



We are very happy to announce

that KNSC will be offering over 10km of skate skiing trails for the 2002-2003 season. Thanks to a generous grant from the Trillium foundation we are making trail improvements to allow for skate skiing. We have also purchased new grooming equipment to help with trail maintenance. We know there is a demand for both skate and classic skiing in the Peterborough area and we will strive to provide the best skiing experience for all.

KNSC Annual X-C Ski Swap @ 1015 Fairburn St, Peterborough

**Drop-off: 6.00 - 8.00pm Friday Nov. 8th
Sale: 9:00am - 1:00pm Sat., Nov. 9th
We are always looking for more children's equipment. Come have a look and find a bargain.**

NEW STUDENT MEMBERSHIP - \$20.00!

In an effort to keep the cost of skiing for students as low as possible the KNSC is offering a student (under 18 years of age) membership for \$20.

**Kawartha Nordic Ski Club Inc.
P.O. Box 1371, Peterborough, ON, K9J 7J6**

In June of 2002 we were awarded a Trillium Grant of \$66,800 to be spent over a 3 year period. The purpose of the grant is to enable us to provide facilities to a large portion of the cross-country skiing public who prefer skate skiing to the classical style. An estimated 30% of today's skiers skate and the technique becomes more popular as we see the cross-country skiing events in the Olympics where skate skiing dominates. To this end we plan:

- To create a skate skiing trail loop in the north end of our trail system. This loop will be designated for both skate skiing and classical skiing and will be on the Kawartha north from the Cossar Cabin to the Wolf, across the Wolf to the Kenner, north on the Kenner to the Owl, west on the Owl to the Kawartha and then south on the Kawartha to the Wolf. This will give us about 9.8 km of combined Skating Trail and Classic Ski Trail.
- To purchase equipment to both tow and groom these additional trails.
- During the 2nd and 3rd years of the grant, to carry out trail bed smoothing on the major portion of the balance of our classical ski trails.

To date we have 95% of the skating trail cleared and the trail bed smoothed, with culverts installed where necessary. The new trail will be open this winter. We have also taken delivery of a John Deere Diesel Gator to assist in trail clearing, hauling, etc.. In the winter, it will be converted for snow with the installation of tracks and skis. It will pull our grooming equipment with a capability of double tracking in one pass. This year the work on the skating trails has been largely 3rd party, however

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we still require the assistance of volunteers to brush the balance of our trails. We will also need additional volunteers in years 2 & 3 to help in the trail bed smoothing effort that will be associated with the Trillium Grant. During about a 6 week period in each of the 2 years we will need a minimum of 3 volunteers each day, 5 days a week for the 6 weeks. This is going to be a demanding period and I ask each of you to consider helping out in this endeavor.

Thank you Irene

We would like to acknowledge the hard work and commitment of Irene Kirk who has given up her job as club secretary, after more than 15 years in this position. We all thank you for your efforts. Lynn Kostuch has taken over the position.

KNSC membership- Great Value

Club	Family Membership
Haliburton Nordic	\$140.00
Porcupine Ski	\$130.00
North Bay Nordic	\$110.00
Laurentian Nordic	\$100.00
KNSC	\$65.00

Don't forget to send in your membership form before December 1st and save \$5.00

Edited from an article by Ken Roberts

The following article introduces some of the terminology specific to skate skiing. Alas, like so much in life... jargon can be truly mystifying. I found learning these names confusing. Some seemed obscure or misleading, and Canada and the U.S. use completely different terms (and contradict each other). Here's my best attempt to make sense of it all:

No-pole skate

Just tuck your poles under your shoulders, and only use your legs (closest to ice skating).

Open field skate = Canadian V2

One double-pole-push for two strides (right and left). You synchronize this pole-push with one of the skate-pushes, and recover the arms during the other skate-push. Most people find this to be a natural and enjoyable rhythm for skating on firm snow on flat terrain, conditions often found on an open field.

Canadian V1

Each single skate-push is accompanied by a double-pole-push.

Canadian "offset"

One double-pole-push for each full both-leg-strokes cycle. The key distinction of V1 from Open Field skate is that in offset the timing of the double-pole-push is offset from either of the skate-pushes.

Herringbone skate

Like herringbone in Classic skiing, except you glide a little on each ski. Use alternating single pole-pushes to help the legs (sometimes called "diagonal" poling).

Marathon skate

Not seen much any more, now that most cross country ski centers have lots of trails groomed for skating. The idea is to set one ski gliding in the Classic striding track, and do skate-pushes with the other ski outside the striding tracks. You also do a double-pole-push.

Check out our webpage !!!!
www.x-c.com/clubs/kawartha

Diane Rogers and Kieran Andrews joined the KNSC executive for the 2002/03 season. Both are originally from Ottawa and they bring a wealth of nordic skiing knowledge and experience. Kieran and Diane have raced competitively and both love to ski. They look forward to meeting you out on the trails.

You can receive your newsletter by email and save some trees. Send a request to: KNSCwebmaster@cogeco.ca

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Need a Lesson???
Watch for "How to ski" and "Improve your skiing" clinics. More information on dates and times will be in the next newsletter.

Our trails will be the site for 2003 special Olympics for the Kawartha Region. The Olympians will take to the trails on January 25th 2003 (rain date is Feb. 16th). If you would like to help please contact Tom Bennet.

HELP WANTED: For Fall Trail Clearing

We would like to recruit volunteers to help with trail clearing and maintenance. No experience is necessary – just come out and lend a hand. We have arranged a couple of week-ends where you can show up at the Cossar Cabin at 9:00 am. A leader will assign tasks and be available to help. We will work until about 4:00pm, so bring a lunch and we will provide some snacks.

The dates are October 26th and 27th and November 2nd and 3rd. If you would like to help phone David Woodfine 749-0465 or email KNSCwebmaster@cogeco.ca. The more the merrier so bring a friend along.

We are also looking for people who would like to help with grooming when the snow flies. Please contact us if you are interested .

Lug a MUG save the Planet !

In an effort to reduce the amount of garbage we create at KNSC we would like to encourage you to bring your own mug for hot chocolate at the Cossar Cabin Thanks.