

THE NORDIC POLE

February 2011



DO YOU RECOGNIZE THESE "COOL FRIENDS"? THEY WERE OUT ON JANUARY 24TH WHEN IT WAS A CHILLY -27°C , -34°C WITH THE WINDCHILL!

It's been a good start to the season!

Snowshoeing enthusiasts agree that it has been a good start to the season with powdery snow conditions and cool temperatures making layering of clothing important to comfort and warmth outdoors. We have ventured along exciting new trails as well as old favourites. Everyone is making a good effort to be prompt and ready to go at 10:00am. Speaking of cold... remember

to use "Hotshots" in your mittens and boots to keep your hands and toes warm. Balaclavas, ski masks and scarves will keep your face warm while ski goggles and wrap around sunglasses will protect your eyes. Synthetic, tighter fitting undergarments or merino wool socks and undergarments are great for added warmth, topped with a warmer, thermal layer, topped by windproof

pants and jacket. Remember to dress in layers!

Make-Up Classes

If we need to cancel a class, a make-up class will follow on Sunday at 10:00am for both Saturday classes or a make-up class on Thursday at 10:00am for Monday & Wednesday classes.



WARMING UP



HILL SKILLS



KEEPING THE PACE

Moonlight Snowshoe Walks!



A full moon is coming in February and we don't want to miss it!

Find your headlight or tape a flashlight to your hat, grab a couple of lights for your poles and get ready to greet the full moon on snowshoes.

Yes, that's right, we're going a bit **crazy** with the upcoming full moon! We are excited to offer two leveled Moonlight Walks for you to choose from!

Beginner/ Intermediate Level Moonlight Snowshoe Walk- Corkstown Trail- P3

*This **Beginner/ Intermediate Level walk** will have some **LONG** climbs.*

Wednesday February 16 - P3 Corkstown Road at 6:30pm.

If travelling east on Corkstown road, the parking lot (P3) is on your left, immediately before the train tracks. The parking lot is P3 between the Equestrian Center and the Ottawa Nepean Trailer Park.

This will be a one hour walk followed by coffee/ hot chocolate at LUNA Café on March Road

Dress for the weather and the moonlight!
Don't forget to bring: flashlights, headlamps, hotshots

*regular Wednesday morning class will also take place. It's a two for one day!!

Advanced Level Moonlight Snowshoe Walk - Gatineau Hills- P15

*This will be an **Advanced Level** hike with **LONGER** and **STEEPER** climbs.*

Saturday February 19 - P15 to Healey Cabin starting at 7:15pm

This will be a **vigorous 2+ hour hike** with a short stop at Healey Cabin

Car pool leaving from Farm Boy (Signature Centre) at 6:30pm. **OR** meet at P15 on Cross Loop at 7:15pm

Directions to P15- Take HWY5 north to end. At the lights, turn left onto HWY105. Look for the IGA grocery store on the right. As soon as you see it, put on your left turn signal because Chemin Cross Loop is coming up very quickly. Turn left onto Chemin Cross Loop. Continue on Cross Loop for 1.5 KM to P15.

Dress for the weather and the moonlight!
Don't forget to bring: flashlights, headlamps, hotshots, a snack, hot chocolate and water.

*regular Saturday morning class will also take place. It's a two for one day!!

*So mark your calendars either **WEDNESDAY FEB. 16th** OR **SATURDAY FEB. 19th** and prepare to attend!*

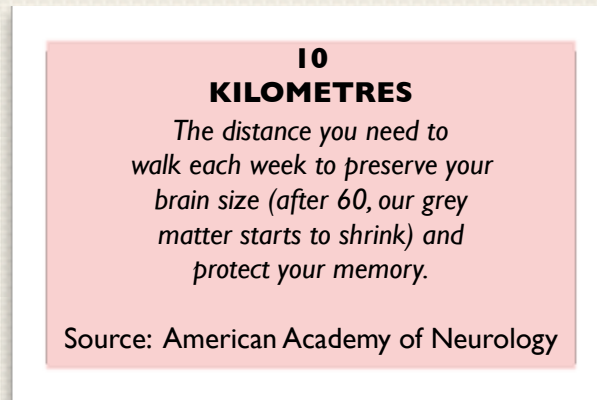
Snowshoeing in the News!

Jennifer Glasgow sent in this link below, an interesting article on snowshoeing from the February 2011 issue of *Chatelaine* magazine (on-line it will be dated January), written by Barb Gormley.

WANT TO BURN 500 CALORIES IN AN HOUR?

<http://www.chatelaine.com/en/article/23117--want-to-burn-500-calories-an-hour-snowshoeing-is-an-amazing-workout>

Also from the same issue of *Chatelaine*, this interesting tidbit of information...



More Information about Snowshoeing!

How does snowshoeing improve core body strength and balance?

“Snowshoeing on varied terrain stimulates my sense of balance and develops core muscle strength,” says Adam Chase of Team Atlas. Varying terrain and snow depths, ascents, descents and traverses require the snowshoer to engage their abdominal and back muscles. Snowshoers benefit from cat-like balance, responsiveness, and a strong and limber core.

Snowshoers can also see direct benefits in the development of their “proprioceptive muscles.”

Proprioception is the body’s ability to orient itself in space without visual clues utilizing stimuli originating from within the body. The body uses its muscles, joints, tendons, and inner ear sensory nerve terminals to adjust posture and positioning. Since most all snow tends to be white, making it difficult to distinguish terrain features, especially in flat or low light conditions, the body relies on proprioception. Snowshoeing aids in strengthening and conditioning the micro muscles used for balance.

Ottawa Race Weekend

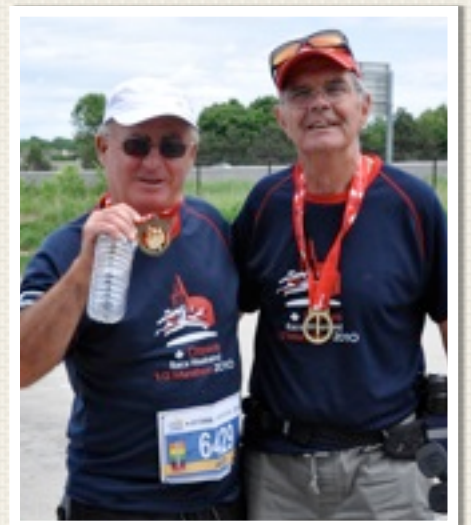
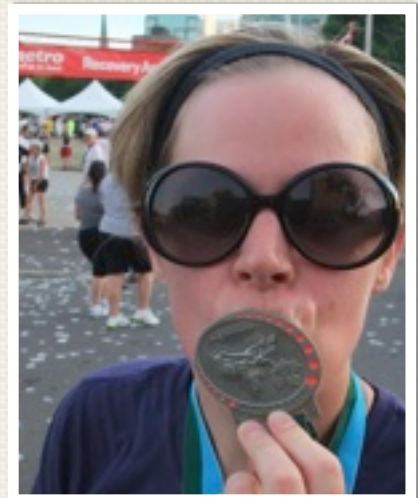
Last May, a number of Nordic Walkfit members participated in the Ottawa Race Weekend events including the half marathon and the 10km walk using Nordic Poles. We would like to encourage as many Nordic Walkfit members as possible to consider participating in these events again this year. The most popular 10km race sold out early last year so it is important to register online as soon as possible if you haven't already done so. You can register at <http://www.ncm.ca/index.php/en/registration-information>

The 10km race, in which several of us participated last year, will take place on Saturday May 28th, 2011. Last year, we selected to walk with our poles and we were placed in one of the last corrals (groups to leave the "gate") so that we

didn't hinder the faster runners. Have no fear! This event was extremely well organized. We took the bus downtown (#96 from Kanata) and assembled at City Hall. It was a beautiful evening and the weather made walking down Bank Street and around the Queen Elizabeth Parkway route quite comfortable. The Sunday morning half marathon was a longer route but was enjoyed equally by our participants.

The challenge of walking 10 km or a half marathon may seem daunting to new Nordic Walkers, but like International Walkfest in the Fall, being accompanied by friends and building walking endurance through snowshoeing and walking with Nordic Walkfit classes, it is very easy to accomplish.

So don't wait too long to make your decision to join us at the Ottawa Race Weekend! Register online today! The 10km is a very popular event and you will want to secure your spot for 2011 as the event sold out in 2009 and 2010. <http://www.ncm.ca/index.php/en/registration-information>



Recipes

Since being sidelined with a foot injury and sporting an air cast, Sharon Nodelman has been exploring the internet for healthy, delicious recipes. Sharon has kindly forwarded some of her favourites and I thought it would be timely to share a couple of the websites and recipes that she has recommended! In viewing these websites, you will notice a wealth of nutritional information as well as a wide variety of recipes to suit your appetites.

Have fun exploring these websites and cooking this winter.

Websites:

<http://www.eatingwell.com>

<http://www.cookinglight.com/>



Chocolate Decadence

(from Eating Well)

A mousse-like cake to make ahead for Valentines!

This recipe is available at:

http://www.eatingwell.com/recipes/chocolate_decadence.html



Italian Beef Stew

(from Cooking Light)

This recipe is available at:

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=50400000109598

PHOTO GALLERY



**EAT, SLEEP,
SNOWSHOE!**

If you have any ideas, suggestions, photos
or contributions to offer to this newsletter,
please drop Mary Tregunno a line at
tregunno1@sympatico.ca.