



Walden Cross Country Fitness Club Newsletter September 2011

Chalet Phone: 692-2321 Website: www.waldenxc.com



Walden Cross Country Fitness Club has a Full time Coach!

By Karen Broughton

It's with great pleasure that we announce that Walden has hired Patti Kitler as the full-time paid Head Coach for our Youth Programs. Walden was recently successful in obtaining a Quest for Gold Wage Subsidy Grant from the Coaches Association of Ontario (CAO). The grant of \$60,000 will be spread over three years, to subsidize the salary of the full-time Head Coach position. This new full time coaching position will allow us to build on our already successful Youth Program and to be part of advancing coaching as a professional career.

Walden has benefited tremendously from the dedication and tireless effort of Patti Kitler and our many other volunteer Coaches in past years. We are excited to now be able to count on her expertise, leadership and commitment as a full time Head Coach to help our aspiring able-bodied and Para-Nordic athletes reach their goal of being competitive at the provincial and national level.



Upcoming Club Events

By Patti Kitler



Tues Sept 20	1-4 pm High school cross country trail race 6-8 pm Club trail run 6-7 pm biathlon meeting
Sept 30-Oct 2	NOD/CCP Midget Training Camp
Sat Oct 1	NOD Fall AGM (time to be announced)
Mon Oct 10	Turkey Gobbler and BBQ
Wed Oct 12	Elementary school run
Oct 14-16	CCO Para Nordic Dryland Camp in old chalet
Oct 14, 15	Walden Biathlon Official's course
Oct 15, 16	Walden Biathlon Air Rifle training camp

Upcoming Biathlon Meeting

By Pam Hull

There will be a Biathlon Meeting on Tuesday Sept 20th @ 6:00pm in the new chalet. For further information to contact *Pam* at 705-855-5904.



NOD Midget Training Camp **September 30th to October 2, 2011**

By Patti Kitler

Walden Youth Programs are hosting a Northern Ontario Midget Training Camp at Walden. The camp will bring kids together between the ages of 10 and 15 years old to develop friendships, introduce them to systematic training and play games. Cross Country Canada's Eastern Coordinator, Lisa Patterson (some of you may have met Lisa at the Midget Championships) will be at the camp as well as the new Ontario coach Pavlina Sudrich.

CCO Para-Nordic Training Camp **October 14 to 16, 2011**

By Patti Kitler

WCCFC is hosting a Para-Nordic Dryland Training Camp for athletes with disabilities. The camp will be designed to test the athletes, work with their technique roller skiing, standing or sitting. If you are interested in coming to the camp please call or email *Patti* - 705-692-3818 or pattikit@gmail.com

Trail Runs

By Patti Kitler

We have three trails runs left before the snow flies:



- Tuesday September 20, 2011: Club trail run. Registration 6:00; race starts at 6:45pm
- Monday October 10, 2011: Turkey Gobbler Sudbury Fitness Challenge event race, stay tuned for more information in the coming weeks. This is a family activity and there is a distance for everyone.
- Tuesday November 1st, 2011: Fun run under the lights. Registration 6:00; race will start at 6:45pm

You still have time to come out and get a time, start using the trails hiking, walking and running. The weather is beautiful and this is a great time to start training for skiing. This training is called dryland training and you can be 2 ½ months ahead of yourself if you start now before the snow flies.

Help Wanted

By Harry Sheppard

The Walden Cross Country Fitness Club will soon be hiring for the upcoming ski season. We have an opening for paid part time seasonal work in our chalet. This position is to work at the desk in the clubhouse. Duties include selling day-passes and memberships, as well as renting skis, boots, and poles.

The work schedule will include evenings and weekends. This position is ideal for students or retired people. Preference will be given to someone with knowledge of skiing and ski selection.

If interested, please contact a *member of the executive*.

Legal Expertise Wanted!

By Rusty Hopper

Our Club is growing in many ways. One area of growth deals with our legal obligations. We have lease agreements with the City, agreements with other organizations and contracts with employees. More agreements will come as the Club grows. All these agreement have legal components that need to be reviewed by people familiar with the language and requirements to minimize the Club's exposure to risk. If you have experience in preparing contracts and can get involved on an as needed basis, please contact *Rusty at 705- 692-0491*.

Volunteer Needed

By Rusty Hopper



For the past couple years, our Club members have been asking for ski toques embroidered with our Club logo. If you are looking for a way to get involved with the Club, perhaps your skills can benefit the Club by taking on this task. If you are interested in organizing the purchase of Club Toques, contact *Patti at 705-692-3818*.

Old Chalet, New Again

By Paul Makinen

The old chalet has been outfitted with new windows, a new door, landing and steps and the drainage problems in the entrance area have been resolved. This was accomplished with Hydro One Community grant/Power of Play.



Trails

By Ralph Kitler

The summer has sped by and the upcoming ski season trail preparations are fast approaching. Over the last few months general trail maintenance was conducted on the trail system consisting of:

- repairs to areas that were affected by intense early spring rain. Culverts and wash outs were corrected and areas filled in.
- leveling, rock removal and seeding of last fall's trail construction
- approx. 2800 tree seedlings were planted by a volunteer church group, city rehabilitation crews, and Patti and I. They were planted along the lit loop/highway corridor and railway area, the new downhill on the lit loop, along the 5, 7, and 9 km trails and the unused portions of the old trail system, with the intention to replace fallen/dead trees, creating future wind breaks to help eliminate drifting areas and to return unused sections back to their natural state
- regular trail/grass cutting was conducted to allow trail users to utilize the ski trails during the off season and to control sapling growth.
- machinery and equipment repairs and maintenance was also conducted
- some brushing and tree dead tree removal has been started
- the Walden Mountain Biking Club have also indicated that they will be doing some trail rehabilitation work on the ski trails as well

In the upcoming months we will have a large list of duties to complete before the ski season and will require assistance and volunteers to help out. There will be the usual fall projects: wood chip application (pending delivery), dead tree removal and felling (before they fall onto the trails during any wind or ice storms in the ski season), the removal of branches and loose rocks and stones from the trails, the relocation and placement of a dedicated timing shack, trail leveling, drainage and hill repairs with an excavator.

The most needed area of attention is the trimming back of the small saplings that are growing along the trails and the overhanging branches. The complete trail system needs to be brushed back in many areas (many of which the mower cannot access). These saplings are starting to narrow the system and are becoming a nuisance and the branches are overhanging onto the trails themselves. This will have to be done in teams, several individuals on the brush saws and loppers with people following, throwing the debris off of the trails. Some of the above items can be simply completed with hand pruners. Branches and rocks can be thrown off while on your recreational walks on the trails.

I will be scheduling some dedicated work party weekends but you will find me at the trails every Tuesday and Thursday nights. If anyone is interested in helping out, please contact me at 705-692-3818. If another night works for you, I can be easily persuaded to be at the trails in order to get this work completed.

In the meantime, over the summer Matti Jousi has been cutting the trails at Beaver Lake site to allow walkers to enjoy the trails and scenery. With the upcoming fall

season, this trail system would be a most relaxing change for a sunny afternoon walk.

Chevrolet Coaching Grant by Patti Kitler



Walden Cross Country Fitness Club Youth Programs have been very fortunate this past season in being able to offer interested individuals the opportunity to take Cross Country Canada's Coaching courses. This past year we held coaching workshops at the Introduction to Community Coach, Community Coach and Competitive Coaching workshop levels. We also had one member take the Biathlon Competitive Coach workshop.

Thank you to the Chevrolet and Coaching Association of Canada for providing us with the funding so we can offer the best programs in Northern Ontario.

JackRabbit Program – Coordinator and Coaches Needed

By Karen Broughton

Every year we have some turnover in coaches, and as in previous years, we will be looking for new parents and members to become involved with coaching this upcoming season. This year we are looking for a volunteer to help Karen Broughton coordinate the Jackrabbit program, as well as new volunteer coaches. The only requirement is that you enjoy skiing and working with kids - you do not have to be an expert skier! Coaching courses are offered each fall, and the Club will cover the course cost for you if you volunteer to help coach one of our Jackrabbit and Bunnyrabbit groups. Please contact *Karen Broughton* at 705-522-8081 (ktns@sympatico.ca) or *Patti Kitler* at 705-692-3818 (pattikit@gmail.com) if you are interested. Thanks!



Junior Development Program

By Patti Kitler

WCCFC Junior Development, Youth Racers and Para Nordic programs have been noticed this summer. Our summer program was a great success. Did you know that the athletes at Walden start training in May (most youth programs across the country start up in May). The athletes came with a different mindset this year-- they wanted to train and improve. Thanks to Craig Shea who donated the global gym to the club, the athletes met three days a week to weight train on top of the usual three days a week for endurance work, roller skiing, biking, running, and naturally swimming whenever possible to cool off after a great training session.

This summer we had 14 athletes attend the training camp at the beginning of July in Thunder Bay. This year the athletes trained prior to the camp and were ready for the five day camp. The athletes roller skied, did core strength, hill work, roller skied again, a trial run at Kamview Nordic and to top the day off ran/hiked the Sleeping Giant. This was our best camp yet.

Once we got home the group got back into their training routine, and the group began to gel. We had 3 camps at home. At the end of July, we had 17 athletes attend. Alannah MacLean was home for a few days and we offered a day camp so athletes could learn what Alannah had learned in Thunder Bay. The group worked hard as a team and the younger athletes fit right in.

We had 20 athletes at a training camp in Naughton on August 22. MacKenzie Turner from Gore Bay and Kyle Reinhardt from Blind River travelled to be with us. On August 27th, 12 athletes and 2 coaches headed off to Hardwood Bike and Ski outside Barrie, for the final summer camp and another test to see how we are doing. This camp was the largest ever in Ontario with a total of 101 athletes, 12 training centre athletes and 32 coaches. The athletes had an awesome time.

Everyone use to say "Where is Walden?" Now they are asking "What is Walden doing?" The coaches from other clubs who worked with Walden athletes in Thunder Bay kept coming up to me and asking what are the athletes doing as the Walden athletes had improved so much. The coaches were not just saying that, Jen Hull received most improved Female, Kyle Reinhardt (long distance athlete from Blind River) most improved Male and Emily Marcolini the toughest award. The team is encouraging each other to try their best and enjoy the new challenges given them. This has been our best dryland season yet.





Walden athletes move up the system to Provincial and National Development Training Centres

By Patti Kitler

Walden Youth Programs have athletes on the following teams:

Cross Country Canada National Development Centre and Cross Country Ontario Ski Team

- Alannah Maclean www.ntdc-tbay.on.ca
Check out the website and follow Alannah's team this winter.

Cross Country Ontario Para Nordic Development Team

Christine Henry Visually Impaired Classification B3
Tanya Quesnel Cerebral Palsy LW11.5 100%

Para-Nordic Training Camps

By Patti Kitler

Training for our Para Nordic program started in May this past summer. Jeanie, Alissa, Tanya, Christine, Joshua, Christian and Chris came out as often as possible. We held two dryland training camps for the group. The camps were one day long and the athletes roller skied, biked, used the ski erg and worked on agility to improve their coordination and movement. The second camp on September 1st was

different. The athletes did not get as tired even though the weather was hotter than predicted. The athletes started with agility and two ski erg tests:

- 1) 250 meter test (part of the warm-up)
- 2) 750 meter test to see if they were better at pacing and not just slowing down.

They were very excited and proud of their times.

They roller skied from 1.5km to 4 kms and then went out and did the 1km 2 to 5 times. Joshua not having a bike, walked about 2.5km.

The athletes would not have been able to do the distances last year. I would like to thank Natasha Rochon, Wayne LeBlanc, Mykaila Galipeau, Michelle Ste. Denis, Marlee Clement for helping out this summer. I would also like to thank Lindsay for bringing Tanya and making her work hard :>)

Guides

By Patti Kitler

We are looking for people to help guide our Para Nordic Visually impaired athletes. Christine (Kit) Henry and Chris Barclay are faster than me now :{ They need guides to help them run on the trails, bike, and in the winter, race with them cross country skiing.

Chris wants to do High School XC running but without a guide he cannot compete. If you love any of the sports listed above we need you. Kit and Chris will let you know what their needs are. Please email or call me, *Patti 705-692-3818 or pattikit@gmail.com*

If you know of anyone who may have moved to town who has a disability and may want to come out and learn how to get fit, this program would be suited to them. Have them contact: pattikit@gmail.com

2011 – 2012 Executive

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Secretary	Katherine Knight
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Newsletter prepared by Pearl Duff

