

NDC Thunder Bay Athlete Update Article

By: Katherine Stewart-Jones



The month of October started off with the team spread out in various locations. The older athletes were finishing their training camp in Park City Utah while the rest of us either stayed on home turf or headed to a mini training camp in Lutsen, Minnesota.

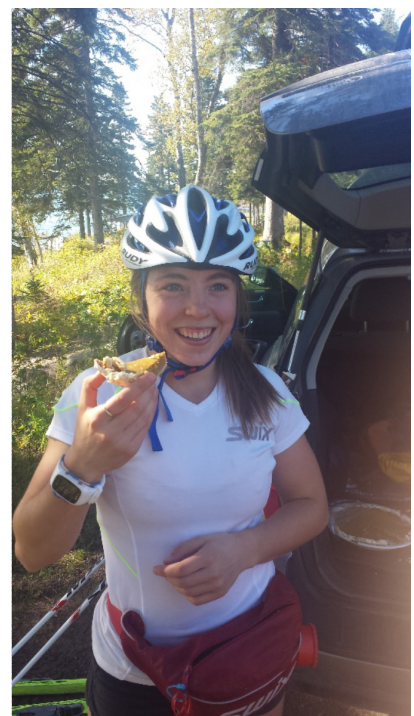
I was one of the athletes who headed across the border to Lutsen for a little change of scenery and to log in some longer training hours. We were lucky to have been offered accommodation at a condo at the Lutsen Resort (thank you Marilyn!) which meant we could train right from our door. During the 3 day camp, we completed two long roller skis, a ski walk and a double pole intensity. For the long roller skis we skied on a perfectly paved path that ran along Lake Superior. The beautiful views, the perfect weather and the yummy mid workout pumpkin pie made it very enjoyable. We completed the camp with a double pole roller ski intensity up Mount Josephine, a 3km hill located right before the border. The workout tested our mental strength as we had to stay focused for the entire 15 min (or less for the boys) to get to the top.

On October 10th, the team was reunited for the annual Lappe Sawdust run. The girls raced the 5km course and the men completed two laps of that same course. Jenn Jackson was crowned champion of the women's race with a time of 22:56, inching closer to the women's record held by Brittany Webster. On the men's side, Scott Hill took the win with a time of 40:25, an impressive minute ahead of the second place finisher. Overall it was a good hard intensity day for the team.

Later in October, the AGM (Annual General Meeting) was held. It was a great opportunity to meet all the members of the board that put so much hard work into the organization of our team and to participate in the discussion of the upcoming racing season.

Throughout the month, we also did 3 intensity workouts in a newly discovered roller ski location: Mount McKay. With its perfectly paved roads, minimal traffic and varied terrain, it makes a perfect place to do intensity.

All in all, October has been a busy month for us all. We are all starting to feel our race shape come together and getting excited to get back on snow. See you on the trails!
Katherine



Pumpkin Pie!



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The Crew on a Ski-Walk in Lutsen. Beautiful Views!



Julian rollerskiing in Lutsen!



Sawdust run winners Scott and Jenn.

