

## SOD Camp 2009

By Lisa Patterson

Georgian Bay Nordic hosted the Southern Ontario Camp on Sept 11-13<sup>th</sup> in Owen Sound. Fortunately, summer finally arrived for the camp and athletes basked in sunny and warm conditions.

The camp was superbly organized by head coach, Marilyn Suke and assisted by many capable parent and coach volunteers. Participants came from as far north as North Bay and as far south as Waterloo Region. Other clubs represented included: Walden Nordic, Highlands Trailblazers, GBN, and Arrowhead Nordic.

Twenty three athletes participated throughout the weekend which included running and ski walking the Niagara Escarpment via Harrison Park and Sauble Conservation Area. Rollerskiing on the many paved county roads was ideal and would make even the National Ski Team athletes envious. Athletes learned marathon canoe paddling skills on the Sydenham River which flows through the heart of Harrison Park. Athletes also tested their sprinting and agility skills during some very competitive Ultimate Frisbee games.

Athletes were hopefully inspired to continue their training routine through the fall where it will pay dividends once the snow flies.

Many thanks to all the participants, coaches and parents for doing such a great job of feeding and organizing the crew.



