



## **February 15<sup>th</sup> Free Family Ski Day at Mono Nordic** **No trail fees and free ski rentals for local families**

(Town of Mono, Ontario) On Monday February 15<sup>th</sup>, Mono Nordic Ski Club and the Town of Mono are hosting Family Day. Families from the local area will be eligible for free ski rentals and access to the ski trails from 9am to 4 pm.

Mono Nordic Ski Club and Town of Mono are most pleased to create a no-cost opportunity for local families to experience cross country skiing at its finest. The Club feels that it is creating opportunities like this that is important to drawing youth to a life-long outdoor activity that is fun, contributing to health and well-being and that creates a broader appreciation of the recreational amenities that this great community has to offer.

In addition to Free Family Ski Day, Mono Nordic Ski Club will be opening up the Monora Park pavilion for community skiing on Tuesday nights for the remainder of the season. Skiers will be able to enjoy the lit trails for the regular trail fee of \$5 and those who need to rent equipment will be able to do so for an additional \$5.

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.

For more information contact:

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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;