With our first race just 12 days away, we’ve been working hard and making the most of our time on snow. November consisted of a nice mix roller skiing, ski striding, running, and on-snow skiing, with plenty of hard intensities thrown in! Lots of hard work was put in off the snow as well, with midterms coming to a close and finals creeping ever closer.

We are also very excited to share with you the poster for our upcoming ‘Mooney’s Bay Night Sprint’ race that we are hosting (see attached file)! Taking place on January 9th at the Terry Fox Athletic Centre, we will be hosting a 3x800m skate team relay. Come out for a night of fun racing, with prizes for the top teams in each category! You can access the Zone4 registration link here: [https://zone4.ca/register.asp?id=22478](https://zone4.ca/register.asp?id=22478). Spaces are limited, so sign up fast! We hope to see you all there.

Finally, with race season looming closer we'd like to take this opportunity to thank everyone that has donated to our FutureFunder page thus far! We would also like to remind you that this [Tuesday, December 3rd](https://futurefunder.carleton.ca/campaigns/help-fund-the-carleton-nordic-ski-team/) is Giving Tuesday! If you donate to our Future Funder page on [December 3rd](https://futurefunder.carleton.ca/giving-tuesday-challenges/) Carleton will match your donation, until they have matched a total of 500 000$ for all campaigns! Last year the 500 000$ matching goal was met before noon, so get your donations in early! If you can’t though, don’t worry - once the first goal is met there’s a chance more matching funds will be unlocked! Carleton will also be giving additional funds throughout the day, including for:

- The first donation made at midnight and at noon (additional 1000$)
- Donations from Carleton alumni (entered into a draw with the chance for us to win 1000$, 750$, or 500$)
- Donations from Carleton alumni that graduated within the last 5 years (entered into a draw with the chance for us to win 1000$, 500$, or 250$)
- Donations from Carleton faculty, staff, or retirees (entered into a draw with the chance for us to win 1000$, 500$, or 250$)
- For other challenges visit [https://futurefunder.carleton.ca/giving-tuesday-challenges/](https://futurefunder.carleton.ca/giving-tuesday-challenges/)

All the money we raise through our FutureFunder campaign will go toward offsetting the cost of away races. This year we are going to Sherbrooke for Eastern Canadian Championships and to Sault Ste Marie for Ontario University Championships. Any funds we raise will go toward covering things like transportation, food, accommodation, and wax support for those races. Any money left over will be put toward future travels. Any support you can provide is greatly appreciated.

**Meet the Team**

Each month we will be including a couple of meet-the-team athlete profiles so you can get to know the Carleton Ravens Nordic Ski Team a little better. Up this month are:

**Jack Panayi**
**Program:** Canadian Studies

**Academic Year:** 1st year

**Hometown:** Yellowknife

**Preferred Technique:** Classic

**Favourite Race Distance:** 10 km

**Favourite Race Location:** Nakkertok

**Proudest Athletic Achievement:** 12th at Easterns

**Proudest Non-Athletic Achievement:** I did a two month unsupported canoe trip in the north.

**Favourite Après-Ski Food:** Mayonnaise

**Random Fact about You:** I can hold my breath for 30 seconds.
Jenny Wilbraham

Program: Environmental Science

Academic Year: 1st year

Hometown: Bath, Maine

Preferred Technique: Classic

Favourite Race Distance: Classic sprint or 10k skate

Favourite Race Location: Titcomb Mountain in Farmington, ME

Proudest Athletic Achievement: Leading a group of 12th grade boys for a 3 hour OD ski the day before a race

Proudest Non-Athletic Achievement: Runs a blog (www.girlonskis.wordpress.com/)

Favourite Après-Ski Food: Chicken noodle soup

Random Fact about You: Trains exclusively on fishescales with aluminum poles

Caitlyn Stowe
Program: Biomedical and Mechanical Engineering

Academic Year: 1st year

Hometown: Almonte

Preferred Technique: Classic

Favourite Race Distance: 15 km

Favourite Race Location: Nakkertok

Favourite Après-Ski Food: Chocolate chip cookie

Zoë Williams
Program: Neuroscience and Mental Health

Academic Year: 5th year

Hometown: Neuroscience and Mental Health

Preferred Technique: Skate

Favourite Race Distance: 1.2km

Favourite Race Location: Blow Me Down Trails (Newfoundland)

Proudest Athletic Achievement: Blow Me Down Trails (Newfoundland)

Proudest Non-Athletic Achievement: My GPA, Grade 8 RCM in piano, or the fact that I daily survive my 5 siblings

Favourite Après-Ski Food: Rice pudding

Random Fact about You: When I was little my dream job was being a librarian or author!

For more updates about the team follow us on Instagram @ravnesskiing and on Facebook at ‘Carleton Ravens Nordic Skiing’.

TO UNSUBSCRIBE: If you do not want to receive these updates please respond to this email with ‘UNSUBSCRIBE’.