



Walden Cross Country Fitness Club Newsletter

February 2010

Chalet Phone: 692-2321 Website: www.waldenxc.com

Volunteer of the Month

By John Mullock



Ralph Kitler first became involved with the club in 2000 when he assisted us with the lighting of the 3 kilometer trail. Ralph has worked for about 5 years on trail maintenance in his off time and in 2006/07 started working full time on the maintenance and grooming of the trails. Since then he has been head groomer.

During the summer, Ralph maintains the trails as well as clears new trails. In the winter when he is not grooming, he is clearing snow, assisting in sporting events, etc. He is also good at wood working and has made some of the trophies, the boot and ski racks, bird feeders, etc.

Ralph became an expert in using and maintaining the club's machinery, including the big grooming machine, the small groomer, and the brush hog used for summer maintenance. Ralph is dependable, has tons of energy and is knowledgeable in most trades. His good mechanical skills and his inventiveness makes him indispensable around the clubhouse.

Next time you see Ralph, make sure you thank him for all his hard work.

Update on the New Chalet

By John Mullock



Work on the chalet is in the final stages and by the time this newsletter is circulated, we will hopefully have moved into the new building. Finishing touches were being completed the last week of January and occupancy approval must also be received from the city. Financially, more donations have been received so we are close to the amount of money required.

Official Opening of New Chalet

By Lorna Scoville



All members are welcome to attend the official opening of our new chalet on Saturday, February 20th from 2-4 pm. There will be a ribbon cutting ceremony, a few short speeches, some hot drinks and snacks; and for those dressed for skiing- a celebratory ski. Come out and tour our beautiful chalet built largely through volunteer initiative. See you there!!





Trail Report by Ralph Kitler



We are still managing to keep all trails open with the minimal snow conditions that exist. During the last mild spell we avoided grooming to prevent damage to the existing base.

The lower trails re-groomed up well once the temperatures dropped. The upper trails are still in relatively good condition; however the leaves continue to be an issue. We really need snow in order to cover them over and to get a good skiing surface and track on the outer trails, and cover some of the thin areas.

I will continue to pack areas such as the Bypass to break up the base and establish the track.



The Larger Groomer has not been used yet this year because of low snow fall and from conversations, this is true to many of the other clubs in Ontario.

We would be in really bad shape without our small Ginzu Groomer. Within the next week or so, we expect delivery of a new larger Ginzu Groomer with which we can double track set. The 7km and 9km trails will be back to normal and the smaller present Groomer will be relocated to the Beaver Lake Site.

The new trail maps and signage are almost complete and will start to be installed next week.

We'll continue to do our best to keep trails in shape and please continue to wish for more snow.

The Beaver Lake trails are open and track set as well.

Ontario Masters Championships

Feb. 6 & 7/10

By Patti Kitler



Walden will be holding the Ontario Masters Championships on February 6,7th. This event is geared for people over 30 years and I believe there was a competitor last year in his 80s. The Walden trails will be closed Saturday afternoon and Sunday morning for the races.

I would like to thank everyone who has stepped forward to help out. We are still in need of more volunteers to marshall on the trails, set up the stadium, collect bibs and a few other small jobs. If you can give a few hours of your time to come out and help please call Sue at the chalet 692-2321.

For further information on this event, please check the following link:

<http://www.xcontario.com/assets/files/2010%20Ontario%20Masters%20CHAMPIO NSHIP.WCCFC.pdf>

Ski for Free at Onaping

By Patti Kitler

Just a reminder that you can ski for free at Onaping Nordic on Feb. 6 & 7/10. This is an excellent opportunity for our recreational members to ski new trails. Members must have their membership button to be able to ski for free. And, don't forget Beaver Lake will be open for members to ski too.

Chicks on Sticks

By Patti Kitler



On Wednesday February 3rd from 7 to 9 pm, Chicks on Sticks returns. If you are new to the club, Chicks on Sticks is an evening to come out and ski with the girls and learn Skate Ski. Patti Kitler will teach you the fundamentals of skating. The class will be for beginners and people who have skated no more than 10 times.

A classic class will be offered Wednesday February 10th from 7 to 9 pm, again for beginner /intermediate skiers.

The Cost is \$10 a person and the money will go toward the Para-Nordic Program (athletes with a disability) to help buy more equipment.

If you are interested participating, call 692-2321 and leave your name and phone number at the desk. Space is limited to 12 in each class so sign up early!

How to Improve your Technique

by Patti Kitler

Why would you want to improve your technique-- to help you be fitter for spring and ski farther and with more confidence; so you can go up the 5, 7 and 9 km classic trails. Would it not be nice to climb a hill without gasping for air at the top or ski down a hill without your legs screaming and locking up because you are snowplowing and you are still going too fast?



One of the goals of cross country skiing is to learn how to ride your skis instead of pushing them backwards to move forward, rushing and feeling out of control. If you watch the JD Racers and Youth Racers you will see for yourself. They are so smooth and effortless. Well, how do they do it, you ask?

They work at being smooth and effortless. The athletes are learning how to ride their skis so they do not have to resist the speed of the ski. Instead they find the speed of the ski and add power to keep the ski's speed at a constant. Next time you go out skiing, put your skis on, move your skis back and forth and feel how the skis are moving over the snow. When you move forward, be aware of that speed and keep it steady and consistent. Once you are comfortable with this, you can add more power from your core to make yourself go faster. Try it you will like it. Have a great time skiing.



Walden's Youth Programs

By Patti Kitler

Our Youth Programs are full and our athletes have been busy racing in Thunder Bay, La Patrie, Walden, Sault Ste. Marie and Huntsville. The club has done well in both cross country skiing and biathlon events. Unfortunately, our Para-Nordic athletes were supposed to be racing at the OPSWGs in Kingston but the trails were too icy; instead the Para-Nordic athletes competed in the Sofie Manarin Nickel Loppet.

Onaping Nordic Ski Club is holding the Ontario Cup #3 race on the weekend of February 13 -15/10. This event brings all the racers from across the province to Sudbury. Onaping is looking for volunteers to help make this event a success. If you are interested in helping out-- from being a marshall on the trail to collecting the bibs at the end of the race, please call Lise LeBlanc at 855-2094.

High School Races

Local high schools will be holding races at Walden on the following dates: Wed Feb 3rd, Tues Feb 9th and Tues Feb16th.

Moonlight Ski/Potluck Social

The next moonlight ski/potluck social will be held the same day as the official opening of our new chalet on Saturday February 20th. The potluck supper is scheduled for 4:30 pm. Sign up in the chalet office if you will be attending and please indicate what you want to bring ie. Dessert, salad, etc.



Silent Auction



A silent auction is being planned to raise funds for the Para-Nordic Program (ski program for athletes with a disability). The money will be used to purchase additional sit skis and equipment required for the program. The cost of each sit ski is approx. \$2000.

The silent auction will be held in March, date still to be determined and will be combined with a pot luck supper.

Please consider donating items for the auction. Some suggestions include: Gift certificates for restaurants, movies, services ie manicures, artwork, any new merchandise. Drop the items off at the chalet reception. An email will be sent close to the auction date to notify you of the items available for bidding at the auction.



Where would We be without Volunteers?

By Christina Wood and Sue Murray

As you can see from the table, the club has benefitted greatly from volunteer hours. Volunteers are relied upon to assist with the smooth running of the club.

Unfortunately, not a lot of volunteers have been signing up to help in the chalet. In order to remain open until 9 pm in the evenings, we need volunteers!!! Also, we are looking for volunteers to help out during the busy time on weekends. We do have Scott working, but on a nice day, it is extremely busy with day passes and ski rentals. Therefore he needs an assistant. If you don't feel confident about working on your own in the evening, maybe this is the time you could help!

Sign up sheets are in the chalet or call 692-2321 if you need your calendar in front of you when signing up!

				<i>Total</i>
	Off season	November	December	<i>May 1st - Jan 20th</i>
Trail maintenance	369	76	125	570
Chalet facilitation	16	19	60	95
Chalet reception	NA	56	155	211
Social events	8	2	30	40
Fund raising	130	20	25	175
Events (races etc.)	395	20	50	465
Coaching	680	384	545	1609
General maintenance	43	20	40	103
Treasury	20	110	125	255
Miscellaneous	30	14	25	69
Building	136	440	175	751
Total	1827	1161	1355	4343

Membership Update

By Sue Murray

To date, 364 families have registered as members, which translates to a membership of 673 people.

The next club executive meeting will be held on Monday February 8, 2010 at 7 pm at the clubhouse. All members are welcome to attend.

Club Executive for 2009-2010

Past President	Jim Palys
President	John Mullock
Vice President	Matti Jousi
Treasurer	Lorna Scoville
Secretary	Len Wiseman
Directors	Ralph Kitler
Patti Kitler	
Harry Sheppard	
Christina Wood	
Michelle Kendall	
Peter Phipps	

Newsletter prepared by Pearl Duff

