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Upcoming Events

January 27	Waxing Clinic – Skating Technique 9:00 am - 10:00 am North Bay Nordic Ski Club
February 8	Family Fun Night & Weiner Roast 6:30 pm - 8:00 pm North Bay Nordic Ski Club
February 8	North Bay Nordic Board of Directors Meeting 7:00pm
February 10	Steak & Ski Dinner Fundraiser Junior Racing Team 6:30 pm - North Bay Nordic Ski Club
February 15	Pasta & Family Fun Night North Bay Nordic Ski Club 5:00 pm - 7:00 pm
February 21	OFSAA pre-Ski Day (Trails Closed) North Bay Nordic Ski Club
February 22 & 23	OFSSA Races (Trails Closed) North Bay Nordic Ski Club
March 8	North Bay Nordic Board of Directors Meeting 7:00pm
March 9,10,11	Ontario Masters' Championship & Blue Sky Loppet
March 25	Easter Egg Hunt on the Nordic Trails 1:30 pm
April 12	North Bay Nordic Board of Directors Meeting 7:00pm
May 4	Annual General Meeting Tentative Date, Location & Time to be arranged

Development Team *Brenton Farintosh*

The Development team had a brief period of early season skiing, where we worked on the technical aspects of both techniques. We have come a long way from the autumn, but we are constantly working at improving our speed, stamina, and technique. The snow was then frustratingly taken away from us however, and we had some cold (and wet!) dry land training runs, to improve aerobic bases. Hopefully this batch of snow will stay with the cold weather, and we will have the opportunity to have some time trials before our first race.

The team is currently scheduled to attend four races in the province this season, including the North Bay Blue Sky Loppet. We are looking forward to attending these races, as well as continuing training. We will carry on training in both techniques, in order to perform at our best in these events. We look forward to the oncoming season with confidence and anticipation.

President's Message *Jan Vandermeer*

North Bay Nordic has not been dealt with kindly by the weather, though we are not alone in this and possibly in better shape than some clubs around the Northeast. We could simply have never anticipated the unrelenting mild and rainy weather, though the weather sages will nod their heads and wisely say "Global Warming". Weather historians have reported that places like Thunder Bay & Timmins have undergone their first ever Christmas without snow. As I write this we have received another 10 cm and reports of trail conditions are edging up to "Fair".

Events at Nordic have proceeded nonetheless. October 30th saw the first Active Running and Therapy Trail Run, a slushy, wet slog through 25 cm of snow that in retrospect maybe we should have tried to ski on.

We also received about 23 cm during the weekend of November 28th and due to the effective use of our new roller, I had what I consider the best ever early season ski at Nordic. Unfortunately, that too slowly melted away.

But, you skiers are a resilient and determined bunch, I have seen people out running the trails through November & December and I have seen members of the Junior Racing Team out on roller skis when by rights they should have been on snow.

For the Trails committee, the mild weather has been a blessing in disguise. Unforeseen delays meant that the new downhill could not be completed until mid-December, and then only because of another mild break in the weather. With another 10 cm. of snow this alternative will become a favourite of many.

Many of you are aware that my daughter Nel joined the Junior Racing Team this year. The amount of focus and dedication shown by these young people is amazing. But that sort of single-minded determination will flag if the prize you are pursuing seems to slip from your grasp. Thus, Nel's enthusiasm for training had a bit of a let down after the first race series in Timmins was cancelled. It suffered a further setback when we visited family in Toronto over the Christmas Holidays. I wanted to support Nel in her training effort and we decided to go out for

a run in High Park in Toronto. Now, any good coach will tell you that the more ski specific training you can do, the better. I suggested to Nel that we go out and do some ski-striding and hill-bounding on a steep section, near Grenadier Pond. She was rather reluctant. "What if someone sees us? What if someone we know see us?" she asked. My rather glib reply was "Oh, Come on! In a city of six and a half million people, who is there that we know who might see us? The chances are so slim, I think we can completely ignore them".

I think that she was still skeptical, but willing to be pulled along by Dad's forceful, but not very well founded argument. The first time out passed without incident. I think that the half light of dusk helped and if we got strange glances they were not obvious enough for Nel to worry. The second time we went out, we had to get out earlier in the day since we were going to Liza's family's Boxing Day Bash. It was certainly easier to get Nel out this time because the first Striding and Bounding session had happened without undue notice.

Imagine this. As Nel and I are ski striding, to an unaware observer it looks like dramatically exaggerated walking, arms are swinging wildly, to simulate the use of poles, striding long and extended with heavy heel plants. To this add a bouncy dog who thinks "This is wonderful!" and wonders "When are they going to throw a ball that I can chase?" Then, to compound the spectacle, we don't do this just once and disappear over the crest of the hill. We come back to the bottom walking backwards following Martin Nighbor's recommendation that this is easier on your knees and then repeat.

About mid way through a group of ten repeats, while are walking down the hill backwards, we spot a group of people looking up at us quite curiously, worse than that, even from a distance, they look quite familiar.

We finish backing our way down the hill and realize they are extended family members. We then begin chatting with the four cousins and two second cousins, who are out for a brisk stroll through the park, before returning home to prepare for the party. I had conveniently forgotten that Liza's family roots run deep in Toronto and one set of cousins lives adjacent to High Park. Through the conversation I see them looking at us with bemused half-smiles on their faces. They are

far too polite to comment outright on our odd behaviour, but looking past the polite banter, I can see ideas and amusing anecdotes coalescing. Nel talks politely to her cousins, but I can also see the occasional dagger-like glances coming my way. Occasionally a father's place is in the wrong.

We part company and Nel and I return to complete our set of repeats. Already, I can hear the buzz of family conversation as the story of the encounter in High Park gets retold and retold, rolled over the palate and savored like a fine wine, put away to be reexamined in a year's time, retold at the next Boxing Day Bash, where an elegant young lady will have to laugh politely and once more regrets paying any attention to a too glib answer from her father. We cannot know whether the weather this year is due to the effects of global warming or a one off effect due to a very strong EL Nino. Whatever the answer, for those of us for whom skiing is a passion, we must consider taking up pre-season activities such as roller skiing, ski-walking, hill bounding and others, in order to maximize the limited on-snow opportunities. We may encounter bemused looks, but we will also encounter old and new friends and encourage a love of skiing, in those who may not have considered the sport.

The Board of Directors and I look forward to seeing old and new friends at the North Bay Nordic Ski Club. It may be a shorter season of skiing but it will be another great season. Come out, enjoy it and get involved in the many volunteer opportunities, lessons, programs, races, and social activities.

**STEAK & SKI
DINNER & SILENT
AUCTION - FEB 10**

DETAILS INSIDE!

Ontario Masters Championships: March 9-10-11

The Ontario Masters cross country ski championships return to North Bay Nordic after a three year absence. The previous events were held in Wasaga Beach, Parry Sound and Onaping Falls. This prestigious event will bring to the Nordic members of the Canadian Masters from Ontario and Quebec. The term Masters was coined back in 1980 to replace terms like "old boys/girls," "veterans" and "antiques" for racing categories. The term Masters was to indicate the "mastery" of the skill of skiing. The Masters races are for skiers 30 years and older as of Jan 1, 2007. The race categories are in 5 year sections. MM1 is the abbreviation of Master men's one section and is for 30 to 34 years olds, and MW1 is the female section. MM2 is from 35 to 39 etc. The three day event will feature mass starts by categories for a 10k classic race on Friday afternoon followed by a wine and cheese social and awards, a 10 k skate race on Saturday followed by a pasta dinner and awards, and an 18 k classic race on Sunday. This race weekend will provide the members of North Bay Nordic an opportunity to join the Canadian masters and take part in the race and social activities that follow.

Why should you pay \$20 to join this organization? There are many good reasons but the most important one is that you become a member of a great group of people who have a common interest. Your yearly membership fee helps fund a national organization that is represented annually at the World Masters Association meetings. As a member of the Canadian division you may compete internationally and nationally each year in a week long event that features four races and in a Provincial three day event. You will receive 3 three newsletters that often include valuable information about the Provincial, Canadian and World Masters ski scene. This year the Canadian Masters will be held in Rossland B.C. The world event is being held in Rovaniemi Finland. McCall Idaho will be hosting the 2008 Masters World Championships. The Canadian Masters Nationals 2008 will be held in conjunction with this event.

Why race?? Racing promotes a greater level of fitness and interest in skiing. Racing provides an impetus to travel across Ontario and Canada to compete at different clubs and to see this wonderful

winter land of ours. Belonging to the Canadian Masters gives you the opportunity to make many new friends and acquaintances from all parts of Canada. It also allows you to represent Canada at the World Masters event, an opportunity not to be missed. The World Masters attracts thousands of Nordic skiers, far more than the Olympic cross-country event.

Who are members of the Canadian Masters? Al Tough, Emmanuelle Gunter, Dave Minden, Bruce Nevison, Perry Kirkey, and Tom Cook are members of the association. Jan Vandermeer, Linda Kirkey, Anne and Al Garrett were active in the past. Even Jean Cook has strapped on the boards for the odd race. Talk to these people to learn about their racing experiences and be sure to join the Canadian Masters this winter. Contact Tom Cook at 476-0648 or tomcook@ontera.net for more information.

EXPERT SKI WAXING

\$25.00

- Waxing advice
- Wax removal
- Base preparation
- Ski fitting
- Glide waxing
- Wax pocket tuning

With my 50 years of experience, I can improve your performance on Nordic skis and help you climb hills, kick, and glide flats with ease... through proper waxing!

Call: Tom Cook 476-0648

Ski Trails Report Andrew Rees

There has been no shortage of excitement since I've taken the position of Trails Director at the NBNSC. This year we had:

- 1) the exciting storm event in July which provided a couple thousand downed trees to the trails,
- 2) the ordering of new snow roller and ginzu trail grooming equipment,
- 3) the application to trillium to pay for the new grooming equipment (a grant for \$ 9000 which we received),
- 4) the overseeing of our regular summer trail work which involved amongst other work dramatically remodeling the stadium/ playing field area in advance of OFSAA 2007, and
- 5) the development of the new S-turn alternative (Tom Cook's second attempt at a new downhill). Most work went quite well, and we've made a lot of improvements to the trail system.

Over the summer, unfortunately when we were beginning our work on the new downhill, there was a change at the MNR on how we

go about getting our work approved. This summer, the land we use for our trails was designated an Ontario Lands for Life Park, an extension of the Mattawa River Waterway Park. This is a very positive change as the trails are protected park land and under the direct supervision of the superintendent at Samuel de Champlain Park. The only change we've seen so far is a slightly different procedure for requesting approval for trail work. Since we participate in compliant park activities, we are looking forward to a positive working relationship under Ontario Parks supervision.

On another subject, the new grooming equipment that we purchased has worked even better than expected (and we had high expectations). The new roller has proven to be very useful for providing great conditions even with little snow. The new Ginzu groomer has been hooked up and tested. We are very pleased with the way it works, and we are looking forward to more snow so we can use it!

Racing at North Bay Nordic Karl Giesbrecht

OFSAA: Feb 22 & 23

Being fairly new to North Bay, OFSAA organization has solidified a few things for me about the city. One, that Nordic skiers are some of the friendliest people around and when a job needs to be done they exceed everyone's expectations (and have fun doing it). Secondly, that the community really pulls together for important events and initiatives.

Since the last newsletter OFSAA has accumulated close to 80 volunteers and we are still looking. A sponsorship drive found a lot of receptive businesses that either are donating a product or funds to help the event run smoothly. The pieces are falling into place and as an organizing committee we eagerly anticipate the arrival of Ontario's skiers to showcase our trails and members.



Wild Wednesday

This diverse group of racers meets Wednesday nights at 7:00 pm. Skiers on this team are looking to perform at a higher level and to improve their performances through technique, intervals and races with other people with similar interests. You can't beat the price (free) and despite rumor, Andrew Rees doesn't talk all that much.

Ontario Masters Championship (March 9, 10, 11) will be run in conjunction with our **Blue Sky Loppet** (March 10 & 11) which has traditionally been one of Ontario's most beautiful and challenging loppets. To volunteer for this race please contact me (Karl Giesbrecht).

MEMBERSHIP REPORT Carol Farintosh

At the present time, we have 723 members. Of these, 113 are new recruits so on behalf of the club, I'd like to welcome these new skiers into the fold. Unfortunately, the winter thus far is probably giving some people pause as to why the heck they bought a membership this year. But the truth is, without our members, the club could not survive and hopefully, the rest of the season will remind us how much we love skiing and how important the club is to this activity. So thank you for joining!

I would like to thank those members who made financial donations along with their memberships. This year, donations totalled \$1,002! We will do our best to see that this money is put to good use. After a number of years, there still seems to be some confusion when it comes to the CCO fees on the membership form. Since we feel that a calculator should not be a requirement when filling out the cost of a membership, the executive will be looking at incorporating this surcharge into the fees for next year.

The following is a breakdown of the present membership with comparisons to last year's and six years ago.

	2006-07	2005-06	2000-01
Membership	723	823	831
Family	161	177	154
Single	76	90	98
Senior	23	38	46
Student	21	24	40
Child 6-12	17	19	-
Child 5 under	2	6	-



STEAK & SKI DINNER & SILENT AUCTION SATURDAY, FEBRUARY 10

The members of the North Bay Nordic Junior Race Team will be hosting their annual **Steak & Ski Dinner and Auction** on **Saturday February 10, 2007 at 6:30 pm** at the North Bay Nordic Clubhouse. This is a fundraising event. All proceeds from the Dinner & Auction will help support the North Bay Nordic Junior Racing Team.

Best Meal Deal in the City!!!

Join us for the Perfect Combination of candlelit Gourmet Dining (including appetizers, fresh baked bread, your choice of New York Strip Loin or Juicy Chicken Breast barbecued to your liking, salad, vegetables and an assortment of desserts including a decadent chocolate fountain) with live piano music to accompany your meal, a fun silent auction, followed by night skiing under our lighted trails.

Buy Your Tickets Today!!!

This event is just \$25 per person and tickets are available at the clubhouse snack bar or you may call Sera Tempio at 497-8691 or Lynda Patterson at 494-8935 or any member of the Junior Race Team to purchase tickets. Book early as space is limited. Please bring your own cutlery, plates, glasses and beverages.

Donations Appreciated!!!

If you or your business is able to donate an item to be auctioned at our silent auction, it would be greatly appreciated. You may contact Sera Tempio or Lynda Patterson for further information.

**Buy your tickets at the
snackbar... just \$25 each!**



Meridith Buckley (front right), daughter Aurora Buckley (front left), Molly Vandermeer, Nel Vandermeer, Liza Vandermeer and Adrian Vandermeer (back right) enjoy their potluck dinner in style as they vie for the evening's "best-dressed" table prize, Saturday, Jan. 20.

From the Snackbar...

The Snackbar has seen some turn over in staff. We bade farewell to several former staff members and wish them well in their new endeavours, however, Brody Freeland has returned as part-time Snackbar Attendant. In addition we welcome Gary Mercer and Lisa Lebeau.

Gary comes to us from Angus Lake Lodge, where he is the Owner/Operator. Angus Lake is a Three Season Lodge which provides outfitting and vacation packages. Gary has a lot of experience in staffing and purchasing and we are sure he will keep things running smoothly. If you have any questions concerning the Snackbar or the clubhouse please direct them to Gary.

Our third staff member is Lisa Lebeau. Lisa is a long-time ONR employee, working on summer repair crews cooking hearty meals for up to thirty people. We can expect some culinary works of art from Lisa over the course of the Ski season. If you are in the clubhouse after working up an appetite on the Green check out our Nordic Special - Hearty Soup, a Bagel, a cookie and a drink for \$4.00!!!

Social Events Heating Up...

Exciting and fun family events are taking place at your Nordic again this winter, and with the late snow blessing the trails, more events are being planned. All social events are open to club members and friends and neighbors. Have a look and mark your calendar for those upcoming events you won't want to miss!

- Thursday, February 8**
Family Fun Night – Ski & Weiner Roast
 6:30 – 8:00 pm
 Come on out for a mid-week ski and freshly roasted wieners on an open fire!
- Thursday, February 15**
Pasta Family Fun Night
 5:00 – 7:00 pm
 A great outing for families... Excellent pasta to fill your belly with before a night ski. A special desert awaits all!
- Sunday, March 25, 1:30 pm**
Annual Easter Egg Hunt on the Nordic Trails.

For more information on any of these events, or to offer your suggestions on an event not listed here, please contact: Cynthia Stables, Nordic Social Director, tel.: 495-0108; social.events@northbaynordic.ca.

new web site. new web address.
www.northbaynordic.ca

Inaugural Active Running & Therapy Centre Trail Run

North Bay Nordic Ski Club was the site of the inaugural Active Running & Therapy Centre Trail Run held Sunday, October 29, 2006. Fifty four runners battled mud, snow and wind on their quest to raise funds for North Bay Nordic and The Alzheimer's Society. Fifty four participants completed distances from 2km to the challenging 18km Green Trail. Despite the harsh conditions there were many smiling faces as runners varying in age from 3 to 71 crossed the finish line. A total of \$603.72 was raised. This year, 75% of the funds were donated to the North Bay Nordic Club for Trail work caused by the storm of July 17, 2006 and 25% to the Alzheimer society. Next year's Active Running & Therapy Centre Trail run is tentatively scheduled for September 16th in order to encounter warmer and hopefully drier conditions. Having the race early in the cross country season will also allow young runners access to another event to prepare for their cross country running season. Lisa M. Despres and Brenda Walsh from Active Running & Therapy Centre would like to thank Jan Vandermeer, the Nordic Ski Club and all the volunteers for their help and support throughout the preparation and the day of the race. Without them we wouldn't have been able to have such a successful event.

Race Results

Two Km Fun Run

Tiana Gleason	15:20
Ally Fraser	19:33
Hannah Clark	20:15
Heather Payne	20:16
Jackson Downey	25:43
William Fraser	25:50
Daniel McColm	25:51
Clarke Downey	28:54
Bruce Downey	33:13
Desmond Plumstead	37:54

Three Km Run

Top 3 females		Top 3 males	
Katie Fettes	18:20	Peter Fettes	15:25
Madison Fraser	18:44	Stuart Farintosh	16:26
Kathleen Crawford	21:16	Martin Roy	16:43

Five Km Run

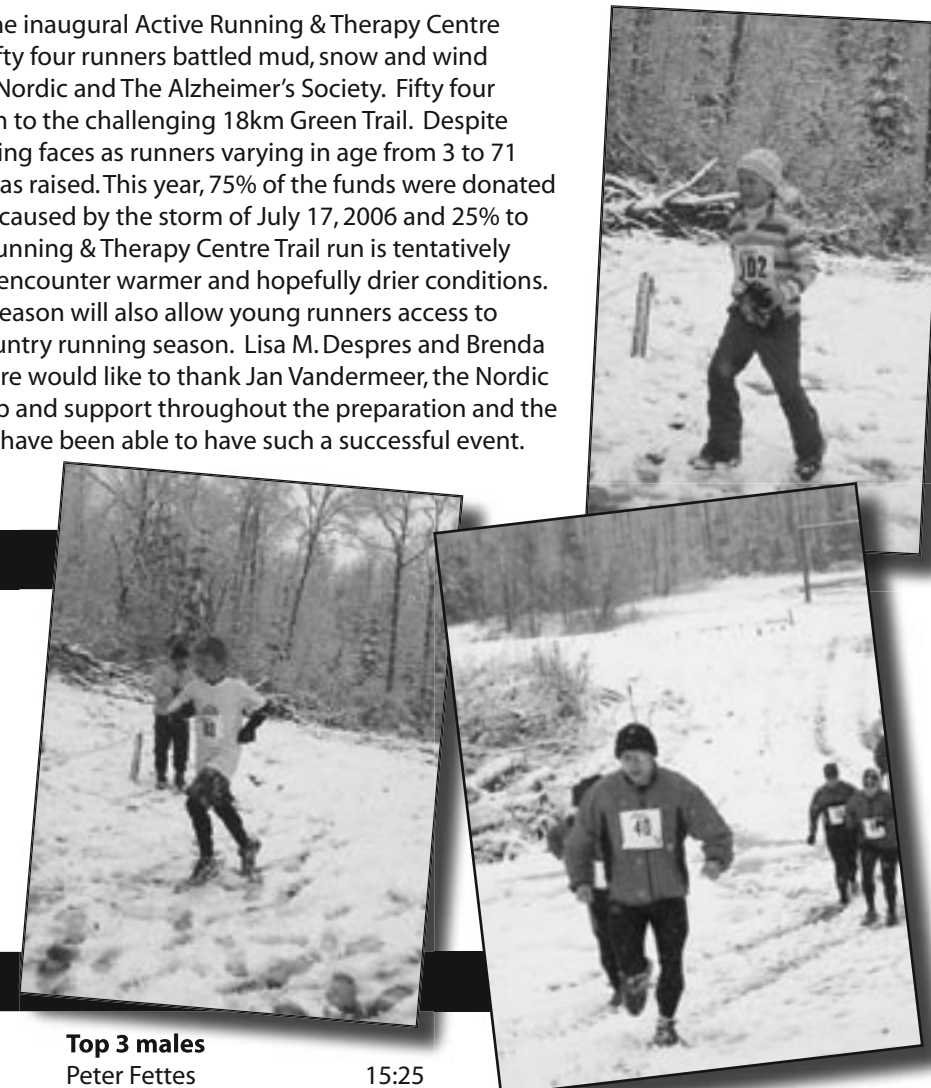
Top 3 females		Top 3 males	
Cathy Rennie	37:04	David Plumstead	27:12
Gale Jolie	53:40	Jeremy Turner	39:46
Jennifer Mathews	53:41	no entry	

Nine Km Run

top 3 females		top 3 males	
Kristin Franks	1:05:03	Luc Chartrand	47:51
Debbie Clarke	1:12:27	John Davis	49:21
Joan Knox Downey	1:14:56	Alex Gomm	1:14:21

Eighteen Km Run

top 3 females		top 3 males	
Judy Howitt	2:14:45	Michael Adamcryck	1:36:10
Sandra Farquhar	2:20:23	Mel Wiseman	1:54:35
Mariann Hibbard	2:38:58	Noel Foisy	1:59:58



Photos courtesy:
BayToday.ca / Kate Adams

Nordic loses two downunder!

Club members and instructional leaders **Jessica Penney** and **Dave Weiskopf** will be missed on the Nordic Trails come February, as both head off to Australia to continue their post-secondary studies in education.

Jessica is attending the University of Newcastle, and Dave is enrolled at university in Melbourne.

Good luck in your *undertakings!*

Ski Conditions and Global Warming: Are they related?

The ski season had a great start in mid-December. A generous snowfall of 30cm, and our great new roller (thanks Trillium), allowed us to groom all of the trails (including the Green) and even set a good track on the Yellow and Purple. Despite a few trouble spots, we were in shape for a great start to the ski season. Unfortunately, the weather did not cooperate! The trails were completely bare of snow less than two weeks later. Rain and a few smaller snowfall events over the holidays prevented any further skiing. It wasn't until the second week of January that we've been able to ski again. And conditions were not very good!

Whom do we blame? Is this how winter will be from now on? Is this a product of the dreaded Global Warming that Al Gore warned us about (see Inconvenient Truth)?

When not skiing or doing work on the trails, I'm supposed to be researching snow cover in the Arctic and the linkage to regional and hemispheric climate systems (the topic of climate change is mentioned, so we can perpetuate our funding). I often hear people blaming Global Warming for our recent winter woes. Do I think this is the case? No, not exactly Global Warming. The study of climate and related weather patterns is a huge topic to say the least. Environmentalists report that Global Warming will bring an end to civilization as we know it. Politicians, economists and big oil companies like to provide evidence that Global Warming is not that bad and not a major issue. Thanks to our media, we end up hearing both extreme positions, often completely contradictory. This leaves us confused and creates disillusionment about the entire process of scientific investigation.

The consensus among scientists is that we'll likely see a scenario somewhere in between, but we don't know for sure! The problem with this consensus is that it doesn't make for exciting headlines. Scientists are

only beginning to realize the extreme complexity of the problem and the interconnections and feedbacks between climate and practically every other natural system. What we do know for sure is that climate has and always will be changing. Sometimes it changes dramatically, over a relatively short period of time (past repeated cycles of continental glaciation). This is why the term Global Warming makes no sense and climate change is preferred term to discuss what we are experiencing.

The question we are all asking is whether we humans had anything to do with this. The answer is probably. The main natural control on our climate is solar input. This naturally varies as the Earth's orbit and position around the sun naturally fluctuate; we can't change that. Other controls include the normal process of greenhouse warming (the most powerful greenhouse gas is water vapor); the natural cycle of carbon, things like dust in the atmosphere from deserts and volcanoes; and the feedbacks between temperature, water vapor and vegetation. These controls take tens of thousands and hundreds of thousands of years to make any significant impact on global temperatures. Humans have been affecting the carbon cycle by burning fossil fuels. This will likely affect climate in some way; to what extent, we're not sure. In the past (400 000 years), atmospheric CO2 has been higher, and there hasn't always been a direct link between CO2 and temperature.

What we are experiencing this year are fluctuations in weather patterns over a much shorter time period. This is where controls like El Nino come into play. I'm sure everyone remembers the term from 1998 (recall the ice storm). El Nino is a warming of the Pacific Ocean waters that among other things influences the position of the jet stream and polar front. For us, this means that if the jet stream is further north (as it has been this year), it'll be a warmer winter. Does this have anything to do with anthropogenic Global Warming? Not directly; unless of course an increase in CO2 has been warming the ocean, which would result in more El Nino events. You can see how this becomes increasingly complex.

To conclude, what could become an extremely long discussion, we as humans have enjoyed the most stable climate period of the last 100 000 yrs. This allowed us to have the industrial revolution and all of that good stuff. In fact, there are some prominent researchers who feel our addition of CO2 into the atmosphere has actually warmed things enough to prevent another Ice Age!? El Nino is nothing new either. Historians speculate that El Nino type events led to the demise of the Mayans (years of unusual droughts) and prevented the Norse from further exploring and settling North America (increase in sea ice blocked their travel to this part of the world). So we shouldn't be too surprised that our winter is changing a bit. If we look to the past, we can see this has all happened before! On January 5 this year, our temperature was +5 C. In 1945, the record cold was -38 C, and only a year later in 1946 it was +8 C on that day. Similarly on the 15th the record low was -37 C in 1994, while the next year it was +10 C on that day. I don't think "Global Warming" was responsible for these dramatic differences! We shouldn't forget the good winters of the past few years either (recall last year's record snowfalls?). I'm sure next year will bring something completely different! All we can do is make the trails better for skiing on years like this and get the proper grooming equipment for low snow and record snowfall years. If nothing else, the weather has once again given us something to talk about!

By Andrew Rees



Junior Racing Team Martin Nighbor, Head Coach



Junior Racing Team members...
Adam Birosh takes 1st Place in Ontario Cup Race this season.



North Bay Junior Racing Team loves roller skiing, but enough is enough! We're North Bayites so bring on winter and the real thing. At the time of writing this news letter we've not had enough snow to formally start skiing at our club and I'm sure that is the topic of most of this news letter.

Although Jake Porter who has been named to the Ontario Winter Racing Team has been fortunate to race in Silver Star in late November and in Rossland BC early this month along with Jon Winter, most of the team has spent very little time gliding over Christmas card type scenery. The first O Cup Race of the Ontario Cup Series that was to be held in Timmins in mid December was cancelled due to lack of snow. So the team endured another month of roller skiing and was essentially on snow for the first time for the second O Cup race in Thunder Bay January 13 & 14th. Considering the lack of snow, the dedicated athletes on this team have managed to grow in their physical conditioning and stay mentally prepared. Our racing team managed to come out with good results, both as a team, and as individuals. The following are some results:

Athlete	Category	Freestyle Race	Classic Race
Adam Birosh	Midget Boys	3.5km: 1 st ; 12:15	3.5km: 1 st ; 12:43
*Liam Patterson	Midget Boys	3.5km: 5 th ; 13:34	3.5km: 5 th ; 15:02
Kaytlyn Faucon	Junior Girls	5.0km: 7 th ; 17:42	5.0km: 10 th ; 20:51
Nel Vandermeer	Junior Girls	5.0km: 20 th ; 20:15	5.0km: 24 th ; 25:53
Samantha Odrowski	Junior Girls	5.0km: 21 st ; 20:42	5.0km: 19 th ; 23:35
Jake Porter	Junior Boys	10.0km: 7 th ; 29:16	10.0km: 8 th ; 33:53
Greg Kilroy	Junior Boys	10.0km: 10 th ; 30:35	10km: 11 th ; 34:59
Jon Winter	Junior Boys	10.0km: 16 th ; 31:18	10km: 17 th ; 35:35
Zale Apramian	Junior Boys	10.0km: 19 th ; 31:45	10.0km: 19 th ; 36:08

Note: Liam Patterson raced up into a higher category.

To date the Junior Racing Team has received support from:

North Bay Nordic Ski Club	VCS for Veterinarians	Dr. Ferguson
Blue Sky Animal Hospital	Nipissing Forest Resources Mgmt	Dr Palazney
Bigwoods Sporting Goods	AtlasCopco	Investros Group,
Trout Creek Planning Mill	Heritage Moulding and Trim	Wingate Lottery
NACS	Gateway Minor Sports and Charities in Trust	Dave Jensen
Sports des Barons	Dr. Steinberg	Dr Weaver
Marc and Diane Gagne	KPMG	Bear Chair Co.
H.E. Brown Supply	Coldwell Banker	

I wish to thank Bob Porter and Doug Winter for taking on the important coaching role for this event and all the parents who assisted. As mentioned in the last newsletter, the team members are actively seeking sponsorship to help cover the large expense the team incurs to travel to races in all corners of the province. We have been very encouraged with the response of companies and individuals to help support these very dedicated and motivated athletes. We are truly thankful to all those who have shown support. We hope to do you proud.

The next Ontario Cup series races will also be a Haywood NorAm Canada Cup / Eastern Canadians, Madshus Sprints race on Feb. 2 - 4 2007: Gatineau QC, followed by March 3 - 4 in Duntroon. The Ontario Midget Championships will be held on March 10 - 12 in Onaping Falls and the Nationals Championships will be held in Ste. Anne, March 9th to the 14th.

Have a great ski season.