

Randonnews

RANDONNEWS
VOL. IV, NO. 2
SUMMER/FALL 1989



RANDONNEWS
IS PUBLISHED BY
RANDONNÉE AVENTURE
P.O. Box 1102, S NOWDON
MONTREAL, QUEBEC
H3X 3Y2



MONTREAL'S

FRIENDLY OUTDOOR ADVENTURE CLUB



A MESSAGE FROM THE PRESIDENT

Half way through the spring, summer and fall schedule we're still busy pounding pavement and trails. The less than perfect weekend weather has not stopped us from having a whale of a time (perfect weather for whales). Our silicone impregnated boots have kept our feet dry and a good dose of bicycle oil has kept the bike parts from rusting.

The hiking schedule started off with a great view of the Lamoyille river valley from Prospect Rock (after climbing Laraway Mt. of course). Four trips to N.Y. state challenged us with Giant, Hopkins, Dial, Noonmark, Big Slide, Algonquin and Phelps. Dense clouds of black flies and intense heat on Victoria Day weekend couldn't keep 7 of our brave trail maintainers from clearing our very own section of the Vermont long trail. Until you've personally cleared away the brush, logs and undergrowth, you can never fully appreciate hiking a groomed trail. On St. Jean Baptiste weekend, 43 hikers challenged the White Mountains of New Hampshire at Waterville Valley. After conquering the likes of Tripyramid and Osceolla, Sam and Monica showed us how real sailors handle their boats with tricky manoeuvres never attempted before.

A bicycle maintenance clinic gave everyone a chance to clean and adjust their bicycles. Within minutes, almost everyone had their hands dirty! Five great cycling day trips brought us to Lake Carmi Vt, riviere St. Francois Quebec, Alexandria Ontario and Jeffersonville and Barton Vt. Victoria Day weekend at Bristol Vt provided grueling cycling by day and invigorating dining and dancing by nite. Thirteen of our craziest cyclists took the Rideau Lakes tour challenge in June (over 200 miles in 2 days). Congratulations to you all!

On the social side, a record breaking 135 people attended our annual spring party. What a great opportunity to meet the new members reminisce about the past ski season and dance the nite away. The very first hikers vs cyclists softball game was a stand off. 13 showed up and played scrub. Another 12 were frightened away by the clouds and went to Cinema V instead.

What's happening in the next few months? Nine more cycling and 8 more hiking day trips, 2 one week long cycling trips along the Finger Lakes, a combo hiking/cycling labor day weekend to New Hampshire, a hiking Thanksgiving weekend trip again in New Hampshire, 3 trail maintenance excursions, the 3rd annual south shore cycle and BBQ, the roast lamb picnic, a corn roast, 2 more softball games, a brand new photo contest and last but not least, the Halloween party (try to say that in one breath). All upcoming events are recorded on the club answering machine at least one week in advance so you can call for updates.

Cross country ski planning has already begun. Come and help our new skiing director with your knowledge and ideas at the upcoming ski committee meetings. If you don't know much about organizing skiing events, come and learn. It's fun and exciting!

Once again, I cannot overstate the importance of involvement in the administration of the club. Thanks to all those who have actively participated in scouting, directing and administrating trips, making maps, running condos, helping at social gatherings, answering phone calls, writing and drawing for the Randonnews, stuffing, licking, stamping and mailing envelopes ... we appreciate you and we need you, all of you. Meetings are always open for anyone wishing to find out more about what's happening in the club both generally at the executive meetings (the 1st Thursday of every month) or for particular activities at their meetings.

Welcome to all the new members who have brought the current membership to over 325. On behalf of all the club members, I wish to thank again the tireless volunteers who are running this club and all its activities so well; because of them, we can all enjoy.....

RANDONNEE AVENTURE.

Serry Bard



At this time of year there are two ways for Randonnée Adventurers to get lost - on foot or on a bicycle. Fortunately there are several ways to increase your chances of staying found. Here are some of the ways:

Before setting off, refer to a map and a route description to get a clear idea of your route. On a Randonnée trip, ask the trip director to clarify any ambiguities.

While cycling or hiking, even though you may be distracted by spectacular scenery or animated conversation, always be able to say exactly where you are on your map.

Be on the lookout for the next landmark (trail junction or road intersection). If it's taking a long time to get there, you may be lost. Double check your route early so that you don't have too far to go to correct your mistake.



When hiking, if you suddenly don't see any trail markers (blazes or cairns) ahead of you, go back to the last blaze or cairn you saw. Keep watching for geographical clues (such as ridges or streams) to confirm where you are on the map. Trails may be overgrown, causing you to be misled into following a dried stream instead.

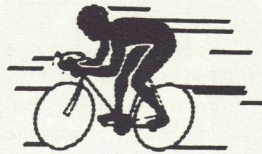


When cycling, check your map at every intersection. There may be times when reality differs from your map. Don't panic. Try and see where else on the map you could be. If you can't locate where you are, stop and ask for directions. On a Randonnée trip, if you find that you won't make it to the bus on time, call the emergency number written on your map.

Lastly, always hike 4 or more and cycle in a group, but don't just rely on someone else's sense of direction or you may end up as one of 4 or more lost souls.

RANDONNEWS
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THE HILLS ARE ALIVE WITH THE SOUND OF CYCLISTS

Huffing, puffing, heaving, growling, grinding, whizzing

People sign up for our R.A. cycle trips for many reasons: to stay in shape, to work off stress, or just to enjoy the fresh air -- Spring in the countryside "lilacs & manure". Our day trippers travel to the most scenic areas of Vermont, Ontario, Quebec, and New York State. Weeklong cycling trips in New York's gorgeous Finger Lakes area, and a couple of long weekends are also among this year's selections. All trips offer easy, intermediate, and longer routes for your cycling pleasure. You learn from your legs which route to choose (but it's perfectly okay to walk up that last hill!)

Other skills are easily acquired, such as map reading, and drinking on the roll. Soon you're riding free without a care in the world, except to get back to the bus on time! The group is always friendly. You find yourself sharing the tales and triumphs of a great day's riding the uphill and downhill, but best of all, those delightful country bakeries, and a cool refreshment at the end of the day.

Lots of fun for all, but don't forget:

- Helmet "You'd rather use it than lose it"
- Water Bottle "Never leave home without it"
- ID - for the border
- Pump - for those pesky soft tires
- Spare tube and tools
- Panier - to hold those important items, such as: wallet, lunch - FOOD!, rain jacket, first aid kit, EXTRA water bottle - more liquid, and in the summer, bathing suit & towel.

by Elise, Janet, Jill, & Diane R.



"WHY FLY WHEN YOU CAN BIKE?!!!"

Christine Jouris

Randonnée Conquers Rideau Lakes ! By Diane Rothberg

Early Saturday morning at Ottawa's Carleton University, the rain was falling in a fine mist but everyone was confident it would clear. We were wrong. The mist became showers, the showers became a deluge except for one fortuitous dry hour at our lunch stop in Perth.

Throughout the day we held our paceline through raindrops, adverse winds and puddles as deep as the Rideau Lakes themselves. As we crossed the 106 mile point at the Queens University campus in Kingston, we were greeted by a bathed and fresh Don and Jan who had made great time and arrived 1½ hours ahead of us. Gail, who had felt nauseous that morning, hitched a ride and arrived in style in the sag wagon.

For most of us, it was our first Rideau Tour and we were fascinated by the hundreds of fancy bicycles and colourful array of cycling attire. But at supper it was our turn to do the dazzling. All 13 "Randonnée Adventurers" showed up in brand-new, flame-red T-shirts emblazoned with our club's name in purple, yellow and green -- artwork courtesy of club graphic artist Christine Jouris. Well what a sensation! Each one of us was stopped and bombarded with remarks. "Great T-shirts!", "They look fantastic!", "Where can I buy one?"

When we wore them the following day, our tight little pack resembled a cluster of ripe cherry tomatoes. A newly convalesced Gail, took off with Don to do a fast return to Ottawa. The main group enjoyed the sunshine and bravely fought the north wind which finally swung west about 20 miles west of Ottawa.

The tour nearly ended prematurely for Jan when his rear gear cluster disassembled shortly after leaving Kingston. The efficient Ottawa Bicycle Club volunteer mechanics had him on his way in 45 minutes and "old iron thighs" caught up to us before lunch.

Yes, we made it back to Ottawa with strength to spare. Our training, under the guidance and unflagging encouragement of Jill and Verna paid off, especially during the final miles, and we still had plenty of energy left to enjoy an Irish dinner and ale at "Patty's Pub" near the campus. It was a weary, but elated group that clambered into our cars, and with our bicycles strapped to the roof-racks like big game trophies, we headed down the highway back to Montreal.

The Randonnée Rideau Lakes Team

Jill Aspinall, Raymond Cox, Mike De Tracy, Don Hackett, Cathy Ladanowski, Verna Lanctot, Al Ramsay, Diane Rothberg, Alex Sherman, Ray Stevenson, Gail Tedstone, Wayne Waters, Jan Wilk.



R A N D O N S H O T S

The club is launching a photo contest to judge the best cycling, hiking and social shots of the season. This is your chance for a photo opportunity.

Submit your favourite prints (the ones that fellow RA members rave over) with your name, address, and phone number on the back of each photo to the club address, attention "Photo Contest" by the end of September.

Winning entries will be featured in the Fall/Winter issue of Randonnews. All contest entries will be on display at the Halloween party where prizes in the 3 categories will be awarded.

You can enter as many photos as you want. All prints will be returned to you after the contest.

Get clicking!!

LABOUR DAY WEEKEND

EASTMAN, NEW HAMPSHIRE
Sept 1 - 4

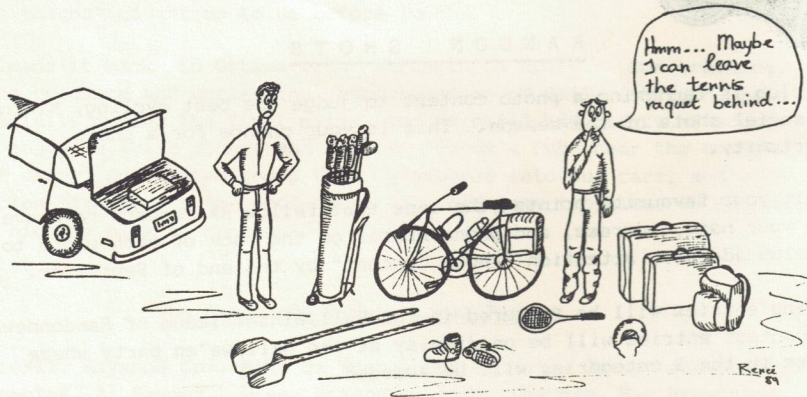
Enjoy a rare opportunity to spend the weekend at what has been called the "finest resort community in New England". Frolic in 3,500 acres of woods and waterways. Pack up your bathing suit, hiking boots and bicycle and explore the outer reaches of the lakes, mountains and country roads.

If you are feeling a little less energetic, a pair of sneakers will give you access to the extensive network of lower-level walking trails. If even this sounds too strenuous, you can always flex your credit cards at the boutiques and restaurants in New London, 20 minutes away.

COST \$110 (members) TRANSPORTATION: CARPOOL
130 (non members)

- 3 nights in fully equipped "Lakeside cluster condominiums"
- Sunset Bar B Q (on the night it doesn't rain)
- sports facilities
- optional rental of sunfish, canoes, paddleboats, rowboats or "playaks"

Full payment for this trip is due by August 2.
PLEASE MAKE YOUR CHEQUE PAYABLE TO RANDONNEE AVENTURE.



CAR POOLING - LABOUR DAY WEEKEND

THANKSGIVING "LEAF-PEEPER" WEEKEND

ATTITASH, New Hampshire
October 6 - 9

ATTITASH, the Thanksgiving weekend you've been waiting for. It's fall hiking amongst resplendent foliage, and after scaling those massive New Hampshire peaks, what could be more pleasant than relaxing in The Seasons luxury condominiums where your condo mommy or daddy will help organize your nourishment and maybe even tell you a bedtime story.

HIKING:

- Lots to choose from in and around Crawford Notch.
- possibility of visiting 3 of the AMC huts
- possibility of hiking Mt. Washington, depending on weather and trail conditions.

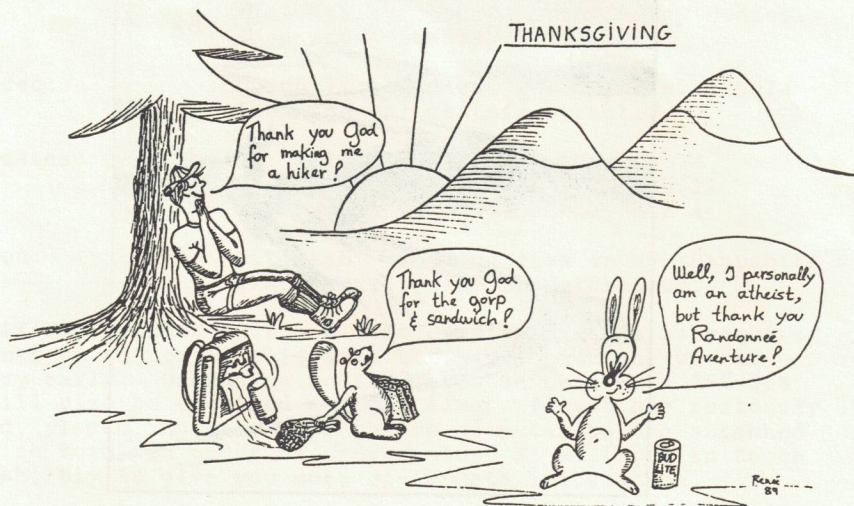
THE SEASONS: Swimming pool, game room, Party room

SHOPPING: The bus will be available to take you into North Conway for shopping and window shopping on the last day. Take advantage of the many factory outlets for bargains and fun!

COST: \$150 members, \$170 non-members
Full payment is due by Friday, August 29
PLEASE MAKE YOUR CHEQUE PAYABLE TO GOLIGER'S.

TRANSPORT: Luxury Coach
Departure from Atwater & Ste. Catherine
Friday, October 6th at 7:00 p.m. SHARP!

***** OPTIONAL 5-star Gourmet Dinner at the fabulous Bernerhof Inn. Because of the high cost (perhaps \$40 U.S. per person), attendance at this Sunday dinner is up to you. It does, however, promise to be the dining highlight of the season. Renowned for its fresh delft blue provini veal, schnitzels and picattas, the restaurant also hosts a school of classical French cooking. Pass the radicchio, please!! We have only 18 seats available for this feast, so sign up NOW.



Doing the Chic-Chocs Shuffle by Marlene Busko

The Chic-Chocs? No - these are not elegant auto parts. As eight Randonnée cross-country skiers discovered this past Easter, the Chic-Chocs mountains in the gaspesie are a well-kept secret offering unparalleled skiing opportunities.

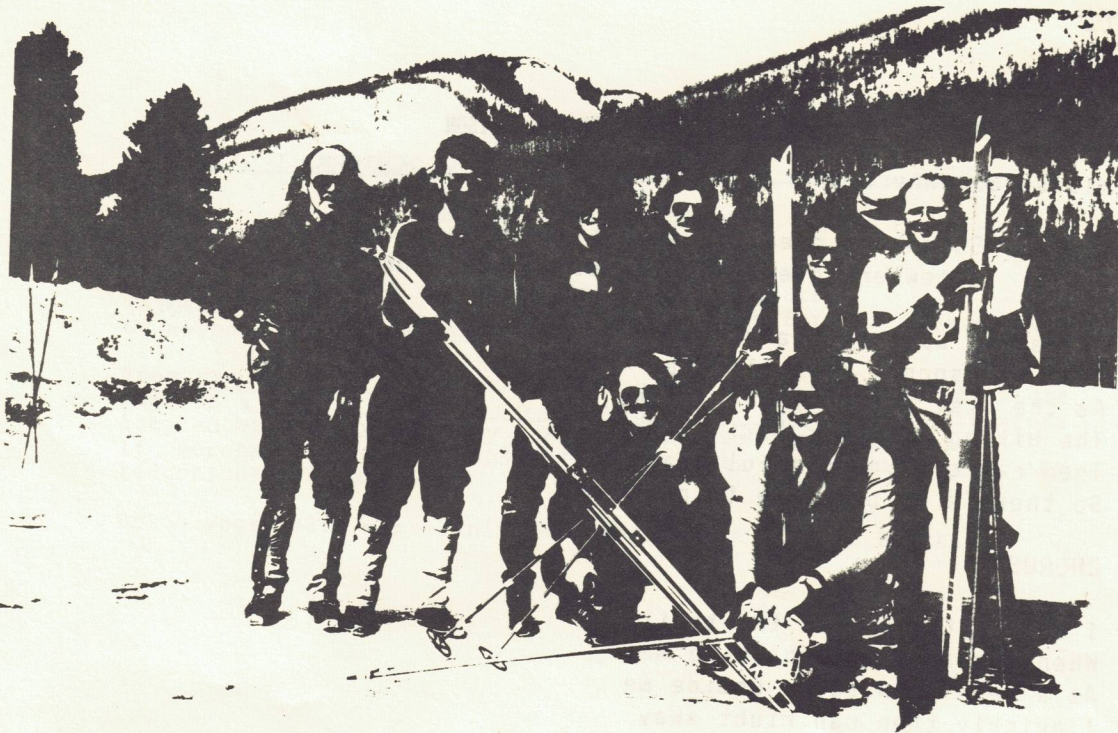
The first glimpse of these mountains (after a twelve hour van ride from Montreal) had everyone gasping "Are we going to ski there?". The training weekend with backpacks at Mastigouche had seemed easy, but could we handle these hills? Yes, it turned out we could all master faceplants in the snow.

As the days unfolded with everchanging weather conditions we used every wax we brought. We learned that a little klister goes a long way. On one day we layered from polar wax to special red. Nothing worked. Thus was born the Chic-Chocs-Shuffle. Imagine sliding your skis back and forth trying to get rid of a six-inch buildup of snow underfoot.

Karl, our guide, led us from hut to hut sometimes through dense fog and up to summits with almost 360° views. While skiing downhill with a heavy backpack we would get swallowed up one by one by the deep powder, much to his entertainment.

The last day found us skiing down the mountain under a brilliant blue sky each one of us making separate trails in the foot of powder that had fallen overnight. By this time we had eaten every gram of gorp, and titillated our tasebuds with Tex-Mex Kasha. Back in civilization in Ste-Anne-des-Monts we satisfied our cravings for pizza and beer at the Proletarian bar and reminisced about the highlights of the past week - snow baths, storytime around the candle lantern, skiing off-trail in waist-deep powder...





WINTERLUDE '90

Ski season, here we come! Come to wonderful, snowy New Hampshire for your mid-winter break. Live in luxury for 9 days and nights and take to the slopes in pursuit of winter fun.

Estimated cost:

\$500-550 Cdn

Includes:

9 nights accomodation in luxury condo,
food and X-country trail fees.

Not included:

Downhill packages, which are available
from the ski centers directly.

Possible dates:

1. Friday Jan 26 - Sunday Feb 4
2. Friday Feb 2 - Sunday Feb 11
3. Friday Feb 23 - Sunday Mar 4

Destination:

Attitash - Jackson area in New Hampshire
Exact location to be determined.

INTREPID SKIERS, PLEASE NOTE: A firm commitment will be required by September as condos in this area get booked for the winter season very early. Depending on the location chosen, a 25%-50% deposit will also be required at that time. If you are seriously interested, please indicate your choice of dates on the attached Registration Form, in order of preference. We will get in touch with you shortly to give you more up-to-date information.

SOMEWHERE OVER THE MOUNTAINS

BY SAM ALLISON

(Tune: Somewhere Over The Rainbow)

CHORUS: Somewhere over the mountains, hikers cry
Somewhere over the mountains, where oh where am I?

I started up a little slope
And very soon I lost all hope
As the mist rolled in behind me
The Hiking Director lost my map
Then ran off in an awful flap
So there's no one here to guide me.

CHORUS

I accidentally lost the trail
When I heard a frightening wail
As a bear crawled up beside me
I quickly then ran right away
And lost all touch with Randonnee,
Oh what! If ever they never find me?

CHORUS

I've wandered around since half past five
Feeling much more dead than alive,
As darkness falls around me.
If I get back to the bus,
I'm going to raise an awful fuss.

CHORUS



"HIKING MT. MANSFIELD IN 35° WEATHER WITHOUT ANY WATER WAS A BREEZE; CYCLING 100MI IN COLD FREEZING RAIN WITHOUT ANY PROTECTION WAS A CINCH; BUT GETTING UP AT 5:00AM FOR EACH TRIP WAS A REAL KILLER!!"

Christine Jouris

RANDONNÉE AVENTURE WEEK AT BLACKS

20% OFF ALL MERCHANDISE

Attention Randonnée lovers of the great outdoors!
Thinking about investing in new hiking boots for the fall season?
Or maybe a spiffy goretex jacket?

From Sept. 11 to 17, Blacks will be offering Randonnée Aventure members a 20 % discount on everything in stock at their store located at 3525 Queen Mary Road, metro Cote-des-Neiges. If merchandise is already reduced 10%, an additional 10% reduction will be given.

Bring your valid membership card and take a hike to Blacks!

FEATURE ATTRACTIONS FOR WISE GUISE

New Randonnée Aventure T-shirts and sweatshirts are now available in all the colours of the rainbow! Choose from cycling, hiking and club logo designs. For sale on Randonnée trip buses and at social events. T-shirts cost \$10 and sweats are \$17.

TRAIL MAINTENANCE

Call Don Hackett at the club phone 489-0339 for further information about the following trail maintenance activities on RA's section of the Long Trail in Vermont:

July 15-16	Trail Maintenance Workshop
Aug 26-27	Weeding and Waterbars
Oct 28-29	Fall Walkthrough

SUMMER SOCIALS

- JULY 16 BBQ LAMB PICNIC & SWIM with Derek and Christine in Chertsey,
(Sun) near Rawdon. BYOB. Food provided and costs shared. Call
489-0339 by the 13th for details.
- JULY 19 SOFTBALL
(Wed) The hikers challenge the cyclists at 6PM on the playing field
behind the Montreal West town hall on Westminster Avenue.
Here's a chance to wear your favourite club T-shirt.
- JULY 23 KIDS' DAY OUT
(Sun) Cycle along the St. Lawrence Seaway and enjoy a BBQ in
beautiful Brossard. Adults must be accompanied by a child.
Bring the meat, drinks, and child of your choice. RSVP Sam
443-1464.
- JULY 25 MOVIE NIGHT AT LE FAUBOURG
(Tues) 1616 Ste. Catherine W. on the subterranean level. Join us
just before 7PM and afterwards come for a pint or two.
- JULY 29 BARD'S BLISTERING BICYCLE TOUR AND BBQ
(Sat) Departing at 10AM from Bonimart Shopping Center, Greenfield
Park, for the South Shore and beyond. BYOB and \$6 for
hamburgers and fixings. RSVP the tape : 489-0339
- AUG 16 SOFTBALL REMATCH : HIKERS vs CYCLISTS
(Wed) Same time, same place. Wear your hiking or cycling T-shirt.
- AUG 20 MARGARET'S CORN ROAST AND SWIM
(Sun) All the corn and salad you can demolish for a mere \$3.50, from
2PM on, in Howick, Que. BYOB, meat for grilling, and swim
stuff. Car pool and convoy from Atwater at 1PM. RSVP the
tape : 489-0339.
- AUG 22 MOVIE NIGHT AT LE FAUBOURG
(Tues) Meet at the bottom of the escalator just before 7PM.

*Q. HOW DO RANDONNÉE AVENTURE MEMBERS FEEL ABOUT
THE UPCOMING ROAST LAMB PICNIC AT DEREK AND
CHRISTINE'S; THE BIKE TOUR + BBQ AT GERRY'S; AND
THE CORN ROAST + SWIM AT MARGARET'S?*

A.





Randonnée Aventure 1989

tape : 489-0339

August

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
	1	2	3	4	5 AUG 5-13: CYCLE: FINGER LAKES, NY	6
7	8	9	10	11	12 CYCLE ④: CARILLON PARK, ONT	13
14	15	16 SOFTBALL	17	18	19 AUG 19-27: CYCLE FINGER LAKES CYCLE ⑤: SHELburne, VT HIKE ⑥: ELEPHANT, QUE	20 MARGARET'S CORN ROAST
21	22 MOVIE NIGHT	23	24	25	26 CYCLE ⑩: LOON LAKE, NY	27 AUG 26-27: TRAIL MAINTENANCE
28	29	30	31			

September

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
				1	2 SEPT 1-4: CYCLE/HIKE: EASTMAN, NH	3
4	5	6	7	8	9 CYCLE ⑪: MORGAN, VT HIKE ⑦: TILLOTSON, BELVIDERE, VT	10
11	12	13	14	15	16 HIKE ⑩: ADIRONDACK LOT, NY	17 CYCLE ⑫: KEESEVILLE, NY
18	19	20	21	22	23 CYCLE ⑬: LAC SUPERIEUR, QUE	24 HIKE ⑪: MATTAWINNIE, QUE
25	26	27	28	29	30 CYCLE ⑭: GLEN SUTTON, QUE. HIKE ⑫: MT. MANSFIELD, VT	

October

MON	TUES	WED	THURS	FRI	SATURDAY	SUNDAY
						1
2	3	4	5	6	7 OCT 6-9: HIKE: ATTITASH, NH	8
9	10	11	12	13	14 HIKE ⑬: HURRICANE, NY	15
16	17	18	19	20	21 HIKE ⑭: WOLFJAW, ROOSTER COMB, NY	22
23/30	24/31	25	26	27	28 OCT 28-29: TRAIL MAINTENANCE	29

DISCOUNTS

EACH STORE WITH ITS CARD DISPLAYED ON THIS PAGE WILL OFFER A 5-10% DISCOUNT ON MOST ITEMS. PRODUCE YOUR R.A. MEMBERSHIP CARD AND DISCUSS A DISCOUNT.



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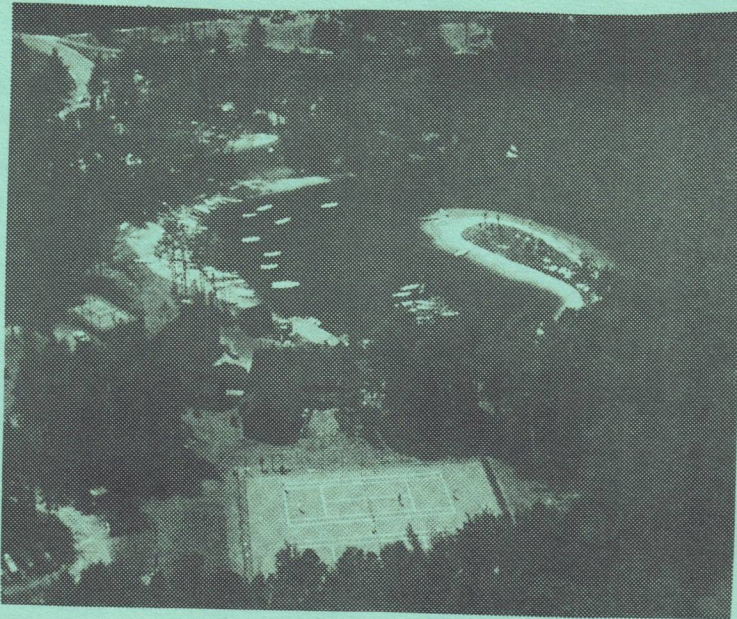
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LABOUR DAY WEEKEND

EASTMAN, NEW HAMPSHIRE CARPOOL DIRECTIONS

Leave Montreal via the Champlain Bridge and take the Eastern Townships Autoroute to the St. Jean exit to the Phillipsburg border crossing. This exit is clearly marked to take you to U.S. Highway 89. Take US 89 all the way through Vermont and into New Hampshire till EXIT 13 GRANTHAM. Turn off and go in the direction of EASTMAN. Directly after Eastman sign and flagpole TURN RIGHT ONTO EASTMAN GROUNDS. Continue on Eastman Road following signs for VISITOR CENTER. Turn left at SIGN FOR SNOW HILL, WEST COVE. Continue for approximately 2 km crossing small bridge. Those in B condos, take third driveway on right. Those in D condos take second driveway left and then left again. CONDOS WILL BE LEFT OPEN. Your condo mom, or pop, will have up-to-date info on access to condos.





REGISTRATION

DID YOU REMEMBER TO:

1. Sign the Waiver. _____
2. Fill in the Registration Form. _____
3. Make your cheque for Membership
& Labour Day Weekend
(dated Aug. 2 or earlier) _____
Payable to RANDONNÉE AVENTURE

Make your cheque for Thanksgiving
Weekend _____
(dated Aug. 29 or earlier)
Payable to GOLIGER'S.
4. Mail everything to RANDONNÉE AVENTURE. _____
Please do not mail your Registration
or money to Goliger's.
5. Call the Club number - 489-0339 - if _____
you have any questions or problems.
We will return your call promptly.
Please do not call Goliger's regarding
Club events.
6. Keep the Labour Day Carpool Directions on the back of this
page.

MAIL signed Waiver, completed Registration Form and Cheque(s) to:

RANDONNÉE AVENTURE
P.O. Box 1102, Snowdon
Montreal, Quebec H3X 3Y2

Montreal's friendly outdoor adventure Club

489-0339