

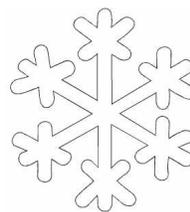
January 2014

Soo Finnish Nordic Ski Club

# Nordic News

## The Fun Stuff

Jan 18	58th Annual Hiawatha Invitational
Jan 18	Pasta Dinner
Feb 8	Maple Syrup Stampede
Feb 9	Ski the Trails Event
Feb 15	Bon Soo Lantern Ski
Feb 23	Mabel Lake Tour
Mar 29	Club Banquet



## 58th Annual Hiawatha Invitational

Sat January 18th

Time Trial #1

Classic Technique - Interval Start

First skier out @ 11am

Bib pick up 10-10:30

On-line registration now available through Zone4 or  
from a link on our website

Registration Closes 6pm Friday Jan 17th

**NO late registrations accepted**

### Race Categories & Distances

Paranordic 0.5 km

6 & under 0.5 km

7-8yrs 1 km

9-10 1 km

11-12 2 km

13-14 4 km

Special Olympians 4 km

15 & over 7.5km



## Pasta Dinner Fundraiser & Silent Auction

Sat January 18th

**\*\*Willowgrove United Church Hall\*\***

**55 Tilley Road**

**5:30-8:30pm**

*\*\*please note the new location and time*

Adults \$15

Children 12 and under \$8

**Tickets must be purchased by midnight Jan 16th**  
on Zone 4 or at the Kincentre

We are still accepting donations for the Silent  
Auction in the Kincentre.

## Passport to Fitness

Your Soo Finnish Nordic Ski Club is now offering a  
"Passport to Fitness" available at the Kincentre for only  
\$2

Similar to the Jackrabbit Achievement Passport, the  
Passport to Fitness is intended for adults who want to  
track their distance and achievements this season.

There are two versions: the original is intended for  
those who ski less than 700 km a season while the  
long distance version is for those who ski further.

Both versions have a space to receive stamps when you  
participate in one of the Club's special events (lantern  
ski, time trial, Mabel lake). Both versions come in a  
protective vinyl sleeve.

Come by the Kincentre for your passport!



**Awards Ceremony @ 6:45pm at the  
Pasta Dinner**

### Adult Social Group - January Events

**Sunday January 12** Ski to Norm's cabin. Meet in Stokely  
clubhouse @ 10:30. Trail day pass req'd

**Thursday January 16** Evening ski @ Hiawatha. Meet at  
Kincentre 7:00pm.

**Saturday January 25** Noquemanon ski marathon in Marquette  
MI - register on-line @ [www.noquemanon.com](http://www.noquemanon.com)

**Friday January 31** Meet @ Kincentre 5:30 for an early  
evening ski then go out for supper.

For all events contact Fiona Ortiz [dfortiz@sympatico.ca](mailto:dfortiz@sympatico.ca) 705-  
942-5709 for further information or to arrange carpooling.



## Snow Bikes at Hiawatha

The Ski Club has recently been approached by the Sault Cycling Club with a proposal to allow the use of Snow Bikes (or Fat Bikes) on the Crystal trail system as a Pilot Project for the remainder of the 2014 season.

Snow Bikes are mountain bikes with very large tires (4") run at low pressures (<10psi). Snow biking is a relatively new, but rapidly growing activity that has been successfully introduced at many other Nordic ski centres.

The two clubs are working together to establish guidelines for use, that will minimize any impacts to trails and to other users.

The Ski Club executive is considering the proposal and its implications to our members (skiers) and to our operations. Stay tuned for more information.

### Upcoming Wax Clinic

Long time club member Peter Uhlig will be holding a wax clinic on **Wednesday January 15th 6:30-8:30pm**. Absolutely limited to 8 participants. Contact Peter to confirm: peter.uhlig@shaw.ca

## Snow Champs Chomp

*Pavilion of Algoma's Water Tower Inn*

**Tuesday, February 4th, 2014**

**5:30 Reception & Market**

**6:30 Dinner & Live Auction with Vern Bailey**

Bring your family and friends and come out and enjoy a fun evening with all kinds of skiing friends; cross-country, downhillers and snowboarders. There will be an exciting Live Auction, a Market and Door Prizes galore to win for the fun of being there.

Dinner will be perogies, cabbage rolls, chicken, roast potatoes, and salad. As always the meal is graciously being donated by Jim Hilsinger.



**Tickets \$30 for Adults**

**\$15 for Students/Children under 15**

Tickets are available from any Junior or Senior Race team member.

For more information, or to make a donation to the Snow Champs Chomp Auction please contact:

Adriana at [atdutchgirl@shaw.ca](mailto:atdutchgirl@shaw.ca)



'SFNSC is now on Facebook! Like our page for information about the club including events and lessons. <https://www.facebook.com/Soofinnishnordicski>

## Maple Syrup Stampede

In the past few years the attendance at the Maple Syrup Stampede, on St. Joseph Island, has been declining. In an effort to revitalise this event, Soo Finnish Nordic is partnering with Jocelyn Township and will be holding one of our Club Time Trials at the Stampede on **Saturday Feb 8th**.

We are encouraging club members of all ages to come out and attend this event. The organizers have changed the format of the races slightly to accommodate us. They have introduced a shorter Classic option for the younger Jackrabbits and they have shortened the Skate option.

**2km Classic**

**7km Classic**

**14 km Skate Race**



Although some of the distances may have changed, the prizes of Maple Syrup and ski gear, given out at the wonderful Pasta lunch following the race, remain the same. Registration is available on Zone 4. Cost is \$20 and prices increase after Jan 15. More info on the Soo Finnish website.



## ADULT SKI LESSONS 2014

**It's Never Too Late!!!**

Just a reminder that the lessons started last Saturday, but **YOU** can still get started! All adult members of our Club are welcome to attend each week, **as often as you wish, and whenever you can...**

**Meet the instructors at the blue Clubhouse at 10:15 am Saturday morning** for a lesson until 12 noon (or 11:45, if you need to meet your children at the end of Jackrabbits.) We divide into groups according to your experience level and technique choice (classic or skating).

The more lessons you can attend, the more progress you will make! We'll work on what you need to become a better, more confident skier.

**Adult ski lessons run each Saturday until February 22nd,**

7 more chances to improve your skiing this winter!

For more information about the lessons check the club's website, or the posters at the trailheads, or pick up a flyer at the ski office or the local cross country ski shops – or, contact Dee at 945-8558.

**ENJOY THE GLIDE  
you'll get from safe, confident, fluid skiing**