

Deep River Cross Country Ski Club

January 2012 Newsletter

Welcome back, members, to another ski season, and welcome new members. Those who are new, please ask questions of the old-timers—we're happy to share our favourite trails, ideas and skills. Maybe you have something to share as well!

VOLUNTEERS

First of all, many thanks to all of our dozens of volunteers who worked very hard on trail maintenance and improvements this fall. It's amazing how many trees and branches fall down and how much new growth appears on our ski trails each season. More volunteers are always welcome—most work is done between September and snowfall. If you can wield snips, small saws and shovels, or larger tools such as brushers, chainsaws or even tractors, then we'd love to have you in a work party.

TRAIL IMPROVEMENTS—M-Loop

Under the able direction of Wally Kalechstein, a considerable amount of work was done on the trail surface of the first half of the M-loop—rock removal, corduroy in the wet hollows, and large quantities of wood chips. This allowed for earlier skiing on thin snow cover than is normally feasible.

You may notice that there is still a sizeable mound of wood chips outside the gate near the far end of the M-loop, ready for further work.

TRAIL IMPROVEMENTS—D-Loop

Another team of DRXC members took a careful look at the D-loop, with a view to making it easier to groom, safer to ski and more appropriate for the Silver Spoon race. With the permission of the Four Seasons Conservancy (4SC) which owns parts of the trail closest to Balmer Bay Road, several smaller trees were removed, and the trail was re-routed in a few spots to reduce sharp curves and awkward banking.

We hope that skiers will now feel more comfortable negotiating this lovely trail.

Comments on the D-loop can be made to Erik Hagberg.

TRAIL IMPROVEMENTS—CANYON TOP

About 500 m of trail in the northwest corner of the Canyon Top loop (part of the Bass Lake trail system) has been rerouted this year in the area of Hut Creek. The new segment avoids a tangle of deadfall and the bridge over the creek, which is no longer safe. The trail now crosses the creek at a beaver dam about 100 m northwest of the old bridge. The new trail is a bit rough, but it's been signed and broken so it should be easy to follow.

PICK UP STICKS

Remember that old game called Pick Up Sticks—well you can still play! No matter how thorough our trail preparations are, wind, snow and ice bring down branches during the ski season. PLEASE pick up branches as you ski, and toss them well off the trail.

Also, if a sapling is hanging over the trail because it is laden with snow, it usually takes just a swat with a ski pole to dislodge the snow and let the tree spring upright. It would be great to have overhanging bows out of the way for skiers who follow you on the trail.

Please report any large downed trees to Wayne Workman at 584-2385.

TOWN OF DEEP RIVER

While the 4SC owns parts of the trails including the property where our chalet is located, and others own sections of X and C loops, the majority of the land is owned by the town.

This fall, both the DRXC and the snowmobile club signed a "license agreement", a user agreement outlining what the clubs are permitted to use the land for. Basically,

we can ski, groom and maintain the trails, and we have access from September 1 to April 30. We are required to have liability insurance through Cross Country Canada, and to ask the town before building structures or new trails, or before doing work outside the 8 months during which we have access.

If anyone wants to read all nine pages of the agreement, ask Cheryl Rhodes to email you a copy.

CHAIN SAWS

We are very appreciative of all of the members who regularly wield chainsaws to clear the trails of fallen trees. It takes skill, strength and endurance to do the work, and to carry the chainsaw kilometres into the bush.

A few years ago, several people attended a chainsaw workshop sponsored by the club. As well, all people using chainsaws are expected to read and be fully familiar with the safety standards set out by the Canadian Centre for Occupational Health and Safety, http://www.ccohs.ca/oshanswers/safety_haz/chainsaws/.

The club plans to host another chainsaw course in the fall of 2012. Contact Bruce Heinmiller if interested.

SKI RENTALS

Many children and adults are very appreciative of the volunteer work that Helena Rummens does for the DRXC through her not-for-profit ski rentals. Over the years she had put together a sizeable collection of good-quality equipment.

Helena likes to provide new skiers with a starter kit of basic ski waxes, so if you have any stubs or unused waxes to donate, please give her a call at 584-4321.

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

SILVER SPOON—Saturday, February 11, 2012

Check the Silver Spoon website <http://www.silverspoonskifest.com> or the NRT for information about the race, and for the link to online registration.

Be sure to note the registration deadline of Feb. 5, as late registration fees apply after that.

In order to keep our DRXC Jackrabbit program fees as low as possible, the cost of entry fees for Jackrabbits in the Silver Spoon is no longer covered through participation in the Jackrabbit program. Parents, please be sure to register your Jackrabbits yourselves for the race. They are able to race in their age categories as well as in the usual Participation Mass Start. Older Jackrabbits may also be interested in the skating sprints.

SILVER SPOON SKI-ORIENTEERING MEET

Sunday February 12 at the DRXC Chalet

Registration - 10:00 to 11:00 am

Starts - 10:30 to 11:30 am

Short Course – 3 to 5 km

Medium Course – 5 to 7 km

Long Course – 7 to 10 km

Pre-register with John McKay

mckay@magma.ca

JACKRABBIT LESSONS

The Jackrabbit program for skiers aged 3 to 14 is well underway. Every Saturday afternoon sees over 50 children, of all skiing abilities, and 15 volunteer coaches out on the trails. There is always room for more young skiers during the season if you know any that wish to join. Also, Kevin McDonald (Jackrabbit Head Coach) would love to have several more regular or guest coaches out to volunteer their time. If any experienced skiers (even if you don't have kids in the program) want to help out, please contact Kevin at 584-1287 and he will find a spot for you – you are guaranteed to have a good time, and young skiers keep the health of the DRXC strong.

JACKRABBITS—TAX RECEIPTS

Parents of Jackrabbits who attended either of our registration events were given tax receipts on the spot. For those who registered by mail or dropped off forms to Carol White, be sure to pick up your tax receipts at the chalet. The treasurer has left them in the display rack near the bulletin board.

JACKRABBIT DISTANCE BOARD

A new member, Orvil Dillenbeck, who recently moved with his family to Deep River from Pembroke, has constructed a peg board for Jackrabbits to tally their distances over the season. Somewhat reminiscent of a large cribbage board, it is mounted in the chalet. Others may also be interested in taking a look at the trail distances posted there, so that you can estimate your own accomplishments! The peg board is for Jackrabbits only, however.

DESIGN CONTEST

Jackrabbits are encouraged to enter a contest to design the 2013 Jackrabbit toque. Read the instructions at: <http://cccski.com/Programs/Athlete-Development/Skill-Development-Programs/Jackrabbits/Jackrabbit-Colouring-Contest-2012---2013.aspx>

MACKENZIE SKI TEAM

Although exams are next on the agenda for the secondary students' Nordic team, their annual Mackenzie Invitational Race will be held on Wednesday, February 8. The technique will be ski skating, and the M, H and S loops will be used. Spectators are welcome.

NAKKERTOK 24-HOUR RACE

Nakkertok ski club will be hosting a 24 hour cross country ski race. Open to both classic and skate styles. Solo and teams of 4 relay categories.

The event is set for March 10th and 11th 2012, at Nakkertok ski club in Gatineau, about 15 minutes from downtown Ottawa.

More information can be found at www.24hxtaski.com

TRAIL SIGNS

The club would also love to have someone volunteer to make and mount some new trail signs—just a letter (R,X,C,D,M,S,H,B,F) on a board. Signs can be made of metal, wood or plastic, and we can put you in touch with volunteers who have made them in the past. Please contact Cheryl Rhodes if you're interested.

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, \$20 for teens and \$15 for children aged 6 to 12.

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