

# the Skiers



## NEWSLETTER

### Issue #4

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### January 2006

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## PRESIDENT'S MESSAGE

So, we start the season with the best snow in memory, then we end up with 27 days of rain (not even breaking the record!) and virtually no snow left at Hollyburn. Now, according to the Cypress Mountain web site, it is madly snowing again and all the trails are open and allegedly in excellent condition. Very odd. While the veracity of the Cypress Mountain web site awaits a personal inspection, we can only hope that the weird weather is over for this year and we can get back to a sensible amount of rain, reasonable temperatures and plenty of snow where it belongs--wherever we ski.

Despite the weird weather, we have had a number of very successful trips thus far. The first Manning Park trip could have had better conditions, but the last two (the January one replacing Whistler) was more than acceptable. Sun Peaks was apparently splendid, and last weekend at Salmon Arm and Stake Lake had its moments as well. If the current trends continue, then our upcoming trips should all be great. Manning Park reports all trails being in "excellent" condition. It is snowing at 100 Mile House and at McCulloch Lake and Telemark. Nickel Plate describes the ski-



ing as "great." Twenty centimetres of snow has fallen at Peter Lougheed Park, near Canmore. The only question mark is Whistler, which can be described as sort of open.

To take advantage of all this skiing, all you need to do is sign up for one of our trips. Most still have room, though Cariboo is sold out (a waiting list is avail-

able). Remarkably, there is still room for our Manning Park Chalet trip. Given how much fun that weekend always is, I encourage you to pick up the phone and contact Mo. Two nights in the chalet and all the skiing you could want--what could be better? You can track ski, downhill ski or backcountry ski, and then come back to the lodge and enjoy the hot tub, shower and a sure-to-be-yummy potluck dinner.

Then there is the Kelowna trip. McCulloch Lake is a lovely bit of ground. The trails twist and turn through the forest, sort of like the trails at Larch Hills. Telemark is a rather different kettle of fish--lots of wide, well-groomed trails, great skating terrain. If that weekend doesn't work, then you should certainly consider our last trip of the year--Nickel Plate in March. These high-altitude trails are some of the best in the province. Many are challenging to be sure, but the impeccable grooming and fresh mountain air is truly spectacular. We are staying at Apex resort, so downhill skiing is another option.

I hope to see you out on a trip soon.

*Chris McPherson*

## World Cup

Leslie and I were 2 of the 4000 plus spectators who turned out to watch the second-ever World Cup Nordic races held in Canada at Sovereign Lake in early December. We met a number of people we knew from around the province, but were especially delighted at the number of youngsters—many Jackrabbits and junior racers—who were in attendance. The course looped through the stadium 3 times per lap, and with the men racing 8 laps and the women 4, there were always skiers to watch. (Inside of 6 laps, the frontrunners had already overaken the stragglers.) Later in the day we skied to a number of vantage points on the course where we could watch the skiers climbing and descending hills and negotiating the corners.

## Silver Star, December 15-18

We departed on Thursday evening under favourable conditions, and Gonda's capable leadership. The road was mostly bare, at least the parts I saw while I was awake. The Okanagan Connector was bypassed in favour of the Kamloops route due to dense fog. Later we found out that one of our new skiers, who shall remain nameless, missed the bus, by waiting at the corner of Broadway and Arbutus and not seeing it in the IGA Marketplace parking lot. Never mind, this individual caught an 11:30pm Greyhound to Vernon and then the Silver Star shuttle, and then located the rest of us at the Lord Aberdeen Lodge.

Elizabeth and I had the privilege of staying in the party room. Next morning, temp. -9C, under overcast skies we headed for Sovereign Lake. The track was fast, as there was no new snow. Some stayed at Silver Star to downhill or cross-country ski there.

The excitement was infectious. With the flags and cowbells, the direct satellite feed to Europe, and announcers who lapsed from English to German or Norwegian or Swedish in mid sentence as they followed the leaders, there was a real sense that this was a world-class event. And as Beckie Scott worked her way up from her seeded position of 20th to the front of the pack, the cheering could be heard all over the course. She is still riding that wave. As of today she has picked up her fourth metal, and is sufficiently famous as to be recognized in the Revelstoke Tim Horton's. Could it get any more Canadian than that?

But the best was yet to come. After the race, 98% of the spectators went home. The rest of us donned our skis and went back out to try the course. After racing 30

On Friday night we had our traditional potluck dinner, with lots of good food and drinks. Wilf, our bus driver, brought a delightful dish of chicken and broccoli in cheese sauce. Living with a strict dietician, THIS was my opportunity to dive in and devour a mountain or two.

Saturday was a sunny day, -7C. Again we headed for different areas. Some of us took advantage of group ski lessons, both classic and skating. In the evening there was a welcome and well-attended happy hour in the party room.

Sunday, alas, was departure day, with just a short time to ski. Again the day was sunny, the tracks fast and the company great. We had an uneventful journey home, again via Kamloops, with a short stop there, sitting drowsily watching "My Fair Lady" on TV.

Thanks again, Gonda, for another great Silver Star trip.

*Alex Bernikoff*

km in 1:18 (men's) (including 8 sets of White Elephant and the Montezumas), the entire slate of racers was back on the course to cool down, test wax, stretch their muscles and strategize. We skied, gawked and marvelled as the best men and women nordic skiers in the world zoomed past us in all directions, working on their finish sprints, and picking the best lines in the curves. Everyone was smiling and laughing and chattering back and forth in ten different languages.

This was without a doubt the most exciting sports event I have ever witnessed, and I would encourage anyone who skis to attend an international event if they can.

*Brian Livsey*



"Skiing without wax is like biking on flat tyres" A bit of wisdom from Hans Gmoser, while skiing at Mount Assiniboine. *Cartoon by Alex Bernikoff*

## NEXT CLUB MEETING

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

Nordic Racers President Tony Chin will give a slide presentation and talk about volunteer opportunities for the 2010 Olympics and the future of cross-country skiing in this region. He will also explore ways our two clubs can cooperate to preserve the sport.



## A Word from the Tour Coordinator

The ski season is well underway and it may turn out better than we had expected, for while it has been raining here on the Lower Mainland, it has been snowing in many of the areas where we plan to ski.

Unfortunately, because of poor sign-ups we had to cancel the trip to Mount Washington. Don't let this happen to any more of our trips. The Manning Chalet trip in February still has 11 spaces. Those who have been on this trip before say that one of the great things about it is that you have a chance to get to know your fellow skiers a bit better and also that it is so

inexpensive! Then the Manning Day Trip that overlaps the chalet trip in February has room for another 23 people...where else can one get transportation, trail fees and a full day of skiing for the low, low price of \$35.00? Get together with your friends and let's fill up this trip!

Those of you who went to Stake Lake/Sun Peaks will know what a bargain this trip is, and the next trip (March 4-5) promises to be even better, as those who skied there this past weekend after the Salmon Arm loppet will confirm. There are still 27 seats left...phone Roy Ryzak at 604-467-0091 and sign up. Don't force us to cancel this trip!

The last trip of the season to Apex Mountain is in danger of being cancelled if we do not sign up at least another 25-30 people. This trip leaves early on the Friday morning so that we can get in an extra day of fine spring skiing. For those of you who are interested, there will be a World Class competition for some type of downhill skiing during our stay there, and you may wish to witness some of the fast-paced action.

March will be here before you know it and then the ski season will be over for most of us...so sign up now and don't be disappointed.

*Gonda Duffels*

## OVERVIEW OF THE 2005-06 SKI TRIPS

Trip	Date	Signed Up	Max. Space
1) Manning Chalet #1	Jan 20-22	Full	14
2) Manning Day #3	Jan 21	40	55
3) Mt Washington	Jan 27-29	cancelled	47
4) Whistler Day #2	Feb 05	Full	55
5) Cariboo Loppet	Feb 09-12	42	47
6) Manning Chalet # 2	Feb 17-19	17	28
7) Manning Day #4	Feb 18	37	55
8) Kelowna	Feb 24-26	32	47
9) Canmore	Feb 28-Mar 05	Full	24
10) Stake Lake	Mar 04-05	28	55
11) 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.

## Manning Park, December 27

The smallish group of 26 who kept the faith and boarded the December 27 bus to Manning Park were rewarded with the South Coast's only oasis of decent cross-country snow. The dozen of you who pooh-poohed the trip due to concerns about conditions missed 7 cm of fresh powder. Strawberry Flats and the Campground Loop were great fun, and South Gibson was pretty good too. The bonus was periods of pure, pristine silence, as fewer than a dozen other people were on the trail system with us. The day was so successful that Justin, Chris and Leslie drove out two days later for another ski. Manning pulled a save for the Christmas week.

*Leslie Rodgers*

## Lost and found

*On the December Silver Star trip:*

1 35mm camera

Call Gonda at (604) 437-3881.

*On the Stake Lake/Sun Peaks trip:*

1 red knit toque with a large flower embroidered on it

1 navy blue blow up neck pillow

*On the January 2 Manning Park day trip:*

1 black fleece vest found

Call Anna at (604) 987-8956.

## 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.

## Manning Park, January 2

The first club trip of the year on January 2 was an adventure to a winter paradise of white compared to local ski areas. Little did I know that another warm Pineapple Express was sneaking along with me on my return from Hawaii just before Christmas. Warm weather and rain resulting in a big washout closed down the Whistler cross-country trails completely for a second year in a row; and this meant extra work for our tour leader, Su-Laine Yeo, who organized the transfer from Whistler to Manning, notifying everyone well in advance. After herding 40 enthusiastic skiers on board the bus, she turned the trip over to Anna, having to go home sick. We regretted very much that Su-Laine, a great tour leader, had to miss this beautiful day but we appreciate all her efforts.

For the first ski of the year, we were greeted by reasonable snow, well-groomed runs with all runs finally open, and lovely warm sunshine. A number of

## Stake Lake/Sun Peaks, January 7-8

Our fearless leader, Gil, announced to the entire bus of 55 skiers that the last person onboard on Sunday would have to write the trip report. Well, I was last person by nanoseconds, but I would like to make it clear that I was not actually LATE.

Saturday morning was an early departure from Vancouver with a full bus. As Gil remarked, "It's easier to count heads when there are no empty seats." The roads were clear and we made good time to Stake Lake, with a brief stop in Hope for coffee and food. We were very lucky to have fresh snow at Stake Lake--they had not been grooming prior to our visit, due to the low snowpack. An added bonus was the lack of motorcycle races on the lake, as the ice was not strong enough. We enjoyed a wonderful, peaceful day of skiing with temperatures around -2.

Many people took advantage of the hot tub and indoor pool at the Best Western in Kamloops to relax after skiing. Thank you to Mike and Mary Gerry for hosting the "happy hour." This is a nice tradition in the club--it's a good way of connecting with old friends and welcoming new members. Most people took advantage of the buffet special served in the garden lounge, and retired at 9:00pm.

Sunday morning was a little colder than Saturday, but with a promise of sunshine and reports of fresh snow overnight at Sun Peaks. Another early morning depar-

skiers decided to ski up from the lodge, even though it was reported that the lower runs were far from perfect. Although initially the trails were icy hard with a few stones showing, we were soon skiing well-tracked trails at comfortable temperatures of about +2, with views of snow-laden trees and snow-covered lakes that were still not safe enough to venture out on. But snow had finally come again here after rain. Being a Monday and being at the end of the holiday, we almost had the park to ourselves.

The time went very quickly as we attempted to burn off all those Christmas calories, kicking and gliding into New Year's resolutions. I was beginning to feel sturdier ski legs with this second outing after a long pause due to a broken shoulder. Anyone who has had an injury knows that it takes time to get back into the groove again. I had to remember to take it easy and not pick up too much speed on the downhill. The positive effects of cross-country were soon being felt, and

ture (8:00am) saw us arriving at the mountain around 9:00 and quickly dispersing on the trails. Some of the group took the chairlift up and skied down to the lake. By all reports this is a great trail, not too difficult and with gorgeous views. Other people (myself included) followed the sometimes confusing trail network to the cabin at the lake. We stopped briefly for lunch and met the local dogsled teams, which offer rides on a commercial basis. The dogs were smaller than normal, and the handler said they were "Alaskan" rather than "Siberian" huskies. The dogs obviously enjoyed their jobs and were jumping up and down, eager to get on the trail.

We only started adding Sun Peaks to our itinerary a few years ago, and it is a great area to ski. There is a good network of trails, frequent grooming and a nice,



memories of the previous injury began to fade.

Towards the end of the day, some of the group skied down to the lodge to get snacks and socialize while others boarded at Lightning Lake. Anna did a great job of organizing this jovial group and we departed for home around 3:15. After a good day and about 5 hours of skiing, we left Manning and returned to rain and a very grey Vancouver.

This trip was a good way to start the New Year, with some healthy kick and glide, getting together with old friends, and meeting interesting new members such as a couple who have come to Canada from Russia and were making their first trip with the club.

It was easy to see from the smile on everyone's faces that Manning Park is a great place to ski. What better way to start the year--and in sunshine, too!

*Mary Gerry*

warm cabin for a lunch stop. If it's a clear day, there are very nice views of the valley. The local ski patrollers told us that they approached the mountain operator a few years ago and suggested that they lower the cross-country trail fees to compete with other areas, and they did! Fees are currently \$10.29 per day for adults, with a discount for seniors. The local skiers also suggested using the fire breaks (built to contain last summer's forest fires) as new ski trails. There are lots of nice bars and restaurants in the village area, but our 1:30pm departure precluded any sampling of the local brews.

After a quick stop in Kamloops for lunch/supper, we enjoyed a very funny British film, "Saving Grace," on the way home (highly recommended). Thanks to Anna Bentley for choosing the film. It's very difficult to please 55 people.

Many thanks to Gil for his efficient organization. Due to a knee injury (I had no idea that fly fishing was that dangerous), Gil was unable to ski, but he still came along on the trip to look after us.

This year has seen a disturbing trend of coordinators being unable to ski due to illness or injury--first Anna at Manning Park, then Gonda at Silver Star, Su-Laine at Whistler and now Gil at Stake Lake. I hope that we have better luck for the rest of the season!

See you on the trails ...

*Shelley Lear*

## Salmon Arm, January 13-15

"Bloody hell--I am tired". That is about all I could think as I slogged my way up Skyline trail during the 30 km loppet at Larch Hills. The lack of snow locally meant that I had not done nearly as much skiing as I had planned to do before the race. But then, neither had many people. Even so, once I accepted that no records were about to be broken by me, I just settled into my pace and skied. By the end I was tired to be sure, but had quite enjoyed the course. That is the way it is at the Reino Keski Loppet. It is a loppet for everyone, no matter how strong a skier. I believe that the youngest skier was 2 and the oldest something like 78 (our Keith S. and Magnus B. not being far behind!). As in the past, I chose the 30 km course because it traverses some of the best trails at Larch Hills. The climbs are long, but what goes up must come down, and the flight down from Cec's Cabin on Panorama and Baby Moonwalk trails is worth every moment of that climb.

The scheduling for this year meant that for the early part of the race, the skiers doing the 30 overlapped with some of the kids doing the 6 km course. It was quite fun skiing along with the 6 year olds who were doing the course with their mums, dads and grandparents. The finish was as exiting as ever, with racers of all speeds

congregating after their race. As with the other times I have been there, the work of the volunteers truly impressed me. It seems as if the whole town comes out to help. There are loads of volunteers along the course, at the finish line and at the banquet later. We had lots of skiers in the loppet. Well over half of the bus went in one of the distances, with several doing the whole 36km competitive course. We had two top three finishes: Mary T. in the women's 50-59 and Magnus B. in the men's 70-79. Lucy K. was the fifth finisher overall in the recreational 30 km.

Where one places in the loppet is really besides the point for this race. It is just a great experience--nearly 400 skiers of all shapes and sizes, wearing everything from skin-tight lycra to blue jeans line up for the start. The contenders rocket off at the sound of the gun, double poling at an astonishing rate along the flats before the set tracks begin. The rest filter in behind, a little less urgently. After the first wave goes, the skiers for the 30 km line up. It was sort of funny, unlike the 36, where the favourites jockey around at the start so they are right at the line for the gun, no one in the 30 seemed terribly keen to put their binding on the start line. Unlike the frantic pace at the first gun, the gun for the 30 heralded sort of a general meander to the first turn onto the course. The first hill sorted out the field, and then every-

one just trundled along at whatever pace was theirs for the day.

Cookies were consumed at the aid stations. Chatting with the other racers was mandatory. Still, the race is a challenge, particularly in the conditions. To describe them as a waxing challenge would be an understatement. The 30 km course was almost impossible to wax for. It went from the very bottom of the trail system, with klistor conditions, to the top, where the snow had not transformed. The result was a lot of stopping by those who had used klistor, to scrape the snow off the skis. Waxless was definitely the way to go for that race, and I was very please I had chosen my fish scales for the race.

After all the excitement of the race, we spent Sunday at Stake Lake. There had been a bit of new snow and the temperatures were a few degrees below zero in lovely sunshine. The conditions were truly excellent, and all the skiers were pleased that we had chosen Stake Lake instead of a second day at Salmon Arm. Many of us focussed on relaxing and doing a moderate amount of skiing under that rarity--blue skies. It was a great counterpoint to the hullabaloo of Saturday. All in all, another terrific loppet weekend.

*Chris McPherson*

## Rogue's Gallery: Sun Peaks (I) and Black Jack (Kootenays) (r)



## VANCOUVER SKIERS TOURING SCHEDULE 2005-06

DATE	TRIP	DETAILS	TRANSPORT PICKUP	COST	CONTACT
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					
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	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)

### Monument 78

Rating: Moderate

Length: 1 km one way

Elevation change: 200 m

Upon leaving the Monument 78/83 parking lot, the fire access road remains level for the first 1 km. After crossing the first bridge, which spans the Similkameen River, you reach a fork in the road. The Monument 78 trail is to the right.

Keeping to your right, and shortly after crossing the Similkameen River, the trail crosses the Chuwanten River. You have to take your skis off here, as this is narrow. From this point the trail gently climbs through a beautiful lodgepole pine forest. At 3 km you come to the Monument

78/83 junction, stay right for Monument 78.

Farther along, at 5 km looking to the left, you can see where areas of the hillside were logged in 1972. These logging licences were granted prior to the park's creation. This is an open area so the views are excellent. As the trail follows Castle Creek up through the valley bottom you will see Windy Joe and Frosty mountains to your right and Mount Winthrop, which is in the US, to the left. Looking ahead, Castle Peak can be seen in the distance, and at 8360 ft, it is a prominent summit in the Cascade range.

If, A VERY BIG IF, we reach the campsite at Castle Creek it is .5 km to the monument, erected at the Canadian/US boundary. Just out of the camp you will

witness what enormous destructive potential an avalanche has. The snow slide occurred during the winter of 1996-97. Do not worry, we are not below avalanche-prone slopes and will probably not reach this viewpoint on a day trip.

Light touring skis are necessary, or a separate snowshoe trip can be organized. Please refer to the January newsletter for additional information on this trip and call me if you are interested. But first, make sure you are signed up for the Manning bus coordinated by Lucy Kenward.

For more details, contact Mary Tainsh at [tainsh@interchange.ubc.ca](mailto:tainsh@interchange.ubc.ca).

*Mary Tainsh*

## 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.*

**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

### \*\*\*NOTE: Updated policy on illness and injury\*\*\*

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, the club will refund 50% of the cost. In exceptional circumstances, the executive will consider a greater refund. If a trip has been cancelled, your post-dated cheque will be destroyed.

# 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)