

# RANDONNEWS

Published by Randonnée Aventure  
Montreal's Friendly Outdoor Club

Winter 1995





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Randonnée Aventure, founded in 1986, is a non-profit, year-round outdoor club for adults, with over 400 members.

### Randonnée Aventure offers:

- Saturday, and some Sunday bus trips to prime cycling, hiking and cross-country skiing destinations within a two-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**



## PRESIDENT'S MESSAGE

### WHY WAIT FOR SPRING ...

The summer season, and my first season as president, is winding down as I write this. Our Hiking and Skiing Committees gave us a season filled with wonderful destinations that have left me, and I hope all of you, full of memories that will be long remembered. These range from the joys of the Lafayette ridge in New Hampshire, to sharing a beer and conversation with old and new friends after a trip, and yes, even to cycling in the rain.

The club grew over the past season and I would like to welcome all of our new members. This expansion was not without growing pains but our many volunteers came through with flying colours. Special care was taken to make new members feel at home and to ensure that day and weekend trips were enjoyed by old and new members alike.

Although our day trips filled up at an unprecedented speed this year, members who were too late to register for these trips found that they could usually get on a trip either through the buy/sell procedure or as last minute walk-ons. Check for details of how to take advantage of these services further on in the *Randonnews*.



I admit, as I look over the schedule for our upcoming ski season, that I am getting excited about snow already but that isn't what I mean by "Why wait for spring..."

Most of the planning for our summer season takes place during the late fall and early winter. While the rest of us are waxing our skies, the hiking and cycling committees will be looking at trip destinations, deciding on the number and schedule of trips for next year and attending to the myriad of other tasks associated with running our trips.

These trips do not organize themselves but are the product of many hours of behind-the-scenes work. Your input, ideas and commitment are needed now to enable us to organize next season's events. Don't wait for spring—Do it now!!! Get involved. Check one of the boxes on the registration form, leave a message on the club tape, talk to any of our executive members at one of our events or drop me a line, care of the club address. You will be glad you did.

Anne Harper

## FROM THE EDITOR

At last, POWER. Hah, hah, hah, hah, hah ... ha, ha, ha ... heh, heh... oops. Sorry 'bout that folks, it's been a long time since the medication. But seriously now, this is my first real test as *Randonnews* editor and I hope I can fill the well-worn shoes of the previous editor, Tim Skene. He has fashioned a well-crafted piece of work and it will be a challenge to maintain his professionalism and creativity. Luckily, I've had lots of help, ranging from my assistant editor, Bill McLean, Karen Findlay, Anne Harper, and all those kind souls (contributors) whose bylines are enclosed.

This winter's edition, of course, is its usual mélange of old and new—recaps of the things you did last summer along with a preview of what is to come. As well, we have an article by Jan Spaniel who gives us some advice on how to maintain that state of fitness you so assiduously acquired last summer. Also, in the dead of night, with a Hi, Ho, Silver, your humble editor received

an anonymous article from someone who calls him (or herself), Mario Anoni, with a humorous look on how to bicycle with style (or rather, how not to catch your pant legs in your bicycle spokes).

On a more sombre note, the club has lost two long-standing members, Ross Clarkson and Nicolas Herscovics, who contributed greatly to R.A. Regretfully, I never met either gentleman but from what I've heard about them it would have been a real delight. I know many of you will miss them.

Once again, I must thank all who offered their help. I'm truly impressed with the giving attitude of club members. I also invite anyone to send articles on anything that is club-related. As well, any comments would be most gratefully appreciated. It is *your* newsletter and I'd like it to reflect your personality.

Nancy LaRose

# CROSS-COUNTRY SKIING

## KICKING & GLIDING

**T**his winter we hope to get as much snow as last year but with more agreeable temperatures. The 1995 ski destinations are all tried-and-true favourites from previous years, and suitable for all levels of skiers. Trip fees, as always, include travel by luxury bus as well as the trail fees. Most destinations have restaurant and/or bar facilities to allow for mid-day and end-of-day recuperations, but because destinations can be changed at the last minute due to snow conditions, **always bring a packed lunch.**

In addition to the week-end trips, there will be ski activities on Wednesday nights beginning with a waxing clinic followed by ski lessons on Mount Royal (page 6). These lessons were very popular last year and since there are only a limited number of places available, it is highly recommended to register in advance.

As in other years there will be a wilderness ski weekend, a winter get-away, a combined downhill and cross-country ski weekend, and participation in the Canadian Ski Marathon.

## TRIP REGISTRATION

Prices are the same as last year: **\$24** for regular trips and **\$30** for the end-of-season ski/lunch/sangria party. There is a surcharge of **\$2** for registration after December 9, 1994. Cheques must be dated and received before then for the regular price to apply.

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

- ✓ Mail the registration form and payment to the Club address.
- ✓ Sign up at the **Halloween party** on Saturday, October 29 at the Westmount Armory, 4625 Ste. Catherine Street West (registration 8:00 p.m. – 9:30 p.m.).
- ✓ Come to the **Signup Evening** on Monday, November 14 at the Atwater Library, Atwater and Tupper Sts., 5:30 p.m. – 8:30 p.m.

Registrations will be accepted after the signup evening of November 14, but call the Club tape to find

The end-of-season ski and lunch will be at the Rivière Rouge ski centre. Jim has promised to make his Granny's sangria again, and this time we promise to have enough chili for all hungry Randonneurs.

Jim Mullett has stepped down as Ski

Director and handed over the poles to John Stewart. Many thanks, Jim, for orchestrating two very successful ski seasons. Pat Zebel continues in her important behind-the-scenes role as Ski Administrator, and we have an enthusiastic bunch of experienced club members on the Ski Committee. We are always in need of volunteers as trip leaders and assistant leaders, so please indicate on your registration form if you are willing to do this.



photo: Jill Aspinall

Here's wishing you des bons fartages and smooth skiing.

**John Stewart, Ski Director**  
**Pat Zebel, Ski Administrator**

out which trips have space available. Your cheque should arrive at least one week before the trip date.

Destinations may change due to snow or road conditions. If the weather looks really bad, call the club tape (489-0339) after 8:00 p.m. the evening before the trip to verify if the trip is still on.

## ATWATER SIGNUP EVENING

The fall information and signup evening will be at the Atwater Library, Atwater and Tupper Streets, **Monday November 14, from 5:30 - 8:30 p.m.** Come and talk to the Skiing Committee about the ski trips, the waxing clinic and/or ski lessons.



## RA CROSS-COUNTRY DAY TRIPS

| No. | Date           | Destination                                                                                                                     | Level | Facilities    |
|-----|----------------|---------------------------------------------------------------------------------------------------------------------------------|-------|---------------|
| 1   | Sat.<br>Jan 7  | LAC MONROE — MONT TREMBLANT<br>Laurentians                                                                                      | E-M-D | R/ W          |
|     |                | Good snow early in the season. Chalet with fireplace. Warm-up huts on the trails.                                               |       |               |
| 2   | Sun.<br>Jan 8  | PIMBINA<br>Laurentians                                                                                                          | E-M-D | R/ W          |
|     |                | A neighbour of Lac Monroe's. Warm-up huts on the trails.                                                                        |       |               |
| 3   | Sat.<br>Jan 14 | LA MAURICIE<br>Trois-Rivières area                                                                                              | E-M-D | W             |
|     |                | National park. Trails well groomed. Excellent warm-up huts.                                                                     |       |               |
| 4   | Sun.<br>Jan 15 | MONTAGNE COUPÉE<br>Lanaudière area                                                                                              | E-M-D | R/ W/ L/ S/ B |
|     |                | Superbly groomed trails. (800-363-8614)                                                                                         |       |               |
| 5   | Sat.<br>Jan 21 | FAR HILLS INN<br>Laurentians                                                                                                    | E-M-D | R/ W/ L/ S/ B |
|     |                | Very popular, so 2 buses. Wide variety of trails with excellent facilities. (866-2219)                                          |       |               |
| 6   | Sat.<br>Jan 28 | SUTTON-EN-HAUT<br>Eastern Townships                                                                                             | E-M   | W/ S          |
|     |                | Short but very pretty trails.                                                                                                   |       |               |
| 7   | Sat.<br>Feb 4  | ST. JOVITE<br>Laurentians                                                                                                       | E-M-D | R/ W/ B       |
|     |                | Another popular destination. Huge network of trails ranging from easy to very challenging.                                      |       |               |
| 8   | Sat.<br>Feb 11 | MONT ORFORD<br>Eastern Townships                                                                                                | E-M   | R/ W/ S/ B    |
|     |                | Excellent chalet. Wide variety of well marked trails, none very challenging. Warm-up huts.                                      |       |               |
| 9   | Sat.<br>Feb 18 | MYSTERY TRIP                                                                                                                    |       |               |
|     |                | Who knows? Bring your own lunch and discover new ski trails.                                                                    |       |               |
| 10  | Sat.<br>Feb 25 | GATINEAU PARK                                                                                                                   | E-M-D | R/ W/ S       |
|     |                | Excellent and large trail network.                                                                                              |       |               |
| 11  | Sat.<br>Mar 4  | HÔTEL L'ESTEREL<br>Laurentians                                                                                                  | E-M   | R/ W/ L/ S/ B |
|     |                | Good trails but none very challenging. Lots to do (bring your skates or take a dog-sled ride) if you tire of skiing. (866-8224) |       |               |
| 12  | Sat.<br>Mar 11 | RIVIÈRE ROUGE                                                                                                                   | E-M   | R/ W/ B       |
|     |                | End-of-season party with a hearty lunch and sangria after a morning's ski. Two buses for this popular event.                    |       |               |

## Trail Rating

|                    |                                               |
|--------------------|-----------------------------------------------|
| <b>E</b> Easy      | flat, machine-groomed                         |
| <b>M</b> Medium    | gentle hills, mixed machine and skier tracked |
| <b>D</b> Difficult | hilly, narrow, wooded trails                  |

## Facilities

|                                                                            |
|----------------------------------------------------------------------------|
| <b>R</b> Restaurant or snack bar                                           |
| <b>W</b> Waxing hut                                                        |
| <b>L</b> Ski lessons available (phone ahead to make your own arrangements) |
| <b>S</b> Skating trails                                                    |
| <b>B</b> Beer!                                                             |

## BUS DEPARTURE TIMES

|           |                                                                                                                                                             |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:30 a.m. | Atwater and Ste. Catherine Sts. (MacDonald's).<br>Atwater metro.                                                                                            |
| 7:45 a.m. | Queen Mary and Décarie (TD bank).<br>Snowdon metro.                                                                                                         |
| 8:00 a.m. | Town of Mount Royal Shopping Centre (Murray's Restaurant)<br>Lucerne Rd. and Metropolitan highway service road.<br>10 minute walk from de la Savanne metro. |

## SMOKING POLICY

The vast majority of Randonnée Aventure members are non-smokers, and prefer a smoke-free environment. Members who smoke, are requested to respect the preferences of other participants, or to smoke where other members will not be affected.

## SPECIAL EVENTS

### *Siren's Equipment and Skiwear Display*

**Wednesday 23rd November, 7:00 p.m.**

Siren's has been supplying Montreal skiers with equipment for decades. This is your chance to prowl their store and see all their new stuff. Discuss waxable vs. no-wax skis. This evening is exclusively for R.A. members and their friends and is scheduled so that you can get your wish list to Santa on time. Don't forget that Randonne'ers get a discount.

**Siren Ski Shop**

**6131 Sherbrooke St. West (N.D.G.)**

(Near Hingston Ave., and opposite Dunkin' Donuts)



### *Hands-On Waxing Clinic*

**Wednesday 4th January, 7:00 -10:00 p.m.**

Scrape off the accumulated layers from last season and get those skis ready for the new snow. Do-it-yourself with help and advice from experienced club skiers who will be on hand to demystify waxing for beginners and experts alike. Bring skis and waxes, scrapers, cleaners and old cloths. All levels of skiers are welcome. Beer, coffee, chips and cookies provided courtesy of your Ski Committee

**Western Radiator (Jim's shop),**

**2160 Harvard Ave**

(in N.D.G. — corner of de Maisonneuve and Harvard)

### *Wilderness Ski Weekend*

This event is a lot of fun and a great equalizer! We ski together, sweat together, and cook, eat and drink and sleep together in cozy quarters. Previous weekend trips have been held in Papineau-Labelle and Tremblant, skiing into cabins in these parks. Participants must be able to competently ski 15 km with a backpack containing sleeping bag, clothes, food and drink. The trip leaders will coordinate the supplies and distribute the load evenly.

Transportation will be by carpool on Saturday morning, returning Sunday evening. The cost for the accommodation is \$20, and food, drink and gas costs are shared.

The cabins cannot be reserved until September, so the destination isn't certain. The likely weekend is **March 4-5th**, with February 25-26th as the alternative date. Details will be available at the October and November sign-ups.

### *Ski Trip Leaders Orientation Meeting*

**Wednesday, December 14th, 7:30 p.m.**

For all those who have already volunteered and for those who wish to volunteer to lead ski trips this season—come to this meeting. First-time trip leaders will be paired as an assistant with an experienced leader. The club can't run without volunteers and this is also a good way to meet other club members.

**Le Manoir (N.D.G. Community Centre)**

**5319 Notre-Dame-de-Grâce**

(corner of N.D.G. Avenue and Decarie Boulevard)

### *Cross-Country Ski Lessons*

**Wednesdays: January 11, 18, 25, February 1, 8**

**Time: 7:00 p.m. — 9:15 p.m.**

Mid-week ski lessons were a new and highly successful feature of our last season so we are doing it again. Once more, professional ski and fitness instructor, Tom Silletta, will run these with the help of experienced club members. Skiers will be divided into two groups—one group for beginners, and another for intermediate to advanced skiers, with each group limited to about 10 participants. For the beginners' group, we will concentrate on the basic skills and techniques involved in the diagonal stride, going uphill using the herringbone step, and how to go downhill safely and slowly. In the intermediate and advanced group, the emphasis will be on a more efficient diagonal stride, better cornering on downhills, and skating techniques. Each group will have an hour of coaching and an hour or more of skiing on the usually excellent Mount Royal trails. Old hands at night-time Mount Royal skiing (yet another unique Montreal pleasure) will guide you around the mountain.

The lessons will be held regardless of the weather unless it has rained and the ground is covered with sheer ice, in which case a message will be left on the Club tape. The meeting place is the chalet at Beaver Lake. If you are driving, don't forget to bring change for the parking meters. The number 11 bus runs up and over avenue Camillien-Houde, stopping near the chalet, or you can walk up from Côte-des-Neiges. There are always enough members with cars to give others lifts to metros or buses at the end of the evening.

There will be five lessons in all and club members are asked to register in advance for all five as a package for a total of \$50. Sorry—no buy and sell if you can't make a lesson. If we have lots of registrants, we will provide extra instructors so as to keep the groups small.

**Mount Royal - Beaver Lake chalet**

## CROSS-COUNTRY SKI WEEKEND

Lac Beauport, Québec

Friday, January 27 – Sunday, January 29, 1995

**T**hey said it couldn't be done but they were wrong! Last year's first class accommodation will be matched in 1995 by Manoir St-Castin, a delightful auberge located on the lake in Lac Beauport, fifteen minutes north of Quebec City. New and exciting cross-country ski trails are waiting for us at Camp Mercier, the first place in Québec to open its trails each year, and Les Sentiers du Moulin, just ten minutes from the Manoir. Any downhillers amongst us can try Stoneham, Mont Castin or Le Relais via the free local shuttlebus. The Manoir St-Castin describes itself as "A Heaven-Sent Holiday Haven." Relax in your comfortable room with private bath, enjoy a healthy buffet-style breakfast on Saturday morning, be spoiled with the French cuisine at dinner on Saturday night and gorge yourself at the breakfast brunch on Sunday. You'll have to ski all day to use up those calories! Lunch is on your own at the cafeterias at the cross-country or downhill ski centres.

**Included in the cost of the weekend:** Return transportation from Montreal to Lac Beauport and to the cross-country and downhill ski centres; 2 nights at Manoir St-Castin with full buffet-style breakfast, Saturday night dinner and Sunday brunch-style breakfast; trail fees for cross-country skiing at Les Sentiers du Moulin; downhill lift ticket for skiing at Mont St-Castin only.

Our ever-faithful Intercité bus will depart from Atwater and Ste-Catherine (in front of McDonald's) at 7:00 p.m. **sharp** on Friday, January 27, and from Lac Beauport on Sunday, January 29 at 4:00 p.m.

Cost is **\$161**, and non-members must also buy a \$25 one-year RA membership. To reserve, you must make a deposit of **\$50**, with the balance due no later than **Dec. 9, 1994**. A late payment fee of **\$20** must be added to any reservation received **after December 9, 1994**.

Join us for an adventure into new territory in 1995!



## CANADIAN SKI MARATHON

February 11 - 12, 1995

**I**t's baaaaaaack! This year marks the 5th anniversary of the Randonnée Aventure Maxi Team's participation in the Canadian Ski Marathon (C.S.M.). As the world's longest ski tour, this Lachute to Gatineau challenge boasts 170 km of some of the most spectacular ski trails around. Divided into 10 sections, the two-day marathon has something to offer everyone from the beginner to the expert. Participants can ski as many or as few sections as they wish. It's great fun, good company and is a wonderful opportunity to ski trails that are only open once a year. This year we hope to regain the Maxi Team trophy that we won in 1993. Interested in joining us? Read on!

### Information and Sign-up Evening

An information and registration meeting will be held on Thursday, November 24th. Call the club tape the week before for the time and location. Application forms will be available at the meeting.

### Accommodation

To suit different budgets, a range of accommodations are available, from the inexpensive—the school gym in Papineauville—to the sublime, at Château Montebello, and also a moderately priced hotel or bed-and-breakfast in Montebello or Hawkesbury. R.A. will help make arrangements for the two-night stay.

### Transportation

We will try to arrange car pooling. Transportation from Montreal is also available by charter bus.

## Help Wanted — No Experience Required

**Trail Maintenance:** R.A. is committed to clearing and maintaining a section of the marathon trail. Volunteers are needed to help coordinator Gerry Bard clear branches and flag trails on 2 days: October 22 and November 5.

**Volunteers:** The CSM is run by an army of cheerful volunteers. If you are interested in helping before or during the marathon, Karen Findlay can provide information about different volunteer opportunities.

Let us know how you want to participate by checking off one or more boxes on the R.A. registration form or leave a message on the Club tape (489-0339) for Diane (skiing), Gerry (trail maintenance) or Karen (volunteers). We hope you can join us for this special event.

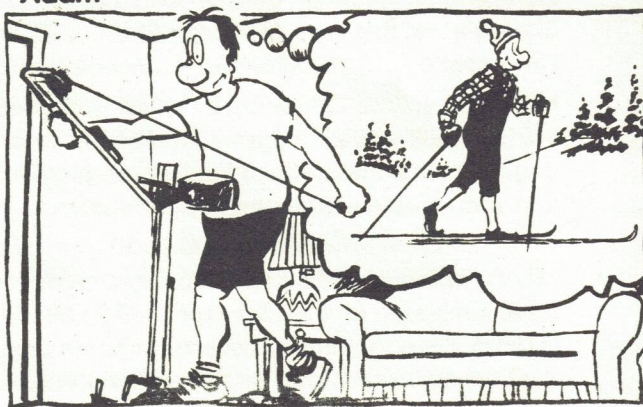
**Diane Lowden**  
Maxi Team Captain

## SKI TOURING TIPS

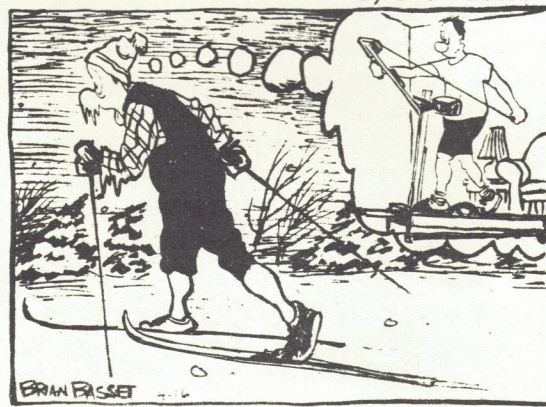
Follow these tips for your comfort and safety, and to get the most out of your RA day ski trips:

- ✓ Wear layers of clothing because each layer traps air for insulation and can be added or removed to control body temperature. Avoid overdressing as this both makes you uncomfortably hot and excessive sweating can lead to hypothermia later.
- ✓ A lot of heat is lost through the head, so on cold days a tuque is important. On warmer days, a tuque will cause you to overheat so that a headband or earmuffs are better.
- ✓ Avoid cotton fabrics because they hold water and cause heat loss. Wool keeps you warm even if wet. Polypropylene "polypro" (e.g. Lifa or Helly Hansen) wicks moisture away from the skin to evaporate, so is the best first layer — dry skin is important for warmth. A thin pair of polypro socks under your regular socks helps to keep feet dry and warm.
- ✓ Mitts are warmer than gloves. Thin polypro gloves will fit under mitts and most gloves for extra warmth.
- ✓ Carry a lightweight breathable windbreaker.
- ✓ For longer outings carry a day pack with energy food and liquid, extra wool sweater, socks and mitts, tape, laces, spare ski tip, pocket knife and ski waxes.
- ✓ Bring a spare rollneck, sweater and socks (leave on the bus) to change into after your ski.
- ✓ Carry identification, some money, and **medicare card** with you, **while skiing**—don't leave in the bus.
- ✓ Don't ski alone: you could be stuck out in the cold from even a trivial accident, and besides it is more fun to ski with others. If you are new to the club and have no one to ski with — ask the trip leader and he/she will match you up with other skiers of your level.
- ✓ Buy or make a bag for your skis and poles. This protects them and is easier to load and unload them on the bus.
- ✓ Waxing: Listen to the weather forecast the day before and guess the correct wax. This saves prolonged waxing when you're itching to get on the trails after a long bus ride.
- ✓ Use the map. The trip leaders will usually provide maps, and many places we go to have maps on boards at trail junctions. It is surprisingly easy to take the wrong trails.
- ✓ Most but not all of our destinations are to ski centres that have a cafeteria or restaurant. However you should bring a packed lunch because sometimes we change destinations at the last minute because of snow conditions. Every place we go to has somewhere warm to eat lunch. If not, we can use the bus.
- ✓ Give yourself lots of time to get back to the bus on time otherwise you risk being very unpopular with over 40 other club members, and you will have the trip leaders worrying about whether you might have had an accident.

Adam



By Brian Bassett



## HOW TO BUY OR SELL A DAY TRIP

Fees for day trips cannot be refunded to anyone, for any reason. If you are unable to come on a trip, you may personally sell the trip to anyone you wish—a friend or relative. If this is not possible, we offer a service whereby we attempt to sell the trip to a member.

Once you have activated the R.A. service, you must not attempt to sell the trip on your own, which might result in double-selling the trip. Priority will always be given to the person who bought the trip through the R.A. system. The procedure to follow is:

### To Buy a Day Trip:

From Monday morning to Wednesday evening, 9:00 p.m., of **the week of the trip**, call the club number (489-0339), and leave a message. On the Friday evening before the trip, call the club number to listen to the names of those people for whom there is a place on the bus. If you hear your name, show up with the exact change or a cheque. (We do not carry change.) If you cannot make the trip, you are obligated to immediately remit the trip fee by cheque to the club. **If you do not do so promptly, you will be BLACKLISTED and no longer permitted to use the club's buy/sell service for the balance of the season.**

If you do not hear your name on the tape on Friday evening, you can still go to the last pick-up point with the correct payment and take a chance. (Murray's Restaurant at T.M.R. Shopping Centre on Lucerne Road before 8:00 a.m.) You have a good chance of getting on the bus due to "no-shows." People who have tried to reserve by phone, have priority as walk-ons.

### To Sell a Day Trip:

From Monday morning to Wednesday evening, 9:00 p.m. of **the week prior to the trip**, call the club number (489-0339), and leave a message. R.A. will not call you back, but if a buyer is found, a cheque will be mailed to you for the amount you paid for the trip.

## Waiting Lists for Day Trips

We do not have waiting lists for any day trips. Cheques sent in for sold-out day trips will be returned, creating extra work for our registrar. Please check the Club tape (489-0339) **BEFORE** you register, and if a trip is sold out, use the buy/sell procedure to purchase a seat. Your cooperation is appreciated.



## BUYING AND SELLING WEEKEND TRIPS

Weekend trips are not refundable, but R.A. will attempt to find a buyer if you are unable to make the trip. To sell a trip, leave a message on the Club tape (489-0339) as soon as possible and you will be contacted by the weekend coordinator. R.A. does not guarantee the sale of any trip.

To be placed on a waiting list for sold-out **weekend trips only**, send a cheque for the full amount to the Club. You will be contacted if a space becomes available. Your cheque will be returned if a place is not found.

## IDEAS, SUGGESTIONS

We are always open to suggestions and ideas. Let us know if you have any. You are also encouraged to come to the club meetings and share your ideas. The Management meeting is held the second Thursday of each month. Other committee meetings (cycling, hiking, skiing and social) are held monthly at various people's homes. Call the Club tape (489-0339) if you would like details, and the time and location of these meetings. All members are more than welcome to attend any of the Club's meetings.

## CLUB TAPE MACHINE

Messages are picked up by our hard-working telephone volunteers once a day, in the evening. They either answer the call directly or pass the message to the appropriate person. It may take two or three days to return your call—please, be patient.

If you have a problem or need information, please use the Club number (489-0339), not the personal phone number of club executives. If you wish to speak with a particular person, leave your message on the Club tape, and that person will call you as soon as possible.

## TRIP ADMINISTRATION

A volunteer club member is in charge of the conduct of every club activity. This "coordinator" is the only person authorized to make administrative decisions regarding that event. Should you have any requests regarding the conduct of an event, please contact the coordinator. **Do not make requests directly to anyone hired for services by the club**, e.g., bus drivers, condominium or hotel employees.

# RANDONNÉE PORTRAIT

## THE MANY ANGLES OF GERRY BARD

Gerry's years with R.A. have been a model of commitment. There is no doubt in the mind of anyone who knows him that neither his love for the outdoors nor his interest in the organization of the club will ever change.

Gerry was the club president for two years but has also served as V.P. and the editor of *Randonnews* (among other roles...).

He has dark good looks, tempered by streaks of silver fire in his beard, and an outgoing personality that "radiates sunniness" (says Sylviane). Still, there is something undefined, and slightly mysterious, about this energetic and basically practical chap.

Once upon a time, as an engineering student at Queen's Gerry only played racquetball, but after graduation he decided to join the Montreal Adventure Club (R.A.'s predecessor) in order to go on hikes and "meet people." For three years he partook enthusiastically in hiking, canoeing and cross-country skiing trips with the MAC bunch. In R.A.'s second year of existence, Gerry succeeded Patrick Glorieux as the hiking director. Then he really started getting to know folks better, and formed "close friendships with other members of the hiking committee."

Ian calls Gerry a "keystone" of the club, involved in every aspect of its activities. For example, during his year as hiking director Gerry noticed there was a strong need for a volunteer coordinator, so he just invented the job, in all its details, and volunteered for it. After that, Don Hackett and Vera Tobis decided to approach him about becoming the president the following year.

Gerry does admit his first year as president of R.A. (and *Randonnews* editor) was tough, because of the goals he had set himself. He collected job descriptions from all the leaders, and then systematized them. He read widely on how successful clubs are run, and organized meetings to work on restructuring the R.A. leader tree. In fact, that first year he simply couldn't stop

himself from devoting tons of hours to the club! Gerry considers it a happy combination of circumstances that during his two-year term as president there was an influx of leadership and membership from the former Montreal Outdoor Club. Combined with successful advertising, all these positive influences saw RA grow from 150 to 450 members between 1988 and 1990.

Karen describes Gerry as: "a sensitive and fun guy, always thinking of how to help others, a policy-developer with a natural bent for organizing things on paper." Most of the club's policies have been assembled and catalogued by this gentleman. He has also spent five years on the Board of Directors, helping turn it into a genuine "working" board.

Gerry is happy that "the club has gone

where it wanted to go," making it possible for many people to share their interest in outdoor activities with ease. He finds R.A. attracts people with a down-to-earth attitude and "true values". For Gerry, being away from the city, hiking, cycling or skiing, helps him clear his mind and at the same time do a lot of thinking about "everything except work." Perhaps that's what makes him appear "always good-humored," as Diana calls Ger.

He is the one person Monika would most prefer to get lost with on a hike, because of his compass- and map-reading skills. "Gerry is good company on long weekends too," states Derek, "because he doesn't snore and makes great blueberry pancakes!" This writer remembers a recent weekend when he gave an excellent shoulder massage to all us women (quite a few), after an all-out day of hiking.

Gerry's cycling and bar-b-que parties on the South Shore have always been great mixers. He is a "social activator... (and) would make a wonderful Social Director," thinks Karen. What next, Gerry Bard?

**Jola Kuzmicki**



photo: Gerry Bard

## NICOLAS HERSCOVICS



photo: Linda Shear

As I searched through my collection of Randonnée Aventure pictures for a photo of Nicolas Herscovics to accompany this tribute, I was overcome with fond memories of him, and I realized that we in Randonnée Aventure have lost a special friend. Nicolas passed away in January of this year.

We will forever remember Nicolas as our bubbly goodwill ambassador. It was always Nicolas who enthusiastically welcomed new members on the bus, helped with last-minute repairs to equipment and tipped us off on where to find the tastiest desserts.

Those of us who were lucky enough to have been embraced by Nicolas' warmth will surely miss him, but we can take comfort in having known a unique person who exemplified R.A.'s motto of "Montreal's friendly outdoors club."

**Linda Shear**

## ROSS CLARKSON

Ross was my best friend and his death is a very great loss.

It all started with Randonnée Aventure (the Montreal Adventure Club) in 1983 when we both found ourselves 'single' men again. Our kids were about the same age and we found we had many other things in common. We talked on the bus a lot and gradually joined up for a great deal of cross-country skiing, hiking and, later, cycling. We shared a room on countless Randonnée weekends and talked well into the night. We came to know each other very profoundly and joined up for outdoor activities outside the club, even going to Europe together.

Ross was eight years older than I, but I could never keep up with him. He was always faster — always 'got there first,' at least until I bought a Marinoni and then I thought I had him beat at last. But a year later, he bought one too, and I was back to square one.

I couldn't bear his turning on 'rock' music at 6:30 a.m. and he couldn't stand my snoring. He drove his car so fast I wanted to sit in the back seat. He collected more speeding tickets than anyone I ever knew. I ribbed him a lot about that: I remember one time I left a Randonnée weekend at 2 p.m. and he left at 3 p.m. About halfway home, he passed me on the highway without even turning a head. Then about a half hour later, I passed him as he was pulled over by the Vermont State Police to get yet another ticket. He ducked down below the window of his car hoping I wouldn't notice.

We kidded each other so mercilessly at times that people thought we were having a real fight. But, in fact, we were always having the time of our lives—just being kids again. We loved to crack open and enjoy a fine bottle of wine.

There was never a time, when I felt really troubled, that Ross wasn't there—he could smell it, and he would always call! His sensitivity and the wisdom and kindness of his counsel were unparalleled. I don't think I can ever replace it. He was, indeed, a friend—the kind you only have one or two of in a whole lifetime.

Ross contributed so much to Randonnée. He was active in everything. He became well known and well-loved by so many Randonnée'ers over the years.

Who can forget how he loved to dance—I used to call him 'Fred Astaire'? Who can forget how he'd dress up at the Halloween party—remember the 'Pope'? Who can forget his sincere interest in each and every person? Who can forget his impish laughter? Who can forget his generosity?

He worked hard on himself too, all his life to try to be a better person for his family, his colleagues, and his friends. Whatever Ross did—he really did it!

Somewhere, up there, I think he's still on his Marinoni—Yes, I'm sure of it!

**Don Salmon**

## 1000 STEPS TO FITNESS

**E**very year in the late fall, I used to be faced with the dilemma of how to train my old bones for my winter activities which usually include cross-country skiing, pick-up hockey, plus cycling and hiking in warmer climates during my winter vacation. I used to have the problem of how to get maximum exercise in minimum time, free of cost as well as being outdoors. To prepare for my mountain hiking trips, this exercise should preferably involve some form of lifting my body weight repeatedly. Then Lady Luck smiled at me.

One Sunday afternoon, when walking around Westmount, I came across the 260 public steps leading to Summit Crescent. These concrete steps, maintained all year round, start where Renfrew Ave. ends at Westmount Boulevard, about six blocks east of Victoria Avenue.

The steps go up in sets of 12 to 36 and are briefly interrupted by two streets—Edgehill Road and Sunnyside Avenue, but continue relentlessly up and up, very much like a staircase in an apartment building.

The flights of steps called Summit Steps, are broken up by short stretches of concrete path, but even these landings are paved and constructed at an uphill incline so that the total equivalent of the steps and the uphill path must be well over 300 steps or some 1,000 steps if one repeats this "ascent" three times.

The first time I walked the 260 steps I was thrilled with my discovery. The second time I did so, I was dressed for jogging and able to walk up very briskly in about six minutes with my heart pounding and my diaphragm, lungs and arteries (not to speak of my legs) getting a wonderful workout.

The third time I did the 'ascent' was in a semi-jogging style in under five minutes and I plan to gradually bring my time to under four minutes to reach Summit Crescent at Surrey Gardens. There is an option of some 75 meters of an uphill walk from that point to reach Summit Circle.

Of course, to further increase the training value of this conditioning for many winter and summer sports, one could bring a packsack with weights inside. An alternative method, without weights, and not jogging, would be to do the 260 steps three times up and down in 35-45 minutes which can be done on the way home in city clothes, and walking shoes at any time of the year, day or night, snow, rain or shine.

As well as the Westmount Summit Steps, there is a similar set of steps located downtown with the starting point at the corner of Peel and Pine Avenues, an excellent spot for R.A. members who work or live downtown.

These steps are more winding and a longer walk than those in Upper Westmount. Depending on how you count them, there are over 300 steps which lead through the Mount Royal Park to the Belvedere Chalet and its lookout terrace. When we reached the top after a fifteen minute climb, my friend, who is not a R.A. member, was completely out of breath so I suggested that he join our club to keep fit. I really hope that he will.

**Jan Spaniel**

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## Discounts for R.A.

The following stores offer RA members discounts on regular prices. Present your membership card when you make a purchase.

### Blacks Camping

3525 Queen Mary Rd.  
739-4451

### Dr. Bike

559 Lakeshore Rd.  
631-2198

### McWhinnie Cycle Inc.

6010 Sherbrooke St. W.  
481-3113

### VB Cycle Inc.

6344 Victoria Ave.  
738-21201

### Cascapedia Sports

263B St-Jean Blvd.  
Pointe-Claire, PQ  
694-6374

### The Trading Post

5385 Queen Mary Rd.  
484-3447

### Norway Nordic

127 rue Ste-Anne  
Ste Anne-de-Bellevue  
457-9131

### Base Camp

173 Cartier Ave.  
Point-Claire, PQ  
630-6717

### Sirens Ski Shop

6131 Sherbrooke St. W.  
482-2734

## **MS VERMONT 150: An Alternative to Rideau Lakes**

**H**aving ridden the Ottawa Bicycle Club's 334 kilometres Rideau Lakes bike tour four times in the last five years, I thought it was time for an alternative. I had begun to find the ride predictable and fairly flat.

On the weekend of July 23–24 this year, fellow Randone'ers, Susan Harris, Wayne Waters and I decided to register with the Vermont Multiple Sclerosis 150 Bike Tour. This ride is 250 kilometres (125K each day) and starts in Kingsland Bay State Park, twenty minutes south of Shelburne, Vermont, 2<sup>1</sup>/<sub>2</sub> hours from Montreal, which is comparable to the drive to Ottawa.

The scenery was beautiful—green rolling hills with rest stops every 25K, dispensing free bagels, sandwiches, scrumptious homemade oatmeal cookies, bananas, oranges, water, colas, and fruit juices. With that many rest stops, you don't notice the time nor the distance, which made for a very pleasant and enjoyable ride. The weather was 28 degrees, hot and humid, but cooling with the slight headwind on the first day. On the second day's return by a different route, it was less

humid, with a tailwind and spectacular views of the lower part of Lake Champlain at Fort Ticonderoga.

The destination at Green Mountain College, Poultney provided a large supper which, while not as good as Queen's University, certainly was adequate. After supper, small gifts were given out in a draw and in answer to questions on sites seen on the ride. Susan won a booklet on fossils found in North America and all three of us received a repair kit as compensation for getting lost due to a switched marker. (We only did 3K on the wrong route.)

At the end of the tour, we were treated to a barbeque in Kingsland Bay State Park and a cool swim in Lake Champlain.

As far as costs go, it turned out to be cheaper than Rideau Lakes. Out-of-pocket costs were \$105 Cdn (with a registration fee of \$30 US plus dinner and lodging for Friday night) and \$150 US (\$210 Cdn) in donations.

We recommend marking your calendar for 1995 to do the Vermont MS Tour. See you there.

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## CYCLING DIRECTOR'S REPORT

Our '94 cycling season is now history. We started with our traditional bike clinic, held in early May at Jim's garage, which was very well attended. Everybody was willing to roll up their sleeves, don surgical gloves (protects those dainty hands, if nothing else), and get to work cleaning their bikes.

It was another great cycling season and all those long-distance phone calls made prior to our trips to arrange the super weather played a major role. This year, we journeyed down the highway to the Plaza Hotel in Montpelier, Vermont for our Victoria Day weekend. This was new cycling territory for many, and the scenic routes were enjoyed by all. There was a rumour, only minor of course, that some riders experienced sore muscles the day after a long ride. How, I don't know! St. Jean-Baptiste weekend saw us at the Powderhound in Warren, Vermont where the food was good, and the cyclists enjoyed great travelling routes, including one group who wore out their brake pads coming down the Lincoln and Middlebury Gaps.

The Rideau Lakes Double Century (100 miles or 167km per day on a weekend) saw 13 members complete this event in scorching heat. Congratulations to those who participated in this annual event.

This past Labour Day, we drove down the highway to Franconia, New Hampshire. The cycling routes were scenic, the weather was great, as usual, and there were some rolling hills along with some not-so-rolling hills, not to mention a superb bike path that went for some

15 km from the Flume to just past Lake Echo. There were also four notches to be conquered by some riders—Crawford, Bear's Notch, Kancamagus, Franconia—all completed in one very scenic day's cycle.

Our ten one-day cycling trips took us to many places we hadn't been for a few years, along with a couple of new favourites. In addition to all of the above activity, we had our trip leaders' briefings, the successful R.A. South Shore Challenge Ride, and all those many committee meetings, where intense debate reigned at Al's Domain, including the usual refreshments (not just liquid).

Credit is due to the cycling committee for planning and for overseeing another successful season; and to the trip leaders, their assistants, and all the scouts for their many hours of work in organizing and running the trips. The members of the 1994 Cycling Committee were: Ray (Shamus) Stevenson, Kathy Poth (Cycling Administrator), Mike de Tracey, Gail Tedstone, Wayne Waters, Linda Shear, Brian Abbott, Tony Scott, Egon Nickel, Dinsmore Roach, Rick Molz, Elise Brais, and Al Ramsay. Thanks to each one of you.

R.A. is always looking for people, just like you, who are willing to lend a hand (or two) in some way or another. "Think not what your Club can do for you, but what you can do for your club."

Until next spring, I bid you adieu.

Now, where are my skis... ??

**Al Ramsay**

## SHORE SHORE CHALLENGE RIDE

The highly successful Challenge Ride, held on Sunday, July 17, 1994, had 40 members and 17 non-members participate, despite the hot, sunny and very humid weather conditions.

Everyone thoroughly enjoyed the routes along the Richelieu River and through Chambly Fort. The riders were amazed at how great the scenery was, and so close to home. The most popular routes by far were the 75 km and 100 km ones. This is an event that the Club hopes to repeat in 1995.

To top off the splendid day, all were treated to a sumptuous barbecue of hamburgers, hot dogs, salad, ice cream and soft drinks at the home of our resident Bar-B-Q Master, Gerry Bard.

Congratulations to a job well-done by Dinsmore Roach and Tony Scott, with the competent assistance of Robert Kearns.



Photo: Tim Skene

## MUSINGS FROM THE SADDLE, #1

As a city cyclist, one of the little things that obsesses me is keeping my pants out of the chain. After getting my cuffs tangled up and greasy several times when I first bought my bike, I decided to take action! So first, I recycled (ha, ha!) the elastic bands that came with the morning newspaper. This worked well, but threatened incipient gangrene of the feet. So I moved on to tucking my pants into my socks, garnering remarks from my friends about how quaint I looked — “just like a French peasant.” Now this creates a pleasing, bucolic image, but it was not any more practical. Unfortunately, once the elastic on the tops of one's socks is but a fraction worn, one's pants' cuffs escape and are drawn, once again, into the greasy jaws of sprocket and chain.

With images, this time of placid English bobbies wheeling around their law-abiding villages on one-speed Raleighs, I went out and purchased a pair of steel bicycle clips. After just one kilometre, my ankles felt as if they had been caught in an animal trap so back went my cuffs, ineffectually, into the socks with the tired elastic.

On to newer technology—reflective nylon straps with infinitely adjustable velcro straps. Definitely, the best cuff-holders to date. But not perfect—pants with no turn-ups and blue jeans slipped out infuriatingly.

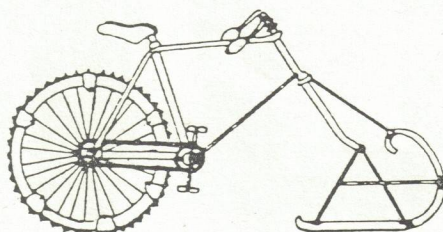
I was at the point of giving up either bicycle or long pants when I was spurred into further action by the curious sight of a German visitor arriving at work with clothes pegs attached to his trouser cuffs. But, of course!

How simple—why hadn't I thought of that before? So I tried it out and have been immensely pleased with the efficacy of the humble clothes peg. And the price is certainly right, although they are a tad inelegant. Now the final stage in my ongoing search for the perfect pants clip, is to use those bulldog clips for holding together bundles of paper too thick for paper clips.

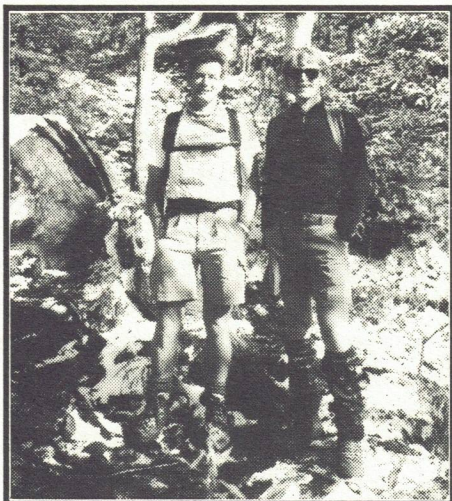
They don't work any better than clothes pegs but, at least you don't look as if you just yanked your trousers off the clothes line in the mad, early-morning rush to work. Give 'em a try—what have you got to lose!!

Thinking ahead to winter cycling, my twin sister, Marie (who happens to be a mechanical engineer), and I have spent months designing what we have proudly named the *Randonskicycle* (as pictured). For full instructions on how to convert your mountain bike, send a stamped, self-addressed envelope to the club. See you on the Lachine canal in January.

Mario Anoni



*Randonnée Aventure.: Work hard, play hard*



## SEASON'S REPORT

Another great Hiking season has finished with a lot of new faces seen on the trips as well as at the Outdoor Literacy clinic. Some additional trips were added in response to the increased demand, brought on by the extra publicity over the past year. We'll continue to accomodate as many as possible, but the trails and other hikers can only take so much, even if the large influx are friendly RAers.

Special thanks to those who have led trips and their assistants. Also to those who have helped plan and execute this year's activities: Bob, Coleen, Elise, Mary, Maida, Sue, Don, Suzy, Michael, Gerry, Mike and Jennifer. Next year's activities are now in preparation—if you have ideas, or would like to help, new committee members are always welcome.

**Andrew Byrne & Clive Brewer**

## TRAIL MAINTENANCE 1994

The first day of September as I write this, and the cool fall breezes have started. Summer is winding down to a close and R.A. has passed three week-ends doing trail maintenance in Vermont. Most hikers are familiar with Vermont's distinctive shapes—the bump of Camel's Hump or Mansfield's sharp profile. For R.A. trail maintainers, the Green Mountains' distinctive shapes also include Belvidere, Tillotson and Haystack Mountains, all part of the R.A.'s adopted trail section in northern Vermont near the Jay Peak area. The Green Mountains are a very ancient mountain chain which has been eroding since Devonian time, some 375 million years ago. Erosion caused by brooks and rivers, landslides and, quite recently (2 million years ago), by glacial ice has produced these distinctive shapes. Most trail tending, however, takes place primarily through woods with maybe a few open, ledgy areas. Work above treeline, in the alpine areas is not at all typical of trail tending (see Laura and Guy Waterman's *Backwoods Ethics: Environmental Issues for Hikers and Campers*), especially on the Long Trail.

According to the Watermans, trail maintainers do five basic tasks; keeping water off the trail, removing blowdowns, blazing, clipping back growth, and catching trouble early (remember those rock water bars on the Forester's Trail?). Our dedicated group of trail maintainers once again accomplished these varied tasks with a great deal of aplomb and the help of great food (thanks, Mrs. Habib, for the wonderful lasagna). In fact, with the GMC's help, (kudos to Paul Neubauer, GMC's Northern Field Assistant), we have a new parking lot at the foot of the Frank Post Trail and access to the Forester's trail which creates a new looped trail up Belvidere Mountain, across

to Tillotson Camp and Peak, then down the Frank Post Trail. Perhaps the club would like to put this trail on its roster for the 1995 hiking season.

The task of maintaining trail is oddly satisfying despite the tedium of brushing back, yet again, Nature's foliage. But when you take up trail tending, you get hooked on it. This grubbing, grunting, muddy work quietly absorbs and gradually moves into the realm of craftsmanship. None of us who have worked trail can scamper up a stone stepway or cross a water bar on this trail without a gentle sense of satisfaction. To all the R.A. trail maintainers, thank you so much for all your hard work.

To all R.A.ers who are new to the club, do not hesitate to sign aboard for trail tending, "R.A. style" in 1995. I will undoubtedly see all the old faces back again on the trail in May. There will be a new coordinator next year and I wish to thank specifically Maureen, Ian, Diana, Derek, Mike, Hélène and Al for their past three years of support.

**Colleen Wilford**

### Musings from the Trail

I like to go Hiking  
For the views at the top  
With rich green vistas,  
Or belching rain clouds.

Some folks prefer Cycling

In winter, it's Skiing  
In fresh white powder  
Gliding through cold air  
But I like to Hike

**Andrew Byrne**

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# Social Stuff

## Tuesdays, October & November Volleyball & Ski Fitness

Tom Ravnay will again offer a Volleyball and Ski Fitness Program at Wager High School in Côte St. Luc. This is a great way to get in shape for the ski season with exercises that have been specifically designed for cross country and downhill skiers. The 10 week program will run on Tuesdays from September 27 to November 29, 6:30 - 8:30 pm. The cost is \$55. Please call Tom at 849-8884 for details and sign-up.

## Sunday, October 16 Dim Sum Brunch aka Wayne's Waking Tour

We will meet at 10:30 a.m. at a restaurant in Chinatown. Check the club tape a week before to get the name and address of the restaurant. An RSVP to the club tape is required by Thursday, October 13 so we know how many tables to reserve. Stay on afterwards to join Wayne's Waking tour of Chinatown - be sure to wear your walking shoes.

## Saturday, October 29 Halloween Party & Signup

Westmount's Royal Regiment, 4625 St. Catherine St. W. from 8pm till 1 am. Come in costume and join us for dancing, door prizes and registration for the ski season. Registration desk closes at 9:30. \$10 entry includes party snacks. Offers to help with decorating, door duty or the food table are welcomed. Please leave your name on the club tape.

## Saturday, November 12 Randonnee Rally

If you think that you are witty and feel like having a good time join us for a brain twisting, hair pulling walking rally. If you have ever participated in a car rally now is your chance to try the same thing on foot. The fun starts (rain or shine) at 1:30 Saturday, November 12 and will continue with a buffet dinner (we won't tell where the dinner will be - you have to figure that out yourself). The meeting point - somewhere in the downtown area - will be on the club tape two weeks before the event. The cost will be \$18 and includes supper and door prizes. Advance registration is required so fill in the registration form and send it and your cheque to the club address by November 1.

## Saturday, December 3 Holiday Potluck Dinner & Dance

All Randonnee members are cordially invited to join us for this festive event starting at 6:30 at Westmount's Royal Regiment, 4625 St. Catherine St. W. Admission for members is a dish to serve six to eight people, valued at approximately eight dollars. Non members will be charged \$10.00 in addition to their food contribution. Your last name determines the category of your contribution:

- A - G Main Dishes: meat dishes, cold cuts, cheeses, pastas
- H - Ke Salads veggie, pasta, potato
- Ki - Li Quiches slightly warm
- Lo - Ma Bread/Crackers a variety - sliced & in baskets no soda biscuits
- Mc - Ra Dessert pre-sliced if possible
- Rh - Si Fruit ready to serve
- Sm - Z Appetizers, finger foods, crudites, dips no chips

Food should be on platters and accompanied by serving utensils. (Put your name on any serving ware you bring). Please do not bring a dish to be defrosted or heated. RA will supply plates, cutlery, napkins and coffee. Drinks will be available from the cash bar. If you want to help out with the decorating or the food table please leave a message on the club tape.

SPECIAL NOTE: Bring a non perishable food item to be donated to a local food bank.

## Sunday, January 23 Skating

Old members and new! Join us at 4 p.m. at the skating rink in the Old Port for an afternoon of skating followed by dinner at a near by restaurant. If you are going to join us for supper leave a message on the club tape by Thursday, January 20 so we know how many reservations to make.

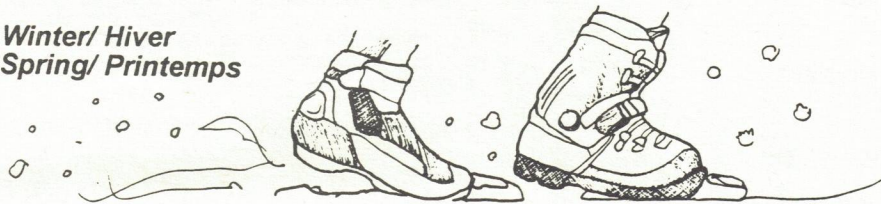


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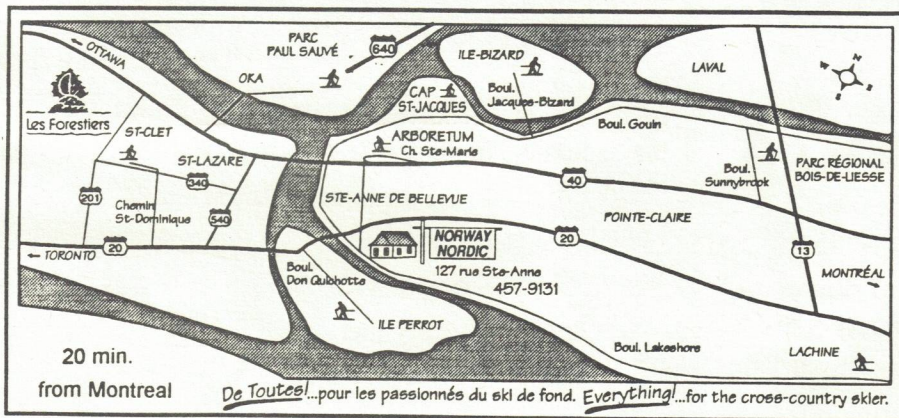
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au prix régulier. (Nettoyage/fart de glisse)

Get a **free** tune-up with the purchase  
of a tune-up at the regular price!  
(Clean/glider)

**Until Nov. 30/94** Cross country skis only!  
Ski de fond seulement!

**Bring a friend!**

## RANDONNÉE CALENDAR

## October

- 16 Sun. Brunch & Wayne's Woking Tour of Chinatown  
 18 Tues. Nordic Norway Open House 7:30 p.m.  
 22 Sat. C.S.M. Trail Maintenance  
 29 Sat. Halloween Party and Signup

## November

- 5 Sat. C.S.M. Trail Maintenance  
 12 Sat. Randonée Rally & Buffet Dinner  
 14 Sat. Atwater Signup 6/31  
 23 Wed. Siren Ski Open House, 7:00 p.m.  
 24 Thurs. C.S.M. information evening 7 PM  
 616 Grosvenor

## December

- 3 Sat. Holiday Potluck Dinner & Dance  
 9 Fri. Deadline for regular trip payments: Surcharges apply after this date  
 14 Wed. Ski Trip Leaders Orientation Mtg.

1 3 5 12 SOLD OUT



## January

- 4 Wed. Waxing Clinic, 7 p.m. – 10 p.m.  
 7 Sat. Lac Monroe – Mont Tremblant  
 8 Sun. Pimbina (X-C day trip)  
 10 Tues. X-C Ski Lessons–Mount Royal  
 11 Wed. X-C Ski Lessons–Mount Royal  
 14 Sat. La Mauricie (X-C day trip)  
 15 Sun. Montagne Coupée (X-C day trip)  
 18 Wed. X-C Ski Lessons–Mount Royal  
 21 Sat. Far Hills Inn (X-C day trip)  
 23 Sun. Skating at Old Port  
 25 Wed. X-C Ski Lessons–Mount Royal  
 27–29 Lac Beauport (X-C ski weekend)  
 28 Sat. Sutton-en-Haut (X-C ski day trip)

## February

- 1 Wed. X-C Ski Lessons–Mount Royal  
 4 Sat. St. Jovite (X-C day trip)  
 8 Wed. X-C Ski Lessons–Mount Royal  
 11 Sat. Mont Orford  
 11–12 Canadian Ski Marathon Weekend  
 18 Sat. Mystery Trip  
 25 Sat. Gatineau Park

## March

- 4 Sat. Hotel l'Esterel  
 11 Sat. Rivière Rouge  
 25 Sat. AGM, Signup & Spring Party

For the latest information on Club events,  
 call the R.A. tape at 489-0339