

the Skiers



NEWSLETTER

Issue #5

February 2006

President	Chris McPherson	pres@theskiers.ca	Backcountry chair	Bill Watt	526-5564
VP	Leslie Rodgers	521-8985	Touring chair	Gonda Duffels	437-3881
Treasurer	Brian O'Dwyer	527-3991	Social chair	Vacant	
Secretary	Juergen Kaefer	437-3881	Newsletter	Lucy Kenward	news@theskiers.ca
Members-at-large: Anna Bentley, Mary Tainsh, Gil Sage, Byron Mah					
Member database: Peter Simmons 604-739-9201					
Club phone: 604-519-7382					

Web site: www.theskiers.ca

PRESIDENT'S MESSAGE

With the 2006 Olympics now well underway, it is time to cast our eyes forward to 2010 and beyond. Four years is not so far away. The Olympics will have a profound effect on our sport and it is incumbent on us to do everything we can to make sure that the effect is a positive one. Two of our club meetings this year have focussed on the Olympics. The first, with Jon Aalberg as the speaker, gave us lots of information about the trails and the Olympics themselves. The second, with Tony Chin as the speaker, focussed on the legacy of the Olympics. It is time for us, as a club, to think carefully about what it is we want to see from the Olympics and how we can help to ensure that our goals can be accommodated.

Your executive has started to work on how the Club can contribute to the Olympics. Leslie Rodgers has stepped forward to organize volunteers. If you are hoping to be on the course helping out, then you almost certainly will have to take some officials courses. If you are interested, make sure you let Leslie know. There are any number of other ways to help as well. Again, the executive is in the process of looking into the types of ways that you can volunteer. Once again, for the prime positions you will need some experience, which can be gained at other events.

But the Olympics themselves are only part of the equation, arguably a smaller part. More important is what will be left from the Olympics. We must ask: what is it that our club would like to see? Certainly, it is clear that we want a high-quality ski area close to

home. But what does "high quality" mean? Is it challenging, race-ready trails like Canmore? Is it varied recreational trails? A combination of the two? Who will run the facility? A for-profit organization like Cypress or Manning? The government, like Whistler or Peter Lougheed Park? Local clubs, like Sovereign Lake or Larch Hills? All of these options have certain advantages. We have to give these issues thought now, not after the Olympics when the decisions will be out of our hands.

Partly because of these issues, members of the executive have recently met with members of the executive of the Nordic Racers. It is clear to all of us that the local clubs have to work together to ensure that Callaghan Valley turns out the way we want it to. The meeting was very useful, and we have come up with a number of preliminary ideas. The starting point has to be open lines of communication. Towards this end, we will be asking our members if they want to receive information from the Nordic Racers. They have offered various officials courses and have helped out in local races over the last few years and have developed a number of contacts. We are also exploring the idea of a joint membership option. That way, members of each of the clubs can fully partake in the programs offered by the other club. This is particularly sensible because Cross Country BC will be doubling their fees to \$10 per skier next year, and those who are already members of both clubs (and there are quite a few) will not have to pay Cross Country BC twice. The meeting also made it quite clear that while the focus of each club is different, there are many

ways that they complement each other. For example, the Nordic Racers do not have our experience in organizing ski trips. We do not have their experience in organizing coaching and instructional clinics. There is also some overlap. For example, both clubs went to the Cariboo Marathon this year and stayed at the Hills. Working together can obviously benefit both clubs without either club losing its separate identity.

As you can see, there is a lot going on right about now, apart from actually getting out there to ski (which is why we are all members of the club). But, none of this happens magically. You get out of the club what you put into it. There is lots of opportunity to give back to the club. One particularly good way is to join the executive. I will not be back as president next year (five years is enough for me). Leslie will not be back as vice-president. Lucy, our newsletter editor, is taking a year sabbatical to go to South America. We have not actually had a social co-ordinator all year; Mary Tainsh has "subbed in," but we need someone else to take the lead. While all of us will help in any way we can, it is time for others to step up and take over some of the heavy lifting, so to speak.

This is an exciting time to be involved in Nordic Skiing in British Columbia. I just hope all of us will do what we can to make the sport even better.

Chris McPherson

A Word from the Tour Coordinator

As you will have noticed, our touring schedule is getting shorter, there being only 6 trips left till the end of our official ski season. To date, the Mt. Washington trip is the only one that we have had to cancel and we hope to keep it that way. If any of the remaining trips appeal to you, make sure to call the coordinator right away or be disappointed when we cancel the trip. Apex sign-ups have increased, but the numbers are still not sufficient to make it a go. Call your friends and sign-up together so that we can finish the season on a high note—on the challenging downhill slopes of Apex and the scenic cross-country trails of adjacent Nickel Plate. This will be spring skiing at its best.

Gonda Duffels

OVERVIEW OF THE 2005-06 SKI TRIPS

Trip	Date	Signed Up	Max. Space
1) Manning Chalet # 2	Feb 17-19	Full	14
2) Manning Day #4	Feb 18	44	55
3) Kelowna	Feb 24-26	32	47
4) Canmore	Feb 28-Mar 5	Full	24
5) Stake Lake	Mar 4-5	40	55
6) Apex/Nickel Plate	Mar 17-19	14	47

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

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.



Spaces still available on back-country trip

Backcountry enthusiasts take note. Imagine skiing the untracked powder in the pristine mountains of Wells Gray Park in the Cariboo Mountains, staying in the Trophy Mountain chalet for 6 days and 5 nights, March 12-17, 2006.

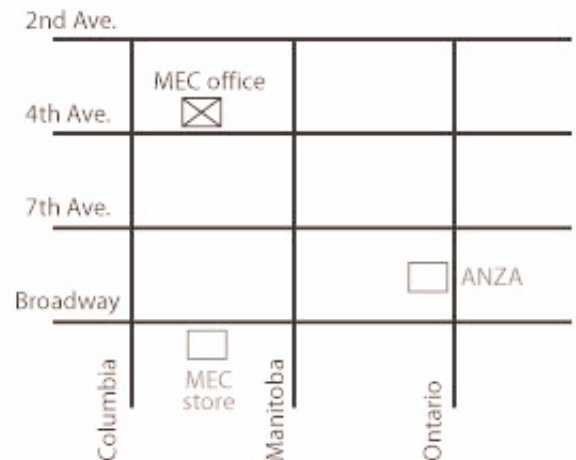
The mountains and meadows around the cabin provide a huge variety of spectacular terrain, covered in the most reliable powder snow in the province.

Join this guided, self-catered trip for the very affordable cost of \$525 per person. Intermediate ski ability necessary. Contact Bill Watt at 604-526-5564 for more information.

NEXT CLUB MEETING

Tuesday, March 7, 2006 at 7:30 PM
ANZA CLUB
 3 West 8th Avenue (corner of Ontario),
 Vancouver, BC

March's guest speaker is still a mystery...
 Check the Website for updates



Manning Park, December 10

Twenty-five of us sallied forth on December 10th to enjoy the first trip of the season. Our first suspicions were confirmed with the news that there was not enough snow around the lodge to permit skiing on those trails, so we all stayed on the bus to start from the Strawberry Flats parking lot. The next bit of news that further cramped our enthusiasm was that the North Gibson was not ready for use, but a bit of exploration by some of our members proved that it was well covered and enjoyable. And really, it was a lovely day to preen our skis and our skills. The temperatures were moderate and just cool enough to prevent melting all day; around -3 or -4 degrees. The sunlight was bright but not brilliant, so there was no glare.

I asked two questions of a dozen or so skiers on the way home to produce material for your betterment. Ahem! So here is what I learned:

Q#1. What items do you bring with you on ski trips to add to your pleasure or safety; ideas that resulted from your own particular insight or experience?

From Shelley Lear, a can of beer. She keeps it in the outer stash so that it will be nice and cold when she returns. On your honour, everyone!!

Alice Gmuier: windshield fluid to release frozen bindings. Anna B. and Lorraine Suomi: hand warmers.

Justin: a whistle.

Dorothy Simons: band-aids, change of socks.

Would you believe laundry lint?! This idea from Bill Paull, who carries with him the entire safety kit that we should all have on our persons. The lint goes with his knife and matches for tinder and I tried it out at home. As a fire starter it is really dandy because it gives a steady glowing flame.

Jan Finch: good brandy tea? (Did I get that right? Regardless, it sounds like a wonderful idea if no one has thought of it before now.)

Gillian Palejko: a compass and map. Yes, well, it is good to know that some people still know how to use them! Raymonde Jabaji: a book and a crossword puzzle.

Lesley Beleski: a thermos of coffee.

Mo Iqbal carries a rubber mask for days when the wind is too biting cold.

My contribution to this pool of ideas is a sheet of packing foam. With it I can sit down or spread my pack contents out if I need to. I picture it being useful if I have to administer any first aid too. On this day I also brought along a book to read, a book to write in, and my juggling balls since I knew before hand that I would certainly be back at the bus 'way early, not being very toned, and would need activities to absorb all that spare time. "That" is another story, but suffice it to say that Ray Leung and I were not bashful about accepting a ride from a kind

stranger. So lucky you--we're both back from the tangle of campground trails! To think that I expected the maps to represent the actual trails!

Q#2. Whilst skiing amongst all that fantastic snow that drapes itself around objects, did you notice any formations that resembled other objects?

Sightings: Some snowmen. Yes, and the group I was with noticed that one had a toothless grin. These were not hand constructed, I emphasize. Further: a huge mushroom on a wooden stump stem, pole with a mushroom on each end, long twisty modern art sculpture, shish kebabs, sea anemone, baker's hat, and a praying monk or incanting wizard. Finally from Jean Yves, and it's your guess as well as mine how he came up with it: "Christmas Trees"!

Speaking of which, I hope your holiday season was refreshing and meaningful for each of you. Having been sick forever so long, my report to this wonderful little publication is very late, but with all these neat contributions I still thought it was worthwhile.

Those of you who "do not" "see" strange and wonderful things in the snowy forests, perhaps it is just because you do not "care" enough! (Ha!) Be assured: with patience this imaginative propensity can be developed!

Rosemary Fedrau



Manning Park, January 30

It was a dark and rainy January morning, 7:00 am, and a quiet, sombre group huddled under the canopy of the office supplies store at Boundary and Lougheed. Every few minutes another quiet shadow with a strange long and narrow case over its shoulder and cup full of a steaming, dark brew in its hand would join the other figures. A soft murmur would arise and then subside as the group shifted and rearranged itself. A pregnant pause... one could hear the raindrops patter on the roofs, an occasional cough or a sigh... then again... silence. The puddles reflected the lights from the street lamps and the fleeting shapes of storm clouds overhead; circlets of tiny waves radiated to the shorelines of these mini lakes, as raindrops disturbed their shiny sleek surfaces.

A soft rumbling came in from the north and grew louder and louder, and the group stirred and came to life... Their faces became animated and their voices rose with joy. The group broke formation in a frenzy, picked up their strange cases and threw them into the innards of the great white vessel that had rumbled to a stop before them. The figures then ascended into the jaws of the vessel and could be seen no more. In the blink an

eyelid, the vessel disappeared into the southern horizon.

Yes folks, just the start of another day of skiing for the Vancouver Skiers. This time we were off to Manning Park for the day. Temperatures at the lodge were hovering around -3 or -4 degrees Celsius when we arrived and warmed up to around 0 or a little warmer depending on where you were. The sky was grey for the better part of the day, with an occasional patch of blue sky and a glint of sunshine to keep us hopeful.

One group of skiers started skiing from the lodge, while another group decided to ride the bus to Strawberry Flats and start skiing from there. Snow conditions were very good for classic skiers, while those who were skating would probably have liked the snow a little more compact. I don't think I heard anybody complain... we were all so happy to have snow to ski on. If you paid close attention to the trails, you would—that is, if you didn't blink—see a turquoise toque whiz by with our Jean-Yves underneath it, working his magic on his skate skis, and Lucy Kenward, gliding by with her customary grace. Brian Livsey, our gallant White Knight, saved the day for one hapless skier who had forgotten her ski gloves on

the bus, by offering up his own. He then offered some very useful advice on skating technique to the same grateful and increasingly exhausted skier.

The highlight of the day for some skiers was to take the lift up to the cafeteria at the downhill area for lunch, whereas, for others, the highlight was to finish the day with a brew at the lodge (right, Shelley?).

After lunch on the bus, I decided to do some classic skiing on my own and relish the scenery and solitude. The North Gibson trail was in great shape. After seeing no one for quite some time, I met Guy and Donna and had a very nice conversation with them as we skied together... that is, until I realized that they were not on the bus with me and it was getting close to the end of the day. I bid a hasty adieu and then remembered that Brian L. had said that on a good "skating day" it takes only 15 minutes to ski from Strawberry Flats down to the lodge. Well, I can attest to the fact that on a good "classic day" at full-out speed, it takes exactly 22 minutes. I was only 10 minutes late. And now you know why I wrote this report.

Gonda Duffels

Waxing on the wane?

The Economist ran an article in its December 14, 2005, issue suggesting that ski wax may not make for faster skis. For skiers who talk ad nauseum about wax, lack of wax, improper wax, applications of wax, etc., this allegation amounted to heresy. For the record, here's a summary of the findings.

"A study by Leonid Kuzmin, a former cross-country racing champion turned ski coach who is now a doctoral student at Mid-Sweden University, concludes that for runs of more than a couple of hundred metres, the presence of ski wax slows the skier down. Admittedly, Mr Kuzmin's research was conducted on cross-country skiers, but he believes it will prove true for downhill racers as well.

The way in which a ski slides over the snow boils down to the way in which friction between the base of the ski and the surface of the snow melts that snow, transforming it into a thin layer of water. The ski then floats across this layer. Indeed, snowboarding, ice skating and sledging also rely on this principle.

The depth of the water layer is crucial. If it is too thin, which can happen at very low temperatures, the ski sticks. Skiers typically try to overcome this friction by applying hard wax. If it is too thick, which can happen at warmer temperatures, it can create suction that makes it harder to slide over the water layer. To avoid that, skiers typically apply soft wax.

The base layer of modern skis is made from a substance called ultra-high-molecular-weight polyethylene. This fantastic plastic has molecules far longer than those of regular polyethylene, and these molecules are, in addition, packed tightly into a crystal structure rather than being scattered at random. The result is a tough material that has a low coefficient of friction—comparable to that of Teflon—and is highly resistant to abrasion.

In fact, Mr Kuzmin suspected that this material was so good that waxing it was no longer necessary. He therefore decided to conduct experiments with waxed and unwaxed skis. He commissioned a few pairs of transparent skis that a volunteer took out on to a test slope. That done, he examined the skis and found that those

treated with wax attracted more dirt than the ones that were unwaxed.

Moreover, Mr Kuzmin also recorded the speeds the volunteer reached while gliding down the test slope. He found that after distances of just a couple of hundred metres, gliding on unwaxed skis was faster than on their waxed counterparts."

Remember that Mr. Kuzmin tested only the glide of waxed and unwaxed skis. Kick wax is still essential for providing grip to push off and climb hills. Furthermore, Mr. Kuzmin's detractors question his research on two counts. First, as most skiers know, how well the bases are prepared has a strong bearing on how effective the wax is. Some argue that Mr. Kuzmin may not have properly prepared the bases of his test skis. Second, it seems likely that Mr. Kuzmin used skis with non-sintered bases, which are known to be less effective at holding wax than more expensive extruded bases.

Thanks to Helen Gowans and Howard Fluxgold for passing along this article.

Larch Hills Adventure, Jan 14

The story of the Salmon Arm loppet, one of the most friendly and popular loppets of all, sparking excitement for both racers and spectators and generating a strong sense of community spirit by the many welcoming volunteers, has been told. But while our 19 loppeters raced the day away, the rest of the group of 12 planned their play. And this plan could be decided leisurely, as we arrived later after the frantic start and rush of the race. It was going to be a relaxing day, we thought.

Having viewed the complicated waxing tips for the race the night before, with a temperature range of -2 to 0 to +2 or more, including questionable fresh snow, we knew that waxing was going to be a challenge. Questionable fresh snow is fresh snow after several hundred skiers have skied over it in a short time. At least we didn't have to worry about speed and could take our time. After deciding on violet with a bit of hard and a softer gooey red added and avoiding klister, I joined the group with my wax skis. I suspected that the day was going to be an experience that would be remembered.

Our plan was to make our way up to Cec's cabin, which is a beautiful rustic log cabin at the summit of Larch Hills and a perfect place for a cozy warm lunch.

It is a very popular meeting place and usually someone has started a fire in the stove there. We had several new members along; and we wanted to introduce them to this lovely romantic place with back-country atmosphere and beautiful snow. All went well for the first half hour, though some of us had little kick and stopped to add klister. As we started to climb, we started sticking with great grip. My grip wax began to act like a very strong glue, which made it tough to scrape off the caked snow. About halfway up we had to cake walk our way with absolutely no glide. There was one lucky person with no sticking, with well silicone-treated scales, but had no kick and slipped back.

When we finally reached the cabin, we all had our stories to tell and a waxy conver-

sation followed. Even the no wax skis with scales got paraffin. I was beginning to wonder how long it was going to take to get back with all this cake walking.

After a leisurely lunch, we went down the Skyline Trail. It was well groomed and tracked and had been well used in the race. By afternoon the snow was beginning to warm to a very soft state, not quite slush, but demanded a strong snowplow. All this wet snow is unusual for Larch Hills, as the snow is usually quite superb, especially on the trails around the cabin. Almost always there is fresh falling snow. It was a relief that we were gliding again and made our way down, having



another break at the lower chalet before setting out again.

We were impressed with the leftover huge baron of beef which had been provided for the racers being loaded and taken away. We only had a look. Even though we hadn't been in the race, we had been offered Gatorade, oranges and water on the trail. We were made to feel welcome. There was only a small stretch where we had to watch out for loppeters, and the loppet was finished by our return time. In fact, we would have liked to have been a part of the excitement of cheering the racers on their way, but we saw only a few during the race.

The day of skiing went quickly and soon all the problems of the day were soaked away in the hotel hot tub. After a rest, we attended the banquet with buffet and

dancing with a great live band, a real treat. The club was well represented, filling two tables. It was nice to see the little ones literally jump starting the dancing. Our loppeters had enough energy to join in the fun. Everyone seemed to enjoy the dancing and there was some lively group dancing, too.

The delightful bonus of the weekend was our visit to Stake Lake. We stopped on the way, where good snow and sunshine prevailed and enjoyed a good day. By vote, we decided to visit Stake Lake again on the return, and we were very happy about the fabulous snow conditions with -3 and a blue wax day with sunshine.

Everyone had a wonderful glide with wax or scales.

Stake Lake is next door to Lac le Jeune and has a beautiful network of trails offering a real Bonanza for skiers. For some, trails like Ponderosa, Hoss, Sitting Bull and Little Joe have a nostalgic significance. Stake Lake has something to offer everyone. Beautiful landscapes and wildlife can be seen. I talked to someone on the trails who saw a mother moose and calf in the area. Stake Lake, a snow pocket, gets a reasonable amount of snow even in a bad year. It is usually always well groomed after fresh snow. We talked to the groomer, who had been up at dawn in order to groom around the lake and

was now enjoying a ski. Skiing at Stake Lake on the way home beautifully capped the weekend.

A trip to Salmon Arm is always a lot of fun regardless of snow conditions and it is always a great weekend. It offers excitement and competition for the racer as well as relaxation and enjoyment for the recreational skier.

Many thanks to Chris, for leading this trip. It was a shock to get back to a grey rainy Vancouver when the trip had to become only a nice memory.

Mary Gerry

VANCOUVER SKIERS TOURING SCHEDULE 2005-06

DATE	TRIP	DETAILS	TRANSPORT PICKUP	COST	CONTACT
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	McCulloch 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

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.*

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.*

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



Call for Volunteers

Our club is built on volunteers. If you have attended the wine and cheese, participated in a trip or been to one of our meetings, you've appreciated the time and energy that our volunteers put into this club. When you read the newsletter, either in print or on the Web, you're enjoying the efforts of many more people. Consider volunteering some time to the club yourself.

Chris McPherson will be stepping down

as president, after five years at the helm, to focus his energies on his other great passion, rowing. Leslie Rodgers will also be stepping down as vice-president to pursue her lifelong dream of working with the Norwegian men's cross-country ski team (if only as a World Cup or Olympic volunteer). And Lucy Kenward will be forgoing winter altogether next year (silly girl!) to go gallivanting around South America on two wheels, leaving a need for a newsletter editor. And we're still looking for a social coordinator.

If you have an interest in one of these positions or any other (leading a trip, becoming a member-at-large), please let us know. We don't bite and we're always happy to have new ideas and new energy.

And while we're on the topic of club activities and volunteers, mark *Friday, April 21* on your calendar. That's the date of our annual general meeting and year-end potluck at the Sunrise Community Centre. More details to follow in the March newsletter.

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)