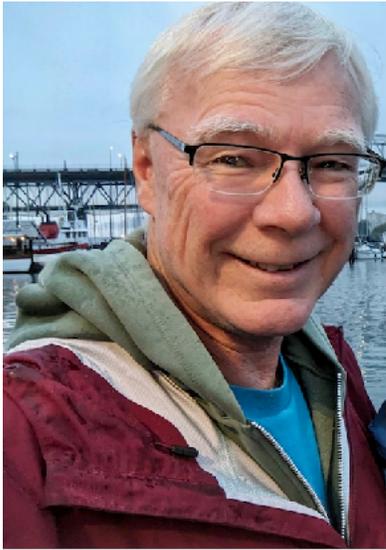


SKI TRACKER

A Time to Celebrate Our Successes

From the President

Dan Purdon



As our ski season starts to wind down we have lots to celebrate and some clear challenges ahead for our club. I always want to remind our members that the real strength of the club continues to be our volunteers who allow us to provide both a large and again this year, expanded trail system at the Sawmill Nordic Centre and Colpoys Ski Trail. Our volunteers not only make sure our trails are developed and maintained year round,

they also provide the coaching and support for our competitive skiers and racers along with the more numerous Jackrabbit and Wolverine cross country skiers. Do take the time to thank our volunteers when you see them in action on the trails. Of course, many of you may not see the work behind the scene, organizing races, maintaining our grooming equipment, making sure the bills are paid and the clubhouse is open and clean. I do want to note that Heidi Tones our longtime registrar is resigning as of the end of this season. If you are interested in taking on this roll contact me. Heidi is happy to train and help bridge the new person to take on this role. (Thanks Heidi for all of your work over the years!)

Things to celebrate this season; a second season with a real winter, the opening of a new trail on the landfill "mound" itself, a new Scandic groomer for Colpoys with a Trillium application for a second machine for Sawmill, a new roller/packer specifically designed to enhance the skate/classic base at Sawmill, a record number kids enrolled in the Jackrabbit and Wolverine programs and the majority of our groomers chainsaw certified with a course completed last fall.

The challenges? With all that snow and increased grooming on the new trails comes additional wear and tear on our equipment, more breakdowns and of course costs. We will need to look longer term at both what major equipment needs to be replaced and how much grooming meets the needs and budget of the club. We have not increased fees for many years and expect this coming fall will see a fee increase. Work for the off season!

Finally two notes. First, the Grey Sauble Conservation Authority has entered into a lease agreement with the Peninsula Mountain Bike Club for the use of their land at Sawmill, during our off season, May 1st to October 31st. We welcome the development of the Club and look forward to working with them in sharing this site for both skiers and bikers.

Second, April is the normal month for our Annual General Meeting. The Directors voted to move the AGM to the fall to allow the approved year end financial summary to be presented to the membership within six months of our fiscal year end. The date will be emailed to members in the summer but expected to be in later September.

Enjoy the skis remaining!

Dan Purdon
President

president@bruceskiclub.ca



Upcoming Events

Annual General Meeting

September 2026 (date will be emailed)

World Cup Race Lake Placid

Julian Smith has qualified for the FIS Cross- Country World Cup Finals in Lake Placid March 19th - 22nd!
Congratulations and Go Jules Go!!!

Race Director Report

Marilyn Suke

An amazing racing season with only one race delay. All five races were hosted in near perfect conditions.

This year, about 50 members checked off "will help with races" and we had some late volunteers as well. From this pool, we had a core group of about 25 who attended nearly every race! Fabulous, as it makes the races run so smoothly and as a volunteer, it is nice to truly understand the importance of one's role in a fair and fun race event. Of course those who can attend only one race are also vital to the team - we need about 30 volunteers to put on a successful race.

A special thanks to Heidi Tones and Tim Smith who did an excellent job as our Chiefs of Course - setting, skiing and marking our race courses and to Andrew Howlett who posts the race notice on Zone 4, handles registration, maintains the race clock and sound system, collates and confirms accuracy of results and ensures results are posted on Zone 4.

A special thanks as well to Suntrail who sponsors our Suntrail Special race with finish line treats and prizes for the fastest Man and Woman on the longest course.

(This year Aleida Nelson and Aiden Nelson won the trophy for fastest BSC skiers on that course). You can see the trophy and all past winners in Gerry's Place. Suntrail is also generous with our volunteers giving them a one time discount in their store!

We are fortunate to be able to host two Southern Ontario Paraffin series races - Community Classic and Suntrail Special. At these races our young racers are able to earn points towards admission to the Southern Ontario Team. You will see many of our young skiers wearing their distinctive blue jackets earned through this series.

Next Year: Always striving to be the best hosts we can be, I hope to include Master categories in our Community Classic and Suntrail races and maybe even solve our Parking problem so that no one parks on the Highway! (suggestions are always welcome - and I am looking for a Chief of Parking)

Thank you to all our amazing race volunteers who showed up on time with big smiles and a positive attitude! I believe the smiles were even bigger at the end of each event as they felt the satisfaction of a job well done and the glow of so many happy racers.

Until next year - and please consider joining our happy team when you register next Fall! 



Photos on Left: Gerry's place before the Suntrail Special and young skiers lining up for the mass start at the Community Classic.

Above: Aiden Nelson, Marilyn Suke, and Aleida Nelson after the Suntrail Special



Sawmill Nordic Centre

Facilities Manager

Fred Schlenker

Hello All: Not much to report from a facilities point of view. I guess no news is good news. I would, however, like to say a word or two about grooming.

This was a first year for me as a groomer (junior groomer) and I must say that it has been quite a learning curve. The amount of work to shape large snowfalls into a workable Ski Trail takes considerable time and effort. This is something I've always taken for granted up until now. I have a much better appreciation for the efforts required to keep a trail flat and smooth and without ridges. Sometimes the snow can be very compliant and at other times, you do your best and the snow just doesn't cooperate the same way you want it to.

I have been privy to the ongoing maintenance and technical difficulties that arise throughout the season. My compliments to a diversified team of groomers that bring many different skills to make this all work. It has been a privilege to be a part of this.

I'm looking forward to the next fall work party more than ever! After having tried to groom as wide of a trail as possible I have a much better sense of what we should trim!

Trail Captain

Rick Graham

We have had a great season of skiing thus far. With the addition of a new packer, we were able to handle the amount of snow better than last year. We have now entered spring ski season and the trails have good coverage still with a solid base. Colder temperatures may be on the horizon with potential for some more snow, but with the uncertainty of spring, ski with care. February was a month for machinery breakdowns. We thank you for your patience as we navigate through repairs. Enjoy what season we have left!

Rick and the Sawmill Groomers.



Colpoys Ski Trail

Benito Guzman

After another great ski season at Colpoys, we want to thank everyone for coming out and we hope to see you again next season. Due to the recent weather, we are unsure if any further grooming will be possible this season. We wish you all a very Happy March Break!

The Colpoys Crew
Benito, Eli, and Andy



Message from Julian

Hello BSC and GBN Community Members,



I want to thank you all for giving me the trails to ski on, a place to imagine my goals, and all of the support I ever needed to pursue them. I have dedicated my first European World Cup race bib, from Les Rousses, France, to all of you in honour of the support you have shown me. It will be hung in the hut at Sawmill, and I hope

that you all know how much you mean to me and my pursuit of excellence in skiing.

From the bottom of my heart, thank you!
Julian Smith



Registrar

Heidi Tones

This will be my last season as the Bruce Ski Club Registrar. For many years, I have thoroughly enjoyed helping people become members of the BSC, as well as school teams and community groups access our trails! Sitting on the executive has been rewarding. The team that runs our club is stellar: full of hardworking, thoughtful, knowledgeable and fun people! If you have questions about becoming the registrar, please contact me.

Thanks for a fabulous ski season. Look for the Early Bird registration email in October 2026!

In the meantime, enjoy the spring skiing! _____ 

Soup for Julian

This fundraiser was another great success. People gathered in the Groomer Shed to enjoy yummy soup, homemade sourdough bread, cookies and each other's company! Thanks to everyone who attended. And an extra big thank you to Marilyn who started this 12 years ago to help Julian Smith and David Askwith when they were named to NTDC.

Thank you,
Heidi, Timothy and Julian _____ 



Ski Lessons

Many people reached out for ski lessons and I thoroughly enjoyed meeting some new members and seeing old friends try a new technique. Skiing is such a great sport and I'm happy to encourage people of all ages. Thanks for everyone's support of Julian. The monies raised all go towards his race fees, travel and accommodations when training and racing.

Heidi _____ 

Special Olympics

Laura Howlett

Members with the Owen Sound Waxwings and Central Bruce Snowgliders were pretty pleased with the conditions this year and only canceled one practice for extreme cold weather. Through participation in Community Classic and Suntrail Special races, and our own interclub time trials, all but our first year athletes have satisfied their 2 year eligibility requirements to start training for the Provincial Games in North Bay, late January 2027. Each team welcomed one new skier this year and watched our intermediate and more advanced athletes continue to embrace the "1% better" principle at each practice. It is truly inspiring to watch these mainly adult athletes learn new skills and continue to improve weekly. Our athletes feel comfortable and welcome in this club. For our final practice, we skipped the rain on Saturday and switched to Sunday for our annual Colpoys ski and after party at the Top Notch Restaurant in Wiarton. We were a bit concerned about flooding, so reached out to Benito, who grooms Colpoys, for any cautions. Not only did he have advice for us, but showed up and groomed a loop for us which was actually skiable! Parts of the trail were actually in great shape and the sun shone. It was a great way to end the season, and we look forward to possibly growing our team again next year.

To that end:

VOLUNTEER(S) NEEDED! Special Olympics Owen Sound (SO OS) is seeking another regular coach or assistant coach to help with the Waxwings. This would suit either a mature high school student or any adult skier who enjoys getting out every Saturday. Between dry land training and the ski season, we could provide about 25 volunteer hours for a high school student. SO OS would support any required coach training. We generally try to rotate weekly so that coaches get to work with everyone from beginners to racers, but always depending on comfort level. Please reach out to Laura Howlett at owensound.nordic@specialolympicsontario.ca for more information. _____ 



GBN Report

Michelle Lafleur

The second half of our racing season was jam-packed with races, both at home and on the road. Our athletes were so inspired by the Canadian team's performance at Milano-Cortina that they braved all kinds of weather to race well into March!

While the older kids were racing at OCups in the Sault and Ottawa, the younger racers were sharpening their skills at the SOD races in preparation for the Ontario Youth Championships, which were held at Walden Cross Country in Sudbury this year. Santiago Guzman took home a **bronze medal in the Interval Start Free race** and a **silver medal in the Mass Start Classic race**.

GBN also sent three athletes—Olivia Abbott, Mackenzie Angus, and Liam Law—to compete in the Ontario Winter Games at Hardwood Ski and Bike in Orillia. Liam Law won a **bronze medal in the 2.5 km Interval Start Free race**. Congratulations to all our

young racers for their determination and strong performances throughout the season!

C-C-C-OLD was the name of the game for many of our races last month. Nordic ski racing follows strict temperature guidelines with minimum limits depending on age group, so athletes had to contend with race delays and even some cancellations or course changes because of the bitter cold. Despite these challenges, our racers and wax team showed resilience and adaptability, making the most of every opportunity to compete.

As the snow melts away and the racing season comes to a close, we are incredibly proud of the commitment shown by all of our GBN athletes. From practices in the dark by headlamp to challenging travel conditions and frigid weather, our racers continued to support one another and represent our club with enthusiasm and determination! Thank you to our coaches, volunteers, and families who make these opportunities possible. We're already looking forward to another great season on the trails next year! _____ 

Featuring GBN!

Athlete: Linden Schweitzer



Age: 13 years old
Favourite event or distance: 5 km skate interval start
Racing pet peeve: Clumpy, slow snow on race day
Advice for a new Nordic skier: Trust the journey, improvement takes time
Buff, toque or baseball cap? Depends on the situation. For day-to-day life, a baseball cap for

sure, but for skiing, a toque does wonders!
Most memorable race? The 2025 Suntrail Special because it was my first race, and it inspired me to join GBN
Favourite waffle toppings? Nutella, whipped cream, caramel sauce, and walnuts. Also, maple syrup when I can get it.
How do you stay warm? Wicking layers are important because they absorb moisture, so you stay warm and dry.

Athlete: Dylan Lawrence



Age: 12 years old
Favourite event or distance: 5 km race at Suntrail
Racing pet peeve: Do not have one yet
Advice for a new Nordic skier: Don't hurt yourself. Recovery can be long
Buff, toque or baseball cap? Toque
Most memorable race? Suntrail Special race

Favourite waffle toppings? Strawberries and whipped cream
How do you stay warm? Keep moving or put on my snowmobile jacket
Pre-race snack? Cliff bar - peanut butter flavour
Favourite trail and why? The New Trail at Sawmill, because it is downhill, twisty and fun!

Pre-race snack? I like Cliff bars or something with protein and carbs
Favourite trail and why? Either Yoyo or Paperclip, Yoyo because one hill carries you up the next, and Paperclip because it is great for 1-skate practice



Athlete: Tony

Age: 10 years old
Favourite event or distance: Skate ski. I look forward to doing longer races to experience more of the trails!
Racing pet peeve: Other people getting in the way
Advice for a new Nordic skier: Do Jackrabbits and then GBN if you like it!
Buff, toque or baseball cap? Toque!
Most memorable race? Ontario Youth Championships - I had a great time with my cousins and GBN and skied some new trails with fast snow!
Favourite waffle toppings? Maple syrup and whipped cream
How do you stay warm? Wear appropriate clothing
Pre-race snack? Depends on what I'm feeling-sometimes a bar, Gatorade, or something sweet
Favourite trail and why? Yoyo because it has a big hill, big downhill, climbing and flats, a good mix of everything!



Coach: Jason Angus



How long have you coached Nordic skiing?

I was a Jackrabbit coach for about 4 years, then this past season, I took on the role of assistant coach for GBN

Did you ski as a child?

No, I grew up in northern Ontario, and the popular sport there is hockey

What motivates you as a coach? I just want to encourage kids to appreciate skiing as a sport and develop a lifelong love of Nordic skiing

Advice for a new Nordic skier: Be patient. It's both mentally and physically difficult, especially if you weren't taught as a child. But with persistence, you will improve, and the sport only gets better with time.

Inspiring Athlete Story: Any time an athlete shows up to train or race is inspiring to me. There are so many challenges today for young people, and we know that getting out and being physically active takes discipline and grit. But I've seen many athletes continue to come out and give it their best. The most inspiring to me is at the competition level, where an athlete may not do very well, but they deal with that loss with maturity.

Coaching pet peeve: Parents who expect their kids to be pro athletes. This was my experience in hockey. Nothing kills a sport faster than unchecked and unrealistic expectations. Related to that is a poor loser. One of the best things about racing is that you don't learn how to win: you learn how to lose.

Favourite waffle toppings: Pecans, strawberries, whipped cream, and of course, real maple syrup

How long can you wax on about wax? Too long. Waxing is a form of magic of which I never thought I would know (and even now barely understand)

Favourite après-ski beverage: Rum

Favourite trail and why: Any trail is a good trail, but one that stands out is a trail in Thunder Bay called "Sun up" and "Sun down". It consists of a long climb and equally long descent. The key is to do that trail at night because it is lit up. Very fun.



Jackrabbit
Carnival!



Jackrabbits’ “Rabbit Report”

Erin Scheel

The 2026 Jackrabbit season has officially wrapped up after an outstanding season with **more skiers** and **more snow** than we've seen in years, and *that* is worth celebrating. We ran a 10-week program (with but one cold-weather cancellation), seeing 114 enthusiastic skiers out this year.

Our season finished with our traditional 'Carnival' theme, Olympic-style this year, with five countries represented and five venues for the skiers to compete in. Parents kept the cheering lively, Olli, the mascot, joined us from XCSO, and 'Ski-J' Corriveau kept the music flowing. If

not for the soggy flags and misty pictures, you'd never have known it was raining almost the entire festival. But this group showed up with costumes and smiles, demonstrating what a love of sport can look like!

It takes a village to deliver a volunteer-run program like this, and we are oh-so thankful to the 27 volunteer coaches, 5 volunteer coordinators, and legions of parents who ski alongside our youngest group — the bunnies.

Looking ahead to next year, you can expect **registration to open in mid-October**. The program can accommodate as many children as we can staff with coaches... so if you want to keep Jackrabbits hoppin' and get your kid(s) in, please consider volunteering!!! All we require is two feet and a [positive] heartbeat... *we can guide you on the rest*; email jackrabbits@bruceskiclub.ca.



Mountain Bike Club

As we transition from winter to summer, we are excited to announce that the Peninsula Mountain Bike Club will be leasing the Grey Sauble Conservation Area portion of the land used by Sawmill Nordic Centre, to officially open mountain bike trails. The bike trails will largely include existing trails along with new trails that will begin being built in early spring.

This all has been made possible due to the hard work and cooperation of many individuals. Use of the trail system will be similar to the model of the Bruce Ski Club, where a membership will be required to access and ride on the property. We are excited to enter a new chapter for this amazing property.

A website will be launching soon, and we are planning a **GRAND OPENING** in early July.

For more information, you can email: peninsula-mtb@outlook.com

— Jason Angus
President, Peninsula Mountain Bike Club



Ski Stretches

Julie Lelièvre Bradley-Low, CYT

In this newsletter, I will be sharing the last of the 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 six stretches will benefit your whole spine.

Six moves of the Spine Flow:

Start by sitting in a comfortable position, on a chair, bedside or on the floor, either cross legged or with straight legs.

Take a couple of deep belly breaths, join your hands in a prayer position at your heart centre.

With your next inhale, open your arms to reach up, elongate your spine, look up to the sky.

As you exhale, draw your hands back to centre.

Inhale again, hands together, reaching down, hunching your back, releasing your head forward.

When it's time to exhale, bring hands back to centre.

Inhale, stretch your side as you put one hand down and reach overhead with the other, feeling the pull from hip to fingerprints.

Exhale, hands to heart.

Inhale, stretch the other side, making sure you look down and keep your shoulders opened and stacked over your hips.

Exhale, centre.

Inhale, lift your spine and gently twist your upper body towards the side, keeping shoulders above pelvis, refraining from a collapsed spine. Cue: tall, heart open, looking to the horizon.

As you exhale, hands to heart, back to centre.

Proceed to the other side as you twist gradually while keeping an elongated spine.

Finally, exhale back to centre.

If you would like to see and hear this flow, click on this link. I demonstrate it in a very short (<2min) video:

<https://youtube.com/shorts/8hSIIqsFm9k?si=JUOXfHJ1I19nVTZz>

Julie owns Stonegrove Wellness Studio together with her husband Grant, Registered Massage Therapist. They offer 10%OFF their wellness services to all BSC members until end of March with the code: BSCare
stonegrove.ca
stonegrovewellness.janeapp.com
stonegrovewellnessstudio@gmail.com

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March 2026



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For my friend AV and her kids!

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