



MAKING TRAX

NOVEMBER 2002 ISSUE
 The official newsletter of the Soo Finnish Nordic Ski Club
www.soofinnishnordic.com



GET YOUR NEW/USED SKI EQUIPMENT **NOW!** SKI SWAP IS NOVEMBER 9!

Don't forget, the best deal in this town next to Value Village is our own, brewed at home, SKI SWAP! For those of you who are new to cross country skiing, this is THE place to get your equipment at reasonable prices. If you got equipment last year and want to 'trade up', this is the way to do it. Bring in your "for sale" items to Westminster Hall (on Brock St.) on Friday Nov. 8 from 7 to 9 p.m. and our wonderful volunteers (Race Team members and assorted adults)

will tag your items and get them onto the floor for the sale next day. 15% of the selling price is donated to the Race Team. The team members are instrumental in running the Ski Swap. The sale is open from 10 a.m to approximately 2 p.m. On Nov. 9 (but get there early to avoid disappointment) at Westminster Hall. See you there! For more info, contact Vera McCron at 949-7142.

~~Inside this issue:~~

Ski Swap!	1
Jackrabbit News	1
S.T.A.R. Ski Passes	2
Club Clothing and Race Team Uniform Order Form	3
Draft Club Event Calendar	4

Jackrabbit News:

Ski season is just around the corner. We would like to welcome all jackrabbits and parents to our new and revised program. The first lesson will begin on Jan. 4, 2003 at 10 AM at the Kinsmen Centre. We are still in need of coach volunteers. If you can volunteer to be a coach please contact me at claudia.perkio@sympatico.ca. Thank you. It is a great opportunity to use your skills to help the youngsters learn and enjoy the sport. There will be a meeting for coaches in early December. Keep your eye on the newsletter for details!

S.T.A.R. SKI PASSES ON SALE NOW!

This just in from the S.T.A.R. newsletter of Oct. 2002: The NEW LOCATION for the S.T.A.R. office will be the Kincentre and the new trail head for the 4 km. Lookout trail will be across the road from the Kincentre. No more going to Hiawatha Lodge to get ski passes, ski rentals, wax, ski repairs, snowshoe rentals, etc. The S.T.A.R. office will run from 9 a.m. to 5 p.m. 7 days a week starting (with snow) as early as Dec. 9 2002. Parking for the trails will be on a newly created, larger parking lot across from the Kincentre. A connecting trail from the parking lot will get you onto the 4 km. Lookout Trail. Watch here for further details!

Ski Passes are available at: Community Services Dept., John Rhodes Centre, George Leach Centre, Duke of Windsor Sports, Conservation Authority, Source for Sports, Play It Again Sports

SEASON SKI PASS RATES FOR 2002

	EARLY BIRD RATE	PRE-SEASON RATE	REGULAR SEASON RATE
AGE CATEGORY	Oct. 10 - Nov. 10	Nov. 11 - Dec. 15	Dec. 16 - March 31
ADULT	\$85.00 + \$5.95 GST \$90.95	\$100.00 + \$7.00 GST \$107.00	\$110.00 + \$7.70 GST \$117.70
STUDENT (FULL-TIME) UNDER 23 YEARS	\$60.00 + \$4.20 GST \$64.20	\$75.00 + \$5.25 GST \$80.25	\$95.00 + \$6.65 GST \$101.65
SENIOR (60 + YEARS)	\$65.00 + \$4.55 GST \$69.55	\$75.00 + \$5.25 GST \$80.25	\$85.00 + \$5.95 GST \$90.95
FAMILY (MUST LIVE AT HOME)	\$250.00 + \$17.50 GST \$267.50	\$275.00 + \$19.25 GST \$294.25	\$300.00 + \$21.00 GST \$321.00
NOTE! Children 12 years of age and under will continue to ski FREE.			



CARTIER PARTNERS

Christmas is coming.....Is there a skier on your list?

Club Clothing



Race Team Uniform



CLUB CLOTHING/RACE TEAM UNIFORM ORDER FORM

Club members and Race Team members (must be a registered racer with our club; Jr. Development/Juvenile/Senior/Masters) who wish to order clothing: please fill out the order form below. The (lovely) graphics above show what each piece looks like (bib overall is not shown). Prices for each piece are listed. Send form by Nov. 15 to: Leslie Uhlig, 88 Parkshore Dr., Sault Ste. Marie, On. P6A 6B3 Fax: 945-7577 Email: caliburn@sympatico.ca

Please note: Sizes are ADULT sizes. A size small would be approximately a youth size 14-16.

Also: A MINIMUM ORDER (FROM THE ENTIRE CLUB) OF 16 PIECES OF EACH TYPE OF ITEM DESIRED IS NECESSARY IN ORDER TO PLACE THE ORDER. PRICES LISTED ARE BEFORE TAXES.

NOTE: RACE TEAM UNIFORMS HAVE "RACE TEAM" PRINTED UNDER THE SFNSC TREE.

CLUB CLOTHING/RACE TEAM UNIFORM ORDER

Fax to: Leslie Uhlig 945-7577 or email to: caliburn@sympatico.ca or snail-mail to 88 Parkshore Dr.

Name: _____ Address: _____

Telephone: _____ Email: _____

<u>Item</u>	<u>Price</u>	<u>Quantity</u>	<u>Size (S/M/L/XL)</u>	<u>RACER?</u>	<u>Total</u>
Lycra Race Top	\$47.00				
Lycra Race Tights (Pants)	\$36.00				
One-piece race outfit	\$83.00				
Warm-Up Jacket	\$77.00				
Warm-Up Bib Overall	\$96.00				

GRAND TOTAL:

NOTE: A 50% deposit at the time of ordering will be required. Cheques payable to SFNSC.

SOO FINNISH NORDIC

PRELIMINARY EVENT CALENDAR -- 2002-03 SEASON

<u>DATE</u>	<u>EVENT</u>
Sept 13,14, 20th	NCCP Level 2 Theory Course at AUC
Saturday Oct 12	17th Annual Trail Trot
Saturday Nov 9	Ski Swap at Westminster Hall on Brock St.
November ???	Jackrabbit leader orientation (or early December)
December 28-29	Ontario Cup 1+2; Timmins, Ont. (Porcupine Ski Runners hosting)
Saturday Jan 4 th	Jackrabbits begin
Jan 11-12th	Ontario Cup 3+4
Jan 18-19	48th Annual Hiawatha Invitational
	JR Time Trial #1
Jan 25-26	Ontario Cup 5+6
Jan 31st	Bon Soo Lantern Ski
Feb 8th	JR Time Trial #2
Feb 15th	Valentine's Lantern Ski
Feb 8th	Maple Syrup Stampede (St. Joseph's Island)
Mar 1	JR Time Trial #3
March 2	Mabel Lake Tour
March 8	Jackrabbits end
March 15	All Trails Challenge
March 15	Family Day Tour/Backwards Trail Day
March 22	Wabos Loppet
April 5th	Closing Banquet
May 12 th	Annual General Meeting



Duke of Windsor
SPORTS SHOP



THE ONTARIO TRILLIUM FOUNDATION
LA FONDATION TRILLIUM DE L'ONTARIO

SFNSC Race Team News

The members of the SFNSC Race Team are:

Matt McCron, Scott McCron, Hilary Gordon, Heather Gordon, Neil Greenwood, Nick Uhlig, Emily Hayman, Sarah Hayman, Viktoria Koskenoja, Paul Mears, Laura Mears, Michael Fadock, John Harvey, Sarah Cuddy, Matthew Cuddy, Heather Groot, and Tyler Koskenoja.

Coaching the Race Team are the following dedicated volunteers:

Mike Keating, Ski Team Lead Coach

Mark Harvey, Race Team Manager

Ari Koskenoja, Marji Koskenoja, Sharon Cuddy, Race Team Management Assistants

Patti Boucher, Junior Development Team Lead Coach

Sarah Stocker, Biathlon Lead Coach

WANTED:

One volunteer to coordinate purchase and distribution of SFNSC club and race team clothing. Will train. Excellent benefit package. Over-committed SFNSC volunteers will not be considered. This is a new volunteer position only. Contact Sharon Cuddy at cuddy.soo@shaw.ca or 945-8084.



Duke of Windsor
SPORTS SHOP



THE ONTARIO TRILLIUM FOUNDATION
LA FONDATION TRILLIUM DE L'ONTARIO

Twas the night before ski training....

Twas the night before ski training, when the word
went out

There was a chance of a snow fall, so I'd better
watch out.

All of my equipment I was told to prepare,
And my hats, mitts and jacket were slung over a
chair.

As I was nestled all snug in my bed,
Visions of snowflakes danced in my head.
With snow tires on my car and skis on my rack,
I knew I would be ready, should Jack Frost attack.

In the trunk of my car, there was such a clutter,
Of roller skis, a scooter, running shoes, and peanut
butter.

If only rain fell, and not snow like forecast,
I'd be forced to train, like warm weekends past.

At dawn, to the window I flew like a flash
Tore open the blinds and threw up the sash.
But to my disappointment, there was nothing but
fog,
Sigh! One more snowless day in my ski training log.

Two snooze buttons later, I left in the dark
In rain I drove slowly, headed for Kinsmen Park
When what to my wondering eyes should appear
But a city plough, with 8 cm of snow on the rear.

Then a speeding driver I was, so lively and quick.
I thought for a moment it might be a trick.
But snow on the roof tops re-inforced what was
claimed

I could ski today and I loudly exclaimed:

"No scootering! No running! No roller skiing today!
No cycling! No hiking! On skis I will play!"
To Crystal, to Pinder, the hills they did call,
Kick and glide, kick and glide, I will ski up them all!

Onward and upward past 4th Line I did steer,
On the lookout for a fellow skier,
To 5th Line I ventured, rally car style,
Eager to ski my very first mile.

Dressed in modern fabrics, from my head to my foot,
On a parkway cloaked in thick snow, my skis I did
put.

Classic style was the technique of the day,
I headed out hoping to journey a long way.

My eyes how they twinkled, I was giddy and merry.
I took with me all the go-bars I could carry.
A summer of weights had my arms feeling strong,
Hours spent on the scooter has made my stride
long.

I spoke not a word, but went straight to work,
Skiing like mad, 'til my HRM went berzerk.
At the old bridge that crosses Pool road,
I looked up and down, and not a single rock showed!

All the way round the Crystal I would go,
Over red, green and orange leaf covered snow.
The ground was brilliant, the fall colours too,
Two seasons in one - a spectacular view!

I sprang off my skis, to my team I did gush,
Of a 4 hour ski in October's early slush.
You may have heard me exclaim as I drove out of
sight,
"HAPPY SKIING TO ALL, AND MAY EVERYDAY
BE WHITE!"

Original author unknown; edited by S.& S. Cuddy

