

THE NORDIC POLE

March 2011



THIRTY-ONE PARTICIPANTS ENJOYED THE MOONLIGHT WALK TO "NARNIA" ON FEBRUARY 16TH.



ON FEBRUARY 19TH, THIRTEEN NORDIC SNOWSHOERS HIKE TO HEALEY CABIN!

Did you see the "late rising" full moon?

The winter seems to have gone by so quickly this year! Despite the relatively small amount of snow, Wendi has been very creative in finding times and places for us to snowshoe! The greatest fun for us this winter has been the Moonlight Snowshoe walks to Corkstown (Narnia) and to Healey Cabin in the Gatineau Park. Perhaps we didn't see February's full moon because it was late rising; but what an excuse to head out into the darkness to go snowshoeing! The participation at both of these evening events was exceptional! We are so grateful to Wendi for giving her time and energy to lead us on these evening hikes, and to Mark, Lynne, Sue and Liz for their assistance along the paths. Many thanks to all who suited up with their lights, snowshoes and poles, and participated with such enthusiasm!

With this week's snow, watch for the "Winter Extension Program" of drop-in

classes exclusively for participants registered in Winter Sessions 1&2.

Now that spring is fast approaching, Wendi has been scheduling Nordic Walkfit classes for the rest of the year!

To introduce new members to Nordic Walking, a free introductory session for beginners will be given on Saturday April 9th from 10-11am at Sports 4 in the Kanata Centrum.

The Spring Session will run for 10 weeks from Saturday April 16th to Friday June 24th. For the early risers amongst you, there will be "Original Nordic Bootcamp" classes offered at 6:30am on Tuesdays and Thursdays during the Spring and Fall Sessions!!

For the Spring and Fall sessions, "Nordic Fusion" classes combining walking and muscle toning with equipment (ie. ropes) will be introduced.

To accommodate your summer vacation schedules, two 4-week summer sessions are planned with Session One running from July 4 to July 27 and Session Two running from August 8 to August 31.

The Fall Session will run for 9 weeks from September 12 to November 12. Pre-registration forms for the Spring Session are included in this newsletter for you to complete and send in to Wendi as soon as possible. Don't wait too long, as the spaces fill up very quickly! Registration forms for summer and fall sessions will be released in future emails/newsletters and then become available online at nordicwalkfit.com. So, say good-bye to winter and hello to spring! No matter what the weather, we'll be ready to enjoy the benefits of participating in Nordic Walking!

Nordic Walkfit Classes - Spring 2011

SPRING SESSION - 10 weeks - Saturday April 16 to Friday June 24

To avoid disappointment, sign up now for Spring Session classes!

FREE INTRODUCTORY SESSION FOR BEGINNERS

Saturday April 9th 10:00am

Sports 4, Kanata Centrum

To register, please contact Wendi Paterson

wendipaterson@hotmail.com (613-832-4407)

SPRING CLASSES (one hour duration) - [click here for description](#)

- Monday 9:30-10:30am - Beginner/Gentle Nordic Walkfit (Jennifer)
- Monday 9:30-10:30am - Fat Burner Nordic Walkfit - Intermediate/Advanced- (Wendi)
- Tuesday 6:30-7:30am - ****NEW!** Original Nordic Bootcamp* (Lynne)
- Tuesday 5:30-6:30pm - Fat Burner Nordic Walkfit - Beginner/Intermediate/Advanced (Lynne)
- Wednesday 9:30-10:30am - Nordic Fusion - Intermediate/Advanced (Wendi)
- Thursday 6:30-7:30am - ****NEW!** Original Nordic Bootcamp* (Wendi)
- Thursday 5:30-6:30pm - Nordic Fusion - Beginner/Intermediate/Advanced (Wendi)
- Friday 9:30-10:30am - Beginner/Gentle Nordic Walkfit (Jennifer)
- Friday 9:30-10:30am - Fat Burner Nordic Walkfit - Intermediate/Advanced- (Wendi)
- Saturday 9:00-10:00am - 5km, 10km, 1/2 marathon Nordic Walkfit training (Lynne)

COST (All costs include HST)

Regular Classes:

One class per week for 10 weeks: \$80.00 (your poles), \$90.00 (using our poles)

Two classes per week for 10 weeks: \$157.00 (your poles), \$177.00 (using our poles)

Three classes per week for 10 weeks: \$235.00 (your poles), \$265.00 (using our poles)

***Bootcamp Classes:**

One class per week for 10 weeks: \$100.00 (your poles), \$120.00 (using our poles)

Two classes per week for 10 weeks: \$197.00 (your poles), \$237.00 (using our poles)

Cheques preferred with mailed in pre-registration.

Send pre-registration form, [ParQ's, and Waivers](#) and cheques to:

Wendi Paterson
3041 Ridgetop Rd
Dunrobin, Ontario
K0A 1T0

Drop-Ins

Drop-ins are welcome if class size allows.
Please check with Wendi first.
\$10.00 drop-ins with your poles
\$15.00 drop-ins if using our poles
BOOTCAMP \$12.00 with your poles
BOOTCAMP \$17.00 using our poles

Pre-registration For Nordic Walking - Spring 2011

** Pre-registration for Spring Session 2011 **

We are encouraging all participants to pre-register for our Nordic Walkfit classes in advance of the classes which begin April 18, 2011. This will help to ensure that there is room for you. Please note that class sizes vary but the number of poles for loan is limited. Pre-registration guarantees your spot in the class.

Please complete the registration form below and send it along with your cheque, ParQ's, and Waivers to:

Wendi Paterson
3041 Ridgetop Rd
Dunrobin, Ontario
K0A 1T0

Nordic Walkfit Pre-registration Form - Spring Session 2011

Name:

Address:

City: Postal Code: Home Phone:

Email:

Spring Session : Saturday April 16 to Friday June 24, 2011.

I would like to register for the following classes: (please check off)

Choice	Date and Time	Class
_____	Mon. 9:30-10:30 am	Beginner/Gentle Nordic Walkfit (Jennifer)
_____	Mon. 9:30-10:30 am	Fat Burner Nordic Walkfit - Intermediate/Advanced- (Wendi)
_____	Tues. 6:30-7:30 am	**NEW TIME! Original Nordic Bootcamp* (Lynne)
_____	Tues. 5:30-6:30 pm	Fat Burner Nordic Walkfit - Beginner/Intermediate/Advanced (Lynne)
_____	Wed. 9:30-10:30 am	Nordic Fusion - Intermediate/Advanced (Wendi)
_____	Thurs. 6:30-7:30 am	**NEW TIME! Original Nordic Bootcamp* (Wendi)
_____	Thurs. 5:30-6:30 pm	Nordic Fusion - Beginner/Intermediate/Advanced (Wendi)
_____	Fri. 9:30-10:30 am	Beginner/Gentle Nordic Walkfit (Jennifer)
_____	Fri. 9:30-10:30 am	Fat Burner Nordic Walkfit - Intermediate/Advanced- (Wendi)
_____	Sat. 9:00-10:00 am	5km, 10km and 1/2 Marathon Nordic Walkfit training- (Lynne)

Payment (please make cheques payable to Wendi Paterson)

Once a week for 10 weeks	Twice a week for 10 weeks (\$3.00 discount applied)	Three times a week for 10 weeks (\$5.00 discount applied)
__ \$80.00 using your own poles	__ \$157.00 using your own poles	__ \$235.00 using your own poles
__ \$90.00 using our poles	__ \$177.00 using our poles	__ \$265.00 using our poles
__ *Bootcamp \$100.00 using your poles	__ *Bootcamp \$197.00 using your poles	
__ *Bootcamp \$120.00 using our poles	__ *Bootcamp \$237.00 using our poles	

(__ YES) (__ NO) I am including a copy of ParQ or waiver available at <http://www.nordicwalkfit.com/Forms.aspx>
(ParQ's and Waivers are required from new participants only or anyone whose health status has changed since the last time they filled one out for Nordic Walking)

Winter Nordic Walking In the News!

[Winter Nordic Walking: stride your way to better health!](#)



If you're looking to try a fun, inexpensive and low-impact activity that can be done just about anywhere, look no further than Nordic walking.

Canada's new Physical Activity Guidelines recommend that adults 18 years of age and older, get a minimum of 150 minutes of moderate to vigorous aerobic activity each week – and Nordic walking is a terrific way to get it!

Done with proper technique, Nordic walking improves posture and engages up to 90% of the body's muscles (about 600 muscles) as opposed to 300 muscles used with regular walking. It's easy to get the hang of and burns about 30% more calories than regular walking. Using poles encourages walkers to safely increase the length of their stride, and the swinging arm and torso motion ensures a better upper body workout while also engaging the abdominal muscles... about 1800 times per mile. As a certified instructor and someone always looking to get the most from my workouts, I like to challenge myself and those I Nordic walk with, by adding hills, power sprints and uneven terrain into the mix.

Although I do enjoy escaping the city to enjoy active outdoor pursuits whenever possible, Nordic walking is one activity I can enjoy anywhere. I use my poles while snowshoeing; I use them in city parks; and I often use them when walking to pick up my kids from school. Don't keep your poles all to yourself either! Let older children and teens give them a try and encourage others to test them out too.

My advice to anyone wanting to try Nordic walking is to invest in quality poles. Mine are from [Urban Poling](#) in Vancouver and the fact that they're both light and telescopic makes them portable enough to bring anywhere. I use them in the snow, on sand, dirt trails and city sidewalks. Often if I have to run errands, I'll toss the essentials from my purse into a fanny pack or backpack and Nordic walk my way to the bank, store or appointments.

Nordic walking is one form of low-impact activity everyone should try. Put on your tunes or just enjoy the fresh air and stride your way to better health.

Cheers to good health!

Catherine Cameron
Ambassador, Active Living

Posted by ParticipACTION - Official Blog at [8:17 AM](#)



DORA WINS THE TEDDY BEAR!

Valentine's was a lucky day for Nordic Walkfit member, Dora, who skillfully tossed a tiny candy heart into a small can from a distance of 2 pole lengths. In fact, the candy was a little sticky to some who held it with their hands and so they had a tough time throwing it as it was often stuck! Small glitch we'll have to work on for next year!

Congratulations, Dora!



Upcoming Events!



Ottawa Race Weekend - May 28 and 29, 2011.

Several members of Nordic Walkfit have registered in the 10km walk on May 28th and in the 1/2 Marathon on May 29! You may wish to participate in the upcoming Race Weekend "Run Ottawa" as part of your fitness goals for this spring.

Please follow the links for

- information <http://www.ncm.ca/index.php/en/race-weekend-info>
- online race registration <http://www.ncm.ca/index.php/en/registration-information>

Race kits are to be picked up at the Pfizer Health and Fitness Expo to be held at the new Ottawa Convention Centre next to the Rideau Centre. Date for race kit pick up is to be announced (May 26/27).

EAT. SLEEP. NORDIC WALK!

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

PHOTO GALLERY-WINTER 2011

