

NDC Event Update

By Chris Hamilton -NDC Member 2010/2011



The 2010/2011 National Development Center has just returned from their first out of town training camp of the summer. This is the second year that the Thunder Bay team has run a camp in Hayward, Wisconsin near the location of the famous Birkebinder Ski Trails. This fantastic venue offered some amazing training opportunities and fantastic training partners, as Team CXC (an American equivalent to NDC) was also having a training camp at the same venue. This 9 day camp has primed our motors and we are ready to go!



The camp was designed as a multi-day intensity program to simulate the winter racing schedule. The workouts included many high hour days, along with two sets of back-to-back intensity days. This regime certainly tested our team's stamina and ability to recovery before the next day's workout.

We arrived near Hayward on July 10th and moved into our beautiful accommodations offered up by the Humpting family. What a place! It's a huge cottage style home with a deck, fire pit, dock and a fantastic view of the backwater lakes of the area. After settling into our luxurious new pad, our attention turned to the training ahead.

Our first day was spent rollerskiing on some of the freshly paved side roads that connect this cottage country, and a fairly hard speed and agility workout that saw more than a couple athletes nearly have a brain aneurism as they attempted to negotiate the tricky course. The following day we completed our first rollerski intensity session, over an hour of intervals that nearly made our arms fall off. After an all too short night's sleep, we attacked our next intensity workout, this one a ski striding workout with Team CXC. This approximately 30 minutes of all out effort saw NDC's own Harry Seaton dominate over the field.



The team roller skiing in Wisconsin

The following day was planned to be a nice, gentle recovery workout. Sound idyllic, eh? Unfortunately, the day started out cloudy and unsettled, and by the time we were half finished our hours, we were facing a full on tornado warning. I have never rollerskied in heavier rain and wind in my life. Luckily the tornado didn't touch down near us but instead was content on attacking downtown Hayward.



Some of the boys checking out the daunting swim to the opposite shore and back

The next day was made up by a blue bird sky and a hard rollerski time trial against CXC. There was some talk of the local paper coming out to witness the show off, but instead all we had to deal with was a pair of far too small Stars and Strips underwear that one of the CXC guys choose to wear for our amusement. The Americans took the day with a podium sweep, but I'm sure there will be some sweet revenge on our part come winter.

The team had little rest as the next day was our 2nd Annual "NDC vs. the World" Hayward Triathlon. Evidently Simon Witfield and Michael Phelps were intimidated by our swimming prowess as they failed to attend. The race was a long slog that combined a swim twice across a lake, a combination of double track and single track mountain biking, and ending off with a great trail/pavement running race. Harry Seaton again dusted to rest of the competition with a final time almost ten minutes ahead of his closest competitor.

After the final day of the camp spent on an epic mountain bike in the 100km+ of single track that crosses the county, the team packed up our soggy gear and prepared for the following day's journey home. We all had that feeling of content exhaustion that occurs after a long week's work, an exhaustion that could only be overcome by a stop at Dairy Queen and the thought of our beds that were waiting in Thunder Bay.