



October 2019 CUNST Newsletter

Fall training has begun and the team has been working hard to get race ready for OUAs in Sault Ste. Marie this February. Long rollerskis in the Gatineau Park have been done, hard running and ski bounding intervals have been crushed, and post practice cupcakes have been consumed (thanks Zöe!).

The team has also started a weekly workout in conjunction with the UOttawa and Nakkertok ENRG teams every Tuesday. These workouts have been a huge success with dozens of skiers all pushing towards similar goals. We're super stoked to be a part of these practices and are looking forward to more. These workouts have consisted of some super high-quality intensity work, with quite a lot of Z3 work, as well as some Z4 running and ski bounding towards the end of September and into October.

Races on the Calendar

We're super excited to get racing this season and planning has commenced on making those trips happen. Here are the races that you'll find us on the start lines of:

- Candy Cane Cup – Dec. 13-15 at Nakkertok Nordic, Cantley, QC
- Ravens Team Sprint – Jan. 9, 2020 at Mooney's Bay Park, Ottawa, ON. More details to come.
- Eastern Canadian Championships – Feb. 7-9 in Sherbrooke, QC
- OUA Championships – Feb. 21-23 in Sault Ste. Marie
- Ravens Kings Court Sprints – week of Feb. 23. Stay tuned for details.

That's all for this edition, we hope you enjoyed the read. If you want more ways to stay connected with the team, you can find us on Instagram and Twitter @ravensskiing and on Facebook at 'Carleton Ravens Nordic Skiing'.

Special thanks to Brendon Howard for writing this month's newsletter!!

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