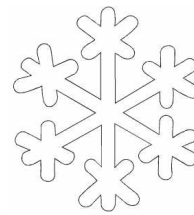
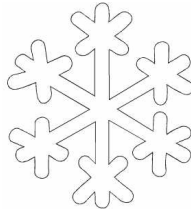


Nordic News

The Fun Stuff

Nov 9	Ski Swap
Dec 21	Jackrabbit first lesson
Dec 28	New Year's Lantern Ski
Jan 18	Pasta Dinner
Feb 8	Maple Syrup Stampede
Feb 9	Ski the Trails Event
Feb 15	Bon Soo Lantern Ski
Mar 29	Club Banquet



Ski Swap
 Saturday Nov 9, 2013
 Westminster Memorial Hall
 134 Brock St * 10-3pm

- Clear out your old skis by dropping them off at the hall on Friday Nov 8 from 7-9 pm
- Get your Soo Finnish Nordic Membership
- Get your Hiawatha Highlands ski pass
- Pick up some fresh baking
- Meet up with old ski friends
- Get program information
- Order a Soo Finnish Race Suit!
- Learn how you can join a team of great volunteers and give back to the club
- Shop for an array of new and used ski equipment, clothing, and waxes
- Great way to get organized for the season!!

Upcoming Coaching Courses

Nov 16th - Intro to Community Coaching (ICC)
 (no experience necessary)

<https://zone4.ca/register.asp?id=5505>
 \$100 – coaches reimbursed by SFN after coaching/assisting with Jackrabbit group

Nov 2/3 - Learn To Train

(must have ICC/CC as pre-requisite)

<https://zone4.ca/register.asp?id=5504>
 \$175 – current SFN coaches reimbursed by SFN upon completion of the course

If you would like more information please contact Diane at charronbishop@gmail.com

Children's Programs

Bunnyrabbit, Jackrabbit, Racing Rabbit, Track Attack Adventure, Biathlon Bears

2013/14 Ski Season

Saturdays 10am -12noon

Starting December 21, 2013



Watch your email for early online registration for returning members - coming soon!!

Baking needed!!

We are looking for squares, cookies, pies, muffins and loaves for the Ski SWAP. If you like to bake and would like to donate some baking please drop it off to our New Special Events ladies - Rhona Dunlop and Mary Kenna-Banks at Westminster Hall on **Fri Nov 8th**. If you would like to help out with the bake sale please contact the ladies at dunlop.r@hotmail.com or marykenna-b@hotmail.com



Have you always wanted a Soo Finnish Race suit?

We will be putting in an order Nov 12th. Any club member interested in ordering a new Soo Finnish Nordic Race suit we will have a table set up at the Ski Swap. Drop by and try one on! If you have any questions please contact Amy a.wheelerreich@shaw.ca



Autumn News from the Soo Finnish Snow Rangers

Up and running (and shooting!) Dalton Hertz, Sean Clement and Sarah Gaudette, are heading for a Biathlon Training Camp in Canmore, Alberta from Nov 21st- Dec 2nd. This exciting week will provide this trio with a great opportunity to train and compete with coaches and biathletes from across Canada using the Olympic training facilities.

For the 2013-14 season, we are very fortunate to have former Junior Men's National Biathlon champion Colin Edwards as the Head Biathlon Coach. Colin has 7 years of competitive coaching experience including 4 national championships. Thanks to the Practical Shooters of Algoma who provide the shooting range free of charge, the Senior Biathlon Team has been able to train Saturday mornings from 9-noon with Coach Colin since the beginning of September.

Returning Biathletes are having a Meet & Greet Sat. Nov 2 from 1-2pm at Blue Soo Finnish Clubhouse with Coaches Colin and Mike. Dress weather appropriate, Mike will be going over the 2013-14 program and Colin will be reviewing safety & expectations. We would like to find out how many athletes we will have in the 2013-14 Biathlon Program **before** new athletes sign up at the Ski Swap Nov 9th.

Arrangements are currently being worked out with the Rod & Gun Club for the use of the shooting and skiing facilities for the 2013/14 season.

Ever-fun Mike Hertz whose motto is "To Have Fun and Learn!" will be overseeing the program again this year and Joanie McGuffin will coordinate and support the planning and running of the Biathlon program, events and races.

Silent Auction Items

It's never too early to start thinking about donating Silent Auction Items for the Pasta dinner in January. We will have a bin ready to accept items, at the Ski Swap. The bin will then move up to Hiawatha Highlands.

Hiawatha Trail Pass Now Available

Early rate has begun and will end Nov 30th. Passes can be purchased on-line, or if paying by cash or cheque visit us at the Ski Swap or at the office after November 15th.

Club Time Trials Winter 2014

Sat Jan 18th

Sat Feb 8th

Sat Feb 22nd

Soo Finnish Nordic - New Adult Social Group

Watch the Soo Finnish website for upcoming activities with the New Adult Social Group.

One of this season's events will see a group of Soo Finnish members head down to Michigan to take part in the Noquemanon ski marathon at the end of January. If you are interested visit www.noquemanon.com. Early registration is available now. Also, some members are interested in early season skiing at Silverstar at the end of November.

If you are interested in more information about any of the Adult social group activities please contact Fiona Ortiz at 942-5709 or dfortiz@sympatico.ca.