

President's Message *Jan Vandermeer*

The Club is a quieter place in the summer: not without activity, but not the bustling place that many of us know on winter Sunday afternoons. Dog walkers, cross-country runners and mountain bikers all avail themselves of the easy access that our location provides at the North-west corner of the Mattawa River Provincial Park. Routine maintenance is done and the practical aspects of implementing the direction of the membership at the Annual General Meeting are considered. Then toward the end of summer and into early September, activity picks up. Volunteers are out cutting the grass, repairing washouts, replacing culverts and checking on the state of the various beaver dams.

Soon, cross-country running season is upon us! On selected days, such as the Barons Invitational (September 24th) there are up to two thousand participants competing and congregating at the Club.

The parking lot is filled with buses and our Club is a hive of activity. Then, as the first frosts hits the hills and the fall colours blaze, the faithful "brushers" are out, cutting back the bracken ferns, other annuals and first-year woody growth that spring up on our trails each year. This time consuming annual chore is an essential part of keeping the trails both wide and clear enough for the groomers to do their work once the snow arrives. Take a look at the main page of the club website to see the Junior Racing Team as they head out to cut back and clear the summer growth on their adopted section of the Red Trail.

I would like to take this opportunity to invite you to welcome the new members of the Board of Directors. They are Kelly Wallace, Heather Lawson, Kevin Denston, Toivo Koivukoski, Andrew Koski-Harja and David Weiskopf. You will be seeing more of them in the coming season, and reading more in this newsletter as they and incumbent Board members have written the material that gives

this newsletter its substance. Please note the dates of the Open House, various club social occasions, the Ski Exchange and other club events. Once more we have an ambitious plan for the season ahead of us.

I would like to also extend my thanks to the many, many volunteers at the club. They are all those people who simply see that something needs doing and get it done. If you wish to contribute your time and efforts, in either a specific "one time only", or a more continuing way, please contact a Director or email: info@northbaynordic.ca and your kind offer will be passed on to the appropriate person.

Finally, my thanks to my wife Liza for her support of me and especially for her good editing sense. I'd also like to thank my children, who I see developing an ever greater love of skiing, and hence make all the time I spend at the computer worthwhile.

FREE! Nordic Cookie and Special Coupon from McCoys (170 Peninsula Road), with each 2008-2009 Membership!

Trail Brushing News

The following have adopted a kilometer of trail at North Bay Nordic this fall. Each has committed to clearing raspberry cane and new sapling growth from their section. This involves at least 3 to 4 hours of work with a power brusher. Fallen branches and uprooted stones are also removed by these dedicated members. Some of the work has been completed.

The junior racing team has done an exceptional job on the red trail.

The friends of Knowlton Potter had a great day on the extended blue. Most volunteers are waiting for the first snow fall to knock down the grass so that the cane and saplings are left standing and easy to cut. Thank you to these wonderful club members for taking on this responsibility. If you would like to help, give one of these grooming captains a call. I'm sure they will appreciate hearing from you. Please see the second page of this newsletter for a list of our crews.

**OPEN
HOUSE**

Sunday December 7th

mark your calendar

Annual Ski Exchange November 7th & 8th

Living the Dream - Training in Austria, August 2008 by Greg Kilroy

I was fortunate enough to spend a week training in Austria on the Dachstein glacier along with members of the Highlands Trailblazers ski team. After a very long journey and despite jet lag, we completed a 45 minute hike/ jog and then our team of seven athletes settled down to a meal of Austrian cuisine.

The delegation of athletes included Adele Lay, Molly Dyon, Megan Sinclair, Kali Green, Camile Chesky of the Highlands Trailblazers and Andrew Barbeau of Sault Finnish Nordic. Our coach for the trip was Larry Sinclair, who was assisted by Mike Dyon.

Each day commenced at 7 a.m. with breakfast and an 8 a.m. gondola ride to start skiing on freshly groomed snow by 8:30 a.m. I was pleasantly surprised by the quality of the snow. There is nothing better than skiing every day on near perfect trails and having a breathtaking view of the Austrian Alps. Our team trained in the company of teams from Norway, Switzerland, Japan and even China. Not only was I skiing on top of the world, but also with the best in the world. It is quite humbling to be skiing on an uphill struggling, only to have a Norwegian skier pass you, barely breathing at all and making skiing technique look easy.

After skiing for up to two hours every morning, our team would ride the gondola back down the glacier for lunch. Later in the afternoon we would go for another ski, focusing on technique and monitoring our heart rates. It is amazing the strain that altitude can put on your body when you are skiing at 3000m.



Photos:

View from my room
(top)

Skiing above the
clouds in Austria
(below)

Keeping my heart rate down was always a challenge, especially when the skiing became slow. On some evenings, we would drive down to the village of Ramsau to go for jogs and core workouts. Ramsau was the site for the 1998 World Championships and will be hosting a World Cup this year.

My last day of skiing ended on Labour Day Monday, where after a quick 45 minute ski, our entourage of athletes left the Dachstein glacier to catch our flight home.

Skiing in Austria was an amazing experience - not one that I will soon forget. The people I met, the friends I made, the sights I saw, these are memories that will last a lifetime. Skiing has been a large part of my life and I enjoy every minute of it. The support of my family, the North Bay Nordic Ski Club, my coaches, fellow team mates, and the community has been greatly appreciated. Thank you.



Thanks to our Fall Brushing Crew

April Peterson/Chris Galema and family
Andrew Koski-Harja and family
Aaron Duquette/Roz Prisco
Racing Team (organized by Sera Birosh)
Ed and Marion Rogers and friends
Erica Buck and Roger Kehoe and family
Ed McColm, Terry Franco and family
Tom Cook and John Marshall
Andrew Rees and family
Jack Aiton and Ralph Champaign
Kevin Denston
Heather Lawson
Karl Giesbrecht

Kevin Stoppa
Jani Potter family and friends
Don and Carol Farintosh
Emmanuelle Gunter and family
John Wipprecht
Paul Harding/ Don Wheeler/
Dave Chamberlain
Cam Hunter
Joe Lynch
Bruce Nevison
Al Tough
Michael Chartrand
Don O'Connor

Junior Racing Team Report

by Greg Kilroy

Wow, what a summer! The North Bay Nordic Junior Racing Team continued training through rain, heat and hail in preparation for the 2008 - 2009 Ontario Cup circuit. Team members include Jake Porter, Jon Winter, Ava Rudachyk, Nell Vandermeer, Molly Vandermeer, Scott Hill, Courtney Hill, Adam Birosh, Aaron Birosh, Liam Patterson, Nadine Perron, Madison Fraser and myself. Under the guidance of head coach Bob Porter assisted by Sera Tempio and John Patterson, the skiers of North Bay have undergone intensive dryland training. A new dimension of the training schedule is weight training, with North Bay's very own Larry Sheppard and John Pratt. Skiers also attended a variety of training camps throughout the province. National Team member Dave Nighbor led a rigorous camp for the North Bay athletes in August. As the summer faded, Jake, Jon and Ava departed for Thunder Bay in pursuit of their studies at Lakehead University. For the remaining athletes, academic studies have also resumed and the autumn training schedule is underway here at home.

In late November, Jake, Adam and myself will travel with the Ontario Team to Silverstar, Alberta to compete in a Haywood/NorAm race, featuring some of the top skiers from across the country. The first Ontario Cup (O-Cup) race of the season is December 20th in Duntroon. Following this event the O-Cup circuit travels to North Bay, January 17-18th, where competitors will be challenged by some of the toughest trails in the province. Thereafter, the team travels east to Ottawa for the Eastern Ski Nationals. Finally, the circuit concludes in Thunder Bay for the Ontario Championships. The top 48 skiers in the province are then selected to compete at the Canadian Nationals, which are being hosted in Duntroon in 2009.

As the leaves begin to fall and the snow will soon begin to fly, the members of the North Bay Nordic Junior Racing Team eagerly anticipate the upcoming ski season. Please join us at the Annual Ski Exchange. Items can be dropped off at the club on Friday November 7th with the sale to follow on Saturday November 8th.

On behalf of the team I would like to extend our thanks for the support and assistance of the North Bay Nordic Ski Club, the volunteers, sponsors and of course our families. Have a great fall! See you on the trails.

Athlete Development & Instruction

by Toivo Koivukoski

Our Club is gradually moving to adopt the national Long Term Athlete Development model in the delivery of our ski programming. This means providing supported training and ski racing opportunities for all levels of development with age appropriate ski activities.

For example, did you know that pre-pubescent skiers can't metabolize lactic acid, but that they are aerobic monsters (try to keep up with a kindergartener!)? Or that the best time to develop balance is before the ages of 8-9? Or that there is a crucial window of opportunity for developing aerobic endurance right around the growth spurt, and that if a young skier does a lot of long slow distance at this age, another window of trainability can open up in their late twenties? How we ski with our youngsters will affect their lifelong skiing, and the future of the sport in Canada. There could well be a waist-high Olympian toddling around on skis at our Club this winter.

Our Junior Racing Team has been active with their year long training- hopefully we'll see them out at the Wednesday night throw-downs that Andrew Rees and Karl Geisbrecht have been organizing (a.k.a Wild Wednesdays). The Juniors Racers have been training alongside the newly sanctioned Nipissing Nordic Varsity team. Enthusiastic athletes of all ages are welcome at our joint Saturday morning dry land practices, meeting at 9:30 am at the Athletics building at Nipissing University for long slow distance. Contact Toivo (toivok@nipissingu.ca) for details on the plan for the week.

The big excitement for Nipissing Nordic this year is the construction of a trail system for skate and classic skiing on campus. For those in the neighbourhood, this will make it easy to get out, even for a short ski. This will be a huge boost to skiing in North Bay. Many thanks to the Club, and to Andrew Rees, for their enthusiastic support of this project. We are on the way to bringing ski culture to the centre of life in North Bay.

A shout out to anyone who may be interested in ski instruction: if you love thinking ski technique and teaching skiing to others (and making some money while you do it) please contact Toivo to discuss compensation and scheduling. You could get paid to ski! Think about it.

Membership

Membership Report

by Carol Farintosh 497-1287

Hello fellow skiers! It's almost that time of year where we all see each other on the ski trails and become reacquainted. Be sure and take advantage of our earlybird membership rates, in effect up to and including Sunday, December 7, our official opening day. Post dated cheques are not a problem so get those forms in today!! A brand new marker is poised and ready to write names on buttons so don't delay. Become a member now and help support a great club with fantastic trails and a wide range of programs and social activities.

If you no longer require your locker, please let me know as soon as possible. Although we have a few empty ones at present, they do get snapped up quickly. Also, if any of your information has changed from last year e.g. e-mail, please draw attention to it in some way on your form. It makes my job a lot easier.

With any luck, as soon as the leaves are down, the snow will fall and the membership numbers will rise. Blank buttons await!



Bylaw revision

Committee-lead needed

If you are interested in change and helping the Club move forward please consider leading the Bylaw Committee. For more information, or to volunteer, please call the Club at 495-0332.

Fall 2008 – Racing Report *by Andrew Rees*

Over the past two seasons, the NBNSC has hosted the OFSAA Nordic Ski Championships. Both events were a huge success due to Karl Giesbrecht's guidance and the countless volunteer hours put in by his crew. Thanks to these events, the club has benefited from trail improvements, a new timing hut and new race management equipment. Building on the success of OFSAA, we will be hosting two exciting race events this year. On the weekend of January 17 and 18, we will be hosting an Ontario Cup race combined with an Ontario University race. The two days of racing will include classic technique races on Saturday and skate racing on Sunday. The races will see the best junior (14-19) aged and university skiers in Ontario competing; however, there will be categories and distances for all ages. On Saturday afternoon, there will also be a fun, exciting, free-skiing exhibition.

The second event to be hosted this year will be the Canadian Masters Championships from February 24 to March 1. The event will include a long distance skate race on Tuesday, short distance classic on Thursday, along with short distance skate and long distance classic races on Saturday and Sunday. The weekend races will be held along with the popular annual Blue Sky Loppet. The Masters races are limited to skiers 30 years of age and older; however, the weekend Loppet event will have categories and distances for all ages. The week-long Masters event will also include a fun relay event on Wednesday night. Spectators are encouraged to come out and watch the best Masters skiers from across the country compete.

We will do our best to keep trail closures to a minimum during both events. Trails are closed during races for the safety of both club skiers and racers. Expect trails to be closed to non-racers until mid-afternoon on January 17 and 18. The Masters races will be mass start by category on the mornings of February 24, 26, 28, and March 1. The trails will be closed until early afternoon on each of those days. A good way to avoid closed trails on those dates is to enter the races!

The Wild Wednesday night ski training group is gearing up for another exciting season of hard work and good times. These training sessions are open to any club member interested in improving their skiing performance. The group has been meeting over the last three seasons and is looking forward to racing the best in Canada on their home courses this year. Wednesday night skiing will get underway as soon as there is snow. It runs at 7:00 p.m. regardless of weather. See you on the trails.

We are always looking for race volunteers. If you'd like to help in any capacity, please feel free to email me (club.races@northbaynordic.ca). Stay tuned to the club website over the coming months for updates.

Trail and Error *by Heather Lawson*

The summer is over and the pre-snow excitement at the ski club has begun! Thanks to Joe Lynch for organizing a team of volunteers to cut the grass on the trails. The cutters deserve a huge pat on the back as the rain this summer caused the grass to become super grass! Hopefully all of the runners this fall have enjoyed the trails.

After a delayed start, while awaiting a permit; work began October 1st widening the trails to accommodate the larger grooming equipment. (The purchase of a wider blade and tiller for our existing Pisten Bulley, approved at last spring's AGM, will allow for better grooming, and require less grooming hours). Jack Aiton, Kevin Denston and Rod Clouthier have been working from dawn to dusk aligning the trails. The improvement on the trails should be noticeable to all skiers.

Thank you to the volunteer work crews who have pledged to maintain a section of trail. Tom Cook has graciously agreed to organize the "Adopt a Trail" program and has assigned every single kilometre. Way to go Tom! For those of you wonderful brushers please ensure you cut all the way to the tree line to prevent damage to the new grooming equipment.

The Trails Committee has been meeting regularly to discuss how to better maintain the trails in both the summer and the winter. The committee will be hosting a 5 year planning session in January, please stay tuned for more information. Also this winter a grooming policy & schedule will be posted in the club house so that you can better plan your skiing, if you desire fresh tracks.

This season will see the reinstatement of the "Green Trail Club", the "All Trails Club" and the "Blue Trail Club" (for junior skiers). This is a fun way to recognize those skiers who head out onto our longer trails, or push themselves to complete all trails in a day. Look for posters in the Clubhouse once the snow falls.

School Liaison *by Andrew Koski-Harja*

Attention all teachers, students, and parents! Are you interested in bringing a school group to North Bay Nordic? Nordic skiing and snowshoeing are popular and healthy activities to involve school groups in. Our facilities (superb trails of varying difficulty, heated chalet, indoor washrooms, ski rentals, and snack bar) are available for your school groups. School memberships are also available at a very reasonable price. See our website for more details about our schools program and how to book a date and time. We look forward to making your school outing an enjoyable one.

Building and Property

by Jan Vandermeer

During the past winter, a new timing hut was constructed by the Construction Technology class at Widdifield Secondary School. La Cabane de Claude was moved in late September to a newly leveled platform near the garage and will continue as a storage area for race-related supplies. The new timing hut was floated to the club by Arnstein Equipment and moved to the former location of La Cabane. Work will continue through the fall to seal, insulate, wire, clad, and finish the new building.

The Annual General Meeting of May 2008 approved an ambitious trail improvement plan as well as the purchase of a wider blade and tiller for the Pisten Bully. The present twelve foot garage door will not accommodate the new blade, which will require a sixteen foot door. The work to increase the size of the opening has been undertaken by Claude Jolin and the door will be installed by a local contractor.

Like any structure that receives regular use, maintenance must keep pace. Minor repairs were done to the Clubhouse deck, the railing was reinforced and areas of the siding were repainted. Another area that required painting was the washrooms in the basement. Various members of the Building Committee have undertaken to complete this work through the fall.

Finally, the Building Committee is looking for your input. Our present structures will require significant capital investment in the future. Notably the garage roof will require re-shingling within the next two to three years. We are looking for new members who have a vision of how the properties and structures will look in ten and twenty years. If you have a passion for the Club, and would like to help out with both the trails and the property, check the Building and Property box on the membership form or send an email to info@northbaynordic.ca.

Jackrabbit Coaches & Leaders needed!

We look forward to seeing last year's fantastic group of leaders and helpers back again and always welcome new recruits. If you are a skier, 16 years or older, who enjoys working with children, we'd like to hear from you. Parents or adult leaders are also welcome. An added benefit to volunteering with the Jackrabbit program is the opportunity to become a certified community coach for cross country skiing. For more information on becoming a leader, contact the Jackrabbit Coordinators, Audrey tenWesteneind at 494-8085 or Terry Franko at 840-2725, or email us at jackrabbits@northbaynordic.ca.

As of September, our Treasurer, Gary Jodouin is "retired." (We all know that Gary will continue to keep busy, of course!). Thank you so much to Gary for all of his dedication to the Club and enjoy your retirement!

Fundraising

Looking to advertise your local business or organization at a great rate? Look no further! North Bay Nordic is continuing to offer 8" x 8" squares on its advertising sponsor board located just outside the Club house. This sign is seen by thousands of skiers and spectators every year. There is also the possibility of having your sign placed at intersections throughout the trails.

Signs cost \$300 for three years; (cost of printing the sign is included). For more information, please contact David Weiskopf at d_weisk@hotmail.com or at 705-752-4158.

social events at a glance

by David Weiskopf

The Nordic's social calendar fills up quickly and starts early. Read on and take note of the fun events being planned.

Open House

Sunday December 7 2:00 - 4:00 pm

Join us for a fun afternoon where you can meet with friendly skiers who anxiously await the first snowfall. For the kids, Santa will meet you at the front door with welcome treats in hand. Healthy snacks and not-so healthy Christmas baking with steaming hot chocolate will be waiting for you and the Nordic Christmas tree will be looking for your help to create a decoration to adorn it. Your membership information and button will be ready for you and you can take the time to talk to a board member and get information on the Jackrabbit Program, Track Attack, Development Team, Club Races, Instruction and more.

Family Potluck Dinner

Saturday, January 10 6:00 pm

An annual favourite, the sign-up sheet will be posted in the Cubhouse shortly after New Year's. Bring your favourite dish and come enjoy a fun evening at the Club. Top it off with a ski under the stars. The "best dressed table" competition will continue this year!

Ontario University Free Air Expression Session

Saturday, January 17th, Time T.B.A.

Nipissing University and North Bay Nordic will be hosting an innovative, one of a kind, historical event, with the first ever "Best Trick Contest". The event will take place in the field at Nordic and is bound to turn some heads and raise some eyebrows! A team aspect will be integrated into the event and the main goal will be to promote the diversity and motion offered on x-c skis. More information and event format to come.

Pasta Family Fun Night

Thursday, February 5, 6:00 - 8:00 pm

A nominal fee will buy you a scrumptious pasta meal and fun dessert. Go for a ski, have dinner or have dinner, then go for a ski - the night is yours to enjoy at the Nordic.

Nordic Easter Egg Hunt

Sunday, March 8, After Jack Rabbits

Another annual favourite, young and old are invited to ski the Nordic trails looking for the flag that will earn them a rich and hand-decorated Easter Egg.

Information on each of these events will be posted in the Club and on the Club's website as the dates draw near. In the meantime, if you have ideas for a fun social event, or have any questions or concerns please call social director, David Weiskopf at 705-752-4158 or social.events@northbaynordic.ca

This is a feature that was initiated last year, in order to provide recognition to the many people who make our Club what it is, but perhaps don't always do so in a public way. There are so many of these people, that the decision on who to feature is always difficult. If you have any suggestions for future articles, please contact Kelly at publicity@northbaynordic.ca

In this issue, I would like to draw some attention to a group of ladies who can always be counted on when something needs doing. Any Club members who have participated in the Blue Sky Loppet, or any other Club races or events, will recognize **Gail Rees, Jean Cook, Jane Minden** and **Patty Donahue** as the friendly faces who run the registration table and hand out the bibs. You might also have seen them on the finish line, timing, handing out water and Kleenex and picking up exhausted racers. Gail Rees has even been known to come out and help time some of the Wild Wednesday events. Or perhaps you ran into one or more of them out on the trails, doing with maintenance (I saw Jean Cook heading out the other day). Jane Minden was one of our original webmasters, and most of these ladies have served various Board positions through the years.

It is people like these four who have helped develop North Bay Nordic's reputation of one of the best clubs in Ontario. Thank you Jean, Jane, Gail and Patty!

Busy Beaver Award

Congratulations to **Tom Cook and Doug Jess**, winners of the Busy Beaver award for 2007-08. Tom and Doug have a long history of volunteering at North Bay Nordic, including trail grooming, grant applications, general maintenance, development of the snowshoe trails, convening numerous races, including OFSAA 1996 & 1997, and much more. We are so fortunate to have volunteers like Tom and Doug at our Club, Thank you!

This winter we will have North Bay Nordic Clothing for sale in the Snack Bar! T-shirts, long sleeved T-shirts and possibly toques, featuring North Bay Nordic, will be available. We hope to have the clothing available in time for the Open House, so be sure to check it out! A special thanks to Bernard Penney for designing these items.

QUICK FACT:

Did you know that it costs the Club approximately \$2.50 to print and mail each newsletter?

Help us save the Club money and protect our environment by selecting the email option to receive your next newsletter.

email email en

2008 North Bay Nordic • November 7th and 8th

Annual Ski Exchange

The North Bay Nordic Junior Racing Team invites you to its annual Ski Exchange on November 8th at the North Bay Nordic Ski Club, 630 Northshore Road.

DROP OFF – FRIDAY, NOVEMBER 7

Bring your outgrown cross-country skis, boots and poles to our annual ski exchange and earn some quick cash for yourself, and at the same time offer your good used equipment to other skiers. Please bring your used equipment to our Clubhouse on Friday, Nov. 7 between 4:00 and 8:00 pm. You will receive 80% of the selling price of your equipment while 20% will go to support the Junior Racing Team.

SKI SALE – SATURDAY, NOVEMBER 8th from 9am until noon

Some retailers will also be selling selected new equipment at excellent prices on Saturday. If you need good used or new equipment, be sure to come for the Saturday morning sale.

A 15% handling fee will be added at the cash register to the price of the ski equipment with the monies raised going to benefits the JRT for their time and effort in organizing and delivering this worthwhile activity for the Club.

The Junior Racing Team reserves the right to purchase ski equipment for team members prior to public sale at the ski exchange.

All unsold equipment and money must be picked up on Saturday following the sale between 2 and 3 pm.

Your 2008/2009 Board of Directors

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Other important club contacts:

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Bob Porter

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Be a Club Volunteer!

It can be said that, "Volunteers do not necessarily have the time; they just have the heart." Please check off the volunteer box on your membership application or contact a board member to make a difference.

Noteworthy Dates & Events

October 19th, 2008	Knowlton Potter & Dale Brouse Work Party
November 7-8, 2008	Ski Exchange
TBA (December, 2008)	ICC & CC courses (Community Coaching courses)
December 7th, 2008	Open House, Last Day for Early Bird Registration
December 2008	Wild Wednesday Workouts begin (snow dependent)
TBA (December, 2008)	Snack Bar Opens (snow dependent)
TBA (January, 2009)	Adult Group Lessons begin
January 10, 2009	Family Potluck Dinner
January 11, 2009	Jackrabbit Season begins
January 17-18, 2009,	OUA Race, Ontario Cup Race, First Annual Free Air event (details to follow, stay tuned!)
February 5, 2009	All you can eat Pasta Dinner
TBA (February, 2009)	Steak & Ski
Feb 24-March 1, 2009	Canadian Masters Championships
Feb 28, March 1, 2009	Blue Sky Loppet
March 8, 2009	Easter Egg Hunt / Last Jackrabbit Session

Have a story or picture you want to share in the newsletter or website? Please submit to publicity@northbaynordic.ca for consideration. Remember, it's your Club!

You can help promote your Club!

You've probably noticed our new brochure, included in your newsletter package. Take a look and enjoy it, then please pass it on to a friend, relative or co-worker that you think might enjoy skiing or snowshoeing at North Bay Nordic!



630 Northshore Road, North Bay • 705 495 0332

For up-to-date news and trail conditions visit
www.northbaynordic.ca