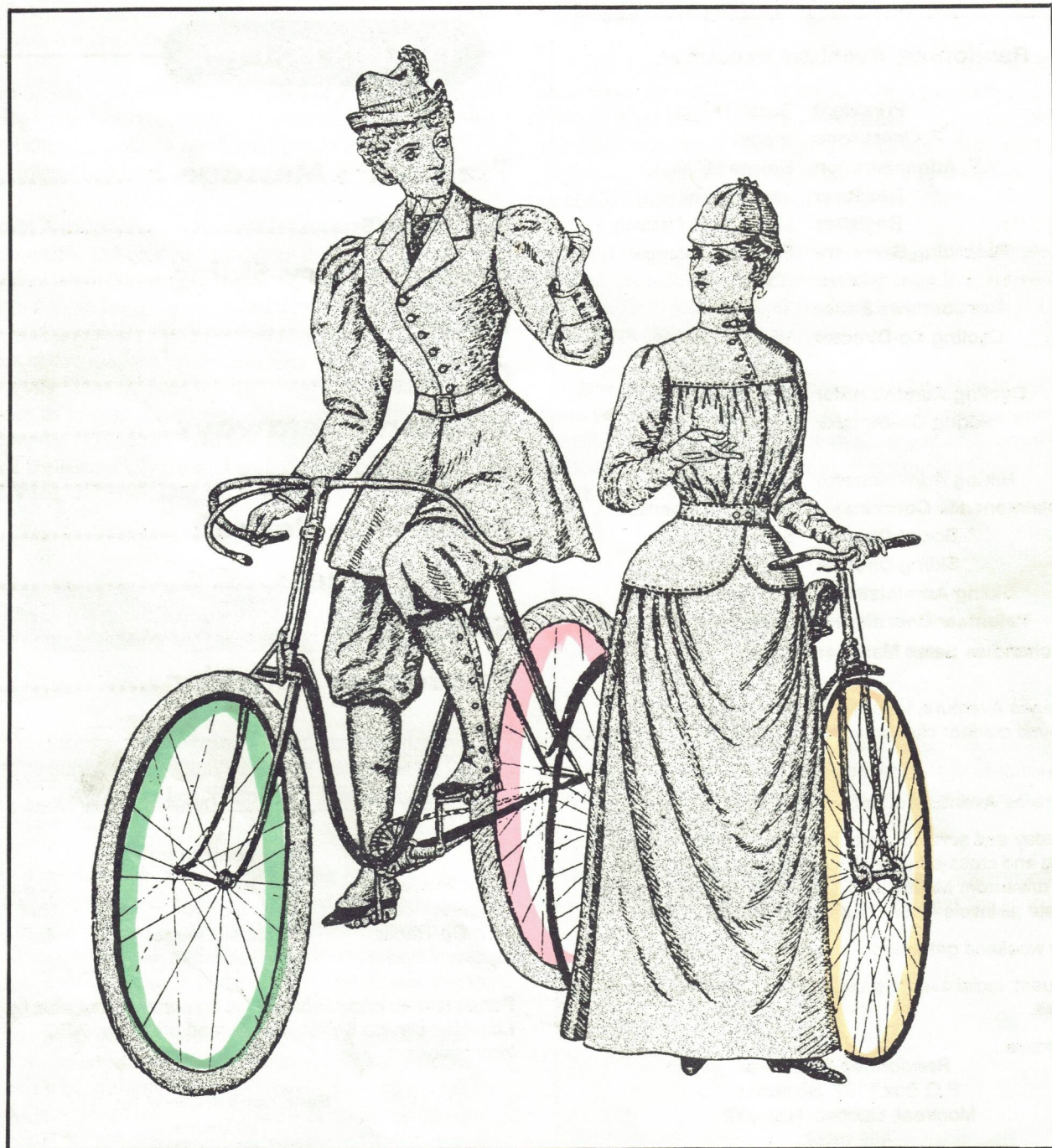


RANDONNEWS

Published by Randonnée Aventure
Montreal's Friendly Outdoor Club

Spring 1991





recycled paper

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Randonnée Aventure, founded in 1985, is a non-profit year-round outdoor club for adults, with over 450 members.

Randonnée Aventure offers:

- Saturday and some Sunday bus trips to prime cycling, hiking and cross-country skiing destinations within a 2-hour drive from Montreal. Trips are designed to accommodate all levels – from beginner to expert.
- Long weekend getaways.
- Frequent social events such as picnics, barbecues and parties.
- And more...

Randonnée Aventure
P.O.Box 1102, Snowdon
Montreal, Quebec H3X 3Y2
489-0339

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PRESIDENT'S MESSAGE

As you receive this edition of the Randonnews, my term as President is nearly at a close. What a year! When Gerry coerced me into accepting the job, I had some idea of what I was getting involved in but nothing beats experience itself! To so many of you I owe a great deal of thanks for your encouragement, energy and enthusiasm in helping me get the job done. One expects to find professionalism in a doctor's or lawyer's office but I can testify that professionalism reigns supreme in the hard-working RA volunteer. I have seen it in meetings, on the bus and even at the parties. What a great group of people the RA volunteers are! Thank you all so much.

For those of you who are new to the Club or just beginning to think about getting involved, you will be warmly welcomed into the fold and cheered along to reach your potential as an RA volunteer. Join us and keep your Club going!

Randonnée Aventure begins its sixth hiking season this spring with old favourites and new paths to tempt us. Cycling needs a boost so get out your bike and come along. There are always easy areas to choose from if you've had a tough week, and the feel of the breeze rushing past your face as you wheel down those slopes makes all the hills worthwhile. There are weekend trips for Victoria Day, St. Jean Baptiste Day, Labour Day and Thanksgiving as well as parties and social events galore. Boy, do we know how to have fun! All the details are in the next pages - read them carefully for trail and route descriptions, prices and departure times, then fill out your registration form

early and send it in or come to the sign-up nights in person.

I've had a great winter season. The snow conditions were excellent and allowed me to get in more skiing than ever before in my life. Listening to our mentor, Gail, I took part in the Canadian Ski Marathon for the first time as a member of RA's Maxi-Team and crossed new horizons on my Bonnas. Thanks, Gail, for opening up this new world for me. The Marathon was a great experience of RA camaraderie and det-ermination at work. Make sure you are a part of it next year.

A new venture for RA is being proposed by several of our members who would like to see RA take a formal stand and become more active in supporting issues relating specifically to our outdoor pursuits. Read the questionnaire enclosed carefully and please respond - your opinion is vital to determine whether or not RA should proceed with this idea.

Membership in RA continues to stretch with well over 400 now on our roll. The best way to ensure survival is to encourage new people to join up. Tell your other friends about RA and bring them along to meet us.

I have agreed to accept nomination as President of RA for one more year and, if elected, hope to be able to make a worthwhile contribution to the life of RA with all of you. It was a wonderful ski season - let's move on to hiking, cycling and more! See you soon!

Susan Harris

A WORD FROM THE EDITOR

Well, here I am at the helm of Randonnews, Montreal's Friendly Outdoor Club's friendly newsletter. It looks like it's going to be fun most of the time, and a (fun) challenge the rest of the time...

There are a good number of contributions for this issue, but there could always be more. RA exists not only for you to go hiking, biking and skiing, but so you can interact with the other members. The social events and Randonnews are where lots of the action and interaction takes place. If you have something to say, a photo to show off, a cartoon to draw or a story to tell, this is the place to do it. Randonnews is now in the electronic age, so submissions on an MS-DOS or Macintosh disk are welcome. Don't forget we have classified ads, so maybe you can unload that old bicycle or knapsack, or find members interested in some additional activity. The ads should be relevant to Club activities,

so no used TV sets, please. And don't forget - like everything else in RA, Randonnews depends on the energy of the members. If you'd like to give an occasional hand to the editor, he'd be *most* appreciative.

The next newsletter will be in the fall, so if you missed getting into this one, you have lots of time for the next.

Tim Skene

Director's Report

As I write this report, I am coming to the conclusion that a Ski Director's life is dominated by freeze/thaw cycles and an overwhelming awareness of the vagaries of winter weather. The Laurentians have had more snow than I have seen in years, but I actually started my cycling training on February 8 on city streets!

The season has been a success. Nine of our 14 trips were sold out early in the season. The winter weekend at Pinoteau Village featured perfect weather, well-appointed accommodation and gourmet food, leaving participants clamoring for an encore. 24 people are packing their kit-bags for a wilderness weekend as this goes to press, and ten Club members are luxuriating in the opulence of "The Woods" in Killington, Vermont. While this is an "unofficial" activity, RA provided a venue to get this group together for a week-long vacation, a healthy spin-off from our "friendly Club".

A highlight of the winter for many Randonneurs was the Canadian Ski Marathon. 25 skiers were registered from RA for the 25th Anniversary of this event. Most were first time participants. "Training" was the word on early season day trips. It paid off with everyone surpassing their expectations. The best outcome of all is a commitment by RA members to participate next year in preparing the event as well as skiing in it. Thank you Captain Monika, for leading the RA team.

Organizing a ski season is truly a cooperative effort. Destinations are chosen by the ski committee based on feedback from the members. Each trip coordinator is responsible for researching the location prior to the trip, as well as recruiting an assistant from the trip list. He/she then leads the group with efficiency and good humour! Thank you Walter, Hélène, Pat, Gerry, Jill, Monika, Cathy, Jan, Gino, Raymond, Phil, Jack Tenn-Lyn, Egon, Tricia, Barbara, Betsy, Betty, Nicholas, Gilbert, Don, Eldeen, Esther, Wayne, and Francine. I am also especially grateful to Margaret Robertson and Maida Haltrecht, the ski administrators, and to Susan, our president, and Jack, our treasurer and registrar, for their constant support throughout the winter.

Spring will mean tucking your skis lovingly away, but not your bodies! Remember to keep yourselves in shape for next winter's season of fun and sport.

Gail Tedstone

The Canadian Ski Marathon - the Captain's View

When Karen asked me some three months ago to become the captain of the Randonee Maxi-Team, little did I know about the Canadian Ski Marathon.

Gail's contagious enthusiasm and Rose-Marie's tales of past exploits sounded very convincing, and recruitment began on the night of our volunteers' dinner. We started training, and as the conditions improved each week our confidence rose, and the Pinoteau weekend was the final test: we felt that "we can do it".

We wondered what lay ahead as we drove to our destination on February 8th. The snow reports were distressing all week. On arrival, we watched the "pros", armed with huge tool kits and every conceivable wax and klister as they prepared their ski bases with hot irons. "What are we doing here?" we thought. We awoke with trepidation on Saturday morning and rushed off to the starting point.

The Maxi-Team included: Jill Aspinall, Gerry Bard, Georgia Carpenter, Karen Findlay, Rose-Marie Koula, Tracey Folster, Robert Fyfe, Don Hackett, Susan Harris, Cathy Ladanowski, Betty Macnaughton, Monika Malecka, Jack Melnick, Hélène Millas, Jim Mullet, Herb Srolovitz, Wayne Waters, Paul Wayman, Sarah Wheeler, and Jan Wilk. We skied a total of 1,523 km in two days, and only suffered a few bruises. Everyone's endurance and temerity paid off. We conquered our fears and apprehensions and were rewarded with 11 medals on Sunday night (3 silver and 8 bronze). Phil Prince, Raymond Cox, and Gail Tedstone were Coureur des Bois, attempting to ski the full distance of 160 km and sleep out. Phil earned a gold award. This magnificent team effort truly reflects the spirit of our "Friendly Outdoor Club".

Congratulations to Gail, who inspired us, and in return for her own tenacity, received the long-coveted Coureur des Bois Gold Bar and a trophy for being the "oldest woman to compete as a Coureur des Bois" (please forgive me!). When asked whether she would do it again, she replied "No, next year the Chateau Montebello...but we will see". My special thanks also to our four drivers, Herb, Jim, Karen and Wayne.

To everyone who made this past week-end such a success, my warmest thanks. See you all next year!

Monika Malecka

Ski Marathon Report

Monika's article has told you all of the exploits and achievements of the RA Maxi-Team and the other members of RA who participated in this exciting Canadian event in the world of cross-country skiing on February 9 and 10, 1991. Those of us who were there now understand more fully what the Canadian Ski Marathon (CSM) is and how unique and important this event is.

We also learned of the precariousness of the Marathon at the moment and of the current difficulties it is having in continuing to function. Canada is not a very old country and 25 years is a long time, relatively speaking, for an event to have existed here. In celebrating its 25th anniversary this year, the CSM has earned a place as part of our heritage and as such must be supported and cheered on for yet another 25 or more years. There was great encouragement for the future displayed at the closing banquet and with many hands helping out, the future of the CSM will be secure.

Pinoteau Report - Feb. 1 to 3

A group of 46 RA members participated this year in our annual Ski Weekend at Pinoteau Village Condominiums in Mont Tremblant. With beautiful surroundings, gourmet meals, and many kilometers of cross-country trails beginning at the door, we had a great time. Four people challenged the slopes of Mont Tremblant with their downhill skis, and about 25 of us wore down the floorboards of the dance floor at Mont Tremblant Lodge on Saturday night. Our aches and pains were soothed away by the bubbling waters of the hot tub. Thanks to Hélène and Monika for their help with organizing this event. Where to next year?

Susan Harris



I have, as President, pledged our help to the CSM for next year so that we, as a Club, can be a part of this very special Canadian event of which we should all be proud. I shall be in contact with Charles Spencer, the President of the CSM, during the next few months and will learn from him how best we can be of assistance - whether it be stuffing envelopes, trail clearing in October/November, or in some other fashion. I suspect that trail clearing may be our forté and, since we also have tools for this task, this may well be the area in which we can be of most use. Of course, participation is the key to any event and just about all of our members could take part in the CSM. Think about it now for next year and repeat these words to yourself:

I CAN DO IT! I CAN DO IT! I WILL DO IT!

Susan Harris

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*Wayne, Jill, Gerry and president Sue at Pinoteau
Photo by Monika Malecka*

Hike with Randonnée in '91

Randonnée Aventure's sixth hiking season offers fourteen hiking dates, including four Sunday hikes, in our favourite areas of the Adirondacks, the Green Mountains of Vermont, and Quebec. This year, in addition to many old favourites, a number of new hikes have been added to our schedule. And you can learn to put your best foot forward by attending a pre-season outdoor literacy clinic (see page 9).

Once again a combined hike/cycle/swim/picnic (henceforth known as the Hyclist trip) is planned. The Hyclist trip to Mount Elmore will cost slightly more to cover the cost of the barbeque.

Also new for 1991 is a day trip by car pool to scale the Gothics, as described below. 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 Mattawinnie, the Ausable Lake option, and Mt. Legault. Hikes with no very easy option (intermediate to advanced level only), include Mansfield and Camel's Hump. Hikes with a wide range of options (beginner to quite advanced) include Crow/Nun-da-ga-o, Adirondack Loj, Mount Elmore, Montagne Noir, The Northern Frontier, McKenzie/Haystack, Owl's Head/Giant, and Tillotson/Devil's Gulch.

Prices

Prices for day trips are \$24, except trip 6, which is \$27, due to the party & goodies supplied by the Club. After the deadline, May 1, a \$2 surcharge must be added to all prices.

Remember

Acceptable I.D. (passport, citizenship card, birth certificate) must be carried on all trips to the U.S.

Day Trip to the Gothics

The rugged peaks of the Gothics are among the most spectacular in the Adirondacks. R.A. is exploring the possibility of scaling the Gothics in a day trip on July 6th. Transportation would be from Montreal to St. Huberts, and then by shuttlebus to the base of the trails.

Registration on this trip will be strictly limited to 20 people, as seats on the shuttlebus are in short supply. Hiking will be quite demanding, so those who sign-up should be fit and have advanced hiking experience. Costs are estimated at \$5.00 U.S. (shuttlebus) plus transportation (carpooling). Please indicate your interest on the enclosed registration form.

1991 Hiking Trips

No.	Date	Destination
1	May 12 Sun.	Mattawinnie, Que. Easy to intermediate
2	May 25	Crows, Nun-Da-Ga-O Hurricane, N.Y., All levels
3	June 2 Sun.	Mansfield via Lake Mansfield Nebraska Notch, Vt., Int. to advanced
4	June 8	Ausable Lake, N.Y., All levels
5	June 15	Adirondack Loj, N.Y. Ranked no. 1 by H.G.G.H.*
6	July 13	Hike & Swim: Mount Elmore, Vt. Easy to advanced trails
7	Aug. 17	Montagne, Que. A new hike for R.A. Options for all
8	Sept. 7	Mont Legault, Que. Easy and intermediate
9	Sept. 14	Camel's Hump, Vt. Intermediate to advanced hikes
10	Sept. 21	The Northern Frontier, Vt. Easy to intermediate
11	Sept. 22 Sun.	Adirondack Loj, N.Y. Every level, a wealth of trails
12	Sept 29 Sun	MacKenzie Haystack, N.Y. Routes for all levels
13	Oct 5	Owl's Head/Giant North, N.Y. Easy to advanced
14	Oct 19	Tillotson, Devil's Gulch, Vt. Easy to advanced

Pick-up Points

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.

Club Phone: 489-0339

*H.G.G.H. - Hackett's Guide to Good Hiking

Volunteers Wanted

Randonnée's 1991 hiking season is ready to start, thanks to the tireless work of all members of the hiking committee. So, dust off your boots, and get your hiking gear ready.

And while you're doing that, why not consider some volunteer work. The hiking committee needs your help in all areas - planning, organizing, scouting, leading and administering trips. In return, you'll find the work both fun and rewarding. New volunteers are very welcome at all levels of hiking ability so sign-up now.

Further information is available from Diana, Andy, Maida, and other members of the hiking committee. They can be reached through 489-0339.

Meeting of Trip Directors and Administrators

A meeting for people who have volunteered or are interested in volunteering to direct or administer hiking trips is planned for Wednesday, April 24, 1991. Call the Club number a week before the activity for exact time and location. The purpose of the meeting is to review procedures and responsibilities of trip directors and administrators.

Scouting Anyone?

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

Date	Scout
Sat, April 27	Mattawinnie
Sun, April 28	Mansfield
Sat, May 4	Nun-da-Ga-O
Sun, May 5	Northern Frontier
Sat, May 11	Mount Elmore
Sun, July 7	Montagne Noir
Sun, Aug 24	McKenzie/Haystack

Outdoor Literacy: A Hiking Skills Workshop for All

Wednesday, May 1
Montreal Badminton & Squash Club,
3505 Atwater

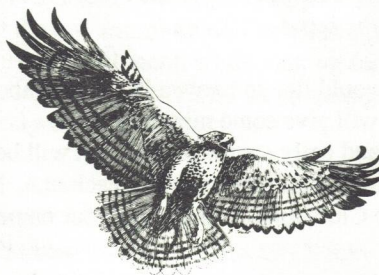
Wednesday, May 1st, Randonnée Aventure presents a hands-on workshop for everyone interested in improving and developing their skills and confidence in enjoying the outdoors during the hiking season. Lectures, panel discussions, and activities will take place on the following topics:

- 1) reading terrain and maps to find your way in the woods
- 2) what to wear and what to pack for a successful and safe hike
- 3) pacing yourself, planning a hiking strategy
- 4) hiker ethics - hiking with others for fun and safety
- 5) basic survival skills for day hikers
- 6) fitness preparation for the hiking season
- 7) books to read for additional information and enjoyment

The outdoor literacy clinic will be from 7 - 9 pm. A cash bar will be available for refreshments. All participants will receive an information kit, including a day hiker's equipment checklist. Ample time will be available to answer questions and deal with special concerns of participants. For further info and to register, please call the RA tape at 489-0339. There is no charge for this event.

Dixième jamboree de la marche September 6 to 8

A weekend of hiking and other activities at Camp Boute-en-Train, Chertsey, Quebec, together with other Quebec hiking groups. For further information, call Derek at 352-6849.



Welcome to the 1991 cycling season. This year we are offering some old favorites as well as new destinations. Whatever your ability is there is a route for you, from the picnickers to the roadrunners. The beginner routes are 30-40 km; intermediate routes 50-60 km, with longer routes for roadrunners.

Our 11 trips are thoroughly planned to ensure your cycling enjoyment. The majority of our routes are on back country roads where scenery abounds. Our trips usually include a friendly pub stop where we share the events of the day.

This year we decided to have a mystery tour. The people going on this trip will only know where it is once they have arrived at the destination. We will scout the trip blindfolded to ensure that absolutely nobody knows the destination.

Again in 1991 cycling helmets will be mandatory. Cyclists will not be permitted on the bus without one. Randonnée will provide maps and route descriptions, as well as some helpful cycling information. A first aid kit is available on the bus.

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. I would like to point out that each cyclist is responsible for putting his/her bike on the trailer and securing it.

The day's cycling is usually topped off with an optional dinner at a restaurant suggested by the trip coordinator after our return to Montreal. Note: Arrival time in Montreal can vary so early evening commitments should be avoided if possible.

Prices

Prices for day trips are \$26, except trips 7 and 11, which are \$29, due to the party & goodies supplied by the Club. After the deadline, May 1, a \$2 surcharge is added to all prices.

Remember

Acceptable I.D. (passport, citizenship card, birth certificate) must be carried on all trips to the U.S.

Cycling helmets are mandatory. Don't leave home without one, your seat on the bus depends on it.

For those who would like to know a little more about bikes, Mike and Wayne will give some mini bike clinics at their home during the spring and early summer. The cost will be \$5 per session, with no more than four people at each one. If you are interested, call the Club number and leave your name and phone number.

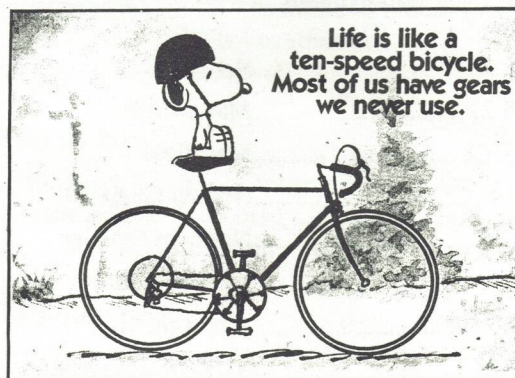
1991 Cycling Trips

No.	Date	Destination
1	May 11	Swanton, Vermont
2	May 26 Sun.	Carillon Provincial Park
3	June 1	Pleasant Valley, Vermont
4	June 9 Sun.	Lac Superieur, Quebec.
5	June 16 Sun.	Bedford, Quebec.& Vermont
6	July 6	Crystal Lake, Vermont
7	July 13	Lake Elmore, Vermont
8	Aug. 18 Sun.	North Hatley, Quebec
9	Aug. 24	Keene Valley, N.Y.
10	Sept. 14	Mystery Tour, Canada/USA
11	Sept. 28	Glen Sutton, Quebec/V.T.

Pick-up Points

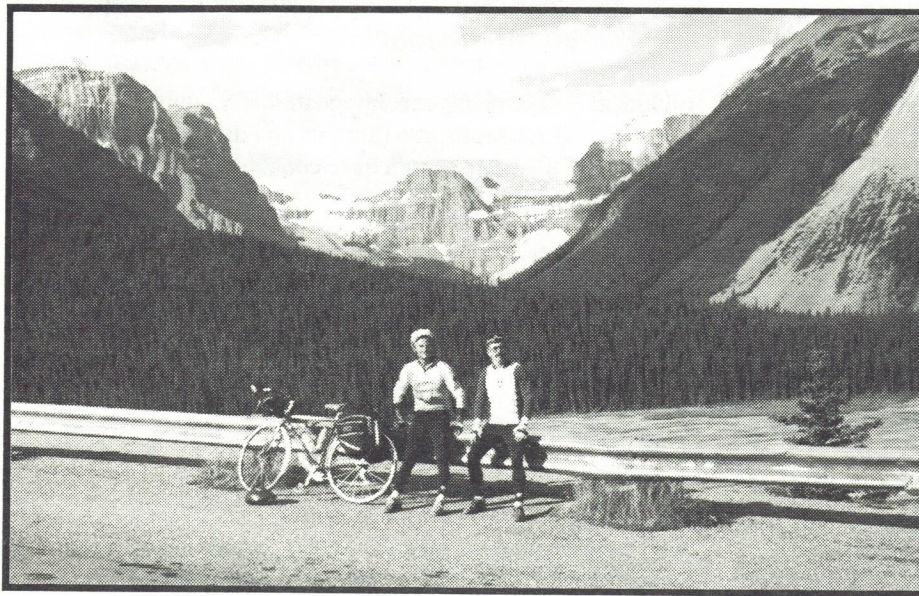
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Queen Mary & Decarie (United Cigar Store)..7:30 a.m.
Atwater & Tupper, 7:45 a.m.

Club Phone: 489-0339



Al and Wayne's 1990 Mountainous Cycling Trip

We started our trip from Calgary and headed for Banff, into a relatively light head wind. After a few hours, the mountains began to come into view. Next day we drove to Jasper by car, to save time, and to avoid cycling back on the same road. From Jasper we biked south past some spectacular views, to the Luxurious Beauty Creek Hostel. There, they even provide you with your own personal water bucket for drinking, cooking and washing, (but bring your own supplies, since the corner store is 25 miles away). The climb to the



Al Ramsay and Wayne Waters amid some hills

Columbia Icefields is very steep, with one stretch a 12 percent grade. There is a visitor's rest stop with a restaurant and motel, all surrounded by spectacular views. We learned that the weather at the summit can change very suddenly. Then it was back on the bikes for a long, winding, eight-mile descent into the valley.

Next on the route was the conquest of the Great Divide, and we climbed up along a river to the lovely Mosquito Creek Hostel. You can buy supplies there, and relax in a wood-fired sauna, doused with water carried in buckets from the frigid creek. Even at the end of July, that water is *cold*, so don't think of going for a dip. A side trip to Lake Louise is a must, with all its charm and beauty. At Kicking Horse Pass, home of the famous CP train tunnels, we stopped to view the trains snaking through. The climb from Golden to Rogers Pass is again just as spectacular; you go up, up, up, and then up some more. This is where our training for the past three months really paid dividends. The climate changed rapidly on this section of the highway, but we were dressed for it.

At Rogers pass, there is a tourist area with a restaurant, museums, shops, and a theatre featuring films on avalanches, hiking, nature, and the building of roads and railways in the area. Take the time to visit the facilities. The descent into Revelstoke was extremely beautiful, but caution is advised on these long descents - stop from time to time to let your rims cool off. At the bottom we figured we had traveled some 400 miles in five days.

From Revelstoke, we headed south to Naksp along Arrow Lake. On this stretch, we took pictures of eagles' nests perched atop hydro poles along the highway. Some of the nests had young eagles in them.

Vernon, at the northern end of the Okanagan Valley, was our home for three hot rest days, with temperatures at 35 degrees. From Kamloops we took route 5A to Merritt through some of Canada's largest cattle ranches. From Princeton we headed up to Manning Park. The road was narrow, with one hairpin turn after another for 32 miles, and mostly uphill. With heavy traffic, mainly big trucks and RVs, and the 35-degree heat, we rated this part of the trip the most tortuous. To make things worse, there were no stores during the last 32 miles, and we weren't carrying extra water. Arriving at the East Gate Hotel in Manning Park, we left our bikes against a fence, checked in at the desk, and headed for the shady outdoor lounge. The first two steins of beer were just steam going down our throats; with the next few we got our taste buds back.

Next, it was on to Hope, along the longest downhill stretch of the trip, 13 miles of amazing views. A flat stretch, and then we coasted for 9 more miles of downhill. The section from Hope to Maple Ridge, and then on to Vancouver was relatively flat, with rolling hills.

We recommend cyclists train hard for a trip of this length and difficulty, as they will really benefit from the training and enjoy the cycling all the more. We rode 1100 miles in those fifteen days. During the last stretch to UBC we had smiles on our faces and a sense of fulfillment, while looking forward to five days of sightseeing, visiting Victoria and seeing friends. It's a trip worth taking again.

Al Ramsay

PS: Anyone interested in a Canadian/US Rocky Mountain or West Coast cycling trip this summer can call me at 486-6019.

Victoria Day Weekend

May 17 – 20, 1991

Bristol Commons Inn, Bristol, Vermont

The first cycling weekend adventure of the year will be a return visit to the Bristol Commons Inn, high in the mountains of Vermont where the views are breathtaking and the cycling superb. There are routes for all levels of cyclists.

On our first visit, there was only one complaint about the whole weekend: breakfast. Everybody was fed up with eating muffins and bananas, and bananas and muffins, so this year Jim and his wife have agreed to serve us pancakes, eggs with bacon or sausages as well as that other "nutritious" food. I hope you will join us for some fresh air, exercise and good fun.

Transportation: Car pool, leaving Friday evening May 17

Cost: \$120 for members
\$145 for non-members (includes yearly membership)
Payable to Randonnée Aventure by April 22
After April 22, a late registration fee of \$20 per person will apply.

Includes: Three nights accommodation
Three breakfasts (lunches and dinners not included)
The rooms do not have cooking facilities

St-Jean Baptiste Weekend

June 21 – 24, 1991

Trailside Lodge, Killington, Vermont

Having received such a warm welcome and enjoyed the great hospitality of Guy, Susan and the crew at Trailside Lodge last Labour Day Weekend, we have decided not to wait any longer for a return visit. Our St-Jean Baptiste Weekend will take us back to Trailside for great hiking, cycling, shopping and dining.

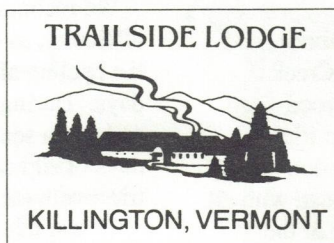
We will be staying in the barn-shaped Lodge in bunk-style accommodation with a maximum of four persons to a room and private bath (shower actually) in each room. Meals will be prepared by the Lodge staff and served to us in the large dining room – breakfast on Saturday, Sunday and Monday and dinner on Saturday and Sunday! In addition, RA will provide the fixings for you to make up your own trail lunch each day after breakfast. Unless you have special dietary needs, you have no menus to plan and no food to bring!

The outdoor jacuzzi (for about 10 people at a time) beckons; the games room and wide-screen TV with a VCR are ours to enjoy. Live entertainment will be the fare on Sunday from 8:30 p.m. to midnight in the Lodge itself.

There is much hiking of all levels available from the door or within a short drive. Cycling begins from the premises with

many areas available. Other activities include canoe rentals and recreation area with a swim hole in the nearby State Park. Sign up soon for a sample of Vermont at its best!

Cost: \$140 for members
\$165 for non-members (includes yearly membership)
Payable to Randonnée Aventure by May 17
After May 17, a late registration fee of \$20 per person will apply.



NOTE: There is a double room supplement for couples of \$30 per couple. Please make sure to let us know if you wish to take advantage of this arrangement.

Transportation will be by car pool to be arranged. If you have a car and/or a bike rack and are willing to take passengers, please let us know this as well.

Should you have any questions or would like to volunteer to help organize this activity. Call the Club number, 489-0339. Leave a message for Susan Harris who will contact you.

Labour Day Weekend

Aug. 30 – Sept. 2, 1991

The Battleground, Waitsfield, Vermont

The call of one of RA's long-time Vermont friends has been heard and we will once again visit The Battleground condominiums in Waitsfield, this time for Labour Day Weekend.

Hiking the Sugarbush Range and Molly Stark's Balcony, and good cycling as well abound in the area. There is also an outdoor swimming pool, tennis courts, horseback riding - you name it, it's available. Nearby are also great restaurants (All Things Bright and Beautiful, for one), fine shops and antique and art galleries to tempt you.

Transportation will be by car-pool to be arranged. If you have a car and/or a bike rack and are willing to take passengers, please let us know when you sign up. Final details have yet to be confirmed so we are unable at this time to quote a price but will provide all the arrangements later in the season. Watch for the RA flyer and be sure to register early!

Thanksgiving Day Weekend

October 11 – 14, 1991

Attitash, New Hampshire

Fall foliage at its best in the White Mountains of New Hampshire. The chance to climb *Mount Washington* if the weather is in our favour, or conquer other challenging peaks such as Mount Madison, see Zealand Cliff and more. Of course, the biggest challenge of all can come from finding the best bargains in North Conway!

A bus trip is being arranged to transport us to this glorious area for Thanksgiving this year. Accommodation will be in delightful condominiums to provide you with a chance to demonstrate your prowess with the Thanksgiving bird and enjoy the company of friends in an at-home atmosphere.

Not all the details are available for the moment, but will be conveyed to you as soon as possible. Mark your calendar now, however, and don't miss one of RA's exciting group activities.

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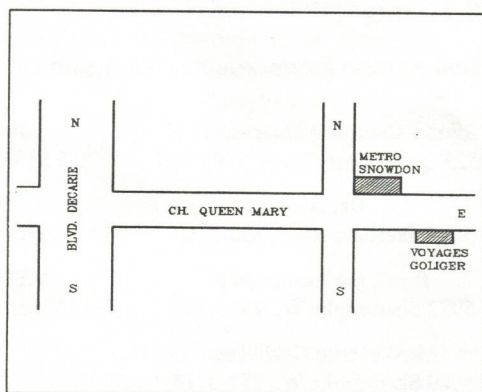
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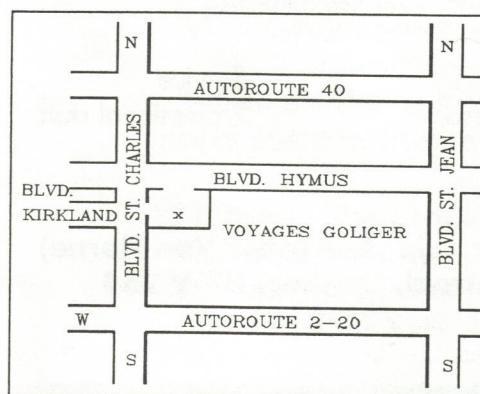
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4994 Ch. Queen Mary, Bureau 4

Kirkland office
2953 Boul. St-Charles, Kirkland

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OPEN SATURDAYS



Thanks to Our Volunteers

Volunteering for RA includes such things as helping to organize events, run meetings, write letters, return phone calls, deal with the advertising, speak with prospective members, make sure our insurance is intact, take minutes of meetings, etc. There are a myriad of jobs that get done by many, many people. From all the members who benefit from the hard work of RA volunteers, a heartfelt thank you on their behalf. Without you, life would be dull indeed; "Aventure" would mean nothing and there would be no chance to "Randonnée" with such good friends. Keep up the wonderful work! To those of you who haven't yet found "enough time" to spare to help out, won't you try a little harder this coming year?

Orientation Night for Potential Cycling Directors

Everything you ever wanted to know about organizing and administering a cycling trip will be discussed. Come and join the fun, it's free. On April 24, at 4527 Melrose, 7:30 to 9:30 pm. Call the Club number to confirm your interest and presence.

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Participation

Five years ago Randonnée Aventure was born. Our membership at that time was about 120 people. Since that time we have grown into a stronger and more mature Club. Today we are four hundred members strong. Many things have changed in that time, but the essence of the Club's existence is still the same, participation. The reason this Club flourishes today is because of its members.

When I joined the Club in 1986, I knew very little about running trips let alone being a cycling director. I just wanted to experience the pleasures of the outdoors. I was a novice hiker and less than a novice skier. I spent many a Saturday pulling my body out of snowdrifts, but I learned and eventually was able to master the hills. There was always someone around to instruct and guide me. Eventually, I became more involved in the Randonnée organization. My adventure into the management side of the Club began by helping with the running of hiking and cross-country skiing trips. As the activities increased so did my role. Today I share the cycling directorship with Wayne Waters. Our tenure will last approximately two years. At that time someone else will be ready for their adventure. If you have any fears about running a trip or becoming a cycling, hiking, or skiing director, please share them with us, maybe you will find out that your fears are the same as ours.

When I reflect on the last five years and what were the most important elements in my development, two immediately come to mind. The first was the compliments I received from the membership during my apprenticeship. It is amazing what a kind word did for my confidence level. The second was the enthusiasm of the Club directorship. In their eyes there were no problems, just solutions. Just as they helped me to overcome my fears, we can help you to overcome yours.

Remember, Randonnée is your Club, it does not just need you, it *is* you, and its future depends on your participation.

Mike de Tracey

Discounts

These stores offer discounts to RA members. Bring your card.

Blacks Camping International
3525 Queen Mary Road, 739-4451

Peel Cycle
6665 St-Jacques, 486-1148

Dr. Bike
559 Lakeshore Road, 631-2198

Siren's
6131 Sherbrooke W., 482-2734

Boutique Endurance
5922 Sherbrooke W., 481-6218

V.B. Cycle Inc.
6344 Victoria Ave., 738-2101

McWhinnie Cycle Inc.
6010 Sherbrooke W., 481-3113

Trail Maintenance

The Long Trail Project

As many of you already know, Randonnée Aventure has signed an agreement with the Green Mountain Club of Vermont to take responsibility for maintaining the "Montréal section" of the Long Trail, i.e. the section from Hazen's Notch to Route 118. This scenic and rugged area is 10.5 miles long, goes over Tillotson Peak (3,040 ft.) and Belvedere Mountain (3,360 ft.) and includes the Frank Post trail (2 miles) and the Forester's trail (2.5 miles) as well as Tillotson Camp at the junction of the Frank Post trail and the Long Trail. Our maintenance duties comprise a spring walkthrough, weed cutting and brushing, painting of blazes and the building and repair of water bars (erosion control devices).

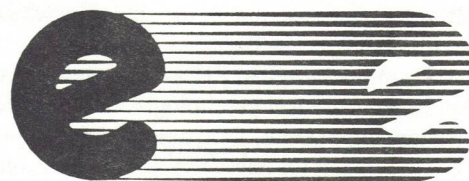
Come along and be the one to paint the way through the forest or clear the trail for others to follow. Volunteers are needed! You will learn trail craft, gain experience in the outdoors and develop a few new muscles as a bonus! Call the Club number (489-0339) or use the registration form to express your interest. The Green Mountain Club helps and supports us in all aspects of this project.

Four weekends of trail maintenance activities have been scheduled for 1991. Join us for some worthwhile weekends working in the outdoors in the beautiful Vermont mountains and take advantage of your chance to put a little back into the trail system that we all know, love and use.

1991 Trail Maintenance Schedule

- May 18 - 20 (Victoria Day Weekend)
 - Spring walkthrough. Clearing blowdowns and reblazing.
- June 29 - July 1 (Canada Day Weekend)
 - Brush clearing extravaganza
- August 17 - 18
 - Trail clearing
- Oct 19 - 20
 - Fall walkthrough (coincides with Tillotson/Devil's Gulch day hike)

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Don Hackett

A few people have hiked the entire length of the Long Trail at least twice. Randonnée's past hiking director and long-time resource person, Don Hackett is such a man. Don has a special, healthy aura which most hikers, skiers and cyclists in the club have surely noticed. It is partly inherent, and largely the result of his relationship with the outdoors, which can be traced back to his childhood in Texas.

Born in Ohio, Don moved south to El Paso, Texas at the age of eleven, where his father, a clinical psychologist, had found a position running a guidance centre. Don quickly joined the Boy Scouts, to which he belonged for many years. El Paso is on the Rio Grande River, at the lowest point between the Rockies and the Sierra Madres. This gave Don many opportunities to go hiking and camping in the mountains of the southwest.

Don vividly remembers a key scouting experience at the age of twelve- the ascent of 12,000-foot Sierra Blanca! The thrill of meeting that challenge formed him for life. In later years, as an Explorer Scout, he learned wilderness camping and went through survival training.

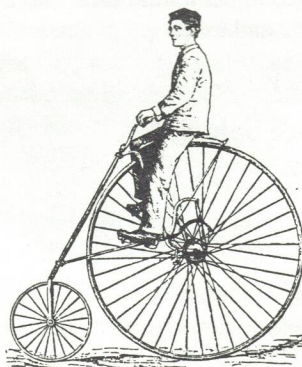
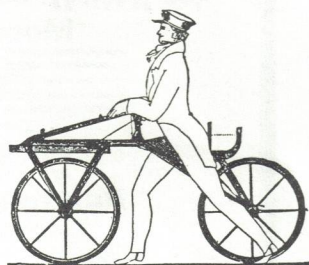
After finishing college, though, Don's lifestyle changed, and he stopped participating in outdoor activities for several years. He received a scholarship to study philosophy in Ohio, then did graduate work back at the University of Texas. The areas which Don pursued included Eastern religions and civilization, hatha yoga, as well as the theatre.

Don then made a change, and found a job as a computer programmer-trainee with the U.S. government, and progressed quickly in it. As a technical programmer he designed hospital systems, gaining experience which served him well when he moved to Montreal in 1968. In 1971 he decided he would prefer teaching, like others in his family, and joined the Computer Science Department at Dawson College. While there, he bought a bicycle, and later became more and more involved in hiking. He soon became a connoisseur of the Adirondacks and Green Mountains.

In 1983 Don joined the Montreal Adventure Club, which evolved into Randonnée Aventure. Don was one of the members who organized the co-op structure of RA, and he has remained a strong presence in the club ever since. He tends to come up with ideas that get people more involved in outdoor activities, and is a fountain of practical knowledge on the subject. For example, he was the prime mover in making trail maintenance a club activity in 1988. The Outdoor Literacy workshop coming up in May is also a product of his enthusiasm.

Don and his wife Lyn, whom he met on an RA hike, have just produced their first child, (and a potential hiker, no doubt). Lyn agrees that the club is very big part of Don's life.

Jola Kuzmicka



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FOOD & FITNESS

How's Your Iron?

Some recent studies indicate an increase in iron deficiency in those who practice endurance sports or who train frequently. Women are at a greater risk than men. Higher iron needs are required by dieters and vegetarians as well. In a word, iron is the essential element of hemoglobin in red blood cells, which transport oxygen to tissues. Low iron reserves will lead to poor muscle performance.

Not all iron is the same: Heme iron, which makes up about 40% of iron in animal tissues, is much better absorbed in the intestine than is non-heme iron. The latter makes up the rest of the iron in animal tissues, as well as all the iron in dairy products, eggs, plants, and supplements in flour and cereals.

Iron in vegetables is usually bound to a chelating agent which is not readily absorbed. An example would be the iron in spinach, which is bound to oxalic acid. For those who don't eat red meat, which is rich in heme iron, liver is a good source, but it is also high in cholesterol. Chicken and fish contain one-third to one-half the iron of red meat.

Peas, beans and corn are good plant sources of iron. Enriched or fortified breads, cereals and pasta will fulfill some of the daily iron requirement, which is 10 mg for men and 15 mg for women.

Foods high in vitamin C help the body absorb iron, especially from a meatless meal. For example, a glass of orange juice with iron-enriched cereal will double iron absorption. To improve the absorption of non-heme iron in vegetables, fruits or grains, eat them with meat or fish, since the absorption of non-heme iron is significantly increased when eaten with heme iron.

Finally, and curiously, cooking in cast iron pots will increase the iron content in food. The more acidic the food, such as spaghetti sauce, and the longer it cooks, the higher the increase in iron content.

Herb Srolovitz

Fitness Books

The following books were displayed by Karen Oljemark at the ski fitness talk given last November at the McGill Grad Centre: **NATIONAL GUIDE TO LOPPET SKIING**. Cross Country Canada, 1985. ISBN 0-921007-00-0.

THE ATHLETE'S KITCHEN by Clarke, Bantam 1983. ISBN 0-553-23211-8. (\$3.95)

GETTING STRONGER: WEIGHT TRAINING FOR MEN & WOMEN by Bill Pearl & Gary T. Morgan. Shelter Pubs, 1988. (\$21.95), ISBN 0-679-73948-3. Random House.

IF IT HURTS, DON'T DO IT by Peter Francis. Prima Pub. Comm, 1988. ISBN 0-914629-48-4. (\$10.95)

STRETCHING by Bob Anderson. Shelter Publications, 1980 ISBN 0-394-73874-8. (\$9.95)

Karen Findlay

- APRIL 7**
Sunday Organized by the Victoria and Albert Museum of London, the **CARDIN EXHIBIT** of fashion is on display at the Montreal Museum of Fine Arts. Let's take it in Sunday at 10 am, (approx \$12) and go out for DIM SUM afterwards.
- April 13**
Saturday At 8 pm, **ANNUAL GENERAL MEETING**, followed by **SPRING PARTY & TRIP SIGN-UP**, all at the McGill Grad Centre: 3650 McTavish. Featuring our own DJ's dance tunes. Support our ecology theme and Earth Day by wearing a jungle print or something earthy. \$5 with party snack, \$7 without.
- APRIL 28**
Sunday Fun **CAR RALLY** with the SMCC (Sporting Motor Car Club). Approx \$20 per car. Leave message for Jan on the club tape to get details.
- MAY 1**
Wednesday **OUTDOOR LITERACY**: a hands on multi-faceted workshop geared to all levels of hiking. From 7 - 9 pm at the Montreal Badminton & Squash Club, 3505 Atwater. No charge. Please advise the RA tape machine that you will be there.
- MAY 5**
Sunday A **CYCLE CLINIC** will be held from noon to 4 pm, at Western Radiator & Autobody, (Jim Mullet's place), corner of deMaisonneuve and Harvard in N.D.G. Coffee and donuts will be there as well. Don't be afraid to get your hands dirty; there will be hand cleaner available for the cleanup afterward.
- MAY (early)** The **FOSSILS**, an all-man comedy theatre group, will again be staging their annual play. Cost is approx. \$20, with proceeds going to send underprivileged children to summer camp. For details, please call Elise at 481-3126.
- JULY 14**
Sunday Back by popular demand, Sam Allison will conduct a **WALKING TOUR** of Old Montreal. Time and place to be announced on the Club tape.
- Sunday July 19*
JULY 21
Sunday **BBQ LAMB PICNIC** at Derek and Christine's, in Chertsey, near Rawdon. BYOB, food provided and costs shared. Call the Club at 489-0339 for details and to RSVP.
- JULY 27**
Saturday **GERRY BARD'S BIKE RIDE & BBQ**. Cycling 30-100km on the South Shore and beyond. BYOB & \$6 for BBQ. RSVP Gerry by Wed., July 24 at 678-6886.
- AUGUST 25**
Sunday **MARGARET'S CORN ROAST & SWIM**. All the corn and salad you can eat, for under \$5. From 2 pm on, in Howick, Quebec. BYOB & M (meat) and swimming togs. Car pool from Atwater at 1 pm. Call the tape to tell us you're coming.

R.A. Taste Tests 'Hops Brau' Beer

We were most cordially received on February 25th at the Brasal Brewery by Etan Jagermann, junior partner of the computerized brewhouse. After offering us a few sample sips, he guided us through the sparkling brewing and holding tanks. In order to achieve the German-style lager taste naturally, the water is

filtered several times and the hops and yeast imported from Germany. No chemicals, preservatives or colouring are used, and we found the results delicious. Especially good was the newest beer, "Speciale", a dark, rich lager, strong but smooth.

Karen Findlay



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Mount Royal Spring Cleaning Saturday, May 11

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RANDONNÉE CALENDAR

April

7	Sun	Cardin Exhibit, MMFA
13	Sat	Annual General Meeting and Spring Party
28	Sun	SMCC Car Rally

May

1	Wed	Outdoor Literacy Clinic
5	Sun	Cycle Clinic at Western Radiator
Early		FOSSILS comedy play
11	Sat	Cycle trip 1, Swanton, Vt.
12	Sun	Hiking trip 1, Mattawinnie, Que.
17 - 20		Weekend Getaway, Bristol, Vt.
25	Sat	Hiking trip 2, Crows, Nun-da-ga-o, N.Y. <i>HURRICANE</i>
26	Sun	Cycle trip 2, Carrillon Park, Ont.

June

1	Sat	Cycle trip 3, Pleasant Valley, Vt.
2	Sun	Hiking trip 3, Mansfield, Vt.
8	Sat	Hiking trip 4, Ausable Lake, N.Y.
9	Sun	Cycle trip 4, Lac Superieur, Que.
15	Sat	Hiking trip 5, Adirondack Loj, N.Y.
16	Sun	Cycle trip 5, Bedford, Que. & Vt.
21 - 24		Weekend Getaway, Killington, Vt.

July

6	Sat	Cycle trip 6, Crystal Lake, Vt. Gothics hiking trip
13	Sat	Cycle trip 7, Lake Elmore, Vt. Hiking trip 6, Lake Elmore, Vt.
14	Sun	Sam's Walking Tour of Old Montreal
21	Sun	Lamb BBQ at Derek & Christine's
27	Sat	Cycle trip & BBQ at Gerry's

August

17	Sat	Hiking trip 7, Montagne Noir, Que.
18	Sun	Cycle trip 8, North Hatley, Que.
24	Sat	Cycle trip 9, Keene Valley, N.Y.
25	Sun	Margaret's Corn Roast & Swim
30 - 2		Weekend Getaway, Battleground, Vt.

September

7	Sat	Hiking trip 8, Mont Legault, Que.
14	Sat	Cycle trip 10, Mystery Tour, Can./USA
	Sat	Hiking trip 9, Camel's Hump, Vt.
21	Sat	Hiking trip 10, Northern Frontier, Vt.
22	Sun	Hiking trip 11, Adirondack Loj, N.Y.
28	Sat	Cycle trip 11, Glen Sutton, Que.
29	Sun	Hiking trip 12, Mackenzie, Haystack, N.Y.

October

5	Sat	Hiking trip 13, Owl's Head, Giant North, N.Y.
11 - 14		Weekend Getaway, Attitash, N.H.
19	Sat	Hiking trip 14, Tillotson, Devil's Gulch, Vt.

Call the Club tape 489-0339 for the latest information on Club events.