



Nordic Wrecks X-Country Ski and Snowshoe Club



<http://nordicwrecks.org/>

December 2017

President's Message

Hello everyone,

We will be meeting on January 8th, 2018 in the Mike Butler room of the Dogwood Pavilion, 624 Poirier Street, Coquitlam.

Come at 7:00 pm with your completed membership form and begin signing up for trips. Our formal meeting starts at 7:30 pm
Louise will be showing some photographs of her cycling trip in South Africa!

January 8th will be the decision day for the Larch Hills weekend trip.
At the writing of this email we don't have enough people for it to go.

We don't have enough people signed up for the December 16th Manning trip so it has been cancelled. Please consider going to Manning on January 14th with Harry. Give him a buzz at 604-942-3164

I will be contacting people who signed up for the December 16th trip about their cheques.

Our fabulous wind up dinner tickets are ready! Join us for a yummy Chinese dinner on March 11th at 4:15 at the Woking Dragon at 1198 Lansdowne Drive in Coquitlam. We will have a great assortment of door prizes and your dinner includes the meal, tip, and taxes. Alcoholic drinks are available for purchase.

Other news:

I got a very interesting letter (which I edited a bit for brevity):

My name is Kenzie MacDonald and I am a project coordinator at SportsCardiologyBC. At SportsCardiologyBC we are currently in the process of recruiting endurance athletes

for a new study at the UBC Hospital Center for Cardiovascular Excellence. The study is entitled: Time of Day Study.

The sub-specialty of 'Sports Cardiology' is a rapidly developing area of medicine. At SportsCardiologyBC we are striving to elucidate the cardiovascular effects of regular exercise and define its benefits and risks so that safe guidance can be provided to all individuals engaging in sports and/or physical activity.

This study is investigating the incidence of ventricular arrhythmias in endurance athletes in the hopes of determining the safest time of day to exercise. Participating in the study will entail attending 2 appointments at UBC Hospital. The first appointment consists of a 12-lead electrocardiogram (ECG), an exercise stress test, and a 24-hour Holter monitor. The second appointment (approximately 2-4 weeks later) only consists of a 24-hour Holter monitor. We are currently recruiting athletes that meet the following criteria:

- >18 years of age
- Current endurance athlete (running/jogging, cycling, rowing, swimming, cross-country skiing)
- Endurance athlete ≥ 6 months prior to participation
- Complete ≥ 4 hours of moderate-to-intense aerobic activity/week
- Able to exercise at a vigorous intensity (>6 metabolic equivalents) or $>60\%$ maximum predicted heart rate

For those interested in participating in cardiovascular research who do not meet the endurance exercise criteria we are also recruiting for another new research project entitled the Hypertensive Response to Exercise Study (HRE).

Please visit [our website](#) or contact the research team at scbcresearch@alumni.ubc.ca to learn more or take the next steps to participate in this valuable research!

Many thanks for your time and assistance.

Kenzie MacDonald

Project and Research Coordinator, SportsCardiologyBC

Phone: 604-822-9494

www.sportscardiologybc.org/

In case you haven't heard: 8 Rinks at 6501 Sprott Street, Burnaby is our new bus pick up zone!

Inside the red zone, please!



All the best for a happy and healthy New Year!

Kathy Leko
president, Nordic Wrecks
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