



North Bay Nordic Ski Club Newsletter

2014 Winter

President's Message by John Bowes

As I went for my first ski of 2014 on a very cold New Years Day, I took a few moments to think about the season to date and all the hard work that goes into this club. We have a great group of individuals acting on behalf of the membership to make decisions to improve the club for all. We have come across some challenges, but have worked through them successfully. It is a great reward to us to see everyone enjoying the trails and the clubhouse.

The season has started out pretty slow in my mind. I am still relatively new to North Bay, but I could tell many locals were itching to get out as much as I was. Snow came in small stages, temperatures were quite cold and the trails have been challenging to work with. We must send out a huge thanks to all the folks that head out in the preseason to prepare the trails for the snow with our adopt-a-trail program. It is through all your hard work that we are able to get out there with a minimal amount of snow on the ground. We must also thank the grooming team. They have worked their magic again this year to create beautiful trails.

Now the snow is here and we are ready to roll. I look forward to seeing all that is in store for the club and its members this season. Sundays will be busy again with all the Bunny Rabbits and Jack Rabbits learning their new skills; school groups will be returning during the week, and there are some exciting new races coming to North Bay and the Nordic Club. We will also be hosting many special events throughout the season to bring everyone closer together. It will be a great year for all.

Next time you are out at the club, take a minute while out on the trails. Look at the people, the children, the trees and the trails. We have a beautiful facility, great volunteers and a wonderful membership as a whole. We thank you all for your efforts and support. Let's get out there and enjoy all that North Bay Nordic has to offer.

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Building and Property Report by Tom Cook

Endeavouring to reduce hydro costs, the wiring in the chalet has been upgraded and the electric radiators have all been put on programmable thermostats. The common room in the basement has been carpeted and storage shelves were built and enclosed.

Ongoing maintenance included fixing the foundation leak in the women's washroom. The heat cable in our water supply pipe shorted out this fall and was replaced. Unfortunately we had water damage in the women's washroom just after the open house. The ceiling and south wall were badly damaged but quickly replaced and painted. The carpet in the club house was dried and cleaned and we were up and running for opening day.

Heather and Vicki are back again cooking up our favourite cookies and new this year cranberry muffins. Ian Farintosh and Jake Wall are our clean up staff. The two boys close the chalet at 9 p.m. Trail lights are on a timer and they are on every night of the week.

Try to park close to another car so that we maximize our parking lot. The groomer is pushing the snow as far back as possible.

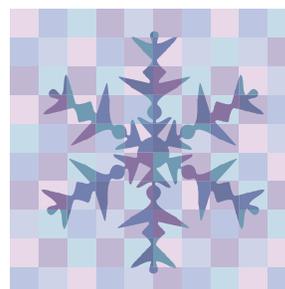
Please communicate with the snack bar staff if you wish to rent the club house for an evening social after 9 p.m.

Please leave your coats and bags in the change rooms and not in the upper club house.

The club will need a member to step up and take on the position of club house and property director next year. If you are interested let Tom Cook know.

Tomcook@ontera.net

**THE LARGEST SNOWFLAKE EVER RECORDED
WAS FOUND IN MONTANA AND MEASURED
15 INCHES ACROSS!**



North Bay Nordic Ski Club Newsletter

Silver Bells Ring for Nordic Racers

The North Bay Nordic Junior Race Team squeezed in their first provincial race of the 2013-14 race season between Boxing Day and New Year's. The three-days of racing were held in Duntroon near Collingwood and attracted hundreds of skiers from across the province.

Despite the fact that most of the team had been skiing on trails for only one week prior to the first Ontario cup race, local athletes performed extremely well.

Hudson McCubbin, racing as a midget boy in his first year with the North Bay Nordic Junior Race Team, brought home two medals, placing 2nd in the 5 km classic race, 3rd in the 5 km skate race, and narrowly missing the podium in the sprint races.

Madi Fraser brought home a silver medal in the day-long sprint races, came close to the podium in the 5 km classic race after suffering a fall, and placed fifth in the 10 km skate race

Aaron Birosh won the B final in the sprint skate race, ending the day in 7th place. Aaron also skied to a top 6th place finish in the junior boys 10 km classic and ended the weekend with a 12th place showing in a tough 10 km skate race.

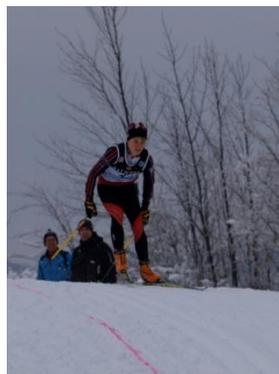
Despite an interruption in training because of a thumb fracture in the fall, 2nd year junior boy Nick Lanctot qualified for the sprint race in 16th place. He continued to put in solid racing with a 25th place in the classic 10 km and moved up to 20th spot in Sunday's 10 km skate races.

Lynsey Biakowski who is both a North Bay Nordic and a Nipissing Nordic athlete skied extremely well over the three days and was a strong competitor in the longer senior women race category.

Athletes missed their team mate, Mikell Blain Rogers who had to bow out of the season's first race due to illness.

The team's Head Coach Dr. Toivo Koivukoski also coaches Nipissing University's Nordic Team. The athletes are also coached by Sera Tempio. The team is now focused for a month of endurance training on snow as they prepare for the Eastern Canadian Championships in Gatineau Quebec the first weekend of February.

The team continues to seek financial support for their trip to the Canadian Nationals in Cornerbrook Newfoundland in March and is hosting an all-you-can-eat Pasta Extravaganza on Saturday January 18 at the North Bay Nordic Ski Club. Everyone is invited to attend this fun evening of great food, silent auction and skiing under the stars – for those wishing to do so. For tickets or to discuss sponsorship opportunities, call Sophie Blain-Rogers at 705-303-5327.



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Snowshoe Report

Snowshoeing is a great exercise and generally inexpensive. A day pass is \$5 for the day and children 12 and under are free. If you are trying it for the first time, you can rent snowshoes at the clubhouse. A day pass and snowshoe rental is \$10 per adult, \$8 for 13 years plus, and \$3 for 12 and under.

We also have a great snowshoe discount program which costs \$25 for adults and \$15 for 13 years plus. This pass allows unlimited snowshoeing throughout the entire season. A really great deal!

We have detailed maps and the trails are well marked. It takes you through breathtaking scenery as it winds through the ski trails.

Did you know that your North Bay Nordic membership gives you free access to the snowshoe trails? For an enjoyable change of pace, give it a try.



Humane Society Fundraiser

On Saturday, December 28 Alexia Mathieson-Adams and Jaclyn Hurley held a fundraiser for the North Bay and District Humane Society at the clubhouse as part of a school project.

They sold cookies, hot chocolate and charms to raise money as well as receiving donations. Thanks to the generosity of our members they were able to raise \$214. It was a fun day and their youthful enthusiasm was contagious.

Pictured below are Alexia, Jaclyn and friends.



We're on the Web!

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www.northbaynordic.ca



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North Bay Nordic Junior Racing Team

PASTA EXTRAVAGANZA



GOURMET MEAL AND SILENT AUCTION

Saturday, January 18/North Bay Nordic Ski Club at 6 p.m.

**JRT GOURMET ITALIAN FOUR COURSE MEAL INCLUDES:
SALAD, APPETIZERS, YOUR CHOICE OF PASTA AND SAUCE
(GLUTEN FREE PASTA WILL BE AVAILABLE)
DELECTABLE DESSERTS SERVED WITH TEA OR COFFEE**

PLEASE BRING YOUR OWN NON-DISPOSABLE TABLE SETTING.

\$25 per person

Tickets available at the North Bay Nordic Ski Club snack bar.

For further information please call Sophie Blain-Rogers at 705-303-5327 or email at joey.sophie@live.com

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Ski Programs Report by John Bowes

As usual the New Year is here, the trails are set and the club welcomes all our Bunny Rabbits and Jack Rabbits, both new and old, back to the trails. We look forward to another great year with the program. We have a great group of enthusiastic leaders ready to get your kids out on the trails and enjoy fun-filled programming. Kurt Tempelmans-Plat is back this year as the Jack Rabbit leader. He has worked hard to recruit instructors, get everyone trained up and prepare the programs. There is always a wonderful energy flowing through the club on Sunday afternoons. It all starts again on Sunday, January 12. We look forward to seeing you all there.

Track Attack will also be in full swing starting on January 12. This is a great program that serves older and more experienced skiers with a more challenging learning environment. They always have fun out on the trails and we are pleased to be offering the opportunity to young skiers again.

We are pleased to announce the Development team has been working hard under the new leadership of Andrew Koski-Harja and Mike Ward. They started dry land training in the fall and were out on their skis as soon as the snow fell. They have a variety of loppets planned for the season and we wish them all the best in these races.

Finally for all those that think their racing career is over, North Bay Nordic is once again offering a Masters Program to its members. This is a program geared towards adults hoping to get out to some loppets and races, but also to just improve their form and ski with others. We have had some great dry land training and look forward to hitting the snow as a group soon. We have a fantastic group and always welcome more. Whatever your skill, it is a great opportunity to get out, ski with other adults, improve your own skiing and enjoy our trails.

North Bay Nordic works hard to make our programs happen for the membership. We thank all those involved in the various programs including coaches, parents and volunteers. You all help to make things successful and we appreciate all your support. Let's have another great season on the snow.



An advertisement for "Lefebvres Source for Adventure" set against a background of a snowy forest. The ad features several brand logos: Lefebvres (with a stylized mountain peak icon), Salomon, Fischer, Craft, and Swix. The text reads: "SOURCE FOR adventure", "THE BEST SELECTION, SERVICE AND PRICES.", and "EVERYTHING FROM TOURING TO RACE." At the bottom, it provides contact information: "check us out at gear4adventure.com", a Facebook icon with the name "LefebvresSourceForAdventure", the address "180 Shirreff Ave.", the phone number "705 474 5920", and the email "gearforadventure@gmail.com".

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Trails by John Bowes

Many of trails unfortunately saw a great deal of damage from ATV traffic over the off-season. As a result it has taken a bit more time and a bit more snow to get everything all set up. After the most recent snowfall, we were able to fill in all the holes, get a nice track set throughout the entire trail system and make everything safe for you to enjoy. With assistance from our adopt-a-trail volunteers and the grooming team, we were able to set a good base down early allowing things to set up. With the most recent snowfall, some cooler temperatures and the piston bulley back in action, we will be able to set the tracks to optimal conditions.

Thanks go out to the grooming team of Kelly O'Grady, Gary Jodouin, Kevin Denston, Andrew McIvor and Steve Shore. You have all done a great job out there. Keep it up.

The trails committee will be working towards building a five-year plan over the course of the next few weeks. This is an agreement developed for Ontario Parks that includes any of our future trail development, maintenance and uses. If you wish to participate in the planning process, please feel free to contact us at info@northbaynordic.ca.

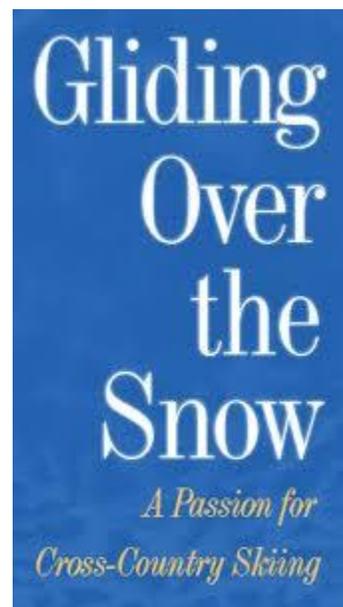
Finally, we are still in need of a Trails Director on the Nordic Club Board. If this is something that you might be interested in, please contact us. The position comes with some responsibilities, but also a great deal of support from the fellow Board members and the acting trails committee. It is a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



We are more than just bikes. Drop by to see our complete selection of cross country ski equipment and Nordic clothing.

593 John Street
North Bay, Ontario

705-472-5662
www.cycleworksbikes.ca



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Race Report by Mike Ward

North Bay Nordic is excited to be involved in a number of different races throughout the 2013-2014 ski season.

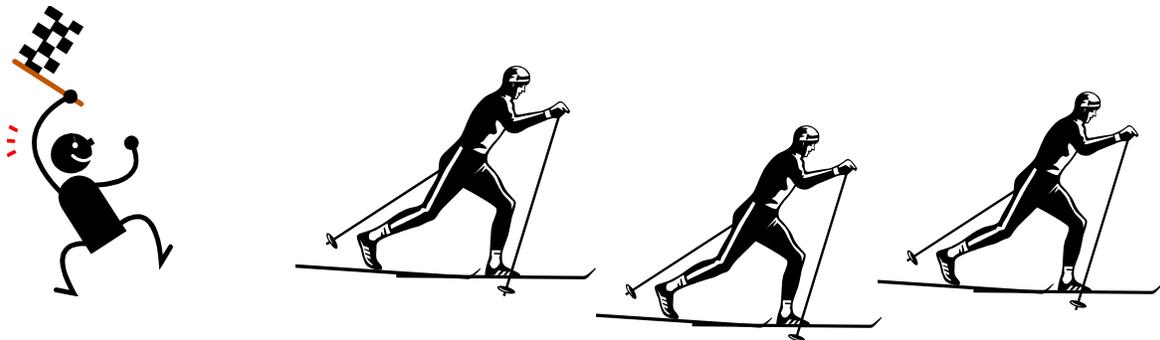
Once again this year, the Nipissing Kiwanis Club will be hosting the Winter Triathlon event on Saturday, January 18. For participants aged 15+, this event involves a 5 km ski, 2 km snowshoe and 5 km run that can be completed as an individual or as a team. Registration will be happening the morning of the event from 8:00 am – 9:00 am, with a 10:00 am start time. Alternately registration forms can be found at the clubhouse.

As always, we will be bringing you the annual Blue Sky Loppet with a whole new look. The official date for the event will be Sunday, February 2, 2014. This year, we will be hosting a one day event open to skiers of all abilities. If you ski classic, skate or shuffle, this Blue Sky Loppet is for you. We have distances for participants of all abilities including an 18 km, 8 km and a new 3 km loop. We have categories for males, females and children. Come on out and support your local club events. We look forward to seeing you out this year. Great prizes, great trails, great people. Registration information will be available soon. Online registration for this event will be available soon on Zone 4.

We are also pleased to be partnering with Nipissing Nordic to bring the OUA Championships to North Bay. This event, scheduled for February 21-23, will be held at three different locations across the city. The Nipissing Nordic trails, the North Bay Nordic Ski Club and the Downtown Sprint Loop located behind the Discovery North Bay Museum. The OUA's will bring athletes from across the province to compete in classic intervals, team sprints and a classic mass start. The races will be exciting to watch and we encourage everyone to get out and see all the action.

Another unique event to be hosted at North Bay Nordic is the Ontario Masters Championships on February 28-March 2. This event brings skiers ages 30 yrs+ to compete in a variety of races including 10 km skate or classic, 20 km skate or classic, as well as a team relay. The Race Committee has created some great race routes for our athletes to challenge the skiers, using a variety of trails and keeping things interesting for everyone involved. The Ontario Masters community is a great group and we are looking forward to having them out at our club this season. If you are 30 yrs+ and interested in participating in these events, please register on Zone 4 and check out our website (www.northbaynordic.ca) for more information.

For those not racing but wanting to be involved, we are always looking for volunteers to help out with the races. Responsibilities range from marshaling on the course to timing to serving refreshments. We will find something for you. If you are interested in volunteering please contact us at info@northbaynordic.ca. We appreciate your support.



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COMING EVENTS / IMPORTANT DATES

Sunday, January 12	First day of Jackrabbit lessons	1 p.m.
Saturday, January 18	Kiwanis Winter Triathlon JRT Pasta Extravaganza	9 a.m. start 6 p.m. at the clubhouse
Saturday, January 25	Club's 38 th Anniversary	2 pm at the clubhouse
Sunday, February 2	Blue Sky Loppet	
February 21 – 23	OUA Races	
Friday, February 28 to Mar 2	Ontario Masters Race	
Sunday, March 2	Last day of Jackrabbit lessons Easter Egg Hunt	

Board of Directors

John Bowes
President

Tom Cook
Vice-President; Building and Property

Gary Jodouin
Treasurer

David Weiskopf
Membership

Julie Bass
Newsletter; Secretary

Mike Ward
Club Races

Erin Fettes
School Liaison

You may notice that the Board of Directors list is quite short. We are in need of two to three new board members.

Currently the trails, ski programs and socials portfolios are empty. Fellow board members are picking up the slack, but it is not as effective as having someone in these positions.

Please consider joining the board. You do not work alone and have plenty of support. Plus it's fun and rewarding to help out your club.

If interested, please contact any of the board members or email your intent to info@northbaynordic.ca.

