

# Deep River Cross Country Ski Club News

*January 2011*



## **Attention all members: New Coaching Requirements will be in place for 2012**

Starting in January 2012, Cross Country Canada will be requiring *anyone who coaches, instructs, supervises, and assists with ski activities for children* to have at least begun a series of training courses. This will be quite a challenge for our Jackrabbit program to meet, particularly when not only the instructors, but also all assistants must have at least one course under their belts.

On January 15 and 16, Amy Fraser (Mark) taught a Community Coaching course to eight DRXC Jackrabbit instructors. This is the second level course that will permit these coaches to work with children aged 9 and under. Instructors of older children will be expected to take a further Learn to Train course.

The first step in training is called **Introduction to Community Coaching (ICC)**. We would like to offer this 9-10 hour course on **March 5 and 6**, and *it is very important that as many adults and teens who are involved with Jackrabbits as possible complete this course*. Even if you think that you might help with instruction next season, now is the time to begin your training. So parents, or any adults who want to see cross country skiing in this area flourish, please get involved now.

If you wish to read more about these new requirements, go to [www.cccski.com](http://www.cccski.com) and click on Coaching in the left column.

Anyone interested in taking the ICC course should contact **Martin Klukas 584-1312** or Cheryl Rhodes 584-3932 as soon as possible.



## **Grooming—Have Machines, Need Snow**

What a relief to be finally receiving a bit more snow! Until this week, there was only one significant dump of snow in December, with a few

additional layers falling now and then. This was not enough to cover all of the rocks, and not enough to provide a good supply of workable snow for ideal grooming. Barrie has had to make tough decisions about what treatment was best for the trails, for our grooming equipment and best for everyone's safety. Our chief groomer does have everyone's best interests in mind, whether they are daily skiers, Jackrabbits, the Mackenzie team, or participants in the coaching course, adult classic lessons, and adult skating clinics.

Be sure to check the grooming blog for current trail conditions: <http://drxcfasttraks.blogspot.com>. There is a link on the [www.drxc.ca](http://www.drxc.ca) homepage.

Despite the minimal snowfall, the trails have been quite enjoyable on old skis, and still provide good exercise and beautiful scenery—and now they should be even better!



## **Trail Etiquette**

It seems increasingly evident that the Deep River area is receiving less annual snowfall than in the past. As a result, it is very important that trail users protect trail quality carefully, because the next snowfall may be days away.

So the club is asking members, guests and residents to use the trails considerately. The Silver Spoon ski trails are intended for skiing only. Snowshoers, hikers and dog walkers can do considerable damage to both groomed and ungroomed ski trails. Ski club members have spent hundreds of volunteer hours clearing and maintaining them, and have all paid an annual fee to have them groomed.

There are many other beautiful trails in the Silver Spoon area and all over town available for snowshoeing and walking. If you wish to ski with your dog, you are also welcome to use the snowshoe trails, although they are narrow, and require more quick footwork than the ski trails would.

In a very few areas on the P-loop and the F-loop, the same trail is used by both snowshoers and

skiers, and in those spots, we ask that snowshoers keep to one side of the trail, so that the ski tracks remain intact.

If you are a skier who encounters someone "misusing" the ski trails, please explain the situation very politely. The people you meet may be newcomers, visitors, or potential DRXC members.

The Four Seasons Conservancy has already put up a few signs to point non-skiers onto the proper trails, and we will be working on improving both the wording and quantity of these signs.

A bit of consideration will keep everyone happy and enjoying the beautiful woods and fresh air.



### **Silver Spoon Ski-Fest**

**Saturday, February 5—Classic Races and Skate Sprint Events at St. Mary's School**

**Silver Spoon Buffet at the Bear's Den**

**Sunday, February 6—Orienteering at the DRXC chalet**  
**Choice of ski and snowshoe events.**

The Silver Spoon Committee includes Diane Davis, Bill Mellors, Mary Greiner, Liz Archer, Ann Serdula, Rob DeAbreu, Lois Fitzpatrick, Monika Cameron and Caroline Lee.

Kirsty Smith will be taking over as Chief of Race for the 2012 race. Thank you, Kirsty!

The entry form can be downloaded from the Silver Spoon website <http://www.silverspoonskifest.com>. Some race categories have been modified somewhat this year, to align with Cross Country Canada's new guidelines. Categories for less serious skiers such as the handicap and participation races are unchanged.

The timing of this year's Silver Spoon Race is by Sportstats. Racers will wear an electronic chip and finish times will be posted both at the race site and on line quickly after each race. It has been necessary to raise entry fees to cover the cost of this service but they are in keeping with other races on the National Capital Division race circuit.

Entries can be received on-line up to Thurs. Feb. 3 at <http://www.eventsonline.ca>, with an additional transaction fee which is based on the amount processed. For those who prefer not to pay this fee, the usual mail-in form can be printed from the Silver Spoon website and must be received by the Race Secretary, Box 999, Deep River, ON, K0J 1P0 by Wed. Feb. 2.

Tickets for the roast beef buffet will be on sale at Monica's Pantry. Adults \$24.00 and children (10 yrs and under) \$15.00.

For more information see future articles in the NRT or contact one of the committee members.



### **Volunteers Still Needed for the Spoon**

Volunteers are needed to marshal and sweep the course. A marshal records the racer's bib number and keeps skiers on course. Marshalling is about a 2 hour job. Sweepers ski the course after the race to make sure there are no racers and marshals on the trails. Please contact Diane Davis (584-3033 or [pddavis@magma.ca](mailto:pddavis@magma.ca)) if you can to volunteer.



### **Mackenzie Ski Team**

Aubrey Fletcher reports that the high school team has been out four nights a week enjoying the trails. Exams are next on the agenda. However, Wednesday, February 2 is the day of the annual Mackenzie Invitational Race. The technique will be ski skating, so the M, H and S loops will be used. Spectators are welcome.



### **Attention Jackrabbits' Parents**

Children's Fitness tax receipts for Jackrabbits are now available for pick up in the chalet. They are tucked in the rack beside the bulletin board. Please pick yours up soon. The chalet will be locked up well before the April 30th tax deadline!



### Ski Rentals

Helena Rummens is thrilled to report that she just had her 100<sup>th</sup> customer for ski rentals this season! “26 adults and 74 kids! Yippee!” Thank you very much Helena for such a wonderful rental program. What a great way to encourage cross country skiing.



### Sea to Sea to Sea

Congratulations to a team of 8 DRXC members—Erik and Ingrid Hagberg, Walter and Mary Lynn Benz, Bob Donders, Karen Colins, Phil Davis and Bruce Heinmiller—who won Gold in the Sea to Sea to Sea challenge. This group skied 20,375 km over 3 years in support of Cross Country Skiing at the Vancouver Olympics. You can read about them at:

<http://www.cccski.com/dbfiles/1452.pdf>



### Trail Maintenance All Season Long

While we have not had any serious wind or ice storms this winter, the season has only just begun. In any case, if you find debris on the trails while you are skiing, please stop and remove it. After a storm, it’s easy to slip a small folding saw or snips in your pack. If a large tree is down, requiring chainsaw work, please report the problem to Wayne Workman, our coordinator for trail maintenance, 584-2385. This will allow the groomers to get their job done much faster, and will make the trail more pleasant for everyone.

The DRXC gratefully acknowledges receipt of a Junior Instructional grant from the Town of Deep River to support our Jackrabbit program.



### Membership—WE NEED YOU!

Your commitment to our trails is very important—they are a treasure and we are very, very fortunate to have them. While we are more than happy to share the trails with guests, we do ask that local residents join the club. We need you to be involved. We need your time and talent, and your annual membership of \$60 for adults and \$15 for students.

If you meet any visitors on the trails, please be welcoming and helpful with directions. If they inquire about a trail fee, please point them in the direction of the donation box inside the chalet.

The DRXC registration form can be printed from the website, or you can pick one up at our chalet on Balmer Bay Road. You can also phone Carol White at 584-4629.

Happy Skiing from your DRXC Executive:

Cheryl Rhodes	President
Bruce Heinmiller	Past-President
Phil Davis	Vice-President
Erik Hagberg	Secretary
Wally Kalechstein	Treasurer
Carol White	Membership



[www.drxc.ca](http://www.drxc.ca) *Check it out!*

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