



Kanata Nordic News

PRESIDENT'S END OF SEASON MESSAGE

I've been reflecting on the tremendous amount of change the club (your club) has undergone in the past few years. Like many of you, I first became involved with the club through my kids and the Jackrabbit program. Somehow I went from being a ski-along dad, to a group leader, to an executive member and finally club president, all in the space of seven years.

Along the way, the club has grown tremendously. It doesn't seem like so long ago that we were running the Jackrabbit program out of the back door of the Mlacak Centre and the extent of the trail Kanata network was the tracks we set around the park adjacent to the building. Now we have a new identify, a large and growing membership (429 members this year!), brand new grooming equipment, a solid presence at Riverfront Park and a trail network that sees continual use throughout the ski season by club members and people from the community. Not to mention our support of the larger ski community through hosting a National Capital District points race (the Kanata Pretzel Sprints) and Cross Country Ontario training camps and the coaching of Para-Nordic athletes.

This club growth and presence is a direct result of every member of the club, particularly the volunteers who give tirelessly to make it all happen. These volunteers, going back to the start of the club 30 years ago, are to be congratulated for their hard work and perseverance. We will celebrate the club's 30th anniversary at a club banquet on March 28, 2009. I hope to see many of you there to share in this milestone in the club's history. I know the organizing committee has been scouring the archives for pictures and anecdotes about those first 30 years. I'm looking forward to getting a peek at the past and perhaps a glimpse of the club's future as well.

Finally, I urge all of you to consider a position on the club executive. It is only through your fresh, new ideas can we continue to grow for another 30 years.

Steve Howard, Club President

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Club Sponsors

ANNUAL GENERAL MEETING

Join us on Monday, April 6th for the AGM. More details to follow. Please send nominations to [Steve Howard](#)



30th Anniversary Family Banquet

EVENT DETAILS

Date: Saturday, March 28th

Time: 5:00 PM to 9:00 PM

Where: St. Isidore's Parish Hall
(1135 March Rd., Kanata)

Come celebrate the past, present, and future of Kanata Nordic!

by Kaleigh Maclaren & Ardeth Kirkham

Banquet Co-Chairs

...

My how time flies. For 30 years, Kanata Nordic (formerly Kanata Cross Country Ski Club) has been providing ski programs to residents of Kanata and surrounding areas. It's about time someone threw a party, and that's just what we're doing!

The Kanata Nordic 30th Anniversary Family Banquet is special for a number of reasons: it's the first one and it gives us a chance to commemorate how the club has changed and grown over the years. It's also a great way to celebrate the end of this wacky winter.

The banquet is intended to be a relaxed family affair, a chance to chat with some skiing friends and to enjoy a fun evening of slide shows, program awards, door prizes and great food. It is catered, so no one has to cook and it's a buffet (of Italian cuisine by Bytown Catering), so you get to choose whatever and however much you like. There may be some singing. We will keep your kids entertained. And just wait until you see the cake!

People may need to start off in toques and snow pants just so we recognize each other, but otherwise nothing too formal. Think business-casual or sporty-casual, though 5-year old girls are allowed their favourite princess dress.

If you haven't reserved your tickets yet, what are you waiting for? We are finally having an indoor event! Tickets are on sale until March 21st and are at a special price until the 14th .

Banquet Program

Some of the evening highlights...

4:45 - Guests Arrive and find where they'd like to sit

5:10 - President's Welcome

5:15 - Buffet & Entertainment

6:20 Kanata Pretzel Race Review

6:30 Dessert

6:40 Track Attack Awards

7:00 Bunnyrabbit and Jackrabbit Awards

7:45 Racing at Kanata Nordic
(Youth and Para-nordic)

Throughout the evening there will be many door-prize raffles

**Order Your
Tickets**

Pictures

We are still looking for pictures for the banquet. Please send pictures by March 16th to [Kaleigh Maclaren](#).

Bring Your Tickets

they are your admission & your ticket for the door-prizes.

The KANATA PRETZEL SPRINTS



Pretzel Sprints a Winner Again

by Shelagh Ryan

Race Director

Last year's Kanata Nordic Pretzel Sprints, held at the Bonnenfant Centre, attracted mostly its own club members and a few skiers came from other clubs. This year more than a few from outside Kanata came as the word spread that the Pretzel course was so different, so friendly and so much fun! The racers come from learn- to-ski programs in surrounding communities, including Cantley, Quebec's Nakkertok Nordic.

Young skiers from ages of six to sixteen competed. Some of them had never raced competitively before and some had a few years experience. The Pretzel course was laid out mostly in open terrain so cheering parents, relatives, friends, and coaches could easily view most of it. The junior skiers covered a loop of approximately 250 metres while the course for the senior set, twelve years and older, added another 250 metre loop that included a larger hill and tighter turns.

Most cross country ski races are fairly long, which can be daunting to the youngest ones. The Pretzel is a perfect race for them to get a taste of what they can do with the skills they have spent the snowy months trying to master. Everyone is guaranteed two races, followed by the knock-out rounds. Several of the final races were very close and exciting, with more than one surprising finish.

After the youth races were completed kids and grown-ups alike were invited to enter a just-for-fun team relay sprint. Fourteen teams were created on the spot from anyone willing to participate: moms, dads, kids, and teenagers, experts and beginners were mixed together on teams of four and sent off on the junior loop. You only had to look around and see all the laughing, cheering, and happy faces to know that this event itself was a winner.

The party mood was enhanced by music playing throughout the day. There was food to purchase, a silent auction with an eclectic mix of products for kids and adults, a raffle draw for gift certificates, and a large donation of posters that the very able Master of Ceremonies, Brenden Duivenvoorden, chose to give away through a sing off. Just before the race awards were presented several brave skiers stepped up to the microphone and sang for a poster (and for the crowd's ample approval). The most memorable was a pairing of Nakkertok skier Tove Halverson with Kanata Nordic's Megan Batty, who combined their vocal talents to give us a fine rendition of The Lion King's, "I Just Can't Wait to be King".

At the end of the day several visiting club skiers thanked us for organizing such a fun event and promised to participate again next year. The following week, at another local ski event, several other racers also thanked Kanata Nordic for putting on the Pretzel race. They told their friends and are looking forward to next year's event.

The annual Kanata Nordic Pretzel Sprint Race is sure to become a firm favourite in the local racing schedule as it generates so much fun and a family atmosphere. If you were unlucky enough to miss this year's event make sure you mark your calendar now for next year: Sunday February 21, 2010.

TOP KANATA FINISHERS

Atom Girls

1. Fiona Grant
2. Mia Tsilemos
3. Olivia MacAskill

Atom Boys

2. Jonathan Zhang
3. Gregor Nordstrum

Peewee Girls

3. Anna Vigneron

Peewee Boys

3. Sheamus O'Connell

Mini Midget Girls

1. Shelby Howard

Mini Midget Boys

1. Aidan Kirkham
2. Johnathan Roscoe

Midget Girls

1. Katie Duivenvoorden
2. Elyse Charrier

Midget Boys

1. Brendon Howard
2. Alexander Bergstrom
3. Brandon Paul

*Congratulations to all
Kanata Participants!*

[See Full Results](#)

Kanata Race Day in Pictures



Volunteers: Thank You!

Kanata Nordic, like most community clubs, is run solely by volunteers. For the Pretzel to happen countless hours were worked in advance by a small team of highly dedicated volunteers. Many more volunteers came forward to help on race day and to all of these people the club and the race participants owe a huge thanks. Kanata Nordic is lucky to have a great group of people who are committed to the club and passionate about skiing.

Shelagh Ryan, Race Director

[Click to see race videos](#)

The 2009 Nakkertok Juniors (aka The Cookie Race)

Katie Duivenvoorden (Kanata Midget Racer)

Saturday February 28 was a great day for skiing and even better for the annual 'Cookie Race' at Nakkertok Nordic Ski Club. With one look around, you could see that it was a race for all, from short to tall, competitive to recreational. Some walked away proud, some walked away excited about their first race results, others just did it for the fun of it and some, like me, did it for the cookie!

We were represented by a handful of Kanata Nordic Youth Racers and even some of our Jackrabbit skiers. Racer Brendan Howard placed second in the Midget category with a time of 8:44 over 3km, only 7 seconds from the first place finisher. Track Attacker Alex Bergstrom also competed in the Midget category and finished with a time of 11:07 or a very respectable 12th overall. First year Racer Natasha O'Connell placed 15th (Mini-Midget) with a time of 7:21 over 2.5km. Katie Duivenvoorden, me, placed 17th and had a time of 13:26 over 3km. In the recreational division, Sheamus O'Connell placed 4th with a time of 4:05 over 1km.

As for the course, well I think we can all say it will be hard to forget! The 3km racers had a very difficult course that included the ever high climb Montée McCarthy, and the infamous Dirk's Dive. Of course the difficult hills paid off as the racers were seen coming down Dirk's Dive, as quoted, "Shooting down the hill with speed of a hundred shooting bullets!" The speed was even greater than usual due to rain the day before and as a result a very fast course.

The 2.5km course was also a challenge with an early hill that wasn't steep but seemed to go on forever. The good thing about the course is that the down hills provide the opportunity to recover and get your speed back and catch your breath again, unlike Montée McCarthy!

We all hope to come out next year and enjoy racing and eating cookies. The Nakkertok Juniors is an excellent race for beginner racers, and I would suggest it to anyone. Hope to see you next year!

KANATA NORDIC SKIER PROFILE

Matthew Pollex

In each issue we feature a Kanata Nordic club member.

In this one we introduce you to Matthew Pollex (photo below), who skis with the Track Attack group, this season coached by Dev Paul.



Matthew would recommend cross country skiing “for the fun and the fresh air.”

by Marlene Alt

Editor, Kanata Nordic News

Matthew Pollex is an active, well-rounded 11 year old in grade six. His mother, Christine, home schools him along with his sister Kaylyn 9, and brother Luke, 5. Matthew plays hockey, sometimes with a home school league, plus soccer and likes to swim and run. He runs year round, sometimes on a treadmill, and tries to run at least once a week for about 3 km. His other hobbies include playing piano, chess, and Battle for Wesnoth on the computer.

Matthew first started skiing five years ago with the BunnyRabbit program at Kanata Nordic and says, “I liked it right away”. He finds the people at the club very friendly and when asked what he most likes about the sport replies, “I like going fast”. Consequently he has a preference for the skate ski technique. As anyone knows who's coached JR 3, when the kids are first formally taught skating, most of them instantly love it.

This year Matthew completed the 10 km race at the Gatineau Loppet (formerly Keskinada) and was happy with his results. In previous years he had entered the 5 km race so this was a big jump in the distance.

Besides his regular training with coach Dev Paul and the Track Attack group, Matthew goes out to the Bonnenfant Outdoor Centre most Tuesdays to ski with his mother and siblings. Matthew also sometimes skis at the Nakkertok club in the Gatineau Hills, where several cousins are members.

Matthew says he would definitely recommend cross country skiing to others, “For the fun and the fresh air.” There isn't much that Matthew doesn't like about the sport except, like many of us, being out there when it is really cold. When asked if there was anything that would make skiing more fun for him he instantly replied, “If Dev would let us have a hot chocolate break!”



Self-Inflicted Stress?

by Dr. Michael Gibson

Chiropractor and Director, The Wellness Group

Do you wake up feeling as though you haven't slept at all, or maybe you've just dozed here and there? Do you have trouble completing a sentence before racing on to your next thought? Are you sick fairly often? Are you easily irritated? Are you stressed out about your spouse, your kids, your job, your family, your aging parents, your health, your money problems, your future?

If you answered 'yes' to any of these questions, you are not alone. You probably suffer from stress along with the better part of the human race and the bad news is, you are largely responsible for it! But that is also the good news, since you can do something about it.

Most of the time when you think of stress, you think of the emotional kind, the kind that comes from too much to do, or a deadline you're in danger of missing. But that's only one kind; there are actually three different kinds of stress.

PHYSICAL STRESS. You sit at a computer all day. Your child watches too much television or plays video games for long periods. You are overweight, perhaps even obese. Your posture is less than supportive. You've been involved in an automobile accident.

CHEMICAL STRESS. What are your eating habits? Soda and chips rather than water and fruit? How about where you live: is there a lot of pollution, smog, unclean air, water with heavy metals? Do you eat a lot of fast food? Smoke cigarettes or drink too much alcohol? How about recreational or prescription drug use?

EMOTIONAL STRESS. These run the gamut from money problems, marital or relationship problems, aging parents, a tyrant for a boss, death of a loved one, a new job, moving to a new location.

All of these situations cause stress to the body that may compromise your nervous system and interfere with the ways in which your brain communicates with your body. The best way to cope with stress is to be-aware of the three kinds, how they affect your life, and how you choose to respond to them. Change your thinking and you change your reaction to stress.

You can choose to eat better, get more exercise (cross country skiing is excellent), talk over the situation with a trusted friend or professional. Try a fresh perspective. Focus on the good in your life, with gratitude for all you have. Do something nice for yourself. Meditate. Learn to shut out the disquieting voices in your head that cause stress in your life and replace them with positive thinking.

In addition, one of the best ways to minimize the effects of stress is to increase your body's ability to accommodate it by keeping your nervous system in tip-top shape with safe and effective chiropractic care.

Free Consolation for Members!

To discover the benefits of chiropractic care at no cost or obligation, The Wellness group is offering club members a free initial consolation.

The consolation is worth \$60.00, includes a computerized posture exam, advanced neuro-spinal exam, and a complete neurologic and orthopedic exam.

For more information contact Dr. Michael Gibson at info@mykanatachiropractor.com or 613.271.8555 and mention you are a member of Kanata Nordic. The Wellness Group is conveniently located in Kanata at 420 Hazeldean Road, in the Van Leeuwen Centre.



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CHIROPRACTIC MASSAGE NUTRITION

www.mykanatachiropractor.com

bunnyrabbits & jackrabbits

SEASON

Thank You!

Our club has been blessed with a crew of enthusiastic, creative and committed leaders. Our BR and JR programs could not have happened without you, and you all went above and beyond with some amazing activities each week. Many of us are juggling multiple activities with our kids, and yet all found the time to help develop our young skiers each Saturday afternoon. You have planted the seeds of a love of skiing and being outdoors in the winter. Thank you, thank you, THANK YOU!!

Special thanks also to our groomers who worked hard and put many hours in this year grooming to ensure that we had great trails every week!

My thanks to Julie Gourley for offering (unsolicited even!), to become the hot chocolate coordinator; and to all of those who helped with the hot chocolate on Saturdays. Lessons were made so much more enjoyable thanks to your efforts!

by Ardeth Kirkham

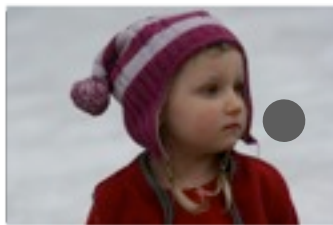
Jackrabbit Coordinator

This has been my second season as Jackrabbit Program Coordinator, and one thing I can say is that each year has been very different! Last year we had perfect conditions just about every weekend – my job was easy.

This year the story has to be Mother Nature and her bottomless bag of tricks. I now understand the Canadian obsession with weather. Although conditions were challenging at times, our leaders and our skiing families made the best of it. It was wonderful to see so many happy faces each week at the well-deserved hot chocolate breaks.

I was particularly pleased to see the contribution of our Kanata Racers and other high-school age skiers to our programs. Our young helpers have been invaluable to many of our groups – they remember games they played when they were starting out, or acted as buddies for the skiers whose parents or grandparents were delivering a lesson. Their youth and energy allowed them to relate to our kids on a special level that will definitely inspire many young skiers to stay with the sport. Many thanks to Christine, Sabrina, Katie D, Sabina, Olivia, Jonathan, Katie M, Megan (aka Captain O'Batty), and Rhiannon.

As to our fun day, it was A WHOLE LOT OF FUN! Our group leaders pulled together days before the event to McGyver something completely different from the original plan, and we ended up having a most excellent finale to our season. The day was warm and sunny, the snow was soft and slushy, and shouts and hoots and horns rang through the woods. The scavenger hunts reigned supreme as the most popular activities for all, as kids raced to their next clue. Kids were excited by the many different activities, making it the kind of day they'll look forward to next season.



track attack

SEASON

by Dev Paul

Track Attack Head Coach

Track Attack has had a successful winter, with sessions at the Y Camp on Saturdays and Thursday evenings and a number of Gatineau Park outings as well. The program provides the kids with lots of fun, games, relays, competition amongst themselves, touch football on skis, and time trials. We did more classic technique early in the winter, when the conditions were more conducive to it, but with all of the rain and freeze/thaw cycles, we have been doing more skating lately.

On the race front our Track Attack crew participated in the Skinouk cup, Nakkertok races, Kanata Pretzel sprints, Tay Valley Loppet, and the Gatineau Loppet 5k classic and 10k skate. Alex Bergstrom, Elyse Charrier, Mathew Pollex, Aiden Kirkam and Brandon Paul all did quite well, with each of them in the medals this season. Alex and Elyse also won their divisions in the Ottawa Catholic School Board XC ski races. As their coach I like to set a worthy example and won the Winterlude Triathlon, finished a speedy 43rd at the Gatineau Loppet 53k skate, then the next weekend broke my ankle falling in deep snow!

Special thanks to Stefan Bergstrom and Kathryn Adeney who have filled in for me so the Track Attack crew could keep doing their thing,

Track Attack

300 KM Club

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The "300 Kilometre Club" encourages Track Attack skiers to log their distance from every ski outing, working towards 300 kilometres for the season. Skiers get double the distance for kilometres done in races and can also count distances covered running or from walking to school. We have several skiers either passed or closing in on 300. Including the mileage of parents and coach, we have collectively logged 4500 kilometers for the season to date!

challenge & touring

Challenge/touring participants were a dedicated group, heading out regularly to Gatineau Park to enjoy the great trails. More than once the rainy weekday weather gave way to sunny conditions for our Saturday morning ski, and despite rather icy conditions in town, the trails in Gatineau Park were always well groomed. We often had the luxury of skiing on freshly groomed trails, and are looking forward to the milder temperatures of March and the wonderful, carefree feeling of spring skiing.

The parkways offered a chance to perfect our uphill and downhill techniques, snowplowing for some, double polling, telemark and offset for others. Outings varied from 10 to 20 km, with a visit to Lac Philippe, Lac Pink and Mackenzie King Estate. The chickadees were always waiting for us at Shilly Shally on trail #1 and we even caught site of the occasional woodpecker.

by Dena Schanzer

ADULTS

novice and intermediate

novice group



Our objective is to teach the basics of classic cross country skiing so that the participants understand it well enough to practice on their own. We also hope to teach them to ski safely and have some fun while doing so.

The Adult Novices are a diverse group. Some have never been on skis, others have been away from the sport for many years, still others are downhill veterans whose curiosity about all the fun to be had on the trails has finally led them to us. Two instructors allows us to handle this wide range of skill levels. Each lesson has a main focus, such as hill work or perfecting that ever elusive weight shift from which most nordic techniques flow.

While we conduct most of the classes alongside the Jackrabbits and Bunnies Saturday afternoons at the Y Camp, we schedule one session in Gatineau Park. This allows for a lengthier ski and introduces the skiers to this world-class facility just across the Ottawa River. We also include some off-trail teaching time to cover topics that include preparing a basic first aid kit, and what to pack in a day pack.

We hope that all of our participants enjoyed this year's program and we look forward to welcoming them back next season.

Richard Batty & Jim Trach
Adult Novice Coaches

intermediate group

Peter Elliot

Intermediate Instructor

Kanata Nordic offers lessons at the intermediate level for adults who would like to improve their classic skiing technique. This year it was a learning experience for all concerned since this was the first time that I was leading a group of students.

After an little trial and error we found a good practice area (where we wouldn't run over Bunnies and Jackrabbits) and started reviewing the basics. The level of experience ranged from beginner recreational skiers to those with a good grasp of the basics who wanted to take it up a notch. Some of the skiers were also runners with a good fitness level.



Classic skiing is one of those activities that is easy to start (simply walking on skis) but hard to perfect. Every lesson started with a review of the diagonal stride and a search for more glide from each stride. Other skills covered included speedy step-turns going down hill, avoiding herringbones going up hill, and adding kick into the double-pole. Each lesson ended by taking the long route back to the chalet to see if there was any hot chocolate left.

Although the perfect classic-skiing days of fresh snow, crisp track-sets, and single-digits below zero were a little hard to find this year; we all had fun in the snow, improving our classic skiing.

Kanata Nordic Goes Para-nordic

by Harris Kirby

Racing Coordinator

The Kanata Nordic racing program has undergone a transformation in the past year. It is in a building phase since older Racers graduated from high school and went off to university last year and younger Racers are not yet ready to tackle the Ontario Cup racing circuit. In the interim period we have picked up a number of adult racers who are visually impaired or in a wheelchair so that the club now has a Para-Nordic ski program, with some elite members.

Para-Nordic skiing is divided between standing or sitting on skis. Athletes in the sitting category usually have a lower limb disability, such as skiers with spinal cord injuries, Cerebral Palsy, MS, MD, or Polio. Sit-skiers use a specially designed chair that attaches to a pair of skis.

The standing category is divided between skiers who are visually impaired and those with a limb disability, such as an amputation below or above the knee or below the elbow. Visual impairment includes profound blindness or a lesser limitation. Most visually disabled skiers follow behind a guide who skis immediately ahead informing the athlete of course alterations during the race.

The Kanata Nordic Para-Nordic program has five adult athletes, four of whom are blind and one who is a sit-skier. One of these athletes, Olga Nazarenko, won gold and silver medals in at the 1992 Winter Olympic Games in Albertville, France. Two other Para-Nordic members, Margarita Gorbounova, (Olga's daughter) and Alexei Novikov are vying to compete on Canada's Para-Nordic ski team at the 2010 winter Olympics in Vancouver. Margarita and Alexei competed against an international field in early March in the International Paralympic Committee World Cup at the Whistler Paralympic Park.

Margarita is being featured in the General Mills Aspiring Olympians campaign, with her picture on boxes of MultiGrain Cheerios and Golden Grahams. Buy a box and go to the [General Mills website](#) to submit the code printed inside the box. Each code provides \$1 to help support Margarita's Paralympic goal.

The legally blind skiers cannot drive a car and so depend on public transit and support from others to pursue their skiing. They also need ski guides to train with them throughout the season. Help support these determined athletes and fellow club members by volunteering a lift or some trail time! To find out more contact [Harris Kirby](#).

[More about Para-Nordic Skiing from
Cross-Country Canada](#)



Wildlife at the Y

by Marlene Alt

Editor, Kanata Nordic News



Left: A long-tailed weasel in its winter coat
Right: Peter the Skunk
and A black-capped chickadee

If you have only ever been to the Bonnenfant Outdoor Centre to chase your little Bunnyrabbit or Jackrabbit during lessons on a Saturday afternoon, you probably haven't had time to notice much wildlife. But there is quite a variety to be found out there amongst the skiers, even in the coldest days of winter.

The largest of the resident creatures are the white-tailed deer. They are common through much of Kanata, as development continues to shrink their natural habitat. A pair of deer frequents the back half of trail #1 and can often be seen amongst the cedars. The area is littered with their scat.

Porcupines are also common in the area. Their presence is given away by trees stripped of bark, often high up the trunks. They find red pine bark particularly tasty. Last summer there was a family of porcupines living at the forest edge not far from the former Vail building site.

There is a resident skunk at the camp that the Y staff named Peter (they refuse to reveal the skunk's human namesake). Skunks don't hibernate but do rest a great deal, bedding down in groups and coming out to feed. Peter has been out a lot lately, likely disrupted by some maintenance being done in the area he has settled in. Peter can often be seen near the inner parking lot.

A less familiar mammal found in the area is the long-tailed weasel. It looks something like a ferret and is 12-15" long and built low to the ground. In winter these creatures are entirely white except for a black tip on the end of their tails. Weasels are omnivores and hunt rabbits (but of course not Bunnyrabbits or Jackrabbits).

Birds spotted at and near the Y Camp range from common to quite rare. Among the former are brown creepers (familiar winter singers), black-capped chickadees, red-breasted nuthatches, white-breasted nuthatches, blue jays, bohemian waxwings, cedar wax wings and northern cardinals. Keeping these birds company in winter are several types of woodpecker: the pilated, downy and hairy.

Less common are the red-tailed hawk, which is a large bird. A great grey owl has been spotted, as has a hawk owl, which is native to the boreal forest in Canada's north and is rarely seen around Ottawa. The hawk owl is slender and long, has pointed wings and can hover like a falcon.

When you are out on the trails enjoying the remaining weeks of favourable ski conditions, don't forget to look into the trees and up above for the creatures with which we share those woods and fields.

Thank you to Rick Jarvis
(Director, Otonabee Day Camp,
Coordinator, Outdoor Education
Centre, National Capital Region
YMCA-YWCA) for his extensive
contributions to this article and for the
photos. Thanks also to Club member
Drew Avis for telling us about the
hawk owl he spotted in early January.

thank you

Kanata Nordic Sponsors

Thanks to sponsors in the community we are able to provide Kanata Nordic members with great benefits. Read on to see all the member benefits.

Free Consultation for Members

To discover the benefits of chiropractic care at no cost or obligation, The Wellness group is offering club members a free initial consultation worth \$60.00. For more information visit their [website](#), [email](#) or call 613.271.8555.



New sponsor!

Barrhaven Source for Sports

We have added a new partner in the community this month, with a sponsorship by [Barrhaven Source for Sports](#) at 1581 Greenbank Road. Whenever you purchase any regular-priced items the store will credit Kanata Nordic for 10% of the purchase price, which the club will receive back in cash, helping to keep our membership costs low and funding special activities like the Pretzel Race and club barbeques. Simply let the Source for Sports staff know you are a Kanata Nordic member and quote the club's phone number, 613-592-1038 (if you forget the number it's on our [web site](#) or better yet write it on your membership card).



End of season sale

Our ongoing sponsor, Fresh Air Experience, now has a sale on all ski equipment and even waxes, at 20-40% off. And the new bikes for spring are arriving daily! If you purchase any full-priced items be sure to let them know you are a Kanata Nordic member to get a 10% discount. Fresh Air Experience is located at 1291 Wellington Avenue in the Westboro neighbourhood.



Save your receipts from Kanata's Boston Pizza

Kanata Nordic gets a 10% rebate from each receipt collected to put towards our club operations and special events. To check out their assorted menu go to [Boston Pizza's website](#).

To submit your receipts please give them to Kaleigh Maclaren or [email](#) her.

Message From The Editors

We'd like to thank all our contributors, contacts and references for their help in putting together another great issue of "Kanata Nordic News." We hope you enjoyed it, we'd love to hear your feedback on the issue, and your ideas for future issues. Please don't hesitate to [contact us](#).

[Marlene Alt](#)

[Kaleigh Maclaren](#)