

January 2015

Soo Finnish Nordic Ski Club

Nordic News

The Fun Stuff

- Jan 17 Soo Finnish members ski free at
 Crimson Ridge today
- Jan 24 59th Annual Hiawatha Invitational
- Jan 24 Pasta Dinner @ Moose Lodge
- Feb 7 Maple Syrup Stampede
- Feb 8 Ski the Trails Event
- Feb 14 Bon Soo Lantern Ski
- Feb 22 Mabel Lake Tour
- Apr 7 Ski Club Banquet



SFN Strategic Plan

Just a reminder that we would like your comments on the Draft Strategic Plan for the Ski Club, that was released in December's Newsletter. If you'd like to look at it again, you can find it on the Soo Finnish website and Facebook page.

Please forward all comments to contactus@soofinnishnordic.com ASAP as the executive will be meeting next week to move forward with the plan.

Thanks for helping us to shape the future of the club

Soo Finnish @ Crimson Ridge Ski

Trails on Sat Jan 17th

- All SFNSC programming moving to Crimson Ridge on Saturday Jan 17th from 10am-noon
- All Soo Finnish members ski for free at the Crimson Ridge ski trails all day long
- Hickory Bar and Grill open for lunch at 11am
- Regular lunch menu available as well as **Grab-and-go** vegetarian chili, chicken noodle soup and "Panna" style foccacia sandwiches

59th Annual Hiawatha Invitational

Sat January 24th

Time Trial #1

Classic Technique - Interval Start

Open to SFN members as well as non-members

Everyone is welcome!!

Bunnyrabbits, Jackrabbits, Racing Rabbits, Track Attack and Race teams will be automatically registered.

If you are an adult Soo Finnish member or a non-member and you would like to test yourself, register for FREE through a link at soofinnishnordic.com.

Try-a-2k sign up will take place at the Blue Clubhouse on Jan 24th. Hotdog BBQ to follow the races. Come and join in the fun!!

Race Categories & Distances

Paranordic 0.5 km

6 & under 0.5 km

7-8 1 km

9-10 1 km

11-12 2 km

13-14 4 km

Special Olympians 1, 2 and 4 km

15 & over 7.5 km

4 km Skate category for Biathletes

Try-a-2K category for Adults



Pasta Dinner & Silent Auction

Sat January 24th

Moose Lodge

543 Trunk Road

5-7 pm

Adults \$16

Children 5-10yrs \$8

Tickets must be purchased by Jan 19th

at Hiawatha Highlands
or online soofinnishnordic.com

We are looking for donations for the Silent Auction. There is a bin in the Kincentre ready to accept your items.

SFNSC is now on Facebook! Like our page for information about the club including events and lessons.

<https://www.facebook.com/Soofinnishnordicski>



Help Needed!!

Volunteers are needed in a variety of roles for the the following events. Please contact Matt Towle if you can lend a hand. towlematthew@sympatico.ca

Jackrabbit Sprint Day
Saturday, February 14
Crimson Ridge

Mabel Lake Tour
Sunday, February 22
Hiawatha Highlands

Racing Rocks and BBQ
Saturday, March 7
Hiawatha Highlands

Jackrabbit Family Ski Day
Saturday, March 14
Hiawatha Highlands, Pinder Trail



Maple Syrup Stampede

The Annual Maple Syrup Stampede will take place on the cross country ski trails adjacent to the Jocelyn Township Office, on St. Joseph Island, on **Saturday Feb 7th**.

We are encouraging club members of all ages to come out and attend this event. Last year they introduced a shorter Classic option for the younger Jackrabbits and a shorter Skate option. You can also challenge yourself to something of a skiathlon with the classic race followed by the skate race.

- 2km Classic
- 7km Classic
- 14 km Skate Race
- 7km Classic + 14km Skate



An awards ceremony will take place at the Jocelyn Township Hall for the Classic Race at 11:20 am and for the Skating Race at 12:30 pm. Prizes will go to the top 5 male and top 5 female finishers in each race. There will be draw prizes available as well for remaining finishers.

A wonderful post-race pasta lunch will be held in conjunction with the awards presentation from 11:00am-1:00pm. The lunch will be available free of charge to all race participants. An \$8.00 fee will be charged for non-participants.

Registration is available on Zone 4 or by mailing in the registration form. Cost is \$20 for one race and \$30 if you do them both. **Prices increase after Jan 16.** More info and the brochure/registration page found on the Soo Finnish website.

Ski Waxing Clinic

Wednesday, February 4
7:00-9:00pm
Soo Finnish Clubhouse




Please join us for a beginner-intermediate ski waxing clinic. Learn how to wax your own skis. Tools and a wide range of waxes provided.

Please bring one pair of skis.
8 people maximum.

Contact Peter Uhlig (peter.uhlig@shaw.ca) to sign up.

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ADULT SKI LESSONS 2015

Do any of the following apply to you?

- New to skiing
- Ready to try skating
- Hills make you nervous
- Need a technique tune-up
- Want to whiz by the slow pokes
- Time to learn how to wax your own skis
- Dreaming of diagonal striding as smoothly as an old Finn



Ski the Trails

Ski the Trails in support of the Sault Area Hospital Foundation will take place on Sun Feb 8 from 9am-2pm. The event is open to anyone interested in skiing all 34 km of Hiawatha's trails - Pinder, Crystal and Red Pine. Or, new this year, you can choose to snowshoe the Pinder and Crystal snowshoe trails instead.

Participants are encouraged to collect pledges. Individuals must raise \$50 and teams (max 3 people per team) must raise \$100. Every \$100 raised gives you a chance to win one of 3 grand prizes - \$500 Gift Certificate at Algoma Bicycle Co, \$500 Gift Certificate at Velorution or a Private box at a Greyhound game (BMO-Nesbitt Burns). Free pancake breakfast for all participants from 10-2 at the Sugar Shack. Or just come out for the Pancake breakfast (\$10 adults and \$6 kids aged 6-12). All proceeds go toward the purchase of new medical equipment for our Hospital. For more info visit the event website at SAHF.kintera.org/Ski2015

If you answered "yes" to any of the above, then SFN's adult ski lessons are for you - Saturday mornings during the Jackrabbit lessons, or other times by appointment. See the club website for details or contact Dee at 542-2448 or acdpatrick@shaw.ca If you're a SFN adult member, these lessons are free!