



## Kanata Nordic Connects with the 2010 Vancouver Winter Games

by **Marlene Alt**  
Newsletter Editor  
...

Kanata Nordic is not the biggest xc ski game in town but the Club has had moments of international fame and our profile on the world stage will continue at the upcoming winter games in Vancouver. Our most high-profile presence there comes from one of the most low-profile groups of skiers at Kanata Nordic, our para-nordic athletes. This small group of visually-impaired adult skiers typically trains at different venues and times than the majority of our members, so we aren't aware of their contribution to the Club. Two of these para-nordic skiers, Margarita Gorbounova and Alexei Novikov, will be at Whistler Olympic Park as members of Canada's Para-Nordic Ski Team competing in the 2010 Paralympic Games.

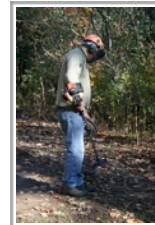
Both of these high-level athletes were attracted to our Club due to the welcoming and supportive atmosphere it offers, particularly the assistance offered to them by Harris Kirby, the Kanata Nordic Racing Coordinator. Harris not only coaches the skiers throughout the year but travels with them to competitions whenever he can and assists them with fundraising, since like many athletes they receive insufficient funding to give their training the focus it requires.

Margarita and Alexei are both currently listed as Ontario Para-Nordic Team members and alternates on the National Para-Nordic and Para-Biathlon Teams. Before the Vancouver Games begin, Margarita and Alexei will be competing in two World Cup races in France and Germany (with Harris along for support).

The three-week trip means they will miss three major local races (two Ontario Cups and the Keskinada) but the European competition is valuable preparation for Vancouver. "My goal," says Alexei, "is to finish in the top 30% in Europe which will strengthen my position on the national team." Back in Whistler Margarita hopes to follow in the winning tracks of her mother, Olga Nazarenko, who took home a [gold medal](#) from the Winter Paralympic Games in Albertville, France in 1992.

See "Winter Games" on Page 10 . . .

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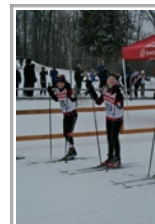


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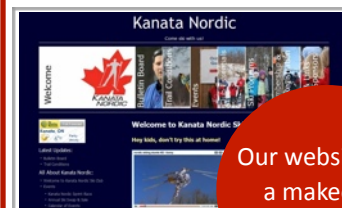
Get ready for program kick off day on January 2nd. **Page 3&4**



The Kanata Nordic Sprint Race is fast upon us! **Page 2**



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Our website gets a makeover.  
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Discover the best snacks to pack for the ski trails.  
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# EVENTS HAPPENING AT KANATA NORDIC

## Kanata Nordic Sprint Race 2010

**by Shelagh Ryan**  
*Special Events Coordinator*

Also known as the Pretzel Race, this annual family event scheduled for Sunday, February 7, 2010 at the Y camp is definitely one not to miss! Young skiers from all programs in our Club and the greater cross country ski community race against each other over a convoluted and exhilarating course in search of their personal best, a chocolate-covered pretzel treat at the finish, plus medals and prizes for the finalists.

Besides the most exciting sprint race in the area, the day offers a colourful obstacle course for the Bunnyrabbit skiers, a small crayon and paper corner for the younger crowd, a bake sale at registration, a raffle draw, a silent auction, a lunch menu with home-made food (new this year), mystery prizes for talent contests, and a mixed team relay race that welcomes racers, parents, coaches and volunteers. Complementing the constant action is background music selected by a volunteer MC and eye-catching banners and pop up shelters generously loaned to us by our sponsors.

Racers and volunteers alike enjoy this fun-filled day as there is a role for all members of the family. The youngest of our members are generally thrilled to be included and there are fun jobs as short or as long as their attention span can handle. Helping mom or dad hand out the pretzels or cups of warm Gatorade or collecting the racing bibs are good examples. Slightly older kids can help to run results or messages from the start/finish line. High school students not racing and needing community service hours are welcome as course marshals, general labour, parking lot attendants or kitchen helpers. A small army of photographers and videographers are needed to make sure that a multitude of memories are caught and preserved. Adult members can help with registration, first aid, course construction and maintenance, and ticket sales for the raffle.

These are just some of the 'day of' tasks. Before the actual race day there are other important little jobs, from helping to pick up supplies to making cookies for the bake sale, decorating a ballot box or designing a flyer to post at school. In fact, most of the help needed to stage this event does not require any knowledge or skill at skiing.

Reward yourself with a day outside in the fresh air amongst other ski enthusiasts and take ownership in your Club by contributing to the success of the 2010 Kanata Nordic Sprint Race. For a complete list of volunteer tasks and/or further information contact Shelagh Ryan, Special Events Coordinator.

Mark your  
calendar

### **Saturday January 2nd**

Kanata Nordic Jackrabbit  
and Adult Programs begin

### **Sunday February 7th**

Kanata Nordic Sprint Race  
(The 'Pretzel')

### **February 12th to 28th**

2010 Vancouver Olympic  
Winter Games

### **February 13th to 14th**

Canadian Ski Marathon,  
Gatineau, Quebec

### **February 20-21**

Gatineau Loppet

### **Saturday March 6th**

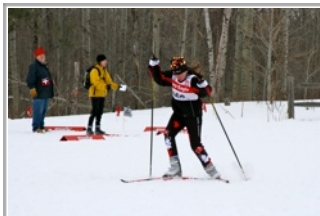
Last day of Kanata Nordic  
Jackrabbit and Adult  
Programs

### **March 12th to 28th**

2010 Vancouver  
Paralympic Winter Games

*For more dates visit  
[www.kanatanordic.ca](http://www.kanatanordic.ca)*

**Help support the Ottawa River Canoe Club**, our neighbours at the Bonnenfant Centre. Coach Lesley Anne (LA) Schmidt is in the running for the Campbell's Chunky Most Valuable Coach award. It's quick and easy to vote for LA so please visit the ORCC web site to learn more.



# Get set for **JANUARY PROGRAMS**

## **BUNNYRABBITS AND JACKRABBITS 2010**

**by Ardeth Kirkham**

*Jackrabbit Coordinator*

...

Cross-country skiing is a sport that can be enjoyed by the whole family. We can take the time to see the beauty of nature around us, and even fit in a conversation. There are not many sports that enable all ages to get outside to enjoy winter together.



*Ardeth Kirkham*

I was very pleased to see so many familiar faces at our annual Ski Swap & Sale in November. Our skiing family continues to grow and change as we welcome new members and returning members alike. Ski season is fast approaching and I encourage parents and kids to get outside for an active afternoon on the weekend if they can – it's good training for January. Lessons start January 2<sup>nd</sup>, even if there isn't snow. Our Fun Day and season finale is slated for March 6<sup>th</sup>.

Many of your favourite leaders will be returning. My thanks to those who come out with their creativity and enthusiasm to get our kids skiing. Something new to look forward to this year are fun, themed sprint races at the end of some ski sessions. This will be an optional activity, as we invite skiers from all ages and skill levels to come together on teams. The goal is to familiarize our young skiers with competition in a comfortable environment and to have fun.

If you would like to help with ski lessons, with sign-up on the fun sprint days or with the hot chocolate breaks, I would love [to hear from you!](#) In the meantime, get started on some snow dances – we want a white Christmas and white ski trails!

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## **ADULT PROGRAMS 2010**

**by Marlene Alt**

*Newsletter Editor*

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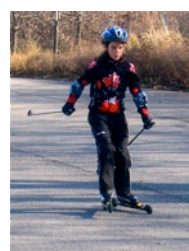
Our adult ski programs continue to be very popular. Indeed, compared to other ski programs offered around town the Kanata Nordic ones deliver more than twice as much on-snow time for roughly the same fee. Again this year our Adult Novice lessons will be led by Richard Batty and take place at the Y Bonnenfant Centre Saturdays between 1:30 – 3:30 pm. Teens just learning to ski are also welcome to join the Adult Novice group.

Adults and teens with some experience will have two great options: Intermediate level lessons Saturdays from 1:30 – 3:30 pm at the Bonnenfant Centre or an Adult Intermediate/Touring program. Please note that these lessons were just added in late November, as we were late in finding a qualified instructor. The Club is delighted that a new member, Mike Fletcher, has volunteered to lead this group. He is a well-trained and highly experienced instructor, having coached a university team.

The Intermediate/Touring program is led by Dena Schanzer and meets Saturday mornings at various locations in Gatineau Park. Rather than structured lessons, these sessions are two-hour tours of different trails, suited to the levels of all participants. The leader will provide tips on technique, both skating and classic, during the outings. Happy trails, all adults!

## **PROGRAMS ALREADY OFF TO A START**

Dryland training has been underway for the *Track Attack* skiers and *Kanata Racers* for many weeks now, led by coaches Dev Paul and Mike Duivenvoorden.



[more pictures](#)



# "This year I would like to..."

## GOALS FOR THE SKI SEASON



"...learn to skate ski." - Kate



"...learn to ski faster so I can jump over little hills!" - Ella

"...become a better skier." - Nic



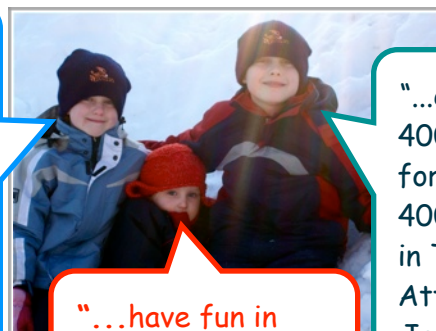
"...learn to skate uphill." - Callum



"...ski a lot so I can improve my skate skiing and represent my high school at the provincial championships." - Elyse



"...ski the Gatineau Loppet 10km faster than I did last year." - Anna



"...have fun in the snow!" - Rosalie

"...earn 400pts for the 400 club in Track Attack" - Jeffrey

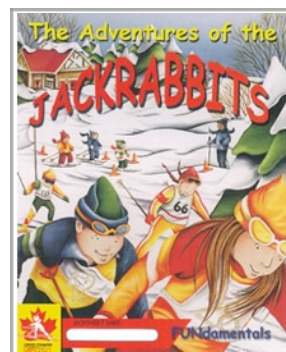
## Tips to get the most out of your lessons

by Marlene Alt  
Newsletter Editor



Those two hours with Kanata Nordic on Saturday afternoons can make or break how you and your children feel about xc skiing and whether or not it will spur everyone on to being 'active for life', as our Club strives to achieve. Here are a few tips for making those lesson times a success.

1. Be well-prepared beforehand: label ski equipment (many kids have the exact same gear), pack a healthy snack, and do a pre-ski bathroom trip.
2. Once you have the Jackrabbit 'FUNdamentals' program book (which skiers receive at Level One and should keep throughout the four levels) review the various goals for your child's level. There are stickers awarded for ski outings outside of lesson time so be sure to track those.
3. Attend lessons regularly, so your kids get to know others in their group and don't fall behind.
4. Arrive early at the lessons. It's a good time to ask the coach any questions you might have, and the kids can chat a bit and settle in. Some kids (like one of mine) always do better when arriving before the whole gang is there. If it's cold the leaders will get the kids moving with some fun activities to keep them warm.



***Above all come with a smile and an eagerness to participate and the fun is sure to follow!***

## Trail Maintenance Day

Saturday, October 17th - getting the trails ready for the first snow fall

by **Ardeth Kirkham**

*Jackrabbit Coordinator*

...

Mother Nature was smiling on Kanata Nordic trails as a crew of nearly 50 dedicated members, adults and kids alike, gathered to spruce up trails in preparation for the upcoming ski season. It was a perfect day – sunny, and crisp as fresh orchard apples.

What tools did it take to make this trails day such a success? Two ATVs with trailers, a variety of loppers in all shapes and sizes, hand clippers, shovels, two gas-powered brush-cutters, sledge hammers, hand saws, hammers, nails and 100 sign markers. With maps in hand, work crews lopped and sawed branches, attacked stumps, dug up rocks, hauled and heaped wood chips, tacked up trail signs, and whizzed away the summer growth of brush along many of the trails. Big or small, we had jobs for them all!



The Riverfront parking lot was filled with cars, tools, and a trailer bearing chili, soup, buns, muffins and hot water for cider or hot chocolate. New friends were made as children ran in packs, chasing one another to find parents or other friends out on the trails. Running after the ATV became part of some impromptu dryland training for some, while others hiked down to the river to see the fossils and skip rocks. With tummies full, tired muscles and faces gently pink from the sun, we declared our trails day a huge success.

November 14th & 15th brought lots of boots, poles, skis, and eager shoppers

## Annual Ski Swap & Sale

by **Harris Kirby**

*Racing Coordinator*

...

This year's edition of the annual Kanata Nordic Ski Swap & Sale was again a great event, with many people snagging bargains on equipment and others happy to have less gear in their basements and more cash in their pockets. As always eager buyers 'invaded' the hall in advance of the sale's start time. But once the initial pandemonium had subsided the sale went smoothly.



Some stats from the event:

- 73 items offered for sale by 27 people
- 23 people sold at least 1 item for a total of 55 items sold
- \$2786 taken in for the sale of goods, including the \$2 per item fee
- \$2091 returned to the pockets of sellers
- \$164 in costs to Kanata Nordic to run the event
- \$531 net profit to the Club for operating expenses

There was a healthy level of action at the member registration desk, where about 25 families signed up with the Club for the season. You can still [register online](#), but don't delay because our programs do fill up!

A very big "thank you" to all the volunteers who generously gave their time to make this year's Swap & Sale possible. Thanks also to Fresh Air Experience for their continued support and presence on site. And one last thanks to the Kanata Centrum Boston Pizza, whose staff were there Sunday with their big blue mascot Lionel, giving out pizza, tattoos, balloons and coupons.

# KANATA NORDIC PROFILE

## The Wu Family

*In each issue we feature a Kanata Nordic member.*

*In this issue we introduce you to The Wu Family: Robert, Catherine, Lili and Victoria.*



*The Wu girls with some other Jackrabbits on a late season outing to Gatineau Park, 2009*

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***“I enjoyed the beauty of the woods, the trails and the abundant wildlife.” - Lili***

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**by Michèle Charrier**  
*Club Member Profile Writer*

...

Meet the Wu family, Robert, Lili, Victoria and Catherine, members of the Kanata Nordic Ski Club for six years. Lili Wu grew up in Nanjing, Jiangsu Province, one of the hottest cities in China. While it does snow occasionally in Nanjing during the winter months, this area of China is hardly a mecca for x-country skiers. In fact, Lili's only connection to the sport was by watching it on television. As a young girl she was fascinated by the grace and speed of the skiers and thought they were “really beautiful, cool and very colourful”.

When Lili arrived in Canada in 1990 to study at the University of Ottawa, she embraced Canadian winter by signing herself up for a one day xc ski trip. Here was her chance to try something she had only seen on television. With a modest budget and a trip to a local sports store, Lili managed to equip herself with an entry level ski package and off she went with ten others for her first ski outing. “I fell a lot that first day,” says Lili, “but I enjoyed the beauty of the woods, the trails and the abundant wildlife.” Lili admired the ease with which some of skiers could effortlessly navigate through the dense woods. “I could never have imagined that people could move around and explore so much in the snow-covered woods with only a pair of skis. How beautiful it looked!”

As a student and without a car of her own, Lili was not able to pursue xc skiing on a regular basis. Occasionally, her friends gave her a lift to Mooney's Bay. There, on the groomed tracks, she saw a different kind of skier. Like the speedy colourful athletes she saw on TV in China, these skiers could really “fly”!

A few years later, when Lili and husband Robert had their own car, they would occasionally venture into the woods to enjoy the “the quietness and the sweet cool breath of the snow”.

When daughters Victoria and Catherine were old enough to strap on a pair of skies, Lili and Robert enrolled them in the Bunnyrabbit and Jackrabbit program with Kanata Nordic. The program was a great benefit to the girls and they can now “out-ski their parents”, though Lili and Robert say they “picked up a thing or two” by following their children around during their weekly lessons. Nonetheless, Lili admits that she still falls after 15 years of skiing, and has not yet been able to master the fluid rhythm.

Victoria and Catherine are both dedicated skiers, and have been enthusiastic night-time participants at the evening Jackrabbit ski sessions on the Kanata Lakes golf course. Last winter for the first time the two girls participated in the 5km classic event at the Gatineau Loppet and enjoyed it tremendously. Lili is also much appreciated as a devoted club member, always having a smile on her face on the trails and willing to volunteer wherever help is needed.

In spite of having “no real gene” for the sport, the Wu family enjoys their xc ski outings for the simple and pure pleasure of being outside on a cold sunny day in the middle of winter in Ottawa.



# Where are we anyway?

by Marlene Alt

Newsletter Editor

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Most Kanata Nordic members are familiar with our hub of operations, where we groom trails and conduct ski lessons on Saturdays. We often refer to this place as 'the Y camp' though we also call it 'the Bonnenfant Centre', just 'the Y' and even 'the BYOC', which is the name preferred by Y staff. But we also talk about 'Riverfront Park'. So where exactly are we skiing, anyway? Actually, at all of the above!

Officially known as the Bonnenfant Y Outdoor Education and Leadership Centre, the facility covers 30 acres of field, forest and rugged shoreline and is located at 1620 Sixth Line Road, RR1. Depending on who you ask it's either in Dunrobin or Kanata (we usually say it's Kanata). The Centre is owned and operated by the YM-YWCA. Our main contact there is the Manager of Camping and Outdoor Programs, Kate Boyd, who lives on site, is herself an accomplished xc skier and former coach, and just happens to be the sister of our Jackrabbit Coordinator, Ardeth Kirkham. The Y runs day camps at 'our' facility in the summer and outdoor education programs throughout the year.

Adjacent to the Y property to the north at 1730 Sixth Line Road is Riverfront Park which is a larger acreage owned by the City of Ottawa. It has its own parking lot off Sixth Line but you wouldn't know that if you have only been there at snowy times: It is unplowed in the winter and we groom it for skiing. Most of our trails are on Riverfront Park property and the Club maintains the entire trail network. The large flat area bordering Sixth Line just south of the main parking lot (which we usually call the practice field) is also City property, though not within Riverfront Park. Kanata Nordic has formal agreements with both the City and the Y to use all these sites.

The buildings we ski by are all on Y property, which ends about 100 metres past the Kipawa cabins. The land has belonged to the Y for over 60 years with the first camps opening in 1947. The facility was named after Louis P. Bonnenfant who was the first director of the amalgamated Y (the YM plus the YW) in Ottawa in the 1960s. For more information on the Y's plans for the Bonnenfant Centre please visit their web site.

Those of you with us two seasons ago will remember the Vail Building, the large, somewhat drafty facility we used for hot chocolate breaks. The Y is in the process of replacing this structure though it is unlikely to be ready for our use this winter. We will however have access to an indoor space to warm up and enjoy a hot drink.

We also have some neighbours who are rather quiet in the winter, for obvious reasons: the Ottawa River Canoe Club (ORCC) and the Kanata Sailing Club. The sailing club has a sign at its access point on Sixth Line, not far from the main Y entrance, though this sign seems to mark a field of snow in the winter (another unplowed road). The same road leads down to the ORCC's dock and storage facilities and we groom it for our use since it has a nice slope.

We are likely to keep referring to Kanata Nordic's home base by the confusing mix of names above, though we hope you now know why.



## www.kanatanordic.ca gets a makeover

by **Marlene Alt**  
Newsletter Editor

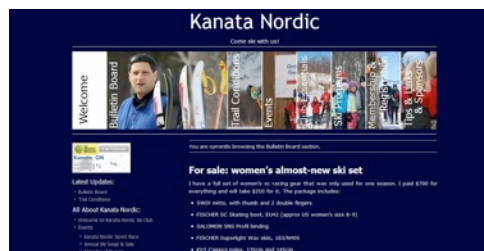
The Kanata Nordic website has been completely renovated with a new look and lots of new content. The new site is *the* place to go for the latest trail conditions at the Y camp, event dates and details, program information, club newsletters, maps, member deals around town, Club contact information, photos and videos from the past few seasons, news from elsewhere in the nordic ski world and much more.

One of the new features of kanatanordic.ca is the Bulletin Board, intended to facilitate communication between members. You can use the Bulletin Board to buy or sell equipment, arrange rides, share information related to cross country skiing and complementary activities, and the like. Anyone can register online to post to our Bulletin Board, just go to the [Bulletin Board](#) page and scroll to the bottom to start.

The site will continue to be developed over the coming months, with new material added regularly. Anytime is a good time to send comments on what you would like to see on *your* web site. Share your compliments, criticism and suggestions by sending an e-mail to [info@kanatanordic.ca](mailto:info@kanatanordic.ca).



New home page: make sure you bookmark it!



If you have xc ski gear to sell, why not post it on Kanata Nordic's new web site? We now have a [Bulletin Board](#) designed for activities just such as that.

## GET INVOLVED WITH KANATA NORDIC

by **Marlene Alt**  
Newsletter Editor

Kanata Nordic depends on you and I, the members, to maintain and enhance every aspect of the Club. Volunteering can be very rewarding and often you get back more than you put in. Plus having a task to do makes it easier to talk to other members and feel more part of the Club. Volunteer opportunities are available to suit everyone's time, schedule and skill set. In many cases volunteering may require just a few hours or be isolated to a single event. The Club is a community of members and together we can make it fun and rewarding. Some volunteer opportunities are:

### One-time, short duration roles:

- prepare hot chocolate during lessons on a Saturday afternoon
- write an article for the Kanata Nordic newsletter
- design a poster or other promotional material
- help with registration, timing or the refreshments at the Kanata Nordic Sprint Race

### Recurring, short duration roles:

- take photos at Kanata Nordic events
- put up our A-frame signs to promote various events
- groom and maintain trails (who can resist being the first on fresh snow to use state of the art equipment to create immaculate trails?!!)

### Ongoing roles:

- run for a position on the Executive
- manage the Club clothing orders
- coach



To get involved e-mail [volunteer@kanatanordic.ca](mailto:volunteer@kanatanordic.ca) or visit the [web site](#) for more information.





# Fueling Your Ski Day

by Sue Ward  
Health & Wellness Columnist  
...



Cross country skiing tends to be one of those activities that we enjoy for at least two hours at a time. Although you can make it as leisurely or as challenging as you want, it is always a good idea to pack a snack for any activity that will be 75 minutes or longer. We know that we need glucose (sugar) to fuel our activities and that carbohydrates are a source of glucose. We also know that our bodies can store only a limited amount of accessible glucose – probably around 1 ½ hours worth. You may have heard the term ‘bonk’ and that’s usually what’s taking place. There simply isn’t enough fuel to put one foot in front of the other any longer. Of course all of this depends on the level of exertion so we will deal with generalities.

Generally you should be concerned about hydration and carbohydrates during any physical activity. Proteins are more important after exertion to help muscles repair.

First, let’s deal with hydration. Do you need sports drinks? No, not unless you or your child is racing or skiing aggressively for over an hour. Water will do. Other than perhaps tournaments, there are very few times when kids will benefit from sports drink. Yes they have water and sugar but they also contain salt. If you are really concerned about your child’s energy level you can substitute water with orange juice diluted with water to add a little sugar. Some people also add ¼ tsp of salt but I tend to think we get enough salt in our diets.



You should plan to have some kind of carbohydrate treat available for a ski outing. Look for a relatively ‘simple carb’ because you want to be able to digest it quickly. Five kilometres away from the bathroom is not where we want our kids consuming a nice fibre- filled energy bar. In fact, you don’t really even need energy bars. Although power bars and gels are handy, they are not necessary. As with any product, you should read the label and make sure you know what you are eating. Check this website for a comparison of many [common sports bars](#).



So, what are some good food choices during the ski? A snack break is always a favourite part of most kids’ skiing experience (think recess in school). We offer hot chocolate during our lessons which is perfect – warming and a hit of cheap, fast-burning sugar. You could pack some trail mix (trail mix with yogurt is also a perfect after-activity snack because it combines carbs with protein – a good topic for another day). It’s easy to make up a big batch after a trip to the bulk food store.

Pretzels and crackers are also great, so are carrot sticks, pieces of bagel (1/2 of the gigantic ones you buy in the grocery stores is more than enough), raisins, fig newtons, bananas, rice cakes, and a few gummy bears never hurt. Check out this fun website for information on children’s nutrition related to their age and activity level: [www.mypyramid.gov](http://www.mypyramid.gov). Enjoy a good snack on the trails and you’ll have the fuel to enjoy more trails!

## OUR SPONSORS



**BUSHTUKAH**



[Trailhead](#), a respected adventure-oriented retailer in the Westboro neighbourhood, now offers our members 10% off full-priced merchandise year ‘round. Just show your membership card at the cash (membership cards are e-mailed with your registration confirmation). [More sponsor information](#)

## ***"Winter Games" continued from page one...***

Kanata Nordic's presence amidst all the highly-televised action will also include Mike Duivenvoorden, Club President and Kanata Racer coach. Mike will be skiing as a race [forerunner](#) for the visually-impaired nordic events at the Paralympics. Forerunners ski the course before and after races to make sure it is clear of debris and spectators and is in good condition. They are also used to test the TV coverage and timing systems in preparation for race days and for competition. Reflecting on his selection as a forerunner, Mike states, "I am honoured to be able to experience the Games in such an active way. The Paralympics highlight the opportunities available to anyone, young and old, through dedication and hard work."

Twenty-two year old [Kate Brennan](#), a member of Kanata Nordic, is now a world-class skier living and training in Canmore, Alberta. Kate competed for Canada internationally in last year's Whistler World Cup and in past World Junior and Under-23 World Championships. Although she is not on the national team this season Kate continues to train and focus on her sport with hopes of representing Canada in the years to come.

Almonte native [Perianne Jones](#) is another local Olympic-bound athlete of note. She is on the Senior World Cup Nordic Ski team and is competing for Canada at the Winter Olympics in Vancouver. Perianne skied with the Gatineau-based Nakkertok club before moving to Canmore, Alberta to train. Many Kanata Nordic members participated in the "Perianne's Olympic Fundraising Run" in Almonte in September, to support her athletic aspirations.

Nordic skiing isn't typically considered a prime spectator sport but the speed, grace and finesse of the world's best skiers is beautiful to see. To be sure you catch all the events of interest check out the [CTV broadcast schedule](#). You can also follow the excitement and check race results through the official web site of the Games: [www.vancouver2010.com](http://www.vancouver2010.com). You might just see a mention of one of our own athletes!

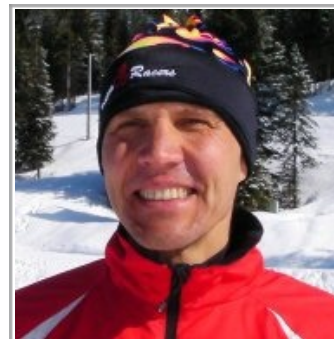
For a review of the medal contenders in the Olympic xc ski events read [Tom McCarthy's article](#) on [www.xcottawa.ca](http://www.xcottawa.ca).

Read an [article by Margarita](#) for her thoughts on balancing a hectic schedule and maintaining a decent energy level.

## **Paralympics Bound**



Margarita Gorbounova



Alexei Novikov



## **The Newsletter Team**

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**Have an idea?** Please contact us if you are interested in contributing, have an idea to pass along, or a comment to share.

**Next Issue: March 2010**

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