

RANDONNEWS

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RANDONNEWS is published by Randonnee Aventure
Montreal's Friendly Outdoors Club
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Telephone 489-0339

A MESSAGE FROM THE PRESIDENT

As the busy schedule of spring summer and fall activities has reached its midpoint, we can look back to a very successful 1st half and look forward to a calendar full of fun whether you're into mountaintops or holes in the ground, wheels and hard helmets or even food cooked on coals. With our present membership at an all time high of 253, its little wonder all excursions have so far been completely booked well in advance.

Hikers have to date left their footsteps at 5 different locations, from Sutton (yes there are trails in Quebec), to our own adopted section of the Long Trail over Tillotson and Belvedere mountains, to my favorite area for day hikes, the Adirondacks near Keene Valley for strolls up Noonmark and Dial. Thanks to the hard work from our Hiking Director, Don Hackett and his crew, we have another 8 hikes planned for the summer and fall.

On Victoria Day weekend and again on the 1st weekend in June, a small group of trail maintainers led by Don, worked at improving our section of the Long Trail. Loppers, saws and shovels in hand, and with the help and guidance of Remi, Pete and John, our Vermont friends, they cleared brush, removed blowdowns (that last one was a biggy) and cleaned out water bars. A little peach snaps and the Story of Abe helped relax the group before a good nite's sleep at Tillotson camp. The large assortment of flowers and birdsongs along the trail made the work enjoyable and seeing the results of the work was very encouraging. Another day of trail maintenance is planned for September 12th.

The largest condo trip in the club's history was held on St. Jean Batiste weekend at Loon Mountain in New Hampshire where 65 hikers enjoyed some of the best hiking the club offers including the ridge leading to Mont Lafayette and the walk around Lonesome Lake. The Friday nite party in Condo 43 was also a hit for all the partygoers. A special thanks to Vera Tobis for her tremendous effort in organizing this trip.

Cyclists have peddled their bikes in 4 areas so far this year from the flat roads of Ontario to the hills of Vermont and the Townships, to the refreshing waters of Lake Champlain (hope everyone brought their swim suits). Al Ramsey, our cycling director and his hardworking crew have another 4 cycling trips planned for the summer and fall.

On Victoria Day weekend, the cyclists headed off to Stowe for 3 days of fun on 2 wheels in the hills of Vermont (puff-puff). The days of cycling were followed by evenings of relaxing in the quaint restaurants and pubs of Stowe.

Of the 12 spelunkers who explored the depths of Albany area caves, a few have braved neck deep, ice cold water to explore sections never before seen by club members. According to our fearless spelunking leader and organiser, Cal Hindson, it was well worth getting wet for. We are planning another caving trip in November.

Thirteen canoeists headed for the waters of Lake Wapizagonke at La Mauricie Park during the July 1st weekend. This 15 km long lake offered cliffs with interesting flowers and formations.

After another season of indoor exercise and volleyball, volleyball moved outdoors on Tuesdays at Fletchers Field. Unfortunately, this activity has not been very well attended as it has in the past years. Come join us for an evening of fun after a hard days work. It will help you get through the week.

On the social side, at our annual spring party, everyone changed their hiking boots and cycling shoes for dancing shoes. Once again, Elise Brais and her group came through with good music, decorations and food. Several other social activities including BBQ's and Margaret's famous Corn Roast are planned in the next few months. Of course, the Halloween party in October is not to be missed. Dress in your favorite spooky costume and join us for another evening of good times.

All these activities were possible due to the hard work of our volunteers who have done an incredible job in organizing and running those events. Thanks to all of you for your time and effort.

Finally, I would like to welcome all the former Montreal Outing Club members as well as all other new members to Randonnee Aventure.

See you all soon!

Amy Bard



THE LURE OF THE HILLS by Sam Allison

Some of us hike to get away from people while others hike to meet people. In fact, there are as many reasons to hike as there are hikers in Randonnee Aventure. So, in the absence of any scientific survey, it is impossible to say WHY people hike. However, hike they do for approximately 15 Saturdays with Randonnee Aventure. It follows from what I've said so far that this article is very much a personal viewpoint and in no way represents official club policy.

First, equipment. Good equipment helps, so hiking is not quite as cheap as apologists often make out. I hiked in running shoes for my first six hikes before settling on the boots that suited me. The best way to become equipped is to ask everyone else what they have - it's sometimes good fun finding out what they have - and then slowly buy the gear that suits you. Army surplus stores are obvious places to find good but relatively cheap packs, rain gear, socks and boots. Randonnee Aventure puts out a good list of equipment and it's worth paying attention to this.

Second, where to go. Randonnee Aventure lists the hikes and if you know the areas, you should choose those you like. How far you go is up to you (wink-wink, knudge-knudge) but obviously you should keep within your physical limits. Hiking on the hills can be dangerous. The nice thing about R.A. is that there are all sorts of levels and there is always somebody at your level. There really is a hike for everyone on every trip we take. To my surprise, I found that I enjoyed the company of those at my level. It is pleasant to hike withone enjoys talking to. Though, as Ian, Derek, Don or Jim (my usual hiking companions) will be sure to point out, they don't enjoy my company and don't find it pleasant to talk to me. Derek keeps threatening to use his humane killer if he hears the same jokes again.

This brings me to my third point, what do we actually DO on a hike? Some enjoy the views, the birds, the trees, the fresh air or each other. In the jargon of the sixties, everyone does her or his own thing. I like the exercise and the banter. Besides opening up the sweat pores and the sinuses, (bring tissue on a hike) hard hiking seems to oxygenate the brain and every hike produces quips. For instance, climbing Mount Liberty produces "Give me Liberty or Give me Breath" and there was the epic directive "Fork Off you lot". Yet, what seems hilarious at 4,000 feet seems flat in the pub.

This is the last point. The real lure of the hills is knowing that R.A. hikes end in a bar. Walking twelve miles to an American Pub with free cheddar cheese strikes me as the second best thing one can do in life. We can all drink with a clear conscience knowing we've burned off all those calories. Yet, we always leave too quickly, just before it's my turn to buy a round....sad.

Lost and Found

A pair of dirty white Nike running shoes, size 9, and blue knee sock were found at the La Mauricie SKI trip in February. If they are yours you can claim them by calling the club number.

"KEEP IT CLEAN"

by Diane Rothberg

Would you come home after a hot, dusty bike ride and not take a shower? Hopefully not, but have you ever considered that your bike needs hygiene too? Cleanliness will drastically reduce the maintenance your bike will require over its lifetime. So, grab a damp cloth and start at the handlebars.

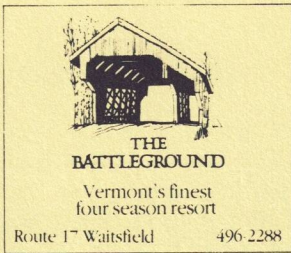
Check for looseness in the headset area. Clean the forks, then around the front wheel hubs. Excess grease oozing out of the axle is normal on new or recently serviced bikes, but be sure to wipe it away. Grease picks up road grit which can crawl into the bearings and damage them.

Wipe each spoke. This will allow you to locate and tighten any loose ones. Clean around the gear selectors and check them for tightness. If your gears tend to change of their own accord it's often due to looseness here.

Move down to the bottom bracket. Remove any grease that has collected between the axle and the pedal arms. Being so close to the road this area tends to pick up dirt like crazy. Clean the derailleurs and brake assemblies front and back and the rear hub and wheel as you did the front one. Check that all accessories such as racks and water bottle holders are snug.

Cleaning your chain is fast and easy. Generously spray on a penetrating oil such as WD-40, holding a paper towel underneath to catch the grit that drops out. Progressively move the chain along so you clean the entire length. Then dab on bicycle oil. This is thicker than WD-40 and provides longer-lasting lubrication. It may sound counter-productive, but now you have to clean the whole mess off. Mummify one hand with paper towel and lightly grip the chain. With the other, turn the pedal to allow the chain to wipe itself against the towel. Remember to clean the little derailleur wheels and presto... a chain that is clean, well-lubricated and has none of the excess oil that attracts road grit!

LABOUR DAY WEEKEND
 September 2 - 5
 Sugarbush, Vermont



On this weekend Randonnée Aventure is pleased to offer you:

1. THE GREEN MOUNTAINS OF VERMONT

for your pick of cycling routes, hiking trails, shopping sprees or restaurant adventures;

2. 3 NIGHTS ACCOMMODATION AT THE BATTLEGROUND

deluxe condos with fully-equipped kitchens, washers, dryers and a fridge with a jug of wine;

heated outdoor swimming pool, tennis and volleyball courts and a babbling brook;

3. A BBQ DINNER FOR ALL !!

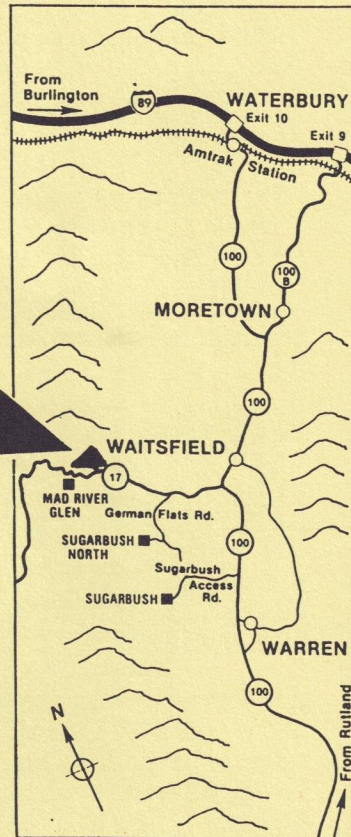
In honour of our first hiking/biking combo condo weekend (on the night it doesn't rain!!)

COST is \$85 per member. Non-members, add \$20.

FULL PAYMENT IS DUE BY MONDAY AUGUST 15th.

TRANSPORTATION is by CARPOOL - DEPARTURE Friday, September 2nd.

For additional information, please call the Club phone and ask to speak to Vera.



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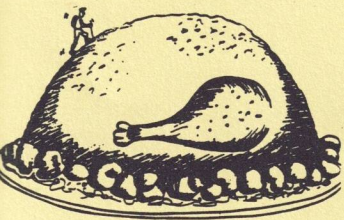
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THANKSGIVING DAY WEEKEND

October 7 - 10
Lincoln, New Hampshire

For our last mini-holiday of the season, we will be returning to the Mountain Club in New Hampshire. For those of you still unfamiliar with this spot, our accommodation for 3 nights is in luxury condos with fully-equipped modern kitchens, as well as washers and dryers.

The sports facilities in the hotel - pool, weight room, sauna - are available to us free of charge. If you wish to play squash or racquetball, there is a small fee.

HIKING will be in the WATERVILLE VALLEY and FRANCONIA NOTCH areas.

Shops and restaurants are plentiful in nearby Lincoln. MOUNTAIN BIKES can be rented from DEKE's, also in town.

COST of this trip is \$115 for members
\$135 for non-members

Downpayment \$ 55 (or \$75 for non-members)
(NON-REFUNDABLE) DUE MONDAY AUGUST 22nd

Balance \$ 60 DUE TUESDAY SEPTEMBER 6th

(If you are making payment in two installments, PLEASE send a post-dated cheque for the balance along with the initial installment)

TRANSPORTATION is by deluxe coach.

DEPARTURE is on FRIDAY, OCTOBER 7th at 7:30 p.m. SHARP from ATWATER and STE. CATHERINE. Return in Montreal will be at approximately 8:00 p.m. Monday, October 10th.

Please note that there will be a VERY BRIEF stop at the Grand Union in St. Johnsbury Friday evening.

HAPPY HIKING!

FORTHCOMING SOCIAL ATTRACTIONS (you lucky people)

Saturday, July 23rd GERRY'S SECOND ANNUAL SOUTH SHORE
CYCLE TOUR AND BBQ
The encore of a star event! Cycle the scenic south shore, then feast on Gerry Bard's famous BBQ. Cycling routes from an easy 40 k to an almost impossible 120 k. Rendezvous at 10:00 AM at the Bonimart Shopping Center, Greenfield Park (corner Taschereau and Auguste). For maps and details, call Gerry Bard at 678-6886 or leave a message on the club phone. BYOB or buy after the ride. \$5 covers hamburgers and trimmings. RSVP.

Sunday, August 28 MARGARET'S FAMOUS CORN ROAST AND SWIM
All the corn and salad you can eat for a mere \$3.50 at Howick, Que. Outdoor pool available for hardy souls. Bring your own meat to BBQ. For more information and car pool details, call the Club phone one week prior to activity.

Saturday, October 29 HALLOWEEN PARTY & WINTER SIGN UP
Go ahead and plan your costume. We'll get back to you later.

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Randonnée Aventure

REGISTRATION FORM / FICHE D'INSCRIPTION
(Please Print - En Lettres Majuscules SVP)

NAME: _____

ADDRESS: _____

POSTAL CODE: _____

HOME PHONE: _____

WORK PHONE: _____

WAIVER

To: Randonnée Aventure (the "Club")

I, _____, hereby apply for membership in the Club, which I understand is a not-for-profit corporation directed and administered by non-professional volunteers. I understand that the objects of the Club are, among other things, to facilitate participation by members in wilderness and other recreational activities and that participation in such activities involves high risk of personal injury or death.

I hereby confirm that my participation in any activities organized by the Club shall be at my own risk and upon my own responsibility. I hereby assume all risks of such participation, including all risks related to travel. I understand that neither the Club nor any of its members, directors, officers, servants, agents or other representatives has any expertise in connection with such activities and that I am solely responsible for determining my ability to participate in such activities. I hereby renounce to any claim of whatsoever nature against the Club or any of its members, directors, officers, servants, agents or other representatives, in respect of personal injury or death, or damage to or loss of any of my property, arising out of or resulting from my participation in such activities, whether or not due to the negligence of the Club, or any of its members, directors, officers, servants, agents or other representatives.

Signature: _____

Date: _____

RENONCIATION

À: Randonnée Aventure (le "Club")

Je, _____, demande par la présente de devenir membre du Club, lequel je reconnais être une corporation à but non-lucratif dirigée et administrée par des volontaires non-professionnels. Je reconnais que les buts du Club sont, entre autres, de permettre aux membres de participer à des activités en nature sauvage, ainsi qu'à d'autres activités récréatives et que telle participation comprend des risques de blessures corporelles ou de mort.

Je confirme par la présente que ma participation aux activités organisées par le Club sera à mes propres risques et à mon entière responsabilité. J'accepte par la présente tout risque d'une telle participation, y compris tout risque relié au transport. Je reconnais que ni le Club ni ses membres, administrateurs, dirigeants, agents ou autres représentants, ne possèdent l'expertise relative aux dites activités et que c'est à mon entière responsabilité de déterminer ma capacité à y participer. Je renonce par la présente à tout réclamation de quelle que nature que ce soit contre le Club, ou ses membres, administrateurs, dirigeants, agents ou autres représentants, tant en ce qui concerne les blessures corporelles ou la mort, ou des dommages ou la perte de mes biens, provenant ou résultant de ma participation aux dites activités, même s'ils sont dûs à la négligence du Club ou de ses membres, administrateurs, dirigeants, agents ou autres représentants.

Signature: _____

Date: _____



Randonnée Aventure

1988

AUGUST

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
1	2	3	4	5	6 CYCLE ⑤: MEECHAM LAKE, N.Y.	7
8	9	10	11	12	13	14
AUG 6-14: CANOE TRIP: LA VERENDRYE						
15	16	17	18	19	20 CYCLE ⑥: LAKE WILLOUGH BY, VT.	21
22	23	24	25	26	27 HIKE ⑦: MT. HUNGER, VT.	28 CORN ROAST AT MARGARET'S
29	30	31				



SEPTEMBER

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
			1	2	3 SEPT 2-5: • CYCLE / HIKE: SUGARBUSH, VT.	4
5	6	7	8	9	10 HIKE ⑧: ADIRONDACK LOT, N.Y.	11 TRAIL MAINTENANCE
12	13	14	15	16	17 CYCLE ⑦: CAMBRIDGE, VT.	18 HIKE ⑨: MATTAWINNIE, QUE
19	20	21	22	23	24 CYCLE ⑥: GLENSUTTON, QUE. + VT. HIKE ⑩: WHITEFACE, N.Y.	25
26	27	28	29	30		



OCTOBER

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
					1 HIKE ⑪: HOPKINS/SPREAD EAGLE/GIANT, N.Y.	2
3	4	5	6	7	8 OCT 7-10: • LOON MOUNTAIN, N.H.	9
10	11	12	13	14	15 HIKE ⑫: LARRAWAY, VT.	16 TRAIL MAINTENANCE
17	18	19	20	21	22 HIKE ⑬: HURRICANE, N.Y.	23
24	25	26	27	28	29 HALLOWEEN PARTY	30



MB

PHONE : 489-0339

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