

# The Snow Walkers' Gazette

Volume 32 Issue 4

Periodic Newsletter of the Parkland X-C Ski Club

January 1, 2011



## ❄ Next Meeting: January 11, 7:30 PM at Kerry Wood Nature Centre

**HELP NEEDED!** Volunteers required to lead day tours in the local area and the mountains.

Please check your calendars and call Linda at 403-342-1913 so she can add your tour to the schedule.



*Marie arrives at a toasty warm Egypt Lake Cabin for the annual Christmas Trip*

## Santa Updates Naughty And Nice List On Egypt Lake Tour

By John Cameron

Moderate temperatures and good snow greeted eight enthusiastic back country skiers at the Sunshine parking lot for our second mountain tour of the season.

The trail was well covered in snow and made the ascent easier as the wax and skins were holding well. A lunch stop was made just before the last ascent on Healy Pass where 3 or more feet of snow greeted us. This made for some interesting moments on the way down to the cabin especially for yours truly having ventured out on his first real back country trip.

With the support and encouragement of the trip leaders I managed to arrive in one piece somewhat tired and wet, everybody else was in good shape it seems!!!

We then set up to prepare our Christmas dinner and what a feast it was! Turkey, stuffing, salad, potatoes, gravy, cranberry sauce and dessert sure hit the spot after a good days work. After that a surprise visit from Santa and a gift exchange capped the evening.

Quite a bit more leisurely approach to Sunday morning getaway since we had merely to step outside the door to gear up and head out. The weather had held up nicely with a light snow falling and not too windy. A fairly quick climb had us at the top of Healy Pass again in fresh snow conditions for the long downhill slide home.

I learned a lot about back country skiing on this trip and many thanks to the tour leaders and members of the group for their kind advice and assistance which made the trip much more enjoyable for me.



*John and Steve head up Healy Creek*

## Parkland Ski Club Executive 2010/2011

The activities and affairs of the Parkland XC Ski Club are managed by elected club volunteers, usually for a minimum term of two years. All club members are expected to take a turn at these leadership positions.

President: Vance Buchwald	403-346-3934	vbuchwald@shaw.ca
Vice President: Kelly Bogle	403-343-3882	rkbogle@telusplanet.net
Past President: Don Wales	403-343-2937	donmarie@telusplanet.net
Treasurer: Dick Pawloff	403-347-3658	dpawloff@telusplanet.net
Secretary: Claude Sam	403-342-2069	nsam@telus.net
Mountain Tour Director: Richard Townell	403-340-0050	ldtownel@yahoo.com
Day Tour Director: Linda Dickin	403-342-1913	ltdickin@shaw.ca
Publicity Director/Archives: Sandy Vrandenburg	403-352-2468	wayuphigh@shaw.ca
Newsletter Director: Steve Bennett	403-227-3913	steve@BentechAPS.com
Social Director: Pat Gleason	403-227-1164	patjak@telus.net
Loppet Director: Don Wales	403-343-2937	donmarie@telusplanet.net
Website Guy: Brian Davies	403-227-4409	bcdavies@telusplanet.net

### Contact Us

#### Web

[www.parklandxcskiclub.org](http://www.parklandxcskiclub.org)

#### Newsletter

Steve Bennett 403-227-3913

[Steve@BentechAPS.com](mailto:Steve@BentechAPS.com)

**This includes Trip Reports!!!**

#### Mail

Parkland Cross Country Ski Club  
Box 21014 BPO Bower Place  
Red Deer, AB, T4N 5E7 Canada

### Contact the Tour Leader to join a trip

#### Cost of a Trip

##### Cost per Weekend

Hostel or Hut Cost noted in Tour Schedule

\$9/weekend for safety equipment

\$5 for an approved avalanche beacon

\$2 for an approved snow shovel

This is typically \$54 for people that require both a beacon and a shovel.

#### Car Pooling

The passengers share car-pooling costs.

The driver's share consists of the use of his car and the driving.

#### Longer trips

Longer trips and those on the icefields cost more. Contact the Tour Leader for information.

## Tour Leaders 2010/2011

Vance Buchwald	403-346-3934	vbuchwald@shaw.ca
Margo Coppel / George Coppel	403-281-3573	margo@coppel.ca
Brian Davies / Carol Lindner	403-227-4409	bcdavies@telusplanet.net
Debbie Davies	403-782-0991	ddavies@wolfcreek.ab.ca
Jeff Kirtzinger	403-396-9748	jkirtzinger@bjservices.ca
Jane Davies / Steve Davies	403-342-6473	stevejanedavies@gmail.com
John Duke / Jenni Duke	403-309-9380	dukezoo@shaw.ca
Pat Gleason	403-227-1164	patjak@telus.net
Steve Irwin / Sandy Vrandenburg	403-352-2468	wayuphigh@shaw.ca
Greg Olson	403 505 0751	olson2500@yahoo.com
Claude Sam	403-342-2069	nsam@telus.net
Mike Spencer	403-887-5859	ilovused@telus.net
Marilyn Strilchuk	403-347-8494	marilyn.strilchuk@shaw.ca
Richard Townell	403-340-0050	ldtownel@yahoo.com
Don Wales / Marie Willett	403-343-2937	donmarie@telusplanet.net
Frank Weber	403-346-2916	frankyogi@live.ca
Karen Weisgerber	403-887-4028	kweisgerber@wolfcreek.ab.ca

## 27th Annual Bob Johnstone Loppet Red Deer, Alberta

For more information and to volunteer contact Kelly Bogle at 403 343 3882

Enjoy the thrill and satisfaction of competing in a friendly atmosphere with distances and events for all skill and fitness levels.

Sponsored by Red Deer Nordic

Date: Saturday, February 5, 2011

Place: River Bend Golf and Recreation Area, Red Deer

### 2010/2011 Mountain Tour, Day Tour & Events Schedule

Contact the Tour Leader to sign up for a trip

Date	Day Trip / Tour	Accommodation	Tour Leader / Assistant	Max# of Tourers	Difficulty Level	Hut / Hostel Cost
Jan 9	Pigeon Lake Provincial Park Ski Trails: Leader Kelly Bogle[403- 343-3882] Meet 10:00 am at the Recreation Center downtown to car pool					
Jan 14,15	Peter Lougheed Park Fondue Tour	Ribbon Creek	Marilyn Strilchuk Jeff Kirtzinger	15	Beginner	
Jan 21,22	Beginners' Yo-Yo	Hilda Creek	Vance Buchwald Steve Davies	6	Beginner	\$38.00
Jan 22	JJ Collet Park: Leaders Don and Marie Wales[403-343-2937] meet at 1:00 pm at the Recreation Center downtown to car pool.					
Jan 23	Crimson Lake Provincial Park to ski around the lake. Leader: Kelly Bogle[403-343- 3882] Meet 10:00 am at the Recreation Center downtown to car pool					
Jan 28,29	Healy Pass	Bell Cabin	Margo Coppus George Coppus	12	Intermediate	\$60.00
Feb 4,5	Helen Lake	Mosquito Creek	Karen Weisgerber Steve Davies	10	Strong Intermediate	\$38.00
Feb 4,5	Trackset ski	Canmore	Sandy Vradenburg Carol Lindner	12	Beginner	TBA
Feb 11,12	Rockbound Lake	Castle Mountain	Pat Gleason Greg Olson	15	Intermediate	\$38.00
Feb 18,19	Chester Lake	Bear Hostel	Marilyn Strilchuk Richard Townell	8	Intermediate	\$54.00
Feb 19-26	Blanket Glacier	Blanket Hut	Vance Buchwald Don Wales	14	Advanced	\$975.00
Feb 25,26	Toe of Saskatchewan Glacier	Rampart Creek	TBA	20	Strong beginner	\$38.00
Mar 3-6	Fryatt Hut	Athabasca/Fryatt Hut	Don Wales Vance Buchwald	12	Advanced	\$86.50
Mar 4,5	Paradise Valley	Castle Mountain	Marilyn Strilchuk Debby Davies	14	Beginner	\$38.00
Mar 11,12	Family Fun Tour	Ribbon Creek	Jenni Duke John Duke	18	Beginner	\$42.22
Mar 18,19	French Haig/Robertson Glacier	Bear Hostel	Steve Davies Karen Weisgerber	12	Advanced	\$50.00
Mar 18,19	Pipestone	Castle Mountain	Jeff Kirtzinger Debby Davies	14	Beginner	\$38.00
Mar 24-26	Castleguard Meadows Winter Camp	Rampart Creek	Don Wales Vance Buchwald	10	Advanced	\$19.00
Apr 1-3	TL Executive Weekend	Canmore	President			Cleanup

**Mountain Tours** are extended back country tours of the Rockies, open to all club members, with two or more nights in a hostel or snow cave. Tours are designed for all ability levels and are led by Tour Leaders with extensive training and experience in leading groups on safe winter trips in the Rockies. Note: The Mountain Tour dates shown on the above table are the nights booked in the Hostel.

**Day Tours** are open to both club members and potential members so everyone is welcome to enjoy the day tour, share information about the club, get to know one another, talk about equipment, learn how to wax your skis, develop skiing skills and have fun.





*Club members enjoy a backcountry Christmas dinner by candle light at the Egypt Lake Cabin in Banff National Park*

### **Cross Country Ski Lessons for Beginners and Intermediate Skiers**

**Dates:** Mondays and Wednesdays Jan 10, 12, 17, 19, 2011 with a makeup day on Jan 20 if required

**Time:** 4:30 - 6:00 p.m. OR 6:30 - 8:00 p.m.

**Location:** River Bend Golf and Recreation Area

**Registration:** Starting December 1, 2010.

In person: at City of Red Deer Recreation Center (downtown), GH Dawe Centre or Collicut Center

Online: [www.redeer.ca/looknbook](http://www.redeer.ca/looknbook)

**Lessons:** Will include information on skis, boots, bindings, waxing, clothing and primarily classical ski technique (including uphill and downhill ski skills), but will also touch on ski skating for those interested.

**Instructors:** Don Wales

**Questions:** Call Linda at 403-342-1913

**Cost:** \$50

### **Other courses being offered outside of the club that members might be interested in:**

Avalanche Skills Training Level I & II: Calgary / Banff / Canmore

For more information contact Calgary Outdoor Education Centre or Yamnuska Mountain Adventure at the following websites:

<http://www.calgaryoutdoorcentre.ca>

<http://www.yamnuska.com>

## **Wanted: Snow Movers and Shakers**

At this time of the year at River Bend and Great Chief Park/Heritage Ranch a few of us volunteers "Chinook proof" sections of ski trail. This is generally a one time only event at the beginning of the season and requires additional volunteers to shovel snow.

We use snow sleds pulled by snowmobiles, load them with snow with snow blowers, and distribute the snow in areas of thin cover. We are also interested in finding volunteers to help out with tracksetting throughout the winter with each new snowfall.

If you want to help out please call Mark Meunier (for Heritage Ranch) at 343-1058 and Jeff Stokoe (for River Bend) at 342-6403. Mark has announced his retirement from Trail Grooming at Heritage Ranch at the end of the 2010-2011 winter season so we need to fill his big shoes.

Call Don for more information of what is involved at 343-2937.

## Skiing Two Million Vertical Feet

Many people set New Year's goals like eating less turkey and exercising more but on News Year's Day 2010 ski mountaineer Greg Hill of Revelstoke B.C. headed out his door with the super human goal of skiing two million vertical feet in a single year under human power. On December 30th with one day to spare Greg reached his goal on Rogers Pass surrounded by family and friends.

To accomplish his goal Greg skied a total of 266 days in Canada during the Winter and spent the Summer in Chile and Argentina averaging 7,519 feet per day. To give some perspective, two million feet is the equivalent of climbing Mount Everest 69 times.

For more information you can check out Greg's site at:

[www.greghill.ca](http://www.greghill.ca)



*Greg Hill skis 2 million vertical feet in a single year*



*Climbing towards Healy Pass heading for Egypt Lake Cabin for Christmas dinner. Inset - Jane and Karren let Santa know what they would like for Christmas*

## Heritage Ranch Under New Management

To help the new manager make a financial success of Heritage Ranch consider stopping in to the western style restaurant at the corrals for coffee and one of their world class cinnamon buns or for lunch. A great idea would be to have breakfast at the Ranch on Saturday or Sunday morning and work it off with a ski on the groomed trails at Heritage. Heritage has been very cooperative with the skiers and it would be great to return the favor. Check out the Heritage Ranch Web site at [www.heritageranch.ca](http://www.heritageranch.ca) for times and events.





*Santa arrives at the Egypt Lake Cabin bringing gifts for those who endured the deep snows of Healy Pass*

## **New Red Deer Nordic Website: [www.reddeernordic.ca](http://www.reddeernordic.ca)**

Over the holidays a new Nordic skiing website was launched for the Red Deer Area. This website is designed to be the portal for all Nordic skiing in the Red Deer area. The site provides maps of the groomed ski trails within the city, cross country ski lessons and information on both the Red Deer Nordic and Parkland ski clubs. A Calendar of events, Forum for info-sharing and a listing of Upcoming Events is also provided. The Gallery offers an opportunity to share images of skiing events between different parts of the Nordic skiing community.

## **Determined Skiers on Mosquito Creek & Molar Meadows Trip**

Steve and Sandy lead the tour to Molar Meadows on the weekend of December 18-19. The temperatures were seriously cold, the forecast was optimistic as were the hardy skiers who showed up no matter what. *(We booked that hostel bed and made that potluck dish and it is Alberta winter after all...)* The hostel parent had changed since our last visit and most of us noted the hostel had been spiffed up, especially in the kitchen.

Considering the temperature we decided on a late start; it was very close to the longest night of the year, the moon was full, the sky clear and did I mention it was cold? We woke to -28 and decided to make the best of it. I had all my layers on. The saving grace was lack of any wind.

We split into 2 groups after we made it up the first hills, with a few stops for correcting waxes. What do you put on for -28? Margo and Karen took the group who wanted to reach the meadows; Ron hiked Heart

mountain the day before and politely slowed his pace to keep them company. Jeff and Debby had new skis to play with; George was on his first trip of the year. The turnaround was just shy of the meadows.

Even though it warmed up briefly during the afternoon, Steve and Richard could not keep their feet warm enough for safety and the second group turned around at the campground. Nancy, Sue and Sandy were ok with returning to the hostel for some hot food and to thaw out. They skied out by themselves after lunch to the river, where Sandy stepped into a bog and thoroughly iced her skis, boots and bindings.

We shared the hostel with 3 other groups. One had the sauna running and it was well appreciated. We had the second supper shift in the kitchen and as always had an awesome potluck. We decided on Glacier Lake for our Sunday ski. The temperature was again -28, and we all went home early with an unexpected free day.