



KNSC Nordic News December 2009

KNSC Groomer is heading to the Olympics!

The secret is out! The trails and grooming at KNSC have become so good that the Olympic Committee has decided to borrow Dave Woodfine for the 2010 Vancouver Olympic Games. Dave has been part of the recent KNSC trail improvements and the significant upgrades to our grooming machines. As a result of this hard work, Dave was invited last year to try out for the Olympic grooming crew. Dave flew out last March to the Whistler Olympic Park (Callaghan Valley) for a week of grooming and safety training (he even squeezed in a little skiing). Recently, the good news arrived...Dave was selected for the 2010 Olympic Nordic grooming team. He will be working with a team of other groomers and will be driving one of the new, state of the art Piston Bully snowcats. The opportunity to participate at the Olympics should be great and we look forward to Dave bringing back his new knowledge and experience to our KNSC grooming crew. **Congratulations Dave!!!!**



From the Membership Desk

Congratulations to Jane Peterson of Peterborough who won the early bird raffle prize this year - a \$200 gift certificate donated by Wild Rock Outfitters! Jane's name was drawn from over 400 members who submitted their membership registration by December 1st. KNSC membership now stands at 315 memberships representing nearly 700 skiers, which is roughly 15% higher than the membership numbers at this time last year. A special welcome to Kawartha Nordic for the 80 new members who have registered to date! Contact Bruce at membership@kawarthnordic.ca for any membership questions.

Trails Report

Everything is in good shape, thanks to our dedicated volunteers.

A big thank you goes out to all volunteers : Anne, Caroline, Dave, Dave, Andrew, Casey, Jon, Peter, Kieran, Tim, Aileen, Gavin, Diane, Parker, Tilson, Ann, Lynn, Lynne, Todd, Vince, Gary, John, Darrell, Hugh, Steve, Gord and Pam who made it up to the club this fall to help us get the trails, Chalet, and cabins ready for this season. As an example of the type of work and hours done this fall, Mike Evans, Kurt Olsen, and Walter Shephard put in 9 full days as a team: to produce the fire wood used at the Laderach and Tanny Cabins, the brushing and dead fall removal from the southern trails, and the removal and repair to the storage shed which will be used by the Youth Program leaders to meet, and store there materials.

We would also like to extend a special thank you to Gord and Pam Maitland for completing the deck this fall. They have put in a tremendous amount of work. The roof is on, the deck looks great and I know that it will be used and appreciated by so many of us this season.



New Program Area

We are excited about a new program area that has been developed just off the Trillium near the Kawartha S. Trail junction. This area will provide the KNSC Program leaders with a great set of short closed loops that are close to the main Chalet and fun to ski.

Update Re Logging on the Northern Trails This Winter

Last February in the KNSC Newsletter we gave members the heads up that logging would be once again happening in the area of our trails. This winter some of our northern trails will be used as access for logging operations on Lands managed by the Ontario Ministry of Natural Resources (MNR). The KNSC does not own any of the land that will be logged but we do have trail use permits for these areas through the (MNR). This logging is part of the planned lumber extraction in the Bancroft-Haliburton forest management area. The club has been in regular and direct contact with the MNR and the contracted logging company throughout the fall. The logging company will use our trails for transport of logs from the areas that will be cut. The logging operations are weather dependent and will start as soon as the ground freezes, which has been later than usual this year. We expect some disruption to our trail access but will try to have as much of the trail system open, as possible. Despite the inconvenience this year, in the long term the club will benefit from the trail improvements including: a new bridge, new culverts, better drainage, and smoother trail beds. These improvements will help with grooming and trail maintenance, and will allow more snow fall directly on the trails ultimately providing better skiing for our members. There will be temporary trail closures throughout the season and we will keep skiers up to date with notices posted on the website and at the Chalet. For your safety, please do not ski on trails that are marked "Closed".

Programs and Events

Athlete Development Program Dryland Training

Kawartha Nordic's ADP has come together this fall for an inaugural series of dryland training sessions in an effort to bring our team together and get a jump start on the 2009-10 ski racing season. Twenty young athletes, ages 12 and up, who wish to participate in cross country ski races this winter, have met for physical and technical workouts under the guidance and instruction of Kawartha Nordic coaches Jon Grimwood, Monica Gillespie, Mike Nevills, and Rachel Herron. Sessions have included goal setting, cardiovascular and strength training, ski-specific workouts, and roller skiing at local sites. Cross country ski racing is a commonality among ADP'ers and we're looking forward to getting on snow. A number of our ADP group ski and race for their high school, while others will also be skiing at the club level on the Ontario Cup circuit this winter. Some will ski in loppets like the Gatineau Loppet and some of the younger members will ski in the Elementary School Championships. Look for everyone to take part in Kawartha Nordic's own Kawartha Enduro. Thanks to all the athletes so far for their efforts and special thanks to our coaches who give their time and experience to this program.



Coaching and Officials Training Workshops A Success

Kawartha Nordic recently hosted a Learn to Train coaching workshop where local coaches took two days to share, learn, and develop ideas and techniques related to Nordic dryland training. This was Part One of a two-part workshop -- the second part is an on-snow training workshop that will take place later in January. Congratulations to Mike Nevills, Sean Kelly, Anthony Peterson, and Rachel Herron for completing this part of their coaching training. In addition to developing coaches, Kawartha Nordic has also invested resources into developing a base of trained officials. On November 28th we hosted a Cross Country Canada Level One Officials Training Course. Our club and community now have more human resources and tools to dedicate to running events like the Kawartha Enduro and we are beginning to set the stage for hosting other race events. Hosting events with trained personnel increases the quality of the event and promotes Kawartha Nordic. Congratulations to Mike Nevills, Rachel Herron, David Woodfine, and the staff of Wild Rock Outfitters for completing their training.

Mark Your Calendars – two great events up at the club this winter

Après Ski Fondue – Sat., Jan. 30th

KNSC Enduro – Sun., Feb. 14th

Details to follow and soon to be available on the KNSC website:

www.kawarthanordic.ca