

**"It is a fast-paced, funny,  
frequently candid, and  
exhilarating ride on snow."**

The story itself is one of struggle and accomplishment, albeit spiced with escapism and a pinch of humor, where the characters, so focused initially on their on-snow destination, ultimately find more meaning in the journey.

"On the Snow would appear to be  
the best tool to hit the market in years."  
- John Nabors, New York State  
Ski Racing Association, Nordic Division

"Great, great and again great!!!!"  
- Carlo Brenda chief editor of SCIFONDO magazine Italy.

"Has Cross-Country found its Warren Miller?" - Wintersport Business Magazine.



Vancouver Island Mountains, BC., and the  
Laurentians, Canada, 2000, 35 minutes,  
Bilingual

Director of Cinematography / Editing: David  
McMahon

Script Writer: Michele McMahon

Technical Coordinator and Principle Skier:  
Lise Meloche, Two-Time Olympian and  
World Cup Gold Medalist

Music: Local Anxiety, Cough, Shony, Blue  
Tonic World, Psyberspace, Tangent Project,  
Digital Tempest, Edmund Daniel, Nancy  
Ruth, Michel Decary

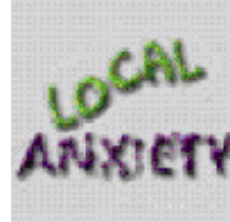
Production Company: [www.xczone.com](http://www.xczone.com)

The cinematography is incredible" - Dorcus  
Wonsavage, 3x US Olympian "In the zone, on  
the snow... Excellent footage... the scenery is  
really incredible... with fast flying action." -  
Adelsman's Cross Country Ski Newsletter

Best selling ski film of 2001 - Amazon.com

## ANACHRONISM - RETRO TO TECHNO

The Ottawa Ski Club formed in 1910, grew to be largest ski club in the world with ten thousand members. There, the Night Riders were an intrepid group of club patrollers who cut the first ski trails in North America upon ancient Algonquin hunting paths. Technique and equipment have since revolutionized cross-country skiing, and its time to retool. The main character manifests a temporal shift by trading in wool, wood, pine tar and black coffee for spandex, pytex, hydro-flouro-carbon synthetic waxes and a low fat café late.



"Ready... Set... Snow!"

Old Chelsea  
Gerry&Isobel's Country Pleasures  
SkiWorks

Song "The Coffee Song"  
by Local Anxiety  
Mark Leiren-Young and Kevin Crofton  
All the comedy, all the caffeine...  
From the "Forgive Us We're Canadian" CD  
Lynn Valley Records  
Vancouver, British Columbia  
Canada

## SURF TO SNOW

The Pacific Coastal Mountains rise over two kilometres vertically out of the ocean; from temperate rain forest to peaks laden with record snow falls and half the oxygen. The journey embarks upon a surreal multi-terrain experience; varying paradoxically from the forbidden plateau and paradise meadows, to celestial climbs onto rocky outcrops swept with clouds, glaciers and high speed descents into old growth forests. Host to one the most bizarre weather on the planet. It is a place of extremes. Mount Washington on Vancouver Island, B.C., is a place every skier should go before they die - and we will show you why. Mount Washington, Vancouver Island, BC.



"Discard all notions of  
cross-country skiing  
before proceeding."

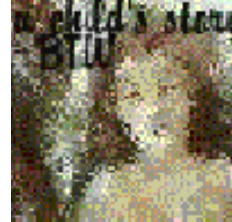
Song "2C2"  
by Cough  
Terence Hoorman - Drums and Vocals  
John Ivo Wiens - Guitar  
Cory Doerksen - Bass  
Colin Hanson - Guitar  
Spiritual Fast Rock / Punk  
From the "Anybody Hear" Album  
Winnipeg, Manitoba  
Canada

## LIFESTYLE - KIDS

The preconceptions of youth and maturity, erode when one sees six year old jackrabbits sharing the same playground with master skiers. Their ideas of a cool thing have an uncanny similarity. The scene is sparked by an Olympian's recollection of her beginnings.

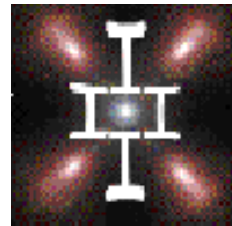


Song "A Child's Story"  
by Bit Burn - Blue Tonic World  
From "The deepest Blue" Album  
Electronic Ambient keyboards & guitar  
Gatineau, Quebec  
Canada



## ADVENTURE - CANADIAN SKI MARATHON

What do you pack for the Canadian Ski Marathon; the world's longest cross-country ski tour which crosses 160 km of the Quebec Laurentian Mountains over two days? Those who attempt the "Gold Coureur des Bois" category are challenged with both the load of provisions and the prospect of sleeping in the bush overnight at minus twenty-eight. We connect with intrepid adventurers throughout the event as they make their way through the ordeal with smiles frozen on their faces. Gatineau - Lachute, Quebec



"Always carry a map,  
so you can avoid the roads."

Song "i"  
by Psyberspace  
A minimalistic abstract electronic soundscapes and beat in an industrial electronic style. Neural Net Recordings  
From "The Essence of Night" album  
Toronto, Ontario Canada

Song "Ancient cry"  
by Shony Bar-Elan  
A guitar weeps from the heart in a rock instrumental composition bursting with emotion.  
This music is about people's cry of suffering throughout human history.  
Vancouver, British Columbia  
Canada



## SOLITUDE THAW

A cabin within Gatineau Park, Quebec offers refuge to those seeking the warmth and sustenance of a crackling fire, a oversized picnic and, of course, coffee.

Parc de la Gatineau  
Quebec

Song "The Coffee Song"

by Local Anxiety

Mark Leiren-Young and Kevin Crofton

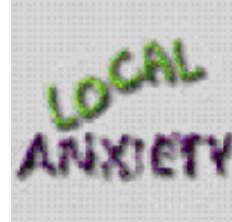
All the comedy, all the caffeine...

From the "Forgive Us We're Canadian" CD

Lynn Valley Records

Vancouver, British Columbia

Canada



## ICE AND SNOW

We make the transition from blade to ski into a surreal world of ice and snow of Winterlude. The elite sprints are to xc skiing what short track is to speed skating. It is here that racers battle head-to-head for dominance in what is a ski derby course constructed upon the ice of a downtown Lake. The spectacle is not without its spills and thrills. Ottawa, Ontario

Song "Industrial Revolution,

UltraThunder Mix"

by Tangent Project

An industrial strength instrumental rock anthem... at high volume this song will destroy every living thing in close proximity.

From the "Infinite Possibilities Album."

Winnipeg, Manitoba

Canada



## WAX AND IRON - ATHLETICISM

It seems that waxing these days requires a degree in chemical engineering, a grasp of snow physics and a good deal of luck. Despite the waxing dilemma, elite cross-country skiers undergo extraordinary conditioning, the level of which remains enigmatic to the average person. Just what does it take to be a contender in the world of the high performance power-endurance elite? Home, Old Chelsea, PQ.



## KESKINADA

The Keskinada World Loppet, held in Gatineau Park, Canada, each year is the greatest ski race in the Country with over eight thousand participants. The fifty kilometer freestyle race also serves as the Long Course National Championships, mass wave starts, sustained heart rates above 180 beats per minute and maximum speeds exceeding 80 kph - expect the leaders in under two hours. Watch seasoned competitors tuned to the elements and adversity, caught up in the dynamic of pack tactics and an expression for a collective passion. The story follows-up with an inside track on the race action. Hull - Gatineau Park, Quebec.



"The closest thing to perpetual motion."

Song "RAVELation"  
by Digital Tempest  
Metal and electronic sounds to create a new genre of technometal musik.  
Montreal, Quebec  
Canada

## APRES SKI - KINDRED SPIRITS - SKI TALES

We are bound in a special way to the land and the seasons. Snow is deeply rooted in the Canadian identity. Not surprisingly cross-country skiing is the most widely practiced outdoor winter activity in the country. Nature provides a trail mix of outdoor health, fitness and comradery. Whether one spends an afternoon in solitude under the snow laden forest canopy with only the restful rhythm of the classic nordic step as company, or crash with the hash harriers "a.k.a. drinkers with a skiing problem" who meet every Tuesday night for supper in a cabin on mountains edge and in which après ski is as much of the experience as on-snow. National Capital Region



Song "On my way home"  
by Bit Burn - Blue Tonic World  
A nice new age piano piece with hip-hop beat. Gatineau, Quebec, Canada

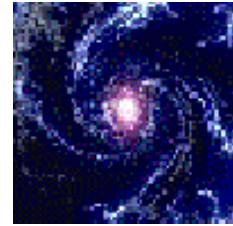
## NATURE - POWDER

The trek continues through an enchanting hardwood forest after a recent storm. Skis travel unseen and hushed splashing powder into the fresh air as snow seemingly falls from a sunny sky. Gatineau Park, Quebec



"In pursuit of purity  
and the solitary spirit."

Song "Vortex"  
by Edmund Daniel  
Instrumental Metal  
London, Ontario  
Canada



## IF I FELL FOR YOU - MONTAGE

It is all part of the play experience - falling that is ... The way meanders gradually onto a panoramic ridge overlooking a hidden valley before descending rugged trails into mature forests, through exotic microclimates with a flurries or two, around ponds, an occasional squirrel, past refreshing waterfalls and over nearly forgotten pathways. Across Canada



"How much country  
do you want  
to cross?"



"Knowing what gives you pleasure and  
proceeding with wild abandon - unleashing  
your passion for life." - Nancy Ruth  
"Still there's one more thing I should mention  
Just in case you misunderstand  
I don't think you know what you've asked for  
Brace yourself, hold on if you can.  
- Nancy Ruth

Song "If I fell for you"  
by Nancy Ruth  
A powerful rock vocal.  
Vancouver, British Columbia  
Canada

## CREDITS

Song "Mon Amie"  
by Michel Decary  
Une chanson simple et touchante  
Montreal, Quebec  
Canada

