

† † NORDIC NEWS † †

THE KAWARTHAS BEST CROSS COUNTRY SKIING

January 2001

PRESIDENT'S MESSAGE

It's been some time since we've had a start to our winter like this year. I've heard nothing but good reports from our skiers, not only about the great snow, but also enthusiastic comments regarding the trail conditions, the great grooming and tracking and how nice it is to have cabins to warm up in.

There are a lot of new faces, new memberships and requests for information. It is so rewarding for our club veterans to see new members and to welcome them to what we believe is one of the best skiing facilities around. We hope you'll join us at our social functions and become involved in the club. Irene and I can vouch for the huge benefits one can gain through involvement with the ski club.

Our Director's Brunch was held Sunday, January 14th and was a resounding success, despite the morning looking foreboding when we arose. With temperatures around 0 or -1 and lots of fog, we waffled around the decision of whether to cancel or not. Thank goodness we went ahead. The turnout and response from participants was excellent.

We have some interesting social events coming in February. A Moonlight Ski is scheduled for Saturday, February 10th and we are celebrating our 25th Anniversary with a Chili Fest on Sunday, February 11th. Perhaps this will become another of our annual events. I hope you'll mark your calendars and plan to attend.

On Saturday, February 17th we participate as hosts in the Special Olympics time Trials for area athletes. We will be holding heats of 100m, 500m and 1km, with all of the races ending at the Cossar cabin finish line. For those of us who help out it is a rewarding and fun event. The enthusiasm of the participants is contagious and I know both participants and hosts look forward to this event each year. If you would like to join us to see this event, I know you will enjoy it. The trails will be open to general skiing so you can also go for a day's ski. The heats begin around 10am.

Keep your fingers crossed and hope that these wonderful snow conditions continue. I hope to see you on the trails.

Dave Kirk
KNSC President

† †



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

For information on
trails or events call
749-5605

More Memories

25th Anniversary of the Kawartha Nordic Ski Club

The founding of the Kawartha Nordic Ski Club in 1976 initiated a flurry of activity over the following years. The enthusiasm of our members drove a variety of events.

With the early success of the Kawartha Ski Tour we translated a number of tour needs into club needs. For instance the tour's checkpoints, located at strategic points along the tour route, complete with temporary shelter and refreshments, prompted a similar need on our trails. Initially we erected lean-tos and we would light a campfire at popular stop points on the trail and these eventually graduated to our current day cabins. The first was the Tanney Cabin which was built in 1977. The Laderach Cabin, our log cabin, followed in 1979. In later years we followed with the Bennet cabin and then the Cossar Cabin at our parking lot.

The Laderach Cabin was the most intriguing of the cabins, being built of logs. Local timbers, within a reasonable distance of the cabin site, were searched out and felled. After felling, they were left for a predetermined

length of time and then stripped of their bark. Those who were involved in this exercise were affectionately referred to as the 'strippers'. The logs were cut to length and dragged to the cabin site with the help of Dave Church from Haultain. They were shaped with chain saws so that the bottom side of the log was scalloped out to fit the contours of the top side of the log, resulting in a tight fit.

As the timber was still fairly wet, allowance was made with window and door openings to accommodate for shrinkage. I think a marvelous job was done when you look at the end result today. I know all of our members involved had a sense of pioneer spirit and the trials pioneers faced with similar buildings...and without the benefit of chain saws.

It was not all work in those early days. We had plenty of social activities that participants enjoyed. Our annual Silent Lake Bus Trip was a favourite. A day long trip,



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

For information on
trails or events call
749-5605



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

For information on
trails or events call
749-5605



Ski Patrol Report - Search and Rescue

If you were out skiing on Saturday, January 20, you may have seen members of the Kawartha Nordic Ski Patrol participating in our annual search and rescue simulation.

This activity is set up to allow patrollers to practice the formalized plan in case of an actual emergency. The Patrol Hut in the Cossar cabin is used as a base for radio operations. Patrollers work in pairs to comb the trails for a mock accident victim.

Club members helped out during the Search and Rescue by providing information to Ski Patrollers along the route. Thanks to all of you who helped us to find the missing skier in the blue coat. We found Sheena and she's safe and sound.

Lynn Kostuch
KNSP



Cabin keepers, Mim and Tom Bennet assist by keeping an eye out and speaking to club members.



Ski Patrollers use the snowmobile and toboggan during the Search and Rescue.



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

For information on
trails or events call
749-5605

Logging: Part II

scarify, v., loosen soil with a scarifier

scarifier, n., a machine for loosening soil, especially in reforestation

And here I thought I had two new words for Hallowe'en this year. Let me explain how they relate to skiing on our trails.

As mentioned in the last Nordic News, the logging operation has been completed on Crown Land under the supervision of the Ministry of Natural Resources (the KNSC simply co-operated with this project). You will see this while skiing on portions of the Kawartha, Kenner, Owl and Wolf trails. In places, the landscape looks worse than last year. The logging operators left branches, tree tops and logs scattered about in a reasonable state. These 'leftovers' eventually decay to become part of the forest floor and provide an environment for many ground animals and decomposers.

While working on the trails one day last autumn, we were surprised to hear heavy machinery elsewhere. Luckily we found the gentleman who was operating a large bulldozer-like piece of equipment, called a scarifier. He was moving the logging debris into heaps along the Wolf trail. This left 'clear' areas, he explained, for replanting in the early spring, 2001. According to him, that will be the last process in the chain of events which we have witnessed in our ski area.

New trees will grow and the piles of wood will slowly decompose and level out. For some years, in some areas, the scenes are not what we had hoped to see. But, all's well...



A volunteer shoveling snow off of the Cossar Cabin roof.



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

For information on
trails or events call
749-5605

Other Great Places to Ski

Even though we know you love our trails here are few ideas on other places to ski

Name	Location	Km of Trails	Price \$/day	Contact
Dagmar Resort	North of Whitby	25	A\$10 C\$8	(905) 649-2002
Ganaraska Forest	off Hwy 115, W of Pontypool	30	NA.	(905) 797-2721
Gatineau Park	North of Ottawa	>200	A\$7	(819) 827-2020
Haliburton Nordic	Haliburton	100	A\$9 C<12 free	(705) 457 1640
Highland Nordic	Hwy 24 S of Collingwood	17	A\$12 C\$8	(800)263 5017
Horseshoe Valley	North of Barrie	35	A\$14 C\$7	(800) 461-5627
Silent Lake	Hwy 28 N of Apsley	56	\$10 Car + \$2/person	(613) 339-2807

The Joys of Waxing: Part I: Waxing for Kick:

Why? In Classic skiing, to obtain "purchase" you must have something underneath the middle third of the ski that will "grab" or "stick" to the snow crystals just enough to provide a launchpad to drive onto the other side. This "something" is either a synthetic "waxless" pattern permanently embedded in the ski base OR it is some form of "kick wax". Kick wax is only applied to the middle third of a waxable ski known as the "wax pocket" or "kick zone". Kick wax past the kick zone will only slow down a ski and will not aid in getting kick.

Kick waxing can be frustrating if you totally miss the wax and it can also result in some of the best Classic skiing of your life.

Kick Wax: #1: Stick Wax



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

For information on
trails or events call
749-5605

Looks like and is applied like a stubby, wide crayon. Comes in a small, peel-able "can" in all sorts of colour-coded temperature ranges. Typically, green and blue represent temperatures below freezing; violet just around freezing; and red and yellow above freezing. Stick wax is gently crayoned on and smoothed into the "wax pocket"--the middle third of the ski. Kick wax is used primarily for fresh, cold, and semi-transformed snow conditions.

Kick Wax: #2: Klister

Comes in small toothpaste tubes and is undoubtedly the messiest part of X-C Skiing. Klister is applied in one very thin layer and smoothed to form a clear sheen across the wax pocket. It also comes in color-coded temperature ranges with several "universal combinations". You typically need klister in warm and older snow conditions as well as ice. Note: Don't be scared off by klister's messy aspects. If you understand how and when to apply it you can substantially reduce the difficulty of using klister and you will also come up with a great way to enjoy previously "unskiable" conditions.

How to Use Stick Wax

Grip the stick wax in one hand and support the ski with your other hand as well as your body. If you have a bench with vises it will be a bit easier but they are not essential. Gently crayon on enough wax to cover the entire wax pocket running surfaces--but not the groove. You will find colder waxes crayon on very quickly/easily and this is one of the big reasons why it is easier to use waxable skis in colder regions (i.e., North America's Midwest, Alaska, the Yukon). Warmer stick waxes and klisters tend to glob so be careful. Once you have applied a "layer" of the stick wax, you will need to use a waxing cork or the heel of your hand to gently smooth the wax into a clear layer. Don't work the wax too much. Just rub in smooth, firm strokes primarily in the direction of travel. It is important to try to get wax as smooth as possible in order to create a faster kick zone and better kick. If you have globs or rough spots the ski slows down and the high spots can actually lift a ski a micro-amount so that kick is compromised! When applying, try to leave a couple inches above the bottom of your wax pocket so that smoothed or "corked in" wax won't be spread past the wax pocket.

The best method of applying stick wax is to use several thin layers rather than one thick one. Occasionally you will need to apply a binder with stick wax. A binder is a harder stick wax put on first that will increase the durability of the wax of the day but not compromise speed. Binders are usually only used in particularly abrasive conditions.

Try to scrape out any wax that gets into the middle groove before skiing. Wax in the groove doesn't help kick and will slow glide. After a few times practising you'll get a hang of the process and this can be a pretty quick operation.

How to Use Klister

Start by running a pencil thin line of klister down each side of the wax pocket. Then use a klister paddle to smooth the lines into a clear sheen. As with kick wax you do not want klister in the groove so clean up spillage.



Likewise, you'll need to clean off extra klister on the sides. The most common error with beginners is putting on too much klister to start with. Go with as little as possible to get a thin, tacky layer throughout the wax pocket.

Quite often klister is used in very hard snow or ice conditions which means you'll need a binder to increase durability. A binder simply means a colder, harder klister laid as a base for a softer, warmer klister. The binder helps to prevent softer klister from being rubbed off the ski in the first couple kilometres. Blue or green klister is the most common binder in most brands. Application of binders is exactly the same as regular klister however, due the hardness of the wax you probably will need to warm a binder before and during application. The easiest way to warm a binder is to warm up your klister tubes inside before you wax. Once the tube is warm enough so that the klister easily comes out, you'll want to apply and spread using heat to break down any clumps that develop. Pre-warming klister tubes is probably a better and safer method than direct heat for beginners. However you end up applying the binder, you must completely cool the ski before you apply the next layer. Otherwise you will end up mixing the waxes and you'll likely lose all your wax on the first icy turn!

Tips for Selecting Kick Wax

Aim For Option "A"

When you kick wax you can have three outcomes:

- A. good kick and glide
- B. too slick of a ski
- C. a ski that sticks or develops ice and snow clumps on the bottom

To make matters worse, a ski that is slick ("B") is often the result of tiny ice crystals forming in the wax (called "icing") because the wax was a bit too warm--the same problem that results in "C". Yikes!!!

Here's a few general rules to follow to avoid "B" and "C"...

Never assume conditions will be the same everywhere in the ski location of the day. Always carry waxes with you for above and below your temperature choice so that you can change wax while skiing.

When in doubt, go with the colder wax. It is easier to put on a layer of warmer wax over colder wax than vice versa...and you also avoid the icing problem.

Remember that kick waxing is always going to be hardest when temperature ranges change dramatically or when snow crystals are in their most volatile state--just around freezing. If you get frustrated easily you may want to skate or use waxless skis in these conditions.

Make sure to avoid putting too much wax on and make sure you smooth the wax into the base. Even the "right" wax for the day can stick or slip if too much is applied.



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

For information on
trails or events call
749-5605

10 The Kawarthas' best cross country skiing

Thanks to www.xcskiworld.com for these helpful tips.



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

For information on
trails or events call
749-5605

UPCOMING EVENTS: Plan to attend!

Moonlight Ski: Feb. 10th 2001

- bring your own supper to the Cossar Cabin

WAXING CLINIC -Feb. 10th 2001

- with Monica Gillespie 1:00 - 2:00 at the Cossar Cabin

Chili Fest: Feb 18th 2001

- the best chili this side of El Paso (\$3.00/person)

Spring Cook-out: March 18th 2001

Want-ad:

The club is interested in running "How to Ski" clinics and is wondering if any of our members are certified CANSI instructors. Please contact David Woodfine @749-0465 if you are interested in doing some instructing.



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

For information on
trails or events call
749-5605