RANDONNEWS

Published by Randonnée Aventure
Montreal's Friendly Outdoor Club

Fall 1996 / Winter 1997



RANDONNEWS

Published by Randonnée Aventure
Montreal's Friendly Outdoor Club

Fall 1996 / Winter 1997

Inside this issue...

Presidents message 3
Help wanted 3
Cross-Country Skiing 4
- Prices 4
- Cross-Country Day Trips 4
- Registration 5
- Waxing Clinic 6
- Weekend Ski Clinic 6
- Canadian Ski Marathon 8
- Ski Lessons 8
- Ski Touring Tips 10

Weekend Getaways 7
Annual General Meeting 12
Membership 12
Buying and Selling Trips 13
Cycling 14
RA Discounts 14
Hiking 15
Social stuff 18

Edited by: Jill Aspinall, Elise Brais, Clive Brewer, Karen Findlay, Anne Harper, Tim Skene

Contributors: Anne Harper, Elise Brais, Paul Jensen, Jim Mullett, Susan Harris, Diane Lowden, Henry Ko, Tony Scott, Clive Brewer, Mike Serniuk, Robert Yarnold, Karen Findlay, Janet Goldstein

Photography: Susan Harris, Paul Jensen, Karen Findlay, Elise Brais, Gerry Bard

Randonnews is published twice a year and is printed by Impressions Vincent. Page layout by Copie 2000.

Please send contributions to:
Randonnews Editor
P.O. Box 1102, Snowdon
Montreal, Quebec H3X 3Y2
(514) 489-0339

RANDONNÉE AVENTURE 1986 - 1996

RANDONNÉE AVENTURE EXECUTIVE

President	Anne Harper
Vice President	Clive Brewer
Treasurer	Mike Serniuk
Registrar	Helen Kohler
Recording Secretary	Sandra Jodoin
Legal Advisor	Robert Fyfe
Randonnews Editor	Vacant
Advertising Coordinator	Elise Brais
Cycling Director	Linda Shear
Assistant Cycling Director	Linda Lessard
Cycling Administrator	Cathy Poth
Hiking Director	Susan Harris
Hiking Administrator	Valerie Cook
Trail Maintenance Coordinator	Maureen Robertson
Social Director	Janet Goldstein
Skiing Director	Paul Jensen
Assistant Skiing Director	Diane Lowden
Skiing Administrator	Pat Zebel
Volunteer Coordinator	Vacant
Business Manager	Mike De Tracey
Phone Coordinator	Vacant

Randonnée Aventure, founded in 1986, is a non-profit, outdoor club for adults, with about 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, Québec H3X 3Y2
(514) 489-0339

President's Message

BY ANNE HARPER

A RECIPE FOR SUCCESS

Randonnée Aventure has been in existence for 10 years and I have been privileged to serve as its president for just over two of them. Some of you may think me crazy to use the word "privileged" to describe my feelings about my term. Yes, it has been a lot of work, but it has also been an incredibly enriching experience. I've had the chance to work closely with, and to learn from, a myriad of different people. I've developed skills (although I still need to work on being organized) that will stay with me for the rest of my life. I have also made friends that I hope will stay just as long. I am finishing my term with the satisfaction of knowing that I have received as much from the Club as I have put in.

Clive Brewer will be taking over as president. I am sure that all members join with me in welcoming Clive, and that he will enjoy the same support that I have received.

One of the things that has been especially important to me over the past few years has been the spirit of cooperation and teamwork that characterizes this Club. Working in a team, the way we do in Randonnée Aventure, allows us to use the strengths, talents, ideas and *time* of individuals in a synergistic fashion. The final result is much greater than any of us could create individually.

Time is one of the key ingredients in the recipe. There are always things that need to be done — scouting new destinations, taking minutes at meetings, stuffing envelopes, putting up (and taking down) decorations at parties — the list is endless. The common element in all of the above is *time*.

The old saying "Too many cooks spoil the broth" is not true here. More people involved, even for a few hours, means the work load for everyone is decreased. The final result is not a thin broth but a rich dish that all have the time to enjoy.

Let us know, through the registration form, or better still, by talking to one of the executive, what you want to do to help keep Randonnée cooking through the next season and into its next ten years. I'm looking forward to hearing from you.

I am also looking forward to having more free time to take advantage of the winter events planned by the ski and social committees. However, looking at the schedule, starting with the Halloween party and continuing until the last "Go with the Snow" ski trip, I'm not sure how I'm going to fit in everything that I want to do.

I hope all of you have a happy holiday season, and I am looking forward to seeing old friends and new on the ski trails.

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 key volunteer positions in the Club that need to be filled, and we need your help:

RANDONNEWS EDITOR

We are searching for a volunteer to do page layouts for the Club's newsletter. This person will work with our newsletter volunteers to produce our Randonnews each Spring and Fall. Collecting, editing and proofreading of material are done by these volunteers; but assembly and layout are areas where we need help. The ideal volunteer would have some desktop publishing experience. This is a great opportunity to practice (or learn) modern newsletter techniques, and to show off your creativity. For more information, please call the Club tape and leave a message for Anne Harper.

ADVERTISING COORDINATOR

Elise Brais, Advertising Coordinator for the past five years, will soon be stepping down. If you have access to a computer and a fax machine, and an interest in advertising our Club in the various media, then this position could be for you. The work comes twice a year for three weeks: in late October and late March. Should you be interested in this position, please call the Club tape and leave a message for Elise.

PHONE COORDINATOR

Maureen Robertson will be leaving the post of Phone Coordinator, and a replacement is needed. This position involves changing the weekly message on the Club answering system and, coordinating the RA members who pick up the messages. If you are interested in more information, please leave a message for Anne Harper on the Club tape.

1996 Cross-Country Day Trips

#	DATE		DESTINATION	LEVEL	FACILITIES
1	Sat	Jan 4	**Lac Monroe - Parc du Mont Tremblant (western sector)** Laurentians; Our favourite early-season destination. Chalet with fireplace. Warm-up huts on the trails.	E-M-D	R/W/B
2	Sun	Jan 5	**Montagne Coupée** North of Joliette; Great choice of trails	E-M-D	R/W/L/S/B
3	Sat	Jan 11	**Far Hills Inn** Val-David/Val-Morin; A perennial RA favourite. Lots of excellent trails. Reserve a ski lesson through the club.	E-M-D	R/W/L/S/
4	Sat	Jan 18	**La Mauricie** National Park, north of Trois Rivières. Well-groomed trails with rustic trail-side cabins.	E-M-D	W
5	Sun	Jan 19	**Morin Heights** Laurentians; The Cross-Country ski capital of Canada. Groomed and backcountry trails available.	E-M-D	R/W/S
6	Sat	Jan 25	**Pimbina - Parc du Mont Tremblant (eastern sector)** Laurentians; Warming huts on the trails with gray jays to feed.	E-M-D	R/W
7	Sun	Feb 2	**Mt. Van Hoevenberg, N.Y.** Lake Placid, NY Site of the 1980 Winter Olympics, but also has easier trails. Bring ID for the border.	E-M-D	R/W/L/S
8	Sat	Feb 8	**St.Jovite** Laurentians; Trails for all levels. Great scenery	E-M-D	R/W/S/B
9	Sat	Feb 15	**Stowe, Vermont** Stowe, VT; Discover new trails at a new destination. Bring ID for the border.	E-M-D	R/W/S
10	Sat	Feb 22	**Hotel L'Estérel** Laurentians; Lots of easy trails. Bring your skates, snowshoes or hire a dog sled team.	E-M	R/W/L/S/B
11	Sat	Mar 1	**Hazen's Notch, Vermont.** Montgomery Center, Vt.; This new destination was so popular last year we are going there again. Bring ID for the border.		
12	Sat	Mar 8	**Auberge Val Caroll** Laurentians; End-of-season party - chili, sangria, mulled wine.		
13	Sat	Mar 15	**Go With the Snow** Wherever the snow is best; Destination unknown until two days before the trip.	?-?-?	?/?/?/?/?

ATWATER SIGN-UP EVENING

The Winter Sign-up and Information night will be at the Atwater Library, 1200 Atwater at Tupper, Monday, November 4, from 5:30 to 8:00 p.m. Members of the ski committee will be there to answer your questions about ski trips, the waxing clinic and or ski lessons.

TRIP PRICES

Prices are: $24 for regular trips and $32 for Trip 12 - the end-of-season ski/lunch/sangria trip.

Please note that there is a surcharge of $2 for all trip signups received after Friday, December 13, 1996. Cheques must be dated and received by then for the regular price to apply.

TRAIL RATING

E Easy flat, machine-groomed
M Medium gentle hills
D Difficult hilly, narrow trails
Note: Ratings may differ from one centre to another

FACILITIES

R Restaurant or snack bar
(Destination may change so bring a lunch)
W Waxing room or hut
L Ski lessons available
(phone ahead to make your own arrangements)
S Ski skating trails
B Bar for après-ski

Cross-Country Skiing

KICKING AND GLIDING

It's the middle of August, 30° outside and the Ski Committee has been busy planning the coming season, not an easy task under these conditions! We have, however, arranged to have plenty of snow, so be prepared!

The destinations for 1997 include some of your favourites, *plus* we have added three trips to the U.S.A. (Remember to bring your ID.) Despite rising costs, the committee has done its best to maintain low prices, which, as always, include travel by luxury coach and trail fees. Most centres have restaurant and or bar facilities, but because destinations may change due to snow conditions, always bring a packed lunch.

In addition to day trips and weekends, there will again be a waxing clinic and ski lessons with Tom Silletta. These classes are very popular so register early to avoid disappointment. New for this year is an advanced class for those skiers who really want to develop some fancy techniques! For those who want special, intense instruction, look into the Ski Clinic at Craftsbury Common. Last year this was a tremendous success and all participants reported an excellent weekend of coaching.

The end-of-season ski and lunch will be at a new location this year, Auberge Val Carroll in Harrington. They have over 32 km of groomed trails (all downhill!) on 700 acres of private land. Jim has again promised to prepare his famous Sangria, and there will be more than enough food to go around.

Over the summer the Ski Committee directorship has passed from the capable hands of Leon Ferrari to those of Paul Jensen, with Diane Lowden as Assistant Director. Many thanks Leon for the past season. Pat Zebel continues her important role as Ski Administrator, and we have an excellent group of experienced members on the Ski Committee. *We are always in need of volunteers as committee members, trip leaders, and assistant leaders, so please indicate on the registration form if you can help out. The trips are run entirely by the work of our excellent volunteers !*

Here's wishing you an excellent ski season with plenty of enjoyable "Aventures".

Paul Jensen, Diane Lowden, Pat Zebel

1996 Cross-Country Day Trips Continued

TRIP REGISTRATION

To get your 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 26, at the Westmount Armory, 4625 Ste. Catherine Street West (Registration from 8:00 to 9:30 p.m..)
- Come to our Sign-up night on Monday, November 4, at the Atwater Library, Atwater and Tupper St., 5:30 p.m. to 8:00 p.m..

Registration by mail will be accepted after the sign-up evenings, but call the Club tape first to find out what trips have space available. Your cheque should arrive at least one week prior to the trip date and include the $2 surcharge.

BUS DEPARTURE TIMES

7:30 a.m.	Atwater and Ste. Catherine Sts. *(McDonald's) Atwater Metro.*
7:45 a.m.	Queen Mary and Decarie Blvd. *(TD Bank) Snowdon Metro.*
8:00 a.m.	T.M.R. Shopping Centre *(Murray's Restaurant).*

Lucerne Road and Metropolitan Highway service road. 10 minute walk from de la Savane Metro.

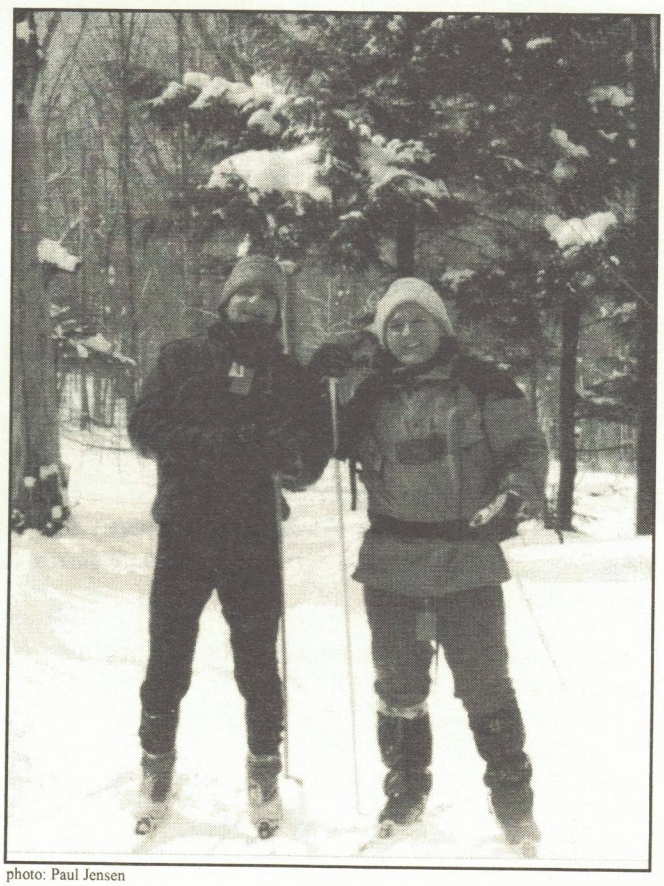


photo: Paul Jensen

Cross-Country Skiing

SKI TRIP LEADERS ORIENTATION MEETING

Tuesday, December 3, 7:30pm

Want to be the envy of all your friends? Consider volunteering as a trip leader or assitant.

As with all aspects of the Club, ski trips are run entirely by volunteers. If you want to help RA by leading or assisting a ski trip, check off the appropriate box on the registration form. First timers will be paired with experienced volunteers. Those who have been selected as trip leaders and/or assistants will be contacted prior to the meeting, though everyone is encouraged to attend.

Details as to the location will be announced on the Club tape the week before the meeting.

HANDS-ON WAXING CLINIC

Monday, January 6, 7:00 to 10:00 p.m.

Time to dust off the old boards and get them in shape for the season. Glide wax should be applied at least once a year so don't keep putting it off. Do it yourself with help and advice from experienced club members.

Bring your waxes, scrapers, base cleaner, waxing irons, and cloths, and wear your old clothes. Work benches will be available for your use. Unfortunately, due to the messiness of the tarring process, we will not be equipped to pine-tar wooden skis. Refreshments will be provided courtesy of RA.

Location: -T.B.A., check the Club tape

SKI LESSON AT FAR HILLS

Saturday, January 11

Back by popular demand. Reserve a place in a group lesson at Far Hills when you register for your trip with RA. Choose either a beginner, intermediate or advanced lesson. Class sizes are small. With two busloads of people and only four instructors there will be a maximum number of reservations that we can accept. Cost of the lesson will be approximately $12 per person per lesson. Don't forget to bring money on the trip to pay for the lesson.

Indicate on the registration form if you want to register for a group lesson.

WEEKEND SKI CLINIC

Craftsbury Common, Vermont.
Friday, December 20 (at 6pm) to Sunday, December 22
Cross-country ski lessons and clinic, for all levels of skiers.

CRAFTSBURY CENTER

Cross-Country skiing can be a glorious, almost effortless sport - but without the right tools and techniques it can be hard work. Spend a weekend with top-notch ski instructors; your classical or skate skiing will improve dramatically and you'll enjoy the ski season more than ever.

Students will be assigned to classes according to their skiing ability - beginner to expert. Classical ski lessons will teach the seemingly contradictory attributes of firm grip and a free glide, as you master the diagonal stride and double poling. Expand your repertoire of skills with a skating lesson that will teach you the specifics of the V1, V2, V1 alternate and diagonal V techniques.

Your instructor will give you personal attention and drills to isolate and practise each technique. A videotaping and follow-up critique with your instructor will reinforce what you have learned. During the course of the clinic you will also learn how to choose and adjust your equipment, how to wax for the Olympics or for skiing with RA, and tips on training and nutrition.

Accommodation is "rustic" - basic rooms that comfortably sleep two people; shared bathrooms. There is a kitchen next to the lounge, and a sauna to help get the kinks out of your muscles after the day's exercise.

Meals start with Friday supper and are served buffet style. The usual feast includes home baked breads, fresh salads, wholesome vegetarian and meat dishes, and decadent desserts.

Transport is by carpool Friday and returning Sunday evening. (Gas costs to be shared.)

COST: $225.

PRICE INCLUDES: Six meals, two nights accommodation, two days of lessons, and trail fees.

CONTACT: For more information contact Jim Mullett at 481-5903 between 8 a.m. and 6 p.m.

Weekend Getaways

CROSS-COUNTRY/ALPINE SKI WEEKEND

MONT STE-ANNE, QUÉBEC

Friday, January 24 to Sunday, January 26

Mont·Sainte·Anne

R.A.'s annual winter ski weekend has been arranged so we can ski the 235 kilometers of beautiful cross-country trails, or attack the 625 metre vertical drop and 50 ski trails at the downhill centre at Mont Ste-Anne, Québec. Accommodation has been booked at the condominiums at Chalets Montmorency, a short shuttle bus ride to either the cross-country or downhill ski centres. You can also ski the five kilometers to the cross-country centre or walk to the alpine centre.

The condominiums are fully equipped with fireplaces, dishwasher, TV and VCR. There is also a indoor pool, sauna, waxing room (for your skis, not your legs!!) and recreation room. No group dinner is planned but we shall get a chance to see each other at a wine and cheese party on Saturday evening before supper.

Two breakfasts and Saturday dinner will be in your condo, and the cost for these will be shared among your condo mates. Your condo co-ordinator will contact you about breakfast and dinner items to bring along. A dépanneur, where you can buy small food items, is nearby within a ten-minute walk.

A shuttle bus service is available to transport you from the condos to the cross-country ski centre ($2 per person per ride) or to the downhill centre ($1.50 per person per ride). Reservations are a must, and can be arranged by contacting the reception desk of Chalets Montmorency upon arrival.

If you have any questions about the weekend, please call the Club tape (489-0339) and leave a message for Mike De Tracey or Susan Harris. See you there!!!

COST: $112 per person for members. Non-members must also pay the membership fee of $32. A late payment fee of $20 must be added to any reservation received after December 13, 1996.

NO. OF PARTICIPANTS: Space is limited to 47 people, so sign up early to avoid disappointment.

PRICE INCLUDES: Transportation, 2 nights accommodation and wine & cheese party.

TRANSPORTATION: By luxury bus, departing from Atwater and St. Catherine (in front of McDonald's) at 7:00 p.m. on Friday, January 24, and leaving the condos on Sunday, January 26 at 4:00 p.m. The journey is approximately 3 1/2 hours.

TRAIL FEES: Cross-country ski trail vouchers may be purchased at Chalets Montmorency for $8 per day. They must then be exchanged for a trail pass at the ski centre. The normal cost is $11.

Vouchers for Alpine lift tickets can also be purchased through Chalet Montmorency. Prices are $36 plus tax for 1 day and $69 plus tax for 2 days.

CONDO COORDINATOR: If you would be willing to act as a condo co-ordinator, please indicate your interest on the registration form.

WILDERNESS WEEKEND

Saturday and Sunday, March 1 & 2

Share a backpacking ski adventure and join us for a weekend in a rustic cabin in Québec's north country. This outing is suitable for intermediate level skiers. Participants must be able to competently ski 20 km. with a 10-15 kg backpack containing sleeping bag, clothes and all supplies.

A planning meeting will be held about two weeks prior to the event.

DESTINATION: To be confirmed after October 31, as cabins cannot be reserved untill that date. A limit of 15-24 people will apply, depending on the capacity of the cabin.

ACCOMMODATION: Cabin with sleeping platforms or bunks, and wood stoves.

TRANSPORTATIION: By carpool to the trailhead on Saturday morning, returning Sunday evening.

COST: $20 for accommodation plus an equal portion of the food, drink and transportation expenses.



Cross-Country Skiing

CANADIAN SKI MARATHON

FEBRUARY 8 - 9

This winter ski a great Canadian legend - the Canadian Ski Marathon. As the longest Cross-Country tour in the world, the marathon's groomed, classic technique trail covers more than 100 miles. The route joins Lachute, Montebello and Gatineau, passing over the rugged Canadian Shield and through beautiful forests. The beauty of the CSM's trail is just one reason why nearly 2000 skiers see the event as the highlight of their winter. Whether it be to achieve fitness goals, or to enjoy the camaraderie, skiers and dedicated volunteers keep coming back year after year.

Many kinds of individual and team awards can be won - each year R.A. enters a Maxi-Team, several four-person Touring Teams and a few of the elite Coureurs de Bois. The real trophy, however, is to achieve your personal goal as you ski as far as you want. Food, first-aid, waxing and repair services are provided at checkpoints along the trail. It's a real challenge and great fun - join us at the start in Lachute.

Information, Pot-luck Supper and Sign-up

A combined information-registration evening and pot-luck supper will be held on **Sunday, November 24th**. Call the Club tape the week before for time, location and details. CSM application forms will be available at the meeting.

Accommodation

Accommodation is available to suit all budgets. At the heart of the Marathon activity is the luxurious Chateau Montebello. There are also several new motels in the area and a coordinated network of B&B's. RA will be reserving a B&B in Montebello again, but note that there are limited spaces available, and this year's reservation for our B&B will be on a first come, first served basis. Check the box on the registration form to express your interest.

HELP WANTED

CSM Trail Maintenance: As part of our commitment to maintain a section of the CSM trail, teams from R.A. will clear branches and flag trails along the marathon route on **Saturdays, Oct. 26th, Nov.2nd, and Nov. 9th.** Fearless Gerry Bard will again coordinate this activity. No experience required!

Three cheers for Volunteers!: The CSM runs smoothly due to the efforts of an army of energetic volunteers. Whether or not you are planning to ski the marathon this year there may be other opportunities to participate. Karen Findlay can provide information on different volunteer activities.

If you are interested in skiing in the CSM or want to be a volunteer, check one or more boxes on the R.A. registration form, or leave a message on the Club tape (489-0339). However you plan to participate, don't miss this truly special event!

Diane Lowden

CROSS-COUNTRY SKI LESSONS

Tuesdays or Wednesdays, January 7 to February 12

7:00 p.m. - 9:15 p.m.

Once again Tom Silletta, former Quebec Ski Team coach, will be giving ski lessons on Mount Royal on Tuesday and Wednesday evenings. Three levels of instruction will be offered — beginner , intermediate and, ***new for this year***, an advanced level.

Beginner lessons will consist of an introduction to the basics of diagonal, uphill, and downhill techniques. Intermediate lessons will concentrate on technique refinement. Advanced lessons, for those who have already taken the intermediate lessons, will concentrate on individual needs.

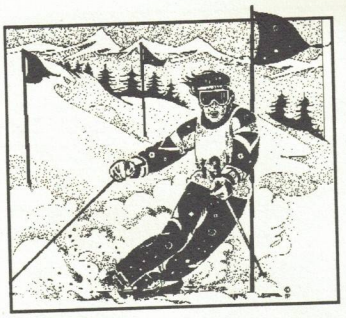
Each group will have an hour of instruction, and an hour of skiing the excellent trails. Those not enrolled in the lessons are welcome to join us for night skiing.

Lessons may be cancelled if there is a lack of snow and rescheduled at a later date. If snow conditions are iffy, check the Club tape for a cancellation message. Lessons will not be cancelled for cold weather, so dress appropriately.

Meet at Beaver Lake chalet at 7:00 p.m. The number 11 bus passes the chalet, or you can walk up from Côte-des-Neiges. People with cars can park near the chalet, but don't forget to bring change to feed the meter.

Lessons will be sold as a package of five for $50, with a choice of either Tuesday or Wednesday evenings. Non-members must also buy a one-year RA membership. RA will attempt to find a buyer for the entire package of five lessons if you decide to sell it prior to January 3, but RA does not guarantee that a buyer will be found. Individual lessons cannot be sold.

Make sure that you indicate the level of lessons as well as the evening on the registration form



Rookies at The Canadian Ski Marathon

BY HENRY KO

The weekend started with an icy drive from Montreal to Montebello. We arrived safely and hyped up for a good weekend of skiing. Jana and I didn't know what to expect since we were both rookies but John had done 5 previous CSM's. In any event, the bets had been made and the handicaps agreed.

Friday evening was noisy, since our hotel was shared by a minor hockey team that thought staying up past 9:30 was novel. We'll get them up in the morning on our way out, I thought to myself. The morning arrived and John and I went to Gatineau for the start. We were expecting a huge mass of starters, especially in the touring team category, but we were the only ones in our paddock. At the stroke of 7:10 am, we took off - "Lady and the Tramps" (the name of our Touring team) was on the trail.

Our initial discussions about the wax proved unnecessary as the first 2 km of section 10 was across an icy lake that scraped off everything. The next 15 km were also icy, requiring lots of poling. Good thing I had started training in November. The first sign of civilization was the farm of Jean Mineault; the checkpoint came shortly afterwards.

Section 9 was also long and uneventful. I had hoped the trails would be a bit more exciting since crossing fields was easy but monotonous. Section 8 was different and beautiful! The lake crossings, the hard climbing and the descents were a welcome change. It was only when I reached checkpoint 8 that I took a long rest before starting into my last section of the day.

Since I had the rest of the day to finish, I slowed down and looked around. Section 7 was rolling, with spectacular vistas. Too bad the trails were only open once a year. The day ended with a bus ride back to Montebello, and dinner with the RA gang. I revealed the recovery secrets of Tour de France cyclists to John and Jana as our team needed to be fresh for the Sunday ski.

Sunday brought a great dusting of snow. This was turning out to be the best weather in 10 years, said one veteran of the CSM as John and I skied to the Montebello golf course. This time, the paddocks were filled with skiers. This section was long and easy but I had not fully recovered from Saturday. I wondered if John felt as tired as I did.

Section 4 was another long one. This was exciting because we skied down a windy trail into a ravine. No one told us that the second you exited the trees, you had to execute a hard right turn and line up with a split log bridge that must have been only 18 inches wide! No handrails, a 10 foot drop into an icy creek - Now I know how a pilot feels when landing an aircraft carrier

Checkpoint 4, the start of the infamous section 3, was greeted with mixed feelings. I gave my skis to the volunteers from Fresh Air Experience for their "wax du jour"; the first time this weekend I had let someone else wax my boards. I had 2 hours to ski the 15 km section before the 2 pm cutoff. "Easy", I thought since my pace up to now had been 10 km/hr. I walked to the bottom of the Bobsled run and put on my skis. They didn't glide very well and I silently cursed myself for letting someone else wax them. I looked up into the trees to see groups of people slogging up the hill. I started to herringbone. The climb seemed to take forever. After passing the groups, it was time to descend. The descent was really heartstopping. The people before me had packed down the path to an icy slide. One crash later, I made it to the bottom and stopped for a chat with the First Aiders at the bottom. They said the road had been down to gravel on Saturday and we would have been walking if not for the weather gods. The halfway sign was a welcome sight but, glancing at my watch, I realized it was going to be tight making the 2p.m. cutoff. At the 3/4 point, I was 5 minutes behind schedule! It would be a shame to miss the cutoff by only 10 minutes. Time to go for it! It was 2:01 by my watch as I got my bib punched. Remembering Anne H.'s words of wisdom, I entered section 2 *before* going back for refreshments. Just two more people made it into section 2 before they closed the checkpoint. Made it by a minute!

Time to relax doing section 2. In the marsh the bare trees with heron's nests were a surprising sight. High-rise living at its best. The hills on the section were supposed to be easy, especially after the practice I just had on section 3, but they still seemed steep. The yellow school bus at checkpoint 2 signalled the end of a great ski weekend.

The Canadian Ski Marathon, do one section, or do it all. It's a beautiful collection of fields, soul destroying climbs, and Lifa soiling descents. Oh, and the final score, our team won a silver medal for completing a total of 24 sections. And we had a "blast".

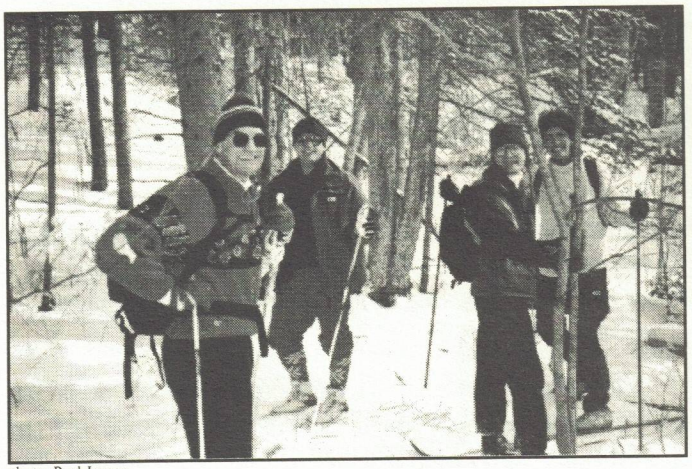


photo: Paul Jensen

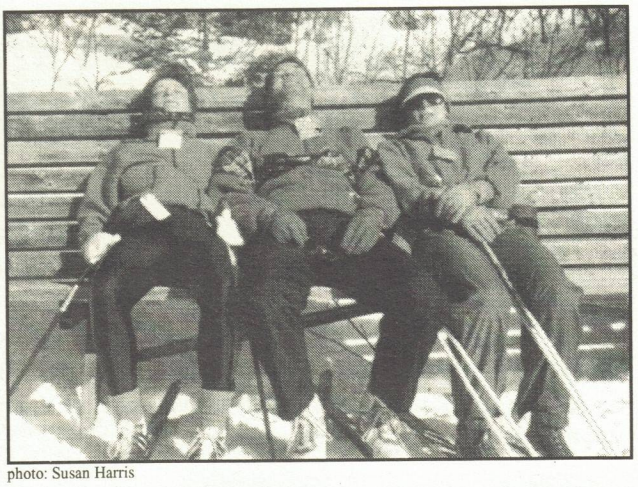


photo: Susan Harris



SKI TOURING TIPS

Follow these tips for your comfort and safety, and to get the most out of your R.A. ski trips:

■ Wear layers of clothing. Each layer traps air for insulation and can be added or removed to control body temperature. Avoid overdressing as this makes you uncomfortably hot, and causes excessive sweating that can lead to hypothermia.

■ A lot of heat is lost through the head, so a tuque is important on cold days. On warmer days, a tuque will cause you to overheat so a headband or earmuffs are better choices.

■ Avoid cotton fabrics. 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 inner 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 under mitts or gloves provide extra warmth.

■ Carry a lightweight, breathable windbreaker.

■ For longer outings, carry a day pack with energy food and liquid, an extra wool sweater, extra socks and mitts, tape, laces, spare ski tip, pocket knife and ski waxes.

■ Bring a spare top, sweater and socks to leave on the bus for after your ski.

■ Carry identification, some money, and *medicare card* with you, while skiing. Don't leave them in the bus.

■ Don't forget ID for the border (passport, birth certificate, or citizenship card) on trips to the states.

■ Don't ski alone: even a trivial accident can leave you stuck out in the cold. 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 to match you up with other skiers at your level.

■ Buy or make a bag for your skis and poles. This both protects them and makes them easier to load and unload.

■ Waxing: Listen to the weather forecast the day before and guess the correct wax to save prolonged waxing when you're itching to get on the trails.

■ It is surprisingly easy to take the wrong trail so use the map. The trip leaders will usually provide maps, and many centres have maps at the trail junctions.

■ Most, but not all, of our destinations are ski centres that have a cafeteria or restaurant. However, always bring a packed lunch as we can change destinations at the last minute due to snow conditions.

■ Pace yourself carefully to ensure you get back to the bus on time, otherwise you risk being unpopular with over 40 other club members and the trip leaders will worry that you might have had an accident.

■ Check yourself and your companions for signs of frostbite. White patches on face and ears, or numbness of body parts, indicate that frostbite is imminent. If no shelter is near, warm a frostnipped nose or ear by placing a bare hand on it. DO NOT rub as this will cause further damage. Cold hands can be warmed up by windmilling the arms.

■ To prevent hypothermia, avoid overexertion, dress appropriately, and eat and drink at regular intervals. Symptoms of the early stages of hypothermia are fumbling, stumbling, disorientation and uncontrollable shivering. Hypothermia is progressive and must be treated before it leads to unconsciousness and death. Get to shelter if possible. Remove wet clothes, add another layer of clothing, drink hot fluids, and keep moving to rewarm the body.

Centre du Vélo

Quality with Service Since 1930

Whinnie Cycles

Everything for the cyclist
All types of bicycles
Bicycle Trainers
Winter clothing · Inline skates
Parts, Sales & Service

Discount for RA members

Nick
Joseph
Bruno

6010 Sherbrooke St. W.
Montreal QC H4A 1X9
481-3113 481-8891



MARTIN SWISS
CYCLE - SKI

We offer ski repair call for more information

15% Discount to Randonnée Aventure Members

313 Victoria Ave.
Westmount, QC H3Z 2N1

Tel: (514) 481-3369
Fax: (514) 488-9717

THE LAZY WALKER BICYCLE Co.

Now serving our customers in 2 locations:

5584 Sherbrooke W.
Tel: 483-2792

5124 Sherbrooke W.
Tel: 481-5159



EXPERT SERVICE **250 USED BIKES IN STOCK**

We buy, sell, trade bicycles, tricycles, tandems, antique or special interest bikes

FULL RESTORATION SERVICE **OPEN YEAR-ROUND**

COMPLETE TUNE-UP, ALWAYS ONLY $20 +tax
(*same day service)

Randonnée Aventure Policies



NOTICE TO MEMBERS

Annual General Meeting

Notice is hereby given that the Annual General Meeting of Members of Randonnée Aventure will be held at the Westmount Armory, 4625 Ste. Catherine Street West, Montreal, Quebec on Saturday, December 7th, 1996 at 6:30 p.m. for the following purposes:

- To receive the unaudited Financial statements of the Club for the fiscal year ending October 31, 1996;
- To elect the Board of Directors for the following year;
- To resolve not to appoint auditors for the following year;
- To transact any other business which may properly come before the meeting.

Dated this 15th day of September, 1996

By Order of the Board of Directors

According to the by-laws of Randonnée Aventure, the four members of the Board of Directors are voted in by the membership at the Annual General Meeting.

Nominations received to date for the position of Director:

- Clive Brewer
- Anne Harper
- Gail Tedstone
- Lech Mikisko

MEMBERSHIP INFORMATION

Membership Fees

Annual Membership fee is $32

SEPARATE CHEQUES PLEASE!!! Don't forget that your membership fees and activity registration fees must be on SEPARATE cheques. Government regulations require us to deposit all trip payments directly into a special account, to be used for trip expenses only. Our general administrative expenses, which are covered by your membership fees, must be paid from a separate account — hence the need for separate cheques. Your cooperation is appreciated.

NON-MEMBERS AND EX-MEMBERS

Newcomers to the Club are invited to participate in ONE cycling, hiking, or cross-country ski trip before paying the membership fee. They must, of course, pay for the trip and sign a waiver. They can register by mail, at our sign-up evening, or by using the Club buy/sell procedure the week of the trip. This is a once in a lifetime trial offer and is not open to those who have previously been a member of RA or participated in any of our trips. Ex-members are reminded that they should renew their membership before using the buy-sell procedure.

RANDONNEWS AND RANDONNOTES

To reduce costs, the current Club policy is to send members only one issue of Randonnews after their membership expires. If your membership expired in April of this year be forewarned. This will be the last copy of the Randonnews that you will receive. Don't forget that Randonnotes, our mid-season publication, is only sent to current members.

Don't risk missing out on the latest information on upcoming events. Check the expiry date on your mailing label and renew now.

SUGGESTIONS AND IDEAS

We are always looking for new places for trip destinations and for new ideas for club activities. The Management Meeting of the Club, held on the second Thursday of every month, and other committee meetings (cycling, hiking, skiing and social), are open to all Club members. Come out and attend one of these meetings and find out more about how the club is run. For information, call the Club tape at 489-0339 and ask for details of date, time and location. Don't forget that this is your Club. It is run by volunteers just like you and we are always in need of an extra hand.

BORDER CROSSING

Acceptable ID (passport, citizenship card or birth certificate only) MUST be carried on all trips to the U.S.A.

DRINKING ON BUSES

It is illegal to consume alcoholic beverages on buses. Infractions of the law could result in the bus driver and the bus company being fined. All members are requested to respect the law and to refrain from bringing or drinking alcoholic beverages on the bus.

ACCIDENT INSURANCE

Randonnée Aventure strongly recommends that anyone participating in Club events outside Quebec obtain travel insurance. Quebec Medicare will cover only a small portion of medical expenses incurred outside the province. Hospitalization in the USA can cost over $2000 per day and less than $100 of that would be covered by Quebec Medicare.

The importance of ensuring that you have adequate insurance before traveling to the United States cannot be emphasized enough. Even if you have private insurance through your employer, you should review and clearly understand what is and what isn't covered. Things to look at include:

- Is transportation by Air Ambulance covered?
- Will it cover costs to return you to Montreal if you are hospitalized?
- Does it cover semi-private or private rooms?
- Do any pre-existing conditions effect the policy?
- What do you have to do if an accident does occur? Is there an 800 number to call?
- Make sure you are covered before going to the U.S. for even a few hours. Travel insurance is not expensive — when you look at the alternatives.
- Be prepared — make sure you have adequate insurance coverage.



Randonnée Aventure Policies

BUYING AND SELLING DAY TRIPS

Fees for day trips cannot be refunded to anyone for any reason. If you are unable to come on the trip, you may personally sell the trip to anyone you wish - for example a friend or a relative. If you prefer, we offer a service by which we attempt to sell the trip to one of our members.

Once you have activated the RA service, you must not attempt to sell the trip on your own. This might result in double-selling the trip and, in this case, priority will always be given to the person who bought the trip through the RA system.

A common occurrence is members phoning several weeks prior to the trip to buy or sell. To be fair to all members, neither buys or sells are accepted until Monday of the week of the trip. Buys and sells are then handled in order of the call, with members given priority over non-members. Remember that RA does not guarantee the sale of any trip, and the number of people wanting to sell sometimes exceeds the number of buyers available. Obviously, the earlier in the week that you call the better chance you have of either selling or buying a trip - just don't call too early or you won't even be on the list. The procedure to follow is:

To Buy a Day Trip:

From Monday a.m. to Wednesday 9:00 p.m., the week of the trip, call the Club number (489-0339), and leave your name and the name of the trip you want to buy. Calls outside this period will be disregarded. Non-members taking their first trip should say this, and should leave their phone numbers. We do not phone you back to confirm; you must call the Club number on the Friday evening before the trip to listen to the list of people for whom there is a place on the bus. If you hear your name, show up with exact change or a cheque, (we do not carry change.)

Important: If you are confirmed as a buyer you have made a commitment to pay for the trip. If you cannot make the trip, you must send a cheque for the trip fee to the Club. This applies to non-members also. If you do not do so promptly, you will be "BLACKLISTED" and will not be allowed to register for any more trips until payment is made.

If you do not hear your name on the Friday evening tape, you can go to the last pickup point with the correct payment and take a chance. (TMR Shopping Center before 8:00 AM). You have a good chance of getting on the bus if there are "no-shows." Those who have tried to reserve by phone have priority as walk-ons.

To Sell a Day Trip:

Monday a.m. to Wednesday 9:00 p.m., the week of the trip, call the Club tape (489-0339), 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 amount that you paid for the trip.

RA does not guarantee the sale of any trip. Once you have given your name to sell your trip, you no longer have a reserved seat on that bus. Should you want to go on the trip after all, you may do so on a standby basis at the last pick-up point.

Waiting Lists for Day Trips

We do not have waiting lists for any day trips. The Club tape will give you information on which trips still have space available. Any cheques received for sold-out day trips have to be returned so please check the Club tape before you mail in your registration form and, if a trip that you want is already sold-out, use the buy/sell procedure the week of the trip to purchase a seat. Your cooperation is appreciated.

Buying and Selling Weekend Trips

Weekend trips are not refundable but RA 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 co-ordinator. Requests to sell must be received at least 7 days before the date of the weekend trip. RA does not guarantee the sale of any trip.

There is a waiting list for each weekend trip. To be placed on this 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 and given the option to purchase the trip. Your cheque will be returned should you decide not to go, or if a place is not found for you.

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 the other participants and to smoke only where other members will not be affected.

Randonée Cycling

BY TONY SCOTT

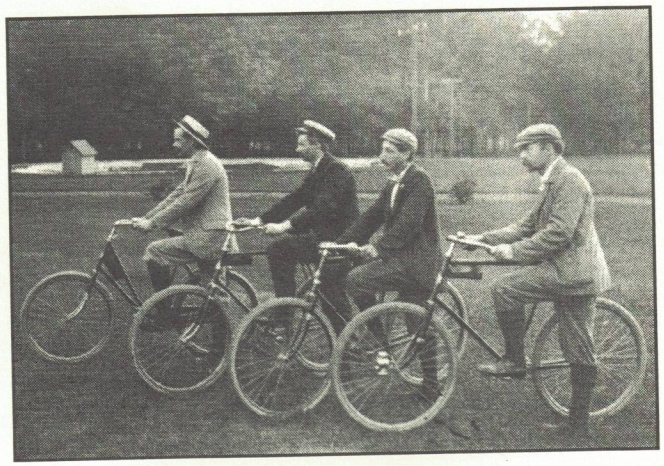
A WORD FROM YOUR CYCLING DIRECTOR

Before the start of the 1996 cycling season, the Cycling Committee was very optimistic about finding some new routes. Dates were set, scouters ready, then it snowed. We had to postpone the scout for Loon Lake. The next week the roads in Montreal were dry, but it was cold. Off went the trip scouters, arriving at Loon Lake to find lots of new snow on the ground. The roads were in bad shape, with sand and loose gravel. Decision time, go home or salvage the trip. Chateauguay, New York was chosen as an alternative to Loon Lake. And then on the day of the trip, it rained. Wet and cold, we shortened our rides and had a good time eating and drinking. This trip will be remembered as the "worm" trip due to all the worms that came out of the ground after the rain. Fortunately, all our bad luck was over, and a great season followed!

We tried a new event this year - an overnight cycling trip to Newport - a great success. With many cycling routes available, and lots of time to do them, everybody was ecstatic. After the cycling, we had the use of a hot tub and swimming pool at our motel. A few people took a cruise on Lake Memphremagog to round out the weekend. The consensus reached was that this event should be repeated in 1997. Look for it in the Spring Randonnews.

I would like to thank all those who volunteered their time to scout cycling routes for our 1996 season. The committee was pleased with the success of Videonite and the overnight trip to Newport. There will be a new Director and Assistant Director for 1997. Linda Shear is taking over as Director, and Linda Lessard as Assistant. Dinsmore and I have enjoyed the past two years working with the Cycling Committee. We would like to say thanks to all of you who helped to make our cycling activities a success. I feel confident that you will give our new directors the same support.

Enjoy the winter, but get your bike ready for spring 1997. Hope to continue riding with all of you from time to time. Keep safe!



CYCLING JERSEYS

All of you who enviously eyed our RA cycle jerseys during the past season are in luck. We will be taking orders for Randonnée Aventure cycling jerseys for the spring of 1997. If you are interested in buying one please call the Club tape and leave your name, phone number and the size of men's or women's jersey required. You will be contacted when enough requests have been received to place an order. The tentative price is $51.

DISCOUNTS FOR R.A.

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

Blacks Camping
3525 Queen Mary Rd., Montreal
739-4451

McWhinnie Cycle Inc.
6010 Sherbrooke St. W., Notre Dame de Grace
481-3113

Norway Nordic
127 rue Ste-Anne, Ste-Anne-de-Bellevue
457-9131

Martin Swiss
313 Victoria Ave., Westmount
481-3369

Base Camp
173 Cartier Ave., Pointe-Claire
630-6717

Cycles VB
6344 Victoria Ave., Snowdon
738-2101

Randonée Hiking

BY CLIVE BREWER

FROM THE HIKING DIRECTOR

Another wonderful hiking season is almost over - time races on!! Hiking day trips were as popular as ever, and though attendance was down slightly for a couple of weekend trips, 1996 has been a great year overall.

We tried two new ideas this year, both of which were well received. The "overnight" hike to Franconia Notch was a success, and this type of trip will be organized again next year (and yes, we will try to decrease the cost!). The "Extended Hike", with a longer bus ride, to Appalachian Gap, worked out well, and this will also be repeated next year, perhaps with a different destination.

The Hiking Committee received a few comments this year about trip ratings. In response to these comments, next season we will provide a more complete description of the various levels of hiking offered. We will also review all the ratings used on the day trips and weekends.

After two years I am handing over the Hiking Director position to Susan Harris. It's good to make regular changes, since a new director brings a new look and fresh ideas. I wish Susan the best of luck, and I would also like to thank all the members of the Hiking Committee for their tireless help and support. Bob P, Valerie, Maida, Bob Y, Annice, Mike S, Susan, Monika, Mary, Mike H, Gilda, Mike N, Talia, Paul, Helen, Elise, Holly - thank you.

The season ends with an exciting new destination in Maine. Our Thanksgiving weekend in Bethel promises to provide a spectacular finale to 1996. I hope to see many of you there.

Quebec Trail Maintenance: Opening "Our" Trail

BY MIKE SERNIUK

On Sunday September 8th, 1996, RA's Derek Wisdom and Mike Serniuk attended the ribbon-cutting ceremony of the Mont Ouareau trail. Fifty representatives of various clubs and organizations officially made this section of the National Trail open to the public. The trail extends from Route 329 to Route 125, and connects with the Intercentre trail system (known as Montagne Noir). The trail extends for 13 kilometres, 8 km south of St. Donat. It bypasses Lac Lemieux with its log cabin, then runs over a couple of crests and Mont Ouareau.

Three years ago, a small group of RA members blazed a trail of approximately 9 km to connect two short sections of established trail. Over nearly 25 visits since then, 30 RA members helped cut, clip, and lop trees, shrubs, and grass, and created a trail that will continue to be maintained by our Club.

Special thanks go out to: Maureen and Howard for their help with chainsaws and brush cutter; Derek for his skilled paint brushing; and Cesar for his countless hours of assistance on the trails. A few blowdowns remain to be removed this fall, and quite a number of projects will be initiated for 1997, to bring the trail up to a higher standard. We hope the Club will hike this section of the National Trail next season, and that more RA members will volunteer their services for a day of hard work and great satisfaction. That is, taking care of ***'our' trail***.

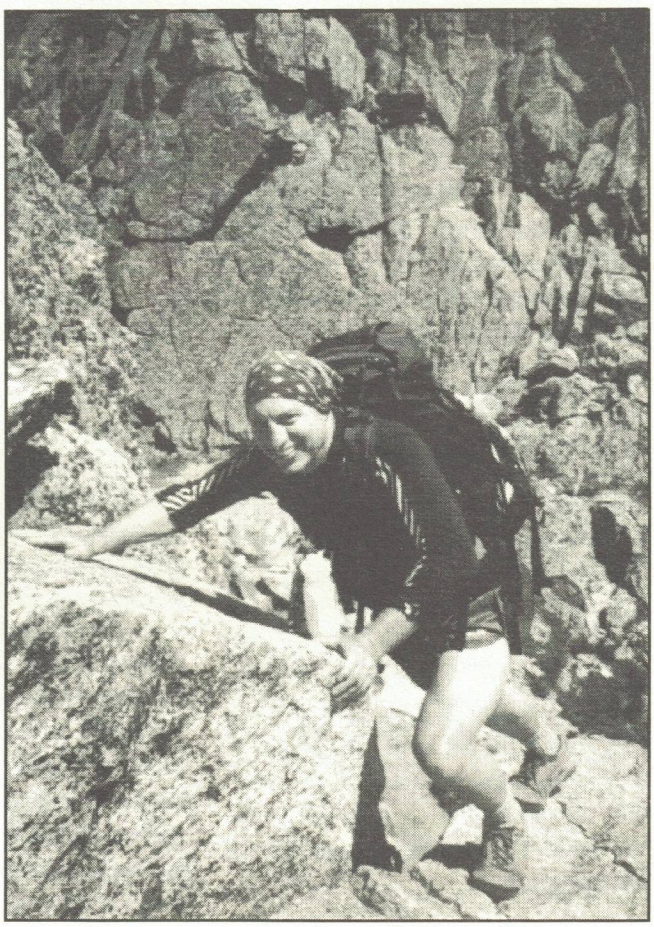


photo: Susan Harris

"Maine Attraction" BY ROBERT YARNOLD

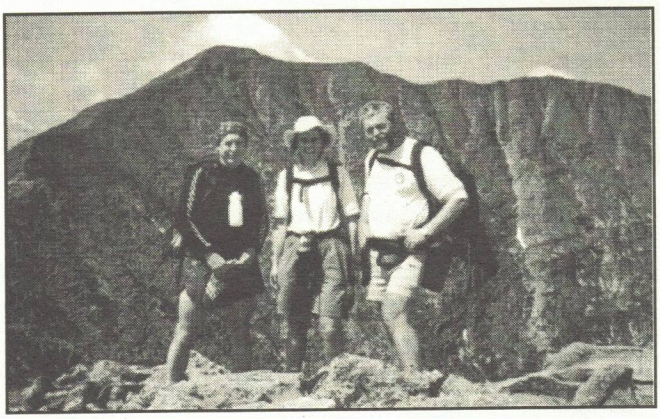


photo: Susan Harris

Some readers may recall my first submission to Randonnews. They will be pleased to hear that, in a couple of years, I have progressed from being an inexperienced slow hiker to being an experienced slow hiker. I was thus ready and eager to participate in a planned expedition this June to the storied Mt. Katahdin. A dozen of Randonnée's finest were to mount an assault on the highest peak in Maine, and to traverse the spectacular Knife-Edge. The peak is situated in Baxter State Park, which provides primitive camping areas, and an abundance of scenery, wildlife, and hiking challenges.

Our base camp was the Abol campground. We occupied three sites, each with two tents. The sites were to take turns in hosting dinner, with the last day being a potluck feast of leftovers. We were warned in the park brochures that there was no potable water at the camp site. As a site co-ordinator, I took responsibility for purchasing appropriate beverages on the way there - ensuring that the hikers suffered no risk of dehydration. My overloaded car was last to arrive at Baxter, at 5:30 p.m. Our tents and tarps were soon erected, and we were entertained by Talia, Gerry, Al, and Ray for spaghetti dinner - with loads of garlic bread heated over the fire. Dessert was washed down with B&B, and we ended the evening chatting around the campfire.

The weather on Katahdin can be treacherous, and I had heard tales of visitors being denied the climb by several days of bad weather. So we rose early, breakfasted, and, in spite of a so-so forecast, set off for the summit. The route, though steep, was short and direct, and we soon were in the Basin - a plateau area near the summit. Here the wind was fierce, and visibility deteriorated to a few yards. Navigating from cairn to cairn with difficulty, we reached the summit, and ate lunch in the shelter of some nearby rocks. The summit sports a 13 foot cairn to bring the height to exactly one mile. Disappointingly, the wind and lack of visibility precluded tackling the Knife-Edge. Luckily the skies cleared on the descent to reveal spectacular views. I felt in such good form that I raced to the bottom, arriving ahead of the rest - who were presumably enjoying the scenery.

Beef Provençale casserole, my speciality, was my group's dinner contribution. It being still frozen, we left Sam to melt it and peel potatoes. The rest of us went for a swim in Lake Abol, which was refreshingly cool to my glowing feet. Rain arrived with dinner, but thanks to the superior cover erected by Gerry, we had an enjoyable meal, washed down by suitable beverages.

A more relaxed itinerary was in order for Day Two, so, keen to experience the flora and fauna, we headed for the Katahdin Stream campground by car. I was lucky to be with Dudley, a Biology teacher, who provided Linnaean descriptions of interesting finds. We chatted with a ranger who advised us where we might go to observe moose. Sure enough, we found a female specimen lunching on water plants in Kidney Pond. After dinner that night (chicken curry and fruit cake at Susan's), we planned our final day's hike. This was to be the ascent of Katahdin via the "Knife-Edge" (a glacial cirque).

The name describes it - a mile long ridge, with a thousand foot drop on either side, where the trail is often only a few feet wide. We had to arrive before 6 a.m. (park opening time) to get a spot in the parking lot. We had breakfast there and were on the trail by 7 a.m. It took us (the rearguard) about four hours to reach the Knife-Edge, and a couple of hours to cross it. The trail was only moderately difficult, although occasionally some significant rock climbs were required, enhanced by the possibility of falling a considerable distance. The ridge rises steeply in a thousand foot climb to Baxter Peak (the highest point). The weather was hot and the views incredible. Every insect for miles around was out enjoying it too! Our group reached the summit in about six hours. We lay on the grass (apparently forbidden) and soaked up the sun for half an hour before returning. Out of water, I was able to replenish at Chimney Pond, courtesy of Mike de Tracey's filter service. I finally arrived at the parking lot at 5:30, having had more than enough hiking for one day.

After some liquid refreshment, our team went for a refreshing swim, during the course of which I provided dinner for a large leech! Then we returned to camp for our own supper. We spent a pleasant evening by the campfire reviewing the highlights of our expedition. Early next morning we broke camp, and set off on the long drive home. All in all, a memorable trip. Many thanks to Susan Harris for organising it, and to my campmates Annice, Mylène, and Sam for looking after me so well.

Walking in the French Alps

BY CLIVE BREWER

The views were spectacular as we descended toward Geneva Airport. The day was clear, and the gigantic peaks stretched to the horizon. Mont Blanc, the Matterhorn, the Jungfrau: peak after peak after peak. Later, as our bus neared the French Alps, the mountains that were our destination came into view: le Dent d'oche, les Dents du Midi, les Cornettes de Bise. Less massive than the famous peaks, but still snow-covered and sharply piercing the sky; and below: quiet valleys, Alpine-style buildings, and the clanging of cow-bells.

Rain descended on Châtel the next day, and our first few days were dull and misty. The walks were wonderful. We walked into Switzerland the first day, just over the hill. This was an introductory walk, just to show us around, 7-8 miles, a 2000-3000 feet ascent, very similar to our hikes here; Morclan, le Tour de Don, Haut-Saix (NOTHING to do with the Mile-High Club, I assure you). Spectacular views awaited us, we were told, should the weather clear.

We were on a holiday run by the Ramblers' Association (another RA!), an English organization that operates a holiday arm in addition to its primary role of supporting local walking groups, and protecting and maintaining footpaths. This was a "C" grade holiday, meaning "terrain moderate to hard, 6 hours walking each day". And we had a very compatible walking group. All of us were much the same level, which indicated to us that the English know their place. Perhaps it's connected with the class system.

Our holiday leader was Ron, a white-bearded Scot in his early seventies, with a sometimes indecipherable accent. Ron could out-walk us all. He'd be walking beside you, chatting while you panted your way up a steep slope, when he'd say "Well, ... I think .... a wee word .... folks up ahead". And off he'd go, as if you were standing still. He spoke French, again with the indecipherable accent. His role was to ensure everything went well, and to lead the walks. Frequent stops for delicious coffee (Ron usually chose beer, even at 10.30 a.m.), often a lunch stop near a pleasant café high up in the mountains - oh yes, Ron was a great leader.

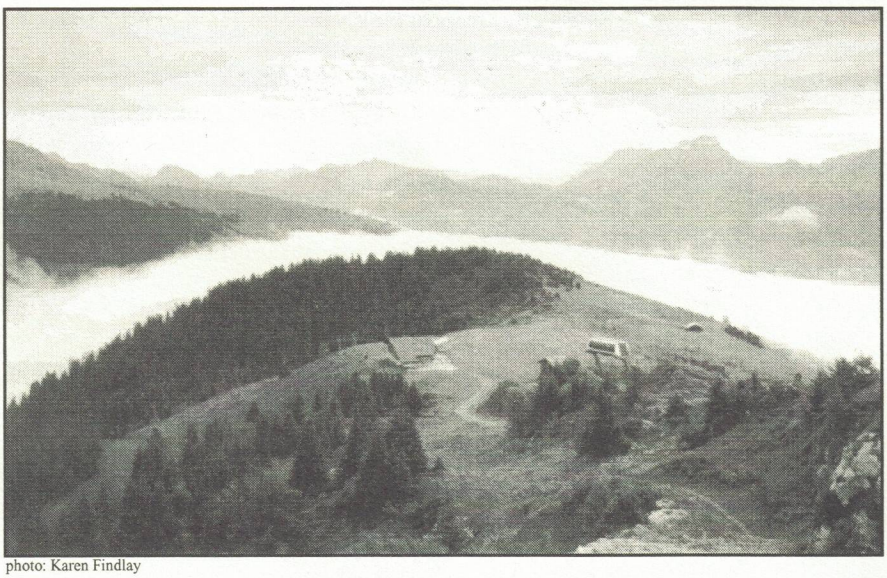


photo: Karen Findlay

One day we awoke to a new world. White mountain-tops right above us, and blue patches of sky. A thin carpet of snow covered everything above 5000 feet. We started up from our hotel. There was a bite in the air that day, and the blue of the sky and the white sparkling mountain-tops made you catch your breath with wonder. Les Portes du Soleil, the name given to the district, suddenly became comprehensible. Mont de Grange, Mont Chauffé beckoned. We descended into a small town, stopped for coffee. Sheepskins, goatskins everywhere - Les Lindarets was known for that. And cheaper Swiss Army knives than we had hitherto seen. We shopped; we walked on.

Meadows covered in wild flowers, high above the valleys. Cows solemnly chomping, the bells round their necks tolling mournfully, gaily. Goats that annoyingly attacked our sandwiches one day . The enormous valley of the Swiss Rhône, Lake Geneva at its foot. A populated world - every time you reach another crest, you see above you still more cows, more impossibly angled roads, another ski lift. Les Portes du Soleil is the largest ski area in the world, they say. 224 lifts join dozens of valleys in France and Switzerland. As everywhere in Europe, the influence of man is seen. And yet, the beauty of these mountains, so different from our tree-clad mountains, is an experience not to be missed.

Ramblers' Association organize walking holidays all over the world, and we'd be happy to give you more information if you are interested. We also recommend their house called Hassness, 16 rooms or so, in the Lake District of England, near Buttermere. This is a wonderful base for some serious walking around Hay Stacks, Great Gable, Scale Force, and Ennerdale. That's an area we just touched on during this trip, and to which we'd love to return.

Social Stuff



photo: Elise Brais

HALLOWEEN PARTY AND WINTER SIGN-UP

8:00 p.m. till 1:00 a.m., Saturday, October 26

Calling all you Ghouls and Goblins to the Westmount Armory, 4625 St. Catherine West for the annual Halloween Party and Fall Sign-up. Prizes will be awarded for the funniest, scariest, and most innovative costume. $10 entry includes party snacks. Offers to help with decorations, door duty and food tables are welcome - please leave a message on the Club tape.

Take note: **Ski Season Registration Desk closes at 9:30 p.m. so that everyone has a chance to party.**

TALENT NIGHT AND SING-A-LONG

Saturday, November 9

Join us for an evening of song and good cheer at Linda and Egon's. Even if you can't hold a tune you are still welcome to come along and lip-sync. We are especially looking for volunteers who play a musical instrument or have related talents. Sheet music can be provided. Call the Club tape and leave a message for Egon if you would like to come along. He will call you back with details and instructions on how to get to their place.

TOBOGGANING ON MOUNT ROYAL

7:00 p.m., Tuesday January 21

Get rid of the day's stress by tobogganing on Mount Royal. The exact meeting place will be on the Club tape the week of the event. If conditions look doubtful, call the Club tape first. If it's a "no-go" because of the weather, we will try again the following Tuesday. Don't forget to bring something to slide on.

ANNUAL GENERAL MEETING, HOLIDAY POTLUCK DINNER AND DANCE

6:30 p.m. till 1:00 a.m., Saturday December 7

All Randonnée members are cordially invited to join us for this festive event at the Westmount Armory, 4625 St. Catherine Street West. Admission for members is a dish to serve six to eight people. Guests of members will be charged $10, in addition to their food contribution. Your last name determines the category of your contribution:

A - CU	Appetizers, Finger Foods, Crudities, Dips - no chips.
D - Fi	Fruit; ready to serve.
Fo - Ki	Dessert; pre-sliced if possible.
Ko - La	Bread/Rolls - a variety - sliced & in baskets (no soda biscuits).
Li - Ma	Quiches; (slightly warm and pre-sliced).
Me - Mu	Starch Dishes & Salads - Pasta, Potato, Rice etc.
Mu - N	Green & Vegetable Salads.
O - Ra	Cold Cut Platters
Re - Z	Main Dishes; Meat Dishes, Cheeses, Pastas.

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: Please bring a non-perishable food item as a donation to a local food bank.

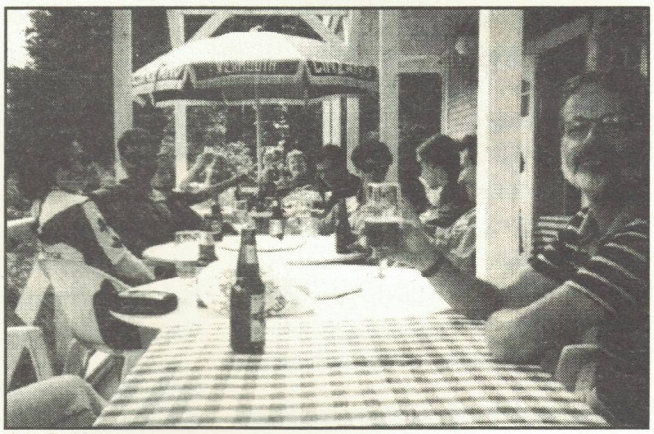


photo: Paul Jenson

SKATING AT THE BELL AMPHITHEATRE

2:30 p.m. to 4:30 p.m., Sunday February 23, 1997

The last time we tried an afternoon of skating, the temperature outside was -30° C. This time we aren't taking any chances — we are going to do our skating inside. Meet at 2:00 p.m. at the Bell Amphitheatre, 1000 de la Gauchetiere, Metro Bonaventure. Admission is $5 but there's a group discount for more than 20 people. Skate rental is available. After working up an appetite, join the group for supper at a near by restaurant. No RSVP required for this event.

The most Specialized

outdoors store in Montreal



3525, ch Queen Mary
Montreal (Quebec)
H3V 1H9

Telephone:
(514) 739-4451 or
(514) 739-2141

METRO CÔTE DES NEIGES

1101, Laurier ouest
Montreal (Quebec)
H2V 2L3

Telephone:
(514) 271-1314

METRO LAURIER

RANDONNÉE CALENDAR

OCTOBER

19 ..... Sat ..... Belvidere/Tillotson, VT hiking trip
19-20 ... Sat-Sun ... Vermont Trail Maintenance
23 ..... Wed ..... X Country Ski Fitness on Mt. Royal
26 ..... Sat ..... CSM Trail Maintenance
26 ..... Sat ..... Halloween Party & Sign up
30 ..... Wed ..... X Country Ski Fitness on Mt. Royal

NOVEMBER

2 ..... Sat ..... CSM Trail Maintenance
4 ..... Mon ..... Atwater Library Sign up
6 ..... Wed ..... X Country Ski Fitness on Mt. Royal
9 ..... Sat ..... CSM Trail Maintenance
9 ..... Sat ..... Talent night/Sing-a-long
13 ..... Wed ..... X Country Ski Fitness on Mt. Royal
14 ..... Thu ..... Management Meeting
20 ..... Wed ..... X Country Ski Fitness on Mt. Royal
24 ..... Sun ..... CSM Info Evening and Potluck
27 ..... Wed ..... X Country Ski Fitness on Mt. Royal

DECEMBER

3 ..... Tue ..... Ski Trip Leaders Orientation Meeting
4 ..... Wed ..... X Country Ski Fitness on Mt. Royal
7 ..... Sat ..... AGM, Holiday Dinner & Dance
12 ..... Thu ..... Management Meeting
20-22 ... Fri-Sun .... Craftsbury Common Weekend Ski Clinic

JANUARY

4 ..... Sat ..... Lac Monroe ski trip
5 ..... Sun ..... Montagne Coupée ski trip
6 ..... Mon ..... Ski Waxing Clinic
7 ..... Tue ..... Ski Lessons on Mt. Royal
8 ..... Wed ..... Ski Lessons on Mt. Royal
9 ..... Thu ..... Management Meeting
11 ..... Sat ..... Far Hills Inn ski trip & lessons
14 ..... Tue ..... Ski Lessons on Mt. Royal
15 ..... Wed ..... Ski Lessons on Mt. Royal
18 ..... Sat ..... La Mauricie ski trip
19 ..... Sun ..... Morin Heights ski trip
20 ..... Mon ..... Deadline for Spring Randonnews
21 ..... Tue ..... Tobogganing on Mt. Royal
21 ..... Tue ..... Ski Lessons on Mt. Royal
22 ..... Wed ..... Ski Lessons on Mt. Royal
24-26 .... Fri-Sun .... Mont Sainte Anne Ski Weekend
25 ..... Sat ..... Pimbina ski trip
28 ..... Tue ..... Ski Lessons on Mt. Royal
29 ..... Wed ..... Ski Lessons on Mt. Royal

FEBRUARY

2 ..... Sun ..... Mt. Van Hoevenberg, NY ski trip
4 ..... Tue ..... Ski Lessons on Mt. Royal
5 ..... Wed ..... Ski Lessons on Mt. Royal
8 ..... Sat ..... St. Jovite ski trip
8-9 ..... Sat-Sun ... Canadian Ski Marathon (CSM)
11 ..... Tue ..... Ski Lessons on Mt. Royal
12 ..... Wed ..... Ski Lessons on Mt. Royal
13 ..... Thu ..... Management Meeting
15 ..... Sat ..... Stowe, VT ski trip
22 ..... Sat ..... Hotel L'Esterel ski trip
23 ..... Sun ..... Skating at the Bell Amphitheatre

MARCH

1 ..... Sat ..... Hazen's Notch, VT ski trip
1-2 ..... Sat-Sun ... Wilderness Ski Weekend
8 ..... Sat ..... Auberge Val Carroll ski trip & party
13 ..... Thu ..... Management Meeting
15 ..... Sat ..... Go with the Snow ski trip
23 ..... Sat ..... Spring Party and Sign-up

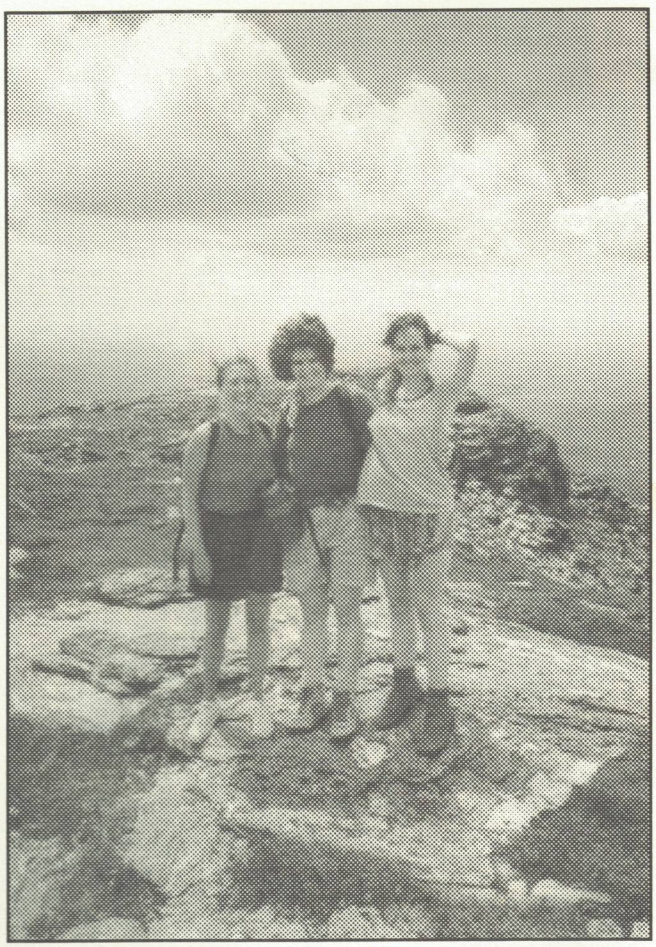


photo: Gerry Bard