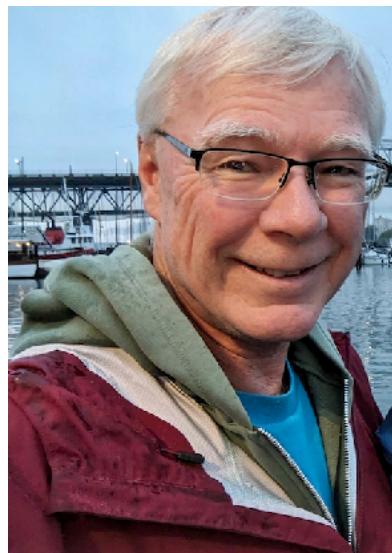


January happenings at BSC

From the President

Dan Purdon



One of the most enjoyable aspects of this role is having the opportunity to ski around the various Jackrabbit groups on Saturday morning, sometimes watching and other times talking to participants, parents and grandparents. It's a reminder of what a wonderful site and programming our many volunteers and coaches have created in the past and continue again this year. All we needed this

year was snow and certainly as of mid January, this need has been met.

As you ski our trails this season I encourage you to make note of the new trails, enhanced grooming, new

grooming equipment and the numerous coaches and volunteers who make that extra effort in providing two top flight cross country ski sites that make up the Bruce Ski Club. We welcome comments and suggestions on how we are doing and possible areas you would like additional effort in. Feel free to email Directors, members of the Executive or just stop and talk to us on the trails.

In this newsletter that follows, you will see information on the significant increase in Jackrabbit registration, our membership numbers increasing to over 1,000, special race dates to come and additions to our grooming equipment to enhance our trails for both more competitive and recreational skiers (always a delicate balance). The club is growing, which is a nice direction to be going in.

While the end of the ski season is still a while away, I did want to make note to the membership that this year's Annual General Meeting is being moved to September, from past meetings in April. This is to allow us to make our annual fiscal report to the membership in a more timely fashion. We'll announce that date and location in the final newsletter of the season.

Upcoming Events

Interclub, Southern Ontario District Races

February 1, 2026 - Community Classic

February 9, 2026 - CWOSSA (hosted by St. Mary's)

Delay date February 13

February 15, 2026 - Suntrail Special

GBN Waxing Fundraiser

February 14, 2026 - 9am - 12pm (see poster)

Soup for Julian

February 28, 2026 - Sawmill

Annual General Meeting

September 2026 (more details in March newsletter)

GET YOUR SKIS WAXED with GBN Georgian Bay Nordic \$20 or by donation

Come get your skis cleaned and waxed so you're ready for winter!

SATURDAY FEBRUARY 14
9AM-12PM
SAWMILL SKI TRAILS

Race Director Report

Marilyn Suke

BSC held its first race of the 2026 season, the Great Wolf. This is a race for Elementary and High School racers hosted by OSDSS. In addition to providing an excellent early season race for skiers near and far, it is a fundraiser for their Nordic Ski program.

We had about 100 racers, 22 volunteers and most excellent trails. We were also lucky to have a mild day. So great to see the smiles on so many kids' faces as they test their limits and have a wonderful day outside with their friends.

We can always use more volunteers on race day! If you would like to help, but have not heard from me, I may have inadvertently left you off the list. There are jobs both inside and out, in the stadium and on the race course. Please contact me - we have four more races to go!

mpsuke@gmail.com



Soup for Julian

Help support our local athlete, Julian Smith, who still represents GBN when racing around North America and Europe! Come out for a hearty bowl of soup, a bun, and some tasty treats on **Saturday February 28th, from 12:00 to 1:00 pm** in the Groomers Shed, at the beautiful Sawmill Trails. Gluten free and vegetarian options available. Pay by donation.

If you can not attend, but would like to make a donation, please contact Heidi, Julian's mum, at

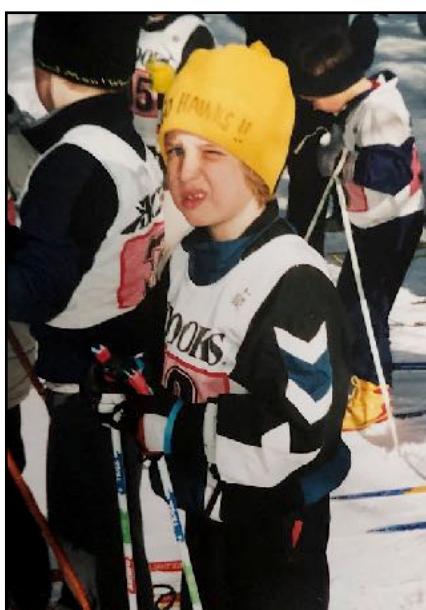
smith.tones@gmail.com



Ski Lessons

Heidi Tones

Are you interested in having individual or small group ski lessons? I am a retired high school teacher and ski coach. All proceeds will go to help our son, Julian Smith, who, as a GBN alumni, trains at NTDC Thunder Bay and races around the world. If you have any questions, or would like to arrange lessons, please reach me at smith.tones@gmail.com or 519-477-8870.



Julian Smith

These photos of Julian show him at 8 years of age in Jackrabbits, then at 14 years of age on the GBN team, the year he was 1st in Ontario and made the Ontario Ski Team.

The final photo shows him skiing for Canada at a World Cup Race in Planica, Slovenia.

Trail Captain

Rick Graham

A new piece of equipment has been added to the groomers' arsenal at Sawmill. Fred Schlenker and I visited Highlands Nordic in Duntroon and spent some time with their groomer Chance talking about, in his words, "the art of farming snow". While sharing his trail grooming routine we were especially interested in the rolling and packing of snow. He explained that the packing of snow both builds a thick solid base but also pushes the frost into the ground minimizing brownouts later in the season. The use of a packer at the onset of grooming squares off the banks of the trail potentially eliminating the cupping caused by the wings of the groomer. We decided it may be beneficial for the Bruce Ski club to acquire a packer/roller. (see photo)



January 2026

I approached Ron Krueger of Krueger Custom Steel in Owen Sound. With the support of his employee Braydon we developed a Cad Cam drawing and they completed the manufacturing of the packer. After a trial run, we felt the design could be improved even more. Brett Duncan, one of our new groomers, who has a background in metal fabrication, added a heavy rubber mat with a corduroy metal plate to the back of the packer. It has since been tested and is exceeding our expectations. This addition to the grooming equipment should create efficiency and further improve the quality of the groomed trails.

We were fortunate to receive support from local businesses to complete this project. Thank you to Krueger Custom Steel for their donation of materials and Cad Cam drawings, to Porters Infrastructure Supply in Rockford for the donation of the double walled plastic culvert, and to Brett Duncan and Bryce Robins, owners of Ground Control Landscape Property Maintenance.

We are grateful for the use of this packer for the remainder of the season but what is even more exciting is being able to start a new season with it next year!



Facilities Manager

Fred Schlenker

All is well. Just a reminder to all members. The fire pit is designated for use for the Jackrabbits Saturday morning program only. No other use is permitted. If you have any concerns please don't hesitate to contact me at schlenkerfred@gmail.com



Colpoys Ski Trail

Benito Guzman

Trail Report: It's been a bit of a battle with the trails this season. Between the temperature swings and the wind hitting the open sections, keeping conditions consistent is tough. That said, we're doing our best to keep the main parts of the system open and skiable.

Passes and Feedback: Lots of people have mentioned they've been paying online using the QR code, which seems to be working well.

Benito, Eli, and Andy



Registrar

Heidi Tones

We now have 1043 members... amazing! I hope you have been out enjoying our beautiful trails! Be sure to wear your BSC ski fob (which can be picked up from Suntrail once you have registered!)

If you are a coach, make sure your athletes have joined the BSC or completed paperwork BEFORE you take athletes to the trails.

If you are a community member and want to bring a group to our trails, email me for fees and forms: smith.tones@gmail.com.



Jackrabbits’ “Rabbit Report”

Erin Scheel

We're three sessions into our season at the time of this report, and the Jackrabbits are having a blast! We've seen conditions vary from perfection, to icy, to sticky, but have had great skis and learning in all of it. We're thrilled to see our largest group of Jackrabbits in years (yay) and are working with them on fundamentals and fun. With the larger group, our parking lot has been tested, and we thank all BSC skiers who are opting to avoid the 10AM-12PM slot on Saturdays while we fill the place to capacity! We are looking forward to upcoming club races, GBN co-skis and waxing sessions, Soup for Julien, our JR time trials, and our session finale CARNIVAL!

Final note: a shout out to all of our volunteer coaches, notably high school coaches Teagan Cunningham and Ian Mackay who are leading our Level 4 skiers as they learn skate skiing this year. Youth teaching youth, *how awesome is that!* If you're interested in joining our coaching ranks next season, please reach out to coach coordinator, Sonja @ jr-coaching@bruceskiclub.ca.



Special Olympics

Laura Howlett

Special Olympics Owen Sound and Port Elgin are pleased to each welcome a brand new skier. If you see us out practicing fall and rise, please take a minute to say hi to Curtis and Lou. The rest of our skiers are putting in the distance over snow that is not the same 2 weeks running. We are grateful to BSC for welcoming our athletes to the upcoming Community Classic and Suntrail Special races in February. = 



Volunteers Needed

Owen Sound Special Olympics Snowshoe Regional Qualifying Competition

Please email

owensound.snowshoeing@specialolympicsontario.ca

To help out with our competition Saturday February 21 at Stonetree Golf and Fitness Owen Sound. Full or half day. We need registrars, timers, and runners. No experience required!



GBN Report

Michelle Lafleur

GBN racers kicked off the season at the Candy Cane Cup (O Cup), hosted by Nakkertock Nordic in Gatineau, Quebec. Traditionally held in mid-December, this year's three-day event was pushed back by a week - giving athletes the bonus of an early start to their Christmas Break.

While we were blessed with early snow, Mother Nature seemed to take a sneak peek at Santa's naughty list and decided to add a bit of coal to our stockings, delivering torrential rain on the first day of racing. The 1 km classic sprints turned into a slushy slog, but our athletes persevered. The real stars of the day were our wax techs, who worked magic to deliver both the grip and glide we needed in the wet and wild conditions.

Overnight, temperatures plummeted, transforming the trails into a virtual ice rink. Wax techs had to pivot

quickly, re-waxing classic skis for the new conditions, while crashes calmed nerves and parents did their best to stay warm. Despite the challenges, our athletes delivered solid performances in the 2.5 km and 5 km classic races, depending on age category.

The final day featured interval-start skate races, with distances ranging from 3.3 km to 7.5 km. It was a strong finish to a memorable weekend and a great way to start the holidays.

Our first Southern Ontario District (SOD) race of the season was the Sounder Ski Tour, a perennial favourite held at Georgian Nordic in Parry Sound. GBN sent 11 athletes to compete in both classic and skate races and came home with an impressive nine medals - one gold, two silver and six bronze. Not a bad haul for our small but mighty team!

A special shout-out to Jack Schwass and Owen Kersten, who competed in their first race as official GBN team members. 

Featuring GBN!

Athlete: Aidan Hodgkinson



Age: 11 years old
Favourite event or distance: I love the 3 km skate race because I can catch up faster.

Racing pet peeve: When people cut me off into a snowbank!

Advice for a new Nordic skier: Don't blow it!

Buff, toque or baseball cap?

Toque

Most memorable

race? My first Ontario Youth Champs, when I won 3rd place in the classic race

Favourite waffle toppings? Maple Syrup, whipped cream and strawberries

How do you stay warm? Lots of layers

Pre-race snack? Cliff bar

Favourite trail and why? Grunt because it has a lot of good hills

Athlete: Jack Schwass



Age: 10 years old
Favourite event or distance: 3 km classic

Racing pet peeve: When people cut in front of me

Advice for a new Nordic skier: Make sure to glide

Buff, toque or baseball cap? Buff

Most memorable race? Bruce Peninsula Multisport race

because my whole family does it

Favourite waffle toppings? Blueberries and whipped cream

How do you stay warm? Long Johns

Pre-race snack? Trail mix

Favourite trail and why? Grunt because you get to slide down the big hill at the end

Athlete: Owen Kersten



Age: 11 years old
Favourite event or distance: 3 km skate

Racing pet peeve: Mass starts during skate races because my skis get run over!

Advice for a new Nordic skier: Remember to have fun!

Buff, toque or baseball cap?

Toque

Most memorable

race? The 2026 Sounder Ski Tour, when I only had 45 minutes to rest between races.

Favourite waffle toppings? Maple syrup

How do you stay warm? Wear a base layer

Pre-race snack? Granola bar

Favourite trail and why? Yo-yo because of the big hill



Ski Stretches

Julie Lelièvre Bradley-Low, CYT

I am a jackrabbit Mom and Certified Yoga Teacher. I love seeing the Sawmill trails full of people enjoying and challenging themselves. I find this so inspiring! And this is why I wanted to give back.

In this newsletter, and the next one, I will be sharing a two part series on warm-up and cool-down stretches for all ages. They can be done at home before or after skiing or anytime during the week! These first three stretches will impact your hip and lower back.

Hip bump: Start by sitting in pinwheel position, one hand on the hip that is going to move up and down. As you inhale you're going to raise your sit bone off the floor and internally rotate your hip/upper leg, and as you exhale, you're going to place yourself back to the position you started, sit bone toward the floor. You can repeat that for a minimum of three movements or as long as it feels good to you. Always follow the flow of your breath. Repeat on the other side.

Dolphin dive. It's a nice spinal warm-up, and can be seen as an alternative to the Cat/Cow movements well known in yoga. Done in pinwheel this spinal undulation supports good range of motion in the hips and pelvic girdle. Frame your hands on either side of your front knee, as you exhale tilt your pelvis in, round your back

reach downward. As you inhale tilt your pelvis out, lengthen your spine and reach up with your head. Practice your own way (honouring whatever your body is offering you) and at your own pace (your breath guides the rhythm of the movement). Repeat on the other side.

Half pigeon. This is great for the muscles surrounding the hips as well as the gluts and low back: SI joint and piriformis. Remember to activate (flex) your front foot to protect your knee. You can hold the position on your hands (proud pigeon), on your elbows, or reach your forehead to the floor (reclined pigeon). Send your breath where you feel the stretch, inhale through your nose and exhale through pursed lips, sustain for at least 3 long deep breaths. Repeat on the other side.

If you would like to see and hear this flow, click on this link. I demonstrate it in a short (<4min) video:

<https://youtu.be/CM7eV6FQS?si=KOP0GuxTtYF9rUxi>

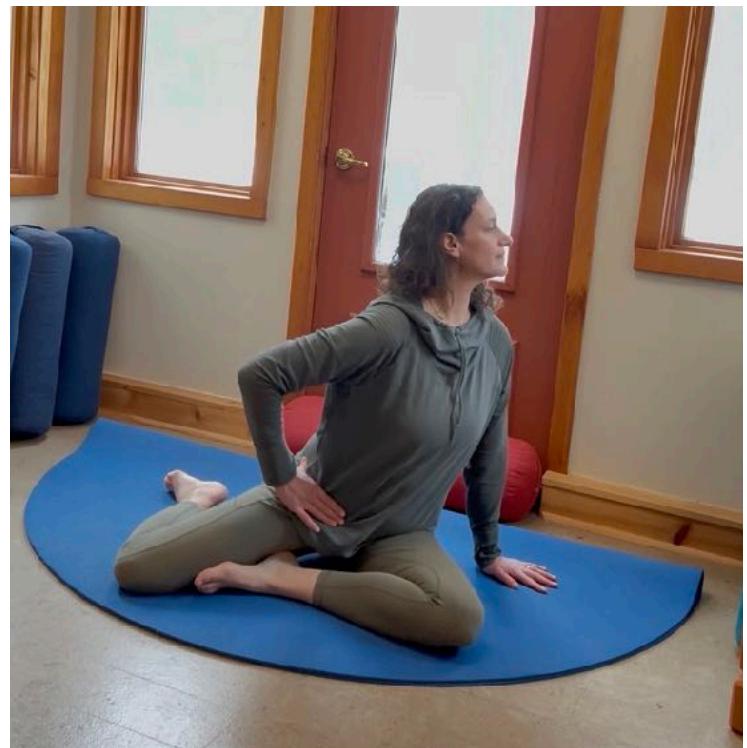
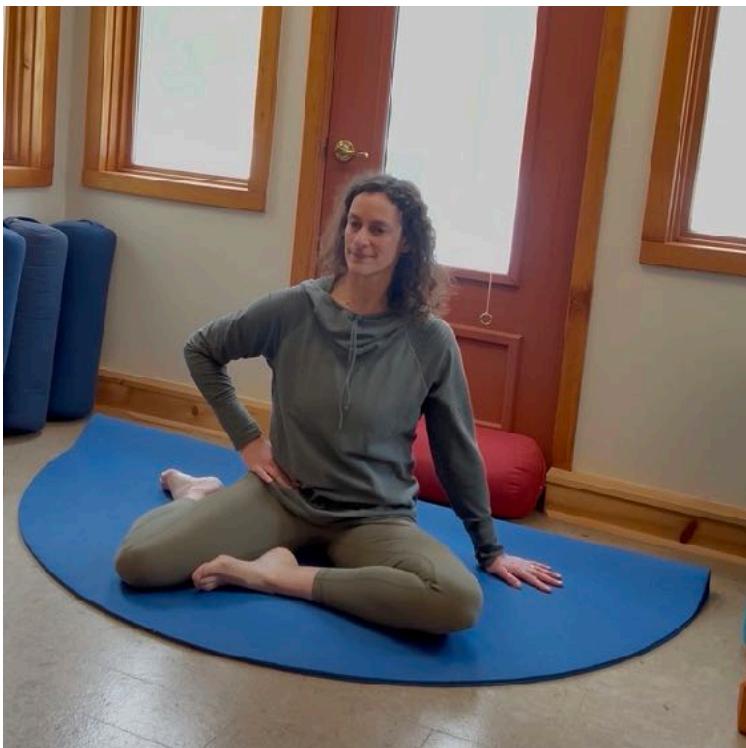
Julie owns Stonegrove Wellness Studio together with her husband Grant, Registered Massage Therapist. They offer 10% OFF their wellness services to all BSC members during the skiing season with the code: BSCare

stonegrove.ca

stonegrovewellness.janeapp.com

stonegovewellnessstudio@gmail.com

<https://www.facebook.com/pages/Julie-Lelièvre-CYT/139988162766227>



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January 2026



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kids!

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