



## Walden Cross Country Fitness Club Newsletter October 2008

**Chalet Phone: 692-2321 Website: [www.waldenxc.com](http://www.waldenxc.com)**

It's hard to believe that it is that time of year again. Time to start thinking getting into shape and dusting off the skis to get ready for another season. The club is humming already with many upcoming events.

### **Tuesday Nights**

Just because the sun has gone down doesn't mean you have to stop walking/running in the evening.

Walden lights up their trails Tuesday Evenings, so come walk or run under the lights.

**Starting: Sept. 30th/08 @ 7:00 to 8:30pm**

### **7th Annual Turkey Gobbler Run/Walk** **October 13/08**

Fall is in the air. The leaves have started changing, so come out and run or walk the trails. This is the final event of the Sudbury Fitness Challenge and is a great way to start getting into shape for the winter ski season.

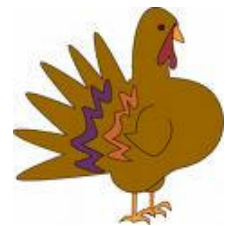
Distances: 1 km, 3 km and 6 km for the kids.

Cost: \$3.00 for kids, \$6.00 for ages 14 and up

This includes a barbecue.

Come out and enjoy our trail system.

**Registration: 10:00 am, the run starts at: 11:00 am**



**Volunteers interested in helping with this event should contact Patti at 692-3818.**

### **Elementary School Run** **Wed. Oct 29, 2008**

There will be an elementary run on the trails starting from approximately 11 am to 3:00pm. Volunteers are needed to assist with this event.

**If interested, please contact Patti Kitler at 692-3818.**

## **Fun Run - Under the Lights!**

To help people get in shape for the upcoming ski season, the Walden XC Fitness Club will be hosting its "A Fun Run Under the Lights" at the Naughton Trails on Wednesday, November 5, 2008. Registration will be at 6:00 pm and the run will start at 7:00 pm.

The length of the run will be 3 km or 6km.

The cost will be \$5.00 for those 14 years and older, and \$2.00 for kids.

**Volunteers interested in helping with this event or for additional information, contact Patti at 692-3818.**

## **Walden's Annual Ski Swap** **November 8/08**



The club is hosting our 7<sup>th</sup> Annual Cross Country Ski Swap. Bring your "gently used" cross-country ski equipment and clothing to the chalet Friday Nov 7 from 6 - 8 pm or Saturday Nov 8 from 8:30 - 9:30 am. ***No used equipment to sell will be accepted after 9:30 am Saturday.*** No 3 pin bindings please!  
(The club will charge a 10% commission on all items sold). At the same time:

- \* Pre-register for the Jackrabbit Program (Register before November 12 and get a \$10 early bird discount per child!)
- \* Purchase your club membership
- \* Have your skis professionally waxed - \$15.00
- \* Talk to coaches, leaders, racers!

**Volunteers are needed to help out with the ski swap. Please call 866-2550 to volunteer.**

## **Trail Maintenance**

Over the next several weeks we will be conducting trail preparation work days for the upcoming season. They will consist of a major trail expansion section to removing debris (rocks/branches) and branch trimming from and along the trails - you can walk the trails & enjoy the outdoors while getting our trails ready for the ski season.

**Please contact Ralph at 692-3818 for more information & if you wish to volunteer.**

## **Upcoming Community Coaching Workshops**

A Community Coach Introduction Workshop will be held on Sunday December 14, 2008 from 8:30 to 5:00 pm and a Community Coach Workshop on December 27 and 28.

**Contact Patti Kitler. if interested or for further information at 692-3818.**

### **Jack Rabbit Program**

If you enjoy working with children, come out and help Rusty offer our Jack Rabbits the best program ever. The club will assist you in receiving the certification to work with this group.

**Call Rusty at 692-0491**



### **Youth Programs**

In addition to the Jackrabbit program, Walden also offers 3 additional programs geared for children ages 10 and up. These include:

**Junior Development** is a training group that meets [year round, but year-round participation is not required if the child is involved in other activities.](#) The age group is from 10-18 years. The goal of this group is to improve the team's fitness level so when snow arrives, skiing skills will be learned quickly and easily. If the child is new to skiing, separate learn-to-ski classes will be held. The cost of the program has been increased to cover a fall session and includes the Track Attack award material. Registration cost is \$80.00.

**Junior Development Racing** is a group (ages 10 to 16) that meets all year. Two group training sessions per week are available. The athletes are introduced to training and competition and have a goal of participating in two races. There are two loppets in town this year, an O-Cup in North Bay and a Midget Championship Race in the Soo. Attendance at training camps is also encouraged. The head coach will develop individual training programs and monitor progress using iLog. This is *not* a learn to ski program. Registration cost is \$160.00.

**Youth Racing** is a group (ages 12 to 18) that trains the entire year with the Junior Development groups but has decided to add the challenge of competition to their lives. Three group training sessions a week are available. The group attends training camps, events, and participates at their high school's running, cross country skiing and other sports events. Participation in the 4 Ontario Cup races will be encouraged. An individual training program will be developed and monitored by the head coach using iLog. The objective of this group is to learn how to compete in a healthy environment. Registration cost is \$310.00.

## **Youth Biathlon Programs**

**Biathlon Bears:** Introduction to Biathlon  
Biathlon air rifle program for ages 10-12 focuses on skill development and fun. There is a mandatory joint participation in either RS-Unlimited or RS-Track Attack cross country ski programs.



### **Junior Racing Team – Biathlon**

The Junior Racing Biathlon program is for youth ages 12 to 18 who have completed the Radical Skiers program or reached a comparable level of skiing and training. The Biathlon Racing Team trains along with the Junior Development group and focuses on training and racing. The program provides biathletes the opportunity to develop their skiing and shooting skills with physical conditioning, shooting education and proper skiing techniques. The Junior Racing Team will travel and compete at regional, provincial and national events.

**Additional information about the Biathlon program will be available at the Ski Swap on November 8, 2008.**

## **Adaptive Ski Program**

The program is open to participants of all disabilities, interest, and skill levels - from complete novices interested in learning how to cross country ski, to competitive people who are willing to challenge themselves to compete at local, provincial, national and international levels.

The fee for our first year will be the club membership. Adults: \$60.00;  
Children and Juniors up to 18 yrs: \$20.00; Students 18 yrs to 24 yrs: \$35.00

Training Times: The Adaptive Program will run every Thursday from October 2<sup>nd</sup>, 2008 until March break. The sessions will start at 6:15 pm to 7:30 pm.

For further information, or to volunteer to assist in the program, contact Patti Kitler at 692-3818.

## **Our New Chalet**

If you've been around the Club lately you might have noticed a big pile of rocks across from our present clubhouse. This rock bed is the site of our new chalet and stage one in the building process. The bed will remain in place for about a year to solidify the foundation before actual construction takes place. We hope to proceed with building in the summer of 2009.

With a larger facility we can continue to expand membership as well as programs and services for our members, school groups and the community at large. It will enable us to host larger loppets and competitions which we are cannot do presently due to our small chalet size.

On September 10<sup>th</sup>, we sponsored a community meeting to discuss the plans with interested neighbours and club members. Although it was a small turnout, we received enthusiastic support from all who attended.

This is an ambitious undertaking and we are presently in the throes of raising funds to sustain each phase of the project. We will continue to keep you posted as we reach milestones in our development.

***Please remember that once the snow flies, the trails will be closed for walking/running.***

**Club Executive:**

President	Jim Palys
Vice President	Matti Jousi
Treasurer	John Mullock
Secretary	Len Wiseman
Director	Ralph Kitler
Director	Patty Kitler
Director	Paul Makinen
Director	Betsy Little
Director	Lorna Scoville
Director	Michelle Kendall
Director	Peter Phipps

Please submit any articles for the newsletter to Pearl Duff at:  
[pdduff@persona.ca](mailto:pdduff@persona.ca)