

the Skiers



NEWSLETTER

Issue #3

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PRESIDENT'S MESSAGE



The excitement of the World Cup races and the talk at the club meeting in December from John Aalberg reminds me that we all should start thinking about the Olympics in 2010. Four years is not so far away. I am hoping that our club can contribute a whole mess of volunteers. To get the best positions, this will mean taking officials' courses and some volunteer training. Look for information in the New Year from your executive.

In the meantime, our bus trips are in full swing. With the early snow locally, most of us will have had an outing on the snow already so those first few laps at Silver Star and Sovereign Lakes shouldn't be as tough as they usually seem. The first loppet trip is in mid-January and there is room on that bus. There is also some room on pretty much every other weekend trip, but some are very close to full. Make sure you contact the trip leaders to get your spot.

Chris McPherson

I certainly hope that many of you took in the World Cup at Sovereign Lakes on the 10th and 11th of December. Rather exciting: Becky Scott winning silver on Saturday and gold on Sunday. Nearly as impressive was Sara Renner taking the bronze in the sprint won by Scott. A certain member of the executive was at the races and then left a long, gloating mes-

sage on your president's voice mail describing just how fantastic it was. If the goal of the message was to make me insanely jealous...it worked! We can all hope that the brilliant results will be repeated at the World Cup in Canmore (which will be long over by the time you read this).

Looking forward to Salmon Arm

Larch Hills, the ski area near Salmon Arm is as close to a perfect patch of ground as there is. I like it even more than Sovereign Lakes. Sovereign seems almost too polished. The trails are wide and groomed to perfection with the latest equipment. The lodge there is big and modern and every skier seems to be decked out in the most cutting edge gear. The terrain at Sovereign is superb and I always enjoy myself there, but Larch Hills seems closer to the soul of Nordic Skiing (if there is such a thing). While the grooming is on a par with Sovereign, the

trails tend to be much narrower – winding their way through the trees. The lodge is rustic at best and the little cabin at the top of the trails is a perfectly charming place, particularly if the stove is going. It never seems crowded or hectic like other areas—except during the loppet that is. And that loppet is my favourite. It is perfect for beginner skiers, children, juniors, recreational skiers and the hardcore racers. There are distances and terrain to suit absolutely everyone. Then there is the banquet, which is a real slice of small town BC.

Last year the race was cancelled because of the extremely cold weather. It is a fair-

ly safe bet that it will go ahead this year. Once again, I intend to do the 30 km "recreational" loppet. Many of our skiers are attracted to this course. It is the perfect distance, more or less what many of do during a full day of skiing, and covers absolutely the best terrain. There is a lovely loop out from the chalet, followed by a long gradual climb up Skyline Trail to the very top of the trail network. Then you can enjoy the narrow trails through the snow covered larches before the swooping downhill on Baby Moon Walk, where the 30 km loop joins the competitive course. It really is a great day out.

Chris McPherson

Monument 78

Weather permitting, Mary Tainsh will be leading a group of backcountry skiers to Monument 78 on February 18. To join this group, please sign up and pay for the Manning Park day trip being coordinated by Lucy Kenward on that day.

Backcountry skiers will ride the bus to Manning Park with the cross-country skiers and will be dropped off at the trail-head. Since the bus will continue to the cross-country area, backcountry skiers should expect to be self-sufficient (bring a pack with your lunch, drinks, snacks and extra clothing).

The trip to Monument 78 is also open to snowshoers who know the route, since the skiers and snowshoers will be moving at different speeds. Backcountry skiers (and snowshoers) will be picked up at the trail-head on the way home. For more details, contact Mary Tainsh at tainsh@interchange.ubc.ca.



Social chair

Do you have four hours a month, from December through April, to contribute to the club?

We are looking for a new social chair who can attend the executive meetings on the first Tuesday of each month. You're guaranteed a front-row seat for each of the monthly speakers, and you get to choose and prepare the refreshments you'd like to eat and drink while listening to them. The social chair also coordinates the potluck in April, with lots of help from club members (who prepare and bring all the food) and from the executive (who assist with set up and clean up). Interested? Contact a member of the executive as soon as possible.

Lost and found

If you lost an eyeglass case at the October Wine and Cheese, please contact Gil Sage at (604) 435-3093 to claim it.

NEXT CLUB MEETING

Tuesday, January 3, 2005 at 7:30 PM
 Mountain Equipment Co-op Head Office
 149 West 4th Avenue (between Manitoba and Columbia), Vancouver, BC

Club member Mike Koolen will be giving a multimedia presentation on the telemark, ski touring and snowshoeing terrain surrounding luxurious Purcell Lodge.



**Wells Gray Park
Backcountry Trip: March
12-17, 2006**

Backcountry enthusiasts take note. Imagine skiing untracked powder in the pristine mountains of Wells Gray Park in the Cariboo Mountains and staying in the Trophy Mountain chalet

for 6 days and 5 nights. The mountains and meadows around the cabin provide a huge variety of spectacular terrain, covered in the most reliable powder snow in the province.

Join this guided, self-catered trip for the very affordable cost of \$525 per person. Intermediate skiing ability is

necessary. Limited to 12 people, this trip will fill up quickly.

Contact Bill Watt at 604-526-5564 for more information and registration.

Bill Watt

**A Word from the Tour
Coordinator**

Some trips are full and most are filling up quickly! If you haven't signed up yet, sign up either at the monthly meetings or call the coordinators. You should not delay too long. Sometimes wonderful trips are cancelled due to very slow sign-ups, and a lot of people are then disappointed.

This applies especially to the Mount Washington trip because we must firm up the number of rooms before Christmas; if we don't we will lose our deposit. It is important to note that this trip is more expensive than others because we have

included the price of the ferry in the total package price. One of the fun things to do at Mount Washington is to take the chair-lift up the mountain and ski down one of the trails. This privilege is included in the trail pass price. There is always a great potluck dinner where you can meet with fellow skiers and get to know them better. And then there is the ferry ride to Nanaimo, which helps to get one into a holiday frame of mind.

The Kelowna trip goes to McCulloch Lake one day and Telemark (Crystal Mountain) the other. These are both wonderful areas to ski. McCulloch Lake is usually groomed for skate and classic styles and also has many kilometres of

single-track backcountry trails. Because many skiers have not yet discovered this jewel, there is an abundance of wildlife such as bobcats, moose, deer, rabbits and weasels. You may not sight one of these necessarily, but you'll definitely see evidence of their existence on the snow. The birder might be lucky to sight an owl and many of the smaller bird species that hang around here in the winter.

According to the trip leader, the wildlife at Telemark takes on a totally different shape...mostly in the form of Spandex. You'll just have to sign up and judge for yourself!

Gonda Duffels

OVERVIEW OF THE 2005-06 SKI TRIPS

Trip	Date	Signed Up	Max. Space
1) Manning Day #1	Dec 10	32	55
2) Silver Star	Dec 15-18	44	47
3) Manning Day #2	Dec 27	42	45
4) Whistler Day #1	Jan 02	48	55
5) Stake Lake	Jan 07-08	Full	55
6) Salmon Arm	Jan 13-15	33	47
7) Manning Chalet #1	Jan 20-22	Full	14
8) Manning Day #3	Jan 21	39	55
9) Mt Washington	Jan 27-29	16	47
10) Whistler Day #2	Feb 05	51	55
11) Cariboo Loppet	Feb 09-12	40	47
12) Manning Chalet # 2	Feb 17-19	18	28
13) Manning Day #4	Feb 18	35	55
14) Kelowna	Feb 24-26	30	47
15) Canmore	Feb 28-Mar 05	20	24
16) Stake Lake	Mar 04-05	30	55
17) Apex/Nickel Plate	Mar 17-19	12	47

Some trips are full and most are filling up quickly. Sign up either at the monthly meetings or call the coordinator.

VANCOUVER SKIERS TOURING SCHEDULE 2005-06

DATE	TRIP	DETAILS	TRANSPORT	PICKUP	COST	CONTACT
Dec 15-18/05 Thurs-Sun	Silver Star (Vernon)	3 nights Trk/Dh	Bus Hotel	BA 1730 BL 1800	Quad \$250 Dble \$380	Gonda Duffels 604-437-3881
Dec 27/05 Tuesday	Manning Park	Day Trip #2 Trk/Bc/Dh	Bus	BA 0700 BL 0715	\$35 (incl. trail fee)	Leslie Rodgers 604-521-8985
FULL MEMBERSHIP REQUIRED						
Jan 2/06 Monday	Whistler	Day Trip #1 Trk/Bc/Dh	Bus	BA 0700 BL 0715 WV 0730	\$30 (incl. trail fee)	Sue Laine Yeo 604-451-8805
FULL MEMBERSHIP REQUIRED						
Jan 7-8/06 Sat-Sun	Stake Lake/ Sun Peaks	1 night Track	Bus	BA 0700 BL 0715	Quad \$75 Dble \$95	Gil Sage 604-435-3093
Jan 13-15/06 Fri-Sun	Salmon Arm Reino-Keski Loppet	2 nights Track	Bus	BA 0700 BL 0715	Quad \$145 Dble \$210	Chris McPherson
Jan 20-22/06 Fri-Sun	Manning Park (Chalet #1)	2 nights Trk/Bc/Dh	Car Pool		\$80 (1 chalet)	Mo Iqbal 604-228-9885
Jan 21/06 Saturday	Manning Park	Day Trip #3 Trk/Bc/Dh	Bus	BA 0700 BL 0715	\$35 (incl. trail fee)	Anna Bentley 604-987-8956
FULL MEMBERSHIP REQUIRED						
Jan 27-29/06 Fri-Sun	Mount Washington (Van. Island)	2 nights Trk/Bc/Dh	Bus/Ferry	BA 1700 BL 1730 WV1745	Quad \$200 Dble \$300	Alison Norman 604-988-9995
Price includes bus, ferry and accommodation						
Feb 05/06 Sunday	Whistler	Day Trip #2 Trk/Bc/Dh	Bus	BA 0700 BL 0715	\$30 (incl. trail fee)	Byron Mah 604-732-1047
FULL MEMBERSHIP REQUIRED						
Feb 9-12/06 Thurs-Sun	Cariboo (100 Mile House)	3 nights Track Loppet	Bus	BA 1730 BL 1800	Quad \$210 Dble \$310	Leslie Rodgers 604-521-8985
Feb 17-19/06 Fri-Sun	Manning Park (Chalet #2)	2 nights Trk/Bc/Dh	Car Pool		\$80 (2 chalets)	Mo Iqbal 604-228-9885
Feb 18/06 Saturday	Manning Park	Day Trip #4 Trk/Bc/Dh	Bus	BA 0700 BL 0715	\$35 (incl. trail fee)	Lucy Kenward 604-255-5179
FULL MEMBERSHIP REQUIRED Mary Tainsh will lead a backcountry trip to Monument 78						
Feb 24-26/06 Fri-Sun	McCullough Lake Crystal Mnt. (Kelowna)	2 nights Trk/Bc	Bus	BA 1730 BL 1800	Quad \$125 Dble \$165	Juergen Kaefer 604-437-3881
Feb28-Mar5/06 Tues-Sun	Canmore Kananaskis Country, Alberta	5 nights Trk/Bc/Dh	Air/Vans	YVR A.M.	Quad \$600 Dble \$740	Brian Livsey 604-521-8985
(\$100.00 non-refundable deposit required to reserve space at time of sign-up. Cheque must be post-dated Jan 09/2006. Balance must be paid by Jan 19/06.)						
Mar 4-5/06 Sat-Sun	Stake Lake/ Sun Peaks	1 night	Bus	BA 0700 BL 0715	Quad \$75 Dble \$95	Roy Ryzak 604-467-0091
Mar 17-19/06 Fri-Sun	Apex Nickel Plate	2 nights Trk/Bc/Dh	Bus	BA 0700 BL 0715	Quad \$180 Dble \$260	Shelley Lear 604-437-1549
(Penticton)						

BA: Broadway and Arbutus (west end of the IGA building) **BL:** Boundary and Lougheed (bus stop on Boundary, just north of MacDonald's Restaurant) **Surrey:** 160 St. exit, Park and Ride @ 103-104 Ave. **WV:** Upper Levels/Taylor Way @ St. Davids church (West Vancouver)

EXCITING INFORMATION ABOUT OUR TRIPS

Silver Star (Vernon): The Aberdeen hotel (1-800-553-5885) is a nicely painted building right in the village on the mountain. The apartments sleep 4–5 persons in 2 bedrooms and a pullout, and each has a living room, dining area, TV and full kitchen. The whirlpool in the hotel is free for guests. Note that only local calls are free; if you use your phone card, there will still be a charge. Silver Star village is very picturesque and perfectly suited for a walkabout. It has nice shops and restaurants and the surrounding houses are very colourful and built in a Victorian style. For a fee there is also a sleighride available. We will have a potluck dinner on the first night. *The skiing starts right outside your apartment if you want to enjoy the Silver Star trails. Our bus will also make 2 trips to Sovereign Lakes, if we are not able to ski over on the Gold Mountain trails. Both areas have nice day lodges and huts.*

Stake Lake (Kamloops): We are staying in Kamloops at the Best Western (1-800-665-6674). Each bedroom contains two queen-size beds. The hotel has an indoor pool, sauna, Jacuzzi and restaurant. Typically we ski at Stake Lake on Saturday and Sun Peaks on Sunday. The nearby Logan Lake trails are also an option. *The skiing at both locations features trails to fantastic lookouts. Be sure to use your day pass to ride the lift at Sun Peaks for a memorable descent on a trail called Holy Cow.*

Larch Hills (Salmon Arm): We will be visiting Larch Hills on the loppet weekend. We stay at the Holiday Inn (250-832-7711), which is across from the community centre where the post-loppet party takes place. Each bedroom contains two queen-size beds. The hotel offers a complimentary buffet breakfast. At the community center are a big pool and sauna. On the Saturday night of the loppet there is a grand buffet dinner for all skiers, usually with a local band, dancing and games. The cost for this evening is about \$12. *Our bus will transport all skiers to Larch Hills. Loppeteers will be busy waxing, racing and eating a racer's lunch. Non-loppeteers will enjoy miles of track skiing, including some easy climbing to a mountaintop hut in which to eat your lunch.*

McCulloch Lake (Kelowna): Our accommodation is the Kelowna Motor Inn (1-800-667-6133). Each bedroom contains two queen-size beds. The hotel has a Chinese restaurant, indoor pool, hot tub and steam room. The inn is situated downtown with ready access to delis, cafes and other restaurants. *Transport to the ski areas is by our own bus. Seventy kilometres of ski trails disappear into the wilderness at McCulloch Lake, where there are two day cabins in which to eat lunch, warm up and mingle with the locals. If the McCulloch Lake Resort is still operating, skiers can enjoy lunch or drinks in their restaurant. On Sunday we go to the Telemark cross-country ski area, which has about 45 kilometres of trails.*

Manning Park: We stay at the chalets in the centre of the park (250-840-8822). One chalet has 8 bunk beds and 2 queens and a full kitchen. Nearby is a big whirlpool, and the main lodge has a very nice restaurant. We will have a potluck dinner one evening. *Skiing includes a lift-serviced downhill area, lots of track skiing and backcountry skiing in the local mountains.*

Mount Washington (Courtenay): We will be staying in the Paradise Ridge condos, each of which can accommodate 6 to 8 people. Each condo is equipped with a full kitchen. We usually have a potluck dinner on the first night. *Ski from your front door to lots of new and established trails. Your trail pass entitles you to a ride on the Red Chair, which brings you to the top of the mountain. In the new day lodge you can buy meals, snacks and beverages or you can eat your own bag lunch.*

100 Mile House: We are visiting this area on the weekend of the Cariboo Marathon. We are staying at The Hills Health Ranch (250-791-5225)! Each chalet has a full kitchen and 3 bedrooms, each with either a queen-size bed or two twin beds, and will accommodate up to 6 people. We have full use of the indoor pool, Jacuzzis, saunas and cardio and weight management equipment. And for a price there are massages and other treatments. Book early for those. *Ski on The Hills ski trails (free for guests). Here and at 99 Mile House there are miles and miles of track skiing over rolling terrain and in forest, and lots of signs of wildlife.*

Canmore: We will fly to Calgary, rent minivans and drive to Canmore where we stay at the Rundle Mountain. Lodge. Most rooms have two queen-size beds and a full kitchen. The lodge also has an indoor pool and a hot tub. From the lodge we will drive to various locations. *Ski areas may include Canmore Nordic Centre, Lake Louise, Peter Lougheed Park and Mt. Shark, some of which are also great for downhill and backcountry skiing. Or visit Banff and relax at the hot springs.*

Nickel Plate (Penticton): We are staying at the Apex Mountain Inn (1-800-663-1900), which is situated at the bottom of the downhill slope. Each bedroom contains two queen-size beds, a mini fridge and a coffee maker. The inn has 2 outdoor hot tubs, coin laundry and an in-house restaurant. Nearby are a convenience store, liquor store and several restaurants and cafes. Bring your ice skates if you wish to use the outdoor ice rink or 1 km skating circuit. (Rental skates are available but sizes are limited and they are not very comfortable.) *The downhill area is just metres from the hotel. The nordic centre up the hill has a big day lodge and a great variety of long ski trails. Be prepared for a workout on these high-elevation trails.*

On all trips there is a happy hour on most days. Locations to be announced by the coordinators. BYOB, BYOF

The Vancouver Skiers Cross Country & Touring Club

Membership Application / Renewal Form 2005-06

Mail to: P.O. Box 4407, Main Postal Outlet, Vancouver, B.C. V6B 3Z8

Phone: (604) 738-6464

Membership Fees: Single - \$20 Family - \$30 Office Use _____
Early Bird, Before Oct. 31 Single - \$15 Family - \$25 Payment \$ _____ Date _____
Renewing Member(s) _____ New Member(s) _____ (check one)

Primary Member Last Name _____ First Name _____ Single Family Membership (circle one)
2 adults and all dependents (including students) at the same address. Newsletter will be addressed to the primary member.

Address _____
City _____ Province _____ Postal Code _____
Home Phone _____ E-mail Address _____
(newsletter sent by e-mail ONLY: YES _____ NO _____)

EMERGENCY CONTACT: Name _____ Tel no. _____
Check if you DO NOT want your phone number etc. published in the club list: _____

Club Member Waiver 2005-06

I HEREBY AGREE to abide by all the Rules and Regulations of Cross Country Canada (hereinafter called CCC), Cross Country BC (hereinafter called CCBC) and to participate in the events, activities and programs sanctioned by CCC and CCBC in accordance with the Associations, Rules, Regulations and Bylaws.

IN CONSIDERATION OF CCC, CCBC and The Vancouver Skiers Cross Country & Touring Club acceptance of me as a registered member of the Association, and my being permitted to take part in the Associations' events, activities, and programs, I hereby, for myself, my heirs, executors, administrators and assigns, forever release, discharge, hold harmless CCC and CCBC and The Vancouver Skiers Cross Country & Touring Club, its members, directors, officers, employees, representatives or agents.

I FURTHER AGREE to abide by the constitutional bylaws and regulations of the The Vancouver Skiers Cross Country & Touring Club. This waiver form must be signed by all members (or by a parent/guardian for members under the age of 19).

Date of birth is required for insurance purposes

1) Member Signature (1) _____ Date _____
Print Name _____ Member # _____
Home Phone _____ Work Phone _____ Date of Birth _____
2)**Member Signature (2) _____ Date _____
Print Name _____ Member # _____
Home Phone _____ Work Phone _____ Date of Birth _____
3)**Member Signature (3) _____ Date _____
Print Name _____ Member # _____
Home Phone _____ Work Phone _____ Date of Birth _____
4)**Member Signature (4) _____ Date _____
Print Name _____ Member # _____
Home Phone _____ Work Phone _____ Date of Birth _____

** (or parent/guardian signature, if applicable)