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*A great day for a ski, Feb. 2008,
at the Bonnenfant Centre.*

PRESIDENT'S GREETING

Welcome to the inaugural edition of the Kanata Nordic newsletter (Kanata Nordic News). This first issue coincides with two important milestones for the club, one looking back to our long history promoting the sport of nordic skiing in the Kanata area, and one looking forward to a new and vibrant chapter in the club's history.

The upcoming season marks the 30th in the club's history. The club has had an enduring presence since being founded in 1979. Since then, trail networks have been developed and groomed, the community has grown and hundreds (perhaps thousands) of children have learned to ski through our Jackrabbit Learn-to-Ski programs. It's not unusual for past participants of our programs to introduce their own children to skiing through the club! More recently, the club has established a new home for itself at Riverfront Park, moving away from our former location at the Mlacak Centre. This has also coincided with an expansion in our programs, designed to encourage continued participation in the sport we love.

Looking forward, the club has adopted a new name: Kanata Nordic. This name, which came into effect this past summer, reflects current terminology in the sport while retaining a connection to the birthplace and home of our club. Assuming the Kanata Nordic name has also enabled us to consolidate our two current identities as the Kanata Cross Country Ski Club and as the Kanata Racers into one. This year, outfitted with stylish new 'Kanata Nordic' racing apparel, the racers will strengthen the new profile of our club throughout the region, the province and the country. I believe this name will serve us well for the next 30 years as we continue to share the pleasure of cross country skiing with residents of Kanata and the western portion of the National Capital Region.

Steve Howard

President, Kanata Nordic

REGISTRATION DATES

September 1st

Online registration opens

October 25th & 26th

Register in person at the ski swap, also drop off cheques from online registration at the swap. (see page 4 for swap details)

October 31st

Early registration savings end

After November 1st

Regular pricing in effect and programs are on a first come first served basis.



Mark these important dates on your calendar.

REGISTRATION

[Online registration](#) for the upcoming season is now open!

Register before *October 31st* to take advantage of the early-bird program pricing and to guarantee a program spot!

Payment can be made by credit card or cheque. If you have any questions contact [Kaleigh Maclaren](#) by email or by phone 613-592-1038.

[More Registration Information](#)

To stay in tune with club news visit:

www.kanatanordic.ca

SKI PROGRAMS

We continue to offer a wide range of programs for all ages and skill levels. Click on the below links for program descriptions...

- [Bunnyrabbit/Jackrabbit](#)
- [Track Attack](#)
- [Youth Racer](#)
- [Senior Racer](#)
- [Challenge](#)
- [Adult Novice](#)
- [Adult Intermediate](#)



Your program fees are eligible for the federal *Fitness Tax Credit*. We will issue receipts in February.

LOOKING FOR LEADERS!

Our learn-to-ski Jackrabbit & Bunnyrabbit programs are instructed by volunteer leaders in the club. We are looking for people interested in being leaders and assistant leaders to help instruct the programs this 2008-2009 season.

Don't let limited skiing experience stop you from volunteering. We offer coaching courses to provide you with the necessary training. Leading is a great way to develop and improve your own skills while helping to foster a love of skiing for children. We need your help, without our volunteers there wouldn't be great programs - so come out & play in the snow this season.

Contact [Ardeth Kirkham](#) for more info.



**Clear out your old gear
and swap into something
new...or new to you**

Want to rid your basement of some old equipment or find some new gear at a great price? The Annual Kanata Nordic Ski Swap and Sale is here to help! This year's Swap and Sale takes place Sat. Oct. 25th and Sun. Oct. 26th at the [John Mlacak Centre](#), 2500 Campeau Drive, Kanata. Drop off any adult or children's cross country skis, boots or poles on Saturday between 2:00 and 5:00 p.m. upstairs in Hall D. Experienced club members will be there to help you price your gear. We charge a twoonie for each item you register to sell, and will retain 20% of the sale price (to cover hall rental costs, etc.) The Swap and Sale runs Sunday from 9:00 a.m. until 1:00 p.m. in Halls C and D. Purchases can be made by cash or cheque. Proceeds from your sales and all unsold equipment must be picked up between 1:00 and 3:00 p.m. Sunday (or make other arrangements with the volunteers there). Otherwise unsold items will be donated to the charity of our choice.

For those considering new equipment this season, we have invited local sports retailers [Fresh Air Experience](#) and [Kundstadt Sports](#) to the Swap and Sale on Sunday. They will have some good deals and can also help you determine what equipment best suits you. The retailers and our own knowledgeable volunteers will also be offering free equipment information sessions. Schedule and topics to come.

Also at the Swap: Kanata Nordic-branded clothing for great looks on and off the trails! We have two styles of jacket and a selection of racing attire. More details can be found on page four of the newsletter. For more information on the Ski Swap & Sale contact [Harris Kirby](#).



Save your
receipts from our new
sponsor, Kanata's [Boston Pizza](#).

We'll collect them throughout the season
& get a 10% rebate towards our club's
operations!



Kanata Nordic Hosts Provincial Training Camp Sept. 5-7, 2008

Last September was the first time Kanata Nordic hosted the annual dryland nordic training camp for the National Capital District (NCD) of Cross Country Ontario. Once again this year we will be hosts for the event, taking place Sept. 5-7 at our home base of the YMCA Bonnenfant Centre. This is one of four district training camps held each year in the off season and is open to nordic racers from across the province. The training camp program, which last year included runs through our ski trails, a session on the high-ropes at the YMCA and roller skiing in Gatineau Park, is led by Ontario head coach Kateri Mills. Assisting Kateri is our own Racing Coordinator, Harris Kirby, as well as coaches from other local ski clubs. We expect to have about 50 teenaged boys and girls participating again this year. As host of this event Kanata Nordic is supporting the nordic racing community in our district and beyond. To help ensure the camp is a success we require a few volunteers Saturday and Sunday morning and Saturday evening. No skiing or coaching expertise or supreme fitness levels required! If you think you might be able to help please contact [Harris Kirby](#).



Ontario Head Coach, Kateri Mills



Kanata Pretzel Race

Save this date: **Sunday February, 22, 2009** is our second annual sprint race.

Let Kanata Nordic boost your outdoor style with new Club wear!

Help us launch our new club name and get outfitted in style with our enticing assortment of new Kanata Nordic clothing. Fresh for 2008-09 we are offering the latest in cold weather fashion and function with a "vintage red" soft shell jacket. We are also again offering our microfibre warm-up shell from previous seasons, updated this year with the new Kanata Nordic Club logo. And we are delighted to introduce sleek new racing wear designed by one of Quebec's hottest custom sports clothing companies, Apogee Sports. The racing pieces include a jersey, tights, warm-up jacket, and warm-up pants. All the clothing comes in both youth and adult sizes. Outfit the whole family!

Samples and a range of sizes will be available for you to try on and order at our Ski Swap and Sale on the 25th and 26th of October (see page 3 for more details). See the [2008-09 clothing catalog](#) for descriptions and sizes. If you can't make it to the Swap and Sale you can use the [online order form](#) to purchase any of the items. For more information contact [Marlene Alt](#).



Above: Kate skiing the classic sprint work cup race in Canmore Alberta on January 23rd, 2008.

Below: Kate when she first started skiing!



Calling all potential racers

For details on Kanata Nordic's racing program contact [Mike Duivenvoorden](#) or [Harris Kirby](#).

KANATA NORDIC SKIIER PROFILE KATE BRENNAN

"I started skiing at the age of seven. I remember packing a lunch and driving an hour to Gatineau Park with my family and meeting up with all my friends to ski from a Gatineau Parkway parking lot (P10) all the way up to Huron Chalet where we would drink hot chocolate and grill foil-wrapped cheese sandwiches on the wood stove. When I come home now, it's kind of neat that I still get together with those same friends and do the exact same thing! I also get to make many new friends, older and younger, on the same trails.

I wanted to race when I started skiing. My mom would call me out of a snowball fight, pull my bib over my head and point me in the direction of the start line. I would yell to my friends, "I'll be right back guys. I just have to go do my race!" It seems that racing wasn't the important thing to me back then. I just loved getting to build snow forts, go tobogganing, and have big snowball fights with everyone—oh, and to ski fast.

Now, I am living and training in Canmore, Alberta, chasing my goal of representing Canada at the Olympics. I have friends all over the country whom I meet up with at races and training camps. I still look back on all the fun times with all my friends in the National Capital Division and smile. And now there are many new Kanata Nordic ski buddies to catch up with when I am back home. Skiing is fun!"

What makes skiing fun for you?

Visit [Kate's blog](#) to read about all her skiing adventures!



NORDIC TIPS

What length of classic skis should I get?

The old rule of thumb for adults and teens was to raise an arm above your head and find a ski that reached from the floor to your wrist. That's still valid in general. But in reality, your skis do not care how tall you are. More important is your weight, since if you are on skis that are too stiff or too soft for your weight you will be less than pleased with them. The key is the ski's camber: the curve under the boot area. With classic technique you want to flatten the camber onto the snow when your weight is on one ski, since that enables the wax (or waxless base pattern) to grip the snow. When your weight is balanced over both skis the underfoot area should be slightly off the ground, giving you glide (on the tips and tails) instead of grip. These days most skis come out of the factory with a skier weight range already on them. But I've found they aren't always accurate so I insist on a paper test. To do the test, you stand on the skis and your friendly local ski retailer will slide a piece of paper underneath the foot. The paper should stick when most of your weight is one foot and slide through with your weight evenly balanced. When that happens you're well on your way to the perfect pair of skinny skis!

Find more information about equipment selection on the [Mountain Equipment Co-op](#) web site. Come to the Ski Swap for advice from our knowledgeable executive and local retailers! Questions or ideas for future nordic tips? Contact [Marlene Alt](#).

Kanata Nordic News: CO-EDITORS

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[Marlene Alt](#)

We'd like to hear from you! [Send us](#) your comments, questions & suggestions for future issues.

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