

16MM FILM AND DIGITAL CINEMATOGRAPHY

# UNLIMITED

CLEAN OXYGEN FED SPORT

**“Spirited and Energetic”**  
- SKITRAX AND PEDAL MAGAZINE

MOUNTAIN BIKING  
TRAIL RUNNING  
TRIATHLON  
ADVENTURE RACING  
NORDIC SKIING  
CYCLING  
TREKING

**“Fun, fluid and exhilarating.”**  
- RUNNING TIMES

**“Skiing’s true soul.”**  
- EXPLORE MAGAZINE

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## UNLIMITED

Are you ready...  
For a new kind of action?



In the New World, there are still places where no one has been... and a subculture of outdoor adventurers, engaged in clean oxygen fed sport throughout the seasons, the experience of which is Unlimited.

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## SCENE VINTAGE



Winter. The most magical of seasons, hushed asleep by the falling snow.

It is a time to reflect, and a time to discover.

The woods has always been a place of recreation and growth.



There is something about the organic nature of wooden skis gliding through fresh snow that first appealed to early outdoor aficionados.

Decades ago, a winter outing with friends meant companionship, clean air, warm hearty meals and good times.

The simplest and best things were free. And it took a spark of adventure to renew life.

Once you get your mind focused, there is nothing you can't do.

Ski-skating in leather boots on seven foot wooden skis. Why else, but for fun?

## SCENE IN TOO DEEP

Very little has changed in fifty years.

The pacific coastal mountains, offer a spectacular winterscape for team Cross Country Zone and an epic ski that dreams are made of.



Nordic skiing has unlimited style and flow. Whether that is laying fresh tracks at sunrise, cruising over a mountain range, launching big air, or carving free heel turns in powder with friends.

And talent bordering on the paranormal.

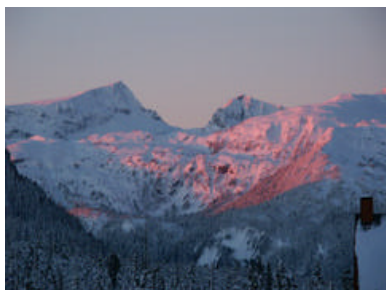


## THAW

Warmer winds melt away the blanket of snow, and uncover the Earth; exposing a sense of renewal.

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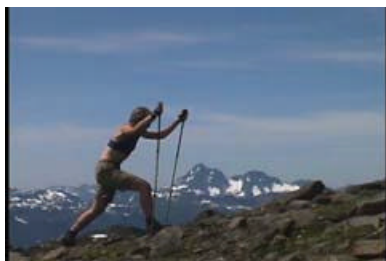
## SPRING



Spring at Mount Washington's Raven lodge on Vancouver Island is the doorway to the Strathcona Park. It is a place filled with alpine meadows, old growth forests, lakes, caves, glaciers and rugged mountain peaks teeming with life.

Spring is also a time for rebuilding.

There is no off-season for a nordic skier, and base training begins in earnest with the snow not yet melted. At high altitude, the sun is warm and the air thin.



Long slow distance hikes in the mountains and ski striding with poles, emphasize cardiovascular endurance - an essential attribute for a cross-country skier.

At the top of Mount Albert Edward you can see straight down 7000ft to the Pacific ocean, and contemplate the twenty mile return journey to the lodge before sunset. It is perfect time to sit back, off take your shoes and enjoy a snack.



## BECKIE AND JUSTIN

We catch up with Olympic skier, Justin Wadsworth at Smith Rock, near his home in Bend Oregon, and speed to a secret high altitude training site known only to Justin and his partner; Olympic Medalist, Beckie Scott.



Justin Wadsworth is arguably the best skier on the continent. He brings a refreshing style and panache to the sport, that flows from the heart.

Going to visit Justin Wadsworth and Beckie Scott at their home in Bend, is somewhat like taking a eco-tourism trip to Jurassic park - where the local wildlife has home advantage.

Now, it is not uncommon for Justin to summit three 10,000ft mountain peaks in a day, on cross-country race skis.

The Cascades are often referred to as the American Alps, with a chain of spectacular volcanic peaks; rugged summits, snow fields, alpine meadows, immense fir, cedar and hemlock trees. If you pay attention you may see wild mustangs, cougar, deer or elk along trails used by the Shoshini Indians. And an occasional skier.

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## BECKIE

A member of the Canadian National team, and proud resident of Bend, Beckie Scott continues to dominate sprint ski-racing on the planet.

Bend is the outdoor recreational capital of the US Pacific North West, with 300 days of sunshine a year. Located on the Eastern leeward side of the Cascade mountain range and along the Deschutes River. The town sits on the desert dry valley floor below a line of impressive volcanic peaks.

The mountains above Bend, Oregon, collect one of the deepest snow packs in the World. It is where the cool Pacific Northwest spring weather keeps the snow on the ground well into summer.

## BECKIE AND JUSTIN TOGETHER

Justin and Beckie are skiing in their element; across huge snow bowls amongst the volcanic peaks of Broken Top, and The Three Sisters. Certainly one of the most spectacular sites imaginable, in perfect conditions.

Justin and Beckie are dedicated 24 hours-a-day athletes, who practice skiing as a religion.

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## SPRING SKI STRIDE SCENE

The days are getting longer and the same sun's rays that reflect off of glaciers, stream into forests; furnishing the energy needed by all living things. Aerobic athletes feed off of the enriched surroundings. Summer will soon be here, and with it, a diversity of clean oxygen fed sports.

## SUMMER BIKE AND RUN



The sun melts the snow high on the mountain peaks and the streams flow Westward into the Pacific.

Waves travel thousands of miles across open ocean and break on Tofino's Long Beach, as the surfers gather like barracuda .



On shore, elite trail runners and cross-country mountain bikers prepare to head into the same wild land that was first embraced by people ten-thousand of years previously.



We journey on foot, over the mountains, inland from the rugged coast. Follow the prevailing winds eastward to the solid granite cliffs of the Canadian shield.

Mist thickened air rising through the trees provide thermals for flight, as the fleet of foot scrambled over the panoramic ridge overlooking a steep valley.

Trail runners and cross-country mountain bikers converge on well traveled paths in the Gatineau Hills.

Telemark skier, Tim Bowstead tunes his agility by downhill running with his partner, where they meet Bill Hurley, the World



Masters Mountain Bike Champion and his friends training on the national championship course. A healthy competitive spirit is sparked amongst the two groups - bringing out the best of both sports.

The lead switches several times with the runners dominating on the technical climbs, and the bikers pulling away decisively on the straight descents.

Time for a shortcut.

And a last minute triathlon entry.

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## SUMMER IN CHELSEA



The steam train rolls into Old Chelsea, Quebec, as it has for 60 years. Bringing skiers and hikers to the base of the Laurentian Mountains and the opportunity for open air adventure.

The original settlement of Chelsea is nestled at the foothills of Gatineau Park; a short 10 minute drive North of the Canada's Capital.

It is a place of active living and creation, with an abundance of restaurants, art galleries, and gardens.

Where the smell of fresh bread from the bakery fills the street in the morning, bicycles line the caf  s, children savor homemade ice cream in waffle cones, and travelers can enjoy an afternoon meal on a sunny terrasse.

Ski and bike shops offer everything you will need for your outing.

Chelsea is the trail head to the oldest ski trails in North America. There are hundreds of miles of nordic trails lined with rustic log cabins warmed by wood stoves. A lodge, and high speed lifts service a nearby Alpine skiing and mountain bike centre at Camp Fortune.

The Gatineau Park offers thousands of square miles of vast

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wilderness rooted to the solid granite of the Canadian shield. Parkways and trails meander over the rolling geography, passing gardens, historical ruins, campgrounds, abandon mines, and rocky outcrops that plunge into refreshing clean water lakes bordered with sandy beaches. Forests of pine, birch, maple, and beech are populated by a diversity of wildlife; beavers, deer, bear, timber wolf and the ubiquitous outdoor enthusiast.

Nearly all outdoor athletes in the Country have spent at least some time in Chelsea. Cyclists, roller-skiers, in-line skaters, mountain bikers, trail runners, kayakers, triathletes, and adventure racers experience nature dynamically. It is a pace that is balanced by hikers, artists, picnickers, and tourists stopped to watch the daily ritual of rock climbers scaling the escarpment, while hang-gliders launch themselves off the cliffs above. The park is teeming with both activity and tranquility.

Every day is a new beginning.

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## SUMMER TRIATHLON

The sun has just crested the horizon, and several hundred intrepid triathletes assemble on the Beach at Meech Lake for the swim mass start.

The bikes are tuned, the equipment is carefully positioned for their return. The air is tingling with a mixture of excitement and apprehension, leading up to the start.

Pro-elite triathlete and nordic skier John Westdal is one of the favorites.

Lynne Bermel was one of the best long distance Triathletes in the World and at 43 year of age she is still one of the strongest in the field.



The triathletes exit the water as swimmers and have to quickly make the transition to cyclists. The road course is exceptionally hilly and will be a true test of strength and stamina.

Sheila Kealy is another exceptional triathlete and cross-country

skier. Balancing career and family, she continues to dominate races.

## ADVENTURE RACING

At nearly the same time, a few miles away, the Sea to Summit adventure race begins with an arduous mountain bike leg.

Teams will have to complete a number of different challenges over the next 48 hours, involving several sports and hundreds of miles.

## GRAND PRIX BIKE RACE



Elsewhere in the Park, hundreds of cyclists compete in the Grand-Pre bike race. Tight packs of bikes roll down the parkways in a race that tests conditioning, race tactics at nerves at high speed.



## MOUNTAIN BIKE

Pro-elite riders line up on the national mountain bike race course at Camp Fortune. World Master's Champion Bill Hurley is among the pack.



Whether it is on the road, on single track trails, or part of a multi-sporting event, these riders share a common connection with cycling. On any given summer's day in the Gattineau Park, it is the bicycle that you will see most often.



There is something about the experience that unifies rider and machine. Spinning, rolling over the topology, and solving technical challenges together; whether it be against the clock, competitors, or part of an epic trip; the rewards are unlimited.

The road cyclists and mountain bikers reach the end of their ride. As some lick their wounds, clean up and go home, additional tests await the triathletes and adventure racers still on course.



## ADVENTURE CANOE TRANSITION



Lead adventure racing teams arrive at the canoeing transition on the Gatineau River, after a strong bike leg. They must load the boats with all the necessary gear for the remaining sections. A significant paddle lies ahead.

## TRIATHLON TRANSITION

Meanwhile, triathletes relinquish their high tech bikes and dash onto the run course.

The outcome for the triathlon will be determined on the road within the next hour. For the adventure racers, the finish is more than a day ahead, and requires pacing of a different sort. Time enough to appreciate the natural venue and to learn something about their competitors, team-mates and themselves.

Adventure racing can be a life-altering experience for many.

## ROPES

As most teams still battled high waves, strong winds, and the currents through narrow channels; the experienced paddlers had already finished the first canoe section hours ahead, and were now zipping overhead on a Tyrolean traverse.



This is a potentially dangerous section for those already burdened with fatigue. A moment of inattention and a racer risks injury.

One more long paddle, with grueling portages through thick woods and the racers shed most of their gear for a rough trail run to the finish at Mont. Saint. Marie. After these many miles, top teams are very close. Some members are fading while others have regained a second wind, as they begin the climb.

## TRIATHLON FINISH

The triathlon competition is just as hotly contested.

## ADVENTURE RACE LAST LEG

On the last leg of the adventure race, and an hour ahead of the nearest competitor, Dave Norona has built up a considerable lead.

Climbing a thousand feet in the first mile, he continues to dominate this race from start to finish.

While Dave Norona, is at the finish line drinking beer and giving interviews, teams are traversing a band of cliffs, on a precarious path.

Forgotten canoes are barely visible on the lake below; for sights are set on team ahead, sparing the occasional glance over the shoulder. For them the race is far from over, and the outcome yet to be determined.

The team of Ray Zahab and Corey Gladish are pushing the pace and are gradually making up for lost time.

Adventure racing often pushes people beyond their limits - physically, mentally and spiritually. It brings friends closer together.

Today, at the finish, everyone manages a smile in celebration. Unaware of the pain they are going to be in tomorrow morning.

## TRAIL RUN

Back in the heart of the Gatineau Park, the XC Ottawa cross-country ski team is paced through an interval session. They are lead by Karl Saidlaw, winner of the Keskinada, the most prestigious ski race in Canada and one that is part of the World Long Distance Skiing circuit.

The trail builds stamina, agility and reflexes - at least for the runners.

## RUNNING GIRLS

The wind carries us to our next destination..



The Kingsmire Estate, with its gardens and ruins, offer sanctuary in the midst of the forest. It is a beautiful and spiritual place.

Many come here to rejuvenate.

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But make no mistake, Sue Durrell, a former National track team sprinter, can put down a blistering and sustained pace, off-road as well.

Dominique Larocque draws from her experience as a former in-line skating champion, and national mountain bike team member to teach nature-aerobics and eco-psychology.

## FALL RHAPSODY

The annual Fall Rhapsody Mountain Run is arguably the toughest 6 mile run in the country. Hundreds of racers insist on turning up every year despite the considerable physical and technical challenges, no hope of a PR, undeterred by the lengthy liability waiver, the steep 5 dollar entry fee or the posters that warn of rocks, roots, mud, or sudden drops. It is held without marshals because going off course is even more dangerous.

It is a race that you are well advised to schedule, at the end of your competitive season.

## THE FALL

A fresh North wind blows across thousand of miles of space, marking a change of seasons.



Brightly coloured leaves cling tenaciously to their branches with every gust, only to be swept away to the forest floor, creating kaleidoscope for Pro-mountain biker, Julian Hines, to ride through.



Perhaps his last ride of the season before strapping on his telemark skis.

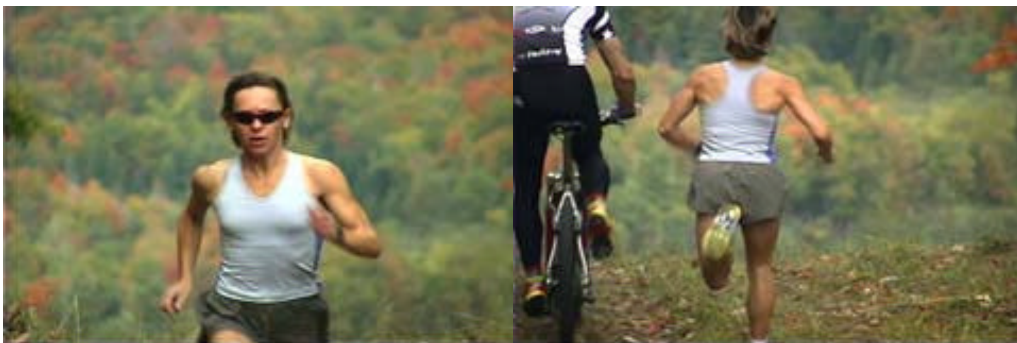
His path will lead him places first traveled thousands of years

ago by the Algonquin, in a time of legends.

After winning the Toronto Marathon, Stephane Gamache unwinds on an exposed ridge high in the forest, part of the Wolf trail. He is one of many athletes in the park that day.



Rider Bill Hurley and runner Sue Durrell take rolling single track trails into mature forests.





Through exotic microclimates, around ponds, an occasional deer, past refreshing waterfalls and over the nearly forgotten pathways. Together they embark upon a surreal multi-terrain experience; varying paradoxically from exposed routes over alpine meadows, celestial climbs onto rocky outcrops swept with clouds. Vistas offer spectacular views of fall colours, to radical technical descents off the roots of the ancient Laurentian mountains. Their spirits are infused with the ghosts of ancient kindered spirits.





The colder weather invigorates the soul. For nordic skier it is a transition to more intense and specific training. Mountain biking and trail running give way to striding with poles and roller skiing.



Snow is on its way. Further North it has already arrived.



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## ARCTIC WATCH

In 1995, former National Team Cross-Country Skier, Richard Weber and Russian Partner Mikhail Malakhov, became the first people in history to complete an unsupported return journey to the North Pole.



It would take them four months, to cover the 1200 miles on skis, pulling hundreds of pounds equipment on sleds and packs.

Out on the frozen Arctic ocean, they encountered intense storms, shifting ice, open water, and temperatures as low as -72 F.

Today, Richard and his wife Josée Auclair, herself a former National Team Skier, lead arctic expeditions and operate Canada's Northernmost Adventure Resort, called Arctic Watch. The Arctic is a place of danger which includes polar bears, moving ice and open leads.

It is also a place of majestic beauty.



Once on land, mountains give stark contrast to the endless ice and solitude of the arctic ocean. Solid earth provides home to natural life.

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## THE COOKIE RACE

The Cookie Race is organized by Nakkertok ski club in Cantley, Quebec every year.



It is a favorite amongst hundreds of children whose reasons for attending are less about winning, as they are about participating in something fun with all their friends.

No pre-race jitters nor anxiety here. But just in case...

Everyone is warmed-up and we are ready to start.

And if you are have trouble climbing, perhaps it is because you forgot your poles, or you can always blame it on your mother for the way she put on your mitts.

At three feet tall, you don't have far to fall, which is good because there were more than a few tumbles.

If you have a cool lid, you are highly likely to receive the most attention. Particularly, from your sister.

Trouble with speed, stuck in a rut. No problem. That is what friends are for.

Alternatively, snow is soft and snow suits are thick.

And the best thing about the Cookie Race is, of course, the cookie at the end. This is what propels many the final distance.

Maybe the thought of cookies isn't as appealing for some, at a time like this.

## WINTER MUSIC VIDEO

Snow is not just for kids.



Our Pro-and factory teams bring a splash of colour, smiles and style to Winter. Showing that, "they've still got it!"

Active living in winter includes snowshoeing, skiing, ice skating, or just trying something new.

So, this Winter, go explore the outdoors, there is no telling how much fun you could have.







## X SPRINT SKIING



Sprint skiing has revolutionized the Nordic World.

We have brought two of the fastest skiers in the country together for a unsanctioned spring challenge match-up.

Maverick skier Bryan Czop, with explosive speed and unorthodox stunts.

And Ian Murray, comes here with a bronze medal from the National Championships, and some exceptional skills.

It is race to the top of the Alpine hill, turnaround, and descend to the finish with the most style.



Speed, power and amplitude are mandatory.

Blocking and interference are encouraged.

Czop takes the lead with Murray tucked in behind.

Here we have the nordic version of high speed quads.

Murray comes out of the turn-around first and lines up on the quarter-pipe.



The first slip-up by Murray, and Czop flies past.

Czop trips and Murray takes an empathy dive.

Organizers hope that this remix of BMX and skier cross will catch on, next year.



It is a new school nordic system.

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## TELEMARK

Winter is thawing back East and the year is drawing to an end.



But there is still plenty of snow at the top of Mount. Washington, British Colombia, for telemark skier Brian Tuscky to carve some free heel turns through new powder.

For the rest of us, an experience like this one, will have to wait another six months.

## CONCLUSIONS

Elite outdoor athletes, enthusiasts and aficionados in the New World belong to a growing subculture that share their love and spiritual attachment to fresh air and the earth.

It is a lifestyle that transcends the seasons, often trekking where few have gone before.

You too can experience a new kind of action; one involving clean oxygen fed sport and healthy active living.

The adventurous amongst you, will take it from where extreme left off.

