



Kanata Nordic Launches Co-op Training Program with Ottawa River Canoe Club



This fall Kanata Nordic and the Ottawa River Canoe Club (ORCC) have partnered for the first time to offer a co-op training program for youth (racers, primarily) and adults. The program encourages paddlers to train through the winter by participating in our on-snow programs, and provides our skiers with expanded options for dryland training and indoor fitness training all winter. We interviewed Adrian Turcanu, a member of Kanata Nordic and the Technical/Coaching Director of the ORCC, about this action-packed new program.

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Kanata Nordic Profile: Heinz Niederhauser, in Memorial

In each issue we feature a Kanata Nordic member. In this one we profile former coach Heinz Niederhauser, who had a significant and lasting impact not only on our Club but on the sport of cross-country skiing in Canada.

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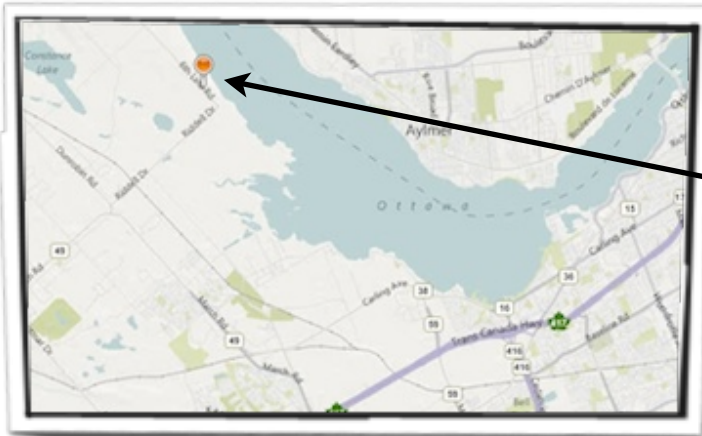


GET SET for January programs

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

It all begins January 8th, 2011

While many of our skiers have been hard at it outdoors and in the gym with training activities through the fall, the bulk of our programs get underway in the new year. On Saturday January 8, 2011 dozens of Bunnyrabbits, Jackrabbits and adult learners hit the trails of the Bonnenfant YMCA Outdoor Centre (BYOC). Their sessions run from 1:30 p.m. to 3:30 p.m. and, especially the first day, we recommend you arrive 15 minutes early.



For directions to the BYOC, at 1620 6th Line Rd, Ottawa, refer to [Bing maps](#).

Club Clothing Samples Coming Our Way!

Interested in checking out the stunning racer wear designed exclusively for Kanata Nordic?

We will have a full range of sample sizes, youth and adult, at the Bonnenfant YMCA Outdoor Centre on Saturday January 8, 2011.



Specifics of costs, etc. will be posted on the [web site](#) closer to the date.

Questions? Contact clothing@kanatanordic.ca

Big changes at our home base

New and returning members alike will notice that the BYOC is in the midst of a construction boom. There are many new climbing and rope structures, the Vail replacement building is well underway, the chalet (site of hot chocolate breaks) is about to be gutted, former school portables are being fitted with new floors, walls, windows, and porches, and the heated washroom building is a shell awaiting new plumbing and fixtures.

All very promising for the future! However, with this intense activity the YMCA has closed the site to most other programs but ours this winter. Some essential points to note about our use of the site are:

- ALL climbing structures are off limits.
- Stay on groomed trails within the BYOC area at all times and stay clear of all fenced areas, construction equipment, workers, and material stock piles. Be particularly aware of hazards when crossing interior BYOC roadways.
- There will be some minor changes to our trail access. Leaders will be informed shortly and will pass the details along.
- The interior parking lot (where early arrivers usually park) may be used as a construction staging area and therefore be unavailable for parking most of the winter.
- Our new location for hot chocolate breaks and warming up will be announced closer to the January 8 start date.

For the most part simply follow your group leader and apply good judgement and we will all enjoy our time at the BYOC without impeding the impressive improvements underway there. More information to come!



Fall Trails Day was Great!

by **Gene Vigneron**
Trails Coordinator
...

Sunday October 17, 2010 arrived with perfect weather, which no doubt helped deliver a high turnout to our Trails Maintenance Day at the Y Bonnenfant Centre. With almost 50 eager volunteers on hand, Trails Coordinator Gene Vigneron actually ran out of jobs to assign, so some folks were directed to simply enjoy a nature walk. There was a high proportion of new members who had never been to the site before, and they were impressed with the trail system and our Club in general. Returning members were excited to see the facility changes underway at the Y, including the new climbing structures and foundations for new buildings. The food was a hit too: Everyone loved the chili and soup and appreciated the warming effects of hot chocolate! Our thanks to all who came out and helped make trail maintenance a fun and fruitful event.

Photo Contest: Give Us Your Best Shots

The Club is always in need of compelling images that communicate the people, places and joy of xc skiing. We use the photos on our web site, in the newsletters and on volunteer and sponsor recognition certificates. So look through your archives and be sure to bring the camera along this season!

Prizes include:

- Kanata Nordic swag: water bottle, decal and tote bag
- Free family membership next season
- \$35 gift certificate at Bushtukah



**Contest
closes
February
28, 2011**



Photos courtesy of Jo-Ann Holden

How to enter:

- E-mail a maximum of 5 images to promotion@kanatanordic.ca
- Images should be low resolution, but keep high resolution versions as they will be requested later for the winning photos
- Include a brief description with each photo

Ski X-C Fast and Snowshoe Fast School Programs on Track for 2011

by Geoff Tomlinson, SKI X-C FAST Director



Last winter SKI X-C FAST was able to provide skate ski instruction to almost 2600 students (from grades 5 to 12) in the Ottawa region. Since its inception in 2007 SKI X-C FAST has been able to instruct over **7900 students in the technique and joy of cross-country** (skate) skiing. It is by far the largest and most successful program of its kind in Canada.

SKI X-C FAST has been successful for a number of reasons:

- *Accessibility: the program comes to the school! This is a unique feature of the program.
- *Fun: inclusive yet competitive games and activities.
- *Value: low cost per active minute ratio.
- *Quality: excellent equipment and professional instruction from proficient, professional, experienced and trained instructors who understand skate technique development and how it relates to physical literacy.

The fact that 75% of our participating schools are repeat clients attests to the program's success. One advantage of the program is that the sessions are offered during the school day. We have no competition from other sports/activities and both programs are completely aligned with the physical education curricula of all the grades in all the provinces and territories. Many of our clients have no experience with the 'sliding sports' yet are able to skate ski within an hour and a half. For these reasons and more SKI X-C FAST clients leave each session knowing that cross-country skiing is fast and fun.

Snowshoe FAST, season #1, was offered during the winter of 2010. This snowshoeing program, developed at the request of our clients, specifically targets students in grades 2 to 4. It is SKI X-C FAST's sister program. Snowshoe FAST has the same goals and instructional approach as SKI X-C FAST: to demonstrate that playing outside in the winter is fun and safe and to teach physical literacy through games. During the winter of 2010 **over 1100 students participated** in Snowshoe FAST! It is anticipated that this program will, at the very least, double its participation in 2011.

What is unique to SKI X-C FAST and Snowshoe FAST is that the programs brings the equipment and instruction to where the clients can afford to participate. A site could be a schoolyard, a park, or a local Nordic facility. SKI X-C FAST and Snowshoe FAST also offer a variety of participation options suitable to most school timetables and finances.

Our program has provided us with the understanding that we do more than just teach children to ski and snowshoe. We actually re-engage them (and possibly their teachers) with winter. SKI X-C FAST and Snowshoe FAST are programs that provide children and youth with the understanding that playing outside in winter is fun, safe, exciting and can be done almost anywhere.

Let it snow... *Qu'il neige encore et encore...* And be -8, sunny with no wind.

If you would like to learn more about SKI X-C FAST and Snowshoe FAST and /or wish to become a **program sponsor** or participate in the program please contact:

Geoff Tomlinson, Director

SKI X-C FAST and Snowshoe FAST

skixfast1@gmail.com

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Go Lighter, Go Faster

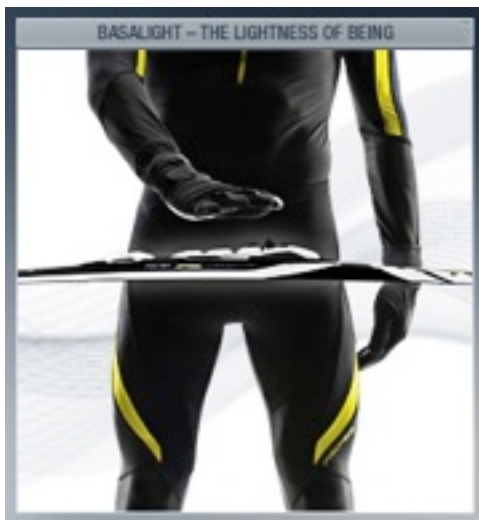
New Cross Country Ski Gear at Bushtukah

by Stian Lillehovde, *Bushtukah*

The next cross-country ski-season is right around the corner, and to prepare, you might want to check out some exciting new products on the market.

On the skate-ski side, the quest for lower pendulum weights continues. By making a ski lighter in the tip and tail you will get more control of your ski, and it will be easier to look like a pro. Fischer started using a cut-out in the tip of the ski to save weight, called the 'hole-ski'. This year, Madshus lowered and shortened the tip of their skate skis, which allows for a shorter ski with the same stiffness as a traditional longer ski.

The development of new materials has lead Fischer to basalight, made out of volcanic ash. This new material is replacing fibreglass in the core construction. It has many of the same properties as carbon, but at a lower price. Basalight is also capable of retaining the same stiffness across all temperature ranges.



There are some new products in the wax-accessory category as well. This year, when the temperature hovers around freezing and you are having trouble getting the right grip wax, check out the new Swix grip tape. This tape will give

your wax skis a mechanical grip zone for those difficult to wax conditions.

Find these products and a great selection of other xc ski gear, along with expert advice, at the Bushtukah store in Westboro at 203 Richmond Road. Visit [the web site](#) for store hours and more.

Features on the Kanata Nordic Web Site

Find these articles and handy info at kanatanordic.ca

- [Trail Conditions](#)
- [Trail Network information](#)
- [Fueling Your Ski Day](#)
- [Tips to get the most out of your lessons](#)
- [Snow Photography: When Its Bright Let in More Light!](#)
- [The Calendar of Events Goes Google!](#)
- [All back issues of the Kanata Nordic Newsletter](#)
- [Our sponsors and how they support Kanata Nordic](#)





The Secret to Skiing Faster with Less Effort

by **Chris Bloch-Hansen**, *Ski Department Manager, Fresh Air Experience*

It's not really a secret -- it's waxing! A little extra effort with your base preparation will make your skis glide significantly faster on the trails. A good hot (glide) wax will accomplish this. One of the hottest new methods of improving the glide after a hot wax is to brush your skis. Here's how:

Before you do anything, look at the bases of your skis. If they are black bases, is there any white discoloration on the tips and tails? This is your base oxidizing (or rusting) and will definitely slow you down. The best way to remove this before you do anything else to the base is to brush with a brass brush. **Always brush the length of the ski from tip to tail or vice versa, never across.** A brass brush is your 'cleaning' brush and will remove the white oxidization and any other impurities that have worked their way into your base.

When your base is clean you can hot wax your ski. Never use wax removers to clean wax from a ski's glide area, as they will completely strip your ski of wax. Remember to never have your iron so hot that the wax will smoke; you just want to melt the wax onto your base.



After hot waxing, scrape as much of the extra wax off as you can. I know that it seems as if you are removing all the wax; however, **you want the wax in your base, not on your base.** Now after scraping off as much wax as you can, brush the base with a stiff nylon bristle brush. This removes the wax from the little rills or groves that are on your base. Brush until no more wax comes off the base. Finally, use a soft nylon bristle brush to polish your base.

This is the way we do every hot wax that comes into our store. It's a bit of work but when your skis turn from slugs into flyers it's worth it. Check out our [selection of brushes online](#) or come into the store. A brush or two make great stocking stuffers!

The Latest XC Ski Gear for 2011 at FAE

by **Chris Bloch-Hansen**
Ski Department Manager, Fresh Air Experience

Fresh Air Experience (FAE) offers these products [online](#) and in the store at 1291 Wellington Street in Westboro. Visit our [web site](#) for store hours or call us at 613-729-3002. Let it snow, let it snow, let it snow!



Fischer RCS Carbonlite skate boot

New torsion control and canting systems give perfect foot and cuff adjustments. [Click here for details.](#)

Fischer RCS Carbonlite Skate 'hole' ski



Fischer has made all its Carbonlites with the hole in the tip of the ski. The hole provides a much lower swing weight to the ski. This ski is now available in cold, plus, and soft track models. [Click here for more details.](#)

In the Holy Cow department: Rottefella Xcelerator

[Rottefella Xcelerator](#) has reduced the weight of their NNN4 racing bindings by 40%, from 310 g to 175 g for a pair of bindings.

Swix Triangular Pole

Swix has a completely new, top of the line triangular pole, the [Triac 1.0](#). New triangular shaft, new 'change at the race' baskets, new wrist straps, new easy adjustment wedge.

KANATA NORDIC PROFILE

Heinz Niederhauser, In Memorial

In each issue we feature a Kanata Nordic member. In this one we profile former coach Heinz Niederhauser, who had a significant and lasting impact not only on our Club but on the sport of cross country skiing in Canada.



OBITUARY

“Heinz Niederhauser was a Canadian legend in xc skiing and is remembered for his contribution as a builder of the sport in Canada. He coached and developed athletes to be the best skiers they could be. He developed and encouraged ski coaches, leaders and technicians to the same standard. Heinz was a role model, and a patron of the sport who lived fully and passionately. His enthusiasm and dedication to cross country skiing was infectious and his passion for his chosen sport touched many across the country. His distinguished career took him from small club coach in Toronto to Head Coach of the Canadian National Ski Team in the late 70’s and finally back to small club coach at Kanata Nordic Ski Club. He passed away on January 5th 2008, while skiing on the trails at Duntroon Ontario, doing the sport he loved. He is sadly missed.

by Marlene Alt, Newsletter Editor

Born and raised in Switzerland, Heinz Niederhauser emigrated to Toronto in the early 1960’s. He never seriously strapped on cross-country skis until several years later, when he was in his 30’s. Heinz’s focus on the sport began in the 1970’s, just when it started to gain popularity in Canada. By 1975, he was the paid coach of the South Ontario Division ski team.

In 1977 Heinz moved to Ottawa as Technical Director and Head Coach of the national team. During this time he founded and coached the Ottawa Racers Ski Club and helped develop Mooney’s Bay into a facility for cross-country training and racing. He coached the Ontario Junior Team and served on the national ski team committee.

At the 1988 Calgary Olympics Heinz was chief of manual grooming for the cross-country course. With his usual dedication, he supervised a large crew charged with touching up the trails with rakes and shovels. Soon after Heinz started the ski club that came to be known as Lowney Lake Nordic. He also became involved with the National Capital District ski program and the Ontario Junior Team.

In the early 2000’s he coached with Kanata Nordic, mentoring some national caliber athletes, including Danielle McVicar and Kate Brennan. Both young women spoke at Heinz’s memorial service. Danielle said, “It is rare to encounter a coach who invests himself so entirely into the success of his athletes. Heinz took the time to know me, my personality, my strengths as a skier, and most importantly, my goals... He dedicated so much of his time and effort to me and his other athletes, and for this I will always be grateful.” Kate reflected that, “Everyone will remember Heinz in their own personal way but I know that I speak for quite a few athletes when I say that I would not be where I am today if it weren’t for him. He ... was by far the most influential person in my ski career... He cared so much about each and every one of his athletes.”

To honour his contributions, Cross Country Ontario created the “Heinz Niederhauser Award for Outstanding Commitment to Coaching in Ontario” and awarded the first one to Heinz in 2006. Heinz officially retired in the fall of 2007 but continued to coach. In January 2008, he accompanied his athletes to the Haywood NorAm competitions in Duntroon (near Collingwood). Heinz was heading out on the trails between events, as he was training for a World Masters Race in Idaho in March. “It’s a beautiful day for a ski,” he said. He collapsed soon afterward. He was 72.

Cross Country Canada sponsors a coaching scholarship in Heinz’ name, established by friends and associates. In 2011 Heinz will be inducted into the Canadian Ski Hall of Fame. The hall honours persons who have made distinguished and substantial contributions to the growth and development of the sports of snow skiing and snowboarding in Canada. Heinz did indeed, and we were privileged to have known him.

This article was written with material derived from the February 7, 2008 Globe and Mail report by Carol Cooper.



Photos courtesy of Andrea Nicholls

Co-op Training Program with the ORCC



by Marlene Alt
Newsletter Editor

Continued from page one

Kanata Nordic Newsletter: What is the nature of the new joint training program launched this fall?

Adrian: The new program is targeted at kids ages eight and up, and started in October with dryland training. We also have a program targeted at adults which started November 1. The intention is to run both programs until the end of March. The leaders for the kids program are volunteer coaches from Kanata Nordic, including Harris Kirby and Mike Duivenvoorden, with assistance from ORCC's on-staff head coach, Stephen Tuttle. There is a strength and agility training program offered as an extra option which happens in a gym twice a week. Run by a professional fitness trainer, Andrea Nicholls, it provides motor skills and strength training using one's own body weight in a high-paced fun environment, which is consistent with the LTAD (Long Term Athlete Development) model and is suitable for a wide age range. The adult program is run exclusively by volunteers from both clubs: Ted McNamara, Bevin Schmidt, Dave Meisenheimer and myself. This is a recreational program with fitness and socializing as the main focus points.

KNN: How did you come up with the idea? Is it something you've seen done elsewhere?

Adrian: The idea first came during discussions between Mike Duivenvoorden, Harris Kirby and myself. It became obvious that xc skiing is a great aerobic sport that would be an excellent complement to paddling and the other way around. Also, the two clubs are very similar in size and concept: They are both run almost exclusively by volunteer parents and they both exist to serve the kids in the community.

Independently from our conversations, last summer ORCC head coach Steve Tuttle suggested that he could run some xc ski sessions with the ORCC kids during the winter. At that point it became obvious that a partnership with Kanata Nordic was a better solution because it would bring structure, more coaches and therefore more expertise plus the ability to involve kids of all levels into the program.

KNN: How is this different from what your members would otherwise be doing in the winter season?

Adrian: ORCC places a lot of emphasis on crew boats (2, 4, 14 people). For us it is very important that kids stay in contact all year around. This is how bonds are formed and crews gel. Having all the kids in the same program over the winter achieves this purpose. The other aspect is that xc skiing is one of the best winter sports for aerobic and endurance conditioning. Other options would have been swimming (which is expensive) and speed-skating (also expensive and maybe not as exciting as cross-country). And some of the kids in the club would have probably ended up not doing any sport over the winter if they had to do something on their own.

KNN: It sounds like a win-win partnership. What are some of the other benefits you see for both clubs?

Adrian: The program is definitely a bonus all around. It will further our young paddlers' aerobic development and expose them to a new sport that they can practice for the rest of their lives. Kids from both Kanata Nordic and ORCC benefit socially, creating new relationships and friendships. ORCC could benefit in the future from skiers that sign up for paddling. Our paddlers will augment the number of ski racers, giving Kanata Nordic's racing program greater strength and depth. More parents means more parent volunteers, so less burden on everyone. Joining forces also makes a weeknight speed, agility and core strength program conducted by a professional fitness trainer more viable. Since our main seasons are opposite each other, there is no competition between us. Both clubs are striving to keep costs down so more participants means enhanced, more affordable programs for everyone.

KNN: Can people still sign up and if so how can they get more information?

Adrian: The dryland component is now full but there are still places in the on-snow program. For details visit the ORCC web site for [Winter Training Programs](#). We are delighted with the success so far and look forward to getting out on the snow.

Photos courtesy of
[Jessica Deeks](#)

by **Shelagh Ryan**
Events Coordinator
•••



Track all Club events
through our new
Google calendar
[on the web site.](#)

September Swap & Sale Less Busy But Loads of Fun

Unaware of it themselves, dedicated xc skiers go about their days with a barely suppressed glee from the moment the leaves start changing colour, and are positively quivering with excitement by the time those first flakes of snow drift slowly from darkened skies. Gather enough of these skiers together in one place and give them an opportunity to chat to each other or any one else who drops by about all things xc and they generate a tangible charge in the air.

So it was on the last weekend in September when Kanata Nordic volunteers turned out for our Annual Ski Swap and Sale. With so many members on site at the Mlacak Centre it was impossible to ignore the vibes! The registration desk was kept hopping as new and returning families registered and nailed their early-bird discounts. Program details were discussed and program suggestions made. Our resident experts advised on the right equipment for parents and kids. The clothing display garnered considerable attention as well, with experienced members offering pointers on how to dress properly for the trails. Gently used equipment was received and priced on the busy Saturday then stored for the sale on Sunday.

Outside, the fundraising BBQ attracted hockey players, figure skaters, ballerinas, and library goers as they came and went from Mlacak. The two-day event saw plenty of new volunteers eager to help along with the experienced ones and several of our youngest members discovered the joys of volunteering while assisting at the BBQ.

Sunday's sale saw fewer people than in years past, leading organizers to believe that although the other aspects of the event were successful the sale itself was ill-timed. Carp Fair was on the same weekend, and Mlacak itself had few activities scheduled on the Sunday for next to no foot traffic. Most importantly, perhaps it was just too early for the general public to purchase equipment. Nevertheless, we had happy shoppers going home with new gear and sellers leaving with extra cash in their pockets. Costs to the club in the way of hall rentals and food supplies were covered and the club realized a small profit. So while Sunday's sale was not as well attended as usual, the weekend event was deemed worthwhile, success being so much more than merely revenue.

With the terrific volunteer base that we already have, I look forward to a tweak of the details delivering a bigger and better event next year. Members who would like to assist in the planning or execution of this or any Kanata Nordic special event (or who have some to suggest!) please contact me, Events Coordinator Shelagh Ryan at event@kanatanordic.ca.

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