

# Event Report – Haig Glacier

By Harry Seaton  
NDC Member 2010-11



**T**hunder Bay NDC just finished its annual Canmore-Haig training camp. This season we opted to head the Haig at a slightly later date (as opposed to the typical early July slot we usually have) so that our pre season on snow time would be closer together. The intention of this strategy is to help us benefit more from the technical gains skiing on snow gives us opposed to roller skiing.



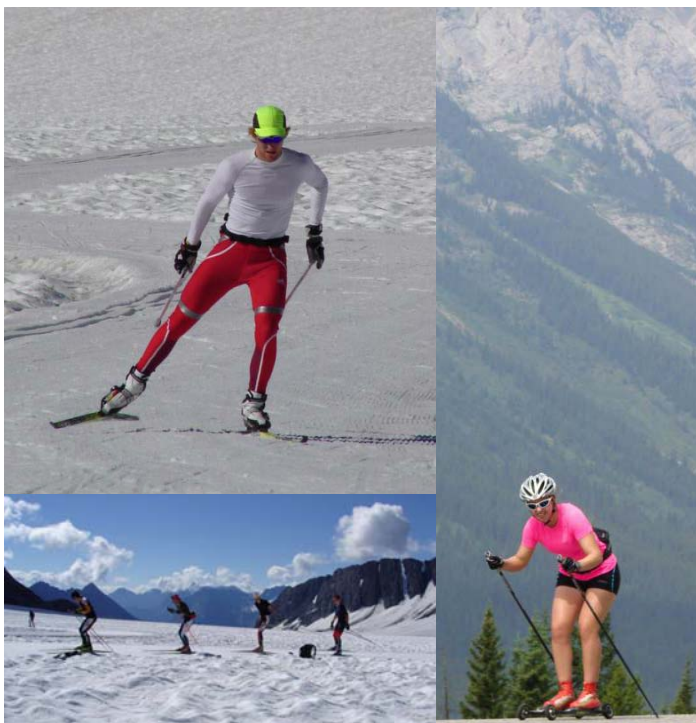
Our camp began with a few days of adjustment in Canmore. This is always fun. We get to train at new venues and on different terrain. For most of us, the best part is being in the mountains and having so many options for day to day training. While in Canmore we did a mountain pass roller ski taking us over 2200m, a mountain pass hike and a number of runs through breath-taking terrain.

After our week of acclimatization in Canmore we headed for the Haig glacier. This is one of the most unique training facilities in the world. For seven days we stayed in Quonsets at 2500m, on the side of a mountain. This base camp is a two hour run from the nearest parking lot and then another hour of driving to Canmore, so, remote to say the least.

Each morning we would hike from the base camp at 2500m up to the ski surface at 2800m. This hike took us between 35 and 50 minutes. We would then ski between 2 and 4 hours. Our goal on the Haig was to train a lot, and, putting up numbers like these for 7 days, we reached our goal!

After a very successful and tiring Haig camp we returned to the civilization of Canmore. We had a quick rest day followed by two very gruelling intensity workouts. The last two days of the camp were by far the hardest and every one dug as deep as they could to grind them out.

Now we are all back home resting from some solid training. We have a few lighter weeks, a week of testing and then were headed to Austria!



**NDC Thunder Bay Team 2010/11**

(left to right) Chris Hamilton, Harry Seaton, Erin Tribe, Scott Sullivan, Andrea Lee, Eric Bailey (coach), Andy Shields, Dudley Coulter, Leif Lennie, Jimmy Gunka. Missing: Michael Somppi