


**From:** Kanata Nordic Ski Club <info@kanatanordic.ca>  
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# Kanata Nordic News

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<p><b>Upcoming Events</b></p>	<p>Like most online registration systems, Zone4 charges a service fee (\$10). This fee goes directly to Zone4 and Kanata Nordic has no control over it.</p>

**Saturday October 6th**  
Dryland Starts  
(Racing Rabbits, Racers,  
Track Attack)

**Sunday, October 14th**  
Fall Trails Maintenance Day  
and Jackrabbit Fun Day

**Wednesday, October 24th**  
Last day for early bird  
program discounts

**Saturday, November 3rd**  
Club Activity Day

For more events and more  
details click on our [2012-13  
Season Calendar of  
Events](#).

### What I Did on My Summer Vacation

We asked a few Kanata  
Nordic skiers about the  
summer's highlights. What an  
active and adventurous  
bunch!

**Anna:** My most fun activity  
was water-skiing.

**Lena:** I went to camp at the  
Ottawa River Canoe Club and  
competed in my very first  
regatta afterwards.

**Aiden:** I competed in two  
triathlons.

**Jeffrey:** I really liked hiking on  
Mt. Mansfield in Vermont.

**Nic:** I went to Defy Gravity in  
North Carolina. It's a massive  
room full of trampolines!

**Andrew:** I started slalom  
kayak racing with the Ottawa  
River Runners and competed  
at the Nationals in Valleyfield,  
Quebec.

**Lauren and Jordan:** We  
spent two months on a major  
road trip, touring around the  
western United States.

Sign up now to ensure you or your child a spot in a ski program. Our programs filled up in record time last season. Early bird program prices are in effect until October 24th, 2012.

### Changes to Youth Programs (ages 10-17)

by **Marlene Alt | Newsletter Editor**

There are now six programs to suit our pre-teen and teen members: Dynarabbits, Racing Rabbits, Junior Racers, Senior & Paranordic Racers, High School Learn to Race, and Track Attack. All programs are based on Cross Country Canada's LTAD (Long Term Athlete Development) principles. There is flexibility at either end of the age ranges for all programs, since some skiers may be more or less advanced in their technique and fitness than their cohorts.

**DynaRabbits** is an extension of the Jackrabbit program and is intended for new skiers aged 9-12 who want to learn to ski and gain some fitness.

New to our club this year, [Racing Rabbits](#) fits into Cross Country Canada's 'Learning to Train' level of athlete development, which is the third level after Bunnyrabbits and Jackrabbits. It's designed for skiers aged 10-13 who've completed Jackrabbit Level 4 or have equivalent experience. It replaces and combines the junior Track Attack and younger Racer programs from previous seasons. Racing Rabbits aims for a fun social environment through which skiers continue to improve their technique and fitness while introducing them to some aspects of racing.

After Racing Rabbits skiers can move on to Track Attack or Junior or Senior Racers. [Junior Racers](#) is tailored to 13-14 year olds to continue developing their fitness and technique through training and racing. These skiers will generally participate in local or regional races.

[Senior Racers](#) targets skiers 15 years and older and includes our Paranordic adult racers. It is intended for youth who wish to train regularly and compete in regional, provincial and possibly national level events. Skiers should be willing to commit to a training plan.

Our [Track Attack](#) program is intended for 14-17 year olds with several years of ski experience who want to continue working on their technique, improve their fitness, participate in a couple local races and have the opportunity to ski with friends.

High School [Learn to Race](#) is a new program designed to introduce youth (ages 13-17) with little or no skiing experience to xc ski racing. It is a perfect entry point for athletes from other competitive sports looking for a new challenge and for high school xc ski team members wanting to supplement their training. Since high school races only involve skate technique so too does this program.

For a list of all Kanata Nordic programs [click here](#). To determine the best program for your child please contact your leader/coach from last season or email [info@kanatanordic.ca](mailto:info@kanatanordic.ca).

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**Congratulations ORCC Paddlers**

## Racer Rant, Performed at the Banquet

Hey, we're not down hill skiers  
Or snow boarders (well  
maybe sometimes)  
And we ski up the hills  
Not just down  
Or have line-ups

And we do know  
Who Chandra, Beckie, Devon  
and Alex from Canada are  
Although they do not play in  
the NHL

We use wax on our skis, not  
on our cars  
We do one skate and two  
skate, not V1 and V2  
And we never use offset on  
the flats

We can proudly wear black  
And believe yellow does not  
look good on snow  
Diagonal stride, not shuffling  
And that the skinny ski is truly  
the way to go

Hard wax is for snow, and  
klister is for ice  
And there are NO chair lifts in  
life

Canada is the 2nd largest  
landmass!  
The 1st nation in hockey!  
And the fastest on cross  
country skis (almost)  
I am a Kanata Nordic Skier,  
and I am Canadian!

## 2012 Banquet Memories

Photos by Kaleigh Maclaren



Photo credit: Kanata Kourier

Nordic racers last season. For more details read this [Kanata Kourier article](#). Congratulations guys!

by Marlene Alt | Newsletter Editor

The Ottawa River Canoe Club (ORCC), our neighbours at the YM-YWCA Bonnenfant Centre, had some impressive achievements this summer. Among them was a silver medal taken home from the National Championships by the four young athletes pictured here: Jared Schmidt, Victor Turcanu, Chris Tabri, and David Burbidge. Victor, Chris and David were all Kanata

## Trails Day + Jackrabbit Fun Day, Sunday October 14

by Gene Vigneron | Trails Coordinator



Our first Trails Day of the season is on **Sunday October 14, 2012** (rain date is Sunday October 21). We need your help! We'll be cleaning up debris along the trails and cutting branches and underbrush so there's work for all muscle sizes, big and small.

And it's a chance to get some fresh air, exercise and meet old ski mates. We are also planning some activities for the young ones with a Jackrabbit Fun Day event. More details to come on that, but it will be at the same time and place.

**Time:** 10:00 am - 2:00 pm

**Place:** YM-YWCA Bonnenfant Outdoor Centre, 1620 Sixth Line Rd.

**Parking:** Park at the Riverfront parking lot (The second parking lot, a few hundred meters north of the Y parking lot).

**What to wear:** gloves, sturdy shoes or boots, long pants. There is poison ivy onsite, so be sure to cover up and launder clothing when you get





home.

**What to bring:** clippers or snippers, handsaw. If you have a power trimmer (with or without a blade), please let us know and bring it along with safety glasses/protective gear.

**Refreshments:** Hot soups and buns will be available at no charge. Bring your own mug and water or something to drink.

**RSVP:** If you can help with the trails email [trails@kanatanordic.ca](mailto:trails@kanatanordic.ca) If you want to participate in the Jackrabbit event or can help with that please email Elizabeth Brown ([jackrabbit@kanatanordic.ca](mailto:jackrabbit@kanatanordic.ca)).

We hope to see you on the trails!

**Meet One of Our New Executive Members: Kam Leung**

by Kam Leung | Membership Co-coordinator



Photo Credit: Ken Knight

First some background on me: originally from Hong Kong (coordinates 22.3000° N, 114.1667° E), I'd never seen snow before I came to Canada as a student. I'm a mathematician by training though computer programming is what pays the bills. I sit in front of two monitors for 8+ hours per day, which is not that healthy. So I cycle to work at least four days a week in spring/summer/fall. I like all kinds of food especially the home-cooked meals prepared by my lovely wife, Sandy.

I enjoy the great Canadian outdoors and fresh air, which is one reason I stayed in Canada after finishing my studies. I hated snow at first, but after moving to Ottawa I started to enjoy it more.

My sister-in-law introduced me to cross-country skiing many years ago. I think my first outing was around the Beaverpond and that's about when I got hooked. I sought out the local ski club when my younger son, Isaac, turned 6. I put Isaac and his big brother Zacchaeus in the Bunnyrabbit program. I skied along with the kids every Saturday at Mlacak Centre for two years before the club moved to the Bonnenfant Centre.

I prefer classic technique as I can enjoy the natural surroundings more that way. But that all changed when both my kids became Track Attackers and I had to learn how to skate ski (their preference) to keep up. My niece Serena (whose mother introduced me to the sport) also joined the Track Attack group last year. I usually tag along with the training group every Thursday and Saturday including during dryland training. I enjoy sharing the fun with the kids and in the meantime helping out our leaders if there's a need.

I started getting more involved this year when Dev Paul (Track Attack Coordinator) asked me whether I had time to help out with registration. It's a good opportunity to contribute to a cause that has been so beneficial to my family. I called up President Richard Batty and that's where I am now, sharing the Membership Coordinator position (a busy one!) with Tina Amicarelli.

This coming season I'd like to see the membership grow again and have more families enjoy the great Canadian winter together like our family does.



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## 2012 Banquet: Awards, Rants, Free Stuff, Memories

by  
**Marlene Alt |  
Newsletter Editor**

A change of venue for the club's year-end social event was in order as we had outgrown the prior Boston Pizza location.



L to R: Councillor Marianne Wilkinson, Club Promotions Coordinator and 2012 banquet planner Marlene Alt, President Richard Batty.  
Photo credit: Kaleigh Maclaren

So on March 31st about 120 Kanata Nordic skiers, their families and supporters met at the Kanata Legion Hall to

### CCC Mascot Name Contest

Cross Country Canada (CCC) is looking to the ski community to help find a name for their new mascot.

Here's how to participate:

Become a 'friend' of [CCC on Facebook](#) (this is mandatory before entering the contest.

Post your name suggestion on [CCC's Facebook Page](#) (maximum one suggestion per person)

Contest deadline is Oct 5th.

feast on a Lebanese spread and enjoy a number of wrap-up activities. Highlights of the evening included:

- Dozens of draw prizes, including ski bags, ski sleeves, backpacks and more, much of it donated by [Kunstadt Sports](#)
- A great slide show put together by Kaleigh Maclaren, covering everything from dryland training to the last on-snow sessions of the season
- Speeches that were short!
- A special volunteer recognition award to long-time club member and leader Dena Schanzer ([see related article](#))
- Lots of space outside and great weather for running around
- Low prices for beverages at the Legion's full service bar
- A 'Racer Rant' in the spirit of those famous 'Joe Canada' commercials. The rant was crafted by Racer coach Mike Duivenvoorden and admirably performed by a dozen or so club racers ([see sidebar](#)).

According to one of the teenaged skiers there, "Best banquet ever!!"

## Club Recognizes Veteran Volunteers

by **Marlene Alt | Editor**

With every part of Kanata Nordic's operations managed by volunteers -- from setting up the online registration system, to balancing our books, repairing grooming machines, and teaching our kids to ski -- we are always grateful to the energetic folks that take on these roles. This year for the first time the Executive decided to make this appreciation tangible and initiated an annual Volunteer Recognition Award to honour volunteers who have made a significant contribution to the club. It was too difficult to nail it down to one individual so we had two inaugural honorees, veteran volunteers Ken Phillips and Dena Schanzer.



Honoured Volunteer  
Ken Phillips

Ken Phillips' legacy at Kanata Nordic has grown out of his dedication to coaching. Like many of us Ken started out as a parent, taking on an assistant coach role in the Racing program. He went on to act as Head Coach or Co-Head Coach for the next 20 years. Overlapping some of these years Ken also had an impact on the larger National Capital District (NCD) of Cross Country Ontario, serving as Chair of NCD from 1994-96.

Since 2005 Ken has been a certified facilitator for the National Coaching Certification Program at the Introduction to Community Coaching (ICC) and Community Coaching (CC) levels. Many of our current on-snow leaders were trained by him.

Ken continues to help out as needed, whether with the Pretzel Race logistics or offering an evening technique session to our leaders. You'll recognize Ken by the perpetual smile on his face and the encouraging words he has for skiers of all ages.

Dena Schanzer has served Kanata Nordic both on and off the trails since 1985. She acted as President of the club for several terms, including through a period where the Executive was thinly staffed and in much need of her helmship. She is also one of our most highly qualified instructors. As President Richard Batty explains, "Dena is a most worthy recipient of our inaugural award, having supported the club in many ways in the past and continuing to do so with our Adult Touring group (which skis in Gatineau Park Saturday mornings). Through her leadership and instruction she's made a huge impact on many of our skiers. If you want to take your skate or classic technique up a notch Dena's tips on her Saturday morning sessions are a great place to start."



Honoured Volunteer  
Dena Schanzer



As a keepsake for the Volunteer Award recipients the club ordered giclée reproductions (high quality digital prints) of a painting titled "After the Storm" by artist Sean McCabe. Dena was presented with her print at the club's 2012 annual banquet. As Ken was unable to attend the banquet he was given his print in the company of a collection of old and new xc ski companions at a local Kanata pub

several weeks later.

After Dena received her award she graciously sent a note of thanks: "I would like to express my appreciation to Kanata Nordic for the award and recognition of long term service to the club. It is impressive to see how much the club has grown in recent years through the contributions of many dedicated club members who continue to spread their joy of skiing. The painting by Sean McCabe is truly stunning and inspiring as he captures the beauty of a winter trail and the beauty and grace of skiing in our winter wonderland."

Be sure to read Ken's [letter of thanks](#) below.



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## Thank You to Kanata Nordic Ski Club

by **Ken Phillips**

I would like to thank the members of Kanata Nordic and particularly the Executive for the Volunteer Award presented to me on April 16, 2012. There were two awards presented this year, the other, much deserved, presented to Dena Schanzer at the year-end banquet which, unfortunately, I was not able to attend. So I was doubly honoured because the Executive decided to present the award and a beautiful painting by Sean McCabe after their April meeting.

An invitation was extended to me for a social gathering with members of the Executive at a local pub and to my surprise they had invited former coaching colleagues and friends with whom I had been skiing and coaching for many years, including the parents of former Kanata Racers. (I detect the fine hand of Marlene Alt behind this orchestration, so a special thanks for her effort.)

These folks, and I will name a few along with their contributions, have been giving of their time, effort and enthusiasm for many, many years. Who knows how many hours they have spent with athletes of all ages or preparing trails and planning club activities when they could have been pursuing more personal or family activities. But I know from experience how rewarding coaching and spending time with dedicated young athletes is.

Among those present and deserving of a volunteer award of their own, were:

- John Langstone and Don Moxley who for many years coached the Ottawa Racers and for a period of time when we amalgamated our two athletic programs the Kanata Racers (we were briefly referring

to the group as the Ottawa/Kanata Racers or OK Racers for short -- just kidding!) They have both coached the Carleton University Nordic program and various events with Cross Country Ontario (CCO) as well as contributing in many other functions: John has been the web master for the CCO web site for many years.

- Harris Kirby, Mike Duivenvoorden, Steve Howard and Danny McVicar all have contributed years of time and effort to coaching the Kanata Racers. Dena Schanzer has been leading a Touring program or equivalent for as long as I can remember. Ardeth Kirkham was head of the Jackrabbit Program for several years. Mike, Steve and Dena are all Past Presidents of the Club and Steve is currently the Chair of the National Capital District.
- Barb Brennan, Lorraine Kirby, Denise McVicar and Bill Samluck have been volunteering for innumerable tasks within the club, the District and the greater ski community for longer than any of them would confess. Barb was Secretary for NCD for a number of years.
- Members of the current Executive present and having contributed for extended periods of time included the current President, Richard Batty, who has also lead Jackrabbits and taught adult classes for what seems like 'forever'. Marlene Alt who has been keeping us informed and motivated with the newsletter and other promotional incentives.

There are many others who are deserving of volunteer awards, one only has to look around at the various club activities to see those most obvious but there are also others not so evident - planners and doers who don't see the spotlight of athletes and parents.



Ken Phillips

For all my years of coaching and association with the Kanata Nordic Ski Club and the Racer program, I have probably taken away much more than I have contributed. The folks mentioned above I think I can call friends because of my involvement in skiing and the club. There are many others who are friends because of this activity - it is a larger community of active, self-motivated and selfless people.

To all the athletes of every age, I encourage you to keep skiing, keep improving and stay involved. The Club and skiing are a vehicle to lifelong health and steadfast friendships, to setting and meeting goals, experiencing the thrill of competition or just participation and the enjoyment of nature and our environment.

With thanks again for the award, I hope I am able to contribute to the club for years to come.

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**How to do a week's worth of skiing in just 3 days**

by **Kathryn Adeney**



For many years now, my husband, assorted friends, and I have been doing an annual back-country ski weekend in Reserve Faunique Papineau-Labelle. For most of its history this has been an adults-only trip but a couple of years ago we decided to try it with kids. We were a bit uncertain - how would this change the character of the trip?

But the kids had a blast and were a blast to have. In fact it worked so well that this year we expanded the youth contingent. We ended up with four teenagers, a super-happy three-year-old, and assorted adults of various ages.

We met at the departure point, L'Accueil Gagnon, to pick up maps and load our bags onto skidoos. (The baggage transport is an optional extra, and lots of people pack in their own food and pots, but it's sooo much nicer to ski without a pack, and I do like my cast-iron frying pan!) My youngest son Andrew and his friend Matt from Track Attack were among the faster skiers, so I decided to set them free. They picked the hardest route - a twisty 12 km with descents that turn onto bridges, steep tip-burying climbs, descents that run practically on top of little not-quite-frozen streams, and descents into valleys full of moguls. You get the idea. I had a more leisurely ski in with older son Paul and his friend Callum. Callum is a less frequent skier than the rest of the crew and found it quite a challenge, but persisted and arrived at the cabin tired but happy.

After that it was time to cook. Just about everyone pitched in to make a delicious, if excessive, meal (the one downside of the skidoo-baggage service - everyone packs too much food!) Afterwards whoever didn't cook did dishes. And then we played - Carcassonne, chess, Wizard, imaginary canoeing (for the 3-year-old), and the traditional building of card houses.



The second day was even better, because we had longer to ski (and cook and eat and play). By the third day we felt like we'd been there a week and were ready for the fun ski out. And here was the only wrinkle. The teenagers had all enjoyed each others' company so much over the last two days that they wanted to ski out together, but stuck to the route chosen by the more advanced skiers. With the result that they arrived back at l'acueil late, tired, out of water, only to find that their ride home (me) was out worriedly searching for them on the trail! Lesson learned: walkie-talkies don't work well in hilly terrain. But all was forgiven after enough chocolate and coffee.

Every year as the Papineau weekend approaches I find myself wondering whether the energy investment is worth it. When you weigh the preparation and driving time against the vacation time, the scales barely tip in favour of the trip. But what I always forget in this calculation is that the two kinds of time do not have equal value. Prep time is just taken away from ordinary day-to-day leisure, whereas the trip time is filled with stuff that makes it loom larger in memory. So that in retrospect, three days of adventure, laughs, and togetherness end up feeling more like a week.

OK, I've talked myself into it: time (past time) to book for next winter!

## Cache-in on your next hike

by **Ardeth Kirkham | Contributor**



Kirkham family geocaching

Imagine taking a walk through the woods with the family or perhaps a group of friends. Sounds nice enough, doesn't it? As nordic skiers we are drawn to nature, love being outdoors, and look forward to our treks in the woods.

Now imagine this walk through the woods with several destination points along the way: stops to find a cache, a treasure trove of sorts. Shouts of triumph as someone discovers the cleverly disguised box, camouflaged and tucked in the notch of a tree branch. Kids and adults gather round, open the box to find an assortment of trinkets and a log book and pencil to tell others that you have been here. As the kids look through the trinkets to decide

what to take, the adults scan the list of who's been there, and see that someone else has been there on the same day! This is some of the fun that can be had while geocaching.

Geocaching is high-tech treasure hunting. Remember the scavenger hunts we had as kids? This is it, on a much bigger scale. It's a worldwide phenomenon - there are literally caches all over the globe to find, in all sorts of settings - urban, rural, forests and on and under the water. There are caches that are easy to find and there are caches with a variety of challenges, from puzzle solving to deciphering code.

You can plan an afternoon, a day, a weekend, even a trip around finding caches. We brought our GPS unit to PEI last summer. The weather was marginal but geocaching made us forget that it was too cold to hit the beach as we explored forests, country roads, goat farms, and many historic sites. A big highlight was finding travelling trinkets - if you get one of those, you plant it somewhere else, and you are notified when it has been found and where it is travelling to. I'm not sure where the Homer Simpson trinket is right now, but he started in Quebec, we picked him up in PEI, and he has made it to Chicago and several European countries. How much fun is that?!

What you need:

- GPS unit: there are lots on the market, and many of the smart phones have GPS capability. Be aware that the car navigation ones don't usually work out too well.
- Trinkets: nothing too precious. This is a great way to unload those Happy Meal toys or dollar store items. Some geocachers have their own signature item, for example, bingo chips with their geocache name. We have come across wooden lambs with someone's geocache name on them. It's pretty cool.
- An account with [geocaching.com](http://geocaching.com). This is essential as it allows you to access the maps of where geocaches are located. There is also useful information like clues for most caches to be able to find the waypoints (coordinates) and also to record your finds .

There are lots of local caches, located in parks and green spaces in the suburbs that are merely a walk or a bike ride away. Our family has found many in Beaverbrook, the South March Highlands, the NCC trails

surrounding the Ottawa Municipal Campground, and Arrnprior. You will be amazed at how many geocaches are out there, and how easy it is to spend an afternoon trekking through the woods. Just pick a destination and go to the website to get started!

## The Renaming of Riverfront Park

*City of Ottawa Honours Kanata Community Leader, Sheila McKee*

This past June a ceremony to unveil a commemorative plaque was held at Riverfront Park, the City facility surrounding the YM-YWCA Bonenfant Centre that is the site of most of Kanata Nordic's ski trails. The plaque made official the name change of Riverfront Park to **Sheila McKee Park**.

Under the city's Commemorative Naming Policy, any individuals who have "provided extensive community service" can be nominated for this honour. Sheila McKee was deeply committed to her community in many ways. She moved to Kanata in 1968 and became known through her work as a reporter and then editor of the Kanata Standard newspaper. McKee later moved into public life with the former City of Kanata, being elected as an alderman for Beaverbrook East in 1982 and serving three terms. She returned to Kanata city council in 1991, representing Kanata North, and later March Rural, until the creation of the amalgamated City of Ottawa in 2000.

McKee was also a member of the Pinhey's Point board, a trustee on the Kanata Public Library board, vice-president and president of the March Rural Community Association, president of Community Child Care Ottawa, and a volunteer with the Kanata Golf Club, the South March Branch of the Women's Institute, the Kanata Beaverbrook Community Association and the City of Ottawa Rural Summit Task Force.

When signage for the renamed park is unveiled (date as yet unknown) it will also bear the names or logos of some resident clubs, including our own Kanata Nordic Ski Club.

To read more about Sheila McKee please see articles in [The Ottawa Citizen](#), [The West Carleton EMC](#), and the [Women in Ottawa](#) blog.

End of Issue 14

September 2012

What was your favourite article this issue? What would you like to see in the next issue? We are always interested in your ideas for the newsletter and for volunteers to help with each issue, so if you have the inclination please [get in touch](#).

**Sincerely,**  
Marlene Alt and Kaleigh Maclaren, Co-editors  
Kanata Nordic Ski Club

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