



North Bay Nordic Ski Club Newsletter

2014 Spring

President's Message by John Bowes

What a season we have had! In my last message, I reflected upon the late season, the challenges we faced getting trails ready and the cold temperatures. Now, we are nearing the official start of Spring and we have had a fantastic season, with no real signs of letting up. Nothing wrong with a -19 degree C ski on March 16th in my mind, though in discussions with my lovely wife, not all share in this feeling.

The club was busy again this year with a variety of events, races and programs. It was great to see the Bunny Rabbits and Jack Rabbits back out on the trails. I am always pleased to see my kids and those around them, developing their skills out on the trails. There is always a positive vibe at the club on Sundays. A big thanks must go out to Kurt Tempelmans Plat, our Jack Rabbit Leader, for all his hard work in organization and development of these programs for our kids.

This year also saw the return of school programs to the club. We had some pretty busy days out there, but our snackbar staff, Heather, Vicky and Julie, handled it in stride. They got the kids all set up to enjoy their day. We were also very lucky to have Erin Gute from Canadore College working with us throughout the season. Erin added a great deal to club working with programs, school groups, races and daily activities. We thank Erin for all she brought to NBN and hope she enjoyed her experience.

North Bay Nordic hosted a variety of athletes this season with both the Ontario University and Ontario Masters Championships. Young and old (and even older), everyone had very positive reviews of our club, our trails, our organizers, our volunteers and our races. Both events spanned over three days and we were very lucky to have member support to make these happen. Without our volunteers, we could not hold races and we appreciate all your support.

It has been a great year for me as President. I was new to the position and came across a variety of issues, but everyone was very accepting, helpful and supportive. I thank the entire membership for a great year at the club. Whether you are ready for the Spring to come, or still pushing hard to get your kilometres in before the snow melts, take advantage of these late season conditions. The trails are in great shape, the sun is shining, all is well. I hope to see you out there.

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Building and Property Report by Tom Cook

The building has had the following improvements over the past year:

- the leak in the walls of the women's washroom was corrected
- cupboards were built under the stairs
- the electric heaters were put on programmable thermostats
- carpet was installed in the common room
- trail lights were put on a programmable switch,
- electricity capacity of the basement was increased
- 4 pairs of ski boots were purchased
- 6 pairs of snowshoes were purchased
- over 25 pairs of rental boots were repaired
- a pest control company was hired
- the heat line in the well was replaced
- a shoe drying rack was purchased.



There was a slight increase in the prices at the snack bar and I recommend that a price increase should take place again this year. Heather, Vicki and Julie were excellent staff members and handled an incredible volume of rentals and snack bar purchases. Ian Farintosh and Jake Wall were our evening custodians.

The parking lot was kept clean of snow and ice. The banks were lifted and pushed back once and our lot handled the Sunday parking.

An early season leak of water from the kitchen damaged the ceiling and walls in the women's washroom. This was quickly repaired in December and covered by our insurance.

The cost of the electrical upgrades was offset by an energy conservation grant.

The supply of firewood was sufficient for the past winter.

The well seems to provide sufficient water for all activities but the water is so full of sediment that the filters do get plugged. A back wash filter needs to be installed to quickly handle this problem.

Portable toilets were rented for the three races held at Nordic in case the water supply was jeopardized.

If you were skiing on the Blue trail during February you may have come across the groomer which was broken down. It was an unusual sight. Most of us never see the Piston Bulley as it is out during the night getting the trails ready for everyone to enjoy.

FYI – it cost \$8000 to repair. OUCH!

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From Erin Gute – Our Intern

I had a great opportunity to complete my internship with the Nordic Club. All of the volunteers and staff, who make this club possible were excellent, and taught me a lot about what it takes to run a club like this. I gained lots of experience through working with various school groups, assisting with races, helping out with daily operations and special events. It was great to be exposed to this type of environment and meet all of these wonderful people.

I am also proud to say I have become a much better cross-country skier! Thank-you everyone who was involved in my internship and the customers who were always friendly!



Thank You Erin

Trails Report by John Bowes

This season has seen a variety of challenges out on the trails. The highlight for me was when the Piston Bulley decided to take an unscheduled vacation out on the blue trail. We required some vehicle repair, special grooming for races and even some downtown grooming to set up the Ontario University Championship Sprint races. Fortunately, with assistance from club members, our grooming team stepped up to the plate and was able to maintain our trail system to the quality to which we have come accustomed. Thanks again to all our groomers for all the hard work they put into the trails.

Our trails committee was able to get together in early January to develop a five-year plan for Ontario Parks. In this plan, we have discussed trail development, improvement, snowshoe trails, adopt-a-trail and special permits. With this, we should be able to complete all our projects with the support of Ontario Parks and we look forward to working together with them in the future.

Once again, we are still in need of a Trails Director on the Nordic Club Board. If this is something that you might be interested in, please contact us. The position comes with some responsibilities, but also a great deal of support from the fellow Board members and the acting trails committee. It is a rewarding opportunity to give back to your club and its members.



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Race Report by Mike Ward

What a tremendous racing season it was!

The action started promptly on January 19 with the annual Kiwanis Winter Triathlon. This event comprising skiing, snowshoeing, and running received over 40 participants this year. It continues to grow each year as a staple in the North Bay Nordic line-up.

Following was our annual club-run Blue Sky Loppet! We had 62 participants in our one day event this year. Skiers ranged in age from 4 to 80, and featured skiers not only from North Bay, but also Toronto, Deep River, Parry Sound, and Ottawa.

On February 21-23, Nipissing University hosted the Ontario University Athletic Association Championships. This exciting event will take place on the Nipissing/Canadore campus trails on Friday afternoon, a downtown sprint course behind the Discovery Centre on Saturday morning, and North Bay Nordic Ski Club on Sunday morning. This was a physically challenging but successful event. We would very much like to thank all those who helped out with the event.

On the weekend of February 28 – March 2, we hosted the Ontario Masters Championships, this three day event with distances of 10, 20, and 10 km events saw racers attending from all over the province. North Bay Nordic provided its share of medal winners, all the while painting the trails with the now trademark “North Bay Nordic Masters” blue spandex. We proved very successful in showing off the caliber of skiers that our club has to offer. Thank you so much to everyone who volunteered to make the event a success. And we appreciate everyone’s cooperation and understanding regarding temporary trail closures.

This has been a busy season for racing. Next season, although lighter, will still see the return of our annual Blue Sky Loppet. Race events are a great way to bring club members together in either a racing, or volunteering capacity. So we greatly appreciate everyone’s support of these events from year to year. This truly shows the wonderful nature of members at North Bay Nordic Ski Club.



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Volunteer of the Year by John Bowes

I am pleased to announce that North Bay Nordic has selected two club members to receive the Volunteer Appreciation Award for the 2013/14 season. A big thanks goes out to Peter Bullock and Henning Helms for all their great work and support throughout the winter.

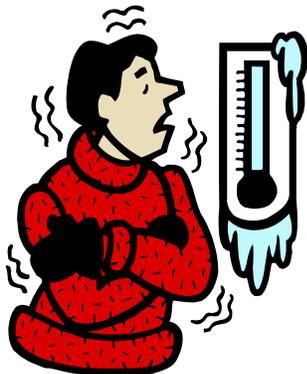
Peter has done great deal of work with respect to the trails this season including two sections of the adopt-a-trail maintenance; trails committee meetings; 5 year plan development and meetings with Ontario Parks. He is also responsible for many of the repairs in our rental fleet. He has been a huge assistance to the club.

Henning is essential to every race held by the club from the initial development of the race file and registration; to the timing and organization of volunteers, and finally closing up the file and posting results. Start to finish, a race would not happen without his hard work.

We appreciate all their time and effort at the club and they will be recognized for it at the AGM. It is volunteers that make our Nordic club possible. Without you all, we would not function. These gentlemen have gone above and beyond this season and we thank them for everything.



BRRR!



It's been a cold winter with a few record breaking days.

The club had to close 9 days this year because of extreme weather!



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Ski Programs Report by Amy Bartlett Gibson

Well another great season comes to a close for the North Bay Nordic ski programs. We had a great year this year thanks to all the hard work of the coaches, staff and volunteers who help to run our programs.

I would like to begin by introducing myself as the new program director for the Nordic board. My family and I have been skiing at the club since we moved here from Thunder Bay five years ago and have been watching the club grow. We have seen many new families and young children enjoy the club and I wanted to invest my time and energy into the Nordic's programs to build capacity for the future of the club and the sport of cross-country skiing. By fostering a love for skiing at a young age we are promoting an interest in an active lifestyle and encouraging time spent in the outdoors with family and friends. As my son enters into the early stages of the cross-country skiing programs I see the benefits of building his confidence as well as the time we spend together as a family skiing the trails. Our plan for next year is to continue to deliver high quality and fun programs that are based on skill development and fostering a love for the sport. We always welcome feedback so please be sure to fill out the parent survey or contact me anytime. Looking forward to seeing you next year!

Word from the Coordinator

The 2014 Jackrabbit season was a great success! With more coaches than we have had in prior years, we were able to complete a successful season, teaching many skills to the kids and helping them progress through our program. We look forward to next season where new ideas can be implemented to improve our program even further.

Kurt Templemans Plat, 2013 Program Coordinator



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Junior Racing Team by Cynthia Stables

North Bay Racers Do Well at Nationals in Newfoundland

The Club's Junior Race Team athletes – Madi Fraser, Aaron Birosh, Mikell Blain Rogers and Hudson McCubbin spent ten days in Corner brook, Newfoundland during the last half of the March Break and the following week. Racing at Blow Me Down trails, along-side close to 500 of Canada's best Nordic skiers, the North Bay athletes raced extremely well amongst the challenges that come with travelling thousands of kilometres to get to a ski race.

Known for its changing weather and high winds, the venue was a great back-drop to Nationals with the ever-friendly Newfoundlanders who welcomed the athletes and coaches from as far away as British Columbia and the North West Territories.

Race 1 was held on a day of changing weather and saw both athletes and coaches deciding on wax and ski selection up to 30 minutes prior to start time. 17 year old Madi Fraser had a strong 5 km classic and finished 12th nationally and 4th within Ontario. Aaron Birosh finished 22nd and Mikell Blain Rogers 45th out of a strong field of 78 junior boys in their 10 km classic. 15 year old Hudson McCubbin who attended his first Nationals and raced up in the juvenile boy category had a strong 21st national finish and 3rd in Ontario.

Race 2 was two days later and the athletes travelling fatigue and recovery from race 1 added to the day's challenges which also included plus 100 km an hour wind gusts and a fierce drop in temperature. In the 10 km skate, Madi Fraser finished 29th, while team mates who skied a 7.5 km course finished --Aaron 43rd, Mikell 70th and Hudson 18th. Unlike the first day or races when athletes unanimously agreed the course was "awesome", all found race 2 extremely difficult, hilly and cold.

Race 3 was the skate sprint race day and athletes raced well in spring-like temperatures and sunshine. Athletes shone during the qualifying 1.2 km qualifying race which determined their placing in the subsequent heats. Madi finished 8th nationally and 3rd in Ontario, Aaron 7th nationally and 3rd in Ontario, Mikell 59th and Hudson 20th. The top 30 qualifying times move onto the heats two hours later. Madi had a strong start and was secure in second when another racer stepped on her skis at the bottom of a hill and she lost momentum and was forced to fall back to forth and unable to move up in between racers. Aaron had a similar experience and dropped from his secure second to fourth when skiers came from behind to block his ability to move forward. Hudson raced hard in a tough heat and like his team mates was forced to end his day at the quarterfinals.

At the time of this article, the athletes had one more race to complete – the middle distance classic race which is held on the last day of nationals. All athletes are thankful for the incredible long days put in by their coaches – Toivo Koivukoski and Sera Tempio who routinely leave the house by 7:00 am and return 12 hours later. Toivo and Sera both wax, test, coach and mentor the athletes 24 hours

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each day. It makes for long days but working with focused youth motivates them and as a result, the athletes perform to the best of their abilities amidst an extremely fierce field of competition.

The North Bay Nordic Junior Race Team is grateful for their sponsors who helped to make their National experience possible – the North Bay Nordic Ski Club, Rahmet, Investors Group, Redpath, KPMG and the many friends and club members who support the ski exchange and the annual Pasta Dinner. Thank you!!



Left to right: Aaron Birosh, Hudson McCubbin, Mikell Blain Rogers, Madison Fraser and Katherine Denis (from Temiscaming).

Way to go team!



In Memoriam

George Hendrickson

January 21, 2014

George was an early pioneer of the club. He was the Treasurer from 1975-1976 – the first two years of the club. George was also among the first group of certified ski instructors at the club. It was a time of growth and great excitement on the cross country ski scene.

We are grateful for his dedication and hard work. He will be missed.

A plaque in George's memory will be placed in the memorial shelter.



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Development Team Report by Andrew Koski-Harja

The Development Team has had a very successful season this year. Led by coaches Andrew Koski-Harja and Mike Ward, ten athletes ranging in age from 9 to 14 years old participated in a number of races and other activities this year. Members of the team for 2013/14 were Alek Blais-Rogers, Daelin Henschel, Derek Jones, Eric Koski-Harja, River McCubbin, Justin Smith, Will Snyder, Brett Stoppa, Adam Valenti and Olivia Wolfram.

Season Highlights and Results:

- The season began Sept. 29 with dry land training. Weekday dry land training was at Chippewa Secondary School and weekend training was at the Nordic Club.
- We participated in the NOD training camp as invited guests and skied for the first time on snow on Nov. 9.
- We also roller skied in mid-November thanks to loaned skis from the Ontario Ski Team.
- Adam and Daelin helped to repair the main ski racks prior to the open house.
- Early on snow training was held on the Nipissing University soccer pitch. On snow training moved to the Nordic Club late December once the trails ready.
- Muskoka Loppet, Huntsville (Jan. 25) – 5 athletes participated
 - Boys 11-12 5km Classic Mass Start (3rd Brett, 7th Adam, 9th Derek)
 - Boys 13-14 5km Classic Mass Start (4th Justin)
 - Girls 13-14 5km Classic Mass Start (3rd Olivia)
- Blue Sky Loppet (Feb. 2) – 9 athletes participated
 - Boys 12-13 8km Free Mass Start (1st Daelin, 2nd Brett)
 - Girls 14-15 8km Classic Mass Start (1st Olivia)
 - Boys 12-13 3km Free Mass Start (1st Will)
 - Boys 10-11 3km Free Mass Start (1st Alek)
 - Boys 10-11 3km Classic Mass Start (1st Eric)
 - Boys 12-13 3km Classic Mass Start (1st Justin, 2nd Adam, 3rd Derek)
- Near North District School Board cross country ski events – 7 athletes participated
 - Grade 7/8 Boys 3km Free Mass Start (1st River, 2nd Justin, 3rd Daelin, 4th Will, 5th Adam, 6th Derek)
 - Grade 6 Boys 1km Free Mass Start (1st Eric)
- NDA and NOSSA high schools events – 1 athlete participated, 7 athletes (Adam, Brett, Daelin, Derek, Justin, River and Will) helped as course marshals and timing crew at NDA
 - NDA Junior Girls 4km (1st Olivia), NOSSA Junior Girls 4km (4th Olivia)
- OFSSA Championships, Timmins
 - Junior Girls 4km (60th Olivia)
- Temiskaming Loppet, Cobalt (Feb. 9) - 7 athletes participated
 - Boys 10-13 6.5km Free Mass Start (1st River, 2nd Daelin)
 - Boys Under 9 2km Free Mass Start (1st Alek)
 - Girls 14-18 5km Free Mass Start (1st Olivia)
 - Boys 10-13 5km Free Mass Start (2nd Eric, 3rd Derek)
 - Boys 10-13 10km Classic Mass Start (1st Brett)



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- Ontario University Championships (Tour de Nipissing) – (Feb. 21). Alek, Eric and River were forerunners for the course at Nipissing University (3.3km loop).
- Ontario Midget Championships – Temiskaming Nordic, Cobalt (Mar. 1 and 2)
 - Pee wee Boys 2001 Birth Year 3km Free Individual Start (3rd River, 8th Brett, 11th Daelin, 13th Derek)
 - Pee wee Boys 2002 Birth Year 3km Free Individual Start (11th Eric)
 - Pee wee Boys 2004 Birth Year 3km Free Individual Start (2nd Alek)
 - Pee wee Boys 2001 Birth Year 3km Classic Mass Start (5th River, 7th Brett, 10th Daelin, 13th Derek)
 - Pee wee Boys 2001 Birth Year 3km Classic Mass Start (11th Eric)
 - Pee wee Boys 2001 Birth Year 3km Classic Mass Start (4th Alek)
- Team “Ski the Green Trail” – late March

Thank you to Coach Toivo and Coach Sera for your assistance this year and for helping provide the Development team athletes with some of the above activities.

The Development Team is always looking for new members. The goals for the team are to provide positive race experiences, to improve technique and to have fun. Athletes should be between the ages of 9 and 14, have completed Jackrabbits and have an interest in racing. If you know of anyone who might be interested in joining us next year, please contact Coach Andrew at 705-474-0478.



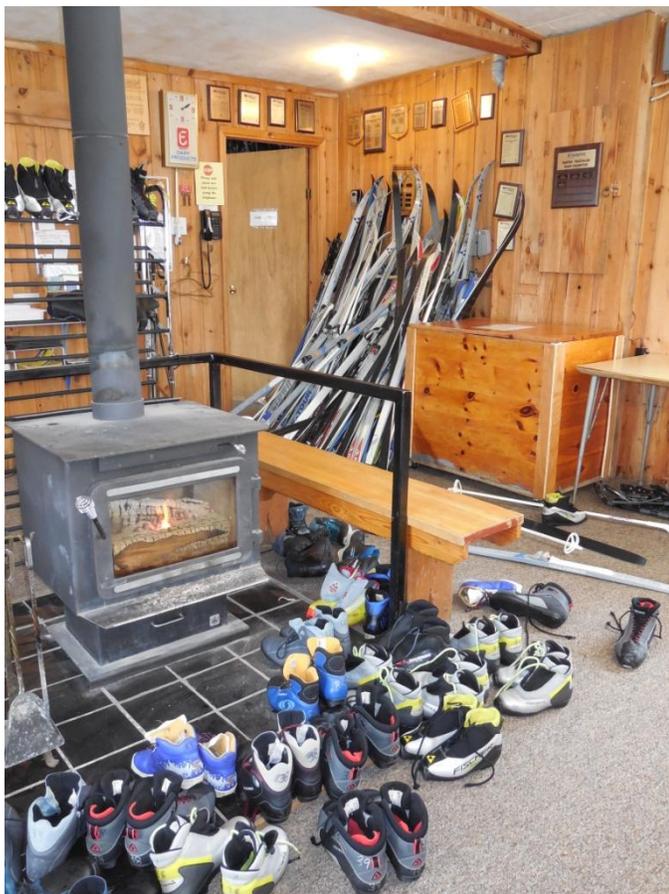
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Memorial Shelter

The memorial shelter sits at the junction of the purple and gold trails. It is a place to sit and relax; have a picnic, or to contemplate things.

Memorial plaques for the shelter will cost \$10 each. If there is someone you would like to remember at the ski club please contact Julie Bass at jbass@cogeco.ca. An order will be placed soon and the plaques installed at the shelter.

It's been a busy season!



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Family Day Fun

One of the busiest weekends at the club was Family Day weekend. We had record numbers of snowshoe and ski rentals.

The Nordic games were held for families on Family Day afternoon followed by hot chocolate and cookie decorating.

Pictured below are the caterpillar race (left) and the ice cube toss (right).



Q: What do you call fifty penguins in the Arctic?
A: Lost. REALLY lost!
(Penguins live in Antarctica)

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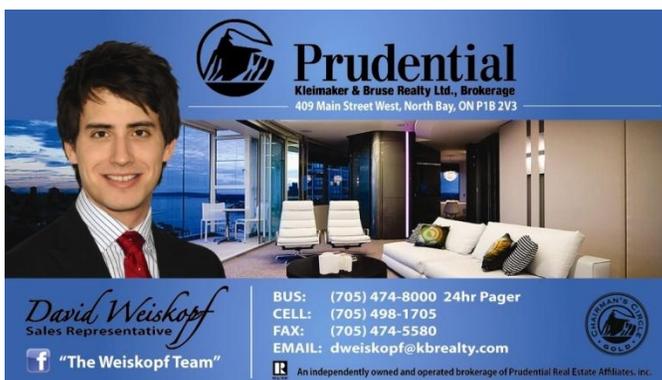
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Contact any of the board of directors at:
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The name you know and trust; David Weiskopf,
proud member of the North Bay Nordic Ski Club



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AGM

The board is having a review engagement done on the finances of the club. It will take a while to complete.

The annual general meeting will be scheduled after the review engagement is finished.

You will be contacted by email with the details.

Thanks!

Thanks to all of the volunteers who keep the club running. Without you we could not continue to operate.

Special thanks to the groomers; the coaches and instructors; Heather, Vicky and Julie in the snack bar; the race committee; the trails committee; the building and property committee; everyone who work on the trails through the adopt-a-trail program; the board of directors, and you.

Thanks for
a great
season!