

# nordicNEWS

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December 2011

- Snowmaking 101: Kamview Style • High School Nordics • Incoming! Ski in Schools
- You're Invited to a GIANT Ski Reunion • Bring the Thunder

Cover Photo: Martin Kaiser



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# Snowmaking 101: Kamview Style

By Peter Crooks, TBNT Manager

Kamview Nordic Centre is fortunate to be among the few Nordic centres on the continent to have snowmaking capabilities. Most of the others are “super centres” such as Canmore Nordic Centre with budgets in the millions of dollars. Our main system was built from parts and pieces scavenged from the old Domtar mill in Red Rock. It is located near the stadium and allows us to make snow directly onto approximately 1 km of trail. In a low snow year, we would be able to transport and push the snow to extend the distance of the manmade trail. The lack of rain over the past few months has left the reservoir almost empty, with only a couple of days of snow production possible. Last year, we made a lot of snow at the stadium to ensure a good base for the Special Olympics. This season, I will preserve the reserved water for later snowmaking efforts if we have a low snowfall year.

We also have the capability to make snow at the chalet using city water, but this setup does not produce quite as good a snow product due to the higher temperature of the water. This year, I will attempt to make snow up at the chalet first; so you can enjoy an early season loop right out the door that even includes a few climbs! As soon as the day/night temperatures are below -10° C we will start making snow. Snowmaking involves several costs, so we want to ensure we don't lose any to a warm spell or rainfall to follow. Both systems incur the following inputs:

- Diesel fuel for compressor
- Gasoline/Diesel fuel to run the pump

The chalet system also requires city water, of which costs have doubled in the past year. We have the capa-

bility to make a lot more snow at the stadium (our pump produces 300-400 psi of water), but the costs are also higher to run this system. Both scenarios also have a manpower cost, but I have designed them to require very minimal staff other than myself and one helper.

Snowmaking is a very weather dependent activity. A common misconception is that you can make snow whenever the outside temperature is below zero. Believe it or not you cannot always make snow when it is below zero but, you can possibly make it at or above zero. This is because snowmaking is regulated by the wet bulb temperature! This is the ambient temperature with the humidity factored in. The higher the wet bulb temperature, the wetter the snow will be and as the wet bulb drops the drier the product. Manmade snow is not artificial but “real snow” made by spraying atomized water particles into the cold, dry atmosphere, which freeze into snow particles before they hit the ground. The only difference is that manmade falls as round pellets while natural snow usually occurs in the form of flakes. The manmade snow lasts longer than natural, because it is more tightly bunched together.

Most of the trails at Kamview are the smoothest they have ever been and will require very little snow to make them skiable. All the trails have been maintained to their original width or wider, so rest assured we will have classic and skate tracks as early as possible; with the option of designating some trails classic only until we get enough snow. Dudleys and the Tamarack which usually require more coverage are in incredible shape and will be open early as everything else. Believe it or not, most early season phone calls are enquiring about the readiness of these two popular trails!

See you on the trails – from the cab of the Pisten Bully!

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# Incoming!

## Ski in Schools

By Lis Salmon, TBNT Ski in the Schools Facilitator

It's midweek at Kamview. The chalet is relatively quiet. Boots have been set up on the table; skis and poles are stacked out by the rental shack. Day passes have been counted and dated. We wait, and then... "Incoming!" the school bus pulls into the parking lot and upwards of 30 eager students, pile into the chalet with smiling faces, ready to step up to the challenge of learning to cross country ski.

Kamview is once again looking forward to welcoming elementary school students to our "Ski in the Schools" program. This season we have 14 schools booked, between the New Year and March Break – wow! Group size varies from eight to 30 plus students. Typically, the students come out for four consecutive weeks and by the end of that time the majority of them have developed good technique and are capable of tackling most of our trails. When you pass the students on the trails, please be patient and give them a word of encouragement as they build confidence on the down-hills, master herringbone on the up-hills and struggle to pick themselves up after a fall! We are instilling a love of cross-country skiing in the next generation and creating future TBNT members.

A note to our members: you will be happy to know that, this season we have decided to make a directional change on the Roadway Ramble. All skiers will now head down the Roadway Ramble (towards the Sundial) on the left hand-side – this has always been the easier side for beginner skiers using classic technique, especially the students. It will also be consistent with the classic tracks that are to the left side of the rest of our trails.



*Lis Salmon and a group of students head out on the trails at Kamview Nordic Centre.*

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# High School Nordics



Physical Education teacher-coach Marilyn Ailey leads her Superior Collegiate students through Kamview's Northern Lights trail.

**By Keith Ailey**

For people living in Northwestern Ontario, participating in outdoor activities is what makes our winters so enjoyable. Thunder Bay adventure-seekers are very fortunate that they can choose between Alpine skiing, snowboarding, skating, ice-climbing, and a vast array of other winter sports. However, for those who have tried Nordic Skiing, nothing can beat it. Exposure to the excitement of our sport was the reason that, after nearly a decade of dormancy, cross-country skiing in our local high schools was brought back to life in 2009 by a group headed by Marilyn Ailey, Liz Inkila, and Dave Pineau. Now, entering our fourth year of action, the Superior Secondary Schools Athletics Association (SSSAA) is set to continue growing and improving.

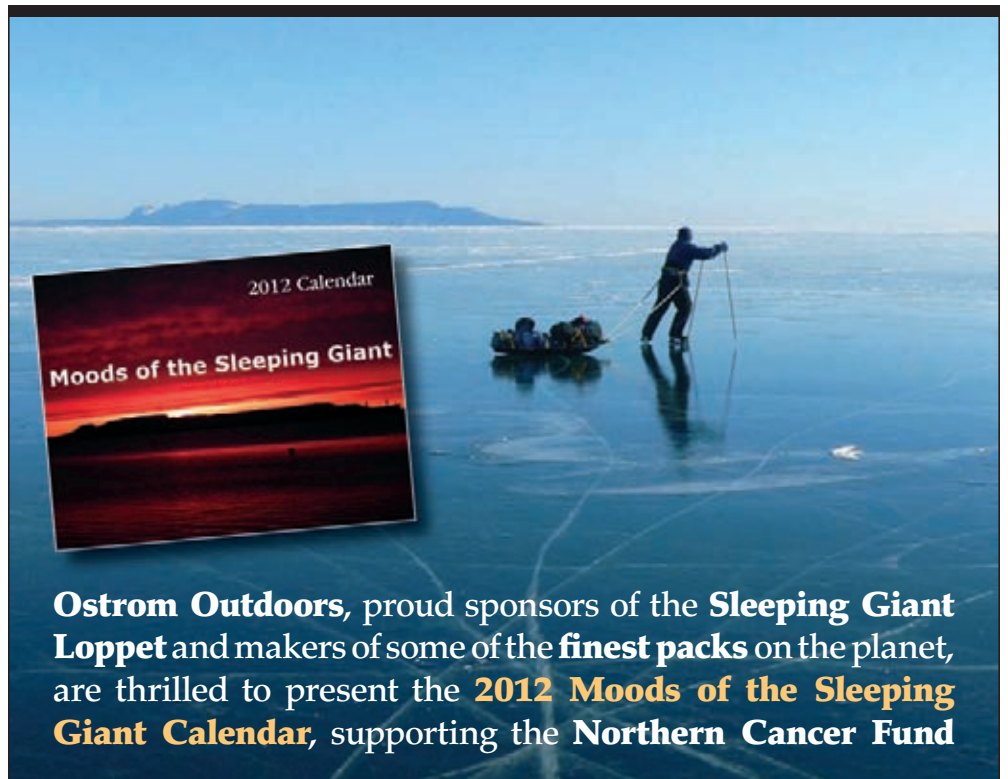
Due to the dedication of volunteer coaches at most of our local high schools, participation by new skiers and former Jackrabbits who have been off their skis for years has grown substantially. While the SSSAA season now focuses on these budding athletes, a big part of their success can be attributed to the club skiers

from Lappe Nordic and Big Thunder who, as ambassadors for the sport, act as mentors and teachers. With no cuts necessary in this participation-based sport, we have been able to welcome everyone to come out for some fun, fresh air, and healthy competition.

Last season, the addition of a short-track course in the La Verendryre school yard proved to be a huge hit with young skiers who enjoyed the relay race at this new venue. Now, in 2011/2012, Thunder Bay schools will benefit from some new equipment, purchased through a Government grant, which will surely open the door for even more people to try Nordic Skiing.

High school is all about exploring new opportunities and laying the foundations for a lifetime of success. Luckily, in the Northwest, our children will have the opportunity to experience Nordic Skiing as part of their journey.

*Keith Ailey is an art teacher at Thunder Bay's Superior Collegiate, where he coaches XC running, cycling, badminton, and Nordic Skiing.*



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# Bring The Thunder

By Jean E. Pendziwol

Thunder Bay's premier cross-country ski program, Big Thunder Nordic Ski Club, is once again on track for a big season. With year round, comprehensive programs tailored to athletes looking to win medals at the Canadian Championships, to seasonal Masters programs focusing on fitness and aiming to provide technical feedback, to kids programs that teach skill development and introduce racing in a fun and supportive atmosphere, the club offers a full spectrum of programs geared towards those excited about skiing and training.

Thus far, it has been a busy pre-season for the club, beginning with the annual Lake Superior Ski Division Training Camp in early July, which the club has run for the past 6 years. This year's camp was the biggest and most successful to date and featured former Canadian Olympian Stefan Kuhn. The team also hosted a mid-summer camp for local athletes and finished off a strong summer of training by traveling to a regional camp in Orillia to train with other top athletes from around the province. The fall has seen its share of hard training with most of the team participating in high school cross country running as well as the Fresh Air Experience - Kamview Trail Runs. Having recently returned from their annual fall camp in Lutsen, Minnesota, the team is anxious to put all of their hard work to the test in just over a month when 14 athletes attend the season opening NorAm event in SilverStar British Columbia.

In his fourth year as head coach, Adam Kates is excited about the year to come. "We definitely have one of the best clubs in the country and that includes the athletes but goes much farther and extends to the support from the parents and volunteers at our club and to the Thunder Bay ski community as a whole. Without a doubt it is the best community in Canada in which to be a skier."

Last year, Big Thunder qualified 8 of its club members to the Ontario Ski Team and captured 2 medals at the Canadian Championship, both from Angus Foster who highlighted the week with a dominant gold medal performance in the Juvenile Boys Sprint Race. The club also

captured a large number of Ontario Cup Medals and qualified 2 racers (Foster and Moira Haggarty) to the National Talent Squad. This year, the team will again look to dominate the provincial circuit and stand on the podium at the Canadian Championships.

The club continues to focus on growing its numbers by getting both younger and older. Kates says that one great point to be really excited about can be found in the increased programming offered to kids. "Our program for 9-12 year olds is amazing and gives our skiers such a head start on other kids their age in the province. Chris Serratore (coach and club president) is so dedicated and motivating and as a result we have developed one of the best youth ski programs in the country."

The Club's Masters program has access to 3 of the top coaches in the city if not the province and is also offering a new adult program aimed at helping people ski their best in the Sleeping Giant Loppet. "Steps and Strides" to the Sleeping Giant Loppet is an 8 week clinic designed specifically for the less experienced or beginning adult skier who wants to improve their fitness and technique with a goal of skiing one of the Loppet events. More information about the clinic can be found on the website at [www.btnordic.ca](http://www.btnordic.ca) or by contacting coordinators Nancy White [nmpsw@yahoo.com](mailto:nmpsw@yahoo.com) or Jack Haggarty [jhaggart@shaw.ca](mailto:jhaggart@shaw.ca) "We have athletes ranging from 9-60+ who are all out with a common purpose: the love of skiing. It is really motivating to be a part of."

Big Thunder would also like to acknowledge the Province of Ontario for recent funding support for a Nordic Ski Outreach Program. This multi-faceted project involves a partnership with the Superior Secondary School Athletic Association (SSSAA) and all local high schools to increase participation in the high school skiing program. The bulk of the funds have been used to purchase ski equipment which will be made available to high school students who may not otherwise be able to participate, as well as to provide grooming of an in-town track at Ecole La Verendrye, run workshops, and facilitate coach training.

Now let the snow fall.



Photo By Martin Kaiser

Fergus Foster competing at the 2011 Cross Country National Championships in Canmore, AB.



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# Training to Ski the “50”

With the prospect of winning a one-year lease of a Nissan Rogue, there has never been a better year to enter the Sleeping Giant Loppet. However, with the ski season beginning in December it can be daunting to prepare to tour or race 35km or 50km in eight weeks' time. Participants will find the Kamview Tour on February 4th (choose from 5, 15 or 30km distances) the perfect warm-up. It's one month out from the Loppet and provides some racing experience and a chance to get the butterflies out. There are other races in the region like the Mora Vasaloppet, [www.vasaloppet.org](http://www.vasaloppet.org), which offer the opportunity for more mid-season racing and provide good intermediary goals for your long-term training plan.

Many members of TBNT are also long-distance runners and the training principles are the same. Mark the week of February 27th as race week (this is for your taper) and count backwards to determine the length of your training plan. You should aim to do your longest ski two weeks prior to the taper week. The book “SERIOUS Training for Endurance Athletes” offers in-depth information on creating training plans. A quick Google search of Masters skiing will yield a wealth of information, check out some of the technique videos on You Tube; or you could register for Big Thunder's Steps and Strides to the Sleeping Giant Loppet ([btnordic.ca](http://btnordic.ca)). Aim to include one distance and intensity day in your week and you will be well on your way to successfully completing your first 50km Loppet!

## In-Training Cookies:

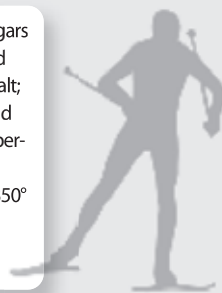
*Perfect before or after a long ski!*

- 1/2 cup butter
- 1/2 cup smooth peanut butter or almond butter
- 1 cup white sugar
- 1 cup firmly packed brown sugar
- 2 local eggs
- 1/2 cup milk
- 1 tsp. vanilla
- 7/8 cup Brulee Creek Red Fife flour
- 1 cup Brulee Creek partially sifted flour
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup semi-sweet chocolate chips
- 2-1/2 cups quick cooking oats
- 1/2 cup Ontario cranberries or raisins

Blend butter, peanut butter and sugars until smooth. Beat in eggs, milk and vanilla. Sift flour, baking soda and salt; then add to batter. Mix well and add chocolate chips, oatmeal, and cranberries. Drop by tablespoonfuls on ungreased cookie sheets. Bake at 350° for 15 minutes.

Makes about 40 large cookies.

(Recipe adapted from an out of print cookbook "Fit to Eat")



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# Vote Devon Kershaw CBC Athlete of the Year

CBC blogger Scott Russell has compiled a list of a dozen deserving candidates for CBC's athlete of the year and Northern Ontario native Devon Kershaw needs your vote.

Go to <http://www.cbc.ca/sports/blogs/scottrussell/2011/11/a-deserving-dozen-candidates-for-canadas-athlete-of-the-year.html> to cast your vote for Devon.

Devon Kershaw is originally from Sudbury and began his career with Laurentian Nordic. He now lives and trains out of Canmore, Alberta with the Canadian National Cross-Country team. Devon had a standout year in 2011 and has been billed as one of Canada's best male cross-country skiers, ever. He began his ascent to greatness in 2006 when he became the first Canadian male to podium in a sprint event when he won a bronze medal in Borlange, Sweden. Not only did this pave the way for the Canadian Men to become regular podium contenders, but he joined the ranks of the great Pierre Harvey who won two World Cups in 1988. The 2010-11 season, saw Devon medal in 4 of the 10 stages of the Tour de Ski, including one gold. He then combined with Alex Harvey in the team sprint to win Canada's first-ever gold medal at the World Ski Championships in Oslo, Norway. Fans of Canadian cross-country skiing will never forget the image of the two teammates strumming their skis like the rock stars of the Nordic World! Devon has a Thunder Bay connection as his mother, Maureen lives and skis here. When you pass her on the trails or bump into her in the chalet be sure to let her know the Thunder Bay Nordic community is behind Devon and wishes him the best for the 2011-12 season. Check out Devon's website <http://devonkershaw.com> or follow him on Twitter to keep tabs on his current racing exploits.

Fans of the Tour de France will want to tune in to the Tour de Ski this December. This cold-weather counterpart to Le Tour is a multi-stage ski extravaganza that begins in Oberhof, Germany on Thursday December 29th with the men's and women's free-technique prologue. It finishes ten days and eight events later with a 9km free climb in Val di Fiemme Italy. Visit <http://www.fiscrosscountry.com/fis-tour-ski/fis-tour-ski-2009-10-ove.html> for the entire schedule. You'll want to make friends with someone who has a good cable package or live stream the action on the internet as you cheer on Devon and Canada's National team at the 2011-12 Tour de Ski.



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December 25  
(Christmas Day)  
Closed

December 26  
(Boxing Day)  
10:00am – 4:00pm

December 31  
(New Year's Eve)  
9:00am – 8:00pm  
(Lights will be on until 12:30am Jan. 1)

January 1  
(New Year's Day)  
10:00am – 4:00pm

The lights are on until 10:00pm  
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# Kamview Jackrabbits: Learning the FUNdamentals of Nordic Skiing

By Sabrina Francescut, Jackrabbit Leader and Berit Dool, LSSD Para-Nordic

This year, the Kamview Jackrabbits are planning a number of exciting activities and partnering with other ski organizations such as Big Thunder Nordic Ski Club and Lappe Jackrabbits to bring you and your children a very active and dynamic year of skiing. Our primary goal is to encourage your kids to have fun while learning the FUNdamentals of skiing. You will be amazed how a participant can make great progress in their skills through fun activities. This season, each Jackrabbit will be given a log sheet to track their accomplishments. Awards are given out at the end of the year to celebrate the number of times your child has skied and the distance they have skied in, and out of, Jackrabbit sessions.

The Kamview Jackrabbit adaptive program is in its second season. This program for children with physical disabilities had one enthusiastic participant last year. Jackrabbit leader, Denise Taylor, was always coming up with creative and engaging activities to improve his skills and have fun. Each week a different Jackrabbit had the opportunity to try out the sit ski and participate in the session. It gives them an appreciation of how challenging the slightest uphill can be when you only have your arms and core for power! There are three sit skis of different sizes available for loan at Kamview. If you know of someone who may want to try adaptive (also called Para-Nordic) skiing or you're curious to see what it's like, borrow and sit ski and head out on the trails! You will be amazed at the size of your triceps and abs by the end. Please contact Berit Dool at [lssd.paranordic.com](http://lssd.paranordic.com) with questions.

**Jackrabbit Games and Races:** The fourth annual event will be held on February 11, 2012. It is a day of fun and games and relay races involving kids and their parents. Food, music and a festive atmosphere are the orders of the day. All young skiers welcome, please visit our website at [www.kamviewjackrabbits.ca](http://www.kamviewjackrabbits.ca) for more details about all of our programs.



Photo By Ken Widdifield

A princess competes in the Jackrabbit Games.

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Photo By Jon Nelson

*Maureen Ahokas in fine form, modeling her SGL toque.*

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# You're invited to our GIANT friends & family Ski Reunion!

In 2012 the Sleeping Giant Loppet celebrates its 35th anniversary and we will celebrate with a GIANT Ski reunion. Invite your friends and family home for the first weekend in March, to join you at the best ski party around. If you live in Thunder Bay and haven't skied the Loppet since it was the Sibley, it's time to dust off those skis and start training. The Loppet features events from the 8km family friendly mini-Loppet to the marquee 50km Free challenge. Our competitors range in age from 4 to 88, so there's something for everyone. Calling all former winners for our "champions challenge"! Compete against other winners (you'll receive a handicap equal to the number of years ago you won plus your age) and vie for the champion's cup. If you live in Northwestern Ontario and have been looking for a reason to register for the Loppet, 2012 is the year. Our presenting sponsor Half-Way Motors Nissan has generously donated a draw prize of a one-year lease of a Nissan Rogue. The draw will take place at the park after the Loppet-see the website under awards for details.

The RBC Sleeping Giant Sprints will kick off our ski festival. Head out to Kamview Nordic Centre on

Thursday March 1st to watch this thrilling, high speed, head to head dash for cash. The challenging 200m sprint course will see 64 men and women compete for a total prize purse of \$1500.00, generously provided by RBC. If you're a citizen racer you don't have to spectate, you can join in the action! Form a team of three with one person of the opposite gender and register for our non-competitive category (bragging rights only). Not a sprinter? Drop by Kamview after kit pickup, grab a hot chocolate and a cowbell and cheer on your favourite competitors.

Nostalgia is in the air for the 35th edition of the Sleeping Giant Loppet! Do you remember what skiers wore in 1978? Check your attic for knickers, leather boots and woolen sweaters and wear them to the Retro Fashion Show at kit pickup, or model your oldest race t-shirt or pin collection. If you purchased a neon race suit at the Ski Swap, we want to see you wear it in the Loppet -you might win a prize for best retro outfit. Get out the pine tar-the Woodymakeit award will make a comeback in 2012 and all competitors who complete the 50km on wood skis will receive an award courtesy of Rollin'

Thunder. Speaking of awards, Fresh Air will sponsor a sweet new prize package for the 1st and 2nd place winners of the 50km Free event. All the hardcore Classic skiers will be happy to hear that Gear Up for Outdoors is providing an Icebreaker package worth \$500.00 for first place and \$300.00 for second place, male and female skiers in the 50km event. That's worth improving your Classic technique for! If your goal is to win your age group or one of our other special awards you'll want to attend our Pancake Party and awards ceremony at Kamview on Sunday March 2nd from 10-1pm. Join us for a pancake brunch with local flour and blueberries provided by Belluz farms, pick-up your age group award and head out for a recovery ski. What a perfect way to end the week-end!

Check the website [sleepinggiantloppet.ca](http://sleepinggiantloppet.ca) regularly and follow us on Facebook, for announcements about new sponsors, contests and prizes! Registering early for a race always helps kick-start your training; so register now and beat the February 7 deadline-you will even be eligible for a prize package. We look forward to seeing you at our GIANT friends and family ski reunion!



## Building An Energetic Community

Each and every year The Chronicle-Journal supports a wide variety of community events. We support endeavors that have community involvement and offer real benefit to specific groups, charities and non-profit organizations. We feel we have a responsibility to effect significant change and provide opportunity. We take pride in our position as community supporter helping to raise funds for sports, health care, youth, theatre, arts, education and cultural events. We are fortunate that we have this occasion to build an energetic and vibrant community.



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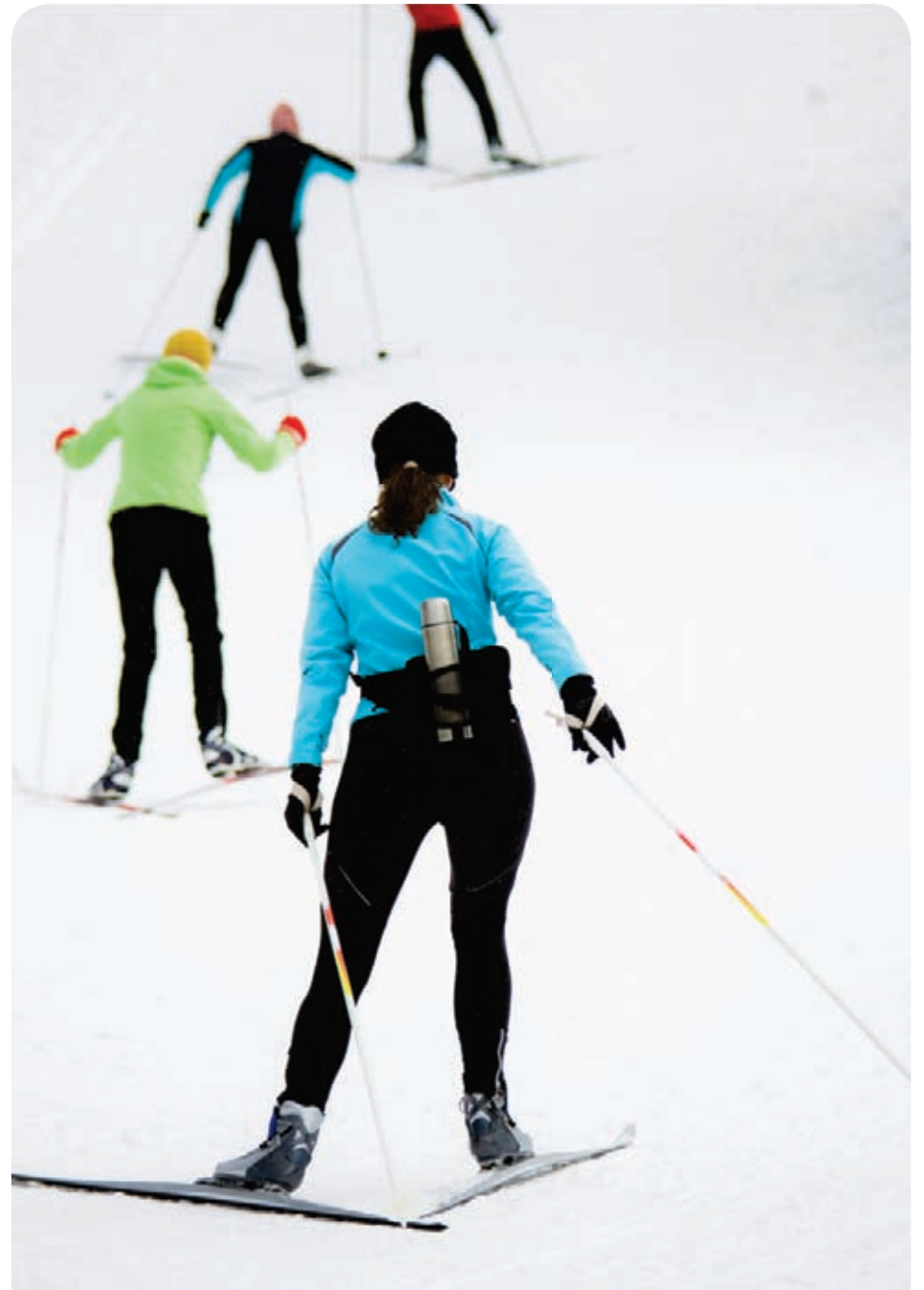
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# Good Grooming...

By Peter Crooks, Gold Medal Groomer

As members of Thunder Bay Nordic Trails, we are fortunate to have three incredible venues; Kamivew Nordic Centre, Kakabeka Falls Provincial Park and Sleeping Giant Provincial Park to choose from when we go out for a ski. Over the years Thunder Bay Nordic Trails has become one of the largest "clubs" in North America, not only in terms of membership size, but also infrastructure.

We now boast a huge fleet of equipment for both winter and off-season use including:

- Two snowcats
- Eight work snowmobiles
- A multitude of tow behind grooming implements
- Three John Deere Gator utility vehicles
- Cushman 60" diesel mower
- Ford diesel tractor with many implements
- An assortment of chainsaws, brush cutters and other mowers
- Landscaping trailers and a float to haul our Pisten Bullys
- A heavy-duty diesel pickup truck

Having this collection of equipment available allows us to have our trail network manicured to perfection in the spring, summer

and fall, so that we are able to open 10-15km of trails with as little as 5-8cm of snow cover. Members may wonder why we mow our trails all summer long, but this allows us to see rocks and other obstacles that would make early low snow skiing impossible. It also makes for pleasant hiking and great trail running. I am often asked how I keep "busy" in the summer. Imagine trying to maintain a lawn 4-5 metres wide and 100 km long.

Consequently, there is plenty of work to do as I prepare trails, maintain and repair machinery and basically get ready for next winter!!! This off-season maintenance combined with many hours spent on a snowmobile and hand shoveling is the key to early "low snow" skiing. Aside from a few unique methods I have developed over the years, hard work is the magic ingredient to keeping over 100km of trails spread out over three venues in pristine condition.

I want to thank the staff at Kakabeka Falls and Sleeping Giant Provincial Park for their assistance in preparing the park trails for snow during the summer and fall. Without their staff and machinery we wouldn't be able to keep up with the maintenance on all three trail systems. So, the next time you rave about the early season conditions at Kamivew remember you belong to one of the best ski clubs in North America!



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# Thunderwolves Hunt for OUA Gold

By Adam Kates

After dominating the OUA Nordic Ski scene for the better part of the last decade, the Lakehead University Women's Nordic Ski Team enters this season with a clear goal of winning an unprecedented 7th OUA Championship title and regaining the National crown which they owned for seven years straight and narrowly lost to the University of Laval last season.

This year, the team is stronger than ever with many new faces and a core of proven veterans returning to lead the team. Last year's team MVP, Daphne Haggarty as well as OUA Champion and Lakehead University Women's Rookie of the Year Andrea Lee will be joined by OUA medalist Kara Jaspers to form a formidable 1-2-3 punch. The trio will be looking for the same podium sweep that they accomplished at last year's OUA Championships. Veterans Britt Bailey, Amie Mathews, Krista Luckai and Katherine Hall as well as talented newcomers Moira Haggarty, Steph Drost and Alannah Maclean, all of whom have finished top 6 at the Canadian Junior Championships in the past, make this year's team perhaps the deepest and most talented squad in recent memory.

On the men's side, the rebuilding is nearly complete and the squad is looking towards reclaiming the OUA title which has gone to Carleton the last two seasons. Leadership this season will fall on the broad and capable shoulders of last year's OUA double gold medalist Greg Kilroy who is more fit than ever and who is hungry for more of last year's success. Kilroy will be joined by Ben Jones who, as a freshman last season, claimed OUA bronze. Veteran Lachlan Armstrong, will add stability to a team with many exciting new additions.

Harry Seaton, one of the top sprinters in Canada has committed to the team as has former National Development Centre athlete Leif Lennie. Both of these athletes will give a huge boost to the men's program as will a healthy Luke Viljakainen who is currently recovering from compartment syndrome surgery, but should be ready for start of the season. New additions include Cody Scott, Jordan Baird, Lucas Shewen, all of whom are looking to be a part of Lakehead's winning tradition.

Winning has been a longstanding practice within the Thunderwolves Nordic Skiing Program and this year proves to be no different as both the men's and women's teams are ready to show that their Lakehead University is without question the premier Nordic Ski institution in the country.



*Greg Kilroy "Gold" 2010 OUA Championships*



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## Heads up on the Roadway Ramble

We have made a directional change on the Roadway Ramble this year. All skiers will now head down the Roadway Ramble (towards the Sundial) on the left hand side. This change was made because the left side has always been the easier side for beginning skiers using classic technique, especially students and Jackrabbits. It's also consistent with Classic tracks being to the left side of the rest of the trails. It might take some getting used to (just like calling the "Sibley" the Loppet), but it will make things easier for everyone!

## Stay connected: we need your email

Thunder Bay Nordic Trails is greening up! In an effort to reduce paper waste and save costs, we have begun distributing *Nordic News* by email and through our website. If you have not been receiving notification of *Nordic News* by email, please check with the front counter staff at Kamview to ensure that we have your correct e-mail address in our database. If you're not a member, but are still interested in receiving our updates please ask to have your e-mail added to our communications list.



## Thunder Bay Nordic Trivia??

- 1) In which country is the Dachstein Glacier, a popular training venue for many of the world's top Nordic ski teams, located?
- 2) True or False. Former NDC skier Sean Crooks qualified for the men's sprint heats at the 2010 Vancouver Olympics?
- 3) What is the top selling ski brand in the world?
- 4) True or False. In 1972, Thunder Bay Skiing Legend and father of NDC assistant coach Timo Puiras, won a gold medal in the men's individual 30km classic race at the Canadian Championships?
- 5) In which country were the 2003 World Nordic Ski Championships held?
- 6) Has Devon Kershaw ever won a World Cup race?
- 7) What year did Thunder Bay host the World Nordic Ski Championships?

Answers on page 19

*Congratulations to the Sleeping Giant Loppet on their 35th Anniversary !*



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# NDC Athletes look to represent Thunder Bay on the World Stage



*NDC Athletes Train in Northern Italy – Fall 2011.*

**By Amanda Holdsworth, NDC Team Manager**

After an exciting 2010/2011 season which saw Michael Somppi qualify for the National Team, Andy Shields and Erin Tribe make the World Junior and Under 23 Championships and Andrea Lee become National University Champion, the team is looking to continue to assert themselves as the lead development centre in Canada.

Head Coach Eric Bailey returns for his 8th season at the helm and will be assisted by Timo Puiras in striving to help athletes represent the Thunder Bay Ski Community on the world stage.

National Development Centre welcomes 4 new faces to Thunder Bay:

- Alannah Maclean from Sudbury
- Jack Carlyle from Sault Ste. Marie
- Jordan Cascagnette from Penetanguishene; and
- Nick Monette from Oakville

These new faces all bring talent and enthusiasm to an already strong team and will set the foundation for NDC to succeed this season and into the future. The team now consists of 12 athletes and 3 staff members, making the 2011/12 edition the largest team in a number of years.

Thank-you to all those who came out and made NDC's 10th annual Nordic Fest Fundraiser on November 12th a huge success. What a great community we are blessed to have here in Thunder Bay! NDC athlete Erin Tribe put it best in one of her recent articles, "It was a great night filled with auctions, prize winning, entertainment and delicious, traditional food. Best of all, the amazing Thunder Bay community came out to support the training centre athletes and without them we wouldn't be able to do what we do".

*NDC Athletes look to represent Thunder Bay on the World Stage continued on the following page*



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Currently training in Silverstar BC and anxiously awaiting the first NorAm races of the season on December 10/11th and the following weekend in Rossland, BC, the team can finally put their summer training to the test. The athletes trained extremely hard over the summer months and attended multiple training camps including the famous LSSD camp in Thunder Bay, a favorite to many athletes (thank-you to Big Thunder for organizing such an incredible camp!!), the Haig Glacier in Canmore, Alberta, the Southern Ontario Division training camp in Barrie, Ontario, and as a final ramp up before the competitive season begins, half the team trained in Italy where they took advantage of early season on snow training and exposure to altitude.

The team is looking forward to hitting the start line for the first race of the Ontario Cup at Lappe! This marks the start of another busy season where the team will compete in numerous events across North America to vie for spots on World Teams. NDC athletes are also looking forward to competing in the Sleeping Giant Sprints and Loppet at the beginning of March and

winding down the season at the Canadian National Championships in Monte Ste. Anne, Quebec March 17th-24th.

We are also very pleased to announce that CRC Communications, located at 555 Dunlop Street, has become the new NDC office headquarters. This move provides NDC with an amazing operational resource and allows athletes and staff to function as efficiently and productively as possible. CRC Communications has been a long time and key partner of NDC-Thunder Bay and continues to serve as the "leading authorized dealer and service depot in Northwestern Ontario for Canada, the industry leader in communication technology" ([www.crccommunications.com](http://www.crccommunications.com)). NDC is on the web at: [www.ntdc-tbay.on.ca](http://www.ntdc-tbay.on.ca). For updates on the team's latest adventures and a detailed race calendar, be sure to visit the website.

On behalf of the NDC athletes and the Board of Directors, we would like to thank our sponsors and the ski community in Thunder Bay – without your support; we would not be where we are today.

## NDC Thunder Bay Team Roster

Name	Club	Hometown	Year on NDC	Racing Category
Michael Somppi	Lappe Nordic	Thunder Bay	5th	Senior Man
Harry Seaton	Team Hardwood	Orillia	4th	Senior Man
Chris Hamilton	Big Thunder Nordic	Thunder Bay	3rd	Senior Man (U23)
Erin Tribe	Team Hardwood	Barrie	3rd	Senior Woman (U23)
Dudley Coulter	Big Thunder Nordic	Marathon	2nd	Senior Man (U23)
Jimmy Gunka	Big Thunder Nordic	Thunder Bay	2nd	Senior Man (U23)
Andrea Lee	Strathcona Nordic	Black Creek, BC	2nd	Senior Woman (U23)
Andy Shields	Waterloo Region Nordic	Waterloo	2nd	Senior Man (U23)
Jack Carlyle	Soo Finnish Nordic	Sault Ste. Marie	1st	Junior Man
Jordan Cascagnette	Team Hardwood	Penetanguishene	1st	Senior Man (U23)
Alannah Maclean	Walden Fitness Club	Sudbury	1st	Junior Woman
Nick Monette	Team Hardwood	Oakville	1st	Junior Man
Eric Bailey	Head Coach	Thunder Bay	8th	
Timo Puiras	Wax Technician/ Assistant Coach	Thunder Bay	3rd	
Amanda Holdsworth	Team Manager	Orillia	2nd	






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## TB Nordic Trails' AGM

January 8th, 2012 @ 6:30pm at the Kamview Chalet. Everyone welcome!

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### Thunder Bay Nordic Trivia Answers

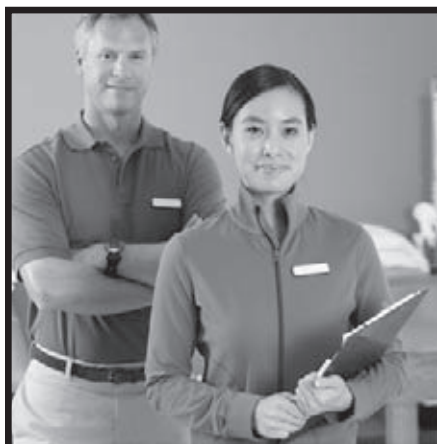
(1) Austria (2) False - He competed in the 2006 Olympics (3) Fischer (4) False - 50km (5) Italy (6) Yes - Skate Sprint (7) 1995

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