



KNSC Nordic News January 2008

**THE ONTARIO
TRILLIUM
FOUNDATION**



**LA FONDATION
TRILLIUM
DE L'ONTARIO**

Trillium Foundation Grant Awarded

We applied for and were successful in securing a second grant from the Ontario Government's Trillium Foundation Program. This program provides money to volunteer organizations to help them build healthy and vibrant communities. In 2001, we received a Trillium Foundation Grant that funded the creation of the skate trails. This year, \$74,900 has been granted to KNSC to help our club provide a wider range of safer, more enjoyable skiing opportunities for all ages and abilities. The money will be put towards the development of a beginner skier area and new grooming and trail maintenance equipment.

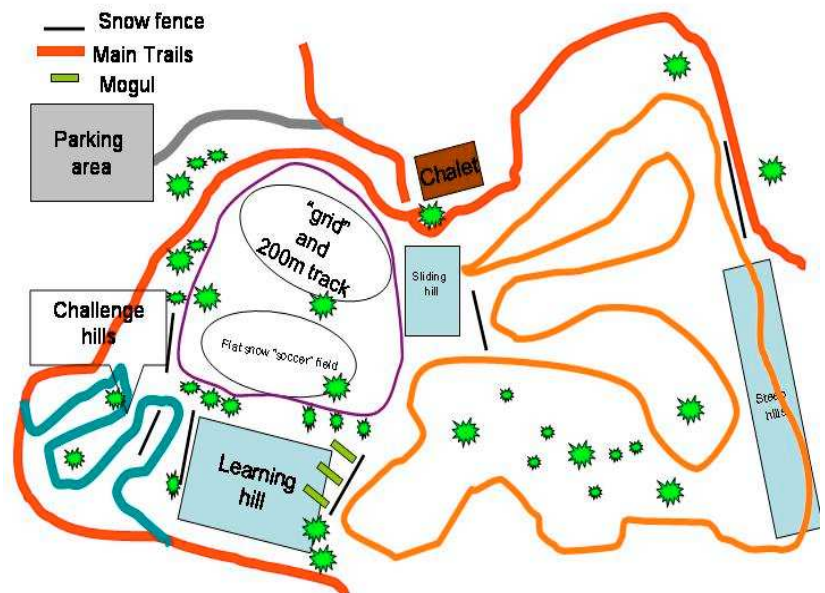
Beginner Skier Area Development

Landscaping and trail development has already begun around the WOODfine Chalet. This area will be the main staging area for the Jackrabbit program, and a great place for young families and others who are learning to ski or want to stay close to the main Chalet.

New Grooming and Trail Maintenance Equipment

We are in the process of purchasing a new groomer that will conserve energy and volunteer hours, and allow for more frequent grooming. The new equipment will also be able to handle the freeze thaw situations that we often encounter here in Ontario by breaking up the crust to expose the softer snow below.

KNSC Jackrabbit proposed learning area map



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Trail Conditions

We had a fantastic month of skiing in December and remain ever optimistic for new snow again soon. Please note that we no longer have the old telephone number to call for trail conditions. Check the website or call Kawartha Tourism for trail condition updates.

Membership Update

As of January 1st, we have reached 255 memberships in Kawartha Nordic, representing 600 skiers! This includes 180 family memberships, 62 single, and a handful of life members, land owners, ski patrol, and student memberships. Welcome to the 115 new members joining KNSC this year! You've joined a great club. It's not too late to join as a member this year - so tell your friends about the excellent trails, beautiful scenery, and friendly community up at Kawartha Nordic. Remember to give the free day pass included with your membership to a friend you'd like to introduce to KNSC - it's eligible for one adult or youth day pass and a great way to bring a friend.

New at the Chalet

There are now change rooms on the lower level of the Chalet available for those looking for a place to change before or after skiing, and a cosy nook on the upper floor with couch, rocking chair and some toys to keep youngsters entertained! Thank you to Bruce Hancock for donating the couch and chair.

Web Forums

Check out our new forums on the website. This is a great place to find out what is going on at the club, and network with other members. Anyone with a valid email account can register and then view, reply, and or add a new posting to any of our three forums.

General

This is the place for discussions and information on skiing, club news and events, ride sharing and other topics relevant to KNSC

Volunteering

Check this out for discussion and information on how you can get involved.

Buy and Sell

This is our virtual gear swap, where you can post information about ski related gear that you have for sale or are looking to buy.

Events and Programs 2008

Mark your calendars and plan to get involved with the following events and programs planned for the 2008 ski season. Make a habit of checking the website – we will post any updates or changes to events and programs there. Proceeds (after costs) from all events and or programs that have a fee or ticket price will go to the club to help pay down the property mortgage.

Ski/Social Events

Moonlight Ski and Pot Luck Dinner – Sat. Jan. 19th and Sun. Feb. 16th

Come and enjoy a potluck dinner at the WOODfine Chalet and then a ski on the trails by the light of the moon. Dinner starts at 7pm.

Contact Jill Topping for more information at 654-3049 or jtopping@trytel.net

Ski to the Bennett Cabin – Sun. Jan.13th and Sat. Mar 1st

If you have never skied to the Bennett, this is a great opportunity to go the distance with a group of skiers. Meet at the WOODfine Chalet at 10am (weather and trail conditions depending). Contact Jill Topping for more information at 654-3049 or jtopping@trytel.net

Apres Ski Fondue Social – Sat. Feb. 9th 4:30-6:30pm

Head out for an afternoon ski and then join us at the WOODfine Chalet for cheese and chocolate fondue and a glass of wine. We will also have a few silent auction items to bid on. Tickets: \$20. per person available at Wildrock Outfitters (cash or cheque payable to KNSC) or by contacting Diane at 741-4293 or Aileen at 750-0239

Member's Brunch and Loonie Toss – Sun. Feb. 24th 11am-2pm

Join us for a warm winter meal and social at the WOODfine Chalet. Bring some loonies to toss for prizes. More details to follow.

Ski Races

KNSC High School Invitational Race – Wed. Jan. 16th

KNSC Invitational Race - Sun. Feb 10th

A fun race based on a 6km loop that is open to both classic and skate skiers. Sign up to ski 6km, 12km or 24km as an individual, or as a team of 2 or a team of 4.

Advance registration per person: \$15. members \$30. Non members

Day of registration: \$25 members \$40. Non members

Start time: 11am

Spring Fling – Sun. Mar. 2nd

A 10 km race open to classic and skate skiers sponsored by Runner's Life.

Start Time: 10am

Registration Fee: \$20. per person before Feb. 23 or \$25. per person afterwards

Contact: Runner's Life at 876-8960 or www.runnerslife.ca to register or for more information

Programs

Sea to Sea to Sea

Kawartha Nordic is participating in an exciting new national program run by Cross Country Canada. "Sea to Sea to Sea" is for everyone - skiers young and old, able bodied and Para-Nordic, racer and recreational skier alike! This is a great opportunity to catch the Olympic spirit by "skiing the distance" to Callaghan Valley over the next 3 seasons leading up to 2010 Olympic Winter Games. Teams formed within a club will collectively log their kilometres skied. Along the journey, there will be lots of cool and exciting incentives and awards to keep those kilometres rolling. Some lucky participants will be selected to receive tickets for the Olympics.

Our club "Sea to Sea to Sea" coordinator is Bruce Wurtele who can be reached at membership@kawarthanordic.ca . We can have many teams, so everyone can and should participate. Form your own team of up to 8 skiers, or contact Bruce to join an existing team. As a bonus, young skiers have a 'multiplier' applied to their kilometres! There is no cost for club members to participate. Simply pick a team name, a team captain (who will log the kilometres skied by team members on the CCC website) and send your information to Bruce. More information is available on the CCC website at www.cccski.com/seatoseatosea. This is a great way to track your skiing!

Learn to Ski / Technique Tune Up Lessons

Dates: Sundays from January 20 – February 3

REGISTRATION NOTES (common to both skate and classic technique lessons)

1. Lessons are one and a half hours long.
2. Cost: \$20 (money is transferred to KNSC)
3. Limit of five participants per one and a half hour session.
4. Participants must register at Wild Rock Outfitters (either by phone or in person).
5. Participants must pay in advance at Wild Rock (money is transferred to KNSC).
6. Registration deadline is Friday at 6pm (e.g. to participate on Sunday, January 20, you must register at Wild Rock by Friday, January 18 at 6pm)
7. No advance registrations will be accepted after Friday at 6pm.
8. Registration on the day of the lesson may occur on a first come first served basis if there is space available (group size maximum is 5 persons) and if participants come with the \$20 cash fee or a cheque payable to Kawartha Nordic Ski Club. There is no guarantee that space will be available on the day of the lesson.
9. Participants must have their own skis, boots and poles. No equipment is provided.
10. Participants must dress for the weather – bring extra layers in case of cold weather.
11. Lessons will generally proceed as planned unless there is no snow. In the unlikely event that lessons are cancelled due to weather the instructor will call your contact phone number on Saturday evening to alert you of the cancellation. The instructor is not responsible if a phone message is not received by the participant – please leave a phone number where we can be sure you will receive the message. If lessons are cancelled due to weather, a full refund will be available through Wild Rock Outfitters.
12. There are no refunds for participants who do not show up at the appointed time or place.
13. Future lesson dates in February and into March may be offered if demand warrants. Check the KNSC website for further details (www.kawarthanordic.ca)

SKATE TECHNIQUE – Sundays from 10:30am – 12:00noon

The emphasis for this one and a half hour lesson is learn to skate ski / skate ski improvement for the beginner skier. Participants should be familiar with their equipment and comfortable with flat terrain.

We will work on: pre and post ski stretching activities; balance; ski-to-ski weight transfer; poling techniques; skiing up inclines and small hills; and we will practice the 'three gears' of forward motion (off-set; one-skate; two-skate).

Sunday at 10:30am on the bottom floor of the WOODfine Chalet (January 20 or January 27 or February 3)

CLASSIC TECHNIQUE – Sundays from 1:00pm – 2:30pm

The emphasis for this one and a half hour lesson is learn to classic ski / classic ski improvement for the beginner skier.

We will work on: pre and post ski stretching activities; balance; ski-to-ski weight transfer; poling techniques; skiing up inclines and small hills; and we will practice the 'three gears' of forward motion (diagonal stride; kick double pole; double poling).

Sunday at 1:00pm on the bottom floor of the WOODfine Chalet (January 20 or January 27 or February 3)