

SKI TRACKER

Well, that's a wrap!

From the President

Mike Campbell

As we bring another fantastic season to a close, I would like to extend a warm invitation to our Annual General Meeting (AGM) at the Heartwood Hall. This is a great opportunity for all of us to come together, share our experiences, and look ahead to the future of our club.



The AGM will be a wonderful evening of fellowship, featuring local craft beer and wine, delicious food (Pizza and samosas) and lively conversation. We will have the chance to reflect on the successes of the past season, and discuss plans for the upcoming year. We will also be giving special recognition to some of our members who have made a special contribution to the club over the years.

The Heartwood Hall is a beautiful and welcoming venue, and we are excited to host our AGM there. It is located upstairs at 939 2nd Ave., E., Owen Sound, and we encourage you to bring friends and family to join in the festivities.

The AGM will be held on April 26th at 6:00 p.m.

Look forward to seeing everyone there. 

COMING EVENTS

Important Club Dates
April 26/23: Bruce Ski Club Annual General Meeting
Other May 6, 2023: Suntrail Pure Grit Race


Registration

Heidi Tones

Thanks to all members for who signed up for a volunteer position when they registered on zone4.ca! It was great to see so many members filling bird feeders, helping at races, cleaning the cabin, clearing trails, coaching at Jack Rabbits,.. etc.

Remember that registration usually opens in mid-October and the Early Bird Special runs until mid-November. Watch for this on our Bruce Ski Club website or check out zone4.ca in the fall.

Thanks again to Suntrail for facilitating registration and day passes.

Until next ski season, keep active and have fun outdoors! 

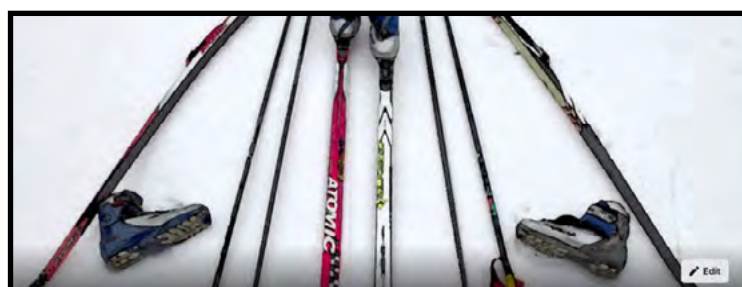
On-Line Facebook BSC Ski Swap 2022-23

Notice:

The Facebook BSC Ski Swap has been paused until November, 2023. Thanks to all who contributed. We hope you were able to sell what you did not need any more or buy what you needed.

See you next ski season.

Tom Hakala 




Update on Julian

Heidi Tones

Thank you for all the support you have given Julian Smith this season! The Soup For Julian was a huge success and I enjoyed giving ski lessons to a number of BSC members.

There were many great races and opportunities in his 2022/2023 racing season. One highlight was training in Austria and then racing in Slovenia in the World Championships. As well, Julian finished 3rd in the 30 km classic race at the Canadian Ski Championships held at Lappe, Thunder Bay.

Recently Julian was voted as a National Athlete Representative for Nordiq Canada. He will be a board member for the next two years representing all cross country racers across Canada. He looks forward to this new and exciting challenge!

The photo on right is Julian competing at the World Championships in Slovenia in the classic sprint qualification. 




Community Classic

Marilyn Suke

Our final race of the season was the Community Classic. I do not remember BSC holding a classic race at Sawmill, with the exception of Youth Championships 10 years ago.

Registration was outstanding with more than 100 adults and youth rising to the challenge. Skiers from Orangeville, Hardwood, Highlands, and Parry Sound travelled to join in the race. It was part of the Paraffin Series, so the young skiers were looking for points towards their membership on the Southern Ontario team.

Thanks to Ron's grooming magic, we had five start lanes in the Stadium area. This allowed us to hold the fast and fun Mass Start Chevrons. Thanks to our skilled volunteers, all skiers were correctly placed in their pre-assigned spots and the starts were orderly and on time.

All in all BSC was on the receiving end of much gratitude and there were lots of smiling faces! We hope to make this an annual event, so brush up on what differentiates a Free Style race from a Classic technique race and plan to be in that starting Chevron in 2024! 



Results: <http://bruceskiclub.ca/wp-content/uploads/2023/02/Community-Classic-2023-Results.pdf>

Community Classic (Con't.)

April 2023



Race Prep



GBN Finisher



Thrilled to be on the podium!



Boys' Finish



Master Women's Start



V for Victory!



Master Women's Finish
Stiff Competition, but friendly!



Winners!

Special Olympics


Laura Howlett

April 2023

After a three year wait, Special Olympics winter sport athletes from the Owen Sound and Central Bruce regions were thrilled to return to competition at the Special Olympics Ontario Nordic Ski and Snowshoe Provincial Championships at Arrowhead Provincial Park on February 25 and 26. After a late and intermittently snowless start to the season, the Owen Sound Waxwings, and the Central Bruce Snow Gliders nordic ski teams joined the new Owen Sound Arctic Foxes Snowshoe team for their inaugural competition.

Waxwings and Snow Gliders classic technique skiers all won multiple medals. Recent National Training team member Anne Howlett received a silver medal in the F1 5 km race, gold in F2 2.5 km and silver at F3 1 km. Aimee Gilchrist received silver medals in the F5 100m and F6 1km races and gold in the F6 500m race. Matt Poste placed second in the M3 5 km race and first in the M5

1 km race. Jon Wardrop took home silver medals for the M4 1 km and M2 500m races. Katie L'esperance (recent Team Ontario rep) of the Snow Gliders received gold medals in the F4 100 and 500m races, and silver in the F4 1km race. Fellow Snow Glider Mike Bailey earned gold in the M2 500 m and 7.5 km races and silver in the M4 2.5km race.

These athletes look forward to the restart of dry land training in the fall, where some of them hope to hear that they can represent Ontario at the Special Olympics Canada National Winter Games in Calgary in 2024. Most of these athletes are looking forward to the start of summer sports. Special Olympics continues to recruit new volunteer coaches, assistant coaches and team managers for the upcoming spring, summer and winter seasons in all sports. For more information please see the website: <https://owensound.specialolympicsontario.ca/sports> 



Huntsville, 2023



Colpoys Ski Trail

Richard Bonert

My last newsletter in February ended on a positive note, saying that "we could ski now" after the 28th of January. Unfortunately, this ended on the 11th of February as Ruth's Trail looked like what is shown below on the 20th of February.



Happily, on the 24th of February we started another two weeks of skiing but that ended on the 14th of March and we had to close the trails by the 17th of March.

This was by far the shortest skiable time we had in the past winters: just about 30 days. Measured by day pass users, we had only 25% of the users of two years ago.

The good thing was that everything else worked well and Ron's Trail was always open whenever we had snow, due to the reroute two years ago. Furthermore, the changes in the western trails allowed a variety of new, shorter ski trails as described in the last newsletter.

Skiing on the Colpoys Trail includes the great Escarpment winter landscape with many highlights: the amazing view of the Bay from Ruth's Trail, the beautiful peace of Pines Avenue, and the vanishing stream at the north side of Ruth's Trail before you enter the bush. This curiosity could be seen well this winter.

A big thank you to Neil, our groomer for five seasons, after previously grooming many more in Sawmill. He will retire after this season. I will miss him.

Looking forward to some fall work and the next winter when we will see you back on the trails

Your trail captain, Richard _____



The Vanishing stream

Have you noticed it while skiing along Ruth's Trail? The stream flows and then disappears in one of the many crevasses of the Escarpment. _____



For up-to-date trail conditions and other pertinent information, check out our web page at

bruceskiclub.ca

or our Facebook page at

<https://www.facebook.com/bruceskiclub/>

Matt Nelson

February and March were very eventful for the GBN racers. With limited opportunity for training in January, the skiers had to hit the ground at full speed. The Southern Ontario District (SOD) races were attended at Sawmill, Parry Sound, and Midland with several podium finishes. OCup Races were attended at Lakefield, Ottawa (East-erns), with much success for GBN including podium finishes for Lorelei Angus and Mackenzie Angus at Lakefield. For our U14 and U12 skiers, the season culminated with the Ontario Youth Champs in Timmins. GBN was well represented in Timmins with podium finishes from Liam Law (x2), Juliette Lafleur (x2) and the coveted technique award

went to Ellie Farla. Several GBN athletes earned their way onto the SOD team in the Ontario Winter Games in Pembroke, where Brennan Law had two podium finishes. Claire Day and Genevieve Dubeau finished the season at nationals in Thunder Bay.

We are getting ready for our main fundraiser, the Sun-trail Pure Grit Trail Race. Distances for everyone in-cluding a 2.5, 5, 7.5, 15, 30, and 52 km option. Register on [Race Roster](#).

We start training throughout the summer. If you have any athletes interested in joining the club, please contact gbnplanning@gmail.com.



Race Coordinator

Marilyn Suke

Setting Goals for Next Ski Season or How to Stay Entertained in the Season of Poor Sledding

With a short and challenging season behind us and our skis cleaned, waxed and safely stored, it is time to focus on how to make next season the best one possible.

Gear

How did your equipment serve you this season? Would you like to branch out into Skate or Classic skiing? Try skins? Take on the challenge of waxable skis? Upgrade your poles to lighter, stiffer ones for better force transfer to snow and quicker recovery? Find a second pair of skis to optimize your performance in challenging conditions?

Make these decisions now, so that in September/October you are ready for the local ski swaps or with your order for new equipment from our Ski equipment providers.

Balance

The greatest determinant of good skiing is balance. Anyone, with minimal equipment can start a program to work on their balance and core strength. Do both static and dynamic exercises over the summer and you will reap the rewards next year on snow.

Aerobic Capacity

The hills become a little shorter as you increase your circulatory capacity. Ensure your haemoglobin and iron levels are sufficient. Add some sprints to your endurance workouts. Track your progress - say, take note of how far

you can travel in 15 seconds. Intervals can be added to your workouts two or three times per week.

Goals

Set some distance goals for next year. Commit to signing up for the [Cross Country Ontario Distance Challenge](#) and track every Km you ski. Plan to sign up for a race. Nearly every winter weekend there is a race within a few hours drive. There are categories for everyone so pick a distance that appeals to you and mark it on your calendar! Nothing like a little fear to boost your training! For a more immediate goal, sign up for Pure Grit coming this May at Sawmill Trails (see above article) and support our local racing team.

The fitter you are and the better your equipment is working for you, the more fun you will have skiing. So with that feeling of perfect grip and glide and cresting a hill with the thrill of descent, set your goals and have a great summer!



Be ready for this!



Jackrabbits Carnival

Featuring a lot of happy kids (and adults) having fun on snow!

April 2023



Thank you to the following

April 2023



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Kramar/Farrow
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Erin Stoddart
Donna Boyd
Joanne Kolomeitz
Amanda Burrows
Sue Watters
Brianna Cavan
Anne Marie & Michael Raven
Michael Rankin

Volunteer to help your club!!

Jackrabbits: Many new positions available, not necessarily on skis or Saturday mornings.

jackrabbits@bruceskiclub.ca

Check the box that's right for you on your 2023-24 Registration.

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Our Landowners

Grey Sauble Conservation Authority
Ron Gatis
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Ministry of Natural Resources and Forestry
The Spencer Family
Laura McNamara & Bevan Ratcliffe
The Bruce Trail Conservancy

The Bruce Ski Club would like to thank



for the printing of this newsletter.