

THE NORDIC POLE

Late October 2010



International Walking Festival 2010

Just check the smiles on all of those faces! Yes, this was our largest turnout ever for the International Walking Festival which was held on Sunday October 24 at the Ron Kolbus Centre. All of these Nordic Walkfit participants completed a minimum of 10KM with special mention going to Cindy McConnell who completed 21KM, followed by Wayne Moulton, Leslie Greene, Sara Charron and Melanie Stanton who completed 15KM.

At the end of the walk, celebrations back at the Ron Kolbus Centre included certificates, Tim Horton's coffee and timbits as well as chicken noodle soup that never tasted so

good!!!! A local Oktoberfest band entertained the walkers with lots of oompah-pah.

This event is not to be missed, so if you couldn't make it this year, be sure to sign up next fall for all the fun!

As the Nordic Walkfit year draws to a close for 2010, Wendi, Lynne and Jennifer wish to thank everyone for their enthusiastic participation. They look forward to welcoming everyone back starting January 8, 2011, when the Nordic Walkfit Snowshoeing Season commences. If you think Nordic walking was fun, you just wait until you slip on a pair of snowshoes! Adventure awaits you along the wintery trails!

You will be thrilled to get out with a group and really enjoy winter!

Please check page three for the sign up information for snowshoeing classes. Be sure to pre-register early! This will greatly reduce the registration process on colder mornings and allow participants to begin their warm up. Pre-registration also guarantees your spot in the class.

Don't forget our year end dinner to be held on Thursday November 18 from 6:00-9:00 pm at Swiss Chalet, Terry Fox Drive, Kanata. Hope you will be able to come!

CONGRATULATIONS!

We are so proud of these walkers who really went the distance at the International Walking Festival!



Wayne Moulton and Leslie Greene - 15KM



Cindy McConnell - 21 KM!



Melanie Stanton and Sara Charron - 15 KM!

If you are looking for snowshoes or winter gear be sure to check out

[Bushtukah's promotion !](#)

Bushtukah has 2 coupons out with Valpak valid until November 30/10.

**\$10 off any purchase of \$50 or more
\$25 off any purchase of \$100 or more**

<http://www.valpak.com:80/coupons/search/Ottawa/ON?sort=2&keywords=bushtukah>

Nordic Walkfit Snowshoeing Pre-registration Form

We are encouraging all participants to pre-register for our Nordic Walkfit Snowshoeing classes. This will greatly reduce the registration process on colder mornings and allow participants to begin their warm up. Pre-registration also guarantees your spot in the class.

Name:

Address:

City:

Postal Code:

Home Phone:

Email:

1. STEP ONE : Select your option (5 weeks, 4 weeks or 9 weeks) and indicate your choice in left column.

_____	OPTION A : FIVE weeks (Session One) : Sat. Jan. 8- Wed. Feb. 9, 2011
_____	OPTION B : FOUR weeks (Session Two) : Sat. Feb. 12- Wed. Mar. 9, 2011
_____	OPTION C : NINE weeks (FULL Winter: Sessions One & Two) : Sat. Jan. 8- Wed. Mar. 9, 2011

2. STEP TWO : Select your day(s) and class and indicate your choice(s) in left column.

CHOICE	DAY AND TIME	CLASS
_____	MONDAY 10:00-11:00 am	Beginner/Intermediate Snowshoeing
_____	MONDAY 10:00-11:00 am	Intermediate/Advanced Snowshoeing
_____	WEDNESDAY 10:00-11:00 am	Beginner/Intermediate Snowshoeing
_____	WEDNESDAY 10:00-11:00 am	Intermediate/Advanced Snowshoeing
_____	SATURDAY 10:00- 11:00 am	Beginner/Intermediate Snowshoeing
_____	SATURDAY 10:00- 11:00 am	Intermediate/Advanced Snowshoeing

3. STEP THREE : (All prices include HST.) Please make cheques payable to Wendi Paterson, 3041 Ridgeway Road, Dunrobin, Ontario K0A 1T0

OPTION A : FIVE weeks (Session One) : Sat. Jan. 8- Wed. Feb. 9, 2011

Once a week for 5 weeks	Twice a week for 5 weeks	Three times a week for 5 weeks
___ \$ 34.00 using your own poles	___ \$ 68.00 using your own poles	___ \$ 101.50 using your own poles
___ \$ 45.25 using our poles	___ \$ 90.50 using our poles	___ \$ 135.50 using our poles

OPTION B : FOUR weeks (Session Two) : Sat. Feb. 12- Wed. Mar. 9, 2011

Once a week for 4 weeks	Twice a week for 4 weeks	Three times a week for 4 weeks
___ \$ 27.25 using your own poles	___ \$ 54.25 using your own poles	___ \$ 81.50 using your own poles
___ \$ 36.25 using our poles	___ \$ 72.25 using our poles	___ \$ 108.50 using our poles

OPTION C : NINE weeks (FULL Winter: Sessions One & Two) : Sat. Jan. 8- Wed. Mar. 9, 2011

Once a week for 9 weeks	Twice a week for 9 weeks (\$3.00 full session discount)	Three times a week for 9 weeks (\$5.00 full session discount)
___ \$ 61.00 using your own poles	___ \$ 119.00 using your own poles	___ \$ 178.00 using your own poles
___ \$ 81.50 using our poles	___ \$ 159.75 using our poles	___ \$ 239.00 using our poles

(___ YES) (___ NO) I am including a copy of ParQ or waiver available at <http://www.nordicwalkfit.com/Forms2.aspx>
(ParQ's and Waivers are required from new participants only or anyone whose health status has changed.)

Let's Celebrate Together!

Come to our Second Annual End of Season Dinner!

FOOD! FUN! FRIENDS! FIT-TIP QUIZ! PRIZES! NO POLES REQUIRED!



All this and more will be happening at our End of Season Dinner to be held on Thursday November 18 from 6:00 pm - 9:00 pm at Swiss Chalet, 653 Terry Fox Drive, Kanata.

Come and join all of your walking friends and meet new ones!

RSVP to Wendi Paterson as soon as possible!

Mark your calendar and be sure to attend!

End of Season Dinner

When: Thursday November 18 at 6:00 pm to 9:00 pm

Where: Swiss Chalet 653 Terry Fox Drive, Kanata

Menu: Open Menu

Dress: Casual

RSVP: Please RSVP Wendi by phone (613-832-4407)
or email wendipaterson@hotmail.com ASAP**

**For your convenience, a sign up list
will be available at your class**

Recipes

Cranberry Maple Oatmeal with Pears

An awesome slow cooker over night oatmeal submitted by Lynne Jenkins

(I will give the original and then what I did)

Non stick cooking spray
4 3/4 C water
1 1/2 C steel-cut oats
3/4 C pure maples syrup (you can put less in, I put 1/2 C)
1/3 C golden raisins (I omit these - yuck)
1/3 C dried cranberries (I make up the diff with these, so 2/3 C)
1/3 C chopped dried pears (I omit these - already enough sugar)
1 tsp ground cinnamon (I probably put about 1 3/4 tsp - I like cinnamon)
1 tsp pure vanilla
1/2 tsp salt
I add: 2 TBSP ground flax seed; 1/2 C almonds (either chopped or sliced)

Lightly coat slow cooker with non stick spray.

Add all ingredients. Cover and cook on low heat setting for 6-7 hours. It's ok if it goes longer. I usually cook this overnight, and it's fine after about 8 hours. If desired serve with milk. Makes about 8 servings.

(I serve with yogurt and berries - yummy)

Nutrition

per serving, 242 cal, 2g fat (0 sat fat), 154mg sodium, 56g carbs, 4g fibre, 5g protein (this info is for the original recipe)

Note, one good helping (probably a little more than a serving) would do me for a 100km bike ride!!!
Awesome, stick to your ribs stuff :)

Enjoy, let me (Lynne Jenkins) know what you think.

This recipe was taken from Ultimate Slow Cooker magazine Jan 2008

FALL PHOTO GALLERY



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.

Previous issues of the *Nordic Pole* are available online at nordicwalkfit.com