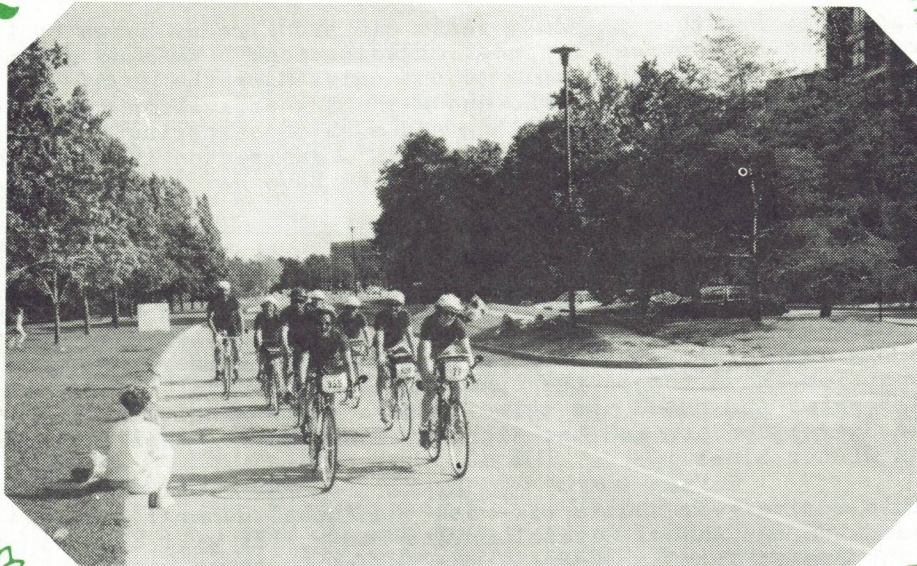


# RANDONNEWS

SPRING / SUMMER 1990

VOLUME V, NO.1



PUBLISHED BY RANDONNEE AVENTURE, P. O. BOX 1102,  
SNOWDON, MONTREAL, QUEBEC, H3X 3Y2 (514) 489-0339

MONTREAL'S FRIENDLY OUTDOOR CLUB



# president's message

## A MESSAGE FROM THE OUTGOING PRESIDENT

Randonnée Aventure is now 4 years old and already known by its members as one of Montreal's finest organizations. We have grown and have become the place for people to not only enjoy the great outdoors, but to meet others who enjoy sharing activities from cross country skiing to hiking to cycling and even to gathering for social evenings. But the best thing about this organization is the members working together to make things happen. We have had 4 good years and hopefully many more to come.

Except for a few fits from Mother Nature, the past year was a smashing success with 385 members participating in over 80 activities. Brand new destinations like cycling around the Finger Lakes combined with the return of the Waterville Valley hikes and the always pig out barbecues gave us a very exciting summer. Although icy conditions have forced the cancellation of several skiing trips, we still skied and skied and skied. Social gatherings like the Baroque Choral Concert and the Night at Blue Bonnets took away those midweek winter blues.

This coming year starts off with the Annual General Meeting combined with our Annual General Spring Party. It will be held on April 7th 8pm at Thompson House. Our annual business matters including the election of 4 new directors will be followed by one of our not to be missed parties à la Randonnée.

Almost every Saturday and Sunday from the beginning of May to the end of October, there are hiking and cycling trips planned for the day or the weekend or even for a week if you want to vacation Randonnée style. If you prefer, you can just socialize at BBQ's, theater..... I encourage everyone to take part in the planning and running of these activities as this is all part of the fun and enjoyment of the club. This edition of the Randonnews is packed with all the information you need to know. Don't miss a thing!

After 2 years at the helm, it's time to let Susan Harris take over as our new president. Good luck Susan! Before I go, I do want to thank everyone who has helped run the club in the past two years. Your efforts have made my job as president a very enjoyable experience. It's finally time to say ....

Bye Bye



\*\*\* THANK YOU \*\*\* THANK YOU \*\*\*

To the 1989/1990 season administration and all the volunteers:

Vice President Operations: Jan Wilk  
 Vice President Administration: Susan Harris  
 Treasurer/Registrar/Business Manager: Vera Tobis  
 Assistant Treasurer/Registrar: Jack Melnick  
 Recording Secretary: Monika Malecka  
 Legal Advice: Robert Fyfe

Hiking Director: Margaret Robertson Administrator: Diana McDougall  
Hiking Committee, scouts, trip leaders, trail maintainers: Sam Allison, Elise Brais, Francine Brassard, Marlene Busko, Raymond Cox, Janet Davis, Ian Deakin, Mike DeTracy, Allen Feider, Karen Findlay, Don Hackett, Susan Harris, Cal Hindson, Jola Kuzmicka, Kathy Maclean, Tom Macdonald, Monika Malecka, Lazar Mitrovic, Micheline Purrenne, Susan Vincelli, Jan Wilk, Derek Wisdom, Ruth Wright

Cycling Director: Jill Aspinall Administrator: Verna Lanctot  
Cycling Committee, scouts, trip leaders, bicycle clinic instructors: Elise Brais, Marlene Busko, Jeanine Choltus, Janet Davis, Mike DeTracy, Phil Distin, Peter Elgee, Karen Findlay, Emil Grimmel, Don Hackett, Susan Harris, Chantal Haussman, Micha Karpfen, Cathy Ladanowski, Kathy Maclean, Monika Malecka, Jack Melnick, Coleen Proulx, Al Ramsay, Diane Rothberg, Ray Stevenson, Gail Tedstone, Wayne Waters, Sarah Wheeler, Jan Wilk, Pat Zebel

Skiing Director: Cathy Ladanowski Administrator: Margaret Robertson  
Skiing Committee, scouts, trip leaders: Sam Allison, Jill Aspinall, Francine Belanger, Elise Brais, Marlene Busko, Raymond Cox, Janet Davis, Mike DeTracy, Peter Elgee, Don Hackett, Susan Harris, Chantale Haussman, Verna Lanctot, Eldeen Lundstedt, Monika Malecka, Jack Melnick, Walter Dertle, Al Ramsay, Ray Stevenson, Gail Tedstone, Vera Tobis, Susan Vincelli, Wayne Waters, Jan Wilk, H el ene Millas, Betty McNaughton, Don Salmon

Social Director: Karen Findlay  
Social Committee: Sam Allison, Elise Brais, Ian Deakin

Randonnews Editor: Marlene Busko

Randonnews writers, illustrators, photographers, contributors: Sam Allison, Jill Aspinall, Gerry Blanchard, Elise Brais, Karen Findlay, Don Hackett, Maida Haltrecht, Susan Harris, Christine Jouris, Jola Kuzmicka, Cathy Ladanowski, Verna Lanctot, Renee Levy, Monika Malecka, Jack Melnick, Ron Portanier, Margaret Robertson, Diane Rothberg, Vera Tobis, Wayne Waters

Telephone Coordinators: Elise Brais, Francine Belanger, Diane Lafortune, Susan Spier, H el ene Millas

Information Coordinators: Mike DeTracy, Susan Harris

Volleyball and Fitness Coordinator: Gerry Blanchard

Volunteer Coordinator: Maida Haltrecht

Misc. Volunteers (mailing, phoning, setup at parties, BBQ's etc.): Claude Bard, Francine Belanger, Jeanine Choltus, Janet Davis, Mary Eberwein, Catherine Ford, Emil Grimmel, Christine Jouris, Diane Lafortune, Verna Lanctot, Eldeen Lundstedt, Tom Macdonald, Kathy Maclean, Chris Maes, Mary Martin, Ferne Masse, Betty Macnaughton, Ila Novak, Margaret Robertson, Peggy Roscoe, Linda Shear, Ellie Solomon, Ray Stevenson, Susan Vincelli, Tricia Waghorn, Mary Watt, Sarah Wheeler, Derek Wisdom

Condo Coordinators: Elise Brais, Marlene Busko, Jeanine Choltus, Janet Davis, Susan Harris, Cathy Ladanowski, Monika Malecka, Chris Maes, Margaret Robertson, Ellie Solomon, Vera Tobis, Susan Vincelli, Wayne Waters, Jan Wilk, Derek Wisdom

To these and to any I may have missed, on behalf of the members of Randonn e Aventure, I thank you all for your hard work and dedication to the club.

Gerry

3



## editor's note

This edition of **Randonnews** is once again packed with activities to keep you busy from April through October. The cycling and hiking directors (Jill and Don) have been very busy putting together day trip lists and trip descriptions as well as gathering details about our three summer weekend trips and a one-week cycling trip. Whew! I'd like to thank all directors and all others who have contributed to this issue, with special thanks to Susan Harris, production assistant, our next president.

As promised, the winning pictures from last year's photo contest are featured in this issue. For those of you who missed the terrific photo display at the Hallowe'en party, the first prize winners, as judged by Colin Mason, were:

CYCLING Cover, top photo: Rideau Lakes Cyclists by Don Hackett  
HIKING Cover, bottom photo: The Brothers Hikers by Christian Vincent  
SOCIAL Page 12: Waterville Valley Condomaniacs by Ross Clarkson  
SKIING To be featured in the winter edition of **Randonnews**: Morin Heights Skiers by Phil Prince.

Other prizewinners were Karen Findlay and Nicolas Herscovics. Congratulations to the winners! To all who participated, thank you!

The photo on page 21 was taken by Don Salmon during the Attitash Ski Week.

The deadline for submissions of articles, photos and artwork for the summer/fall edition of **Randonnews** is June 18, 1990.

Anyone wishing to become more involved in our club's newsletter or in any of the other many activities, please indicate your interest on the registration form. As you can see from Gerry Bard's list of volunteers, the success of our non-profit club depends on the time and talent generously given by many members.

Marlene Busko

---

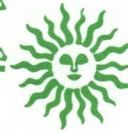
**RANDONNEWS**  
Vol. V, No. 1  
Spring/Summer 1990

Editor: Marlene Busko  
Artwork: Renée Levy

Contributors: Jill Aspinall  
Gerry Bard  
Karen Findlay  
Robert Fyfe  
Don Hackett  
Susan Harris  
Jola Kuzmicka

Cathy Ladanowski  
Verna Lanctot  
Diana MacDougall  
Margaret Robertson  
Gail Tedstone  
Vera Tobis





## St. John Ambulance

"Hello!, hello!, Annie, do you hear me? It's Susan speaking. What happened! Are you O.K.? Don't worry, everything will be fine. Hey, you there, in the blue shirt! Come and help me, please. Call 911 and request an ambulance for an unconscious adult female with possible neck injury and broken leg. She is not breathing, there is no pulse and C.P.R. is in progress. Make the call and come back."

Have you ever been a victim of an accident or been at the scene of one feeling helpless, wondering what you could do? Since December 1989, 37 of our members have successfully completed the fifteen-hour First-Aid course given by St. John Ambulance and over 25 have then gone on to pass the C.P.R. (cardio-pulmonary resuscitation) course as well. No, we're not doctors but we do have some idea, now, of what we can do to help if ever we are at the scene of an accident.

R.A. is planning to organize another First-Aid course and, possibly, C.P.R. in September 1990. If you would like to be among those having first-aid knowledge, watch for registration details in the summer/fall edition of the Randonnews. The course is not difficult and is very interesting, providing some good hints on simple first-aid which can be used at home, at the office and on the hiking path, cycling route or ski trail. We strongly encourage you to participate in this important activity.



### INSURANCE COVERAGE

Some of our members have sustained injuries in the United States which required immediate medical attention. Those who did not have their own personal insurance incurred high medical expenses because Quebec medicare reimburses only a fraction of the total cost.

For the benefit of its members, Randonnée Aventure has set up a group policy which covers expenses due to sickness and/or injury encountered on all Randonnée Aventure organized trips.

Coverage begins April 15, 1990 and applies to members who have paid their membership fee by that date. (Check the expiry date on your membership card.) The membership fee remains the same as last year, \$20.

More detailed information will be sent to club members shortly.



# income statement

## NOTICE

### ANNUAL GENERAL MEETING OF MEMBERS

Notice is hereby given that the Annual General Meeting of Members of Randonnée Aventure will be held at Thomson House, 3650 McTavish Street, Montreal, Quebec on Saturday, April 7, 1990 at 8:00 p.m.

Given this first day of March, 1990.

THE SECRETARY

## RANDONNÉE AVENTURE

### STATEMENT OF INCOME AND EXPENSES

Projected to March 31, 1990

#### INCOME:

Membership	\$ 7,520
Hiking	3,397
Cycling	2,909
Volleyball	100
Social	(955)
T-Shirts	(1,054)
Labour Day	(551)
Thanksgiving	(16)
Skiing	1,608
Victoria Day	620
St. Jean Baptiste	571
Ski Weekend	186
Cycle Week	554
Ski Week	45
Interest on Term Dep.	500
	<u>\$15,434</u>

#### EXPENSES:

Newspaper Ad	\$ 365
Insurance	993
Newsletter	1,594
Telephone	1,800
Executive Meetings	500
Other	<u>4,988</u>
	<u>\$10,240</u>

OPERATING SURPLUS:      \$ 5,194

Vera Tobis  
Treasurer



According to the by-laws of RA, the four members of the Board of Directors are nominated and voted in by the membership at the Annual General Meeting. The four directors serve the club in the positions of President, Vice-President Operations, Vice-President Administration, and Treasurer.

**NOMINATIONS RECEIVED TO DATE FOR THE POSITIONS OF DIRECTOR:**

Susan Harris  
Diane Rothberg  
Mike de Tracey  
Jack Melnick

**THE MEMBERS LISTED BELOW HAVE STATED THEIR WILLINGNESS TO SERVE THE CLUB IN THE FOLLOWING POSITIONS:**

President	Susan Harris
Vice-President, Operations	Diane Rothberg
Vice-President, Administration	Mike de Tracey
Treasurer/Registrar	Jack Melnick
Legal Advisor	Robert Fyfe
Assistant Treasurer/Registrar	Hélène Millas
Randonnews Editor	Marlene Busko
Social Director	Karen Findlay
Hiking Director	Don Hackett
Hiking Administrator	Margaret Robertson
Trail Maintenance Co-ordinator	Margaret Robertson
Cycling Director	Jill Aspinall
Cycling Administrator	Verna Lanctot
Recording Secretary	Francine Bélanger
Phone Co-ordinators	Elise Brais
	Diane Lafortune
	Francine Bélanger
	Hélène Millas
Volunteer Co-ordinator	Maida Haltrecht
Information Co-ordinators	Betty McNaughton
	Susan Vincelli
Fashion and Sales Manager	Wayne Waters
Travel Co-ordinator	Vera Tobis
Skiing Director	Cathy Ladanowski (1989/90)
Skiing Administrator	Margaret Robertson (1989/90)

Monthly meetings of the above executives are open to any club member. If you wish to attend the Executive Meeting held the first Thursday of each month, call 489-0339 to obtain the details of place and time.

Club members are also invited to attend meetings of all other committees (e.g. hiking, cycling, skiing). Again, call the club number for details.



### 1990 CYCLING SEASON

Join us for another season of friendly favorites and new twists. Whatever your cycling ability there is a route for you, from the picnickers to the roadrunners; beginner routes 30-40K, intermediate routes 50-65K, with longer options for road runners.

Something new and improved this season!! **HELMETS ARE MANDATORY.** Cyclists without helmets will not be permitted on the bus.

All of our 14 trips are thoroughly planned and precycled. We wander through scenic back country roads where swimming holes and country stores abound. The day's cycling is topped off with an optional dinner upon our return in Montreal. (Note: As our arrival time in Montreal can vary, early evening commitments should be avoided.

Maps provided by Randonnee and first aid kit available. Identification should be brought along on EVERY trip.

The bicycle trailer holds 40 bikes. Please bear in mind, however, that mountain bikes take up more space and there may be times when they cannot be accommodated.

Cycling Director: Jill Aspinall  
Cycling Administrator: Verna Lanctot

### TRIP RATINGS

To assist you in planning your cycling season, the difficulty of each trip is rated in the trip description. Please note that all trips do include routes for beginner, intermediate and advanced riders.

- EASY:** generally flat terrain; excellent for your first few rides of the season.  
**MODERATE:** a few hills are included in all routes, but they are manageable for everyone.  
**ENERGY BURNER:** hills are more prevalent, but the routes are suitable for all. You may need to shorten your normal distance.



## 1990 CYCLING DAYTRIPS

1. May 13 Riviere St. Francois, Que A gentle ride by the river and through local  
Sunday farmlands. Rating: Easy
2. May 26 Long Sault, Ont Ride through lakeside parkland or longer options over quiet  
backroads. Rating: Easy
3. May 27 Montgomery Centre, Vt Something for everyone from rolling pastures to Jay  
Sunday Peak. Rating: Moderate with a challenging expert option
4. Jun 2 Keeseville, NY Spectacular Adirondack views, the Ausable Chasm and Lake  
Champlain are highlights of this trip. Rating: Moderate
5. Jun 10 Champlain Islands, Vt Pleasant cycling along the island roads with several  
Sunday picnic and swimming choices. Rating: Easy
6. Jun 16 Bedford, Que & Vt Welcome to strawberry country! There's time for picking as  
well as a gentle rolling ride into Vermont. Rating: Moderate
7. Jul 7 Shelbourne, Vt A classic ride: great views & rolling countryside. Easy options  
for swimming, the Shelbourne Museum or the wildflower farm. Rating: Energy Burner
8. Jul 14 Meecham Lake, NY The first annual cycling/hiking picnic & swim. A new cycling  
route will precede a club sponsored picnic by the lake. A \$3 premium will apply  
to this trip. Rating: Energy Burner (Easy picnic option)
9. Aug 4 North Hatley, Que Tour the lakes of the Eastern Townships over undulating  
terrain. Swimming, shops and pubs make a grand finale. Rating: Moderate
10. Aug 26 Morgan, Vt Take time to watch the Morgan horses, swim in the lakes or just  
Sunday finish early for a drink by Lake Memphramagog. Rating: Moderate
11. Sep 8 Chasm Falls, NY Lovely coniferous woods in the upper Adirondack Park make this  
a welcome addition to Randonnee's cycling repertoire. Rating: Energy Burner
12. Sep 16 Havelock, Que The apples will be plentiful & ripe on this new trip through  
Sunday Quebec farm country. Rating: Easy
13. Sep 22 Lac Superieur, Que Fall colours provide beautiful views as we ride between  
lakes & Laurentian villages. Rating: Moderate
14. Sep 29 Glen Sutton, Que & Vt New cycling routes for 1990 will bring us back for our  
third annual sangria toast to the cycling season. A \$3 premium will apply to  
this trip. Rating: Moderate

Prices: \$24 per trip. \$27 for trips 8 & 14.

**PICK UPS:** T.M.R. Shopping Centre (Lucerne Rd.).....7:15 a.m.  
Queen Mary & Decarie (Wendy's).....7:30 a.m.  
Atwater & Tupper.....7:45 a.m.

Phone 489-0339. **IMPORTANT: Cycling helmets are mandatory!**



**ST. JEAN BAPTISTE WEEKEND JUNE 22-25**  
**CYCLING/HIKING IN LAKE PLACID, N.Y.**

Whether you prefer to travel using two wheels or your two feet, this promises to be a weekend trip with something for everyone. We will be staying in comfortable, uniquely decorated houses in the heart of the Adirondacks. A group BBQ is included in the price.

Hike our favourite trails, only  $\frac{1}{2}$  an hour away. Choose from Mackenzie, Haystack or Scarface peaks or from the trails starting at the Adirondack Loj - from the easy Mt. Jo to the challenging Mt. Marcy.

Cycle in the shadows of the high peaks. Picnic on the rocks of the sparkling Ausable River. The hills and valleys of this region are sure to please cyclists of all abilities.

Need a break from all that cycling and hiking? There's always shopping in Lake Placid or lazing by the beach.

**Price \$130 for members; \$150 for non-members. Payment due May 25.**

Transportation by carpool. Please indicate on the registration form if you would like to be a house co-ordinator.





RANDONNÉE AVENTURE

CALENDAR OF EVENTS

1990

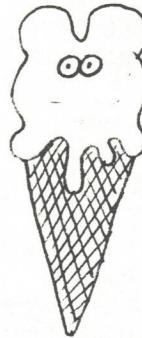
APRIL 7 Sat AGM, Spring Party & Registration  
20 Fri IMAX Film - Grand Canyon

MAY 2 Wed The Fossils Live Comedy Theatre  
5-6 Trail Maintenance Weekend  
12 Sat Hike #1 Sutton, Que  
13 Sun Cycle #1 Riv St-François, Que  
18-19 Victoria Day Cycling  
26 Sat Cycle #2 Long Sault, Ont  
Hike #2 Giant, Hopkins, NY  
27 Sun Cycle #3 Montgomery Centre, VT

JUNE 2 Sat Cycle #4 Keeseville, NY  
3 Sun Hike #3 Camel's Hump, VT  
9 Sat Hike #4 Ausable Lake, NY  
10 Sun Cycle #5 Champlain Ils, NY  
16 Sat Hike #5 Mansfield via Sunset Ridge, VT  
Cycle #6 Bedford, Que & VT  
22-25 Cycling/Hiking Weekend - Lake Placid, NY  
29-July 2 Backpacking Weekend - Gothics, NY

JULY 7 Sat Cycle #7 Shelburne, VT  
14 Sat Cycle #8 + Picnic + Swim, Meecham Lake, NY  
Hike #6 + Picnic + Swim, Meecham Lake, NY  
22 Sun Lamb BBQ + Swim, Chertsey, Que  
28-Aug 5 Finger Lakes, NY Cycle Week

mice  
CREAM



FOR ADDITIONAL EVENTS SUCH AS BASEBALL AND BARD'S CYCLE  
& BBQ, CALL 489-0339.

WATCH FOR THE SUMMER/FALL EDITION OF RANDONNEWS FOR  
LATER EVENTS.



## HIKE WITH RANDONNÉE IN 1990

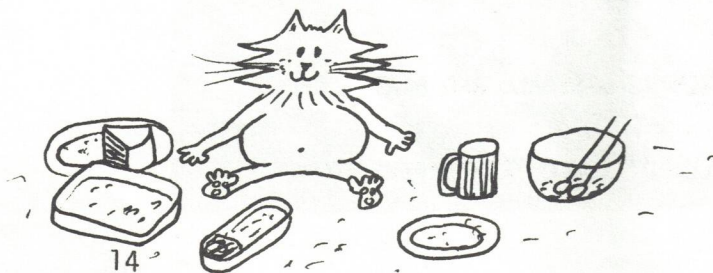
Randonnée Aventure's fifth hiking season offers fourteen hiking dates, including two Sunday hikes, in our favourite areas of the Adirondacks, the Green Mountains of Vermont, and Quebec. A new feature for 1990 is a combined hike/cycle/swim/picnic at Meecham Lake, NY (hikers climb Mt. Debar, cyclists presumably avoid doing so!). This event carries a slight extra charge to defray the cost of the picnic.

Most of our hiking venues offer the complete range of hiking opportunities, from very easy to quite advanced, but to aid in your selection of hiking dates, here are some pointers:

- Easy hikes suitable for beginners or the more laid-back, include the season opener at Sutton, the Ausable Lake option, the hike and swim at Meecham Lake, Mt. Legault (a new hike on our schedule), John's Brook, and the ever-lovely woods of Larraway and Prospect Rock.
- Hikes with no very easy option (intermediate to advanced level only) include Camel's Hump, Hunger, and the two Mansfield hikes (spring and fall).
- Hikes with a wide range of options (beginner to quite advanced) include Giant, Adirondack Loj, the Cascade/Porter hike, and Tillotson/Belvidere.

AHH!  
WHAT A GREAT  
BURP! CLUB!

Hiking Director: Don Hackett  
Hiking Administrator: Margaret Robertson





**RANDONNEE AVENTURE 1990 HIKING SCHEDULE**

<u>NO.</u>	<u>DATE</u>	<u>LOCATION</u>
1.	May 12	<b>Sutton, Que.</b> Start the season with a woods ramble in our own front yard. Easy hikes, classic pub at the end.
2.	May 26 <i>Dag</i>	<b>Giant, Hopkins, Spread Eagle, NY.</b> Keene Valley views with options for all levels of hiker, beginner to advanced. Giant is well named.
3.	Jun. 3 (Sun)	<b>Camel's Hump, VT.</b> Many hikers regard this as the most rewarding hike in Vermont. Alpine tundra, friendly rangers. Intermediate to advanced hikes. Try Wind Gap and Long Trail North for views and thrills.
4.	Jun. 9	<b>Ausable Lake, NY.</b> Try new trails along Ausable Lake, or challenge Dial or Noonmark. All levels.
5.	Jun. 16	<b>Mansfield via Sunset Ridge, VT.</b> Climb the highest peak in Vermont by the most scenic route. Beginners may be challenged, but will be rewarded. Options for everybody.
6.	Jul. 14	<b>Hike &amp; swim: Meecham Lake, NY.</b> Views from Mt. Debar, then meet cyclists at the end for a barbecue and who knows what. Easy hike. Extra charge for extra services.
7.	Aug. 18	<b>Mt. Legault, Que.</b> A new hike for RA, although some have snowshoed to the top. Views of Mt. Royal on a good day. Swimming and other possibilities. Easy to intermediate.
8.	Aug. 25	<b>John's Brook and the Brothers, NY.</b> Easy to intermediate hikes, with a chance at Big Slide for the strong of foot.
9.	Sept. 8	<b>Adirondack Loj, NY.</b> Gallup polls rate this as our favorite hiking area of all. Every level, dozens of trails, sublime.
10.	Sept. 9 (Sun)	<b>Larraway Mt., VT.</b> See fall beginning to change one of our favorite parts of Vermont. Easy to intermediate woods ramble with no high peaks.
11.	Sept. 15	<b>Mansfield via Smuggler's Notch, VT.</b> Hell Brook? Hell, yes! Intermediate or more. Funtastic mountaintop trails.
12.	Sept. 29	<b>Cascade, Porter, Blueberry, NY.</b> Climb Cascade and go down more than up? 2000 ft. ascent, 3750 ft. descent for the expert. Easy to intermediate hike over Pitchoff.
13.	Oct. 13	<b>Mt. Hunger, VT.</b> See the Green Mountains from a new vantage point. Not easy, not hard.
14.	Oct. 20	<b>Tillotson, Belvidere, VT.</b> Fall walkthrough on <u>our</u> piece of trail. Watch or help with trail maintenance. All levels.

*Nancy Groatson*  
*Karen F. Leadley*  
~~*Don Sullivan*~~  
*Margaret*  
*Fan Hackett*  
*Kathryn McLean*  
*Raymond Cox*

**PICK UPS:** T.M.R. Shopping Centre (Lucerne Rd.).....7:15 a.m.  
 Queen Mary & Decarie (United Cigar Store)...7:30 a.m.  
 Atwater & St. Catherine (McDonald's).....7:45 a.m.

Phone 489-0339.



## GREAT RANGE WALK

### JULY FIRST WEEKEND

Join the backpackers of Randonnee Aventure for a long weekend of hiking thrills, Saturday June 30 through Monday July 2. Two nights and three days of climbing in the rugged peaks of the Gothics, Sawteeth, Armstrong, Saddleback, and the Wolfjaws (known as the "Great Range" of the Adirondacks) will be a highlight of this season. If you are fit, have some hiking experience, and are looking for more than a day hike, this trip is for you. You must be able to carry a sleeping bag, overnight gear and food, as well as the usual dayhiking equipment. We will be staying in shelters and tents, and climbing quite steep and rugged trails to some of the highest and most spectacular mountaintops in the Adirondacks. The trip is strictly limited to 18 people (three hiking groups of 6), and the deposit of \$25 will cover all costs except transportation (carpooling).

### SCOUTING, ANYONE?

The Hiking committee is looking for help in scouting new destinations, both for this season and the future. If you're interested, contact the Hiking Committee, or indicate your interest on the registration form. All levels of skill required.

April 28	Scouting: Mt. Legault, Que
May 5	Scouting: Catamount, Vt.
October 27	Scouting: South Bolton, Que
November 3	Scouting: Mt. Noire, Que
November 10	Scouting: Destination TBA

WHAT A MICE DAY ! I MEAN  
 WHAT A MOUSE DAY.  
 AH WELL, MAYBE NOT. IT'S  
 A RODENT DAY!  
 OOPS ! NEVER MIND.  
 RATS !



# trail maintenance



## LONG TRAIL MAINTENANCE PROJECT

Randonnee Aventure has signed an agreement with the Green Mountain Club to take responsibility for maintaining the "Montreal section" of the Long Trail (Hazen's Notch to Route 118). This scenic and rugged section includes 10.5 miles of the Long Trail, over Tillotson Peak (3040 ft.) and Belvidere Mountain (3360 ft.), the Frank Post trail (2 miles) and the Forester's trail (2.5), as well as Tillotson Camp, at the junction of the Frank Post trail and the Long Trail. Maintenance duties include a spring walkthrough, weed cutting and brushing, painting of blazes, and the building and repair of water bars (erosion control devices). We're looking for volunteers to learn trail craft, gain experience in the outdoors, and develop a few new muscles, to boot! Call the club number or use the registration form to volunteer. The GMC is offering us help and support in all aspects of this project.

Three weekends and one day of trail maintenance activities are planned for 1990. We will be staying in the comparative luxury of the Hazen's Notch Ski Touring Center or, for the more adventurous, at Tillotson Camp high on the flanks of the Belvidere/Tillotson ridge. Join us for hard work, good fellowship, and a chance to put a little back into the trail system that we all know, love, and use.

The first trail maintenance session of the season is scheduled for May 5 and 6th. At this time we will walk through the Long Trail section to locate problem areas and asses the work to be done throughout the season.

---

### 1990 TRAIL MAINTENANCE SCHEDULE

- May 5-6 Spring Walkthrough. Clearing blowdowns and reblazing.
- Aug. 11-12 Brush clearing extravaganza.
- Sep. 22 Trail clearing (Saturday only)
- Oct. 20-21 Fall Walkthrough (coincides with Tillotson/Belvidere day hike).





## RANDONNÉE PORTRAIT by Jola Kuzmicka

Featuring Richard Cox-Horton

Once upon a time, there was no Randonnée Aventure. First the Montreal Adventure Club (MAC) came into being thanks to Richard Cox-Horton, a man with heaps of initiative. This was a fortunate event in the history of Montreal's outdoor clubs.

In 1978 Richard was organizing hiking and snow-shoeing trips for the Montreal Outing Club (MOC). He was enjoying what he was doing so much, however, that he decided to form his own club, the MAC, where he could really put his talents to work. Don Hackett, who joined the MAC in 1983, describes Richard in this way: "one of the most interesting people I've met, entirely self-motivated, one of the most knowledgeable on wildlife, hiking and back-packing." Margaret Robertson, another long-time member, praises Richard for his unrelenting enthusiasm in teaching others many things about plants, the techniques of hiking and to feel respect for nature while observing basic rules, such as "Pack it in, pack it out."

Richard hails from London and Surrey in England. Although zoology appealed to him, he acquired a degree in Food Science and Technology from Reading University, then joined Voluntary Services Overseas (upon which CUSO is modelled) and went off to the island of St. Vincent in the Caribbean for a year and a half as an expert in the techniques of preserving fruits and vegetables.

In search of adventure, he left England, where he had belonged to local outdoor clubs, for Canada in 1970. North America, with its less restrictive way of life, attracted him. Between 1971 and 1976 he worked in the food industry in Ontario and was a member of a number of outdoor clubs which impressed him with their vibrant social activities.

As a result, Richard worked at building "a strong sociable sense into the club" from its inception. He made sure that he spoke with every passenger on every hiking and skiing day-trip. He instituted many of the activities currently found in RA, including weekend trips, seasonal parties and special sports and cultural outings. Many of these get-togethers attracted smaller groups of people, enabling club members to become better acquainted with each other. Richard is convinced that the basic reason people join clubs is a need for social interaction, social events being the cement that binds the friendly relationships first formed on the trail. Not only many enduring friendships, but also several marriages resulted from the MAC.



Margaret's experience with the club illustrates the way it has benefited the lives of many of its members. Hiking in the mountains gave her happiness: "I got such satisfaction from the physical effort it was incredible," is how she describes it. Richard claims "the biggest kick" he got from running the club resulted from "seeing people's smiles at the end of the day" and observing the joy of novices after their first contact with the grandeur of nature. As the MAC grew, Richard needed the help of quite a few volunteers. He is particularly grateful to Margaret and to Elise Brais for their contribution. They exemplify the spirit of cooperation and "back-ground leadership" which he tried to foster in the club.

After about seven years of running the MAC, Richard felt that it was time for him to move on to new adventures. Several core MAC members subsequently incorporated RA as a not-for-profit corporation which has grown over the past five years to become the RA which you see today.

Richard is an Aries. He plays the recorder, has dabbled on the saxophone and studied jazz, religion, sociology and business administration. He is best known for his open approach, a talent for sharing and a love for conversation. Let's hear it for this man for all seasons!



**IN MEMORIUM**

Randonnée Aventure would like to express sincere sympathy to the families and friends of four club members who passed away this year. We will miss Greg Bustard, Gisela Ferch, Eve Gibeault and Colin Mason who shared with us their great love of the outdoors.



## SOCIAL NOTES

APRIL 7  
Sat.  
8 pm

### AGM, SPRING PARTY & TRIP REGISTRATION

New locale: Thomson House (McGill Grad Centre), 3650 McTavish. \$7.00 to include our own DJ and catered snacks. This year's fling sports a wildlife theme - your chance to flaunt a jungle print or animal motif !!!



APRIL 20  
Fri.

### IMAX FILMS: GRAND CANYON & THE DEEPEST GARDEN

Please make your own reservation at 496-4629 and meet at 8:30 in the OLD PORT, St. Lawrence & de la Commune. RSVP the tape too: 489-0339.

MAY 2  
Wed.

THE FOSSILS, an all-man comedy theatre group, will be staging their annual play BUY THE TICKET at West Hill H.S. Cost approx \$15 and proceeds go to send underprivileged children to summer camp. Contact Elise through the Club phone 489-0339 by April 10 SVP.

JULY 22  
Sun.

BBQ LAMB PICNIC & SWIM with Derek and Christine in Chertsey, near Rawdon. BYOB. Food provided and costs shared. Call 489-0339 by the 18th for details.

AUGUST 19  
Sun.

MARGARET'S CORN ROAST AND SWIM. All the corn and salad you can demolish for less than \$5.00. From 2 pm on in Howick, Quebec. BYOB, meat for grilling, and swim togs. Car pool and convoy from Atwater at 1 pm. Possibility of a cycle ride earlier in the day. RSVP the tape.

BASEBALL and BARD'S CYCLE & BBQ are in the works - stay tuned!





## SKI DIRECTOR'S REPORT

### Skiers:

The 1990 ski season has been a great success due to all the participation by club members. This year we expanded our schedule to twenty day trips, two weekends and a week long trip which gave members a fantastic selection of destinations to choose from. A weekend in Ottawa with skiing in the Gatineau Park was the highlight of the ski season. For those who



wanted to get away from the city, a trip with an overnight stay in a hut in the Reserve Faunique Mastigouche was something new. Let's not forget a fantastic condo ski week in New Hampshire for some enthusiastic skiers. Of course we finished off the ski season with our annual ski party. As your ski director, I wish to thank the ski committee - Jill, Gerry, Marlene, Verna, Monika, Margaret, Ray, Gail, Vera and Jan for all their help with this busy ski season. Special thanks to first time trip coordinators, Susan, Raymond, Janet, Chantale, Eldeen, Walter, Peter, and Ray, and to all the others who helped and participated in this ski season.

Cathy Ladanowski  
Ski Director



**BIKE:** 12-speed red Raleigh men's frame, \$100. Colleen: 484-7933.

**ROWING MACHINE:** Monark Model 633, \$425. Allan: 671-1748.

**ROLLERBLADES (ROLLERSKATES):** New, two pairs, men's sizes 7 & 9½, \$75 each. Richard: 489-2729.

**VOYAGES GOLIGER:** Need a travel agent? Remember Goliger's, 4986A Queen Mary Road, Montreal H3W 1X2. Phone: 342-2185.

**TENT:** 2-man, Sierra Design, 6-7 lbs., several years old, \$40. Irv: 747-4829

**ABG IMPRESSIONS:** 2223 Coleraine. For high quality, reasonably priced printing, call Vince at 989-1011.

**ZEPAL HP PUMP:** \$10. Don: 487-3615

**COLEMAN STOVE:** new, double burner, \$30. Richard: 489-2729

**BIKE:** 18-speed, Mikado 1986, men's frame, paid \$400, asking \$250 with panniers. New wheels. Dominique: 321-0819.

**BIKE:** 12-speed 21" Benotto men's frame, \$350. Wayne: 488-6664.

**BIKE:** 10-speed men's Vélosport. \$50. Richard: 489-2729.

**CYCLE SHORTS:** Black, new, with chamois, small, \$30. Richard: 489-2729.

**BASEBALL GLOVE:** Right-hand \$10. Richard: 489-2729.

**HIKING BOOTS:** Size 10½, leather and gortex, High Tech Ultra Series K2, used only once. \$60. Jack: 488-9904.

**OVERNIGHT PACK:** Camp Trails, grey, internal frame, larger than a day pack, used once. \$30. Don: 487-3615

**MISC. BIKE PARTS:** Includes a Sugino crank set complete with pedals. Price negotiable. Don: 487-3615.

To place an ad in the summer/fall issue of **RANDONNEWS**, call 489-0339 and leave a message before June 18, 1990. NO CHARGE.

# registration instructions



## **REGISTRATION OPPORTUNITIES:**

1. By mail immediately upon receipt of your copy of the Randonnews.

2. **FOR MEMBERS ONLY:** Come to the early-bird registration on

**MONDAY, MARCH 26 from 7:30 p.m. to 9:30 p.m.  
at 4905 Côte St. Luc Road, #407**

3. In person at the SPRING PARTY and ANNUAL MEETING on

**SATURDAY, APRIL 7 from 9:00 p.m. to 11:00 p.m.  
at McGill's Thomson House, 3650 McTavish Street**

## **ALL REGISTRATION FORMS MUST BE ACCOMPANIED BY PAYMENT.**

**AFTER APRIL 7:** If you wish to sign up by mail, please call 489-0339 to make sure the trips you want are still available.

Membership renewal must be received by April 15, 1990 in order for you to be covered by our group insurance policy for 1990.

Please choose carefully! If you wish to change trips, you can make your own arrangements with a friend or, as a last resort, make use of the following service:

## **BUYING AND SELLING OF DAY TRIPS**

### **TO SELL A TRIP:**

The Monday to Wednesday prior to the trip, call the club number (489-0339) and leave your message. RA will not call you back, but if a buyer is found, a cheque will be mailed to you.

### **TO BUY A TRIP:**

The Monday to Wednesday prior to the trip, call the club number (489-0339) and leave your message.

Then on the Friday evening prior to the trip, call back the club number to listen to the list of names of people for whom there is a place on the bus.

If you hear your name, show up with the exact change (\$22 for hiking, \$24 for cycling) or a cheque payable to "Randonnée Aventure".

If you don't hear your name, you can go the last pick-up spot (Atwater - McDonald's for Hiking, Atwater - Tupper St. for Cycling) before 7:45 a.m. with the correct payment and you stand a good chance of getting on the bus if there are "no-shows".


**Remember:** RA does not give refunds or guarantee the sale of any trip. Helmets are mandatory on all cycling trips.


## discounts

The stores shown below have agreed to offer **RANDONNÉE AVENTURE** members a **5% to 15%** discount on most regularly priced merchandise. Present your membership card and discuss a discount!

**SIREN'S SKI SHOP LTD.**  
Summer clothing, sun glasses  
Carl Siren  
Tel: 482-2734 6131 Sherbrooke W.  
N.D.G. H4A 1Y4


**BASE CAMP**  
(known in winter as NORWAY NORDIC)  
Tents, sleeping bags, hiking boots  
Peter Gernassnig  
(starting April 1st)  
127 St. Anne St. Tel: 457-9131  
Ste-Anne de Bellevue

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

  
6665 ST-JACQUES  
MONTREAL, QUEBEC  
H4B 1V3  
Tel (514) 486-1148  
Fax (514) 486-8356

**DOCTOR BIKE**  
559 Lakeshore Road  
Dorval, Quebec Tel: 631-2198  
Manager: Allen Stefanik


  
**EL PEDALO Inc.**  
CENTRE DU BICYCLISTE BMX ET  
TRIATHLON  
CINELLI, RALEIGH, ROSSIN, CIACC, COLNAGO, GIOS  
BIANCHI, MARINONI, HARO, CAMPAGNOLO, MODULO, MERCKX,  
MUTCH, GIPFENME, SHIMANO, SUNTOUR, BROOKS,  
ZERONNE, CANNONDALE, MICHELIN, WOLBER, CLEMET  
REDLINE KUWAHARA, CHAMPION VELO LIVRAISON  
157 St-Jacques, Ville St-Pierre 5801 Monkland  
Montréal, Canada H3R 1E1 Montréal, Canada H4A 1E8  
(514) 363-6733 (514) 485-7705  
**MIQUEL**

  
**SYNERGI**  
ED HAYES  
(514) 933-2639  
808 Atwater  
Montréal, Québec H4C 2G9

  
**endurance**  
Philippe Laheurte  
Président  
6872, Saint-Denis  
(coin Bélanger)  
Montréal (Québec)  
H2S 2S2  
Jean-Jalon  
Tel: (514) 272-9267  
5922, ouest Sherbrooke  
Montréal (Québec)  
H4A 1X7  
Tel: (514) 481-6218

**TRIATHLON**  
Raymond & Gariépy  
Triathlon Sports  
Francis Gariépy 4985 Queen Mary  
Pierre Raymond Montréal, Québec  
David Weston H3W 1X4  
Tél.: (514) 733-4670

CENTRE DU VELO  
**Mc Whinnie** CYCLE INC.  
"Established over 50 years"  
Tout pour le cycliste  
Vente — Service — Sales  
Paris, repairs, welding & accessories  
Door locks, keys made, skates sharpened, etc.  
NICK - JOSEPH - BRUNO  
481-3113 6010 O.. Rue Sherbrooke W.  
481-8891 Montréal, Qué. H4A 1X9

  
**CYCLES V.B. INC.**  
Dépositaire pour:  
De ROSS  
• RALEIGH  
• NORCO  
• LEADER  
• NISHIKI  
• LASKI  
• MARINONI  
• LOOK  
• VETTA  
• BELL  
• BRANCALE  
• CINI  
• Specialized  
• VENT  
• REPARATION  
• SERVICE ET PERSONNEL QUALIFIE  
• CHOIX D'ACCESSOIRES DE QUALITES  
6344 ave Victoria  
Montréal (coin V. (orme))  
738-2101  
