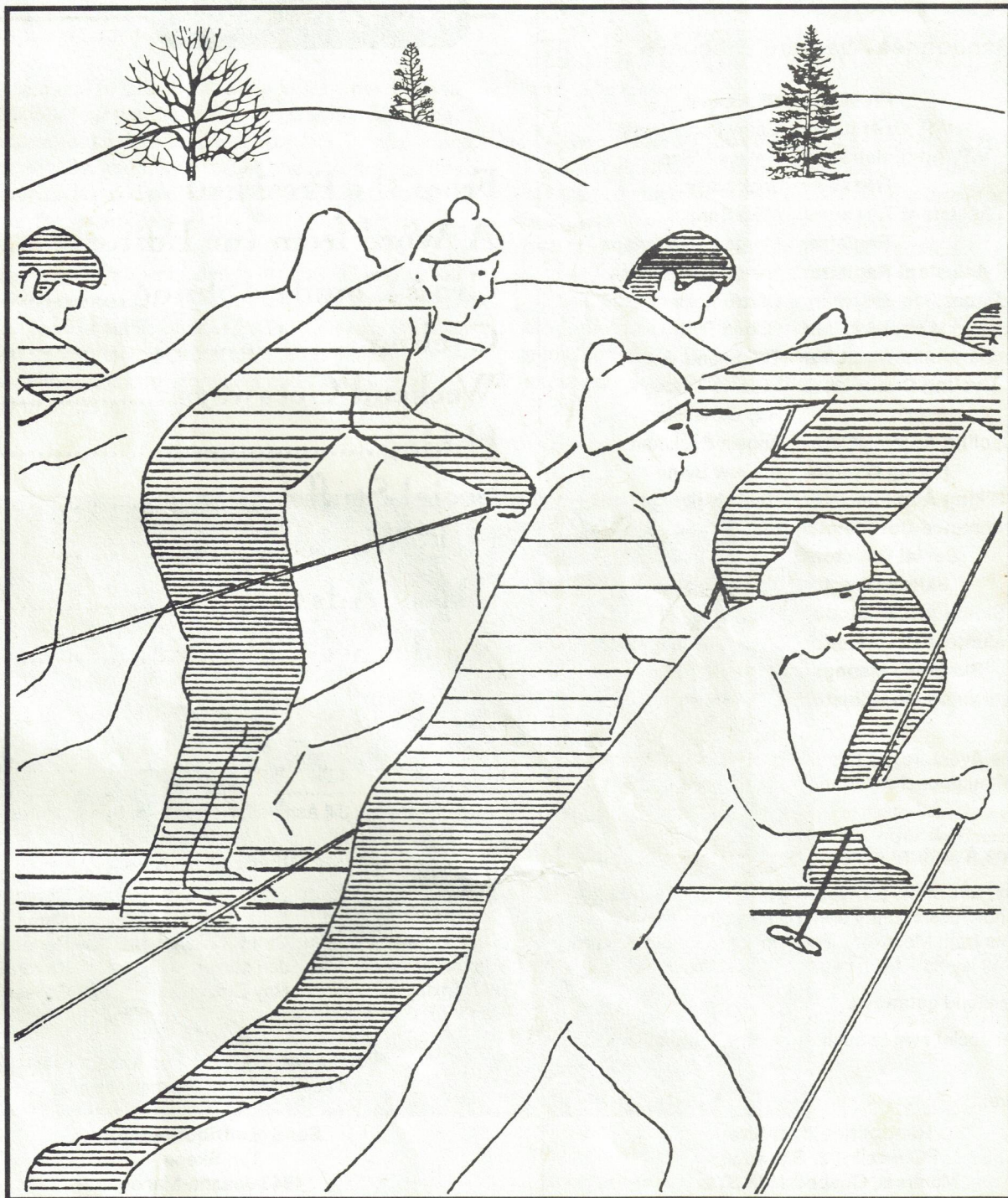


RANDONNEWS

Published by Randonnée Aventure
Montreal's Friendly Outdoor Club

Winter 1993





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Randonnée Aventure, founded in 1985, is a non-profit year-round outdoor club for adults, with nearly 400 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
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recycled paper

When I look back at the summer of 1992, I remember a season filled with day trips, weekend getaways, social events and many funny stories. This edition of Randonnews has a lot of articles about those club events, and also about our members' individual expeditions. I hope that they will inspire you for 1993.

It does seem odd to talk about skiing in July, but that was when Jim Mullett (our new Ski Director,) was organizing day trip dates and weekend destinations for the 1993 winter season. I am excited already, and I hope that as you read through this issue of Randonnews, you will also be keen to get those skinny skis ready for the season.

Two years ago, I was persuaded to enter the Canadian Ski Marathon. I was not easily convinced, because I was not (and still am not) the most stable of skiers. (I bought new ski pants that the snow doesn't stick to, so at least fewer people now know it!) Anyhow, it is two years later and I am eagerly awaiting my third ski marathon. Its "marathon" name is

deceiving, because you ski as much or as little as you want. It's a lot of fun, and it isn't a race. Maybe you would like to join us? Read more about it in Jim's article.

Within this Randonnews, there is a request for some specific talents. Please take a look and volunteer, or if there are other things that you can do to help out your Club, please don't wait to be asked.

The summer season both added and deleted activities. Your feedback on what you liked, what you didn't like, what you missed and what you would like to see in future is appreciated. Just speak to me or any of our executive members at one of the events, or drop me a line care of the RA address.

Last but not least, don't forget to mark your calendar with the parties and other social events. They are occasions not to be missed! See you (if we recognize each other in costume) at the armory on October 31st - Halloween.

Jill Aspinall



Gail Tedstone and Jill Aspinall decided to add another member to the team scouting cycling routes for the Canada Day Weekend Getaway. It was during Easter weekend, and they didn't bring snow tires for their bikes!

Photo by Gerry Bard

A WORD FROM THE EDITOR

This issue of your newsletter is the biggest (and I hope best) yet. This past summer Randonne'ers seem to have ventured to about three of the four corners of the globe, and they have brought back some fascinating stories of their hiking and cycling experiences. Judging by how the weather was in this corner of the globe, the other three were the place to be. From Holland to Hong Kong, RA members really get around.

The coming RA social season has a full slate of events as well, both new ones and old, indoors and out. Be sure to check the Social Stuff on page 16.

The Club has a new laser printer, which now allows all production work to be done "in house" (mine, to be precise). Don't hesitate to tell me what you would like to see in your Randonnews. If you have an idea or suggestion, please let me know. A few more volunteers have also offered to give a hand,

for which I am truly grateful. If you would like to help out in some way, just check the box on the Registration Form.

Don't rest on your laurels though, Randonne'ers, keep those stories, pictures and classy ads coming in. When spring arrives, so will the next Randonnews, and it's your contributions which make it what it is. Deadline is February 15, and if your material is on an MS-DOS or Macintosh disk, we won't have to retype it. All photographs and disks will be returned to you unharmed afterwards.

You might also think about other ways you can become involved in Club activities. Have a look at the Help Wanted Section on page 18. This Club is based on the efforts of the membership, and the more you put into it, the more you and everyone gets out of it. The list of Executives is on page 2, and any one of them will be glad to explain about how your talents can be put to use. Now let's all pray for a snowy winter!

Tim Skene



Al Ramsay pauses and poses at the start of the Blue Ridge Parkway in Virginia. The ten-day ride was made by Al and RA President Jill Aspinall this past summer.

Photo by Jill Aspinall

Kicking & Gliding With RA

The '93 ski season has a variety of destinations and terrain to please most skiers. Refer to the Cross-country Skiing Guide on the next page for ratings on all ski destinations. Transportation by luxury coach and trail fees are included in the price for each day trip. In keeping with tradition, the last daytrip, No. 13, will include our end-of-the-year party.

We need volunteers! Each trip has a Leader and Assistant who are volunteers. People for scouting, trail maintenance and phone committees, etc. are also needed. Volunteering is a great way to meet people. Please indicate on the registration form if you would like to participate in any of these areas.

As your Ski Director, I would like to hear your ideas about the trips and the Club, so please don't be shy to speak to me at any time.

Jim Mullett
Ski Director

Ski Touring Tips

Please follow these tips carefully, they are for your comfort and safety:

- Wear layers of clothing - they trap air for insulation and can easily be removed or added to control body heat.
- Avoid cotton fabrics. They hold water and cause heat loss. Wool keeps you warm while wet. Polypropylene (e.g. Lifa or Helly Hansen) wicks moisture away from skin to evaporate. Dry skin is important for warmth.
- Mitts are better than gloves for warmth.
- Carry a breathable windbreaker.
- Gaiters will help keep your wool socks dry, and snow out of your boots.
- Avoid overdressing, as sweating can lead to hypothermia.
- Control heat loss. Always cover your head, and try to keep your feet and hands dry and warm.
- In your daypack always carry: energy foods and liquids, extra wool sweater, socks and mitts, tape, laces, pocket knife, ski tip and ski waxes.

Hands-on Waxing Clinic

Do-it-yourself! For the past few years you've been watching others show you how to wax your skis. Well, now it's your turn to bring along your skis, all those coloured waxes, cleaners, old clothes and any other equipment you have (even irons?) and apply the techniques you've learned up to now. Newcomers are also welcome to come along and learn by doing.

Place: Jim's shop - Western Radiator
2160 Harvard, corner of de Maisonneuve

Time: Thursday, January 14, from 7 pm until we finish!

Cost: Free (unless you count your labour!)

Cross-County Ski Equipment & Sportswear Clinic

Come along to a private showing and expert explanation of skis, boots, clothing and other necessities for the forthcoming winter cross-country ski season.

Place: Sirens Ski Shop, 6131 Sherbrooke St. West, NDG.

Time: Monday, November 23, at 6:30 pm.

Cost: Free, and there's no labour!

Ski Trip Leader's Orientation Meeting

If you would like to lead or assist in leading a ski trip this winter, or if you have already volunteered to do so, please come along to this information session. You will be given tips and instruction on what needs to be done, and will see how easy it is to put together a cross-country day trip.

Place: Wayne's: Phone the Club tape at 489-0339 to confirm and receive the address.

Time: Thursday, December 10, at 7:30 pm.

Registration Information

Prices

Good news! Prices are the same as last year: \$24, and \$27 for the end-of-season party. Please note that there is a surcharge of \$2 for signups received after December 11. Cheques **must** be dated and received by then for the regular price to apply.

Trip Signup Procedure

To get your first choice of trips, sign up early by doing one of the following:

- **Mail** the registration form with your payment to the Club address.
- Sign up at the **Halloween Party**, on Saturday, October 31, Westmount Royal Regiment, 4625 Ste. Catherine St. W. Registration will be from 8 to 9:30 pm.
- Come to **Signup Night**, on Monday, November 9, Atwater Library, Corner of Atwater & Tupper St. from 5:30 to 8:30 pm.

Registrations will be accepted after November 9, but call the club tape first to see which trips have space available. Your cheque should arrive at least one week before the trip date.

Selling a Trip during the Season:

From Monday to Wednesday prior to the trip, call the club tape and leave a message. RA will **not** call you back, but if a buyer is found, a cheque will be mailed to you for the regular trip price.

Buying a Trip During the Season:

From Monday to Wednesday prior to the trip, call the club number and leave a message. On the Friday evening before the trip, call back to listen to the names of people who have been added to the trip list. If you hear your name, show up with \$26 cash or a cheque payable to "**Randonnée Aventure**". We do not carry change on the bus.

If you don't hear your name, you can go the the *last* pickup point (Murray's - TMR Shopping Centre at Lucerne Road) where you have a good chance, as there is often room on the bus due to "no-shows".

RA can neither give refunds nor guarantee the sale of any trip.

RA Cross-Country Skiing Guide

No.	Date	Destination	Rating	Rest.
1	Jan 9	Lac Monroe	EMD	N
2*	Jan 10	Mont Orford	EMD	Y
3	Jan 16	St. Jovite	EMD	N
4*	Jan 17	La Mauricie	EM	N
5	Jan 23	Far Hills Inn	EMD	Y
6	Jan 30	Montagne Coupée	EM	Y
7	Feb 6	Gatineau Park (X-C)	EMD	N
8	Feb 6	Rideau Canal (skate)	FUN	Y
9	Feb 13	l'Estérel	EM	Y
10	Feb 20	Montebello	EM	Y
11*	Feb 21	Rivière Rouge	EM	Y
12	Feb 27	La Boulée	EMD	N
13	Mar 6	Pimbina	EM	N
14	Mar 13	Farmer's Rest (Windup Party)	EM	Y

*Sunday

Trail Rating

Easy: flat, machine groomed

Moderate: gentle hills, mixed machine and skier tracked

Difficult: hilly, narrow, wooded trails

Restaurants

Y: available

N: not available

Always bring a lunch in case the destination is changed.

Price: \$24 by December 11, \$26 after.

Trip 14 is \$27 by December 11, \$29 after.

Destinations may change due to snow or road conditions. In adverse conditions, call the Club number (489-0339) after 8 pm the evening before to verify that the trip is on.

Bus Departure Times

7:30 am	Atwater and Ste-Catherine (McDonald's)
7:45 am	Queen Mary and Décarie (TD Bank)
8:00 am	TMR Shopping Centre (Murray's Restaurant)

Canadian Ski Marathon Weekend

February 12 - 14

This year is Randonnée Aventure's third year of participation as a group in the Canadian Ski Marathon. We are proud to announce that last year our Maxi Team grew to 30 skiers.

This year we need a new Team Captain - anyone interested? Call me to discuss the duties if you would like to be the leader of this year's Maxi Team.

The Canadian Ski Marathon is 100 miles long, and is divided into 10 sections. It is not a competition; participants can ski as many or as few sections as they wish. It is a two-day event with accommodation for skiers in schools, motels or the divine Chateau Montebello. Although the Marathon arranges transportation from Montreal by bus, RA members organize our own car-pool. Energy snacks and liquids are provided at the section checkpoints, and shuttle buses bring you to the start of your section and return you to your accommodation at the day's

end. The camaraderie is just as enjoyable as the skiing, and you will make new friends on the trail.

Application forms will be available at registration nights, by indicating your interest on the registration form, or by leaving a message on the Club tape. The deadline for applications requiring accommodation is December 28. You may enter your application individually, but please inform the Team Captain, since he or she must submit a list of Maxi Team members.

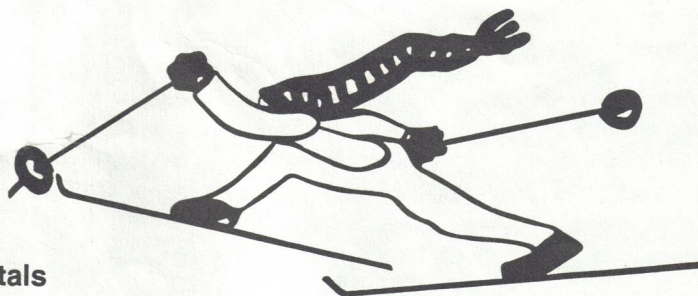
If you're not sure about registering, but still might like to be involved, there is a need for volunteers to help at check points, timing, feeding hungry skiers, etc. We will also be conducting three CSM trail maintenance Saturdays on Oct. 24, Nov. 7 & Nov. 14. If you'd like help out, just indicate it on the Registration Form, and we will contact you.

I invite all former participants in the Marathon to join the RA Maxi Team and to help encourage our new initiates.

Jim Mullett

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The Cycling Report — 1992

Time marches on, and here we are at the end of another terrific cycling season, with more memories of our two-wheeled pursuits to savor during the winter break.

Although there was a lot of behind-the-scenes planning during the winter, our first cycling outings were scouts for White River Junction, Vermont and Schroon Lake, NY. These took place over Easter weekend when the enthusiasm to get pedalling was dampened by nature's snowy insistence that we should still be skiing! However, we got the job done and the hard work of that weekend contributed greatly to two very successful Club weekends.

A welcome change this year, one greatly appreciated by all, was the new bus from Détour Nature. At last, cyclists could now share the comforts once reserved for hikers! There was some nostalgia however, for the thrill of not knowing whether your seat was bolted down. Now with a new on-board toilet, not many miss the panicky searches for suitable "pit-stops"!

The turnout for cycling has been phenomenal, despite a somewhat rainy summer. Cyclists are a tough lot! Early on, five trips had been sold out, and as the season continued the remaining day trips got in line for a 100% sold-out season. We can safely say that RA cycling is healthy and vibrant! The 1992 season is almost over but the planning for 1993 has begun. Much of the credit for a successful 1992 season is directly attributable to decisions made by your Cycling committee members: Jill Aspinall, Elise Brais, Mike De Tracey, Cathy Ladanowski, Monika Malecka, Egon Nickel, Al Ramsay, Linda

Shear, Ray Stevenson, Gail Tedstone, Wayne Waters and Jan Wilk. Credit is also due to Angela Buckman, our Cycling Administrator, the Trip Leaders and their assistants for the work they did to ensure the smooth running of the day trips.

Aside from Club trips this year, we also had other numerous activities: the Trip Leaders Orientation Evening (thanks to Cathy) and the Cycle Repair Clinic (thanks to Jim Mullett). There was also the Lachine Canal Promotion, very successfully executed by Egon Nickel and Linda Shear, although the weather didn't cooperate.

The two times 100 miles Rideau Lakes Tour was once again attended in force by 31 RA members, all suitably attired in our custom-designed RA T-shirts, which always guarantee us a lot of attention. Congratulations to the first timers! This year's Tour was even more memorable due to the hospitality of Charles Spencer, who kindly organized a Friday evening pasta load-up session at his place in Ottawa. For those thinking of entering next year's Rideau Lakes Tour, please note that it is important to inform us of your interest, by checking the appropriate box on the enclosed Registration Form.

Finally, in reply to the cries of "fixed competition" and "impeach the President" during the 1992 Mystery Tour day trip, we can assure you that all was above ground and only the Trip Leaders knew anything about it in advance. Indeed the very fact that the Club President came out to be first prize winner confirms our good sense in electing her!

Mike De Tracey & Ray Stevenson



The intrepid members of RA's European delegate. l. to r.: Brian Abbott, Gerry Bard, Francine Bélanger, Egon Nickel, Monica Malecka, Wayne Waters, Sarah Wheeler, Susan Vincelli.

Photo by Susan Harris.

Randonnée's Tour de France

This summer our dream of joining ex-Randonnée'er Sarah Wheeler in France became a reality. We finally found eight Club cyclists and a time and place for the trip: mid-July along the Dordogne River in southern France. We raided specialty stores for maps and guidebooks, and planned an itinerary with as many exciting places as time would allow. Our base would be a farmhouse rented from RA member Anne-Marie Stanton. Wayne and Al were experienced travellers, and they taught us how to protect the bikes from luggage handlers. At the final hour, the French trucker's blockade made us a bit apprehensive.

Allow me to introduce some of our crew: "Jigging Gerry" Bard, navigator; "Brash Brian" Abbott, assistant navigator; "Eager Egon" Nickel with a \$5 junkyard bike and great ideas; "Mouthy Monika" Malecka, who kept a punctual record of every menu, picture and kilometre of the trip; and "Working Wayne" Waters, ultimately part-time cook and connoisseur of pears.

The adventure began at the duty-free shop at Mirabel, where we stocked up on refreshments. Landing in Paris the following afternoon, we barely survived the mad rush between air terminals. Fighting hordes of people pushing to board the shuttle bus, we held our bikes as shields against sweaty flesh, wheels pressing on our sternums while trying to keep sight of our partners. Though tired and jet-lagged when we reached Toulouse, we assembled our vélos and were ready to roll in two hours. While "Sleepy Susan" Vincelli and "Friendly Francine" Belanger stayed overnight nearby, we defied reason to cycle fifty kilometres to our hotel. We were practically asphyxiated in the granddaddy of all traffic jams; we had hit rush hour and the tail end of the truckers' strike. Cars swooped at us from every direction, like kamikaze attacks.

Once past that, we savoured our first breath of French countryside air, and "See-it-All Susan" Harris had her first revelation. No wonder Van Gough painted so many sunflowers: the fields were covered with them. We had our only cold and wet day of the tour before arriving at Anne-Marie's farmhouse two days later. We enjoyed scrubbing, washing and dusting the whole place before settling down. To our surprise, it had been electrified only recently! We began each day with fresh baguettes from a nearby bakery, and teamed up to prepare some great meals under Monsieur Wayne, our master chef. This part of France is known as "Le Midi", where stores and banks close early for lunch and reopen later. We juggled our schedules to shop or bank, having discovered that traveller's cheques are great but "out of cash means out of luck". Cooking at Villereal was cheap; we shared all the work and some of us put the newly-acquired knowledge to good use on a later trip. French wine cost very little; four litres was the same as three cups of coffee. At that price, our caffeine addicts learned to do without their daily fix.

We toured hilltop villages which were much like medieval times. Friendly drivers honked to congratulate us as we struggled to reach fortified towns dating back to the Hundred Years' War.

We visited countless chateaux, abbeys and bastides. We finally met "Social Sarah" Wheeler, who drove for nine hours across southern France to meet her Randonnée friends. She brought a touch of civilization: a ghetto blaster. We attached blinking bike reflectors to our clothes and had a disco night in our seventeenth-century farmhouse. "Jigging Gerry" came back to life at the sound of his favourite tapes. He had a hard time with red meat and wine, but his revelation was raspberry schnapps! Sarah took us on a 105-km loop along the "Route des Bastides" to the junction of the Dordogne and Vézère Rivers. It was 36 degrees, and the hills seemed to deplete us of every bit of energy in the parching sun. Then we would rush down through hairpin turns at breakneck speed, a "descent à tombeau ouverte" (open tomb) the French call it. On Bastille Day, some of us still had enough energy to dance under the stars in the town square, and watch a spectacular midnight fireworks display.

We recuperated the next day, and then moved on to Les Eyzies, home of Paleolithic Man. Its main street is dominated by a huge cliff. We visited the Fonts-de-Gaume caves, which were closing forever that weekend, and admired the stone age artistry of 40,000 years ago. We enjoyed an authentic French lunch al fresco, with baguettes, pâtés, wine, cheese and dessert. We visited Sarlat on Saturday, market day, which proved to be a mistake. We could hardly see, let alone photograph anything in the stalls and throngs of shoppers which hid all view of the seventeenth-century houses. We resumed our long and arduous ride up to the hilltop town of Rocamadour. The town is built in three levels on rock, and we toured it by foot the following day. Reduced to four people by the defections of Brian and Egon, we reached Cahors, with its old Roman bridge, where we joined up with Francine and "Sleepy Susan". They had ridden on their own, leaving at dawn so they could cycle in comfort. With time running out, we boarded the train to Toulouse, where we once again faced the crazy drivers in our race across town to the airport.

Our summer's experience was most enriching. Things we learned: never visit southern France in July, rest to recover from jet lag, keep the precious Air Canada bicycle bags, allow more time for touring, and don't plan a strenuous activity soon after. Traveler's cheques are convenient, but don't ever run out of cash in rural France.

We enjoyed great food, wines, sights and company. "Power Snooze" (coined by Gerry) is now part of Randonnée's vocabulary, and the select "snoring club" has acquired new members (don't leave home without ear plugs). One of us put it this way: "Two crazy weeks in France with a bunch of mad masochists and incipient alcoholics from Randonnée". As we cycled 750 kilometres in eleven days, drank, ate and sang (Brian) to our hearts' content, we certainly did not miss the constitutional crisis, aboriginal rights, cross-border shopping or the trade deficit.

Monica Malecka

A Dutch Cycling Treat

This past summer I learned all about the laid back, functional relationship with the bicycle which exists in Holland. It let me fully enjoy the attractive countryside and charming cities like Amsterdam. I loved cycling with the Dutch, they have a no-fuss approach: Wear what you're wearing, and go where you're going! There, the bicycle excludes no one. Seriously-dressed executives en route with briefcases, housewives in long skirts balancing a week's groceries, even eighty-year old country folk pedalling in wooden clogs. On weekends whole families will be cycling along with their children balanced front and rear, and with the grandparents too. Friends can be seen swiftly pedalling side by side, deep in conversation. Lovers cycle closely abreast, arms resting on each others' shoulders, harmoniously balanced. And from time to time, you'll see a forlorn soul winding his way along with a flat tire.

The cycle paths of Holland form a comprehensive and well-maintained network that leads wherever you might want to go. They wind smoothly through the heart of busy cities, where a steady flow of cyclists weaves their way through streams of cars and pedestrians. They take you by pastures of surrounding farmland, where you roll amongst contented cows and non-

plussed sheep, drifting swans and blooming gardens. The paths will lead to storybook villages with cobbled streets around the Romanesque or modified Gothic churches, past warmly-scented bakeries and modern cycle shops. They wind on along the canals, and to the sea and fishing harbours where one can appreciate the ancient and refined maritime culture.

Dutch bicycles are basic, sturdy machines, and can be left out in the rain without serious consequences. All oiled parts are well-encased against the elements. Most are basic black, but I remember bright pink ones, and two that stand out were affectionately painted with tiger spots and with guilded stripes. All bicycles are equipped with a tinkling bell to give a friendly warning, like the bell I had on my tricycle many years ago. For night travel, they have generator-powered beams which erily guide the rider on the way home, and decorate the night like fireflies.

If you plan to go, leave behind your bike computers, helmets, sunglasses, etc. You'll want to raise your face to the smiles readily exchanged on the paths. You'll be safe; cyclists are well cared for in Holland.

Sharon Bradley

Cross-Country

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Mountains From a New Perspective

Cycle vacations have always been a pleasure for us. We had already skied in the Rockies, and had talked about what it would be like to cycle through them. So this past June, the two of us rode from Jasper to Vancouver via the Rocky Mountains, Rogers Pass, and the Okanagan and Similkameen Valleys. We pedalled over the Rockies, Purcells, Selkirks, Monashees and Cascades mountain ranges. By staying in youth hostels and motels, we didn't have to carry a tent and stove on our loaded bikes.

This trip provided many breathtaking views. The descent from Sunwapta Pass (Banff) into the Saskatchewan River Valley, surrounded by the magnificent Rockies to our right and the glacially cut Weeping Walls to our left was the most stirring cycling experience we have ever had. Bow Pass overlooking Peyto Lake and Rogers Pass were also impressive. Cycling through the parks, we spotted a number of black bears, wolves and elk. Of course, much of this was captured on film.

Diversity best describes this trip. We had the cool mountain air at high altitude in Banff and Jasper National Parks, but we also experienced the hot and dry desert in central BC. We walked through both snow-covered ridges and cactus fields (the needles are not easily removed from cycling shoes!). Sections of our trip were in popular tourist areas such as Lake Louise, while other days we were cycling through small, remote towns such as Nakusp. In this lumber town, the pancakes are the size of pizzas. We expected to see both rain and sun, but had only sun.

And among all the cycling, we even managed to fit in two hikes. Hiking is everywhere! Our first hike was Parker's Ridge in northern Banff. This was only about fifteen minutes from the Hilda Creek Youth Hostel, and was spectacular. We later spent a day hiking Frosty Mountain in Manning Provincial Park (200 kilometres east of Vancouver). A number of Randonnée hikers will tell you this is the best hike they have ever done. The views simply cannot be described!

Don't think we spent the entire vacation on the go. We still had a chance to see and enjoy the hot springs, fruit stands and of course the wineries in the Okanagan Valley. We also visited a restored grist mill and some museums showing how the Canadian West was developed by the railway. The Kokanee beer at Big Eddy's pub in Revelstoke went down as fast as our descent from Rogers Pass.

Our trip is over, but the memories linger. We will return one day, but will it be to cycle, hike, or cross-country ski...?

Jan Wilk & Cathy Ladanowski

For those interested in trip details, the distance cycled was 1550 km. We did 14 days of cycling and one day of hiking. The roads were all well-paved with generous shoulders. Our best advice if you're planning such a trip is to speak to someone who has done it before. We received some good tips from Al Ramsay and Wayne Waters, who cycled a similar route two years ago. We'd be happy to talk to you if you would like to know more.



*Cathy Ladanowski
takes a photo break at
an appropriate spot.*

Photo by Jan Wilk

Rime of the Ancient Biker (or Rideau Lake Doggerel)

There's water all over the road, I said
As 'round us the tempest stormed
So where are these Rideau Lakes, I said
Or have I been misinformed?

The lakes are over there they said
Pointing vaguely into the murk
For what it's worth, no stops until Perth
Now get on your bike and work

What happened to leisurely tours, I said
And pleasant rides around lakes?
Keep your eyes on that wheel ahead, they said
And your hands poised over the brakes

But finally Kingston hove into sight
An evening sun shone down
And the world took on a different look
As we toured the pubs in town

'Twas clear on Sunday, with lakes and views
The sun reflecting off chrome
A railway boxcar puffing smoke
And a piper piping us home

I must go down to the lakes again
To the meadows and woods beside
All that I ask is a fast bike
And some friends with whom to ride.

*Clive Brewer
(with apologies to John Masefield)*

Mainely Cycling

One day this past July, three wise men: Ray Stevenson, Mike De Tracey and Al Ramsay, set out on a cycling/camping vacation in Maine. Along the many miles cycled, numerous climbs, and sightings of moose, bears, deer, foxes and dogs, we truly enjoyed each others' company. The scenery was magnificent as we cycled along the rugged coastline. The lakes, rolling hills, mountains, and spectacular views too numerous to mention, all contributed to a generally jubilant mood as we enjoyed some easy-going? relaxing cycling. We made a wrong turn now and then, but it was nothing to get excited about, we just discovered new routes!

The bantering, tons of laughs and many stories exchanged around our campfires that cannot be printed added to our camaraderie. It was great fun! We learned how to properly slice onions, pour naptha onto a burning fire to make the flames leap higher, how to stack wood on a fire so that the flames would roar and crackle, how to change tires and spokes on the road, and very important, why you shouldn't order just a twelve-pack of beer for three thirsty guys after cycling 130 kilometres on a hot day. Also, when you play pool with these two sharks, bring your money along. If not, just watch out, since they don't play for fun. Super trip! We'll do it again someday.

Al Ramsay

The following Montreal stores offer RA members discounts from 5% to 15% off regular prices. Present your membership card when you make a purchase.

Blacks Camping International
3525 Queen Mary Rd.
739-4451

Peel Cycle
6665 St. Jacques
486-1148

Jet-Setter Travel
66 Laurier Ave. W.
271-5058

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

VB Cycle Inc.
6344 Victoria Ave.
738-21201

Cascapedia Sports
263B St-Jean Blvd, Pte-Claire
694-6374

Sirens Ski Shop
6131 Sherbrooke St. W.
482-2734

The Trading Post
5385 Queen Mary Rd.
484-3447

Le Yeti Boutique Plein Air
5127 St-Laurent
271-0773

EMS (Eastern Mountain Sports - a major outdoor gear & clothing retailer) invites RA members to take advantage of Club Day on Thursday, October 22. Show your membership card and get 20% off all in store stock, including sale items. They are located at 100 Dorset Street, South Burlington, Vermont, exit 14E off I89.

January Cross-Country & Alpine Ski Weekend

**Chalets Montmorency
Mont Ste-Anne, Québec
Friday, Jan. 29 - Sunday, Jan. 31**

By popular demand, we will be going to Mont Ste-Anne, which has a network of 235 km of cross-country ski trails. Alpine skiers can enjoy Mont Ste-Anne's 625-metre vertical drop with 50 ski trails and shuttle bus service.

We will be staying at the Chalets Montmorency's new villas, which are only 800 metres away from the alpine skiing hills and next to the cross-country network. The luxurious villas have fireplaces, dishwasher, TV, indoor pool, sauna, waxing room (for your skis!) and a recreation room. Space is limited to 46 people, so register early!



Transportation will be by luxury bus, departing from Atwater and Ste. Catherine (in front of McDonald's) at 7 pm sharp on Friday, January 29, and leaving on Sunday, January 31 at 4 pm.

Cost is \$120 for members and \$145 for non-members. Paying the higher amount will buy you a year's membership in RA. A deposit of \$50 is required when making your reservation, with the balance due no later than December 11. A Late Payment Fee of \$20 must be added to any reservation received after December 11.

Alpine skiers can reserve in advance a 2-day lift ticket for \$50, payable on arrival at Chalets Montmorency. Let us know if you intend to go downhill skiing, and we'll order your ticket.

Weekend Wrapup

On the **Canada Day Weekend**, we had a new destination: Green Mansions condominiums, just north of Lake George, New York. The weekend proved to be a great success. The hikers approached the trailhead on Tongue Mountain in a new way, by boat, and the views of Lake George were spectacular. The guidebooks didn't lie when they mentioned the possibility of rattlesnakes on the mountain! There was also excellent low-level hiking to Sleeping Beauty Mountain and great swim spots. This area will no doubt become a favourite of ours and should see us again soon. The worst problem was that Sam and Mike couldn't figure how to operate their dishwasher!

Thanks to Ellie et. al. for organizing the pot luck dinner (and to Karen for the idea), the car pool drivers and condo coordinators, and of course the hiking and cycling mapmakers, scouts and helpers. Also, thanks to Claude K. and Susan V. for coordinating the car pools for the first time. You all did a great job!

Forty-seven RA'ers spent a sunny **Labour Day Weekend** in Lake Placid, New York this year. Old routes, plus a short, new trail up Ampersand Mountain provided the vistas. Elise and Ellen were interviewed by a Plattsburgh reporter they met on Ampersand, and their photo may have graced the front page! The houses were a little far apart though to make getting together as a group easy. Next time we'll try for condos which we've already scouted, for better proximity.

Thanks to Elise for organizing the carpooling (and to Susan V. for volunteering again), and to the drivers and condo coordinators. Mike and Al graciously prepared the cycling maps, and thanks also to Gerry for his hiking maps and notes.

Susan Harris

Wilderness Ski Weekend Saturday, March 6 - Sunday, March 7

This is a repeat of a popular annual event. Our destination is a park or provincial reserve, which will be confirmed after November 15. Anyone who can ski 15 kilometres with a backpack containing a sleeping bag, change of clothing and food is welcome. Terrain is gentle, accommodation is in a rustic hut, and space is limited to 24 skiers.

Transportation is by carpool early Saturday morning with return on Sunday late afternoon. Food and gas costs are shared among the participants. The price for accommodation will vary between \$15 and \$35 depending on the hut available. Please mail your deposit of \$15 with the registration form. The trip coordinator will notify you of details and balance remaining.

The Director Reports

In this first year of Pinatubo weather (the dust-spewing Phillipine volcano) we have had many eventful hikes. Some have ventured out from Montreal under doubtful-looking conditions, and been rewarded with fine days; and then on the other hand... Oh well. But if you don't take a chance, you won't get any benefits. Because of deadlines this is being written at the beginning of September, before the fall hiking has seen its most colourful spectrum. I hope it's good.

The season began with an immensely successful Outdoor Literacy Clinic, for which I would like to thank all those who spent time organizing, preparing the material and being responsible for a portion of the event. We tried not to "scare" anybody about what can happen if things go wrong. However, being prepared for the worst is the best way to enjoy the day, because you don't have to worry.

Again, this year also had its disappointments. The hike-cycle-swim picnic was one, when the weather made a long hike even longer. This caused some to take much more than the time allotted, and miss most of the food. Being the second or third year in a row this has happened, it's probably the death knell for this event. The executive will endeavour to replace it.

Turning to a different and more personal topic, this is a volunteer club, and will always welcome members who wish to be more active. I know you're busy, or shy, or for whatever reason; but everyone is needed for a variety of tasks. It's your choice, but please choose!

Again this year some of our adventurous group have been off to exotic places, and have volunteered to write about their escapades. It's been a great year, and another one will be here faster than you think. Have a great winter skiing; I know I will!

Andrew Byrne

Late Season Hike

Sunday, November 15

Derek Wisdom is organizing a late fall hike for strong intermediate and advanced hikers, at Chertsey, near Rawdon. For more information call Derek at 352-6849, or Christine Maes at 354-2089.

Maintaining Traditions & Trails

Hi folks! Another year past and already reporting on the upkeep of our favorite trail. Randonnée Adventure "maintains" (thwacks, pulls, saws, cuts, labours, and otherwise sweats) a ten-odd-mile section of the Long Trail near Montgomery Center in Vermont. These lovely Green Mountains this year saw many Randonne'ers approach with swizzles, hoes, shovels, chain saws, clippers and strong backs to keep our adopted section of the trail clear for hikers.

And are we proud? Along with the completion of the difficult "nuts & bolts" maintenance—clipping branches and clearing water bars—we rerouted a section of the trail from Route 118 to Belvedere Mountain, moved the loo at the Tillotson Camp with the dedicated help of Green Mountain Club experts, changed the layout of the camp to provide safer access to water, reblazed neglected parts of the trail and built a composteer near camp! What a year! Without the dedicated help of Maureen, Hélène, Susan, Ian, Diana, Mike S., Betty, Gilda, Mike H., Derek, Raye, Jola, Allen, Vivian and Peter (apologies to anyone I forgot) none of this would have been possible. Thanks also to Rolf Anderson of the GMC for providing much-needed expert advice and warm, cozy lodgings to come home to.

Signups for trail maintenance are burgeoning! As many as two dozen or more people want to participate in these weekends. Unfortunately, we have space for only ten or so, since we function with an experienced core group of six to eight, plus a few more new faces to learn the ropes. As such, I will have to develop a system that provides access to the trail on a rotating basis. Most clubs have to hunt for a half dozen or so workers on each weekend, but not RA. If you have not yet been called, please contact the club phone number and leave a message. I will gladly call you back, and thanks for all the interest!

Well, that's it for this year. We have one more weekend planned for October 17 and a few more projects in the works. It has been a real adventure coordinating trail maintenance this year. Thank you all for your help, and see you on the trail!

Colleen Wilford



Hiking in Hong Kong

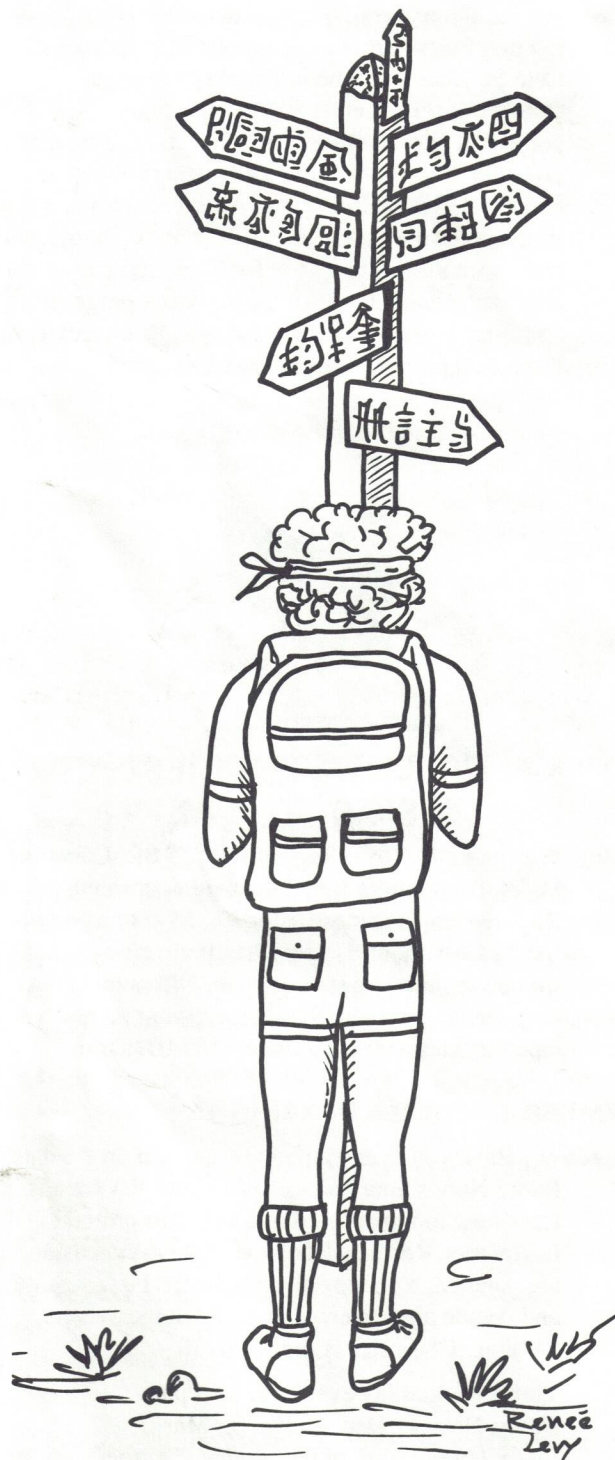
During a recent trip to Hong Kong, I found time to do a bit of hiking around the island trails. When most people think of this colony, they think of central Hong Kong with its mass of high-rise buildings and smog. It's certainly easy to choke on the thought of eight million or so people stacked together in that small space. But Hong Kong includes a lot of countryside not only on Hong Kong Island, but also in Kowloon--the new territories--and on various islands scattered about the South China Sea, such as Lantau Island.

The Hong Kong trail is a 50-kilometre walk which includes five scenic country parks and eight sections of differing difficulty: Peak, Pokfulam, Aberdeen, Wongchuk Hang, Tai Tam, Tai Lang Wan, Dragon's Back, and Shek-O leading to the Jardines Lookout. There are some panoramic views, particularly along the peak section. The trail is circular and it is possible to join or leave it at any section and go round it clockwise or anti-clockwise, walking either backwards or forwards. It's particularly nice to end on a section with a noodle shop nearby, for example on the Dragon's Back section with the excellent Shek-O noodle shop. Here you can attack your face with chopsticks, rest your feet and exercise your mouth by trying to get it round both the large noodles and the Chinese words which describe them.

Lantau Trail, some of which I also hiked, goes for 70 kilometres and follows a series of twelve stages, starting and ending at Mui Wo, where the ferry lands from Hong Kong. There are several camping sites and two youth hostels along the way. The first five stages stretch over the rugged mountains, while the other seven stages hug the coastline. The highest peak is Lantau Peak at 1000 metres. Again there are many scenic spots, including temples at Ngong Ping, a charming fishing village at Tai O and the traditional Chinese tea garden of Ng Yuen at Lung Tsua, and of course many imposing views.

Most Randonne'ers of at least intermediate level would have no problem with the hiking, and since the weather in Hong Kong is temperate, summer gear will suffice. If you're on a far east trip, then a good honk in Hi... sorry I mean hike in Hong Kong is worth considering.

Kieron O'Connor



RA Fall/Winter Social Season

OCTOBER 6 VOLLEYBALL & SKI FITNESS

Tuesdays For the third year in a row, Randonnée is participating in a fitness program at Wagar High School in Cote St. Luc. The time is Tuesday evenings, October 6 to December 8. The class starts with volleyball at 6:30 pm and at 7:30 proceeds to exercises that have been specifically designed for cross-country and downhill skiers. An excellent way to get in shape for the Canadian Ski Marathon. Participants have been known to go out for liquid replenishment after the session. Cost for the ten-week program is \$54. For more information and to register, call Tom Ravnay at 849-8884, even after October 6.



OCTOBER 31 HALLOWEEN DRESS-UP & SIGN-UP PARTY

Saturday Westmount's Royal Regiment, 4625 Ste. Catherine St. W, from 8 pm - ? with dancing & costume prizes. Registration desk closes at 9:30. \$5 with a party snack, \$9 without. Helping hands are always needed for decorating - we start at 7 pm. Offers to do desk duty gladly received. Please leave your name on the tape for the social committee. (489-0339)

NOVEMBER 4 SOCIAL DANCING

Wednesdays Have you ever wanted to wow 'em on the dance floor? Now's your chance! With your RA friends, learn how to move 'n groove with two professional instructors, Rosie and Tony. Two 6-week sessions are planned. You may sign up for the First Session and decide after a few lessons about the Second Session. Class size is limited to 30.

Time: Wednesday evenings, 7 - 9 pm.

Dates: Nov. 4 - Dec. 9, Jan. 6 - Mar. 3

Place: Gymnasium of the Montreal Association for the Blind, 7000 Sherbrooke St. W.

Cost: \$84 per person per session or \$168 for both, payable to "Randonnée Aventure".

Date and send your cheque for the first session before October 21; for the second session by December 21. You do not need to have a dance partner to sign up. You may join with a non-member with no extra charge. For more, call the Club tape and leave a message for Susan Harris. Come along and have a ball, or get ready for one! Randonnée parties will never be the same!

NOVEMBER 6 TOUR OF LES BRASSEURS GMT

Friday We meet at 6:45 pm with the brewers of Belle Gueule, at 5710 Garnier. From the Rosemont Metro, take the #197 bus east along Rosemont to Garnier. The microbrewery is just south of Rosemont.

NOVEMBER 14 KARAOKE NIGHT

Saturday Ever dream of being a rock and roll star? Try it at Beeper's Club, 1474 Crescent Street, 2nd floor, at 9 pm. Show your stuff, or just sing and laugh along with the RA crowd! No cover charge, no RSVP, no inhibitions - see you there!

DECEMBER 12 Holiday Potluck Dinner Dance

Saturday You are invited to this seasonal event for 6:30 pm, at McGill's Thomson House, 3650 McTavish, above Penfield. There is no charge, but you must bring food valued at approximately \$8. Your last name determines the category of your contribution:

A-B:	salads	G-Le:	desserts
C-Da:	quiche	Li-Me:	fruit
De-E:	breads	Mi-Po:	appetizers
F:	crackers	Pr-Z:	main dish

Food should be on platters, and accompanied by serving utensils. Please do not bring a dish to be defrosted or heated. RA will supply plates, cutlery, napkins and coffee. The categories are: **appetizers**: finger food, crudités, dips, (no chips), **main dish**: meat dishes, cold cuts, cheeses, pastas, **salads**: veggie, pasta, potato..., **quiche**: slightly warm, **breads**: a variety - sliced & in a basket, **crackers**: assortment (no soda biscuits), **desserts**: cold, or fresh fruit, ready to eat. Put your name on any serving ware you bring. Donations of non-perishable food will be gratefully accepted at the door, to be given to charity.

JANUARY 14 MOUNT ROYAL WALKABOUT

Thursdays Join RA every Thursday, starting January 14, snow or shine, for a walk on the mountain. Departing at 7 pm from McGill's Education Building, (3700 McTavish, below Pine), we will head up the hill and then rendezvous afterwards at the Grad Centre for some social izing. Call Sam Allison at 443-1464 to announce your good intentions.

JANUARY 20 McAUSLAN INDUSTRIAL TOUR

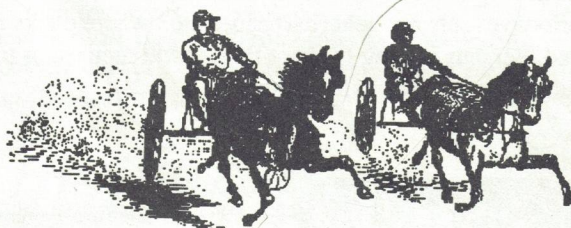
Wednesday Back by popular demand, further scrutiny of RA's official microbrewery starts at 6 pm, 4850 St. Ambroise, in St. Henri, corner of St. Remi. Bus No. 36 or 191 along Notre Dame. Enhance your knowledge of organic chemistry.

FEBRUARY 28 DIM SUM BRUNCH & "WAYNE'S WORLD" TOUR

Sunday Party on, dudes - meet at 10:30 am at TAI PING Restaurant, 1115 Clark St. No RSVP needed. Stay on afterwards to join Wayne's Wokking Tour of Chinatown - but wear your walking shoes!

MARCH 19 A RACY DINNER AT BLUE BONNETS

Friday (Namur Metro) Join us at 6:30 in Le Centaur Restaurant, with its magnificent view of the harness races. \$21 includes admission, chicken dinner, tax & service charge. To reserve, send a cheque payable to "Randonnée Aventure" by February 19, and write "Blue Bonnets" on the back. Bet you'll have a good time!



RA Gift Certificates

Surprise a friend with a gift of hiking, cycling or cross-country skiing. Gift certificates are now available for 1993 day trips or annual membership. Call the Club tape and request a gift certificate order form. It will include the necessary information about ordering and booking trips.

Prices:	Membership:	\$25
	Hiking Day trip:	25
	Cycling Day trip:	28
	Skiing Day trip:	By Dec 11, \$24; \$26 after

Infamous RA quotes:

A member asked the hiking trip leader on the bus to Vermont: Do you know Camel's Hump?
The leader's answer: Well, I suppose they must!

* * *

While trudging up Mount Liberty in New Hampshire, an RA hiker was overheard spluttering the words: "Give me Liberty or give me Breath". The motto on NH license plates is "Give me Liberty or give me Death".



CAMP de BASE

Specialists in canoe/kayak,
camping & climbing equipment



173 Cartier Ave.
Pointe Claire
630-6717



patagonia



MERRELL

HELP WANTED

Have you always wanted to volunteer for something, but never knew what? Your special talents remain hidden, ready to be tapped? Here is the opportunity you have been waiting for. There are several volunteer activities the Club occasionally requires. We'd like to know who can help with the following jobs when the need arises:

Word Processing

Typists are needed to type up various club documentation from social flyers to position descriptions, as well as stories for Randonnews. Access to a computer is highly desirable.

Photographers

Coverage of Club events is required to build our photo inventory for publications and other promotions. If you have proven photographic skills and are willing to provide photo coverage of a specified event, the club will pay for your film and developing.

Translation

Occasional translation from English into French is required for Club publicity. Translators should be fluent in both languages, and have excellent grammar.

Cooks

Periodic events are held (barbecues etc.) where cooks are required. Persons willing to share their secret recipes, or to flip hamburgers are occasionally needed.

Cartoonists & Artists

Tim is always looking for new ways to enhance the newsletter. If you are able to draw sketches or cartoons relating to our club activities, we would love to see some.

Media Contacts

In order to maintain awareness of Randonnée Aventure in the community, we do a nominal amount of advertising. Paid ads are expensive, and we are always looking for creative (and cheap) ways to gain publicity. If you have contacts with local media, please let us know so that we can follow up for future coverage.

Party Helpers

Decorators, artists and other creative individuals — here's your chance to be discovered. We also need greeters to take brief shifts to register guests at the door. No experience required for either position. Leave your name & number on the Club tape, and the social committee will call you back.

Telephoners

Some Club events require a phone chain to inform or recruit members. We need people to make 10-15 calls a few times per year.

Please indicate your interest in any of these positions on the registration form.

Jill Aspinall

CLASSY ADS



Thule bike rack for sale, fits car with gutters.
Price negotiable. Phone Don Salmon at 935-6436.



Downhill skiers looking for a ride or with car, to team up for day trips to Tremblant, Sutton, Jay Peak etc., call Susan Hausner at 989-8526.



Why wait for spring? Do it now - repair or tune up your bike. RA members Tony Scott & Tony Plaza will do it over the winter. Ph. 656-4902 or 444-8710.



Yakima roof rack, new, fits Honda, holds 2 bikes or 4 pr skis. Also a Bic roof rack for compact car, holds 2 bikes or 6 pr skis. Call Al Ramsay at 486-6019.



ALL BRAND NEW & UNUSED

Jackets - 2 Patagonia Shelled Synchronillas, size XL, 2 Patagonia Capilene, size L, XL. Hiking boots: Nike Lava Crest, size 8.5. Blizzard skating skis, aluminum skating poles, Rottefella step-in bindings, Alpina men's X-C boots, size 41. Portable waxing iron. Call Jim Steeves at 488-8179 or 630-4100 ext. 2205.



Women's Hi-Tec cycling shoes, worn only once, size 9 W. Asking \$25. Call 281-1922.

486-6019
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NORWAY NORDIC

Outdoor and Nordic
Ski Specialists
Les spécialistes en
plein air et ski nordique

presents **SKI TIPS...** (Excerpts taken from Nordic Update)

Differences Between Classical and Freestyle Skis:

Classical:

- softer tip and tail stiffness
- soft: 60-70% of body weight
- medium: 70-90% of body weight
- hard: 90-105% of body weight
- designed wax pocket
- binding mounted over high point of camber

Freestyle:

- stiffer overall ski, designed to distribute skier's weight equally over the ski
- stiffness: 100-150% of skier's weight
- shorter length: Glide does not depend on ski length, but upon construction and proper flex.
- higher torsional rigidity
- binding mounted over balance point/high point of camber

The design of a classical ski allows for free glide when the skis are weighted equally, or when weight is on the heel of the ski. The ski provides grip when the weight and kicking force are over the high point of the ski's camber.

The design of the freestyle ski is to distribute proportionally the skier's weight over the whole ski. The freestyle ski has a camber pocket to give the ski the proper flex curve and stiffness. Grip during the push phase is not dependant upon sharpness or edge material; rather, upon the proper distribution of pressure along the whole ski. Too soft a ski in hard snow, or too stiff a ski in soft snow, will slip out, due to uneven pressure over the length of the ski.

Basically...

The production of base material (for high-quality skis) is a process called "sintering". In this process, polyethylene powder is allowed to set at very high pressure and temperature, just under its melting point. The polyethylene is formed into a wheel shape, and the base material is then shaved off. The production of graphite (BEB/black) bases adds graphite and coal carbon to the sintering process.

Ranking Parameters for
Ski Performance:

- 1) Ski Flex and Design
- 2) Base Structure
- 3) Wax

127 rue Ste Anne
Ste Anne de Bellevue

TEL: 457-9131

FAX: 457-9541

CHOOSING the PERFECT PAIR:

Lay the ski on a clean, flat surface with a piece of ordinary paper placed under the balance point.

1) Stand on both skis (even weight distribution) with the ball of the foot located about 7 cm behind the balance point. It should be easy to move the paper.

2) Stand on both skis (as above). It should be possible to move the paper 20-25 cm forward of the binding, and 5-10 cm back of the heel.

3) Put all weight onto one ski, up on the ball of the foot:

- a) In the case of a powder ski, it should now be difficult to move the paper.
- b) With a klister ski, you should still be able to move the paper somewhat — how much depends upon your technique and condition.

You should be aware that the ski companies have developed wet and powder snowskis, with special bases for the different conditions. Be sure that you are buying the ski that you need!

An Une Invitation~

For the members of
Pour les membres de
Randonnée
Aventure

COME and VISIT
Soyez les bienvenus

Oct. 19, 1992
at 8:00 p.m.

VIDEOS, INFO
refreshments
and fun!



Bring a friend!

RANDONNÉE CALENDAR

October

- 1 Thu Executive Meeting
- 3 Sat Hurricane, NY hike
- 9 - 12 Waterville Valley Weekend Getaway
- 17 Sat Larraway, VT hike
- 17 - 18 Trail Maintenance
- 24 Sat CSM Trail Maintenance
- 31 Sat Halloween Party & Sign-Up

January

- 7 Thu Executive Meeting
- 9 Sat Lac Monroe X-C day trip
- 10 Sun Mont Orford X-C day trip
- 14 Thu Waxing Clinic at Jim's
- 16 Sat St. Jovite X-C day trip
- 17 Sun La Mauricie X-C day trip
- 20 Wed McAuslan Brewery Tour
- 23 Sat Far Hills Inn X-C day trip
- 29 - 31 Ski Weekend at Mont Ste. Anne
- 30 Sat Montagne Coupée X-C day trip

November

- 5 Thu Executive Meeting
- 6 Fri Tour of Les Brasseurs GMT
- 7 Sat CSM Trail Maintenance
- 9 Mon Atwater Library Sign-Up Night
- 14 Sat CSM Trail Maintenance
- 14 Sat Karaoke Night, Beeper's Club
- 15 Sun Late Season Hike at Chertsey
- 23 Mon Ski Equipment Clinic at Sirens

February

- 4 Thu Executive Meeting
- 6 Sat Gatineau Park X-C day trip
- 6 Sat Ottawa Rideau Canal skating
- 12 - 14 Canadian Ski Marathon
- 13 Sat L'Estérel X-C day trip
- 20 Sat Montebello X-C day trip
- 21 Sun Rivière Rouge X-C day trip
- 27 Sat La Boulée X-C day trip
- 28 Sun Dim Sum & Wayne's World Tour

December

- 3 Thu Executive Meeting
- 10 Thu Orientation Night for Trip Leaders
- 12 Sat Christmas Dinner & Party

March

- 4 Thu Executive Meeting
- 6 Sat Pimbina X-C day trip
- 6 - 7 Wilderness Ski Weekend
- 13 Sat Farmer's Rest X-C day trip & party
- 19 Fri Blue Bonnets Raceway Dinner

For the latest information on Club events, call the RA tape at 489-0339