

# SKI TRACKER

## J.R. Re-Start Plus Challenges

### FROM THE PRESIDENT

Mike Campbell

Greetings fellow ski enthusiasts! Well to say this has been a strange year would be an understatement. Through Provincial lockdowns and restrictions our trails have remained open. During this time we have seen the closure of our warm up cabin, volunteer parking attendants, executives doing port-a-potty cleaning,



mask wearing, social distancing, sparse snow in January and a record number of new club members. Which has made this year, so far, challenging and memorable.

Having said that, I am so proud of what a great job our volunteers have done keeping the trails open and in great shape for everyone to enjoy during this difficult time. Of special note, I would like

to thank our trail captains, Fred Scheel and Richard Bonart, and their dedicated team of groomers, for doing such a great job.



Did I say we have many new members! Four years ago our club had 700 members, last year 900 and this year almost 1400. Hopefully when things turn back to normal, many of these new members will have discovered a love of skiing and will renew their memberships.


We are at the mid-point of our ski season, and to date we have 70 days of skiing at the Sawmill Nordic Centre. Grooming was a real challenge in January with very little new snow after the initial dump early in the month. But I have to say the skiing was pretty good. Our Colpoys trail has taken a while to get enough snow coverage, but is in great shape now with all terrain fully skiable.

Our Jack Rabbit Program is finally starting this coming Saturday, February 20th. The program will run the next four Saturdays and involve around 80 kids in two sessions between 8:30 a.m. and 1:00 p.m.



- BSC Ski Swap - To Apr. 1 (Go to: BSC Ski Swap on Facebook)
- BSC Thurs. Time Trials - Ongoing every Thurs. at Sawmill (Before 10am or after 5pm)
- XCCSO Distance Challenge - To Mar. 31
- Feb. 13 to 20 - Exchange Beaver Valley XC Club

***I have a special request to all our members... We simply do not have enough room in the parking lot to accommodate our new larger membership as well as all the kids, coaches and parents of the Jackrabbit program. I am asking that members wait until after 1:00 p.m. before they come out to the trails for the next four Saturdays.***

It looks like we still have a few weeks of great skiing ahead of us. It's great to see so many people out on the trails having fun. Please remember to wear a mask in the parking lot and social distance out on the trails. \_\_\_\_\_ 

**ED.**

*Tom Hakala*

### Facebook BSC Ski Swap

Until this winter, the Bruce Ski Club has held a ski swap in the parking lot of our good friends at Sun-trail Source for Sports. Because of COVID-19 this was deemed not possible. In its place the club executive decided to host a virtual Ski Swap through Facebook Marketplace. The original plan was to have the swap run until the end of December 2020, but I could see by the increasing requests to join the swap, that there was a strong interest to keep it going longer.


With the renewed interest in cross country skiing and snowshoeing, our club membership exploded (as Mike pointed out). Judging from the requests for people looking for skis or boots to fit older technology, it appears that old equipment was pulled out of the closet or garage attic and people realized that part of their ski set up was missing.

It is great to see so much new and renewed interest in our sport. It is something that people of all ages and abilities can enjoy. I hope most of you and been able to connect with someone who had what you need, but I fear the demand out weighed the supply. Please do not feel discouraged, next year will surely see things settle down.



As of February 17th, the BSC Ski Swap has 645 members... And is still growing. I still get requests every day for people wishing to join. We did open the membership to the swap to people outside of our Bruce Ski Club family, as it was felt that the larger regional pool would give an opportunity to people to find what they needed. I have tried to keep the membership local, as I have had requests from people living in Switzerland, Asia and the

Middle East. I am not sure what their motives were for joining a ski swap in Ontario, but I don't think it was to buy or sell ski equipment.

We have extended the swap until April 1st, at which time we will shut it down. If you wish to sell something, please remember to post the size, brand, condition and price. If you have Aunt Bertha's Chiffarobe that you wish to sell, please list it in another place... Like Kijiji or Owen Sound 24/7 Marketplace. Let's keep this swap for skiing and outdoor winter sports related things. \_\_\_\_\_ 




*Fred Scheel*

COVID protocols demanded a lot of attention during this ski season but seem to be working well regarding social distancing and mask wearing. Sawmill is experiencing heavy use from morning till night without our parking area becoming overcrowded.



With lots of newer skiers on our trail it is important that trail etiquette is explained. Our seasoned veterans can help with this by explaining about not walking on trail, not herring boning on track, directionality issues and wearing masks in parking area.



Your groomers have been very busy this season, averaging 4 hours per day of grooming. Our equipment is working well and the caliber of our grooming gets lots of positive feedback. Enjoy the rest of our Covid Winter, Fred. \_\_\_\_\_ 

Colpoys Ski Trail  
**COLPOYS  
 SKI TRAIL**

**Richard Bonert**

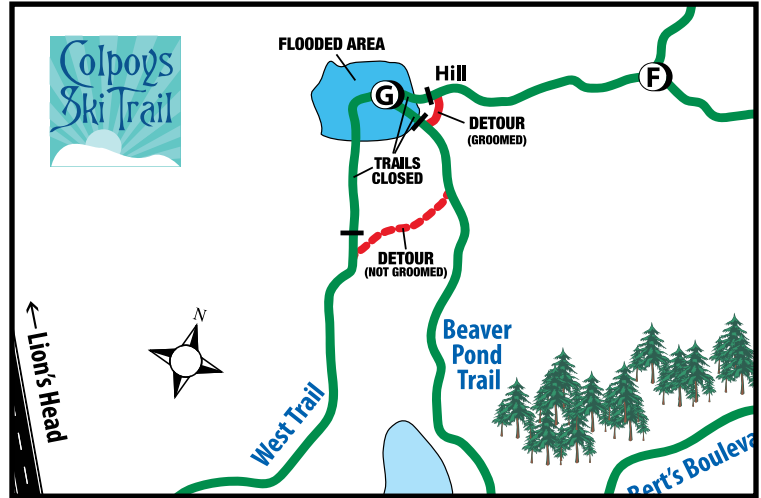
Finally on the 7th of February we had enough base and snow to groom and track-set all trails. But getting to this point this season was a challenge. We had ordered a new shed for the grooming equipment at Colpoys in September as the old tent shelter for the snow machine was falling apart, the groomer was left always out in the open. The mobile unit with doors on either side would allow driving the complete grooming equipment Skidoo and groomer inside and drive through, after one put a sturdier floor in and ramps on both doors. Unfortunately the shed arrived only on 17th December together with the first little snow.



So Neil and myself went to work on the modification and finished on 26 Dec., Boxing Day.



By that time we got more snow and decided to pack all trails, but Ron's, to build a base. But there was another issue, the weather in December was generally quite warm, no freezing. So the trails between C and D in the east had several flooded sections and there was severe flooding in the west at 'G' the junction of Beaver pond trail and the West trail. This junction is important, as 4 of the 6 loops shown on the Colpoys Trail map (BSC web-site) include point 'G'.



After Neil and myself had packed the trails on Boxing day we also packed a detour, which had been prepared before, in case the water at 'G' would not go away. Then we checked out the flooding and unfortunately got stuck there and realized the flooding was up to 2 1/2 feet deep. We had to walk out and with the help of Fred and Ron with the Grizzly, retrieved the Skidoo on the next day. Nevertheless it was clear that the flood would not disappear fast and was dangerously deep.

After quickly making some signs, we closed the trails around 'G' with yellow caution tape and posted detour and warning signs plus a sign with a map as a temporary junction point 'G'. For some of the smaller flooding in the east, short bypasses were marked.



As a result all the loops at Colpoys could be skied as of December 29th. It got busy and with some snow, the skiers made tracks on all trails which lasted with some bare spots in the wooded area until around the 20th January. But the tracks got worse in the open area. By the 7th January, many Club members had skied the trails but more than 50 honest day pass users also enjoyed the trails.



Finally by the 22nd January we got enough snow so that Neil groomed and track-set all trails. Coming back on that day he drove the skidoo with the groomer into the new shed.

So far not a bad winter, starting with skiing in December, as finally the temperatures were lower and the snow came. Last season we started at Colpoys only at 17th January and had tracks on all trails, but Ron's, only at the 30th of January.

**A short word on the pandemic:** There is no port-a-potty at Colpoys, as we can not guarantee the daily cleaning required by the regulations.

Please adhere to the posted rules, so that there is no reason for the authorities to close our trails.

Hoping for a great season and wishing you many enjoyable ski-outings at Colpoys. 

## GBN

*Marilyn Suke*

Georgian Bay Nordic Is still thriving in its new form. With 22 keen skiers and 6 dedicated coaches supported by active and involved parents, we are sure to keep having fun.


It has been wonderful to see so many families and members new to skiing out on the trails. Perfect grooming every morning then every flake skied on by evening is as it should be.

We have our Club distance challenge event, supported by XCSO. Currently, with 24 members registered, GBN has almost reached 10,000 kms! Last weekend we completed a socially distanced Gatineau Loppet event with most of our members, parents and coaches completing the 25km course

(times posted on the Thursday night TT page) and our youngest members doing 10 km. It was great to see everyone's faces again - if only at a distance. The Thursday night Time Trials are always a highlight and it is great to see so many of the members challenging themselves with this event.

Tuesday we are once again permitted to hold practices in person. As always we will exercise an abundance of caution with masking, keeping distance, breaking into smaller groups for training and staying entirely outside. In addition GBN has rented its own Port a Potty (you may have noticed it beside our Training Center). We also do all of our training within our Health Region so as to minimize the risk of viral spread.

On Sunday, February 28, we hope to host (for BSC only) our annual Lila's Loppet. Right now the plan is to challenge members to do it as a continuous Pursuit (or Skiathalon). This would mean 25 km. classic followed by 25 km. skate (or any distance that challenges you is fine). We will post details closer to the event if we remain in a Zone that allows outdoor gatherings. Regardless, it will be a self timed, distanced event much like the Thursday night Time Trial.

With our excellent snow pack I expect we will be able to ski through March. Often, April 10 is my last ski day. Nothing like skiing in the warm spring sunshine needing only tights a T shirt and sunglasses! 

## JACKRABBITS

*David White*

Jackrabbits started February 20. We have decided to extend the season by one week until March 13. That will give us a four week Jackrabbits season. We are running two sessions this year because of the ongoing pandemic. The Covid-19 Response Framework (released February 12) allows for 100 participants per session. With this increase number per session, we were able to offer spots to all skiers on the wait list. This brings the total number of registered Jackrabbits to 108.

### Return to Sport Jackrabbits

Stay at Home if You are Sick  
February 16, 2021

- This document will be made widely available to all Bruce Ski Club members
- A safety officer will support each session to remind participants and parents of the protocols
- Attendance of coaches, volunteers and athletes will be taken at every session to allow for contact tracing

- All participants under 18 must pass the following self-assessment prior to attending Jackrabbits <https://covid-19.ontario.ca/school-screening/context>

- All coaches, volunteers and participants over the age of 18 must pass the following self-assessment prior to attending Jackrabbits <https://covid-19.ontario.ca/self-assessment/>

- Coaches will be documenting that the self-assessment was taken. Stay home if you do not pass the self-assessment

- Skiers will maintain 2 metres physical distancing, unless engaged in sport

- Face coverings required except when exercising or playing sports

- There will be two Jackrabbit sessions 9:45 to 11:00 and 11:30 to 12:45

- Each session will be limited to 100 skiers and coaches

- Within each session classes will be limited to 25 skiers, coaches and parents

- There will be two Jackrabbit sessions, 9:45 to 11:00 and 11:30 to 12:45

- BSC members will be asked to avoid skiing or snowshoeing while Jackrabbits are in session

- BSC Shelter will be closed for the season. Coaches will have access to the Shelter for emergencies

- Groups will have assigned meeting locations for the start and finish of their sessions (see map below)

- Only one parent will be allowed to assist an athlete getting their skis on at group meeting locations

- A second entrance trail will be groomed to allow groups to be spread out

- Groups that need volunteer support may be temporarily divided to keep numbers low

- Only one parent or volunteer is allowed to support an athlete on the trail

- Athletes in Bunnies must be accompanied by a parent for the duration of the season or until the coach confirms that it is not necessary

- Mask and face shield must be worn when helping an athlete that is not in your social bubble

- Participants will not be allowed to share items (poles, balls, snacks, etc.)

- If a skier becomes sick during Jackrabbits they will immediately removed from their group. The Safety Officer will contact parents and ask them to pick up their child promptly

- Parents are asked not to congregate at the Sawmill Ski Trails

- Coaches will be informed about No Touch Games

- Volume of music to be low enough that a normal conversation is possible, measures to prevent shouting by both instructors and members of the public

# ONTARIO DISTANCE CHALLENGE

**Bryan Dubeau**

You may have noticed a good number of BSC members skiing considerable kilometers this winter. This may be in part due to Cross Country Ski Ontario's (XC SO's) province wide distance challenge. It is as simple as it sounds. From January to March 31. Skiers from clubs across Ontario log their km's in a central database. So far, 88 BSC members and an additional 22 from Georgian Bay Nordic, have signed up for the challenge. How are we doing? BSC has been maintaining a solid 5th place ranking for a number of weeks now.

This is only one of three XC SO's Covid challenges designed to engage skiers in this atypical season. There is also a series of virtual Ontario Cup races and Strava challenges. Despite the options, nothing has matched the popularity of the distance challenge. Why have skiers embraced this grueling challenge? Bragging rights? The allure of a new ski ties or a buff?

Total KMs/Team Rank		Average KM/athlete Rank	TEAM	TOTAL km for team	TOTAL km for TOP 8 athletes	GOAL total km for team	AVERAGE km athlete	# athletes on team
6	17		Arrowhead	28,296.8	8,823.2	27768	137.50	152
25	11		Barric XC	1,146.8	1,146.8	1,200.0	286.20	4
1	9		Big Thunder	41,967.9	6,731.0	14,576	361.8	206
5	7		Bruce Mid Club	28,886.8	7,821.7	7,148.0	309.18	94
32	#N/A		Carlton	0.0	0.0	0	0	0
32	#N/A		Chelsea Nordic ON	0.0	0.0	0	0	0
28	15		Deep River	876.3	876.3	0.0	219.07	4
21	20		Dryden	2,734.9	1,191.9	2,900.0	189.30	26
32	#N/A		Eden Mills	0.0	0.0	0.0	0	0
13	3		Georgian Bay	3,841.4	3,841.2	1,000.0	427.61	23
8	19		Georgian Nordic	12,774.3	5,201.6	6,790.0	262.77	63
4	2		Hardwood	48,139.8	10,071.5	27,851.0	462.88	107
32	#N/A		Heart Cross	0.0	0.0	0.0	0	0
2	10		Highlands Trailblazers	16,084.2	6,251.7	13,223.0	286.21	183
32	#N/A		Innisville Falls	0.0	0.0	0.0	0	0
17	14		Kacato	8,591.2	6,099.5	11,200	341.2	35
19	13		Kawartha	8,863.9	5,985.7	2,893.0	244.56	34
3	16		Lagoe	48,898.2	10,172.8	100,000	258.3	208
16	20		Laurierston	8,199.9	4,714.4	7,800	286.0	43
31	26		Lifshak Academy	131.9	131.9	0.0	131.90	1
20	5		Malden	3,786.2	3,336.5	2,900.0	373.02	19
11	18		More Nordic	11,886.8	4,886.3	9,221.0	211.61	56
9	8		Nakkerok ON	12,066.2	5,947.1	6,912	386.2	41
15	28		Nordic Nomads	6,763.5	3,388.7	0.0	127.68	74
29	24		North Bay	431.6	431.6	0.0	138.6	6
26	12		Osgoode Falls	1,046.8	1,046.0	0.0	266.50	4
32	#N/A		Opwaga Hills	0.0	0.0	0.0	0	0
27	1		Orillia	981.7	981.7	700.0	981.7	1
14	22		Perceples Ski Bunnies	6,896.2	4,281.1	7,980.0	172.33	32
22	27		Rainy Lake	2,861.2	1,717.8	580.0	128.63	16
32	#N/A		Silverthorn ON	0.0	0.0	0	0	0
18	25		See Friends	8,365.2	3,185.1	16,150.0	131.95	63
32	#N/A		Sensarivona Coyote	0.0	0.0	0	0	0

I asked Katie MacMahon, Ontario's Performance Coach and architect of the distance challenge, why she felt the distance challenge has been such a success. "I think that athletes and coaches are a competitive bunch naturally and so with no race season, everyone was really itching for any type of competition." This is true. With the lack of racing there is definitely a strong desire by some for competition. It doesn't, however, explain why most of the skiers laying out the big distances are not competitive skiers, past or present.

BSC is a club with a strong sense of community. Is this a factor? Katie notes that "When we can't physically be together, something like this kilometer challenge lets people work towards something as a group, to feel included." This makes a lot of sense given our current pandemic climate. In summary, people are engaging for a sense of purpose. Whether that purpose is competition, personal challenge, or being part of something bigger than just themselves.

Our very own Andrew Howlett has been putting in some BIG distances on the trails. I caught up with Andrew to ask him a few questions about his involvement in the distance challenge.

**BD** First of all Andrew, thank you for agreeing to this interview. Tell us a little about yourself. What is your role here at Bruce Ski Club? How long have you been a Nordic skier?



**AH** I started skiing in 1978. I lived in Hamilton, I would make my own tracks at the park or a local golf course. When I moved to Owen Sound a friend introduced me to groomed trails at Bruce Ski Club. What a great idea! I volunteered with the club and have done lots of jobs. This year I am the club treasurer and I clean the port-a-potties.

**BD** We notice that you wear earphones while you are skiing. What is your jam? Black Sabbath or Miley Cyrus?

**AH** I listen to a mix of 80s music, orchestral stuff like Mozart and Beethoven, and movie soundtracks. My playlist has about two hundred tracks and is maybe twenty hours long. I can put it on shuffle and don't get many repeats.

**BD** Most people have opted for sweat pants and Netflix. At the time of this interview you have logged an impressive 903 km., including 4 days over 80 km. What is motivating you this season? (As of Feb. 17, Andrew has logged 1435 km. ed.)

**AH** I wanted to do the Canadian Ski Marathon (CSM) this year. The CSM is 80 km. two days in a row. I started training at the beginning of December. I did my two 80s on January 23rd and 24th. I will do the CSM virtual event in February but the virtual event is shorter: it only requires two 50km tracks.

**BD** When skiing long distances it is important to take in fuel. What cutting-edge food or sports drink do you use to keep going for 80 km.?

**AH** I drink Molson Excel and Bud Zero between laps. I get some weird looks in the parking lot. They have about 50 Calories each, go down really fast and are de-alcoholized. Sometimes I supplement with chocolate chip granola bars.

**BD** Membership numbers at Bruce Ski Club have surged, a trend we have seen across the district. Do you think this trend will continue after the pandemic is over?

**AH** I think some people will be back next year. Many of the new members are snowshoers and they really like our snowshoe trails. I see many new families out skiing together, which is encouraging.

**BD** What do you think of garden gnomes?

**AH** Not sure where this question is going .... haven't noticed any gnomes on our trail. If they were there I think I would have seen them because I'm always looking for rabbits. Rabbits are active early in the morning between 6am and 7am. It's that weird time in the morning when I can turn off my headlamp but everything is black and white, no colours. I spotted one in January but only because it ran. A still rabbit is very hard to spot in the winter. I will be on the lookout for gnomes from now on.

**BD** This year we have lost our in-person racing and training. What advice do you have for younger skiers looking to stay positive and motivated during these challenging times?

**AH** Try to turn every setback into an opportunity. This is a great time to try something new. Experiment with your training program. Set a goal that wouldn't fit with your normal activities.

**BD** We hear you may have Domino's Pizza on speed dial. What are your favorite recovery foods?

**AH** After a long ski (more than 30 km.) I make a stir fry with lots of veggies and three scrambled eggs. After a short ski I eat a couple bowls of Vector cereal.

**BD** Nothing beats skiing in circles for hours upon hours, but we are talking about a lot of exercise. The Germans have a word "Muskelkater", which translates to Muscle Cat. It is a word to describe muscle fatigue and muscle hangover. How is your body holding up? Are you feeling Muscle Catish?

**AH** Yes, definitely. I get that feeling a lot. I think the point of doing 80km twice in a row is to get used to it and move past the fatigue. I don't take days off, at least not on purpose. I try to ski at least 20 km. every day. So I'm always in the fatigue zone.

**BD** Spending full days on the trails is hard to manage for some. You must have the world's best boss and supportive family? Are you a paid professional skier?

**AH** Ha ha almost. I'm retired. I'm married to my best friend and she is very supportive. She baked me a 1000 km. cake.

## TIME TRIAL UPDATE

Jack Van Dorp

Thursday Night Time Trials have been a hit!

At the time of writing we have held time trials for all four of our courses (full, paperclip/jackrabbit, jack-rabbit, and 2x jackrabbit), and are on our way round again with the opposite discipline for each course.



Participation has ranged from 14 (New Years Eve full lap) to as high as 30 individuals. On weeks with shorter races, several participants are doing the time trial 2 or 3 times to try and best their

own results.

Great skiing conditions have made for some really quick times. There can be some variation in snow speed between the morning and evening, which makes things interesting.

We found a clock, but Jack fried its circuits by plugging in a power supply with 3x the intended voltage, so Andrew is working to fix it and we are hoping to get it into the windowed box in the stadium.

Thanks everyone (racing and non-racing alike) for your courtesy on the trails and encouragement in this endeavour!

Timestamp	Name	Date	Discipline	Course	Elapsed Time
1/28/2021 17:57:22	Ellen Groh	1/28/2021	Freestyle	Full Trail	41:05
1/28/2021 18:12:01	Laura Emms	1/28/2021	Freestyle	Full Trail	47:09
1/28/2021 18:21:11	Alanna Kennedy	1/28/2021	Freestyle	Full Trail	47:37
1/28/2021 19:01:30	Brennan Law	1/28/2021	Freestyle	Full Trail	37:48
1/28/2021 19:02:18	Mike Law	1/28/2021	Freestyle	Full Trail	40:03
1/28/2021 19:51:03	Brent Day	1/28/2021	Freestyle	Full Trail	55:36
1/28/2021 19:51:36	Claire Day	1/28/2021	Freestyle	Full Trail	44:43
1/28/2021 19:55:23	Matt Snelling	1/28/2021	Freestyle	Full Trail	49
1/28/2021 19:56:23	Sydney Snelling	1/28/2021	Freestyle	Full Trail	49
1/28/2021 20:01:42	Jen Wardell	1/28/2021	Freestyle	Full Trail	41:18
1/28/2021 20:30:43	Jack Van Dorp	1/28/2021	Freestyle	Full Trail	32:49
1/28/2021 20:36:38	Jenna Wardell	1/28/2021	Freestyle	Full Trail	37:20
1/28/2021 21:13:03	Aidan Nelson	1/28/2021	Classic	Full Trail	39:03
1/28/2021 21:13:29	Aleida Nelson	1/28/2021	Classic	Full Trail	44:00
1/28/2021 21:13:51	Matthew Nelson	1/28/2021	Classic	Full Trail	46:55
1/28/2021 21:21:07	Tara Harpur	1/21/2021	Classic	Full Trail	58:36

Typical time trial results



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Kiwanis Whispering Pines Campground (<http://www.campontario.net/>)  
Ministry of Natural Resources and Forestry  
(<https://www.ontario.ca/page/ministry-natural-resources-and-forestry>)  
The Spencer Family

**VIRTUAL ONLINE**  
**BSC SKI SWAP**  
Extended until  
**Apr. 1, 2020**  
Because of COVID-19 the swap will be on Facebook. Go to Facebook and type BSC Ski Swap... Click "JOIN" and when admin approves your membership you can buy or sell skis, boots or other equipment.  
**Bruce Ski Club**

The Bruce Ski Club would like to thank



for printing of this newsletter.