

Snow Walkers Gazette

VOLUME 99, ISSUE 3

DECEMBER , 2003

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Message from the President

Recently I had the pleasure of attending a “pine tar and paraffin” party at the famous Donny and Marie’s residence. I had the misfortune of informing my wife of the event as a “waxing party”. She smirked and replied that she hoped I had a good time and that she also hoped that I would be happy with my new bikini line. Just no respect these days...

Anyhow, a big thank you to Don and Marie Willett for host-



ing the session. The garage was full of people waxing- their skis, and thanks to recent snowfalls, we are able to get out on local trails.

Our club is currently in the process of promoting the organization in Central Alberta. We are having posters and brochures printed for distribution throughout Red Deer and also in surrounding towns. We will try to have some of the posters available for the next meeting and if you wish, you can take one to post at your place of employment. (a poster is included in this newsletter)

Our December business meeting will be short in order for us to get out for the annual “wolf howl”. Please see this newsletter for lurid details and I hope to see you out for the meeting.

On behalf of all the executive I would like to wish you a very **Merry Christmas and a Happy, Healthy New Year!**
Patrick

Thanks to
Dow Chemical
for
photocopying this
newsletter

Parkland Ski Club General Meeting

Tuesday, Dec. 9, 2003 at 7:30

Kerry Wood Nature Center for short meeting

Followed by

Tobogganing at Woodlea Hill- dress warmly and bring a toboggan
(extra toboggans will be available) Hot drinks and snacks provided



Parkland Ski Club Officers for 2003-2004

President: Patrick Gleason	227-1164	pgleason@chinooksedge.ab.ca
Vice President: Mike Carley	346-2146	pcarley@telus.net
Treasurer: Claude Sam	342-2069	nsam@telusplanet.net
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Mt. Tour Chair: Mike Spencer	346-2685	iluvused@telusplanet.net
Publicity: Karen Weisgerber	887-4028	klweisgerber@hotmail.com
Day Tours: Barb Coulter	346-7096	barlou1@telus.net
Newsletter: Don Wales	343-2937	donmarie@telusplanet.net
Social: Carol Lindner/ Brian Davies	227-4409	bcdavies@telusplanet.net
Webmaster: Dick Pawloff	347-3658	dpawloff@telusplanet.net

Obituaries

*“When you don’t know
what to do, walk fast and
look worried”
Prof. Lipstand*

It is with the saddest heart that we must pass on the following news. Please join us in remembering a great icon of the cross country ski community, who we have had for supper on several occasions.

The Pillsbury Dough Boy died yesterday of yeast infection and complications from repeated pokes in the belly. He was 71. Doughboy was laid to rest in a lightly greased coffin.



Dozens of personalities came out to pay their respects including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch.

The grave site was piled high with flours. Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business but in later years his life was a series of turnovers. He was not considered a very smart cookie wasting much of his dough on half-baked schemes.

Despite being a little flaky at times, he still, as a crusty old man, was considered a roll model for millions. Doughboy is survived by his wife Play Dough, two children John Dough and Jane Dough, plus they had one in the oven. He is also survived by his elderly father Pop Tart. The funeral was held at 3:50 for about 20 minutes.

Ski Club Trip Reports by Professor Lipstand

It is not even the end of November and already the club has had two very successful weekend ski trips neither of which have filed a trip report... John !!!!!!! ???., Bob ?????

Seven of the more fanatical members of the Ski Club endured the hot tub and luxurious amenities of Shunda Creek Hostel on the traditional Remembrance Day “Remove the P-tex from your Ski Base and Whack your Knee Cap on a Boulder” Trip.

Bob Marston lead another successful trip to the less palatial Beauty Creek Hostel and preliminary reports suggest that even more p-tex was sacrificed . Rumor has it that the evenings entertainment involved showing off the multiple bruises and contusions of the trip members. More detailed trip reports are forthcoming in the next Snow Walkers Gazette or else the editor will see fit to make something up and we all know how that usually turns out.

So get those trips reports in on time folks

William Watson Christmas Extravaganza Dec. 19- 20

Each year several of our chronologically challenged club members book several suites at William Watson Lodge for 2 days of skiing on the trails in Kananaskis, a delicious pot-luck dinner socializing and Christmas music. There is room for a maximum of 20 people. . The cost is very reasonable You will be contacted by the organizers as to what to bring to the pot-luck. Call Ruby at 343-1058 to book a space.

*“Tell me what you need,
and I will tell you how to
get along without it.*

Prof. Lipstand

Ski Trail Report as of Friday , November 28, 2003

- **Barrett Park.** A number of us have been skiing here for the last 3 weeks on good skied in tracks
- **Heritage Ranch** Mark and Dale have again done their magic with so little snow with good tracks around Great Chief Park , fair to good tracks along the river but very good all the way up to the Ranch buildings
- **River Bend** Dave Richmond reports that the trails are packed but not track set. Snow may be a little thin under the spruce trees on the perimeter trail.
- **College/Bower Trails.** No track setting as yet but it is reported to be barely ski-able with some damage by quads. Another dump of snow is needed
- **Jarvis Bay** This is the best snow in the Red Deer vicinity. Tracks have been skied in and someone has packed a skating track around all of the camp-ground roads. This is a beautiful set of trails through a lovely aspen forest.
- **Crimson Lake.** Rocky got more snow than us so the lake trail could be good.



Ski Course Evaluation

After taking one of the ski club's courses or tours please take the time to evaluate the instructor by selecting one or more of the feedback statements below:

- Instructor sets low personal standards and then consistently fails to achieve them.
- His tourers would follow him anywhere but only out of morbid curiosity.
- I would not allow this instructor to breed.
- When his I.Q. reaches 50 he should sell
- When you see two people talking and one looks bored, he's the other.
- The instructor has delusions of adequacy.
- He brings a lot of joy whenever he leaves the room.
- This instructor is depriving a village somewhere of an idiot.
- This tour leader should go far and soon I hope.
- This instructor works well when under constant supervision and cornered like a rat in a trap.
- This instructor would be out of his depth in a parking lot puddle.
- This instructor certainly takes a long time to make his pointless.
- Other.....

*I used to be a
schizophrenic, but we're
okay now.*

Prof. Lipstand

Ski Course Update by Mike

The first 2 courses below are scheduled to run, dependant on attendee interest. Please call Mike Carley at 346-2146 to register, or see me at the general meeting. Please review last months newsletter or the web for other courses that may be scheduled dependant on interest, and sign-up for them! Note that the cost is an unbelievably low \$5 per night. Please try to pre-pay if possible, as we do need to pay for the classroom use.

Intro to Mountain Touring - Dec 11 at 7:30: Brian and Carol will provide info on preparing for x-c ski touring in the mountains. Location will be confirmed. We are attempting to access the composite high school as a venue.

Avalanche Transceivers Level 1 - Jan 19 at 7:30: An evening reviewing the various transceivers that the club owns, as well as time to use them. We will spend about half our time inside and half outside, so dress warmly. Will cover the use of the new Tracker beacons!! Location - at the Carley house. Call 346-2146 for directions

There has been good interest in a GPS course; we will be scheduling a date for it shortly.



Dry-land Training for Ski Racing by Kit Richmond



So what do athletes do in the off-season? As many of you would have thought, dry-land training is quite a large component of the off-season. For most of athletes my age a summer job is also a must in order to fund our favorite passion: cross-country skiing. This article will mostly focus on what specific training regiments I have experienced during dry-land training. Hopefully this can assist others in their endeavors to become faster and as a result more physically fit.

The bulk of a skier's training is done during the summer and fall months. At first we start with general strength to build muscle mass and strength. This includes circuit training. Also something that is considered extremely important is core strength. Various exercises using no weight are done in positions that make your body use small stabilizer muscles along with abdominals and erectors (parallel to your spine). These exercises are somewhat similar to the 'Pilates' sometimes seen on television. As the year continues the strength becomes more and more specific involving lactate tolerance and muscle endurance. These types of workouts often involve a one minute on then one minute off format. Generally they are done without added weights.

Strength is only a component of a skier's training. We're not weightlifters! The other large section of training is Zone 1 (I'll explain later) and intensity or speed workouts. Generally shorter speed and intensity workouts are done during the early parts of the summer, then as the fall approaches they get longer and more intense. There are number different ways to do intensities. One of my favorites is the pyramid with equal rest. (ex: 12min: rest 2min etc.) Usually the peak is at 4 minutes then goes back down in the same fashion. All of these workouts are done at race pace. Zone 1 is simply a range in heart rates that we use to train at. It is usually significantly lower than the maximum hear rate. By training at this level we can maximize aerobic benefits while minimizing energy expenditure.

Training is divided into two different categories, specific and non-specific. A morning run would be non-specific, while a roller-ski would be specific. I encourage people to try rollerskiing. Partly to watch their first try but also because a specific skiing motion in the summer can greatly improve technique. Make sure you are wearing a helmet and gloves...they're not equipped with brakes! We also do hiking, Mountain Biking and road riding. With all these different activities to choose from it is hard to get bored. During the majority of our workouts we use sports drink along with food for the longer treks. Well that was a short recap of my summer, hope yours was eventful too. Hopefully the snow falls soon!!

I would like to thank my sponsors for their generous support:

STRONE, CODA, CANADIAN WINTERSPORT, SUBARU

Kit Richmond is currently training with the National Training Development Center located in Canmore, Alberta.

*“Politicians and diapers
have one thing in
common...They should
both be changed regularly
and for the same reason”*

Prof. Lipstand

Day Tour Schedule by Barb Coulter

If you are interested in leading a tour please contact **Barb** at 346-7096 or e-mail barlou1@telus.net. If you are interested in going on a tour, please call the tour leader for details; not Barb. Here is the preliminary schedule:

- Dec 21 Jarvis Bay, Sylvan Lake , 1:00 pm at Campground entrance. Call Don at 343-2937 for details
- Jan 11, 2004 College Ski Trails Call Mike Spencer at 346-2685
- Feb 15 Innisfail Call Brian Davies at 227-4409
- Feb. 29 Raven/ Kevisville Trails Call Patrick Gleason at 227-1164
- March 7 Lacombe Golf Course Barb Coulter phone 346-7096

PARKLAND CROSS
COUNTRY SKI CLUB

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Red Deer, T4N 2M1

Phone: 343-2937

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donmarie@telusplanet.net

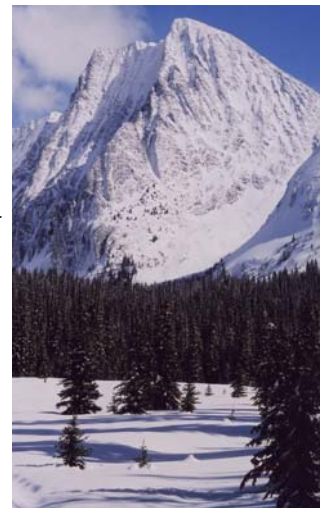
*The mission of the
Parkland Ski Club is to
get down on our hands
and knees and pray for
snow....opps!...I mean to
enjoy, enhance, facilitate,
and promote cross country
skiing.*

Ski Notes

- **The Club History Book.** Dick Pawloff is looking for photographs of tours this year. If you take digital images please have a print made at a photo shop. On the photos or prints please indicate the location of the shot and the first names only of the people in them. Call him at 347-3658 for more information.
- **Newsletter.** December will be the last newsletter you will receive unless you have paid your membership. Club information however is readily available on the club web site.
- **Ski Club Courses.** Mike Carley reminds us to sign up soon for any of the informative ski courses offered by the club by signing up at a club meeting, calling Mike at 346-2146, or e-mailing him at pcarley@telus.net. Some courses offered include: Introduction to Mountain Skiing, Telemarking Level I and II, Telemarking- How to get Rid of Those Pests, Mountain Weather, Passing Wind in your Powder Suit Level III, Repair and Maintenance of Ski Equipment, Map and Compass, Crevasse Self Rescue, Avalanche Transceiver Level I and II, Darning your Knicker Socks Level IV, Emergency Snow Shelter, Lucrative Tax Shelters, Level V, Global Positioning System, Winter Camping, and Standard First Aid.

First Aid and Repair Kit in a Roll- by Prof. Lipstand

Tired of lugging around a heavy first aid and repair kit? That's all passé when you carry along a couple of rolls of duct tape. There hasn't been an emergency I couldn't handle with duct tape and I'm convinced those two fatalities were just bad luck. For your first aid kit there isn't a laceration big enough that cannot be patched with a generous application of duct tape. Any bone break from a femur to the little pinky I handle with a full body cast. I call it the mummification technique and with the smooth surface of the duct tape a victim can be easily rolled or dragged out to the trail head. Internal problems like diarrhea can be cured by dissolving the glue from the tape and bottoms up. Have you and your binding parted company from your ski? No problemo! A multiple wrap of tape around your foot and ski solves the problem but at the end of the day you may experience problems with driving, walking through doors or getting comfortable in your hostel bunk. On the up side you will save time getting ready for the next days tour. Forget your skins again? Attach some duct tape the full length of your ski sticky side out. Then find a squirrel midden and walk over a nest of spruce cones and presto, climbing skins. If your are getting a little irritated with that tourer who is less than happy with your route selection, a generous application of tape over his or her flapping lips will solve that problem. And at the hostel you just remembered you forgot your bathing suit. First get naked, wrap two rounds of tape around your waist, attach a strip in the back, pass it through your nether regions, and attach it to the front. Voila! a trendy thong and when you take it off, you will be already for the bikini season. (opinions expressed by this old fuddy duddy don't necessarily represent the views of the Ski Club but they wish)



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