

the Skiers



NEWSLETTER

Issue #3

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December 2004

PRESIDENT'S MESSAGE

Well, the ski season is so close you can just about taste it. At this time of year, I find myself checking on my bookmarks for the ski areas. It all looks fairly promising. Silver Star and Sovereign Lakes opened around Remembrance Day. Silver Star has 62 cm in the alpine and 45 km of trails open. Sovereign Lakes has an average tracked base of 20 cm and 36 km of trails open. Sovereign Lakes reports "very good early season conditions". Manning Park is still awaiting some more snow. Hollyburn looks like it needs a few more weeks. Stake Lake says that "one good snowfall" is needed before they open. The upper mountain is open at Whistler and there has been snow in the village, though not enough to ski on yet. With a bit of luck, the snow will be as good this year as last.

One of the other things I like to do at this time of year is to try and convince my friends that winter isn't actually dreary and depressing, despite the fact that every day in Vancouver brings low, grey clouds and seemingly endless rain. I point out to them that there is no better way to deal with a touch of seasonal affective depression than to get some exercise - outside. They tend to stare blankly at me and complain that it is too dark to row, or too dangerous to cycle, or too miserable to run. This is usually a good time to bring up cross-country skiing. To some people,

cross-country skiing brings up visions of heavy boots and skis tromping through the snow; they don't see the fun in that. When I encounter this, I enthusiastically describe the feeling of a great kick and glide, or the power of an energetic skate, or the thrill of a high-speed descent on a pair of skinny, edgeless skis. I am often greeted with some scepticism. I always persevere and, reasonably often, my friends allow that perhaps they should give it a try. I always encourage them to take a few lessons and most who do end up smitten by the cross-country bug. Once that happens, they are done for life. Instead of dreading winter, they embrace it, and like many of us, start eagerly checking out every ski site in BC and often beyond.

And of course there is no better treatment for the cross-country skiing bug than to join our club and start enjoying the many trips we offer. There is a whole world of cross-country skiing beyond the ambit of Hollyburn, Whistler and Manning Park. I have had many great days of skiing at each of the local areas, but coastal weather is just not all that conducive to good snow. Too often Hollyburn is icy and foggy. The snow at Whistler is often wet. The conditions are more predictable at Manning Park, but let's face it, you can only ski those trails so many times. So, you may ask, what are some of these

other places like? To stoke your interest this newsletter contains a reprise of part of a trip report to Salmon Arm. For the other spots, be sure to come to the next club meeting so you can get all the info.

A lot of folks have dealt with the cross-country skiing bug by joining the club. We already have over 230 members this year - well on track to exceed the 275 or so members we had all of last year. The result of all the increasing membership is that many of the trips are filling up already! But, there are still spots available on nearly every trip. Make sure you hurry though, because after the December meeting the club opens our trips to members of other ski clubs.

I will see you at the meetings and on the trails.

Chris McPherson

NEXT CLUB MEETING

January Club Meeting,
Tuesday, January 4, 2005
7:30 pm @ The Anza Club

Castle Creek/Monument 78 - distance 12 km one way

Drop off by bus at parking lot off main highway four kilometres east of Manning Park Lodge. Pick up time at the end of the day. No shelters excepting one outhouse at start. This is moderate backcountry with some of the original fire access road washed out by rains two years ago. It is necessary to go through a short section of alder. Current status will be checked prior to date. Light touring skis are the ideal. Very scenic route goes to the northern start of the Pacific Crest Trail for anyone wanting to continue on to Mexico.

Mary Tainsh

Kootenay Trip Correction

The price for the Quad accommodation should read \$220 instead of \$235.

The persons who have overpaid will be reimbursed on the bus.

Sign up quickly; 4 days skiing for \$220 in the Kootenays!!!! This price will never come again.

SALMON ARM - January 2002

Close your eyes for just a moment. Picture a snow-covered trail. It is narrow—no more than six feet between the brambles. It winds among bare larch trees, those odd conifers that drop their needles each winter, which crowd the trail. Further back, pines stretch off into the distance; their branches drooping under the weight of the humid snow that fell overnight. That same snow has obscured the tracks to the left of the trail—now no more than two indistinct depressions snaking away forward. To the right, where you are skiing, the tracks are clearer. Someone has skied this way already today, but is nowhere to be seen. Or heard.

Everything is silent. There is nothing apart from the gentle scratching of skis, the quiet rhythmic thrusts of poles and the sound of each exhalation of your and your companions' breath. The cold wind on your cheeks is a welcome counter to the heat your body is generating. You pause to breathe deeply of the crisp air. The sharp scent of falling snow invades your nostrils. You exhale slowly and carry on—the snow filling the tracks that you have left. This is Larch Hills on Sunday—the day after the loppet.

Now switch to a different scene. Hundreds of skiers rush about the parking lot. They line up at the Port-a-Potties. Everywhere you hear the staccato of hurried discussions: "What's the tempera-

ture?" "Minus five. " "Snow or air?" "Air." "Swix Extra-blue?" "No, Violet. " "No, Toko Red, definitely Toko Red." "Bright Red or Dark Red?" "Some of each." "But the snow is new." "After 400 skiers?" "Forget it. I'm using my waxless skis."

Loudspeakers blare rock music. The announcer barks out: "One minute, one minute to start." Frantic movement erupts. Overpants are shucked. Jackets are tossed. Acres of neon fabric are exposed. At the front, the favourites jockey for position, their perfect bodies poured into skin-tight lycra. The balance of the field crowds in behind. "30 seconds racers, 30 seconds to start." The latecomers squeeze into advantageous spots. There is much shuffling of skis. Back and forth, back and forth. An eerie silence descends. From the P.A. comes "10, 9, 8..." Nervous anticipation envelops the skiers. "...3, 2, 1." Crack! The gun fires. More than 300 skiers rocket off. They aggressively double pole on the flat, aiming for one of the groomed tracks 30 metres ahead. Poles and skis are everywhere. Skiers stop suddenly. Some fall. The whole field compresses itself into the narrowing trail. It is a seething mass of movement - a riot of noise and colour. This is Larch Hills on Saturday—the day of the loppet.

One of the club's traditional trips is to Salmon Arm on the third weekend of January. Some go for the calm beauty of Sunday, others for the frenetic scene of Saturday. Many go for both. The two days represent two contrasting images of nordic skiing. If Sunday is about companionship, Saturday is about community. You celebrate nature on Sunday and human achievement on Saturday. On Sunday, you ski within yourself, on Saturday, without. On Saturday, your heart rate soars on every climb and stays there as you take the descents with reckless abandon, flying around the corners. Sunday you relax; you will get there eventually. Besides, the shelter is warm, so have another cup of tea. A "Loppet Weekend" lets you enjoy both aspects of skiing. Both are equally valid. Experiencing one lets you appreciate the other even more.

Chris McPherson

Blanket Glacier Chalet Backcountry Ski Trip – Feb 26 - Mar 5, 05

Stay seven nights at the Blanket Glacier Chalet near Revelstoke. Fly in by helicopter to the 1500 square ft, three-storey hut equipped with propane and electric light,

propane and wood heat. A wood-fired sauna and a shower are located in a small structure close to the hut. Mattresses, foamies and pillows are provided. Lots of room for 14 skiers.

The terrain is a mix of treed and open slopes suitable for skiers of intermediate ability. The emphasis will be on tours for turns, although there is some gentler terrain for touring. Guiding is available but not included in the price of the trip and has not been booked. Contact me if you are interested in booking a guide. Avalanche equipment and skills are required.

We will be carpooling to Revelstoke on Friday, Feb 25 and staying overnight in town anticipating an AM flight in to the hut. The flight out will be on Saturday, March 5. The cost of the trip is a very reasonable \$725.00. This includes helicopter flights and seven nights' stay at the chalet. We will organize communal meals and carpooling in a pre-trip meeting on February 1. Not included in the price of the trip are food, carpooling expenses and your overnight stay in Revelstoke.

A deposit of \$200.00 will secure your spot on the trip. Full payment will be due at the pre-trip meeting.

Call Mike Koolen at 604-576-9767 or email telebiker@hotmail.com for further info.

LETTER WRITING CAMPAIGN TO SILVER STAR AND SOVEREIGN LAKE

As everyone who has skied at Silver Star and Sovereign Lake knows, the two ski areas are barely speaking to each other. There are no dual passes, Gold Mountain Trail is no longer groomed at the Silver Star end and there is no shuttle service between the two areas. There are, no doubt, any number of reasons for the conflict. The merchants and hoteliers at Silver Star are getting fed up. Tourists are getting annoyed. Skiers are being short-changed. The whole situation is quite intolerable, particularly with the World Cup race coming up next year at Sovereign. On behalf of the club, I have written a letter to both organizations. I encourage each of you to write your own letter. The addresses are:

Mr Glenn Bond Manager, Nordic Skiing
P.O. Box 3002 Silver Star Mountain BC
V1B 3M1

Sovereign Lake Nordic Club Box 1231
Vernon, BC V1T 6N6

Chris McPherson

This schedule is printed at the beginning of the season. Membership application and schedule changes will be posted on our web site: www.theskiers.ca.

MEMBERSHIP:

Participation in ALL trips requires a current club membership (backcountry included). Also members of other clubs with whom we have a reciprocal agreement to participate in any of our trips.

BUS TRIPS:

- Payment must be made at least 30 days in advance - no refunds after that date
- Provide a post-dated cheque to reserve your place
- A separate cheque is required for each trip
- Write the trip destination on the cheque
- Pickup points:

BA - Broadway and Arbutus (west end of the IGA building)

BL - Boundary and Lougheed (bus stop on Boundary, just north of McDONALD'S)

Surrey -160St Exit, Park and Ride @ 103-104 Ave.

West Vancouver – Upper Levels/Taylor Way @ St. Davids church

NOTE: If you are unable to go on a trip, try to find someone to take your place. Have that person pay you. If you are unable to go on a bus trip at the last minute due to severe illness or injury, hospitalization or a death in the family, the club will refund 50% of the cost, at the discretion of the executive. This credit to be used preferably the same season, with a few exceptions. If a trip has been cancelled, your post-dated cheque will be destroyed or a full credit will be issued.

BACKCOUNTRY/SNOWSHOEING:

- No sign-up sheets for the snow camp or day trips
- Call the coordinator to confirm your participation
- Pay the \$5 cash fee to the trip coordinator the day of the trip
- Sign-up required for trips with overnight accommodation costs – check the schedule

PLANE TRIPS:

- \$100.00 non-refundable deposit at sign-up (required to guarantee hotel and airline reservations)
- Final payment due 40 days in advance
- No refunds are given after that date
- Tickets are 100% non-refundable and non-changeable (airline policy)

Car Pools:

- THE TRIP COORDINATOR WILL WORK WITH PARTICIPANTS TO ORGANISE THE CAR POOL
- CAR POOL EXPENSES THE CLUB RECOMMENDS A FAIR ASSESSMENT BASED ON CURRENT GAS PRICES.

NOTE: Remember that this rate should also cover the general operating cost (insurance, maintenance, oil, depreciation) of the vehicle. Decide on the rate within your group and pay directly to the driver.

Room Sharing:

Sharing of rooms will be with people of the same sex unless otherwise requested or agreed to.

Day Trips:

Manning Park or Whistler day trips will go to the designated area pending snow and safe road conditions.

Trip destination may be changed on the morning of departure.

Bus Travel

If there is space available, members may travel by bus only. This season it is \$85 return.

OVERVIEW OF THE 2004-2005 SKI TRIPS

November 15, 2005 – Elly Brok, Tour Chair

	Signed Up	Max. Space
Silver Star Dec 9-12	55	47
Manning Park Day Dec 29	45	55
Whistler Day trip Jan 2	45	55
Manning Park chalet Jan 7-9	14	14
Stake Lake Jan 8-9	49	55
Salmon Arm Jan 14-16 a.m. bus	38	47
Manning Park Day Jan 22	55	55
Whistler Day trip Jan 30	50	55
100 Mile House Feb 3-6	35	47
Manning Park chalet Feb 4-6	13	14
McCullough Lake Feb 11-13	25	47
Kootenays Feb 16-20	26	47
Manning Park Day Feb 19	47	55
Apex Feb 25-27	22	47
Revelstoke Feb25-Mar 5	8	14
Stake Lake Mar 5-6	38	55

Some trips are full and most are filling up quickly.

Sign up either at the monthly meetings or call the coordinators.

DONATION MADE TO WELL'S GRAY

Following the wishes of the membership as expressed at the AGM, the executive authorized a \$500.00 donation to the Well's Gray Outdoors Club. The Well's Gray club was very welcoming when we visited there. It is a small club in a fairly undeveloped area which maintains not one, but two sets of trails. Each year our club will donate an amount to a ski area in order to express our gratitude to the work done by all those volunteers which lets us enjoy the sport we love in so many different places.

To the Vancouver Skiers,

The family of Carolyn Lawson wishes to thank you for your wonderful donation made in her memory to the Callanish Society. We miss Carolyn very much and are comforted by the fact that she had so many great friends! Thanks again for your thoughtfulness.

Alicia and Burton

Dear Leslie and Friends,

Callanish Society is honoured to receive your donation in memory of Carolyn Lawson. We felt very lucky to have known Carolyn and continue to be inspired by her strength and spirit. We send our warm thoughts to all who are missing such a wonderful friend.

Gretchen Ladd

VANCOUVER SKIERS TOURING SCHEDULE

DATE	TRIP	DETAILS	TRANSPORT	PICKUP	COST	CONTACT
Dec 29 Wed	Manning Park	Day trip Track/Bkctry	Bus	0700 BA 0715 BL	\$30	Leslie Rodgers 604-521-8985
Includes trail fee					FULL MEMBERSHIP REQUIRED	
Jan 02/05 Sun	Whistler	Day trip Track/Bkctry	Bus	0700 BA 0715 BL 0730 W. VAN	\$30	Su Laine Yeo 604-451-8805
Includes trail fee					FULL MEMBERSHIP REQUIRED	
Jan 7-9 Fri-Sun	Manning Park	2 nights Track/Bkctry	Car Pool 1 Chalet		\$75	Mo Iqbal 604-228-9885
Jan 08-09 Sat-Sun	Stake Lake	1 night Track	Bus Hotel	0700 BA 0715 BL	Quad \$70 Dble \$90 Sngle \$135	Gil Sage 604-435-3093
Jan 14-16 Fri-Sun	Salmon Arm Reino-Keski	2 nights Track	Bus Hotel	0700 BA 0715 BL	Quad \$165 Dble \$225 Sngle \$340	Chris McPherson 604-682-0342
Jan 22 Sat	Manning Park	Day trip Track/Bkctry	Bus	0700 BA 0715 BL	\$30	Anna Bentley 604-987-8956
Includes trail fee Mary Tanish will lead a ski to Monument 78					FULL MEMBERSHIP REQUIRED	
Jan 30 Sun	Whistler	Day trip Track/Bkctry	Bus	0700 BA 0715 BL	\$30	Kim Vogt 604-922-1359
Includes trail fee					FULL MEMBERSHIP REQUIRED	
Feb 4-6 Fri-Sun	Manning Park	2 nights Track/Bkctry	Car Pool 1 Chalet		\$75	Elly Brok 604-438-1871
Feb 3-6 Thur-Sun	100 M House Cariboo Loppet	3 nights cabins	Bus The Hills	1730 BA 1800 BL	Quad \$180 Dble \$250	Leslie Rodgers 604-521-8985
Feb 11-13 Fri-Sun	Kelowna McCulloug	2 nights Track	Bus Hotel	1730 BA 1800 BL	Quad \$125 Dble \$170 Sngle \$265	Gillian Akin 604-876-0688
Feb 16-20	Kootenays Track	4 nights Dwnhill	Bus Hotel	1730 BA 1800 BL	Quad \$220 Dble \$ 325 Sngl \$530	Andrew Pape Salmon 250-592-7017
Feb 19 Sat	Manning Park	Day trip Track	Bus	0700 BA 0715 BL	\$30	Anna Bentley 604-987-8956
Includes trail fee						
Feb 25-27 Fri-Sun	Apex Nickel Plate	2 nights Track/dhill	1. Bus Hotel	0700 BA 0715 BL	Quad \$160 Dble \$235 Sngle \$390	Dominique Baudouin 604-263-9631
Feb 25-Mar 5	Revelstoke	7 nights 1 night Revelstoke	Car Pool			Mike Koolen 604-576-9767
Mar 5-6 Sat-Sun	Stake Lake	1 night Track	Bus Hotel	0700 BA 0715 BL	Quad \$70 Dble \$90 Sngl \$135	JY Sauriol 604-873-2463

When signing up: Cheques should be payable to the Vancouver Skiers. Indicate the name of the person who is traveling, if you have a family account. Indicate the trip name on the cheque.

Also needed this year is your membership number. Cheques should be dated 30 days before departure. You may cancel up to that time. Cheques to be mailed to individual coordinators.

BACKCOUNTRY SKI SCHEDULE 2004-2005

DATE	TOUR	DETAILS	CONTACT
Dec 4 Sat	Red Heather Squamish	Day trip, car pool 2/5 rating	Gillian Palejko 604-980-9319
Dec 12 Sun	Fat Dog, Manning	Day trip, car pool 2/5 rating	Heather Fox 604-576-9767
Jan 8 Sat	Mt Baker area	Day trip, car pool 2/5 rating, bring ID	Mike Koolen 604-576-9767
Jan 9 Sun	Black Mtn Cypress	Day trip, car pool 2/5 rating	Gus Kolaric 604-434-9722
Jan 22 Sat	Zoa Peak Coquihalla	Day trip, car pool 2/5 rating	Mike Koolen 604-576-9767
Jan 23 Sun	Black Mtn hard way	Day trip 3/5 rating	Roger Goodwin 604-985-7527
Jan 29 Sat	Tetrahedron Sechelt	Day trip, car pool 2/5 rating	Peg Neilon 1-604-885-7662
Feb 6 Sun	Zoa Peak Coquihalla	Day trip, car pool 2/5 rating	Mike Koolen 604-576-9767
Feb 13 Sun	Red Heather Squamish	Day trip, car pool 2/5 rating	Mike Koolen 604-576-9767
Feb 20 Sat	Mt Baker area	Day trip, car pool 3/5 rating, bring ID	Mike Koolen 604-576-9767
Feb 25 - Mar 6	Blanket Glacier Chalet Revelstoke	Overnight hut variable rating	Mike Koolen 604-576-9767
Mar 12-13 Sat- Sun	Cerise Creek Pemberton	Hut or camping 3/5 rating	Bill Watt 604-526-5564
Mar 13 Sun	Secrets of the North Shore	Day trip 3/5 rating	Roger Goodwin 604-985-7527
Mar 20 Sun	Seymour spring ski	Day trip 2/5 rating	Brian Livsey 604-521-8985
Mar 27-28 Sat – Sun	Cerise Creek Pemberton	Overnight, hut or camp 3/5 rating	Bill Watt 604-526-5564
April 2/3 Sat-Sun	Mt Baker area	Overnight, camping 3/5 rating, bring ID	Mike Koolen 604-576-9767
May 7 Sat – Sun	High Falls Squamish	Day trip, car pool 3/5 rating	Brian Livsey 604-521-8985
May 15	Railroad Pass Pemberton	TBA 2/5 rating	Peter Oeschler 604-929-0926

Ratings: 2/5 strong beginner/intermediate tour (able to tele on moderate slopes)
3/5 intermediate/expert tour (able to tele steeps carrying large pack)