



## **Southern Ontario's biggest and best cross-country ski facility celebrates open-house**

**New lower membership rates for Mono residents and improved trail system for 2009-10 ski season**

(Town of Mono, Ontario) On Sunday, November 15<sup>th</sup>, Southern Ontario's largest cross-country ski facility will hold its Annual Open House & Registration Day as it heads into its 25<sup>th</sup> year of operation. The open house will include activities such as:

- An equipment sale with the presence from the Highlands Nordic Pro-Shop from Duntroon Ontario. Skiers will be able to check out the latest in new Nordic and used skis, boots, poles and clothing.
- A ski swap where skiers will be able to buy or exchange used ski equipment;
- A ski tuning service including base waxing and wax zone marking;
- Kids activities
- Prizes; and a
- Barbecue lunch

In addition Mono Nordic is offering a reduced membership rate for Town of Mono residents. This year the rates will drop from \$35 for individuals and \$70 for families for non-resident members to \$28 for individuals and \$56 for families (a 20% reduction) for Mono residents.

Joanne Bleasdale, President of Mono Nordic Ski Club notes, "Mono residents have been very supportive of this club", adding, "as such, we feel they should be able to benefit from lower rates as the club continues to grow."

Mono Nordic offers over 14km of groomed trails. The facility offers skiers of all levels – from novices to Olympic skiers – the opportunity to enjoy or challenge themselves.

This year has seen significant improvements to Mono Nordic's existing ski trail network with the club having invested over \$10,000 and 400 man hours in improving the system to accommodate upcoming ski events and to provide club members with an even more interesting ski experience.

Says, Ross Martin, Mono Nordic's Facilities Director, "This year over 300 skiers and coaches from across the province will be coming to the Ontario University Association Championships (OUA) and the Central Western Ontario Secondary School Championships (CWOSSA). We wanted them to be able to compete on a new technical course", adding, "The improvements will benefit all club skiers so it's definitely a win-win for everyone."



Mono Nordic is The Town of Mono's premier recreational facility boasting the largest cross-country ski facility in the Greater Toronto Area. Outside of the ski season, from April to November, the Mono Nordic trails are used by a large variety of local residents and visitors from out of town for activities like hiking, dog walking, cycling, orienteering, martial arts & running. A number of school classes go there for nature excursions.

Mono Nordic operates as a not-for-profit ski club for the betterment of the health and welfare of all of the Town of Mono's residents.

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Mono Nordic Ski Club and please visit:

[www.mononordic.com](http://www.mononordic.com)

### **Important facts about the Mono Nordic ski club and trail system**

- In use for 24 years. 14 kilometers of groomed cross country ski trails in the winter. Hiking, dog walking, cycling, orienteering, martial arts & running in the summer;
- An Optimist Club run Jack Rabbit program introduces children from age 5 to 14 to this recreational sport.
- A large number of national level skiers have trained on these trails. In the mid 80's 4 students from ODSS were on the national team with 3 of them participating in the 88 Olympics. Al Pilcher still holds one of Canada's best finishes in an international meet. Currently there are 4 members trying for a spot on the 2010 Olympic team and 2 national level master skiers. We also have been working on getting a Para Nordic program going. We finally got a start last year and hope to attract more athletes to join this sport;
- Three secondary schools, one university and 7 elementary schools train their ski teams here. ODSS and Mayfield have won close to 50% of the Ontario Secondary School championships in the past 28 years. A strong Elementary School program that had 60 class visits last year is a key factor to this success.
- Mono Nordic has become a top supplier of Southern Ontario's officials. A large percent of the officials at last years National championships came from Mono



Nordic. Alan White, a past president of the club will be officiating at the 2010 games;

- It has also made a major contribution to coaching. This ranges from top level Secondary School, University and club coaches to Lisa Patterson who is the High Performance System Coordinator for Easter Canada
- Orangeville has introduced 3 Mono Nordic members to its Sports Hall of fame in the categories of Athlete, Coach and Builder.
- Through the years well over 50 members have gained full or part time employment from cross-country skiing. Scott Holmes, a graduate of ODSS is the head groomer at Highlands Nordic. Scott will likely be on staff at the BC games;