

# NDC Thunder Bay Athlete Update Article: November Update

By: Evan Palmer-Charrette



The month of November began in Foret Montmorency, Quebec for NDC Thunder Bay. At the tail end of October, the team traveled to Quebec City for a ten-day, on-snow, training camp. Foret Montmorency is a forest research station of the University of Laval located approximately an hour north of the city. In the late fall, they spread out a 2.5km loop of snow stored from the previous winter, similar to "Frozen Thunder"; the Canmore equivalent the team has attended the previous three seasons. The primary focus of the Foret camp was to put in a large volume block and getting comfortable on snow once again following a five-month absence from being on skis over the summer. On the training plan volume was the focus of the camp but for most of the athletes the highlight was a skate distance time trial we did with CNEPH, as well as members from both the Ontario and Quebec ski teams. Unfortunately, the day of the time

trial was by far the worst weather we had for the camp, reaching above 10 degrees and raining for much of the day. Despite poor skiing conditions, the time trial was a tough workout and a great way to conclude our time in Foret.

The team returned home to Thunder Bay on November 10th to prepare for the beginning of the race season, and our annual team fundraiser, Nordic Fest. Each year just prior to our departure for the start of the NorAm circuit we host our biggest fundraiser of the year. The event consists of a Scandinavian



*Alannah cresting the hill at Foret*



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themed dinner as well as a live and silent auction and a formal introduction of the team and staff. This year saw additional entertainment from first year team member Angus Foster, who had his grizzly beard shaved as an auction item. From my perspective as an athlete Nordic Fest is always quite astonishing, the amount of support the ski community shows our team as well as the countless volunteer hours that go into making it a success is impressive and makes for awesome motivation heading into the race season!

The remained of November spent in Thunder Bay involved numerous painful intensity workouts preparing the team for the race season to begin. Although we did get a few days of skiing in at Lappe, the snow quality was not good enough for any hard workouts. Most of the tough ones took place in Centennial/Trowbridge pounding up the hills in varying kinds of ski-striding sessions.



*Nordicfest!*



West Yellowstone Super Tour with the new Noname Warmups.

As November came to an end the team, minus Mike Somppi who was in Europe on the World Cup, headed west to begin the 2015/16 race season. We broke into two groups, with the younger half of the team traveling to Silver Star BC to prepare for the first NorAm in Canmore, while the senior portion of the team travelled to West Yellowstone MT for a set of super tour races. December marks the beginning of the Canadian racing calendar, hopefully, we can end 2015 on a high note!

Evan

