

2021 January 19 email to DRXC Members. Subject: DRXC update, 2021 January 19



Bass Lake trails, 2018 March (photo used with permission)

Hello DRXC Members,

We have had just enough snow to keep our trails in good shape, and most of our trail systems are seeing plenty of use. Here is an update on club activities from your DRXC Executive.

**Covid-19 and the DRXC** Although skiing itself is not directly affected by the recently announced stay-at-home order from the provincial government, many of the DRXC facilities and programs are. The chalet (Balmer Bay Road) and cabin (Bass Lake trails) are closed, and programs (junior and adult instruction, moonlight skiing, and equipment rental) are currently suspended. When Renfrew County returns to a “green level” under Ontario’s Response Framework, we will open the chalet and cabin (following special Covid restrictions), and resume programs to the extent possible. Check the DRXC webpage [www.drxc.ca](http://www.drxc.ca) for updates.

**DRXC Trail Conditions and Grooming** All of the main Silver Spoon trails (off Balmer Bay Road) have been machine-groomed except for B loop and parts of S and H loops. We need another 20–30 cm of snow before these outer loops can be groomed. Conditions have been fast and hard, so please be cautious on the trails. Trail conditions are available on <http://drxc.ca/category/trail-conditions/>.



**Silver Spoon Ski (and Snowshoe) Fest** Starting Saturday, February 6, join us as we collectively ski and snowshoe as many kilometres – and on as many trails – as we can for nine days, to raise money for charity. DRXC members can now sign up (at no cost) for this fun event. Search for “Silver Spoon” at [www.zone4.ca](http://www.zone4.ca), and enter your name and email address. You’ll then get a link to a form so you can track your kilometres and trails during the February 6–14 period. Snowshoers are welcome to join in. Details are on the Silver Spoon website: <http://bright-ideas-software.com/silverspoon/>.

**Coaching Certification Opportunity** Kevin McDonald from our club is now a trained "Learning Facilitator" for the Nordiq Canada (formerly Cross Country Canada) coaching program, which allows him to provide training for Community Coaching certification. He will be hosting a coaching course on the following dates: course lectures January 20 and 21, 6:30 p.m. to 9:00 p.m. via Zoom; on-snow (date to be determined), 8:00 a.m. to 3:00 p.m. at the Silver Spoon trails.

Nordiq Canada and Cross Country Ski Ontario have grants available to the clubs to cover the course costs this year, so this training will be free for all involved. Having DRXC members who are trained in coaching is a real benefit to the club, as it helps us provide appropriate lessons to our members.

If you are interested in taking this course, please contact Kevin at 613-584-1287 or [kmcdonald11@yahoo.ca](mailto:kmcdonald11@yahoo.ca).

**Hydro Pole Replacement along the Main Hydro Corridor (K Loop)** Hydro One will be replacing poles along the main hydro line corridor that intersects the Silver Spoon trails. The work is scheduled to start after February 6. Hydro One is aware that this work will damage some of our trails, and they will try to schedule the work so as to minimize the disruptions. Once this work starts, please use extra caution wherever the trails intersect the main hydro line.

**Safety Tips** Here are a few more tips (continuing from our previous newsletter). When you are preparing to go out for a ski, please take some simple precautions before hitting the trails:

- In advance, find out about the area you want to ski in and about the trail conditions. Choose trails that are within your ability.
- When travelling in the back country, besides the cell phone bring equipment such as energy food, a hot drink, extra clothes, a lighter, chemical heat packs, a first aid kit, gorilla tape, rope, and/or a folding saw. (You'd be surprised how often these items come in handy, for example to splint a broken ski pole.)

**Equipment Rentals** The DRXC rental program has been very successful this year, with all of our adult skis and most boots rented out. Unfortunately, the program is now closed due to Covid restrictions, as noted earlier. With the limited equipment available to rent, the program will probably not re-open. If you're looking to borrow or buy equipment, try posting on the "Deep River Cross-Country Ski Club Community" facebook page.

**Balmer Bay Parking** Thanks, everyone, for parking only on the south side of the Balmer Bay Road during the snow season. The trails have been very busy with skiers, snowshoers, and walkers, so sometimes the only parking is a fair distance from the chalet. Keep in mind that there are 6 access points to the D loop between the hospital and the chalet, to help relieve the parking pressure near the chalet.

**Contact Us** We are always looking to improve the club and the skiing experience for its members. If you have ideas or suggestions to pass on, please contact me or any of the club executive members (contact information available on [www.drxc.ca](http://www.drxc.ca)).

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