

the Skiers



NEWSLETTER

Issue #5

President Chris McPherson
VP Leslie Rodgers 521-8985
Treasurer Brian O'Dwyer 527-3991
Secretary Mary Gerry 263-9236

Members-at-large: Anna Bentley, Mary Tainsh, Lucy Kenward, Gil Sage, Jean-Yves Sauriol, Gus Kolaric
Member database: Peter Simmons 604-739-9201

Club phone: 604-738-6464

Email: bishopd@telus.net

February 2005

Backcountry chair Mike Koolen 576-9767
Touring chair Elly Brok 438-1871
Social chairs Lorna Riddell Marcia Cooley
Newsletter Dave Bishop 255-5179

Web site: www.theskiers.ca

PRESIDENT'S MESSAGE

SALMON ARM TRIP REPORT

I always look forward to our yearly trip to Salmon Arm. Larch Hills is, I think, my favourite place to ski within a sensible distance of Vancouver. The terrain is wonderfully varied, with some very pleasant outlooks over the hills to the west. The grooming is always impeccable both for skating and classic. For the most part, I use classic technique in the area. It just seems better suited to the kick and glide of classic skiing. This is largely because the very best trails tend to be narrow tracks snaking through forest, not the wide, open trails that lend themselves to skating. There are also a lot of skier tracked areas, which really are only passable using classic technique. Another of the features of the area is the great snow and moderate temperatures. Well, this year, the snow might have been not bad, but there were no moderate temperatures to be had. It was so cold, in fact, that the loppet, for the first time ever, was cancelled. In a difficult, but no doubt correct, decision the organizers decided that running a loppet in -25 degrees was not a terribly good idea.

The cancellation of the loppet really was a pity, because the Reino-Keiski-Salmi loppet is the best loppet going. It is perfect for beginner skiers, children, juniors, recreational skiers and the hardcore racers. There are distances and terrain to suit

absolutely everyone. In fact, once again this year, just over half of the skiers on the bus were planning to enter the loppet. Some were doing the 10 km, others the 18, many the 30 and quite a few were taking on the full 36 km route. Instead of racing, we ended up taking it fairly easily in the cold, with many skiers choosing to head up to Cec's Cabin, at the high point of the groomed trail system. When we did get there, it was a great pleasure to find the stove still lit and the little cabin warm and toasty. It was also awfully nice to find some of the volunteers still down at the chalet serving up the famous beef-on-a-bun, together with soup, beans and hot drinks. They must have been mighty cold. It warmed up somewhat over the course of the day, but never went much above -20. The banquet and dance went on as usual, with a new band. It was safe to say that our club had the most active dancers there.

Sunday brought snow and much warmer temperatures - a balmy -14. The skiing was terrific with some skiers doing the bulk of the 30 km loop, others heading off to Tom's Cabin and still others exploring all the short loops near the chalet. 12:30 came much too soon, but it was decided an early start was a good idea given the potentially troublesome road conditions on the way home. Indeed, the trip from Salmon Arm to Kamloops took rather

longer than usual, with traffic moving slowly in the blowing snow. Surprisingly, the Coquihalla was fine and the freezing rain in the Fraser Valley did not seem to affect Highway 1 all that much. We made it back in plenty of time.

It is a pretty safe bet that next year's race will not have the same cold temperatures, and I am sure that everyone will be back once again.

Chris McPherson

NEXT CLUB MEETING

March 1 Club Meeting
7pm @ the ANZA Club
Guest Speaker :Halina
Stepkowski of Halina's Fitness
Halina is a yoga and fitness
instructor who will be giving us
instruction on how to stretch,
relax, and tune the body for
sports, skiing and racing. Bring
a mat if you have one.

Manning Park January 7 to 9th Snowy Roads meet Fat Skis

One of the benefits of living in Vancouver is to be able to drive to the snow, ski all day and then drive home without having to deal with snow on a daily basis for 6 months of the year. However, the white-out conditions east of Abbotsford on the morning of Friday January 7 almost forced us to abandon any hopes of going to Manning Park for the weekend. Instead of subjecting our warm weather car to these conditions we hopped on the Greyhound bus and let them do the driving.

Of the 14 that had signed up to go, 12 of us made it by the Friday evening. Fresh snow on the trails, good food in the restaurant and wine in the chalet, prepared the group for the ascent of the road to Blackwall on Saturday.

8 of us ascended the road to Blackwall peak with a range of skis from light back-country to heavy duty mountaineering skis more suitable for traversing glaciers than climbing a road. Mo and Diane lead the backcountry group by followed by Marg and I. Leonie lead the fat ski group with Janet, Betty and Donna far behind. We skied the 9km to the lookout and enjoyed the spectacular view. However, the gusting wind forced us to seek shelter in the ditch in order to enjoy our lunch. Visions of hot tubs, saunas and steam baths guided us back down the road in one third the time it took us to go up.

David, Truus, Bill and Catrina enjoyed a less windy day on the regular groom trail system with some telemark thrown in for good measure.

The Saturday evening potluck had an abundance of appetizers and desserts but was a bit short on main courses as the two who cancelled were to supply some of the main courses. Nevertheless, there was enough wine and certainly enough food for all to enjoy.

Sunday saw the group split up. Four of us returned to the microwave road, some went to Fat Dog and others went to the trails. Manning has such a diversity of terrain that there is something for everyone and everyday.

Many thanks to Mo and Dianne for organizing this trip, which may have been the last Manning trip for the season, given the warm weather we had after that weekend!

Peter Simmons



Silver Star Trip

Plush is the word that a couple of us used to describe the luxurious feeling of sliding our skis through the fresh, soft snow waiting for us on the Sovereign Lakes/Silver Star trip. The thrill of these fabulous conditions did not fade because new snow drifted down during most of the weekend, and temperatures remained below freezing the whole time.

The first thing that made the trip so outstanding though, was simply getting to go anywhere. Due to Leslie's perseverance and resourcefulness at the last minute, when the 100Mile House plan was cancelled due to lack of snow, she pulled a new trip plan together in only 2 and a half days. Thirty of us jumped at the chance when she put it to us, and a special sense of gratitude prevailed through the weekend as a result.

When Mary fell and sustained a break to her humerus, her mishap further emphasized the reality of how suddenly our expectations can change for better or worse. We hope that your recovery will not be too difficult or slow, Mary and that it will bring benefits of its own.

High points for various members included enjoyable dining at the Italian Kitchen, Sir Winston's and the Eclectic Med. One member summarized a comparison of the two ski areas with these words: Silver Star was disappointing – very poorly sign posted, ungroomed, having to cross downhill runs too often and dangerously, with staff unable to give directions. Sovereign Lakes, on the other hand, was well groomed, well marked with a friendly and warm loge plus great snow conditions, so it made our trip. Another said, fabulous and beautifully groomed on Sunday when it stopped snowing.

A special moment for me was when, standing in the silence of the forest with the snow falling down I noticed the perfect little snowflakes landing on the violet coloured sleeve of my jacket. In the cold air I was able to detect one that had twelve points to it: six doubles!

In Room 327 Marion told fascinating anecdotes about her cross-Canada cycle trip and answered lots of questions for us. For others "the trip started with a giggle and ended with bellylaughs..." "it should be illegal to have so much fun." Thank goodness it's not!

Rosemary



“Where is everybody?”

When the Minus twentiesomething Team and their coach “Gradpa Frost” arrives...

TIPS FOR THE SKIER (from the Salmon Arm Loppet)

- Don't be afraid to wear extra clothes during the event. Vests are an important addition and it may also be reasonable to wear two layers of synthetic (polyester) underclothing. Balaclavas, neckwarmers and windproof briefs may be warranted also. Wear a warm hat and substitute racing mitts for gloves. Even at high level events, skiers may choose to compete with warm ups on, especially if there are long fast down hills and windy sections on the course.
- Creams, lotions and jellies can reduce the direct exposure of the skin to the air. However, to be effective they must not have water in their base. Many skiers have had success with petroleum jelly and Dermatone.
- Ski glasses/goggles can keep the wind out of your eyes, but they can also cause a "wind tunnel" effect on other parts of your face. For eye comfort, blink more often than usual. This is particularly true if you wear contacts.
- Individuals have a different tolerance to cold weather. Consider this when you make your decision on what to wear, or whether to enter the event or not.
- children have a poor ability to tolerate cold. If the skier is under 10 years of age, and the temperature is going to be colder than -10C at start time, you may choose to have them miss this event.
- Take extra care that your nutritional needs are met before the morning of the event.
- Bring extra foods and fluids to the site of the event in case there is a delay.
- Ensure that your warm up is done correctly. A skier following a proper warm up routine should be physically prepared for their event, and able to ski at the appropriate pace right from the start. Irregardless of the temperature, the "feeling" should be the same. What changes as the temperature drops is how the warm up is done to get and maintain this "feeling". Typically a good warm up increases the core temperature, uses muscles and techniques at the intensity level required during the event, and sets the appropriate arousal level without the individual being fatigued at the start. Often on a cold day the skier will cut the warm up short because they are afraid of becoming cold. The warm up should be long enough and intense enough for the skier to break into a sweat. To maintain this warmed up state, the skier needs to minimize the amount of time they are in damp or wet clothing. In these conditions a well prepared skier will put on dry gloves/mitts, underwear, hat (and perhaps socks) after the warm up and before the start.
- Due to the conditions, you should change at least your gloves and hat, and other wet clothing as well if you possibly can, as soon as you have completed the event and before you do your warm down.
- It is important to do your warm down with another skier. It is possible to be in the early stages of hypothermia, to be unaware of your condition, and to ski onto an unused part of the course to do your warm down. Remember that cross country skiers are more at risk...because exhaustion and dehydration are both strong influencing components for the early stages of hypothermia.

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	Hut or camping 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)