

Randonnews

VOL. III, No. 3
Fall/Winter 1988/89



RANDONNEWS
is published by
Randonnee Aventure
Box 1102, Snowdon,
Montreal, Quebec
H3X 3Y2
Tel. no.: 489-0339



MONTREAL'S FRIENDLY OUTDOOR CLUB

A MESSAGE FROM THE PRESIDENT

What a season!!! It's just too difficult to put into words, the great times we've had on all the hiking and cycling trips. Peddling our bikes up hills may be tough at times but, hey, the hills also go down. And a strenuous hike to the summits of all the mountains we've climbed gives you a feeling, you'll never know until you've done it. Ah.....Lake Willoughby.....the Sunset Ridge..... the Champlain Islands.....Algonquin Peak..... Glen Sutton.....the Balanced Rock, we conquered them all. The BBQ's and the Corn Roast, we've enjoyed those too. Thanks to everyone who, through their tremendous efforts, have made these past 6 months so successful.

Now that fall is upon us, it's time to put away the bicycles and hiking boots and dust off those skis and poles. The skiing committee has been busy for almost 2 months now, planning for the winter season. Due to the fantastic response we've had on our summer trips and the doubling of our membership since last year, we have decided to increase the number of cross country ski trips to 15, including our end of season ski and BBQ. It is highly probable that these trips will get booked very quickly, so if you want to guarantee your choices, get those applications in early. Great value - this year the trail fee is included in the price of the trip!

We are also organizing one evening of downhill skiing, as well as a moonlight cross country ski nite. A ski weekend near Quebec City is also planned for February. And for those who are really into cross-country skiing, how about 5 days in the Chic-Chocs?

Again this year, reserve your Monday evenings for Fitness and Volleyball, and exercise those muscles that have rested all day while your brain was hard at work. On the social side, come and bring your friends to our annual Hallowe'en party, Colin's slide show, the Sunday brunch and the Christmas party.

After all this, if you still have some spare time, you may want to join one of the many committees and help out in organizing the activities. We need fresh blood, new ideas and lots of help.

Whatever you do this winter, do it with us, RANDONNEE AVENTURE!

Gerry Bard

The last hiking article didn't produce that much of an increase in abusive phone calls. Indeed, two people (after I bought them a beer and dropped hints) even said that the article was almost O.K. So, here are some more personal views.

For the benefit of new members, it should be emphasized that Randonnee Aventure is an amateur's club that is not amateurish.

What I mean by this, is that hikes are run in a friendly but efficient manner. The routes are scouted by experienced hikers. Maps and instructions for everyone from power-hikers to strollers, are made up and distributed on the bus. Hikes leave Montreal on time, even in the worst weather. As someone who doesn't mind the rain, it's nice to belong to a club that can always be counted on to go, and to go on time.

Problems can arise when we have to wait for someone after a hike. Nobody minds waiting if the reason is a sprained ankle, but they don't appreciate if someone has simply ignored the departure schedule. While a trail may seem short and easy in one direction, remember it is always longer and more difficult on the way back. Fortunately, the vast majority of R.A. members are considerate, or perhaps just fearful of Derek's humane killer.

The second way that R.A. is an amateur's club, is that nobody makes a profit from it. People, such as Don, Margaret, Elise, Vera, and the various Gerry's, do incredible amounts of work for nothing. Each trip is run by a volunteer Administrator and Director, who are occasionally unjustly abused by some discontented member. The next time you have a complaint, consider volunteering for these duties yourself, or at the very least, come out and make your point at the monthly meetings.

The third point is related to parties and social get-togethers. Occasionally, some of the new members show up with no beer or food and expect the host to provide. As somebody who held a pool party for a club bicycle trip (not hikers!), I realize how expensive it is to provision needy guests. Fortunately, most club members pay their way!

R.A. is very active socially, though some members prefer to avoid social contact. As for a few members, such as Jim, Derek, Jan or Colin, they are avoided as though they had P.C.B.'s in their packs. In my case, I avoid them because I owe them all a drink.

CROSS COUNTRY SKI WITH RANDONNEE IN 1989

Randonnee Aventure's third cross country ski season offers old favourites as well as four new destinations. Five Sunday trips are available. New for 1989 - trail fees are included in the trip price of \$21. Montreal's friendly outdoor club welcomes all levels of skiers including beginners. Because of unpredictable snow conditions, destinations are subject to change. In adverse weather conditions call 489-0339.

Choose a minimum of four of the fourteen trips on the opposite page and complete the registration form at the back of this newsletter.

All pickups are Northbound.

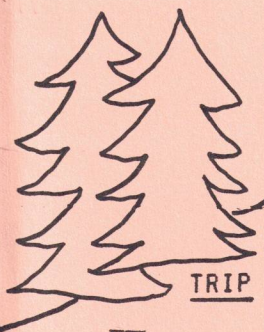
Atwater + Ste. Catherine	7:30 AM
Queen Mary + Decarie	7:45 AM
T.M.R. Shopping Centre	8:00 AM

X-C Skiing Director: Wayne Waters
X-C Skiing Administrator: Monika Malecka

Phone 489-0339 for additional information.

RA's CROSS COUNTRY SKIER's CHECKLIST

- X-C Equipment (skis, boots, poles)
- X-C Clothing (thermal underwear, turtleneck, sweater, knickers, jacket, gaiters, mitts, hat, neck warmer)
- A Backpack with : Water bottle
- Lunch (fruit, sandwich, chocolate, etc...)
- Extra wax (for changing snow conditions), scraper, cork
- Extra ski tip, duct tape (to repair broken pole), extra shoe laces, etc...
- Leave on the bus: Change of clothing for trip back to Montreal



RANDONNEE AVENTURE 1989 X-C SKI SEASON

<u>TRIP</u>	<u>SAT</u>	<u>SUN</u>	<u>DESTINATION</u>
<input type="checkbox"/> 1.	Jan 7		Mont Tremblant - Pembina
<input type="checkbox"/> 2.	Jan 14		La montagne Coupé
<input type="checkbox"/> 3.	Jan 21		Far Hills
<input type="checkbox"/> 4.	Jan 28		Huberdeau
<input type="checkbox"/> 5.		Jan 29	Sutton en Haut
<input type="checkbox"/> 6.	Feb 4		La Boulé
<input type="checkbox"/> 7.		Feb 5	Montebello
<input type="checkbox"/> 8.	Feb 11		Morin Heights
<input type="checkbox"/> 9.		Feb 12	Val David - Vieux Foyer
<input type="checkbox"/> 10.	Feb 25		L'Esterel
<input type="checkbox"/> 11.		Feb 26	St. Jovite
<input type="checkbox"/> 12.	Mar 4		St. Jean de Matha
<input type="checkbox"/> 13.		Mar 5	Mont Tremblant - Lac Monroe
<input type="checkbox"/> 14.	Mar 11		Parc de la Mauricie

Trip destinations are subject to change depending on snow conditions.

Phone 489-0339 for more details.

Pickups:	Atwater + Ste. Catherine	7:30 AM
	Queen Mary + Decarie	7:45 AM
	T.M.R. Shopping Centre	8:00 AM

The Incomparable Chic-Chocs

(1-week x-country ski trip to the Gaspésie
for the intermediate to advanced skier)

This is it! The highest terrain in Eastern Canada, the country of tundra and caribou and 5-6 meters of snow annually. Huts are equipped with heat and electricity - sorry no jacuzzis - and we have to carry in our own food and sleeping bags.

It will require a full day's drive each way and a motel the first night, but for an unparalleled 5 days of skiing, it should be worth it. The trip is still in the planning stages, but we are trying to reserve for late March. Total cost per person should be approx \$125.

You may need to take a few days off work for this one, but you will kick yourself if you miss out on the finest wilderness skiing offered anywhere! Space is limited and we need to know the number of people interested, so please reply by Oct 15 by leaving a message on the club phone.

ALPINE SKIING WITH RANDONNEE AVENTURE

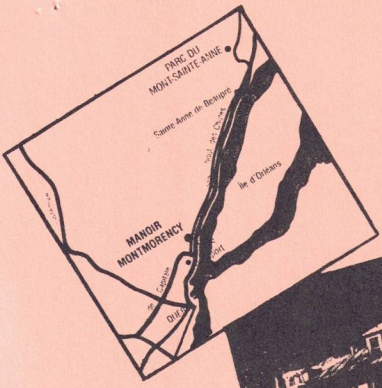
Friday, Jan. 20 Mont Saint-Sauveur (and Avila)



"At night the lights go down except at Mont Saint-Sauveur".
Laurentian Autoroute exit 58.
27 Trails for night skiing.

Join fellow Randonnée Adventurers on the slopes. Transportation by car pool. Meet at the lift ticket booth at 7 PM. Special group rate of \$11 instead of \$18. To reserve your place mail in your registration form at the back of this newsletter by Jan. 6. Call 489-0339 for more details.

FEB 17-19, 1988 SKI WEEKEND
at MANDIR MONTMORENCY
2490 Avenue Royale
Beauport, Quebec



16 km east of Quebec City
20 minutes from the ski trails
of Parc du Mont-Sainte-Anne

- Manoir Montmorency, built in 1780, has been restored to provide comfortable accommodation in an historic setting.
- From its dining room, renowned for great cuisine, you have an exceptional view of the famous Montmorency Falls, the St. Lawrence River and Ile d'Orléans.
- And the skiing?
 - For Alpine enthusiasts : 42 trails, 14 lifts, 625m vertical, 8 trails for night skiing.
 - For X-C trail blazers : 181 km of patrolled trails, 9 heated shelters.

Weekend Package Price \$125 for members - non-members add \$20

Includes: 2 nights accommodation
2 breakfasts
2 dinners
shuttle bus to slopes

Transportation from Montreal by car pool.
Departure Friday night, Feb 17.

To reserve your place, fill in the registration form at the back.

Downpayment of \$50 due by Jan 10
Balance of \$75 due by Jan 27

Phone 489-0339 for more details.

X-C SKIING SPECIAL EVENTS

- Wed, Nov. 30 X-C Ski Equipment Clinic - 7 PM at Siren's

Is this the year you plan to upgrade your X-C ski equipment? Or maybe you are just beginning this sport? If the selection of equipment seems overwhelming and everything looks the same, this clinic can help you to determine what to look for to meet your needs. Call 489-0339 by Nov. 23 to reserve your place.

- Wed, Jan. 11 X-C Ski Waxing Clinic - 7 PM at Siren's

Do your skis slip backwards on hills? Or do you find yourself sticking to the trail instead of sliding forwards? If your skiing technique is OK, you may be interested in learning about the art of ski waxing. All levels of skiers are sure to pick up some helpful tips at this year's ski clinic. Call 489-0339 by Jan. 9 to reserve your place.

- Wed, Feb. 22 Moonlight X-C Skiing on Mount Royal

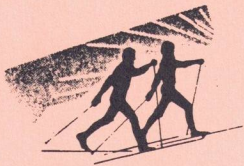
The mountain is so close. Come out and enjoy it in a new way. Some trails are lit for night skiing. Meet at the Chalet at Beaver Lake at 7 PM.

- Sat, Mar. 18 End of Season X-C Ski Party

Join us for our 3rd annual X-C ski party and talent show. For \$23, bus transportation, BBQ, and Sangria are provided. Reserve your place by filling in the registration form at the back of this newsletter.

- Feb. 11-12 Canadian Ski Marathon

A Randonnée Aventure contingent will be skiing one or more 10 kilometer sections of the ski marathon in 1989. If you are interested in joining them call 489-0339 and you will be put in touch with Gail Tedstone.







Randonnée Aventure

OCT

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
					1 HIKE ⑪ HOPKINS / SPREAD	2 EAGLE / GIANT
3	4	5	6	7	8 OCT 7-10 • LOON MOUNTAIN,	9 N.H.
10	11	12	13	14	15 HIKE ⑫ LARRAWAY, VT	16
17	18	19	20	21	22 HIKE ⑬ HURRICANE, NY	23
24/31	25	26	27	28	29 HALLOWEEN PARTY	30

NOV

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12 SLIDE SHOW	13
14	15	16	17	18	19	20 BRUNCH
21	22	23	24	25	26 FALL BASH	27
28	29	30 X-CSKI EQUIPMENT CLINIC				

DEC

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10 POT LUCK DINNER	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

1988 - 89

PHONE : 489 - 0339



JAN

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
2	3	4	5	6	7 XCSKI ① TREMBLANT PEMBINA	8
9	10	11 X-C SKI WAX CLINIC	12	13	14 XCSKI ② LA MONTAGNE COUPE	15
16	17	18	19 NIGHT SKIING	20 ALPINE	21 XCSKI ③ FAR HILLS	22
23	24	25	26	27	28 XCSKI ④ HUBERDEAU	29 XCSKI ⑤ SUTTON
30	31					

FEB

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
		1	2	3	4 XCSKI ⑥ LA BOULE	5 XCSKI ⑦ MONTEBELLO
6	7	8	9	10	11 XCSKI ⑧ MORIN HEIGHTS	12 XCSKI ⑨ VAL DAVID
13	14	15	16	17	18 FEB 17-19 • MANDIR MONTMORENCY SKI WEEKEND	19
20	21	22 MOONLIGHT XC SKI	23	24	25 XCSKI ⑩ L'ESTEREL	26 XCSKI ⑪ ST. JOVITE
27	28					

MAR

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
		1	2	3	4 XCSKI ⑫ ST. JEAN DE MATHA	5 XCSKI ⑬ TREMBLANT LACMONROE
6	7	8	9	10	11 XCSKI ⑭ PARC DE LA MAURICIE	12
13	14	15	16	17	18 XCSKI & BSA PARTY	19
20	21	22	23	24	25	26
27	28	29	30	31		

R.A.'s CLOTHING BOUTIQUE



For serious skiers and others:

- . NEW FOR 1989: Patagonia look-alike fleece jackets in Royal Blue.
Size Medium or Large
\$40.



Matching headband with ear cover flaps and velcro closing and Randonnee Aventure insignia.
Available in Royal Blue, Red or White.
One size fits all!
\$8.

For late fall hikes and exercise class, flaunt your club's insignia in these T-Shirts and sweatshirts, available in sizes medium, large and X-large.

- T-Shirts:
- In 50% cotton/50% polyester, at \$10:
 - . "Take a Hike" logo, in pink or pale blue,
 - . "Club insignia" logo, in jade green
 - In 100% cotton, at \$12:
 - . "Club insignia" logo in white,
 - . "It's the wheel thing" logo in turquoise
- Sweatshirts:
- In 50/50 at \$17
 - . "Club insignia" in jade green, or white



AL'S CYCLING REPORT

More miles rolled under Randonnee Aventure wheels this year than ever before. All eight of our day trips were fully booked, with nothing but a few seat cancellations which were quickly snapped up by eager riders.

Our May bicycle clinic was attended by some 20 people who were advised on what clothing they should wear and what tools they should carry. Some even got a few mechanical kinks ironed out of their bikes. Maybe we can even take a bit of credit for the fact that everyone's bikes were generally in good shape this summer. Good news - there were also no accidents!

A hearty thanks to the cycling committee which did a fantastic job: to Jan for co-ordinating and leading trips, for his sense of humour and his excellent planning of the routes which perfectly accommodated all levels of cyclists; to Marlene, our map-maker, who added precision, artistry and a real personal touch, and to Diane, Elise, Gail, Jack, Jill, Verna, Margaret and Wayne . . . all outstanding volunteers.

Because of our resounding success, the Committee is already working on next year's schedule which will probably be expanded to at least 10 trips, perhaps even a few cycling weekends and a cycle camping trip.

A special thanks to all you members, the previous ones and the great new people from the M.O.C. (Montreal's Other Club) for making the season so superb. Those lucky riders on the Glen Sutton trip, our final ride of the season, got a more tangible gesture of our appreciation when we shared a few jugs of Sangria. Sorry you couldn't be there, but it will be something to look forward to next year!

I would like to wish you all good health and until next year,

SIR ALAN



FALL SOCIAL CALENDAR



The following activities have been planned for this cross-country skiing season. Please come out and participate. The social events are important in making our Club so unique.

- Saturday October 29 HALLOWE'EN PARTY
At the Royal Montreal Regiment.
Can also "sign-up" for winter season.
(See Notice on opposite page)
- Saturday November 12 "SARAGUAY WOODS, MUSHROOMS AND HIKING
BOOTS" SLIDE SHOW
At Colin Mason's in T.M.R. 7 pm.
Snacks provided. BYOB.
- Sunday November 20 SUNDAY BRUNCH
At La Diligence, on Decarie. 11 am.
Price: \$12.95 (includes buffet, 10 hot
dishes, dessert bar) LIMITED SPACE
AVAILABLE Call Club number TWO WEEKS
prior to R.S.V.P. (by Nov. 9)
- Saturday November 26 SECOND ANNUAL FALL BASH
At Gerry Bard's in Greenfield Park.
8:30 pm. BYOB.
- Saturday December 10 CHRISTMAS POT-LUCK DINNER
At Janet Davis's place in N.D.G.
7 pm. R.S.V.P. Club number

Do you think I'm
gaining weight?
Honestly.



For more information on these and other events - how to get there, what it costs - call the Club number (489-0339) a week before the event (unless otherwise specified), and we will be pleased to give you all the details.



JOIN US FOR OUR ANNUAL

HALLOWE'EN

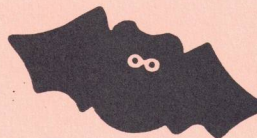
PARTY



WHEN: Saturday October 29, 1988
TIME: 8:30 pm.
WHERE: Officer's Mess, Armory,
Royal Montreal Regiment,
4625 St. Catherine St. W.,
Westmount

ENTRANCE FEE: Members - \$5.00
Non-members - \$6.00

MUSIC YOU LOVE TO DANCE TO ! DJ (S. McConnell) !
SPECIAL PRIZES FOR BEST COSTUMES ! DOOR PRIZES !
EATS ! REASONABLE BOOZE !



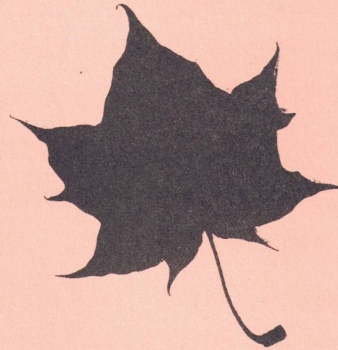
Can also SIGN-UP for winter season.

FOR MORE INFORMATION, CALL THE CLUB NUMBER: 489-0339

ODDS AND ENDS

Late Late Fall Hike

Derek Wisdom is organizing a hike on Saturday, November 19th (for the real keeners) at Grande Vallee. Car pools will be available. If you're interested, please call the Club number.



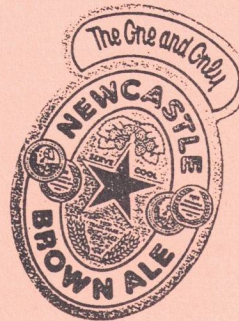
FITNESS AND VOLLEYBALL

AVOID WINTER FAT!!

JOIN Randonnee Aventure every Monday nite for an exercise class taught by a real pro - from 6:15 to 7:15. After the fitness, join us for 1 1/2 hours of volleyball. Cost is \$3 per visit or \$50 for the season.

Location: Westmount Armoury
4620 Ste. Catherine St. W.

Come to the pub afterwards to replace lost fluids!



LADIES HIKING BOOTS FOR SALE - SIZE 7.

Please call Rosemary at 488-1031.

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 toute 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 dus à la négligence du Club ou de ses membres, administrateurs, dirigeants, agents ou autres représentants.

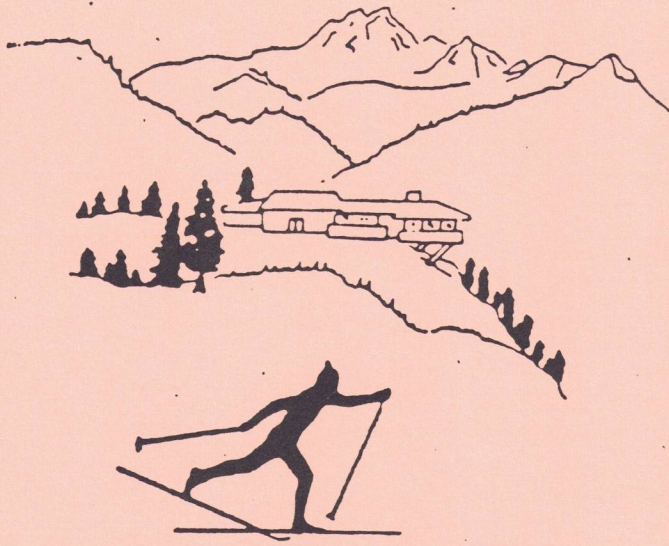
Signature: _____

Date: _____

Randonnée Aventure

REGISTRATION - WINTER 1989

NAME : _____	
	AMOUNT
NEW MEMBERSHIP OR RENEWAL (\$20 / year) (check if your membership has expired)	_____
SKI WEEKEND - Manoir Mont-Morency -(Feb 17-19) (\$50 non-refundable due Jan 10 - balance \$75 due Jan 27)	+ _____
ALPINE NIGHT SKIING - Mont St. Sauveur (Jan 20) (\$11)	+ _____
TOTAL (please make cheque for this total payable to "RANDONNÉE AVENTURE") =	_____
	AMOUNT
SKIING : day trips - a minimum of 4 trips (not counting the X-C ski party) is required - please mark your selections with an X	
1. ___ Jan 7 -Sat- Mont Tréblant- Pembina	8. ___ Feb 11 -Sat- Morin Heights
2. ___ Jan 14 -Sat- La Montagne Coupée	9. ___ Feb 12 -Sun- Val-David (Vieux Foyer)
3. ___ Jan 21 -Sat- Far Hills	10. ___ Feb 25 -Sat- L'Esterel
4. ___ Jan 28 -Sat- Vallée de la Rouge-Huberdeau	11. ___ Feb 26 -Sun- Saint-Jovite
5. ___ Jan 29 -Sun- Sutton en Haut	12. ___ Mar 4 -Sat- St-Jean de Matha
6. ___ Feb 4 -Sat- La Boulé	13. ___ Mar 5 -Sun- Mont Tréblant - Lac Monroe
7. ___ Feb 5 -Sun- Montebello	14. ___ Mar 11 -Sat- La Mauricie
TOTAL # TRIPS: _____ @ \$21 / TRIP =	_____
Mar 18 - X-C SKI PARTY - Farmer's Rest (\$23)	+ _____
TOTAL (please make cheque for this total payable to "GOLIGER'S") =	_____
<input type="checkbox"/> I AM INTERESTED IN THE CHIC-CHOCs SKI WEEK (March)	
I PLAN TO ATTEND THE FOLLOWING EVENTS:	
<input type="checkbox"/> X-C SKI EQUIPMENT CLINIC	(Nov 30)
<input type="checkbox"/> X-C SKI WAX CLINIC	(Jan 11)
<input type="checkbox"/> MOONLIGHT X-C SKIING AT MOUNT ROYAL	(Feb 22)
I PREFER ALPINE NIGHT SKIING ON THE FOLLOWING NIGHTS:	
<input type="checkbox"/> MON	<input type="checkbox"/> TUES
<input type="checkbox"/> WED	<input type="checkbox"/> THURS
<input type="checkbox"/> FRI	
MAILING ADDRESS: RANDONNÉE AVENTURE P.O. BOX 1102 SNOWDON MONTREAL, P.Q. H3X 3Y2	PHONE: 489-0339



PLANNING AN ESCAPE THIS WINTER?

Forget the snow, forget the cold, forget your cares
BUT DON'T FORGET

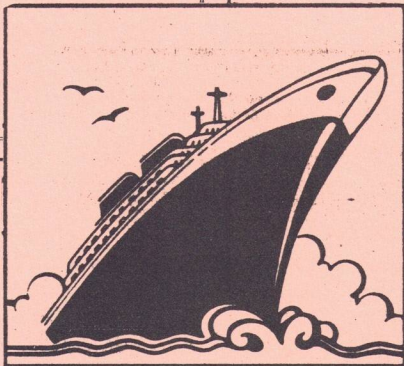
G O L I G E R ' S T R A V E L

for friendly, thorough and efficient planning of your escape to
virtually any point on the globe!

Goliger's
serving travellers since 1955


Operated By: 139327 Canada Inc.

4986A Queen Mary Rd.
Montreal, Quebec
H3W 1X2
(514) 342-2185



Discounts

Randonnée Aventure membership entitles you to a 10-15% discount on most items at the following stores. Please produce your membership card before you pay for your purchase.



Blacks
CAMPING INTERNATIONAL
3525, chemin Queen Mary
Montreal (Québec)
H3V 1H9
(514) 739-4451
739-2141

SIREN'S SKI SHOP LTD.
CROSS COUNTRY SKIS & ACCESSORIES
X-C RENTALS
BOOTS TO SIZE 17
X-C SKI REPAIRS
TEL. 482-2734
6131 SHERBROOKE ST. W.
MONTREAL, P.Q. H4A 1Y4

BOUTIQUE

endurance
Articles et vêtements
de sport
6872, Saint-Denis
(coin Bélanger)
Montreal (Québec)
H2S 2S2
Jean-Ian
Tél. (514) 272-9267
Philippe Laheurte




SYNERGI
(514) 933-2639
1640 RUE SHERBROOKE OUEST,
MONTREAL, QUE. H3H 1C9 @GUY

CENTRE DU VELO
Mc Whinnie CYCLE INC.
"Established over 50 years"
NICK - JOSEPH - BRUNO
481-3113
481-8891
6010 O., Rue Sherbrooke W.
Montreal, Qué. H4A 1X9

TRIATHLON
Francis Gariépy
Pierre Raymond
David Weston
4985 Queen Mary
Montreal, Quebec
H3W 1X4
Tél.: (514) 733-4670



**NORWAY
NORDIC**
SPÉCIALISTES EN SKIS NORDIQUES — NORDIC SKI SPECIALISTS
NIELS HOLLUM
127, rue Ste-Anne, Ste-Anne de Bellevue (Québec) Canada H9X 1M3
Tél.: (514) 457-9131 Téléx: 05-821639



CYCLE & SPORTS
6344 AVE. VICTORIA AVE., MONTREAL, QUE. H3W 2S4
(514) 738-2101
VENTE & SERVICE
SPÉCIALISTE EN RÉPARATION GÉNÉRALE
SALES & SERVICE - SPECIALISTS IN GENERAL REPAIR



**CYCLE
Peel**
6665 ST. JACQUES O.
MONTREAL, QUEBEC
H4B 1V3
(514) 486-1148