



# nordicNEWS

Fall 2011

Kamview Nordic Centre • Phone 475-7081 • Snow Phone 625-5075 tbnordictrails@tbaytel.net • [www.nordictrails-tb.on.ca](http://www.nordictrails-tb.on.ca)

## Get Your Skis Waxed and Ready!

by Peter Crooks, Manager Thunder Bay Nordic Trails

Could it be that this is a “normal” winter approaching??? I am breathing a sigh of relief knowing that there will be no pre-Olympics, no Olympics and no Special Olympics in my schedule this year. Not that I did not greatly enjoy all of these fantastic events, but it will be nice to concentrate on a perfect Thunder Bay recreational ski year. Our annual events: the Kamview Tour, Kamview Classic and Sleeping Giant Loppet are all part of a regular ski season and easy to pull off. So get your boards waxed up and pray for early snow or cold enough temperatures to make some! By the time it comes we will be ready for instant skiing at all areas. Here are some summer projects that have been completed:

- The downhill sharp turn a lot of you did not like on the Aspen trail has been moved and modified. I am sure you will like it!!!!
- All trails have been mowed wide and are in excellent shape.
- The Tamarack trail has been completely mowed for the first time ever and with the work done last year and this fall, it will be ready for skiing at the first snowfall !!
- Widening has taken place on all trails to accommodate the new snowcat with additional trees to come down later this fall.
- Our PB 160 Pisten Bully has had major overhaul work done, so it should be trouble free at Sleeping Giant PP this year.
- Our new PB 100 has had a few factory changes performed and will perform flawlessly as well.
- All toilets in chalet have been upgraded with auto-flushers.
- Baby change tables have been added to both change rooms.
- Lights have been installed in area below chalet hill.

- A new trail map (aerial photograph) has been erected in front of chalet.
- A new trailhead sign at Dudley's will clarify dog trail rules and etiquette.
- All encroaching sections of Lookout trail have been widened with chipping taking place this fall.
- The lower section of Burma trail in the park will be widened before first snows.
  - New snow guns for chalet area will make better snow earlier with plans to have snow up at chalet hill and a few trails earlier than ever. (Early season skiing with a few hills!!!!)

These are just a few of the improvements which will make for great skiing but with many more less visible trail work tasks completed, early skiing on more trails (Tamarack and Dudley's in particular) will be a reality.

### Upcoming Events

Oct. 15	Big Thunder Fall Festival
Oct. 20-23	TBNT Ski Swap
Oct. 22	Jackrabbit Registration
Oct. 23	7th Annual Fresh Air 1/2 Marathon
Oct. 31	Early Membership Deadline
Nov. 12	NDC Nordic Fest
Jan. 6-8	Ontario Cup @ Lappe Nordic Centre
Jan. 8	TBNT AGM
Feb. 4	Kamview Tour
Feb. 11	Jackrabbit Sprints and Games
March 1	Sleeping Giant Sprints
March 3	Sleeping Giant Loppet
March 10	Kamview Classic
March 31	Kamview Gala

CROSS COUNTRY EQUIPMENT AND

# SKI SWAP

2011/2012 memberships  
**NOW ON SALE!**  
early purchase deadline October 31



**OCTOBER 20<sup>TH</sup> – 23<sup>RD</sup>**  
**KAMVIEW NORDIC CENTRE**

851 20<sup>th</sup> Side Road (off Highway 61)

**THURS/FRI – 5PM-9PM**  
**SATURDAY – 10AM-4PM**  
**SUNDAY – 10AM-3PM**

FOR MORE INFORMATION:  
call (807) 475-7081 visit [www.nordictrails-tb.on.ca](http://www.nordictrails-tb.on.ca)



Remember 20% of Ski Swap sales go to support TBNT fundraising!

## Fido Friendly Trail Etiquette

In the off-season, we are fortunate to have the privilege of walking our dogs off-leash on some of the most beautiful trails in the region. In the winter, Dudley's loop is open to skiers and their dogs. Please show respect to other hikers and skiers and ensure your dog is on a leash within 100m of the Chalet. If your dog poops on the trail and you don't have a scooper- please use the “stick and flick” method to keep the trail clean for other users. If we remember to use good trail etiquette, everyone will remain happy and we can continue to enjoy the trails at Kamview with our furry friends.



## Join our GIANT Family & Friends Ski Reunion!

It's the 35th anniversary of the Sleeping Giant Loppet and nostalgia is in the air. We want to invite all former participants, tour winners, race directors and volunteers to join us at our GIANT family and friends ski reunion. Did you ski the "Sibley" when it started on Pass Lake and haven't participated for a few years? Do you have friends and family living out of town that loved skiing Sibley and you want an excuse to bring them home for a visit? Are you a TBNT member who has never skied the Loppet? If the answer is "Yes" to any of the above, then it's time to register for the 2012 Sleeping Giant Loppet.

Do you remember what skiers wore in 1978? It's time to dig those knee socks, knickers and wool sweaters out of the attic and get ready for our retro fashion show! While you're at it see if you can find an original Thunder Bay or Sibley Ski Tour t-shirt in your closet and set it aside to wear to kit pick-up. In a nod to the past, the Woodymakeit award will make a comeback in 2012. This year every skier to complete 50km on wood skis will receive a prize. So take those wood skis off the wall, apply some pine tar and get ready to challenge yourself on the 50km loop!



The Sleeping Giant Loppet is a true ski festival that has something for everyone. The 8km mini-loppet is perfect for families and first timers. Speed demons and week-end warriors looking for more of a challenge can register for the 20km. The non-competitive 35km tour caters to skiers who want a longer distance, but without the pressure of racing. The majestic 50km course challenges elite racers and age-group athletes alike. This year we are pleased to offer prizes in both the 50km free-style and 50km classic events. All Loppet participants can look forward to receiving one of our extremely popular chocolate medals courtesy of KMH Engineering. Watch the website and our Facebook page for more prize announcements coming soon.

In 2012, we are pleased to once again present the RBC Sleeping Giant Sprints. On Thursday March 1st, 2012 head to Kamview Nordic Centre to participate in this "head to head, dash for cash". The sprints take place on a 200m spectator friendly course. There are tight corners, quick climbs and always the threat of spills and upsets! The event is open to 32 men and women, the winners of the final five heats receive a cash prize, with the total purse valued at \$300.00. Not a racer, but want to participate anyway? Organize a mixed team of three and enter the citizen category, bragging rights only to the winners!

If you haven't skied the Loppet in years it's time to get off the couch and start training! Call your friends and family and make plans to join us at our GIANT family and friends Ski reunion on March 3, 2011. Check our website for updates and online registration, friend us on facebook or follow us on Twitter.

[www.sleepinggiantloppet.ca](http://www.sleepinggiantloppet.ca)



## Teaching the FUNdamentals of Nordic Skiing

by Sabrina Francescut

We all know that physical activity plays an important role in our health and well-being. People who are active live longer and healthier lives. Let's also remember that people who are active are generally more productive, and are less likely to suffer an injury or illness. According to Health Canada, kids and youth should enjoy a healthier lifestyle, and they need a minimum of 60 minutes of physical activity everyday. Why not start them off on the right foot ... by enrolling in the Kamview Jackrabbit Program?

Nordic skiing will build both aerobic and muscular strength and the kids will have FUN while exercising. The Kamview Jackrabbit Program works though the FUNdamental skills of Nordic skiing. It's never too late to join ... we have levels for every child and youth who have some or none ski experience.

Parents are welcome to join during the lesson, which helps the kids builds their self-confidence while showing off their skills to mom or dad. Cross country skiing with your children helps build strong bonds and a healthy family lifestyle. The Jackrabbit program can help by teaching your kids efficient skiing techniques that make it fun.

If you wish to join the Kamview Jackrabbit Ski League, contact the coordinator Michael Puderbach at [coordinator@kamviewjackrabbits.ca](mailto:coordinator@kamviewjackrabbits.ca). Or check-out our website [www.kamviewjackrabbits.ca](http://www.kamviewjackrabbits.ca) for more information. If you are hesitant, just come out to Kamview on a Saturday morning from 10:00 – 12:00 and ask the participants if they are having fun.

[www.kamviewjackrabbits.ca](http://www.kamviewjackrabbits.ca)



## **Big Thunder Nordic Ski Club**

Ready to "STEP UP" for  
the  
2011-2012 Season

by Jean E. Pendziwol

Now that the mornings have some crispness to the air, it won't be long before snow is on the ground, and Big Thunder athletes start waxing their skis for a new season.

But even over the summer, club members have been busy. Big Thunder hosted the LSSD training camp held at the beginning of July, which was a huge success and saw athletes attend from all parts of Ontario and other provinces as well.

We received over \$22,000 in funding support from the Ministry of Health Promotion's Healthy Community Fund for the implementation of a "Nordic Ski Outreach". This project sees Big Thunder partnering with SSSAA and the local high school coaches and leaders on a program which focuses on physical activity, healthy eating, injury prevention and mental health promotion for youth 13 to 18 years of age. A huge part of this project is the purchase of ski equipment which will be made available to students who want to participate in the high school Nordic ski program. Thank you to our partner equipment suppliers, Fresh Air Experience and Rollin' Thunder.

Exciting program developments for 2011-2012 focus on masters skiers. In addition to our existing Masters and Masters-Lite (on snow) programs

which are perfect for experienced skiers looking to train with a coach two to three days a week, we are introducing an 8 week **Steps and Strides to the Sleeping Giant Loppet** clinic, designed especially for less experienced or beginning adult skiers who want to improve their technique as well as train with a focus on skiing one of the Loppet events. **Steps and Strides** will take place Thursday evenings at Kamview Nordic Centre beginning in January, and costs only \$100. Registration information can be found on our website.

Our development programs continue to offer a growing group of young and enthusiastic skiers a range of options, from Junior Racers, to Development Team and Racing Team. For more information on Big Thunder programs or to get registration information, visit [www.btnordic.ca](http://www.btnordic.ca)

On October 15<sup>th</sup>, Big Thunder's athletes and coaches have invited all Jackrabbit athletes and parents to a **Fall Festival** to be held at Kamview Nordic Centre from 12:00 to 2:30 pm. Rabbits will have a chance to train with Big Thunder's athletes in a fun, friendly atmosphere, try out roller skiing, and go for a pole walk. The event is free of charge, includes freshly made pizza baked in an outdoor oven, and is geared for all ages and abilities of athletes.

The upcoming race season will be exciting and our competitive athletes are training for the Ontario Cup races leading up to the National Championships which will be held in March in Mt. St. Anne, QB. The first O-Cup event is scheduled for January 6-8 in Thunder Bay. Consider volunteering, or come out and cheer the amazing local athletes.

For more information about Big Thunder, visit our website or contact head coach Adam Kates at [adam-ckates@gmail.com](mailto:adam-ckates@gmail.com)

See you on the trails!

## **Kamview Jackrabbit Adaptive Program Year Two**

by Berit Dool

Welcome to another cross-country ski season! As some know, this will be the second season for the Kamview Adaptive Program. Last year was a success as the program had one enthusiastic jackrabbit, whom even participated in the races! 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 a greater understanding of how challenging the slightest upgrade can be when your legs and trunk do all the power!

Kamview Jackrabbits will once again have an adaptive program for children with physical disabilities. Such physical disabilities include but are not limited to: cerebral palsy, spina bifida, developmental coordination disorder, and visually impaired.

On a side note, three sit skis (different sizes) will be available for loan at Kamview Nordic Centre. If you know of someone who may want to try adaptive (also called Paranordic) skiing or you're curious to see what it's like, then try it! You will be amazed at the size of your triceps and abs by the end.

If you have any questions, please contact myself, Berit Dool at [lssd.paranordic.com](http://lssd.paranordic.com).

Enjoy the trails this winter!

**Purchase your  
Genuine Quebec  
Maple Syrup  
in support of  
TBNT  
Capital Projects  
\$14**

**540ml. Available at the Ski  
Swap while supplies last.**

## Lakehead Nordic Team Preview 2011-2012

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 7<sup>th</sup> 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 and National 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 men's 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 tradition 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 Skiing institution in the country.



## Holiday Gift Ideas

Don't forget TBNT items when it comes to gift giving!

Do you have family or students home for the holidays? Consider our **three or five day passes**. You receive the regular weekday rate any time you ski, they are valid any time through-out the 2011-12 season and are transferable to multiple skiers.

Our famous **Kamview Cookie Card** makes a perfect stocking stuffer. It's a great incentive for skiers young and old and convenient-no need to dig for change when a cookie craving hits!

Are there new parents in your family circle? Our **baby glider rental** punch card is the perfect gift for active families. Everyone can get out skiing and you don't have to pack up the jogger plus all your ski equipment! You receive 10 rentals for \$54.00 plus HST, make sure to call

and reserve the glider before you head out.

A **Thunder Bay Nordic Trails Membership** is the perfect gift for the outdoor enthusiast who has everything. A membership entitles you to ski at Kamview Nordic Centre, Kakabeka Falls and Sleeping Giant Provincial Parks and add-ons are available for Lappe Nordic Centre. A membership is a great value and encourages you to hit the trails more often.

## Special Olympics Volunteers Needed!

by Hilary Mettam

Last January, Kamview hosted the Nordic Skiing and Snowshoeing competitions for the 2011 Special Olympics Provincial Winter Games. It was a fantastic experience for all involved and once again showed that the Nordic community in Thunder Bay can deliver world class events!

Building upon the success of those Games, the local Special Olympics committee is looking to introduce more athletes to the sport of cross-country skiing. To do this, we are planning to host two or three "Try It" Days this winter where Special Olympics athletes can come out to Kamview for an afternoon and try our sport.

Though the details are yet to be finalized, we are recruiting volunteers to assist with teaching the athletes some of the basics, while making sure everyone has fun! One of these sessions will likely be held in December and another in February.

If you are interested in helping out with one of the Special O "Try It" Days this winter, or would like more information, please contact Hilary Mettam at [hilary.mettam@ontario.ca](mailto:hilary.mettam@ontario.ca) or 344-2938.

## Fabulous Fridays

### After Five

Every Friday after five o'clock, head to Kamview Nordic Centre for specially reduced rates on trail passes and rentals.

## **NDC Primed and Ready for 2011-12 Season**

by Amanda Holdsworth,  
Team Manager

With winter just around the corner, NDC-Thunder Bay is primed and ready for the 2011/2012 season. The athletes were hard at work throughout the summer attending multiple training camps including the famous LSSD camp in Thunder Bay, a favourite to many athletes (thank-you to Big Thunder for organizing such an incredible camp!!), the Haig Glacier in Canmore, Alberta, and the Southern Ontario Division training camp in Barrie, Ontario. As a final ramp up before the competitive season begins, half the team is currently in Italy where they will take advantage of early season on snow training and exposure to altitude. After an exciting 2010/2011 season which saw Michael Somppi qualify for the National Team and included Andy Shields and Erin Tribe earning spots on the World junior and Under 23 Championships Team, the team is looking to continue to assert themselves as the lead development centre in Canada. This year, NDC welcomes 4 new faces to the Thunder Bay Ski Community: Alannah MacLean from Sudbury, Jack Carlyle from Sault Ste. Marie, Jordan Cascagnette from Penetanguishene, and Nick Monette from Oakville, Ontario. 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. 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.

NDC would like to thank all of our sponsors and the ski community in Thunder Bay – without your support, we would not be where we are today.



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.crccommunication.com](http://www.crccommunication.com))

On October 27th at 2pm, NDC-Thunder Bay is holding a team kick-off event to start off the season. This event will be held at PUSH Fitness Centre and all are welcome. The event will start off with a team announcement and be followed by a fun roller ski race.

### **NORDICFEST – NEW VENUE!!**

Be sure to mark November 12th on your calendars as Nordic Fest is taking place at 6pm! A new location has been set - Polish Alliance of Canada Hall located on 102 Court Street South. Come on out for some fun, great food, great company, amazing silent and live auction items, and meet the new team! Tickets are \$45 and we are looking forward to seeing you there! Please call the NDC office @ 624-4249 to reserve your tickets or to make a donation. Tickets will also be available for purchase at Big Thunder Nordic's Fall Festival at Kamview Nordic Centre on October 15th from 12-2:30 as well at Lappe's Ski Swap on October 15th and the Thunder Bay Nordic Trails Ski Swap

on October 20-23rd at Kamview Nordic Centre.

If you need some extra help around your home or are in need of some ski lessons, why not adopt an athlete? Please call Amanda at the NDC office at 624-4249 or for more details or check out our website.

Our next meeting takes place on October 17th. If you are interested in becoming a board member, please call the NDC office. We welcome new and innovative ideas!

On behalf of the NDC athletes and the Board of Directors, we thank-you for being behind the team and we are all excited to represent Thunder Bay for another season! Check out our website for the team roster, updates from the athletes and more information:

[www.ntdc-tbay.on.ca](http://www.ntdc-tbay.on.ca).

Amanda Holdsworth  
Team Manager  
National Development Centre -  
Thunder Bay  
Office: (807) 624-4249  
Mobile: (807) 626-2224



## **Nordic Fest 2011**

In Support of NDC  
November 12, 6:00 pm  
Polish Alliance of Canada  
Hall

Tickets \$45

To reserve tickets or  
make a donation, call:  
NDC Office 624-4249

**Did you know...**

**KAMVIEW**

**has over**

**5km of**

**Snow Trials**

More details and snow shoe  
rentals at the Concession

