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In this 'mini' issue of the Kanata Nordic Newsletter we share a little club news and pass along some tempting suggestions for how to stay active and enjoy the outdoors all summer long.

Member Profile: Elyse Charrier

Cross-country skiing to keep herself in top triathlon form



Elyse at the 2009 Kanata Pretzel Sprints and at the Early Bird Triathlon

At the young age of 14, Elyse Charrier is already an accomplished tri-athlete who has competed in many [Kids of Steel](#) and other triathlon events in Ontario and Quebec. Since her triathlon competitions are held primarily during the summer, maintaining a high level of fitness during the off months can be a challenge. This past winter Elyse joined Kanata Nordic's Track Attack program to do just that. With encouragement and support from coach Dev Paul (who is himself an accomplished triathlete), Elyse and her team mates together logged over 4500 kms combined of skiing between December to March. Elyse not only stayed fit but she improved her skiing skills, participated in some local ski races with Mike Duivenvoorden's Junior Racers team, and had lots of fun. According to her mother, Michèle Charrier, "As far as

Elyse was concerned, missing skiing was not an option, no matter how busy she was!"

The triathlon season officially started in Ottawa on May 16, with the Early Bird Triathlon Super Sprint competition, an annual race that draws over 800 participants with a wide variety of experience, skill and ages. Considered the early season warm-up race, the Early Bird tests the tri-athlete's fitness level and provides a good benchmark for upcoming races. While Elyse did not have much time for tri training, her 300 plus hours on the ski trails certainly contributed to her result as she placed 1st in her age category and 3rd female overall.

As a member of the Bytown Storm Triathlon Club, Elyse trains 6-8 hours a week in swimming, cycling and running. Between now and August Elyse will compete in the Smith Falls Triathlon (June 21) and the Gatineau Triathlon on July 11 (U15), which is hosting the Junior Canadian Championships featuring the best 16-19 year olds in the country. Elyse's primary goal this summer is to qualify for the 2010 Ontario Summer Games. To qualify, Elyse has to place in the top three in her age category at the Dunrobin Qualify Race on August 23rd, which is being held on very familiar territory, the Y Bonenfant centre in Dunrobin, where Kanata Nordic is based. If you've never been to a triathlon competition, the Kids of Steel competition on August 23rd promises to be very exciting.

Once the season wraps up this September, Elyse is back to school, starting Grade 9 at Sacred Heart High School. She will then take a much-deserved break from training, at least until dryland training for Kanata Nordic starts!

Been to the Kanata Boston Pizza lately?



Don't forget to submit your Boston Pizza receipts. The club gets 10% back on all receipts to help keep our membership prices low and support club activities. You can submit your receipts by scanning and e-mailing them to [Shelley Maclaren](mailto:Shelley.Maclaren) or by mailing them to 123 Shaughnessy Cres. Kanata, ON, K2K 2N3. You can also fax them to the club at 613-592-1038 (but please also e-mail Shelley so she knows to check). By the way, they have a large selection of children's meals at a great price with many healthy options! Check out their [menu online](#).

Local opportunities to chase a beaver



While there hasn't been a beaver involved since the Beaver Chase Series earned its name 15 years ago, these four recreational runs are a little taste of nature in the middle of urban Kanata. Two have already taken place, with two more scheduled for Tuesday July 14 and Tuesday August 11. There's a 1 mile and a 4 mile course, both starting from the [Kanata Legion](#) on Hines Road at 6:30 pm. It's a family-friendly event and you are sure to see other Kanata Nordic members there! The Kanata Kourier carried a photo of the second event in the June 18 edition. For more information contact [Joe Du Vall](#) or simply show up at the Legion just before the event to register.

A great way to kick off your Canada Day



Another local run with something for everyone is Bushtukah's Canada Day Road Race in Kanata, starting from the Earl of March High School. There are 5K and 10K races, a 1K Fun Run and even a 100 Metre Tot Trot. You'll find [registration and more information online](#).

Paddles up... take it away!



Anyone who has made it to the very bottom of the Jackrabbit hill at the Y camp will have noticed the Ottawa River Canoe Club facility in its winter slumber. Now while our skis and waxes sleep the paddlers are in full swing. The ORCC offers a range of children's summer day camps that introduce kids to paddling in a canoe, kayak, war canoe and dragon boat, with a focus on fun, fitness and water safety. No paddle experience necessary. Another course offers experienced paddlers a taste of competition and how to prepare for regattas. There are also novice nights already underway every Monday and Wednesday at 6:30 pm for adults and kids alike to learn the basics.

For those looking to compete at regattas, the ORCC has competitive flat water sprint canoe and kayak programs. These have started for 2009 but are still looking for more athletes. The focus age groups are 9-16 years of age. Training for the older kids (13-16) is almost every day and the younger athletes come out about 3 times a week. Check the ORCC web site for the [2009 regatta schedule](#).

Still not convinced? Remember that paddling is comparable to xc skiing for developing balance, core strength, and aerobic fitness. Have some fun on the water and get fit for the snow season! For more information on any ORCC program visit the [Ottawa River Canoe Club web site](#) or call them at 613- 832-1820.

Any time is a good time to volunteer



Although the bulk of our programming takes place in the snowy months, Kanata Nordic operates year-round with 100% of the efforts being volunteer -- and there is always lots to do. If you have some free time or some particular skills you can share or would like to develop please e-mail anyone on the [Executive](#) and they will put you in touch with the right person. Some of the skills we could make use of right away are writing, graphic design, web site design, and sponsor development. There are also two Executive positions open. Please e-mail our new club President [Mike Duivenvoorden](#) for more information on these.

Y Outdoor Day Camps



Our familiar trails, fields and hills are sure to look different in the full bloom of summer when the Y operates a great selection of day camps for children aged 5 through 15. Registration is now open and everything you need to know about the camps is [available online](#).

Upgrade your wellness and your wardrobe while supporting the club



Two of our sponsors are here to help with this: the Wellness Group, a chiropractic service on Hazeldean Road offering club members a free initial consultation worth \$60.00. For more information visit their [website](#), [e-mail](#) or call 613.271.8555. And [Barrhaven Source for Sports](#), at 1581 Greenbank Road, will credit Kanata Nordic for 10% of the purchase price of any regular-priced items you purchase there. The club will receive this 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 it's on our web site).

Correction: Fresh Air Experience discount



Kanata Nordic members are entitled to a 10% discount off any full-priced merchandise at Ottawa's [Fresh Air Experience](#). However, please note that this discount applies only to nordic ski-related items.

Please forward this newsletter to anyone who might be interested in Kanata Nordic.

Questions or comments on the newsletter? Please contact editor [Marlene Alt](#).

(If you prefer not to receive Kanata Nordic e-mails please reply with "Delete me" in the subject line.)