



Parkland Cross Country Ski Club

Volume 29 Issue 4

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All members and guests are invited to submit articles and photographs of their favorite trips, tours and skiing activities. Contact Editor Terry

Special Points of

Interest

◆ **Mountain Tours**

◆ **Tour Guidelines**

◆ **Newsletter Cartoons**

◆ **NEW NEW NEW**

Club T Shirts

Please see pages 5

Our mission is: To enjoy, enhance, facilitate, and to promote cross country skiing.

Editor's Note: *this month's edition has been reduced in size to accommodate website and software upgrading.*

Here are 13 ways to help you know what you should do when out in snow. The steps to learn are very clear since COURTESY'S the keyword here.

1. Assess your ability, then select a trail. Doing it the other way round can cause a lot of grief.
2. They may be man's best friend, but please leave your dog at home. What they add to the trail is seldom appreciated.
3. Walking, or snowshoeing on trails never gains you any popularity, and may cause others grief.
4. Always pass to the right of an oncoming skier, head-on meetings can hurt.
5. Skiers going uphill yield to downhill skiers (the latter don't have much choice!). When overtaking another skier call out "Track." Please proceed only after the skier in front has stepped off to one side.
6. Remember your garbage is your personal property, so keep it with you at all times.
7. Fires do make nice holes in the snow, which is why it's best to build them in designated fireplaces.
8. Maintaining and improving the condition of the track goes over very well with those who follow you.
9. If you find an obstruction on the trail try to mark it in advance, then inform the authorities.
10. If you fall, don't lie there and enjoy it, move yourself and equipment to one side and try to fill any holes you made.
11. Experts please beware of the slower skiers. It's no fun being run over, so wait for a clear trail and a safe "run-out" from downhill sections.
12. Squeeze plays on narrow trails are best avoided, one at a time is the rule.
13. Finally, if you see a fellow skier in need, resist temptation ... and stop to help.

Parkland Ski Club Monthly General Meeting

Tuesday, January 08, 2007 7:30 PM

Kerry Wood Nature Center, Red Deer

PARKLAND SKI CLUB EXECUTIVE 2007 / 2008

President: Don Wales	343-2937	donmarie@telusplanet.net
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TOUR LEADER CONTACT LIST

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For Memberships, Please contact Claude Sam at our monthly meetings or at 342-2069

2007/2008 MOUNTAIN TOUR SCHEDULE

DATE	LODGINGS	TRIP/DESTINATION	TOUR LEADER	MAX # TOURERS	LEVEL	COST PER NIGHT
Dec 7/8	Castle Mt.	Egypt Lake	Don Wales	10	Intermediate	\$18.00
Dec 14/15	Ramparts Cr Hostel	Nigel Pass	Steve Irwin	12	Strong Beginner	\$18.00
Dec 29/31	Steves and Sandy's Canmore	Mt. Shark Goat Creek Minnewanka	Steve Irwin	14	Open	????
Jan 4/5	Ramparts Cr. Hostel	Tour Leader Refresher	Brian Davies	12	TLS only	\$18.00
Jan 11/12	Mosquito Cr. Hostel	Molar Meadows	Steve Irwin	12	Strong Beginner	\$18.00
Jan 18/19	Castle Mt. Hostel	Spencer Road Show	Mike Spencer John Duke	20	Open	\$18.00
Jan 25/26	Steve's and Sandy's Canmore	Fondue Foray Lougheed Prov.Park	Marilyn Strilchuk Frank Weber	14	Strong Beginner	????
Feb 02		Bob Johnstone Red Deer Lopet	Contact Don Wales to offer your help.			
Feb 29 Mar 2	Steve & Sandy's	Lake O'Hara Fire Rd	Steve Irwin	14	Open	
Feb 22/23	Ramparts Cr. Hostel	Ski to the toe of the Saskatchewan Glacier	Brian Davies and Family	20	Strong Beginner	\$18.00
March 14/15	Ribbon Cr. Hostel	Annual Family Fun Trip	Jenni Duke John Duke	20	Families but all welcome	\$18.50 SINGLE \$55 FAMILY OF 4
March 14/15	Castle Mt. Hostel	Paradise Valley	Marilyn Strilchuk Frank Weber	12	Strong Beginner	\$18.00
March 29 to	Campbell	Campbell Icefield	Mike Spencer	5 spots	Open	????
April 5	Icefield Chalet			left		

As in the past years, the cost for each tour will consist of the **cost of accommodation** per night as noted on the tour schedule below plus \$9/weekend for safety equipment. **For tours longer than a weekend, the additional fee for the satellite phone is \$5/day..** There is a charge of \$2.50/day for an **approved avalanche beacon**, and \$1/day for an **approved snow shovel** should you need to rent these items. The passengers share **car-pooling costs**. The driver's share consists of the use of his car and the driving. There is an additional cost for staying in the National Parks backcountry whether in huts or camping of \$9.80 per night unless you have already purchased an annual **Wilderness Pass**. Such passes can be purchased at Park information centres or the Alpine Club in Canmore. It is recommended that you purchase such passes for \$62.40 at the ACC as 40% of the cost is allocated for ACC hut maintenance and improvements..

Good preparation is important

- Undertake pre-season conditioning and training.
- Warm up and stretch before the day's skiing.
- Novice skiers should undertake ski instruction which emphasises proper functioning of equipment and teaches proper falling techniques.
- Establish the snow conditions and take them into consideration, along with your skill level, before skiing.
- Seek professional advice when choosing equipment to suit your cross-country skiing activity, skill level and size.
- Choose boots relevant to your cross-country activity eg, touring, racing or skating. Boots should fit well, be durable, as waterproof as possible and provide thermal protection.
- Keep equipment in good working order.
- Waxing of skis, tread pattern on non-waxing skis, snow conditions and tracks are important factors in reducing injury associated with slipping or falling. Wear suitable clothing, including hat and gloves, to protect against variable weather conditions.
- Eyewear that gives ultra-violet protection and a sunscreen with a high SPF should be worn, even on cloudy days.
- Increase safety with sound techniques and practice
- Read and practice the safety recommendations in the SnowSafe booklets. This is particularly important for those intending to ski tour.
- Keep an eye out for hazards such as deep tracks, ruts, iciness and sharp bends.
- Be aware of, and adhere to, skiers' courtesy and safety codes.
- Do not ski off formal ski trails and never ski alone.

TO SIGN UP FOR A MOUNTAIN TOUR:

- You must be a club Member in good standing. Your cross country skiing experience, skill and personal fitness must be sufficient to meet trip requirements. Bookings are accepted by tour leader
- Trip Fees must be paid at least 15 days prior to the trip. **The cancellation period is 15 days for all trips. Additional fees are \$9/weekend for the club slush fund and statellite phone.** Note that there is no daily rate for weekend trips. The additional daily rate for trips longer than a weekend is \$4/day.
- **If required, avalanche beacons can be rented for \$5/weekend**, additional days for longer trips are \$2.50/day. Note: Skiers are required to wear an avalanche beacon on all mountain trips. **Snow shovels can be rented for \$2/trip.** Again all skiers are required to carry a shovel on mountain trips.
- You must attend a trip meeting, usually held at the tour leader's home, prior to the tour weekend to learn the details of the trip. The tour leader will advise tourers of the trip meeting date and location.

BEGINNERS/FAMILY: Members who have little or no mountain touring experience.

INTERMEDIATE: Members who have been on several day tours of 3 to 4 hours on moderately rolling terrain with a day pack.

ADVANCED: Members who have done extensive day touring in steep terrain with a heavy pack.

EXPERT: Members who have participated in overnight mountain tours of several days duration, in steep mountainous terrain, and have snow caving experience. A full complement of equipment is necessary.

OPEN: Trips designed to accommodate all levels of experience and skill by breaking off into two or more groups of tourers, each under the leadership of a qualified tour leader.



LOOK LOOK LOOK

NOTICE TO ALL MEMBERS

Your last chance to order custom club T Shirts is at our January 08

General Meeting.

Please remember to order from Barb Spencer. Information on our T Shirts is listed in the column to the right of this reminder notice. Happy New Year to all club members and families

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T Shirts T Shirts T Shirts T Shirts

Once again we have an opportunity to get a shirt or more with the Club logo (Titsy Telemark) on it. Not sure what the logo looks like. Go to the web-site and look up an old newsletter or show up at the next meeting and several of us will be sporting the old ones. A bunch of different types of shirts are available this year. Get hold of Barb Spencer to reserve one. Everything is as cost to the club but we are getting a break as we will be ordering as a group.

50/50 poly cotton Hoody 35.00

It pink (don will want one of these), White, Navy, Forest, Black, Orange, Red, Royal, Lt Blue, Maroon, Ash Grey (lt), Sports Grey (med), Dk Chocolate, Dk Heather, Irish Green(kelly)

50/50 Crewneck Sweatshirt 26.00

all colors of above hoody plus Gold and Sand

50/50 Zippered Hoody 42.00 same colors as regular hoody but no orange or maroon available

100% cotton long sleeve T Shirts 14.50

White, Navy, Black, Red, Royal, Sport Grey (med)

50/50 Short Sleeved T Shirts 12.00

Safety Green(lime), Gold, White, Navy, Forest Black, Orange, Red, Royal, Lt Blue, Indigo Blue (faded Blue Jean), Maroon, Ash Grey(lt), Sport Grey(med)

Dark shirts etc will have white logo unless specified

Kids sizes (zippered hoodys are hard to get)

Welcome to our web site!

www.parklandxcskiclub.org

The next executive meeting will be Tuesday January at the home of