



# SKI TRACKS

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*Revolution Cycle*

## President's Message

Another successful ski season is drawing to a close. Snow Valley will shut down on April 1 and there is only one more Club ski tour (Sunshine on April 11 to 14) for this season. The Tour Coordinators and Tour Hosts are to be congratulated and thanked for their part in making this ski season one that will long be remembered.

This year's **Annual General Meeting** will take place on Wednesday, April 28 at Snow Valley from 1:00 to 3:00 pm. I urge all of you to attend this important function not only to show support for your Club and our new Executive, but also to stay current on the affairs of the Club. An outline of the agenda is included in this newsletter.

May marks the beginning of our **Summer Programs**. Both biking and golf will start in the first week of May and our **Annual Spring Banquet** will be held at Snow Valley on Wednesday, May 12. Information regarding the banquet and the purchase of tickets is included in this newsletter.

For the third time this past year, we mourn the loss of one of our long time members. On Saturday, March 20th, **Robyn Kelly** passed away at the age of 74. His sunny disposition and cheery attitude will be sorely missed by all of us who knew him. Our heartfelt condolences go to his family and many friends.

As this is the last newsletter before my term as president expires, I would like to sincerely thank the entire Executive for their support during the last two years. Their hard work and dedication to the Club made my job both easy and rewarding. Also, a special thank you to all of those members who volunteered their time so that we could successfully run the many programs that the Club offers. We could not have done it without you.

I hope to see all of you at the Annual General Meeting.  
Klaus Kyritz

UNDER the COVER	Pg
Summer Activities	2
AGM Announcement	2
Walking Group Schedule	3
Summer Biking by Robbie	4
Spring Dinner Announcement	4
Marmot in March Tour Report	5
Harold Knopke - Biking Can be Fun	6
Revolution Cycle	7
Corrective Lens Goggles	8
Summer Activities Registration Form	9



What's Coming Up?	
Sunshine Village 2	Apr. 11 to 14
AGM	Apr. 28
Spring Banquet	May 12
Golf	Starts May 3
Biking	Starts May 4

Here is the reason for boundaries. Two large avalanches approached the area boundary markers near Knob Chair runs at Marmot.



**SUMMER ACTIVITIES**

**Biking**

Mark your calendar! Biking begins on Tuesday, May 4th, 2010, at the **Hawrelak Park** main parking lot. It is the first lot on your left. The first official bike ride departs at 10:00 AM. We will meet for the first two weeks at Hawrelak. The **Canmore Excursion** is scheduled for June 14 – 17 this year. **Robbie Steen** will again offer an introductory course for members wishing to join the biking group. Information on this course can be found on page 4.

To participate in any of our summer activities you must send in a completed **Summer Activities Registration Form** to the address noted on the form. The form is available on our website and at the end of this newsletter.

**Golfing**

Golfing begins on Monday, May 3rd at 10:00 AM. at Deer Meadows Golf Club. **Helen Lee**, our new coordinator, requests that members wishing to participate contact her before 6:00 p.m., Friday, April 30. This will be the weekly deadline for registration. Please make requests including cart reservations by this time. The group rotates through 4 different golf courses, playing weekly throughout the summer. All members and guests are welcome. A summer activities form (end of newsletter) is required and may be given to Helen on the first day of participation.

Contact Helen by e-mail [hlee1000@hotmail.com](mailto:hlee1000@hotmail.com) or phone (780) 487-7951

The following is a summary of the courses for this year.

- Deer Meadows-** Cost \$14.00/9holes.
- Legends-** Cost \$24 Sharable punch card for \$200 for 10 rounds
- Cardiff-** Cost \$15.00/9holes.
- JR's-** Cost \$10.00/9holes.

Most of the courses are not opened yet so there may be some changes to the dates, prices, and long weekend prices and availabilities.

Entire Schedule subject to change.

Date	Course		
3-May	Deer Meadows	26-July	Deer Meadows
10-May	Legends	02-Aug	Legends
17-May	Cardiff	09-Aug	Cardiff
24-May	JR's	16-Aug	JR's
31-May	Deer Meadows	23-Aug	Deer Meadows
07-June	Legends	30-Aug	Legends
14-June	Cardiff	06-Sep	Cardiff
21-June	JR's	13-Sep	JR's
28-June	Deer Meadows	15-Sep	Annual Golf Tournament at Wetaskiwin
05-July	Legends	20-Sep	Deer Meadows
12-July	Cardiff	27-Sep	Legends
19-July	JR's	04-Oct	JR's

**2010 RMSSC Annual General Meeting (AGM)**

Date: Wednesday April 28, 2010

Time: 1:00 to 3:00 pm

Place: Snow Valley Ski Chalet

**Agenda:**

The agenda will include the President's Report, Audited Financial Statement, Reports from the Membership Director, Ski Tours Director, and Special Activities Director (biking, golfing, and canoeing), Membership Fee for 2011, Election of Executive, Appointment of Auditors and Other Business.

The following Executive positions are up for election at this year's AGM:

President, Treasurer, Membership Coordinator, Special Activities Coordinator, Webmaster and Newsletter Editor.

If you are interested in any of the above named Executive positions, please contact **Hlene Larson** (nominating committee chairperson) at 780-435-6537.

Coffee, tea and cake will be served.

**Marmot Basin’s Apology**

As it has for a number of years, Marmot Basin again this season offered RMSSC members a 10% discount all season long on food and drink at Marmot. Some members have experienced difficulty in accessing this discount.

This difficulty was brought to the attention of Brian Rode, Marmot Basin’s vice-president of marketing and sales. Here is Brian Rode’s response:

*The fact that your group was not offered the discount when visiting Marmot Basin was entirely our fault and occurred as a result of poor internal communication on our part. Please pass on my sincere apologies to your members for this oversight.*

*We will continue to offer your club special rates for lift tickets, lessons and rental equipment for your group trips and will strive to continue to offer a great ski experience for everyone.*

**S.O.S. Summer Schedule 2010 (See note below.)**

Date	Location	Meeting Spot	Comments
May 5	Capilano Park	Parking lot	Wiener Roast
12	Hawrelak Park	Parking lot	
19	Whitemud Mouth	Parking lot by toboggan hill	
26	Islet Lake	Capilano by Tim Horton’s	9:30
June 2	Rundle Park	ACT Centre parking lot	
9	Terwillegar	Parking lot	Bring Chairs
16	Mill Creek Ravine	Muttart parking lot	
23	Devonian Botanic Grd	Westmount (NE corner)	9:30
30	Capilano Park	Parking lot	
July 7	Emily Murphy Park	Parking lot	
14	Kinsman Park	Parking lot (NE corner)	Birthday + Wiener Roast
21	Chickakoo	Westmount (NE corner)	9:30
28	Laurier Park	Parking lot below zoo	
Aug 4	Waskehegan Stgng Area	Capilano by Tim Horton’s	9:30
11	Snow Valley	Lower parking lot	
18	Hermitage Park	Parking lot	
25	St Albert/Kingswood	Westmount (NE corner)	9:30
Sept 1	Dawson Park	Parking lot	
8	Strathcona Wilderness	Capilano by Tim Horton’s	9:30 Corn Roast + Birthday
15	Kinsmen Park	Parking lot (NE corner)	
22	Gold Bar Park	Parking Lot	
29	St. Albert/Kingswood	Westmount (NE Corner)	9:30 Birthday
Oct 6	Snow Valley	Upper parking lot	Note: Our Club members join the members of Seniors On Skis (SOS), a seniors cross-country ski club, on their weekly hikes. From May thru October, the group walks on Wednesdays beginning at 10:00 a.m. The group accommodates walkers of diverse abilities by varying distances and speed. The time on the trail varies from one to two hours.
13	Hawrelak Park	Main parking lot	
20	Dawson Park	Parking lot	
27	Emily Murphy Park	Parking lot	

Hikes start at 10:00 A.M. unless otherwise noted.  
 Anniversary/birthdays are grouped, and celebrated once each quarter.  
 Hiking committee: Jaye Lee 476-3113, Gordon Stretch 453-3339  
 Jim Ploc 435-7030 Joan Macgregor 477-5817 Ed Toop 921-2625  
 Bring a bag lunch to enjoy after hiking.  
 If anyone is interested in a mountain trip this summer contact Jaye Lee.

**SUMMER BIKING**

Spring is here so it's time to get your bike tuned up by your local bike shop if it's not working perfectly. These shops tend to get very busy with the warmer weather and it's wise to beat the rush or you might have to wait 2 weeks for service.

RMSSC biking starts on Tuesday, May 4. The club has an excellent biking handbook which is available on the website for those who do not already have a copy. It is recommended that all club cyclists review the handbook at the beginning of the season.

For those new to cycling or returning to the activity after a long absence, the club offers a basic course in biking during the first 2 weeks of the season (two Tuesdays & two Thursdays) at our regular cycling time (10 am to 12:30). The course covers: the basics of how today's bikes work, how to ride them, getting up hills, group riding etiquette, rider and group safety, and what to bring on your bike. If you are not already an experienced cyclist and group rider your participation in the course is recommended. These sessions are designed for participants who have not cycled previously so those with some experience may find some parts of the material a worthwhile review.

The four course sessions are cumulative and participants need to attend each one as time does not allow for repeat instruction.

The goal of the course is to prepare each participant to ride comfortably and safely with our least experienced (Green) group. Participants are then free to move to other groups if and when they feel ready to do so and want a slightly more strenuous workout.

All participants are advised to show up on the first day of cycling, and for the first course session, with a bike that is suitable for the type of riding we will be doing, that is the right size for the participant, and that is tuned up and functioning properly. If you have any questions regarding your choice of bike or it's condition feel free to call. If you are planning on purchasing a bike and would like some assistance in making the right choice of bike and accessories, I'm available to go shopping with you.

Robbie  
780-439-2634

P.S. Course participants should come equipped to take notes during the first couple of sessions.

## Rocky Mountain Seniors Ski Club Spring Dinner

Wednesday, May 12, 2010  
Snow Valley Lodge.

Cash Bar 5:30 p.m. Dinner 6:00 p.m.

\$30.00 per person - Guests welcome.

\$ 5.00 additional charge after the final purchase date of May 7th.  
Maximum capacity of 200 people.

Order your tickets now!

Gayle Houston  
13515 - 101 Avenue  
Edmonton, Alberta  
T5N 0J4

Tickets will be sold on the Sunshine ski trip in April, at the AGM and at the start of the golf season and the biking season.

For additional information call Gayle Houston at 780 452-5350  
Payment to be received by May 7th, 2010.

Mail order tickets will be distributed at the door.  
No post-dated cheques accepted.

### An Ode to the Rocky Mountain Seniors Ski Club

There is a group of Seniors  
Who skied and made believers  
Of a younger group of skiers  
Who were all underachievers  
This group of Seniors skied for days and days  
And the underachievers were truly amazed  
When the younger skiers asked - How ?  
Those Seniors said - now  
You follow your dreams  
Until it seems  
You can do no wrong  
In front of the throng  
And you make believers  
Of the next group of younger skiers!  
And so it goes !

January 2010 - by Len Stevens

## Marmot in March Tour

### March 7 - 11, 2010 Submitted by Bob Holzer



The Marmot in March Tour saw a 93 club members spent all or part of four days skiing at Marmot. The Tour, a non-bus tour, allowed participants great flexibility in terms of arrival and departure dates and times. An incredibly accommodating hotel staff assisted our members in every way possible.

Check-in and registration were greatly facilitated by the able contributions of Robbie Steen, Gaye Carter, Brian Colgan and Arnie Stone. Ample numbers of volunteers made the distribution of badges and lift passes as well as selling dinner tickets a very efficient process.



The Welcoming Party on Sunday evening, aside from a minor glitch due to a tour host's lack of traffic control experience with respect to the food and beverage lines, proved to be a success. The Welcoming Party and the Wednesday Group Dinner, both catered by The Inn Restaurant, were outstanding culinary experiences.



Monday saw Marmot covered with several centimeters of much needed fresh snow making for very good skiing. Tuesday was one of those magnificent days in the Canadian Rockies, blue skies and good skiing conditions. There was plenty of soft snow to be found for those who were looking. Wednesday was not as brilliant but still good skiing. Thursday proved to be a heartbreaker as it was the beginning of several days of snowfall but was also our time to leave.

Judging from the number of complimentary comments received by hosts Bob Holzer and Len Stevens, Marmot in March 2010 was a very successful tour.

## Biking Can Be a Lot of Fun by Harold Knopke

Now that the skiing season is drawing to a close, I catch myself daydreaming now and then about summer. While reminiscing with my wife, Shirley, about last summer, we came to the conclusion that last summer was one of the best we've had in a long time. Of course, attending our son's wedding in England was the highlight followed closely by the delight of watching our 1-year old grandson learning new things.

While chatting, we came to the conclusion that biking also contributed greatly to making last summer one of our best summers and we agreed that we probably wouldn't have taken up biking again if it hadn't been for the ski club. We found it interesting that because our first season of going on ski tours with the club had turned out to be so much fun, we gave credibility to the enthusiasm of some of the members when talking about biking. We even

believed the members when they told us that our trusty, rusty, dusty, 30-year-old 10-speeds with the suicide shifts were probably not the most ideal bikes with which to enjoy biking.

Shirley and I chuckled about how the first time up Groat Road -- after one of Robbie Steen's introductory classes -- had been such a killer and how, after a few weeks, being told that we would go up Groat today, barely rated a shrug of the shoulders. This led us to reminisce about how useful those introductory classes had turned out to be and how glad we were that we had taken them. We chuckled about how delicately Robbie handled the topic of sore derrieres that long-time absentees from biking are prone to experience. (His advice was actually good.) We also agreed that throughout the summer, every so often, there were rides that were less fun than others mainly because

someone did something annoying even though group biking etiquette had been discussed in the introductory classes. There is even a section on "Group Riding Safety Guidelines" in the Bike Group Manual. People weren't even aware of how annoying they were to others and how some of those actions had safety aspects to them. If it's true that manners are the lubricant of civilization, then group bike-riding etiquette must be the spice that makes the coffee breaks so much more enjoyable.

So, if you are new to biking with the group, we would strongly urge you to sign up for the introductory classes in May. Your summer will be so much more fun. Robbie, foolish man, has even volunteered to offer some advice if you want to replace that interesting relic at the back of the garage. (I am talking about bikes.)

Enjoy your summer.

### More fresh snow at Marmot Basin

Spring skiing at Marmot Basin keeps gaining momentum, with 15 centimeters of new snow in the past 48 hours and more new snow expected in days to come. With the recent mild temperatures, excellent snow coverage and a 150 cm base, this is only another feather in Marmot Basin's cap, which has enjoyed a fantastic 2009 – 2010 ski season. Not only is Jasper National Park experiencing one of the greatest snowfall seasons in recent memory, Marmot Basin is on pace for record setting skier visits since our opening in 1964. Jennifer Heil, 5 time World Cup Champion, will be at Marmot

Basin on Saturday, April 3<sup>rd</sup>, 2010. The two time Olympic Medalist will be at the Paradise mid mountain chalet at 1 pm signing autographs. Following signing autographs, Jenn will be carving turns with fans of all ages! Everyone is encouraged to come out and support Canada's Olympic hero! Wide open until April 25<sup>th</sup>, 2010, this is the last chance to ride the **New Canadian Rockies Express** this season. The longest high speed quad in the Canadian Rocky Mountains has dramatically changed the face of Marmot Basin for skiers and snowboarders alike! For more information, please visit [www.skimarmot.com](http://www.skimarmot.com).

### In Memoriam

On Saturday, March 20, Robyn Kelly passed away at the age of 74. A long-time member of our Club, Robyn enjoyed skiing and was a regular participant on Club ski tours. Robyn was also a regular with the Club's golfing group. Our sympathies go out to his family and friends. Deanna Kelly wishes to thank all the Club members who assisted Robyn and her through Robyn's illness. She also wishes to show her appreciation for the large turn-out of members at Robyn's memorial service.

# Revolution Cycle Renovates Adding Lower Sales Floor

The new biking season brings many changes to Revolution Cycle. They have greatly expanded their operation by moving the men's bikes to a newly renovated lower level. Access to this level is near the front of the store to the west of the main doors. They have modified and re-designed display areas for women's and children's bikes on the main level.

The new display area for women's bikes is brightly lit and spacious.



The renovation has also created more space for accessories and clothing.

A wide variety of bikes are available with a great selection in each category including mountain bikes, road bikes and hybrid bikes. Versions vary from very functional basic models to top-end designs. In addition, there

are many versions of the popular retro-bikes. Whichever bike you choose, there are many options available.



Spring time is maintenance time. Revolution has all the parts your bike needs for safety and functionality and they have technicians dedicated to getting it right the first time.



RMSSC is pleased to continue our ongoing relationship with Revolution Cycle as a

sponsor for Ski Tracks and as friends of our Club.

Revolution is planning a grand opening for Saturday, May 15, 2010. All RMSSC members are invited to attend. Watch for more information.



*Revolution is pleased to offer RMSSC a 10% reduction on all parts and accessories. Show your membership card!*

*Revolution Cycle Sponsors RMSSC For The Third Year!*

**You'll find Revolution Cycle at**  
15103 Stony Plain Rd. just west of 149 St. Phone: 780-486-3634.  
Hours: 9:30 to 8:00 Monday to Fridays 9:30 to 5:30 Saturdays. Closed Sundays.

**Ski Goggles with Corrective Lenses**

Anyone who wears glasses inside their goggles understands the ongoing frustration with fogging up of lenses. Are you interested in purchasing new goggles with corrective lenses? The cost is \$229.00 plus \$25.00 shipping and handling. If your correction is more than +4, there is a surcharge of \$40.00. These are single-vision lenses. I called in my credit card number to reserve a pair of goggles, faxed in the prescription for my single-vision glasses and three days later I had my goggles. I normally wear bifocals, but these goggles are adequate for reading. The amber lenses are suitable for most light conditions, even sunshine. I am very pleased and can highly recommend these goggles. Ski & See in Vernon ([www.ski-n-see.com](http://www.ski-n-see.com)) were the providers.  
Inge Hess



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Jasper Source for Sports          Totem Ski Shop  
Frontier Honda - Morinville        redbike



Publication Dates	Submissions by
Nov. 1	Oct. 24
Dec. 1	Nov. 23
Feb. 1	Jan. 24
Apr. 1	Mar. 24
Jun. 1	May 24
Sep. 1	Aug. 24

Montgomery Glen Golf Course is planning to open on Thursday, April 1. Check the Journal for 2 for 1 weekday green fee specials.

**Change of address?** Send your new address to [info@seniorsski.com](mailto:info@seniorsski.com).

The Rocky Mountain Seniors Ski Club is a non-profit organization dedicated to promoting alpine skiing for members aged 55+ at all ability levels. Our non-profit organization was incorporated in April 2008. We promote physical and mental health and wellness for our members throughout the year. Numerous activities in the off-season include cycling, golfing, hiking and canoeing. During the downhill skiing season, the Club organizes bus tours to distant resorts, encourages participation in alpine ski improvement classes locally at Snow Valley and at Marmot Basin and encourages participation in competitive senior's events. Recreational activities are balanced with social functions. New members are more than welcome. Need information? Contact us via e-mail at [info@seniorsski.com](mailto:info@seniorsski.com)

Do you need to get Club information? Do you have questions? Contact the appropriate person via the e-mail addresses listed below.

E-mail Addresses	Contacts
<a href="mailto:president@seniorsski.com">president@seniorsski.com</a>	Klaus Kyritz
<a href="mailto:vicepres@seniorsski.com">vicepres@seniorsski.com</a>	Mike Tansey
<a href="mailto:pastpres@seniorsski.com">pastpres@seniorsski.com</a>	Ilene Larson
<a href="mailto:secretary@seniorsski.com">secretary@seniorsski.com</a>	Norma Kabaroff
<a href="mailto:treas@seniorsski.com">treas@seniorsski.com</a>	Archie Childs
<a href="mailto:info@seniorsski.com">info@seniorsski.com</a>	Art Robinson
<a href="mailto:newsletter@seniorsski.com">newsletter@seniorsski.com</a>	Bob Larson
<a href="mailto:webpage@seniorsski.com">webpage@seniorsski.com</a>	Mike Tansey
<a href="mailto:tours@seniorsski.com">tours@seniorsski.com</a>	Kathy Robinson; Arnie Wilson
<a href="mailto:activities@seniorsski.com">activities@seniorsski.com</a>	Bob Holzer
<a href="mailto:social@seniorsski.com">social@seniorsski.com</a>	Gayle Houston
<a href="mailto:publicrelations@seniorsski.com">publicrelations@seniorsski.com</a>	Dick Foose

# Rocky Mountain Seniors Ski Club

# Summer Activities Registration Form 2010

To be on the Contact List for one or more of biking, canoeing, golfing, or walking please complete and sign the following and mail it to our Special Activities Coordinator:

Bob Holzer  
5404 - 109 Avenue  
Edmonton T6A 1S1

Participant #1	
Phone	
Email	
I would like to participate in the following activities sponsored by the <i>Rocky Mountain Seniors Ski Club</i> :	
<input type="checkbox"/>	biking
<input type="checkbox"/>	canoeing
<input type="checkbox"/>	golfing
<input type="checkbox"/>	walking

Participant #2	
Phone	
Email	
I would like to participate in the following activities sponsored by the <i>Rocky Mountain Seniors Ski Club</i> :	
<input type="checkbox"/>	biking
<input type="checkbox"/>	canoeing
<input type="checkbox"/>	golfing
<input type="checkbox"/>	walking

**Exclusion of Liability and Release:** I realize that there are inherent dangers involved in my participation in any of these activities. By signing this form, I assume all risk of personal injury, death or property loss, or any other loss resulting from any cause whatsoever arising from my participation in any of these activities and in any associated activities. I hereby waive all claims for all possible causes of action of any nature that I may have against the *Rocky Mountain Seniors Ski Club*, its officers, organizers, employees, participants and sponsors, or any one or more of them, from all claims of any nature that I may have, and from any liability in relation to any of those claims, arising out of my participation in any of these activities.

Signature 1

Signature 2

\_\_\_\_\_

Date

\_\_\_\_\_

Date

I give the *Rocky Mountain Seniors Ski Club* permission to share my phone number and email address with other participants in each group. I understand that the phone numbers and email addresses will not be used for commercial purposes.

Signature 1

Signature 2

\_\_\_\_\_

Date

\_\_\_\_\_

Date