

## Welcome Winter!



Welcome to the latest edition of Nordic News! This comes to you early this year because we wanted you to know, as soon as possible, some of the great new initiatives and events planned for the season.

KNSC is very excited to announce that we will be starting a Jackrabbit program in January. Please see the flyer included in this mailing for more information. And, for jackrabbits of an earlier era, a performance skiing program will begin in the new year. See details inside.

In addition to our weekly events, members and guests are invited to the two demo days in January as well as the Special Olympics on January 24. See you on the trails!!

***Please sign-in when you ski!!***  
*Not only is it important for insurance purposes but we are also gathering this information to better improve our services and our club for all skiers.*  
*Thank you!!*

Kawartha Nordic Ski Club Inc.  
P.O. Box 1371, Peterborough, ON, K9J 7H6

[www.x-c.com/clubs/kawartha](http://www.x-c.com/clubs/kawartha)

## Let me win! But if I cannot win, let me be brave in the attempt.

- *Special Olympics Oath*

Kawartha Nordic Ski Club is very proud to host the Special Olympics on Saturday, January 24, 2004. Spend a day on our beautiful trails and cheer on these inspiring and fun-loving athletes.

### **Volunteers Needed!**

We are always grateful for volunteer timers, course marshals and supporters for this event. If you would like to help please contact Barry Diceman, call our infoline, or email [kncwebmaster@cogeco.ca](mailto:kncwebmaster@cogeco.ca).

### **Demo Days!!**

Fischer/Swix and Madshus/Salomon reps will be at the trails on January 11 and 17 respectively. This is your chance to try a pair of slick new skis and boots. Free waxing advice and lots of swag and prizes. Look for the demo tent at the Cossar Cabin.

### **Alleviate parking woes; take the bus!!**

Starting January 4, you can take the bus to the trails on Sundays. The "Kawartha Nordic Express" will leave Wild Rock Outfitters (169 Charlotte) at 9:30 a.m. and 9:45 a.m. from the Bata Library steps at Trent. Skiers will be picked up to leave KNSC at 3 p.m. with estimated time of arrival back in Peterborough around 3:45/4 pm. The bus costs \$6 and is payable on the bus.



## Website Redesign

Have you checked out our web site? Thanks to Todd Harris, the virtual KNSC has a new look. It has everything from trail conditions and the weather to a printable trail map and list of accommodations. You'll find this user-friendly site to have tonnes of information to make your day at KNSC a pleasurable one. Check it out today at <http://x-c.com/clubs/kawartha/>

## More News and Events

\*The Director's Brunch is planned for Sunday, January 11. This is an excellent event to meet your executive and fellow club members. Cost is \$3 per person or \$10 for a family. It will be a busy day at the club, please think about carpooling or taking the bus.

\*KNSC members joined nearly 25 runners, swimmers and cyclists at the Peterborough Santa Claus Parade on Dec. 6. Despite frigid temperatures and a nasty wind, KNSC, Peterborough Cycling Club and Runner's Life Multisport Club members made their way down George Street on bikes, foot and rollerskis.

\*Congratulations to Conrad Hill who was appointed a KNSC Life Membership for his many years of service to the Club and to the former Kawartha Ski Tour.

## New Executive Members

Kate Boyd – Performance Skiing Coordinator

Jon Grimwood – Jackrabbit Coordinator

**INFOLINE (705) 749-5605**

**KNSC Calendar of Events                      2004 Ski Season**



|              | Saturday  | Sunday  |
|--------------|---|---|
| Jan.         | 3<br><b><i>DON'T FORGET TO TRACK YOUR KILOMETRES EVERY TIME YOU SKI!! SEE DETAILS IN THE COSSAR CABIN!!</i></b> | 4<br>1:30pm – 5 km Time Trial*<br>BUSES FROM PETERBOROUGH START!    |
|              | 10  | 11<br>11:30 am Director's Brunch<br>11 am – 3pm DEMO – Fischer/Swix |
|              | 17<br>11am – 3pm DEMO – Madshus/Salomon   | 18<br>1:30pm – Final 5 km Time Trial                                |
|              | 24<br>All Day – Special Olympics  | 25<br>1:30pm – Final 5 km Time Trial                                |
| Jan/<br>Feb. | 31<br>All Day – Special Olympics (RAIN DATE)  | 1<br>1:30pm – Final 5 km Time Trial                                 |
|              | 7   | 8<br>Cider Tour – enjoy hot cider at every cabin                    |
|              | 14  | 15<br>1:30pm – Final 5 km Time Trial                                |
|              | 21<br>Moonlight Ski – <i>Organize your friends for a potluck dinner and a late night ski!</i>                   | 22<br>1:30pm – Final 5 km Time Trial                                |

**Performance Skiing Clinics**  
Join Kate Boyd and other qualified instructors on Sundays at 10:30 am for Performance Skiing Clinics. These 1 ½ hour clinics are intended for classic and skate skiers seeking skill development and fitness. Cost is \$5 and is payable at each weekly clinic. Register with Kate by phone 705 748-4825 or email [boyd\\_kl@yahoo.ca](mailto:boyd_kl@yahoo.ca)

**Time Trials Every Sunday!!!**  
See how your skills and fitness improve at the weekly time trial. Introduced last year, this 5 km lap is a great way to measure your fitness. There is no cost and is open to both skate and classic skiers. Meet at 1:30 pm at the Wolf/Kawartha Junction every Sunday.



*\*Time trials are every Sunday at 1:30 pm. Meet at the Kawartha / Wolf Junction.*

**Want to add an event to our calendar? Have questions about an event?** Call the KNSC President, David Woodfine at 749-0465, our infoline at 749-5605 or email [knswebmaster@cogeco.ca](mailto:knswebmaster@cogeco.ca).