

A Winter Wonderland to Enjoy From the President

Dan Purdon



What a difference a year makes for our club with the return of a more "normal" snow season. It was heartening after all our off season preparation to have good skiing prior to Christmas and despite a small warming after Christmas, we now have lots of snow covering the Sawmill and Colpoys trails. Т encourage our members and friends to take advantage of the trail conditions and perhaps a trip to the Beaver Valley

Ski Club February 9 to 15 where you can ski for free as part of our five local ski club exchanges.

You will note this newsletter is a month earlier than prior years and we hope this will provide more timely information on club activities and events in the heart of the season. The regular newsletters provide a wealth information for our members and I want to of acknowledge the Executive who contribute and prepare inserts regarding important events and happenings at the Club. In particular a special thanks to Paula Wilcox who as the Newsletter Editor, has no small task in pulling together all the reports and updates. Outside of the October newsletter which is mailed out, subsequent newsletters are emailed to the current members and posted on our Bruce Ski Club website at: bruceskiclub.ca

Welcome to Rick Graham who has joined the Grooming Team at Sawmill and Robin Peg at Colpoys. We're all aware of how increasingly challenging the task for our groomers is with heavier snow and in particular with Colpoys, more tree fall occurring on a regular basis. In the prior newsletter we introduced a number of our groomers to the membership so say hello if you see them on the trails or in the shop.

The ski season is now off to a great start! Trails were open on the first Saturday of Jackrabbits, the Georgian Bay Nordic team is out practising on a regular basis and our first race of the season - Great Wolf High School Race, after a snow day delay, completed with the help of many Club volunteers. Our next race event is the Suntrail Special on Sunday February 9th and more volunteers are welcome. Contact our Race Coordinator, Marilyn Suke if you are available mpsuke@gmail.com

Members will receive an emailed "Soup for Julian" fundraising event notice happening Saturday February 1st, noon to 1pm at the Sawmill Nordic Centre. Julian Smith is racing for Canada in four upcoming European events and started his cross country ski journey at our club. He continues to ski under the Georgian Bay Nordic home club designation. If you can attend, or make a donation if you can't, we can continue to support Julian on the World Stage.

By now many of the Club members will have skied the new "black trail" on the former Georgian (con't)



Club Events

February 1, 2025 - Soup for Julian (see below) February 20, 2025 - Elementary School Race March 1, 2025 - Jackrabbit Year End Carnival

Interclub, Southern Ontario District Races February 9, 2025 - Suntrail Special February 23, 2025 - Community Classic

Ski Club Exchange Feb 9-15, 2025 - Beaver Valley Ski Club Bluffs Landfill site. In the interest of Safety you will have passed a second Emergency/Medical Toboggan station similar to the one at Crossroads. Further in the newsletter you will find instructions on what to do in the event of an emergency/medical situation requiring evacuation. Importantly the access/exit point for this toboggan is on the Stone School Road gate for the Georgian Bluffs Landfill site (not the Sawmill Nordic Centre Parking Lot). As always, best to be prepared.

On a more fun note, we are holding a contest to name the new trail. Look further in the newsletter on how to submit your suggestion, naming to be confirmed at the Annual General Meeting at the end of the season.

Enjoy the snow.______

Julian Smith Update

Heidi Tones

Soup for Julian will be held on Saturday Feb 1st at Sawmill Trails from 12 - 1:00pm. Come on out and have a nice hot bowl of soup (vegan and gluten free options available) before or after your ski, and support Julian Smith! Julian is a self-funded athlete training out of Thunder Bay at NTDC. All proceeds go to Julian's racing expenses.

Julian Smith has been named COC Male Sprint Leader in Canada and has thus qualified for World Cup Period 3. He will travel to Les Rousses, France, Engadin, Switzerland, Cogne, Italy and finish in Falun, Sweden. It is a great opportunity and one that Julian has worked hard to achieve, but is costing him \$9,000.

If you would like classical or skate skiing lessons, please contact Heidi at <u>smith.tones@gmail.com</u>. Lessons are at Sawmill trails. Payment is by donation and all proceeds go towards Julian.





Race Co-ordinator

Marilyn Suke

With only one delay (but a lot of worry!) the Great Wolf High School race went ahead as planned. Thanks to the efforts of more than 25 volunteers about 100 High School and some Elementary students had a wonderful time racing on our beautifully groomed trails. It is so valuable that Bruce Ski club is able to offer such high quality racing to our young skiers.

If you are wishing you were there, don't worry! There are other opportunities!

Suntrail Special - Sunday February 9 - Classic for the little ones and Freestyle (skate) for the older

Elementary School Race - Thursday February 20 **Community Classic** - Sunday February 23 - Classic race with a very fun mass start (by category) format.

Please come and volunteer, enter the race or just come to see some very fine skiing. The trails remain open for our members during these races, but our shelter is used as a race office and the parking lot will be busy so just be aware.

If you would like to volunteer - no experience necessary there will be a job that fits your skill set! mpsuke@gmail.com

January 2025



Facilities Manager

Fred Schlenker

I hope you have been enjoying the skiing conditions that we have had so far. This year is making up for last year!!

You will notice some instructions have been (will be) posted on both of our emergency toboggan stands. I thought that it might not hurt to make these instructions available in the newsletter. Reading them through ahead of time might be helpful in the event that you happen to play a role in an actual evacuation on our trail system. I do not know of any serious medical emergencies that have made use of the toboggan(s) so far, but I know they have been used several times for minor incidents. Please look through the instructions. Note that there are two access points that could be used. It would be important to have this fact straight in the event of a real emergency involving 911 first responders.

Name the New Trail!

Kelly Rogers

By now many of you will have had a chance to ski the second phase of the new trails at Sawmill on Georgian Bluff's old dumpsite property. After an enthusiastic response to the naming competition last year, it was a no-brainer to run the contest again to name the second section of trail. This trail is categorized as an expert trail due to some good climbs and technical fast downhills, along with a meandering easy section through the pines. What will come after Humpty Dumpty? Put your creative juices to work and submit your suggestions to newtrail@bruceskiclub.ca by March 16th. Members will be able to vote on the short list of names in person at the April AGM to determine the winner. (As an added bonus, the winner will take home a gift certificate donated by Suntrail Outfitters!) ____



Emergency Evacuation

(Cross Roads / Bus Shelter Toboggan)

Use this toboggan to assist with an emergency evacuation or for non-emergency injury.

The 911 access point is the Sawmill Nordic Centre entrance to the parking lot off of Highway #6 (see map)

911 information for this access point is:

719521 Hwy 6, Hepworth ON, NOH 1P0

GPS Coordinates: 44.628317, -81.115824

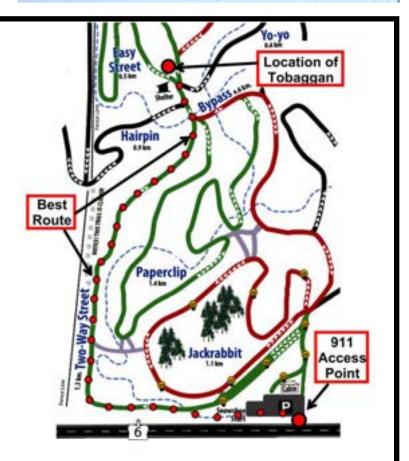
Take this sheet and map with you if helpful.

Please contact Dan Purdon:

Fire Number:

(519) 477-5330 president@bruceskiclub.ca

to report the 911 incident and to request help returning the toboggan, information sheet and map.



Emergency Evacuation

(Georgian Bluffs Head of Trails Toboggan)

Use this toboggan to assist with an emergency evacuation or for non-emergency injury.

The 911 access point is the Stone School Road gate for the Georgian Bluffs Landfill Site. See suggested route on map. The large yellow gate is located just past the green municipal equipment shed. Gate is closed but has easy access underneath the gate.

911 information for this access point is:

Fire Number: 340068 Stone School Rd. Hepworth ON, NOH 2T0

GPS Coordinates: 44.644494, -81.119686

Do not confuse this access point with the main entrance to the Sawmill Nordic Centre.

Take this sheet and map with you if helpful.

Please contact Dan Purdon:

(519) 477-5330 president@bruceskiclub.ca

to report the 911 incident and to request help returning the toboggan, information sheet and map.

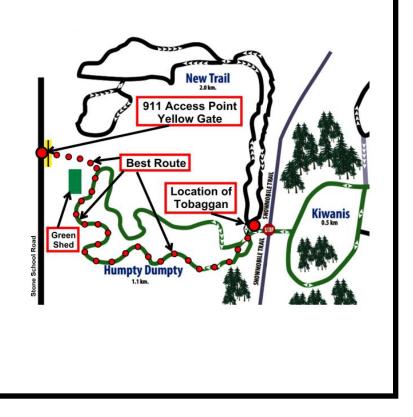
Georgian Bay Nordic

Michelle Lafleur

The race season was off to a flying start at the Candy Cane Cup (OCup #1) hosted by Nakkertok Ski Club in December. Podium finishes went to Liam Law who scored a skiing hat trick placing third in all three events! GBN was well represented by our U18 skiers (Aleida Nelson and Olivier Lafleur), U16 skiers (Lorelei Angus), and U14 skiers (Mackenzie Angus, Caleb Hodgkinson, Juliette Lafleur, Liam Law). Special shoutout to Bob Groh and Seonwha Chun who volunteered for the weekend even though their skiers have now moved on to university!

There was a lot of excellent skiing at the Sounder, our first SOD paraffin race of the season. The mass start added an extra level of excitement, and we witnessed a phenomenal finish with our two senior racers crossing the line just 0.01 seconds apart! Representing GBN were: Olivia Abbott, Mackenzie Angus, Santiago Guzman, Aidan and Caleb Hodgkinson, Juliette and Olivier Lafleur, and Aleida Nelson.

Next up was another OCup at North Bay Nordic. GBN was well represented by 8 athletes who showed grit and determination in overcoming personal challenges and demonstrated excellent sportsmanship cheering their



competitors on in the true spirit of racing camaraderie. Podium finishes went to Santiago Guzman (double gold), Liam Law (silver), and Juliette Lafleur (silver and bronze). It was a chilly classic morning with temperatures dipping below -20° C, but the races got pushed to the afternoon and all of our skiers finished with their appendages intact!

Get to Know our GBN Athletes



Santiago Guzman

Age: 11 (races U12 B) Favourite event or distance: 3.5 km Skate Racing pet peeve: When the tracks are bad. Advice for a new nordic skier: Just ski! Name some tracks on your workout playlist: Music doesn't focus me Most memorable race: Youth Champs at Soo Finnish. I like that it was big!

Favourite waffle

toppings: Maple Syrup What brand of shades do you race in? Blue Pre-race snack: Cliff Bar

Favourite trail and why? The New Trail because it's hilly.



Aleida Nelson

Age: 17 (races U18 G) Favourite event or distance: 10km classic or 7.5 km skate

Racing pet peeve: When people step on your skis

Advice for a new nordic skier: Have fun, get out as much as you can and stick to the training plan. Remember that everyone falls sometimes!

Name some tracks on your workout playlist: I'm a no music listener. I like the sounds of nature! Most memorable race: Nationals 2024 at Nakkertok Nordic. Racing in +10 degree weather was a fun experience but not ideal conditions for sure Favourite waffle toppings: Maple syrup, butter, whipped cream, blueberries and strawberries. What brand of shades do you race in? Oakley Pre-race snack: GoGo Squeeze or Cliff blocks Favourite trail and why? I do really enjoy Grunt! My favourite place to race is at Nakkertok because I like the hills.



Mackenzie Angus

Age: 13 (races U14B) Favourite event or distance: 3 km skate Racing pet peeve: When somebody passes you and then slows down!

Advice for a new nordic skier: It's just a race! Also, pay attention to how you pole.

Name some tracks on your workout playlist: I don't listen to music while doing a workout!

Most memorable race: Youth Champs at Soo Finnish. I got on the podium and I got a free toque that I still wear

Favourite waffle toppings: Fried Chicken What brand of shades do you race in? Zizu Pre-race snack: Fruit gummies

Favourite trail and why? The New Trail at Sawmill. It's got hills and it's easy to get good training on it.





Matt Nelson

How long have you coached Nordic skiing? I have been coaching since Aidan was in Jackrabbits so about 13 years now. (ed note: Aidan Nelson is a GBN alumni and now skis on the Carleton University team)

Did you ski as a child? Just a few times for fun. Not competitively.

What motivates you as a

coach? The athlete's growth and development. I love the kids' fun energy and positivity. I like to suck that up like sun rays!

Advice for a new Nordic skier: Just get out there and have fun! Don't sweat the small stuff.

Coaching pet peeve: A bad attitude.

Can you share an inspiring athlete story? My most inspiring ones are people who are racing for the pure joy of racing. I'm inspired when they show up against all odds and put it on the table.

Favourite waffle toppings: I love fruit, whipped cream, and chocolate sprinkles

How long can you wax on about wax? How much time is there in a day?! From here to Ottawa at least.

Favourite après-ski beverage: Nothing is better than a cold crisp lager

Favourite trail and why? I love the trails at Temiskaming Nordic for cruising. And I'm still a sucker for Sidewinder at Sawmill! There are great trails all over the place. Just get out there.





January 2025

Jackrabbits' "Rabbit Report"

Erin Scheel

Jackrabbits is off and running with wonderful snowy trails and a great group of skiers and coaches (110 people are involved this year); *thank you coaches, fire marshals, groomers & coordinators!*

We look forward to an action-packed February with our 100m sprints at the beginning and end of the month, Soup For Julian and GBN waxing (Feb 1), the Community Classic race and the Suntrail Special race.

If you've got young skiers in your network who might like to participate in the coming years, we encourage you to come ski at Sawmill on Saturdays between 10 am-12 pm so they can see the Jackrabbits in action.

Our year end carnival happens March 1st. You're welcome to come watch, cheer, or volunteer! The action will all take place near the stadium past the grooming hut.









Meet the Groomers

Rick Graham



This year is Rick's first year grooming and he is excited to join the Bruce Ski Club. Rick is semi-retired from 30 years in Corrections and is a small engine mechanic/hobbyist. He is not a skier and decided snowshoeing is his winter sport after failed attempts numerous times when his niece tried to teach him to skate ski. He has spent many snowy days driving his 3 children to

Jackrabbits and races over the 20 plus years they have been members of the Bruce Ski Club. His wife Andrea was Jackrabbit coordinator for a number of years and now it is his turn to join the community.

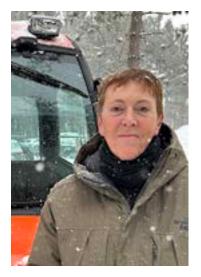
Benito Guzman



Hi, I'm a resident of Colpoy's Bay. I'm excited to be the new trail captain for the Colpoys Trail and also part of the grooming team. My favourite part of the trail is Pine Avenue, and I enjoy skiing at night with my wife and son, especially in the moonlight. I hope to see you on the trails soon and say hello in person.



Clare Matthews



I am in my second season of grooming, having started in the 2023/24 season. Sawmill was looking for groomers and since I like to ski on aroomed trails I decided to look into it. Having had a desk job for my career it is truly a delight to be able to be outside and active now that I am retired. Outside of winter months my favourite machine is the wood

chipper on our John Deere tractor.

I learned to cross country ski as a teenager then ignored it for decades as I pursued recreational downhill skiing... mainly out in the Rockies in both BC and Colorado. These days I prefer the no lifts, no lines and the amazing quietness of cross country skiing. I usually ski classic. I am learning to skate ski but it is slow going.



Registrar

Heidi Tones

Membership update:

We currently have a membership of 926 enthusiastic skiers and snowshoers. Hopefully you also signed up for some volunteer positions when you registered on zone4. If you have any questions about the many positions, either for this year, or future years, please email me at <u>smith.tones@gmail.com</u>.

Shovelling Project:

We have been blessed with some fresh snow and amazing groomers. In order to preserve some of our common brown out spots, a small group of individuals have offered to carefully shovel snow onto the trail. If you see them out there, thank them!

Thank you to the following

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Sawmill Trail Captain - Ron Downie

Race Coordinator - Marilyn Suke

Newsletter Editor - Paula Wilcox

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Registrar - Heidi Tones

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January 2025

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Volunteer for your club!

Lighting Additional Trails:

president@bruceskiclub.ca

Jackrabbits: jackrabbits@bruceskiclub.ca

mpsuke@gmail.com

Gerry's Place Upkeep:

Races:

jillgraham.outdoor@gmail.com

519-376-2203 519-477-8870 647-982-4704 Facilities Manager - Fred Schlenker 226-668-9403 226-568-2959 Jackrabbits Coordinator- Erin Scheel 416-371-1484 416-558-4847 519-374-4227

519-494-6512

519-477-5330

519-379-9821

519-339-0762

president@bruceskiclub.ca jillgraham.outdoor@gmail.com deborahdownie62@gmail.com treasurer@bruceskiclub.ca smith.tones@gmail.com benitoguzmanibarguen@gmail.com

schlenkerfred@gmail.com rondebdownie@gmail.com jackrabbits@bruceskiclub.ca noramargaretscott@gmail.com mpsuke@gmail.com piwilcox@icloud.com

The Bruce Ski Club would like to thank

