

Whaleback Times

February 9, 2018



CELEBRATING 50 YEARS OF HEALTHY LIVING

Hello once again...

Last Weekend Activities...

ICC Course: Congratulations to the 6 JR leaders (Megan Ryland, Michael and Stephanie Budden, Kory Ross, Janet Jesso and Claire St. Choix) who completed the Introductory Community Coach course last Saturday. Very nice to see, a job well done. Just to let you know that our Jack Rabbits are being instructed by very qualified leaders. Very good indeed.

Beans Luncheon last Sunday: Everyone said the same thing...best beans ever eaten. What a scoff!! Big Thank You to Doug and Georgina for organizing everything and bringing us again back 50 years ago. Seeing Doug with his wine skin brought back a few memories I must say.

Candle Snow Shoe: Even though it was bitter cold, the 50+ participants had a great time. Should check out the photos on the website. Thanks to Lori for organizing this event. Hopefully more will follow...hint, hint!

Skate Lessons last Sunday: Three students signed up and took to the trails applying skills shared by Graham. Congratulations to all three, you are being taught by one of the best.

Provincial Masters, This weekend!

Everything is in place...fresh snow, trails in top notch shape, visitors from away, well stocked kitchen, smiling faces...looks to be a promising weekend. 10km Classic at 11:00AM Saturday, 10km Free Style at 11:00AM Sunday. Never too late to sign up. Hopefully see you there...at least for the beans/bologna/toutons on Saturday.

Outfitters, 48th NL Marathon update

Did you know you can now register for the Marathon?? All information is below...

The link to register for The Outfitters, 48th NL Marathon is:

<https://zone4.ca/register.asp?id=17484&lan=1&cartlevel=1>

Please note:

- 1 A 10% discount on registration and banquet will apply if a participant registers up until Feb. 24th.
- 2 The Race Package will be available in the near future.
- 3 Over the fall, a new 1.2 km loop was added to the Whaleback Trail System. Thus, one lap of the Marathon Loop is 21.20km. Participants should familiarize themselves with the course by viewing a Virtual Tour. See link below:

The link to the virtual tour: <https://whalebacknordic.com/20172018-season/photos/outfitters-nl-x-country-ski-marathon-course/>

PWC:

Its satisfying when a member approaches me saying that they have reached 150kms thus far this year. The smile on their face...then they add... last year they didn't ski half as much! Challenge yourself in the name of fitness, keep skiing, don't forget to put in a tick every time 50kms is achieved.

Weekend Goal is 10,000kms!!!!!!!

AED/CPR refresher course for chalet volunteers this Tuesday

Tuesday, Feb. 13th at 9:00AM for a 2 hour session on AED/CPR. Eight volunteers signed up...2 more spaces left to fill. If interested, send me an email. Coffee and black bottom muffins provided. No overheads!

Something Members may be interested in? Keith Nicol's Blog

A number of people have contacted Keith for help with their xc skiing...and he is interested in helping you. Here is how it works...Basically people send in videos to Keith of the techniques they want to improve in and Keith will provide video and written feedback. The video can be taken with smart phone or tablet. You do this periodically through the winter so you can see your improvement. More info in my blog:

<http://keithnicol.blogspot.ca/2018/02/on-line-instruction-new-way-to-improve.html>

Thank You...

So many members to mention...

Georgina and Doug for cleaning out the office that has been a mess for so many years...and to Doug and Francis for whipping up much needed shelves.

Howard Skinner for bringing in and taking back supplies for the bean luncheon.

Jack White and Carter for making the signs at the entrance and exit to Percy's Path

Shaping up to be a great weekend for skiing.

Happy Trails
Greg N.