

Upcoming Events

Equipment Demo - Sunday, February 8 11am-2pm

Check out the latest gear including boots, skis and poles, from Madshus, Fischer and Salomon!

Cider Tour - Sunday, February 8 12-3pm

Not only can you enjoy fresh, hot cider and ski "new to you" trails, but you can also win \$100! Simply visit the Cossar, Ladarach and Tanney Cabins for your ticket to win. Remember, the further you go, the greater your chances are to win great prizes!

The First In A Long Time Club Race

Show your competitive might and win fabulous prizes. Watch the web site for details!

Annual General Meeting

Not until May, but we thought we'd get you thinking ahead. This is always a great opportunity to voice your ideas and feedback for the club. Interested in a more active role with the club? The club is always looking for volunteers for a variety of responsibilities including executive positions. Watch this space in the next newsletter for details.

Have something to add?

Please contact Dave Woodfine, Club President, at 705 749 0465 or kncswebmaster@cogeco.ca

Other Stuff...

Used gear for sale! The Cyclepath in downtown Peterborough is selling off all their rental equipment as of the end of February.

Stuff your stuff! The Cossar Cabin is a great spot to store your bags while you ski, please make sure to stuff them under the benches to keep the cabin clutter-free.

Park with care, please. Let's try to make the best use of our parking space, please park as close to other cars as possible so members don't have to park on the highway. And, speaking of parking ...



The parking lot is bursting at the seams! Take the bus!!

The "Kawartha Nordic Express" leaves Wild Rock Outfitters (169 Charlotte) at 9:30 a.m. and 9:45 a.m. from the Bata Library steps at Trent every Sunday returning to Peterborough around 4pm. The bus costs \$6 round trip and is payable on the bus.



Nordic News February 2004



The Jackrabbits' first session - Are these kids learning to fall and get back up or searching for lost jellybeans??

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Infoline: 705 749 5605
Web site: www.x-c.com/clubs/kawartha

Ski Clinics

The cold didn't stop more than 15 eager skiers to take a couple of hours to work on improving their skiing. Both Steve Hart and Kate Boyd lent their expertise and excellent instruction in both skate and classic on January 25.

If you are looking for expert advice to improve your technique, KNSC offers ski clinics for both classic and skate skiers. Instruction focuses on skill building and fitness development. Clinics are offered every Sunday with Classic at 10:30 am and Skate at 11:30 am. Cost is \$5 and is payable at each weekly clinic. Register with Kate by phone 705 748-4825 or email boyd_kl@yahoo.ca



Time Trial 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 1:00 pm at the Wolf/Kawartha Junction every Sunday.

Jackrabbit Program

The 2004 Kawartha Nordic Ski Club Jackrabbit Program got off to a great start on the weekend of January 17/18. A total of 21 young skiers age 5 to 11 attended either a Saturday or Sunday session.

Jackrabbits is a nation-wide learn-to-ski initiative that takes a fun approach to developing fitness, technique, and speed in young skiers. We had an action-packed introductory two-hour lesson in which we practiced balance and coordination, uphill and downhill technique, and gliding.

Our group toured the practice loop, navigating various obstacles, and hunting for buried treasure. We finished our day with a hilarious jelly bean relay race where Jackrabbits tried to carry jelly-beans, balanced on a spoon, wearing only one ski. Needless to say, when spring comes, there will definitely be evidence of this race!

Future lessons will continue to develop our skiers' skills while having fun and enjoying winter. All our Jackrabbits earned their Becky Scott Green Sprint Award for speed as well. Perhaps we have some potential bronze medal, er, silver, ummm... gold medal Olympians on our hands.

Special thanks to Anne Leavens, Lynn Kostuch, Dave Woodfine, and Kate Boyd for giving their time to help make our first weekend a success. We are definitely looking forward to more great Jackrabbit sessions!

Do your Jackrabbits want to play too? Email kawartharabbits@yahoo.com to register.

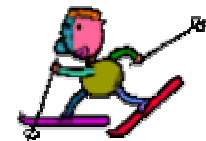
Special Olympics

The Special Olympics were held at KNSC on Saturday, January 24. In bitter cold temperatures the athletes and volunteers pulled together to keep warm(!) and to run the events.

Forty athletes from the Peterborough, Durham and Barrie clubs competed in skate ski, classic ski and snowshoe races.

Thank you to the volunteers and organizers assisting the athletes and to the 20 Kawartha Nordic Ski Club members who volunteered their time as race marshalls, timers, cabin keepers and cheerleaders.

A special thank you to Barry Diceman, KNSC Director, for organizing the event! What a great day for all involved.



***Don't forget to 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!!