

# Membership Spike!

## From the President

**Mike Campbell**

Greetings fellow ski enthusiasts! We are at the midpoint of our ski season, and to date we have almost 60 days of our trails being open for skiing. Grooming has been a real challenge lately, with the lack of snow and January thaw. However it looks like there is some snow in the forecast.

Keep your fingers crossed and do a snow dance. I have to commend Fred Scheel, Martin Kerr and all our groomers for the great work they do in maintaining our trails under difficult conditions.



We've reached two significant milestones since our last newsletter. First we've received delivery of our new Edge PistenBully groomer that we had been saving for for over 10 years. The second milestone is we now have a record number of club members sitting at 850, this is almost 100 members more than we had for all of last year. It's great to belong to a healthy vibrant club.

I would like to remind everyone of the upcoming 23rd Annual Suntrail Special, to be held on Sunday February 10th at 10:00 a.m. This is an all ages (free skate) event, for young kids up to senior citizens, such as myself. For adults you can either ski in the 7 km. or 10 km. distances. And if you're a master skier (over 30) all times are age adjusted, so you can compete against the young bucks! I

encourage all members to participate in this great event. To register go to Zone4.ca and Search for the Suntrail Registration.



On a final note our executive have decided to hold our Annual Potluck Volunteer appreciation night again this year on April 19 at Heartwood. Last year's event was a real hit with club members. Stay tuned for details in our next newsletter.

Happy Trails Everyone.



## BSC goes Strava

**Mike Campbell**

Have you ever wondered how fast you ski the trail system, or how today's ski compares to yesterday, or even how fast you skied the Grunt compared to other skiers in the club.

You can find out all of these details through a smart-phone App called Strava. It works with both Iphones and Android Phones and it's free. You can also use activity trackers with GPS like Fitbit or Garmin.

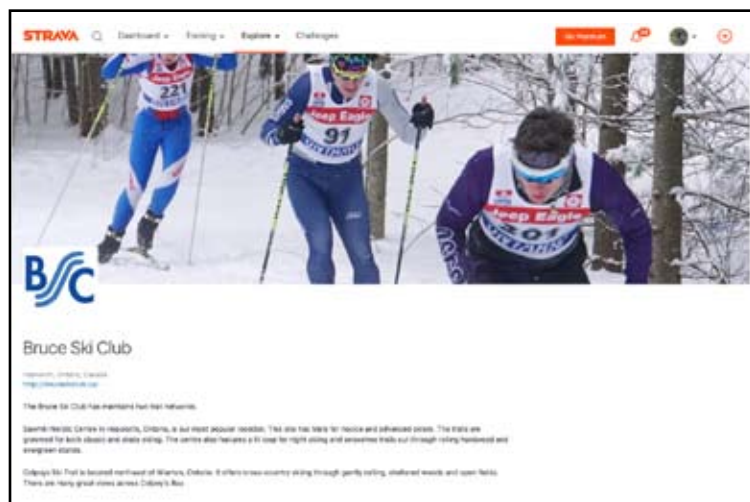
All you have to do is download the app from the app store. All of the trail loops at Sawmill have been mapped into segments, so you can see who skied the Hair-pin Loop the fastest. You can do the same at Colpoys. It's fun for old guys like me because I can compare my time with others the same age.




## Coming Events

**Glenelg Ski Club Trail Exchange - Feb. 10 to 17**  
**Awesome Adult Afternoon Ski Lesson - Feb. 10**  
**Suntrail Special Race - Feb. 11**  
**BSC Volunteer Night & AGM - Apr. 19**

To see all of the details of your ski you will also need to also sign up for Strava on your desktop computer, tablet or phone.



We have set up a Bruce Ski Club Team on the Strava site. Sign up with the team and see who is putting on the most mileage or climbed the most metres in a week.

Check it out its a lot of fun. 

## Ed.


**Tom Hakala  
Heads Up**

I was skiing at Sawmill the other day and decided to take a shortcut between trails. The transition trail I was on 'T's into a main trail right at a curve. For whatever reason I had my head down as I merged into the main trail. Immediately I sensed someone coming up fast in the skate lane and luckily he deked around me at the last minute. I yelled, "Sorry!" and fellow said, "Aren't you Tom Hakala?" I said, "No, I'm Martin Kerr." But by that time he was around the bend and didn't hear me. So there I was not only embarrassed that I did such a doofus move, but that I was called out as well. So I came up with a new mantra, 'ALWAYS KEEP YOUR HEAD UP!'

This applies to most situations on the trails. For instance, if you are skiing fast and you come up to a slower skier from behind keep your head up and let them know you are about to pass by yelling, "Track - Hello there - On your left." or something, just so you don't scare them and they jump out of track and fall over as you go by. On the other hand, if you are going at a leisurely pace and skiing side by side with your BFF while gabbing about the state of your love life and someone behind yells one of the afore mentioned salutations, heads up and move over to let them pass.

Also, Keep your head up and look at the signs that our volunteers took the time to hang at each trail indicating whether the trail is an easy, moderate or difficult, then decide if you are up to skiing at that level. Look for signs that say, "DO NOT ENTER" as these are one way routes

and because of curves, hills or other obstacles have been designated as such. Do not go backwards on these routes.

Lastly, just as a 'heads up', no dogs are allowed on any of our trails. That goes for Colpoys, and both the ski and snowshoe trails at Sawmill Nordic Centre. Have fun skiing or snowshoeing... And keep your head up. 

## Race Coordinator's Report

**Ken Clarke**

We hosted our first of two races this year on January 15th. The Great Wolf invitational was a great success thanks to the tremendous efforts of over 30 volunteers. We welcomed over 260 competitors including Elementary, High School and Para Nordic categories; making it our largest entry yet. Racers enjoyed good weather and excellent conditions.

*Great Wolf photos below by Mike Campbell*



With a little luck and hard work we will have the same for the Suntrail Special coming up soon on Sunday February 11th. Race details are on the BSC website and registration can be done through zone4.ca. If you want to volunteer to help with the race (we can always use more hands) please contact Ken Clarke [kcclarke@gmail.com](mailto:kcclarke@gmail.com) 519-371-5034. 

**23RD ANNUAL Suntrail Special**  
A Freestyle X-C Ski Race  
Sunday, February 11th, 2018  
Start Time 10:00 am

**Register online at: Zone4.ca**  
Deadline is February 9, 2018 at 11:59 pm.  
(No race day entries)  
The Suntrail Special is proud to be part of the  
S.O.D. Paraffin Race Series  
more information on this series at: [xcontario.com](http://xcontario.com)

**Also Family Cookie Challenge**  
400m mass start... Cookies for all!  
(Family Cookie Challenge is a 400m mass start with your 400m start)

**BSC Jackrabbits race free**  
For more information go to: [bruceclub.ca/suntrail-special/](http://bruceclub.ca/suntrail-special/)

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Georgian Bay Nordic adventure






# Sawmill Nordic Centre

**Fred Scheel**

The skiing at the Sawmill has been very good for the most part. Our new Pisten Bully is working well and most of our groomers have finished their training on the machine. The January Thaw that we experienced over the last 2 weeks of the month made grooming somewhat complicated, with little new snow and some serious thaw-freeze conditions. We were able to retain our base and now that we are getting some fresh snow, we should soon be able to get back to having awesome trails.



The Great Wolf Invitational went over very well. Snow conditions for the event were amazing. Up-coming is the Awesome Adult Afternoon learn to ski event and the Suntrail Special.

Enjoy Part 2 of winter. Later, Fred 



## Colpoys Ski Trail


**Martin Kerr**

Well after such an amazing December, January was a bit of a roller coaster ride. However the good news is that the base has held up well and some new snow should quickly get us up and running on all trails quickly.



Grooming hours in December were 27 and 15 hours were spent grooming in January, and we have had about 45 skiable days as of the end of January.

I would love to hear from anyone who has any ideas regarding trail development or improvement. We do have one or two small areas that flood during thaws that could use bridging or re-routing, and Ron's trail could use a few changes to make it more accessible in low

snow conditions. Feel free to send me an e-mail with any suggestions, concerns, or comments regarding the trail. I can be reached at: [ma247kerr@gmail.com](mailto:ma247kerr@gmail.com) 


## Jackrabbits

**Mark Avery and Jason MacDonald**

We are now at the half-way point of our Jackrabbit lessons! We have had a tremendous turnout this year with 100 skiers taking part! It truly is great to see so much interest in 'our' sport. Having so many skiers is great but also means that we need to ensure that we have enough volunteers to keep the quality of our programs high. Please consider volunteering your time either this year or next in any capacity. We are still looking for volunteers for the obstacle course, warm-ups, the Carnival and the Pot Luck. Assistant coaches are always welcome and no training is required. If you have interest in taking your coaching credentials, please ask a coach or Jason or myself for more information.



Remaining events for this year include the Suntrail Special February 11th, Carnival February 24th and the Pot Luck/Banquet March 3th at the Shallow Lake Community Church. Families are encouraged to try the "Family Cookie 400m ski challenge" or a longer distance at the Suntrail Special. Jackrabbit skiers are free!

Be sure to encourage those young skiers on the trails- they are our future! 

## Georgian Bay Nordic

**Marilyn Suke**

Now in the middle of our busy racing season. Some highlights include:

Joel Zandvliet and Sarah Groh being chosen to race at Ontario Winter Games in February.

Many podium finishes by our Pee Wee and Midget skiers in the Southern Ontario Series. You will have a chance to see them fly around the course at the upcoming Suntrail Special. Ontario Youth Championships will be mid February this year and with the focus on friends and fun will certainly be a good time.

Georgian Bay Nordic is once again hosting the AAA (Awesome Adult Afternoon) ski lesson with the extensive support of Suntrail Sports. Please register early as equip-

ment may be a challenge this year. Child care is available and every year the kids group has a very active and fun afternoon while their parents brush up on technique.

Suntrail Source For Adventure & Georgian Bay Nordic Present

# AWESOME-ADULT-AFTERNOON



**Ski Lessons for all Skill Levels at Sawmill Nordic Centre**

## SATURDAY, FEBRUARY 10, 2018

<b>REGISTRATION</b>	<b>12:00 - 1:00 pm</b>	<b>1:00 - 4:00 pm</b>
Early Bird Rate by Feb. 2nd - \$35	"Soup & Bun" pay by donation	Ski Lesson, Snacks, and Door Prizes
After Feb. 2nd - \$50		
Registration closes Feb. 7th		

Bring your own pre-waxed equipment, or borrow from a friend!  
If you require free rental equipment, go to Suntrail Source for Adventure, Hwy #6 Hepworth. Book your gear before you register as equipment is limited.  
Some on-site childcare available (\$5 per child). Please register online.



Hosted by Suntrail Source for Adventure.

This event is a fundraiser for Georgian Bay Nordic Ski Team.



Thank you to Bruce Ski Club for providing us with such excellent trails and for your support of our skiers. You all can be proud of what a great group of young people we have in the club training and racing just for the love of skiing.



**First Annual GBN and Alumni Boxing Day Ski.** From left Spencer Williams, Kyla Vanderzwet, Erin Purdon, Sam Weichel, Peter Beisel, Avery Vreugdenhil-Beauclerc, Julian Smith, Simon Smith. Also joining us was Nelvia Van Dorp and Sonja Ostertag. We had a great Boxing Day morning ski and hope to make it an annual event.



# Groovy Grooming

Martin Kerr & Tom Hakala

## The Colpoys Story

A couple of weeks ago I met a couple from Niagara Falls in the parking lot of the Sawmill trail. I was just leaving and they were just arriving for a first time ever ski. The excited pair had rented some skis and were getting ready to give it a whirl. "Does this trail have those groove thingees already in the snow", the gentleman enquired? I assured him that yes indeed there were groove thingees all around the trail system and in some places there were even two sets of thingees so that you could chat with your pals as you wound your way through this nordic nirvana. This news pleased the Niagara Fallers greatly, and with large grins, off they went. I'll bet they'll be back!

We are so fortunate to have such an awesome team of groomers in the Bruce ski club, and thanks to the membership we now have an amazing marvel of snow shaping technology, the PistenBulley that can groom a 16 foot wide trail in one pass leaving perfect classic tracks on either side and a skate lane up the middle. It doesn't get much better!

Anyway back to the groove thingees. Here is what we use at the Colpoys trail, the Sawmill trail also does snowmobile grooming with similar but slightly larger and more complex equipment.

The snowmobile is a 2005 Ski-doo Skandic. It has an extra wide and long track to give it more flotation in deep snow and it almost never gets stuck. It has very low gearing so that it can be driven at a low speed (usually under 10 kmh) while pulling a heavy piece of grooming equipment, often under challenging conditions. It is a good machine and a new one cost about 15 thousand dollars. The Skandic pulls a groomer that has a track-setter





attached to it. The Colpoys trail uses an American made Tidd-tech trail tenderizer that is 4 feet wide and has a weighted track-setter that is joined to it at the back. The track-setter can be lifted up in case there is a place where no track is needed. A basic unit like this is worth about 4 thousand dollars and this one is about 10 years old. A typical grooming session at Colpoys takes about 2 hours and occasionally longer if there is a large snowfall that must be packed down with the Skandic first. All of this gear combined weighs about a thousand pounds and the ski-doo will use about 20 litres of fuel pulling it around for those two hours.

When I first started skiing, a groomed trail meant that someone had skied there before you did. I think that we've come a long way. Long live the groove thingees! P.S. The guy driving the Skandic is 62 years old, weighs 140 lbs. and usually eats all of the cookies in the house after those two hours.

### **PistenBully Edge, The Inside Story**

Like a 10 year old, I'm facinated with any kind of big machines; so when I had the opportunity to ride in the new PistenBully Edge with Fred Scheel, I was thrilled.

I met Fred early on a Saturday morning before Jackrabbits. The Edge was already idling in the shed patiently waiting for the morning run. Fred was tinkering with whatever Fred tinkers with before he starts grooming.



He showed me where to step to get up and in (it is quite high off the ground). I pulled on the door to open it to no avail... It is a heavy sucker. Fred hopped in the drivers seat explained a few things and revved her up for take off. I didn't realize just how loud it is, but with over 300 horses right behind the seats you get the feeling you are



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"often copied but never duplicated"

in a jet ready for flight. The other thing about riding in the big groomer is that it is like sitting in one of those vibrating recliners. Fred explained that there is a tremendous amount of drag created from the tiller in the back as it chops up snow and ice when the big machine pulls it along the trail. Consequently many of my photos look like I had three martinis before I climbed onboard.



Fred also explained that this new PistenBully does a lot more to fine tune trail grooming. For instance, the tiller is articulated so it follows the curve of a trail around bends and tight corners. It has 8 leveling adjustments allowing the operator to finesse the tiller just at snow level or deep into the base. The plow on the front can be tilted and turned in an infinite number of directions. Of course all this high tech equipment comes with a learning curve that each operator will have to learn as they groom. On top of that, the new machine is wider than the original one so there are a few really tight spots where each side of the tiller are centimetres from trees or other obstacles. This will require some trail repositioning





At this time most of our grooming crew have been given the operator training and Fred is confident that they can operate the Edge without any problems. I can tell he is very proud of the grooming crew and how they are able to work with the new equipment in such a professional way



As we cruised along Sidewinder I looked behind to see a perfect set of tracks on one side and soft corduroy everywhere else. There are track-setters on either side of the tiller, enabling the operator to lay classic tracks on the left, right or both at the same time. The tiller can crunch up ice if needed, but Fred warned that over grooming the trails can result in a loss of precious snow when snow levels are low. During the warm January thaws that we experienced this season, the crew elected to stay off the trails for a few days until new snow arrived. With careful grooming, we were able to stay open throughout the warm spells. We are very lucky to not only have the most up to date grooming technology at our trails, but experienced crews at both trail systems to keep them in top condition all season.



# Update on Julian Smith

*Heidi Tones*

Julian has loved Nordic skiing since he started the Jack-rabbit program on yard sale skis at the age of 6! After skiing with Georgian Bay Nordic, under the head coach Marilyn Suke, Julian headed off to study biology at Lakehead University and the National Development Training Centre in Thunder Bay. Julian trains and races across Canada, the USA and Europe. He needs some financial assistance to cover his costs of flights, race entry fees, food and accommodations which add up to close to \$20,000.



If you would like to help Julian reach his goals, you can come to the 4th Annual Soup for Julian on Saturday, February 24th from 11:00 a.m. to 2:00p.m. and have a nice lunch. Or contact Heidi Tones, Julian's mom, to get a ski lesson or have your skis waxed, at [smith.tones@gmail.com](mailto:smith.tones@gmail.com). Lastly, there are donation envelopes on the bulletin board if you would like to make a direct donation to Julian. Thank you.



# Disappearing Act

*Martin Kerr*

If you've skied at the Colpoys trail (and if you haven't you really should) you may have noticed a small sign just off the trail to your left as you ski across the field toward the gates. Get up a little closer and you'll see that it says "Disappearing Stream". If we've had a really cold spell it will indeed have vanished beneath the ice and snow and there may not be much to look at all. But underneath that blanket of white, the stream of water leaving the Beaver pond is dropping into a deep crevice in the lime-


stone bedrock, and continuing on it's journey through an underground network of caves and fissures to Colpoys Bay. This feature is part of the Karst





topography that is so common on the Bruce Peninsula. In fact the Peninsula has the richest and most varied collection of Karst features in Ontario. Karst is sometimes known as “nature’s plumbing”. Just as plumbing in our homes channels the water where it needs to go, these underground channels help to drain and filter the surface water as it makes it’s way to the bigger bodies of water.\*

A small pipe has been placed vertically into the crevice and at any time of the year a person can hear the subterranean symphony by carefully putting ones ear close to the end of the pipe.

So the next time that you are skiing across the fields towards the gates, think of the water rushing through the rocks beneath your skis and take a moment to stop and listen to the music of the “Disappearing stream”. 

*\*Thanks to Daryl Cowell of the Owen Sound Field Naturalists for help describing Karst topography.*

## Ski Training Options

**Barbara Gray**

It has recently been brought to the club’s attention that there are other off snow options for nordic ski training when you can’t get to the trails. Owen Sound Fitness and Training and the Owen Sound Family Y both have obtained a new piece of nordic training equipment. It’s called a Concept 2 SkiErg. The Concept 2 SkiErg provides aerobic and strength benefits and is an excellent tool to enhance ski and other sport training. The SkiErg provides Sport-specific training using the poling motions that are integral to both techniques in Nordic Skiing. It also has a range of resistance similar to snow conditions.



The SkiErg helps to build strength and endurance by working the whole body in an efficient, rhythmic manner. There are a few video links provided for you to review. Owen Sound Fitness and Training offers a 2 week Free Trail Membership to the 24 hour access facility located in Owen Sound.

Contact Josh Burnett, OwenSoundFit@gmail.com or Owen Sound Family Y. osgb.member@osgb.ymca.ca

<https://www.youtube.com/watch?v=iV1HbOlhTcE>  
(video of Concept 2 Ski Erg in action)

[www.concept2.com/skierg/training](http://www.concept2.com/skierg/training)  
(manufacturer’s web site)

**I think that I shall never see** 

## A poem lovely as a tree.\*

**Martin Kerr**

Trees in some ways are like people or snowflakes in that no two are exactly the same, and the Sawmill trail does have it’s share of strange ones ( trees I mean!).

The first picture is of a pair of Scotch pine trees that appear to be joined at the hip and were alive not that long ago, but now have gone on to that big arboretum in the sky. I don’t understand exactly how this happened but the trees are about a metre apart and are joined together by a thick limb that runs from one into the other. They are on the right side of the trail that leads into the Kiwanis trail. Try and spot them!

The other picture is of a similarly joined pair of young maples standing together in good health just at the top of the last downhill on Sheldon’s trail. Give them a look as you head down the hill. There are lots of twins along the trail, keep your eyes open! *\*Apologies to Joyce Kilmer*





# Get Your Bib On!


If you've ever thought about entering a ski race or watching one, it doesn't get any easier than the Suntrail Special, and February 11th is the day to do it.

Now entering it's 23rd year the Suntrail Special is the most affordable, easiest to get to, most fun and laid back event you could possibly be part of.

The good folks at Suntrail Source for Adventure are celebrating their 23rd anniversary in 2018 and have been supporting the Bruce Ski Club and supplying great prizes for this race since it's inception.

The Bruce Ski Club did hold races at Sawmill and Colpoys prior to the Suntrail Special. From the late 70s through 90s the club held events like the Colpoys Lop-pet, the Kramer Cup as well as the forerunner of the Suntrail Special, The Sawmill Special. What began as a no frills event is now an extremely popular and professionally organized race on the Southern Ontario calendar, bringing skiers from all over the province to enjoy the Sawmill trails.

This year's Special has events for everyone from the novice to expert, and a great family race as well. Whether you race or not, come out on the 11th to make some noise and enjoy the excitement of this years Suntrail Special.

You can register on line at [Zone4.ca](http://Zone4.ca) by typing Suntrail Special into the search bar before registration closes on February 9th. 



Here are photos of races from the past at BSC.  
 Above - Kraemer Cup 1991 Team winners: L to R. Martin Kerr, Bruce McGill, Steve Murray  
 Top right - Kraemer Cup 1991, Individual winners: Martin Kerr, men; Christie Cunningham, women.  
 Centre right - Sun-Times article and photo for the "Sawmill Classic" 1994.



And they're off  
 More than 50 skiers turned out for the Sawmill Special Classic distance, Martin Kerr of Warton was the fastest overall, completing the run in 52 minutes, 12 seconds. See page 55.  
 Sun Times photo by Willy Wawerton

**23RD ANNUAL**  
**Suntrail Special**  
 A Freestyle X-C Ski Race  
 Sunday, February 11th, 2018  
 Start Time 10:00 am  
  
 Haworth, Ontario  
 1 km. southwest of Suntrail Source for Adventure

Register online at: [Zone4.ca](http://Zone4.ca)  
 Deadline is February 9, 2018 at 11:59 pm.  
 (No race day entries)  
 The Suntrail Special is proud to be part of the  
 S.O.D. Paraffin Race Series  
 more information on this series at: [xcontario.com](http://xcontario.com)

**Also Family Cookie Challenge**  
 400m mass start... Cookies for all!  
 (Family Cookie Challenge & JR skiers must register with your JR Leader)

**BSC Jackrabbits race free**  
 For more information go to: [bruceskiclub.ca/suntrail-special/](http://bruceskiclub.ca/suntrail-special/)

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 Georgian Bay Nordic Source for Adventure



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## Our Landowners

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(<https://www.ontario.ca/page/ministry-natural-resources-and-forestry>)

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