



Autumn 2010

# nordicNEWS

Kamview Nordic Centre • Phone 475-7081 • Snow Phone 625-5075 tbnordictrails@tbaytel.net • www.nordictrails-tb.on.ca

## Summer is always a busy time at Thunder Bay Nordic Trails

by Peter Crooks, Manager

I seem to say the same thing every fall: I can't believe the summer is over! It is possible that we could be skiing in a month! The great summer weather has allowed us to accomplish a lot at Kamview. I am very happy to report that we are prepared for early snow with all trail work done and the snowmaking system checked and ready.

With the Special Olympics here in January, having lots of snowbase around the stadium and chalet area is more important than ever. Be sure to mark January 21st and 22nd on your calendar as this competition is not to be missed.

A number of projects were completed this summer at Kamview Nordic Centre. While most of the work will be hidden once the snow falls, we have accomplished a lot towards improving the level of skiing at this facility.

Twelve truckloads of good soil and gravel have been applied to the Sunup/Sundown and Roadway Ramble, most noticeably at Bucky's Landing. Trails have been widened where necessary to accommodate the new groomer. At the back of the Aspen trail, a bridge has been constructed over the big ditch to allow for earlier access. Our always popular doggie trail, Dudley's, has been smoothed and filled, which should allow for the earliest opening ever.

Our fleet of grooming equipment has a new storage facility in a 24 x 48 building within a fenced enclosure. This allows staff more room and a safer facility to do equipment work in the garage.

Installation of lighting in the parking lot has begun, and with the acquisition of proper wiring, could be operational this winter. Lights will also be installed on the front hill and instruction area this fall.

Early season snow compaction will be much faster with less snow lost to the sides due to a newly constructed plastic roller.

New ramps have been mounted on the float trailer which will facilitate quicker and safer loading of the Pisten Bullys.

Before the snow flies, we will expand and complete the snowshoe trail and add more rentals to the fleet. An exhaust system will also be installed in the wax trailers.

I have just scratched the surface of a very busy summer at Kamview and am now looking forward to a "normal" winter with lots of snow and no Vancouver Olympics to take me away! The fall colours have started and are fantastic so come out for a walk and enjoy your trails even before they are blanketed with the white stuff.

**Special thanks to  
Betty and Gina  
for our new tablecloths!**

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

### CROSS COUNTRY EQUIPMENT AND SKI SWAP



**OCTOBER 21<sup>ST</sup> - 24<sup>TH</sup>  
KAMVIEW NORDIC CENTRE**

**851 20<sup>th</sup> Side Road (off Highway 6)**

**THURS/FRI OCT. 21/22 5PM-9PM**  
**SATURDAY OCT. 23 9AM-4PM**  
**SUNDAY OCT. 24 9AM-3PM**

**2010/2011 MEMBERSHIPS  
NOW ON SALE!**  
see purchase details October 21

**FOR MORE INFORMATION:**  
call (807) 475-7081 visit [NORDICTRAILS-TB.ON.CA](http://NORDICTRAILS-TB.ON.CA)



### Upcoming Events

Oct. 21-24 Ski Swap

Oct. 24 5th Annual Fresh Air  
1/2 Marathon

Oct. 31 Early Membership Deadline

Nov. 13 NDC Nordic Fest

Jan. 6-9 Haywood NorAm World Junior  
U23 Trials (Lappe)

Jan. 16 TBNT AGM

Jan. 21/22 Ontario Special Olympics

Feb. 5 Kamview Tour

Feb. 12 Jackrabbit Sprints and Games

March 3 Sleeping Giant Sprints

March 5 Sleeping Giant Loppet

March 12 Kamview Classic

March 26 Kamview Gala

## 2011 Haywood NorAm World Junior/U23 Trials Home-grown talent aims to shine

by Erin Carter

From January 6th to 9th, Canada's top young cross-country skiers will be descending upon Thunder Bay to compete for their chance to represent Canada at the World Junior/U23 Championships in Otepaa, Estonia. More than 200 skiers are expected to compete in the event hosted by Big Thunder Nordic Ski Club and Lappe Nordic Ski club. Not only is it the 2011 World Junior/U23 Championship Trials, but it is also the Ontario Canada Winter Games Team Qualifier and an O-Cup event. It will be a chance to cheer on Canada's best young skiers and our top local athletes.

"It's a great opportunity for our athletes to compete in front of a hometown audience," said Eric Bailey, head coach of the NDC, Thunder Bay. "The athletes have been training hard all summer and many hope to be on the podium in January.

For more information or to volunteer, contact [worldjuniortrials@gmail.com](mailto:worldjuniortrials@gmail.com)

## NDC Gears up for 2010/2011 season

by Amanda Holdsworth

NDC Thunder Bay (formerly known as NTDC) has been hard at work training for the upcoming race season. The team is looking strong and fit with the race season just around the corner. Team members are looking forward to the Haywood NorAm 2011 World Junior Trials, which will be held in Thunder Bay, giving them home course advantage. Four new athletes have joined the team this year, including Dudley Coulter and Jimmy Gunka from Big Thunder Nordic. For a full roster of athletes, visit [www.ntdc-tbay.on.ca](http://www.ntdc-tbay.on.ca)

Also new this year is the position of team manager. In this position, I will assist the Head Coach and Board of Directors in delivering the program to the athletes, with a focus on sponsorship and marketing. I would be happy to hear from you and can be reached at [ndcamanda@gmail.com](mailto:ndcamanda@gmail.com).

Be sure to mark Nordic Fest on your calendars! See details below.

## Para-Nordic Skiing

by Berit Dool

Para-Nordic skiing is a winter sport that allows individuals with different physical disabilities to take part in cross-country skiing using adapted equipment and individualized resources. Depending on the physical disability, the sport can be practiced either standing or sitting.

My name is Berit Dool, and I've taken over as the LSSD Para-Nordic Coordinator. This season, my goal is to increase awareness of the sport and gain support within the community to develop a program. If you are interested in helping out by recruiting potential skiers with disabilities; becoming a guide for a visually impaired athlete; providing rides; attending educational sessions; donating gently used equipment such as poles, roller skis, helmets, or safety vest; or pursuing training to become a coach, please contact me at [lssd.paranordic@gmail.com](mailto:lssd.paranordic@gmail.com) or 285-4826.

And this season, I challenge you to ski 5km blindfolded or using a sit ski!

**Editor's Note:** This spring, TBNT received \$2100 from the Paralympic legacy fund to purchase additional equipment for use by Para Nordic athletes.



## Nordic Fest 2010

In Support of NDC  
November 13, 6:00 pm  
Current River Rec. Centre

Tickets \$40

To purchase tickets or  
make a donation, call:  
Anne Mettam 577-4664  
Mary Louise Crooks 345-0162

## Special Olympics

January 21st-22nd

On January 21st and 22nd, more than 400 athletes and coaches from across Ontario will gather in Thunder Bay to compete in the 2011 Special Olympics Provincial Winter Games. Kamview will be playing host to both the Nordic Skiing and Snowshoeing events, and we're looking for volunteers to assist in a variety of capacities. Volunteer applications are due October 30th and can be downloaded at [www.specialolympics2011games.com](http://www.specialolympics2011games.com) Kamview volunteer recruitment night October 22, 7:00pm



By Adam Kates

It has been our busiest year thus far at BT Nordic and with fall upon us, we are ramping up for another amazing season.

Highlights of the summer include the LSSD Training Camp which saw participation from 52 of the top young racing talent from across the province in a 5 day camp based out of Kamview Nordic Centre.

The MMM (mini-midget/midget) program began in September for young athletes aged 10-13. The club's ever expanding masters group is also starting up and is a great way for Masters to get out, get fit and stay motivated.

New this year will be a training program designed especially for those interested in training for the Sleeping Giant Loppet. Let us show you how to prepare for Thunder Bay's premier ski marathon!

Look for our new website soon at [www.bigthundernordic.com](http://www.bigthundernordic.com). For information on club activities, programs or any other questions, contact head coach Adam Kates at [adamckates@gmail.com](mailto:adamckates@gmail.com)

## Other Rates

For a complete explanation and listing of all rates, including Parks and day passes, visit our website at

[www.nordictrails-tb.on.ca](http://www.nordictrails-tb.on.ca)





## New Sleeping Giant Sprints and Beckie Scott!

Celebrate Ontario again funds new initiatives

Thunder Bay Nordic Trails, organizers of the Sleeping Giant Loppet, have again been recipients of a Celebrate Ontario Grant, funded by the Ontario Ministry of Tourism. This year, the Loppet will be expanded to include **City Sprints**; a high speed, head to head dash for cash on the Thursday evening, March 3, at Kamview Nordic Centre. Throw your name into the hat for your chance to sprint for money against skiers who will range in age and ability. It could be anybody's race. Not a sprinter? Come on out anyway, sip some hot chocolate and cheer on your favorites.

On Saturday evening, organizers are *thrilled* to be welcoming two-time Olympic medalist **Beckie Scott!** Beckie was the first Canadian and first North American woman to win an Olympic medal in xc-skiing when she struck gold at the 2002 Olympic games in Salt Lake City. Beckie is a super star with a brilliant World Cup career, and the Sleeping Giant Loppet has got her, up close and personal!

And last but not least, we're determined this year to break that 1000 participant mark. So determined, in fact, that we're prepared to put our money where our mouth is. If we get 1000 participants, we will randomly draw for a \$1000 cash prize from all

entries. **A Thousand for a Thousand** means *anyone* could win a thousand dollars just by skiing the Sleeping Giant Loppet on March 5<sup>th</sup>, 2011. How easy is that? So invite your friends and neighbours and distant relatives to make sure we reach our target number. And never mind if you haven't trained enough to ski 50km, or the sun was too sunny for the three days leading up to the event, strap on some skis and make some tracks in beautiful Sleeping Giant Provincial Park. The winner might be an elite NDC athlete pounding like a maniac around the 20km course, a first time 50km skier, a cone-head or a punk-hair-boy, a throw-back classic skier wearing knickers and skiing on woodies, a five year old enjoying their first mini-Loppet... or you!

And even if you don't win, there's always chocolate.



**\$1000** for a  
**THOUSAND**

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



**You are never too old to start skiing....**

The Kamview Jackrabbit Evaluation Group showed this to many people this past ski season. This group was formed for older kids to learn the FUNdamental skills of Nordic Skiing. Participants varied on their ski experience and ranged in age from 9-12.

An energetic leader and assistant started the season with some dry land training with the Level 3 and 4 group to work on fitness and team building. As the season progressed and the kids got on skis, you could see their confidence building. By the end of the season, the Kamview Jackrabbit Evaluation group skiers were stronger, healthier and very proud of their accomplishments on the trails. In fact, they were even able to teach their parents a thing or two as Mom or Dad often joined the group during lessons.

Cross Country Skiing with your children helps build strong bonds and a healthy lifestyle. Jackrabbits can help by teaching kids the techniques of skiing efficiently that makes it fun. For more information, contact Dan Duckert, coordinator at [jackrabbitdan@shaw.ca](mailto:jackrabbitdan@shaw.ca)

Get ready. winter will be upon us before you know it!

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Capital Projects

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Canadian Publications Mail Agreement #4003642