

April 2011

EDEN MILLS NORDIC



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After a warm spell in February melted our tails, we were blessed with a sudden snowstorm in March. As a result, we enjoyed a week of spring skiing on top of our six weeks earlier on.

The new year also brought some new activities with it, including new trails on the golf course, our first annual Ski Carnival, and spring skiing with a surprise guest (see page 3).

Our coaches taught six lessons this year to everyone from Bunnies to Racing Rabbits. Read on to see profiles of two illustrious graduates of Eden Mills Jackrabbits Club, Adele Lay and Graham Mater (pages 4 and 5).

Julie Horrocks and Cameron Shelley





Carnival 2011

On February 12, we held our first ever Carnival. Skiers wore their funny hats and crazy costumes. We had fun races, an obstacle course composed of hay bales, hoops to ski through, and a celebration cake and hot chocolate to finish up. It's sure to be a yearly tradition.





Skiing in March with Queen

On Saturday, March 26, our last ski lesson of the season, while engaged in a rousing game of handball on skis, the opposing team yelled “Look, here comes a pig”. We figured they were just trying to distract us but, lo and behold, a pig had indeed come to visit! Her name is Queen. She lives on the farm below Snowball hill, along with several horses and a rooster. After checking everyone out, she was pleased to be escorted home.



Poetry Corner

Queen went for her trot out of doors
Thinking people were terrible bores.
But she was delighted to see
That when people ski
They use sticks to go ‘round on all fours.

- Cameron Shelley



Graham Mater, Biathlete

Graham Mater learned to ski in our own Eden Mills club. He fell in love with biathlon in 2006 and has been training constantly ever since. Now, at the age of 18, Graham is part of Team Ontario. This year he competed at the Canada Winter Games in Halifax, the Olympic Training Center in Lake Placid, and the Canadian National Championships in Charlo, NB. At Nationals, Graham consistently placed in the top 20 in his age group, culminating with a 12th place finish in the 7.5 km sprint. When there's no snow, Graham can be found roller skiing, mountain biking, or adventure racing. His two newest pursuits are yoga and cooking. Check out Graham's webpage at <http://www.grahammater.com>



“Biathlon is a winter sport that combines the extreme exertion of cross-country skiing and the calm precision of rifle marksmanship,” Graham says. “It exercises the mind and body to the fullest extent and combines both in complete harmony.”

Adele Lay

Adele Lay also got her start in Eden Mills Jackrabbits. She is now studying Political Science at Carleton University, where she is a member of the Varsity Ski team. In her first year racing in the ‘big leagues’ last year, she had to content herself with finishing in the top 30’s and wondering how one could ever close the gap of several minutes separating her from the top-10s. But that is exactly what is starting to happen. In Erzerum Turkey at the World Universiade, she was consistently the 3rd place North American.



In Canmore, B.C. in March, Adele finished in the top 10 in senior Nationals in the 5 k skate race, and she was 2nd in the university class. Juggling school work and training is always a challenge, and Adele writes: “It is quite the balancing act between school and racing. It gets particularly hard this time of year when final exams, papers and missed classes have all built up but there's actually a considerable amount of time on a ski trip to do work if you're diligent about it...It IS possible to be a full time student and high level skier!”