



SKI TRACKS

This edition of Ski Tracks is sponsored by
SUNDANCE SKI SHOP.

UNDER the COVER	Pg
Membership	2
Welcome to Winter	2
Tuesdays-Snow Valley	2
Ski Buddies	2
Open House Report	2
New Members' Day	3
Fall Dinner	3
Members' Phone List	3
Summer Summary	3
Sundance Ski Shop	4
Ski Resort Review	5
Golf Tournament	5
Reduced Hotel Rates	6+7
Bob Steen Wins Gold	8
Tours	10+11+12
Fall Dinner	13
Registration Form	End

DID YOU KNOW...
that our club is completely governed and operated by volunteers? This includes tour coordinators, tour hosts, activity organizers and all of the executive. These volunteers, including tour hosts and coordinators, do not receive any perks or financial considerations whatsoever, so please assist them in any way you can when they need help. On tours, you might be able to help with loading and unloading the bus, preparing the wine and cheese get-together or just being patient when things don't quite go as well as planned. Please remember that it is your responsibility to be on-time for the bus. This generally means being 15 minutes early as often we can load and be on our way before the planned departure times. It is also your responsibility to transport your baggage to the group designated to load the bus. It's the little things that make for a pleasant experience for everyone and continue to help the club to grow. Your support is greatly appreciated.

President's Message

The club's summer activities and programs are now officially over even though there are several diehard bicyclists, led by Jim Spalding, who are determined to continue biking until there is snow on the ground.

It's been a great summer for club participation with record attendance at most of the events. Many members worked extremely hard to ensure successful summer programs. I would like to thank the following members for their time and effort: Bob Holzer, Archie Childs, and all the bike ride leaders (twice weekly biking), Bob Hillier (weekly golfing), Art and Kathy Robinson and Bob Holzer (Canmore bicycle trip), Roger Teghtmeyer and Peter Boucher (Annual golf tournament), Gordon Oaks (co-host for the canoe trip), Art and Kathy Robinson (open house and registration), and Esther and Gord Oaks (Spring and Fall banquets). In addition to the above named leaders, there were numerous other members who pitched in when needed. Thanks to all.

While we were enjoying the summer activities, Gwen Williams and Stan Rust were busy arranging the tours for this ski season and Archie Childs was lining up the pre-ski conditioning classes. We are all anticipating an exciting ski season.

The new Members Handbook is now complete and it is in the process of being distributed to every member. The handbook contains valuable information on the club objectives, all available programs and activities, on the club's accident insurance policy and on the club's cancellation policy. I encourage all members to read the handbook and familiarize themselves with its contents so that they can fully realize the benefits of membership.

The matter of the SASC NB bank account has finally been resolved to the mutual satisfaction of the SASC and the RMSSC. More information on the details will be communicated in the next newsletter.

Snow Valley, with its new chairlift and expanded terrain, is scheduled to open November 7th marking the official start to this year's ski season. It's time to start thinking snow and planning our ski trips.

Klaus Kyritz
President

What's Coming Up?

- First Tour of the Year - Sunshine- Dec. 7-10
- Welcome to Winter Nov. 18
- Tours 1st up Sunshine Dec. 7-10
- New Members' Day - Dec. 16
- Snow Valley Tuesdays

MEMBERSHIP and CLUB INFORMATION

Welcome to Winter

Put away your bikes and golf clubs. Get out your skis. Winter is here! Our Club invites all members to **Welcome to Winter** at Snow Valley on Tuesday, **November 18**, from 9 am to 3 pm, snow or no snow. Come out and check out your equipment. On this day, there will be lots happening of interest to skiers

- Demo new skis at no charge from the Snow Rider Ski Shop.
- Try telemarking (free instruction and rental).
- Get a personal ski tip from a ski instructor.
- Learn how the 'new' chair lift works.
- Try a race course.
- Test your bindings.
- See how skis are tuned at Snow Valley.
- Learn how to wax your own skis.
- And more and more and more.

Lifts open at 9:30 am. Come out and socialize over coffee and a cinnamon bun or stay for lunch.

Tuesdays at Snow Valley

At Snow Valley, the snow is always great and the runs are freshly groomed in the morning just before the lifts open. Club skiing is on Tuesdays although you will see members skiing every day. Some members prefer to come early in the morning and ski the untracked slopes before the school groups get out on the hill. The sun is on the hill in the morning and the school groups are in lessons. Others prefer to come in the afternoon as the school groups are finishing their day.

Whenever you come, remember to wear your white badge. A seniors (55+) season pass is only \$65 (+GST). The special Tuesday rate for a seniors day pass is \$10. On other days, the seniors pass is \$12. Snow Valley plans to open at 4 pm on Friday, November 7.

Ski Buddies at Snow Valley

Over the last few years members of our Club have been Ski Buddies with students who need a buddy to make their day more successful. Some students in the learn-to ski school program at Snow Valley find it difficult to keep up in group ski lessons and need more individual attention. Others need help keeping their balance or getting up after a fall. For this type of student, some degree of physical strength is needed as well as a buddy who is a strong and patient skier. Others require help putting on their boots and skis at the beginning of their lesson and taking them off, collecting shoes, and returning skis at the end.

On occasion, schools need as many as five buddies so we need as many volunteers as possible. You do not make any commitment until you are asked during the season if you can attend on a particular day.

If you are interested in sharing your love of skiing with a youngster, contact **Albert Stone** at 780-458-0831 or awstone@shaw.ca.

Open House

The Lodge at Snow Valley was a busy place on October 15 as members of our Club came to confirm their membership and to get information about activities planned for the ski season: ski tours, on-hill programs, and opportunities to volunteer at Snow Valley. Close to 200 members visited with old friends and met new ones. There were 37 registrations on-site including 22 new members. Membership in our Club now stands at 353 including 55 new members.

If you were unable to attend the Open House, your membership card and a copy of the Handbook for Members will be mailed during the first week of November.

New Members' Day

All members are invited to come out to Snow Valley on Tuesday, **December 16**, to welcome new members to the Club. This is an opportunity for new members to meet other members. Lifts open at 9:30 am. We'll break for coffee and goodies around 10:45 am upstairs in the Lodge. How do you tell new members other than they look younger? Look for the red star on the white badge.

Members' Phone List

We are preparing a Members' List (name and phone number) to be made available, upon request, after November 1, 2008. If you were unable to attend the Open House, contact Art Robinson at info@seniorsski.com or 780-435-8742 to request an email copy (free) or a print copy (\$2 for printing and mailing costs.)

Summer Activities Summary

Golf season is complete for another year. The early season and mid-summer saw consistent groups of 40 at the first tee each day but numbers dropped off after mid-September. The golfers will be back at it next year with two new courses in play. Sherwood Park will be a more handy choice for members on the south and east sides of Edmonton. The other new course will be The Cardiff Golf Club.

Canoeing continues to be a popular club activity and will return again next year for more sorties on the North Saskatchewan (in search of pirates and such, no doubt!)

Biking groups had a great season wandering the bike paths of Edmonton and surrounding communities and touring the larger hills of Kananaskis and Canmore. The groups met Tuesdays and Thursdays all summer long with lots of participation. Some ardent members even went biking in the evening with a stop along the way for a non-coffee beverage. I bet this was a popular event. The three groups, green, blue and black will return next spring. Bob Frizzell and Richard Larson have been organizing on-hill programs for members in cooperation with Snow Valley.

The **walking** group in conjunction with the cross-country ski club of Edmonton met every week to exercise together with an aerobic walk in the river valley.

Pre-season fitness classes have been underway for some time now. Twenty-eight members have registered in the classes to insure a healthy start to the 2008-9 campaign.

Incidentally, Inge Hess has found us many deals which are yours for the asking, at Edmonton Ski Shops and around western Canada at various venues and hotels (see page 6.)

Bob Frizzell and Richard Larson have organized on-hill programs at Snow Valley. Check the website for details.

Now it is time for the snow to fly and for the fun to begin. We know there is nothing quite like skiing so recondition those boards and lubricate those bindings for the upcoming season. Ski season is just around the corner.

SUNDANCE SKI AND SNOWBOARD SHOP

Many of our members are already familiar with Sundance Ski and Snowboard Shop. In fairness, the name should include accessories, repairs, ski tune-ups and just about everything else a skier might need or desire. Vern Mark and his staff greeted me with a friendly "May we help you?," just as they do with every customer coming in the door.

The store opened in 1976 as a business dedicated to serving all the needs of the skiing public. During the ski season, Sundance is open 7 days a week. To find the store, just go down Whyte Avenue to Calgary Trail. Turn south and drive 3 blocks (just past the strip mall where Royal Pizza's original store is located.) Turn right (west) on 79th Ave. and you'll see the big yellow sign on the left-hand side of the street. There is lots of parking on the west side of the building where the entrance can be found.



Hours

Mon. - Fri. 10 - 9

Sat. 10 - 6

Sun. 12 - 5 (During ski season.)

SHOP SPECIALTY

Ski & Board Binding mounting
Ski & Board Tuning
Waxing
De-lamination repairs
Full boot fitting service
Conformable Foot Beds
Boot Dryers
Boot Heaters
Personal Shop Accessories

Tune Up Services

When was the last time you had your gear tuned? Did you know that your ski and snowboard equipment should be tuned after 3 or 4 days of use in the mountains. Tuned gear will last longer, work better and allow you to have even more fun on the slopes. Now is the time to get ready.

Sundance Ski and Snowboard

10423-79 Ave. Edmonton. 780-432-0711

www.sundanceskishop.com

SKIS & BOOTS

[Rossignol](#) Skis, Boots, & Bindings

[Head](#) Skis & boots

[Dynastar](#) Skis

[Look](#) Bindings

[Salomon](#) Boots & Bindings

[Nordica](#) Boots

[Tyrolia](#) Bindings

Ski Poles from [Scott & Rossignol](#)

ACCESSORIES

Goggles from [Scott](#), [Carrera](#),

[Smith](#), & [UVEX](#)

Glasses from [Ryder](#)

Gloves from [Kombi](#), [Swany](#),

[Auclair](#), [Drop](#)

Socks from [Kombi](#), Lorpen,
Smartwool

Bags from [Rossignol](#), [Head](#),

[Transport](#), [Salomon](#), RC

Helmets from [Giro](#), [Salomon](#),

[Smith](#), [Uvex](#) & [Carerra](#)

OTHER STUFF

[KARBON](#) Outerwear and Underwear

Gloves & Socks

Sunglasses

Helmets

Ski Bags

Sundance offers a 10% discount off the marked price for member's personal equipment. Show your membership card.

Ski Season Is Just Around the Corner!

Ready For Another Season?

Snow Valley - Snow Valley is ready to make snow as soon as the nighttime temperatures dip below 0. Every aspect of the operation is ready to go. All that is needed is cold enough weather to make snow so we can get started. If you have time to volunteer, check the Snow Valley website. Remember, the ski shop provides full service including maintenance.

Marmot Basin - is continuing to prepare for a Nov. 14, 2008 opening day. If you have purchased a season pass you may pick it up at the Marmot office in Hinton or on the hill (upstairs at the entrance to the lounge.) Marmot already has 35 cm (25 cm packed) at mid-mountain.

Sunshine -with improved on-mountain accommodation, Sunshine plans to be up and running on November 7. The mountain has already received 24 cm of snow but needs another dump or 2 to open.

Lake Louise - has a planned starting date of Saturday, November 8. On Saturday, November 29 you can watch the Bombardier Men's Lake Louise Winterstart World Cup.

Watch the world's best MEN downhill and Super G alpine racers at the only Canadian stop on the World Cup Circuit! There is tons of excitement around the event so don't miss out! Lake Louise has replaced the old Ptarmigan Chair with a quad to make returning to the front an easier task.

Rabbit Hill - Rabbit Hill will be functioning as usual this year with a projected opening day of November 14. There is no road issue. Their ski school and hill facilities will be operating as in the past.

Edmonton Ski Club is projecting a November 20th opening. The club will operate as in the past .

Fernie Ski Resort - is planning an opening day for December 6. Fernie was ranked 6th best ski resort in NA by Outsider Magazine this spring. Last season saw an incredible 37 feet of snowfall - that's about 450 inches - WOW! There's lots of on-hill accommodation too. Lifts include 6 main chairs.

Nakiska - plans to open as soon as temperatures drop to snow-making levels. Nakiska has increased snow-making area to 85% of the hill (a 33% increase.) The resort has also improved day lodges and has carved out more glade skiing for those intent on closer relationships with the trees.

Golf Tournament at Sylvan Lake

September 3 was a cool breezy day but 46 brave and hearty members of the Rocky Mountain Seniors Ski Club and Seniors Alpine Ski Club took to the links for an enjoyable day of golf, camaraderie and festivities. At about 5 o'clock, after the golf and a superb beef supper, prizes were handed out to the following winners:

1st Team low score: Butch Downie, Donna Cornea, Rikie Baribeault, Wieny Martins

2nd Team low score: Dorothy Downie, Gene McMullen, Connie Thompson (threesome)

Ladies Long Drive: Dorothy Downie

Ladies Longest Putt: Margaret Ellis

Ladies Closest to the Pin: Gail Kyriz

Mens Longest Drive: Greg Wichman

Mens Longest Putt: Arnie Stone

Mens Closest to the Pin: Bruce Kabaroff

Door Prizes: Beryl Delorme, Jack Delorme

Mulligan 50/50: Angie Laberge, Liz Rand

Thank you to ATB Financial St. Albert (tournament prizes), CONNELLY-MCKINLEY FUNERAL HOMES (bus transportation from Edmonton), staff at Meadowlands Golf Course (setting up and operating the golfing and supper), Peter Boucher (obtaining bus transportation and goodies on the bus), Helen Lee and Angie Laberge (selling mulligan tickets), Bruce Foy (assisting Peter with bus duties), Archie Childs (obtaining prizes from ATB), Margaret Ellis and Marielle Galibois (assisting with score cards, prizes etc) and all others who assisted in making this event a success.

Roger

**Special Accommodation Rates for members of the
Rocky Mountain Seniors Ski Club - 2008/2009**

Name, Address, Telephone, Website	Dates Applicable	RMSSC rates
Banff Aspen Lodge, 401 Banff Ave. Banff, PO Box 1017, T1L 1A9, 1-800-661 0227, 403-762 4401 www.banffaspenlodge.com	Nov. 1, 08 – May 31, 09	Call, as rates fluctuate
Douglas Fir Resort , Tunnel Mtn. Road, Banff, Box 1228, Banff, AB. T1L 1B2 1-800-661 9267, 403- 762 5591 – www.douglasfir.com	Nov. 1, 08 – May 31,09	10 % show ID
Fairmont Banff Springs Hotel, 405 Spray Ave, Banff 1-800-441 1414, 403-762 1722 – www.fairmont.com/banffsprings	Open	Ask for Senior Rate
Rimrock Resort Hotel, Mountain Ave., Banff PO Box 1110, Banff, T1L 1J2 – 403 762 1815 www.rimrockresort.com , contact Shevon Wilson	Nov. 1, 08 – May 31, 09	10 % contact Shevon Wilson
Fairmont Chateau Lake Louise, 111 Lake Louise Drive, Lake Louise, AB. T0L 1E0 1-800 441 1414, 403 522 3511– www.fairmont.com/lakelouise	Open	Ask for Senior Rate
Amethyst Lodge, 200 Connaught Drive, Jasper, AB. T0E 1E0 1-888-852 7737, 780- 852 3394 www.mpljasper.com/amethyst	Nov. 1, 08 – Dec.18, 08 Dec. 19 – Dec. 31.08 Jan. 1 – Jan. 3, 09 Jan. 4 – Jan. 31, 09 Feb. 1 – Apr. 30. 09 Contact Aaron Lewycky Edmonton 780 409 9273	Std. \$81 Sup \$90 Suite \$126. \$95 \$104 \$131 \$104 \$113 \$140 \$86 \$95 \$126 \$104 \$113 \$140
Lobstick Lodge, 94 Geikie Street, Jasper, AB. T0E 1E0 1-888-852 7737, 780 – 852 4431 www.mpljasper.com/lobstick	Same dates and contact as for Amethyst	Std. \$90 Dlx \$99 Kit \$108 \$108 \$117 \$126 \$117 \$126 \$144 \$99 \$108 \$130 \$117 \$126 \$144
Marmot Lodge, 86 Connaught Drive, Jasper, AB. T0E 1E0 1-888 852 7737, 780 – 852 4471 – www.mpljasper.com/marmot	Same dates and contact as for Amethyst and Lobstick	Std. \$86 Dlx \$90 Kit \$108 \$99 \$113 \$122 \$108 \$122 \$140 \$90 \$99 \$130 \$108 \$122 \$140
Chateau Jasper, 96 Geikie Street, Jasper, AB. T0E 1E0 1-888 852 7737, 780 – 852 5644 – www.mpljasper.com	Same dates and contact as for Amethyst, Lobstick, Marmot Lodge	Std \$103 Fam. \$112 Suite\$139 \$121 \$130 \$144 \$130 \$140 \$153 \$112 \$121 \$135 \$130 \$140 \$153
Fairmont Jasper Park Lodge, Old Lodge Road, Jasper , AB., T0E 1E0, 1-800-4411414, 780 – 852 3301 – www.fairmont.com/jasper	Open	Ask for Senior Rate
Park Place Lodge, 724 Highway # 3, Fernie, BC. Box 2560, V0B 1M0 1-888 381 7275, 250 423 6871 – www.parkplacelodge.com	Dec.12-25/Jan.4- Feb.5/Mar.8-Apr.4/09 Feb.6-Mar.7 (exc.Feb.13- 16,09)	Standard/Deluxe \$104 Standard/Deluxe \$114.00 Other rms. avail – diff. rates
The Prestige Hotel Kelowna, 1675 Abbott Street, BC V1Y 8S3 1-877 737 8443, 250- 860 7900 – www.prestigehotels.ca	Nov. 1, 08 – Apr. 30, 09	Single/double \$99.95 Twin \$119.95
The Prestige Hotel Vernon, 4411 – 32 Street, V1T 9G8 1-877 737 8443, 250 – 558 5991 – www.prestigehotels.ca	Nov. 1, 08 – Apr. 30, 09 Pl. identify yourself as member of RMSSC	Single \$89.95 Double \$99.95 Twin \$109.95
The Prestige Harbourfront Resort & Convention Centre, Salmon Arm, BC. www.prestigehotels.ca	Nov. 1, 08 – Apr. 30, 09	Single/double \$119.95 Twin \$129.95
The Prestige Mountain Resort Golden, 1049 Trans Canada Highway N, RR 1 Golden, BC, V0A 1H1 1-877 737 8443, 250- 344 7990 – www.prestigehotels.ca	Nov. 1, 08 – Apr. 30, 09	Single/double \$119.95 Twin \$129.95

<p>The Prestige Radium Hot Springs, 7493 Main Street W, VOA 1M0, 1-877 737 8443, 250- 347 2300 www.prestigehotels.ca</p>	<p>Nov. 1, 08 – Apr. 30, 09</p>	<p>Single/Double \$99.95 Twin \$109.95</p>
<p>The Prestige Rocky Mountain Resort & Convention Centre, Cranbrook, 209 Van Horne Street, V1C 6R9 1-877 737 8443, 250 – 417 0444 – www.prestigehotels.ca</p>	<p>Nov. 1, 08 – Apr. 30, 09</p>	<p>Single/double \$119.95 Twin \$129.95</p>
<p>The Prestige Lakeside Resort & Convention Centre, Nelson, 701 Lakeside Drive, Nelson BC, V1L 6G3 1-877 737 8443, 250 352 7222 – www.prestigehotelsandresorts.com</p>	<p>Nov. 1, 08 – Apr. 30, 09</p>	<p>Single/double \$69.95 Twin \$79.95</p>
<p>Prestige Lakeview Inn, Nelson, 1301 Front Street, BC. V1L 4C5 1-877 737 8443, 250- 352 3595 – www.prestigehotels.ca (Includes complimentary hot breakfast at Frisco's Restaurant in the Prestige Lakeside Resort)</p>	<p>Nov. 1, 08 – Apr. 30, 09</p>	<p>Single \$89.95 Double \$99.95 Twin \$109.95</p>
<p>The Prestige Mountain Resort, Rossland, 1919 Columbia Ave. Rossland, BC. V0G 1V0 1-877 737 8443, 250 – 362 7375- www.prestigehotels.ca</p>	<p>Nov. 1, 08 – Apr. 30, 09</p>	<p>Single/double \$119.95 Twin \$129.95</p>
<p>Grouse Mountain Lodge, Whitefish, Montana, USA, 2 Fairway Drive Zipcode 59937 1-877 223 0742, 406- 863 4715 – www.grousemountainlodge.com</p>	<p>Nov. 22 – Apr. 30, 09 15 % off</p>	<p>15 % off</p>

The Special Rates apply to members of the Rocky Mountain Seniors Ski Club. Standard Room, single/double occupancy – call for information on other options. All rates are subject to availability and applicable taxes. When booking, please state that you are a member of RMSSC. Be prepared to show your RMSSC ID on check-in.

**Rocky Mountain Seniors Ski Club
List of Ski Shops –Discounts
Please show your ID when negotiating a discount**

Name	Address	City	Postal Code	Phone	Contact Person	Discount
Fast Trax Run & Ski Shop	7326 – 101 Ave.	Edmonton	T6A 0J2	780 469 9292	Lorris Williams	10 %
Fritz Ski Haus	9423 – 98 Ave.	Edmonton	T6C 2C8	780 466 6318	Fritz Gschossmann	15 % (this guy knows boots)
Out of Bounds Ski and Snowboard	6604 – 104 Street	Edmonton	T6H 2L2	780 434 3829	Kevin Polkosnik	Discount negotiable, ask for Kevin
Pacesetter Ski Shoppes	10054 – 167 Street	Edmonton	T5P 3W4	780 483 2005	Doug Waksel	15 % off reg. Soft goods, discount on hard goods assessed on indiv. basis
The Skiers Sportshop	8605 – 109 Street	Edmonton	T6G 1E7	780 433 7227	Doreen McAvoy	10 % off marked prices
Snow Rider at Snow Valley	P.O. Box 41012	Edmonton	T6J 6M7	780 434 3991	Georgette Look	15 % off regular priced items “pass holder” rate on service
Sundance Ski & Snowboard	10423 – 79 Ave.	Edmonton	T6E 1R7	780 432 0711	Vern Mark Craig McElroy	10 % off marked prices
Track'n Trail	10148 – 82 Ave.	Edmonton	T6E 1Z4	780 432 1707	Robert Schilf	10 % off marked prices
Red Bike	10918 – 88 Ave.	Edmonton		780 435 2674	Aaron Birch	20 % on labour 15 % on merchandise effective Nov. 1 – Mar. 1
Outer Limits, The Shop at Marmot Basin	P.O. Box 1300	Jasper	T0E 1E0	780 852 3816	Debbie Gibson	10 % off retail price

Snow Valley Programs

Racing Program

Registration for the Rocky Mountain Seniors racing/high performance program offered in cooperation with Snow Valley commenced at Registration Night, October 15, with 16 registrations taken. The program will emphasize carving skills and gate training. Three sessions, each composed of 6 coaching classes and one race, are planned from 1:45 to 3:15 pm on Tuesdays and Thursdays. Coaching sessions begin November 20, January 20, and February 19. Enrollment is capped at 20 participants for each session. Participants who are new to the program must begin in the first session. The cost is \$78.75 for one session, \$141.75 for two sessions, and \$199.50 for three sessions. For more information, or to see if space is available, call Bob Frizzell at 780-436-9419. If this program is full, consider registering for the Carving Clinics described below.

Carving Clinics

Our club has joined forces with Snow Valley to offer four Carving Clinics. They are offered from 12:30 to 1:30 pm on Tuesday and Thursday for five sessions. The sessions begin on November 18, December 4, January 13, and February 17. For the last two sessions the skiers will move into shortening the radius of their turns as they progress. The cost is \$73.50 for Snow Valley pass holders and \$115.50 for non-pass holders. Participants should be able to ski all green runs and groomed blue runs. These clinics have been very popular in past years. To register phone Guest Services at 780-434-3991.

Ski Improvement Programs

In cooperation with Snow Valley our club is offering three programs in which students are assigned to groups according to skill levels. Hence, these programs can accommodate all skiers from beginners to experts wanting to fine-tune their techniques. Most groups have fewer than 8 skiers. These programs run on Tuesday from 1:30 to 2:30 pm for five weeks beginning November 18, January 13, and February 17. They provide an excellent opportunity for our members to prepare for trips to the mountains. The cost is \$73.50 per program for Snow Valley pass holders and \$115.50 for non-pass holders. To register phone Guest Services at 780-434-3991.

BOB STEEN WINS GOLD CYCLING MEDAL

On September 23, the Marigold 55 (formerly A.S.C.S.R.A.) zone 6 medals were presented for their '08 summer activities. Bob Steen received the Gold Medal in the 65+ category for cycling in a 10k road race.



2008-9 Tours!

Mark Your Calendars!

The following locations and dates for tours for the 2008/2009 ski season have been organized. Please find the information at the end of the newsletter for Sun Peaks 1 and 2 and Jasper.

Sunshine	December 7-10 '08
Sun Peaks	January 4-9 '09
Sun Peaks	January 11-15 '09
Marmot	January 25-29 '09
Silver Star	February 8-13 '09
Kimberly	February 22-26 '09
Marmot	March 8-12 '09
Sunshine	April 5-8 '09

Accomplishments?

Have you or has someone you know achieved a personal goal or participated in the completion of a group goal? Let us know so we can share your accomplishment with our club members. A picture helps too! Send to newsletter@seniorsski.com

Just a reminder-

Membership fees are \$30 or \$25 for those 80 years and older. The first membership year expires October 31, 2009. Membership application forms are available on the Club's website. Pass this information on to your ski friends.

Sun Peaks, Kamloops: January 4-9, 2009 (4 days skiing)

Tour Hosts: Gordon Hollis 780 464-6728
Brian Colgan 780 437-2664

Accommodation: Coast Sundance Lodge

Price per person:

Room Type	Studio Room		
		Single	\$946
		Double	\$662

All feature: Complimentary high speed Internet access, Complimentary movie channels, All rooms non-smoking, Dining tables and chairs, Deluxe bedding and linens, Entertainment centre - 27 inch television, Windows that open for fresh mountain air, State-of-the-art electronic entry system, Individually controlled heating, Iron and full-sized ironing board, Hair dryer.

Within the unit, there are one or two beds in one room, a mini kitchen (which includes a 2 or 4 burner stove, mini fridge, microwave, coffee maker, tea kettle & toaster), full bathroom and a cozy gas fireplace (based upon booking and availability). Each of these rooms is approximately 425 square feet.

Deductions: Non-skier: \$189
Self-driver: \$150

Included in Tour: 5 nights accommodation, 4-day lift ticket, bus transportation, welcoming party, and all taxes.

Note: Bus Departure & car parking: Mill Woods Golf Club 4540A – 50th Street. (Subject to confirmation.)

To Reserve: Starting **November 6, 2008**, you can mail to the Tour Hosts:

1. Your **completed** and **signed** Tour Reservation Form,
2. A cheque for full payment (payable to the Rocky Mountain Seniors Ski Club), **dated no later than December 1, 2008**, and
3. A **stamped self-addressed business-size envelope**.
4. **Deadline: December 1, 2008**

In the event of an over-filled tour, the draw date will be November 17.

Mail to: Gordon Hollis
181, 52224 R.R. 231
Sherwood Park AB T8B 1N3

Visit: WWW.SUNPEAKSRESORT.COM mountain information
WWW.COASTSUNDANCELODGE.COM for hotel description

Sun Peaks, Kamloops: January 11-15, 2009 (3 days skiing)

**Tour Hosts: Mike Tansey 780 458-9345
Bob Larson 780 464-7495**

Accommodation: Coast Sundance Lodge

Price per person:

Room Type

Studio Room	Single	\$757	Double	\$529
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All feature: Complimentary high speed Internet access, Complimentary movie channels, All rooms non-smoking, Dining tables and chairs, Deluxe bedding and linens, Entertainment centre - 27 inch television, Windows that open for fresh mountain air, State-of-the-art electronic entry system, Individually controlled heating, Iron and full-sized ironing board, Hair dryer.

Within the unit, there are one or two beds in one room, a mini kitchen (which includes a 2 or 4 burner stove, mini fridge, microwave, coffee maker, tea kettle & toaster), full bathroom and a cozy gas fireplace (based upon booking and availability). Each of these rooms is approximately 425 square feet.

Deductions: Non-skier: \$141
Self-driver: \$124

Included in Tour: 4 nights accommodation, 3-day lift ticket, bus transportation, welcoming party, and all taxes.

Note: Bus Departure & car parking: Mill Woods Golf Club 4540A – 50th Street. (Subject to confirmation.)

To Reserve: Starting **November 13, 2008**, you can mail to the Tour Hosts:

1. Your **completed** and **signed** Tour Reservation Form,
2. A cheque for full payment (payable to the Rocky Mountain Seniors Ski Club), **dated no later than December 8, 2008**, and
3. A **stamped self-addressed business-size envelope**.
4. **Deadline: December 8, 2008**
In the event of an over-filled tour, the draw date will be November 24.

**Mail to: Mike Tansey
32 Windsor Crescent
St. Albert AB T8N 3E5**

Visit: WWW.SUNPEAKSRESORT.COM mountain information
WWW.COASTSUNDANCELODGE.COM for hotel description

Marmot Ski Improvement Tour: January 25–29, 2009

Tour Hosts: Peggy Dodson 780 438-6787 & Ron Van Den Heuvel 780 454-5414

Ski Lesson Organization: Archie Childs 780 459-6241

Accommodation: Jasper Inn

Price per person:

Room Type Standard	Single	\$552
	Double	\$437
	Triple	–
	Quad	–
Studio / Kitchenette	Single	\$628
	Double	\$475
	Triple	\$446
	Quad	–
One Bedroom Kitchenette & fireplace	Single	\$646
	Double	\$483
	Triple	\$451
	Quad	\$436

Standard: Two double beds

Studio: Kitchenette, Queen bed, Hide-a-bed

One Bedroom: Main floor, kitchen, fireplace, bedroom w/ queen bed or two twins, hide-a-bed.

Deductions: Non-skier: \$296

Marmot season pass holder or Sunshine/Marmot cardholder: \$170

No lessons: \$126

Included in Tour: 4 nights accommodation, 4-day lift ticket, 3 two-hour ski lessons, Welcoming party and all taxes.

Note: If you plan to take ski lessons be sure to indicate your choice of lesson group on the Tour Reservation Form.

Travel Arrangements: From Edmonton by carpool arranged by the Tour Hosts. Please indicate on your reservation form if you need a ride or if you are willing to drive and how many other passengers you can take.

To Reserve: Starting November 5, 2007, you can mail to the Tour Hosts:

1. Your **completed** and **signed** Tour Reservation Form,
2. A cheque for full payment (payable to the Rocky Mountain Seniors Ski Club), **dated no later than December 19, 2008,** and
3. A **stamped self-addressed business-size envelope.**
Deadline: December 19, 2008

Mail to: **Peggy Dodson**
1115 – 49th Avenue
Edmonton AB T6H 0G5

RMSSC Fall Dinner

You can tell when people like to be together and enjoy each other's company. On Wednesday, October 29, the German Canadian Cultural Centre was bubbling with laughter and chatter during the first annual Fall Dinner for RMSSC. 165 people came to dinner and food was great.!

Klaus Kyritz introduced our new members, acknowledged the executive and thanked GCCC for the evening. Bruce Foy urged us to participate in the events of Alberta 55+ Winter Games (formerly ASCSRA).

To celebrate the first dinner of our club, we invited several ski shops to present a display of their latest equipment. Three ski shops came and offered incentives to our members to come in to see their new ski equipment and try their services. Vern Mark, from Sundance, distributed coupons for complimentary ski tune ups. Pacesetter Ski Club came with some new ski equipment to show to club members and offered a ski bag and a boot bag as door prizes. Doug Waksel from Pacesetter also distributed coupons to those who attended. Georgette Look, representing Snow Rider, came with new equipment to show our skiers and 2 toques, a Merkle ball cap, an Avalanche polar pullover and a fleece vest for door prizes.

Rob Hazen had information about the programs and lessons offered at Snow Valley.

Jim Hillman of Snow Valley donated a ski pass for a lucky member. The RMSSC added a Snow Valley ski pass and four bottles of wine. Everyone went home with a gift to remember our inaugural dinner.

Lucky winners of the prizes included:

Ron Van Den Heuvel - Merkle ball cap

Paula Ulrich - toque

Pat Selmser - toque

Bea Berke - ski pass

Linda Porter - ski bag

Iris Hildebrandt - Ski pass

Brian Hall - boot bag

Marlene Klemick - fleece vest

Anne Coles - pullover

Bob Steen Lee Murdoch Wanda Batog Bob Larson - wine

Thanks to Mike Tansey for arranging the DVD of photos of events over the last year. It's fun to look back and remember good times.

We look forward to seeing you all again at the Spring Dinner following our ski season. See you on the slopes!

Esther and Gordon Oaks

Healthy Recreation for a Healthy Life

The Rocky Mountain Seniors Ski Club is a public, non-profit organization dedicated to promoting alpine skiing for seniors (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, 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 during trips and at Snow Valley, our Edmonton home. New members are more than welcome. Need information? Contact us via e-mail at info@seniorsski.com

Executive E-mail contacts!

info@seniorsski.com
Art Robinson

newsletter@seniorsski.com
Bob Larson

president@seniorsski.com
Klaus Kyritz

pastpres@seniorsski.com
Ilene Larson

secretary@seniorsski.com
Peggy Dodson

treas@seniorsski.com
Archie Childs

webpage@seniorsski.com
Mike Tansey

tours@seniorsski.com
Gwen Williams; Stan Rust

activities@seniorsski.com
Bob Holzer

social@seniorsski.com
Gordon Oaks, Esther Oaks

publicrelations@seniorsski.com
Inge Hess

Pub. Date	Deadlines for Newsletter Submissions
Nov. 1	October 24
Dec. 1	Nov. 23
Feb. 1	January 24
Apr. 1	March 24
June 1	May 24
Sep. 1	August 24

To put information into our newsletter or to sponsor an issue contact Bob Larson or Inge Hess at

newsletter@seniorsski.com

publicrelations@seniorsski.com

Please support our newsletter sponsors.
To date they are

Revolution Cycle
Snow Valley
Sundance Ski Shop



Club Historian
In the last issue of Ski Tracks, the club advertised for a club historian. Georgie Brooks has volunteered to take on this role. The executive hopes she finds this work interesting and personally rewarding.



Remember, we are on the web at www.seniorsski.com

Occasionally there will be supplemental emails (Skiing Scoop) with breaking news or opportunities for members.



**Rocky Mountain
Seniors Ski Club**

Tour Reservation Form

Consult the latest *Ski Tracks* or www.seniorsski.com for complete tour information. To make a reservation mail (1) a completed and signed Reservation Form, (2) a cheque for the full amount written to the **Rocky Mountain Seniors Ski Club**, and (3) a stamped self-addressed, business-size envelope to the Tour Host by the Deadline Date. Each participant must complete a separate form. A cheque may be written for two participants.

Tour Destination	Tour Date
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Participant	Address
City	Postal Code
Telephone	Email

Emergency Contact Name	
Contact's home phone	Contact's work phone

Need a badge ?	No	Yes	Preferred name
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Room type (use descriptor from the <i>Ski Tracks</i> or www.seniorsski.com)				
Check one	Single	Double	Triple	Quad
Check one	Sharing with			
	Request Tour Host find a match for me.			

Lift pass - check one	I will need a lift pass.	I will NOT need a lift pass
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Lessons - for **Marmot Ski Improvement** please indicate your choice of lesson group (**one only**)

No lesson	Green	Blue	Black	Race Camp
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Carpooling (Non-bus trips only.)

<input type="checkbox"/>	I will need a ride
<input type="checkbox"/>	I will be able to provide a ride for _____ other people.

Cost

The package cost always includes taxes, accommodation, lift pass, lessons (if any), bus (if any), welcoming party, cancellation fee, and admin fee. If you opt out of the lift pass, the lesson, or bus transportation, deduct the appropriate amount from the package cost. (Participants who want to self-drive must pay for the bus and will be refunded when the bus fills.)

Package cost (as in <i>Ski Tracks</i>)	\$
if no lift pass deduct	\$
if no lessons deduct	\$
if bus full deduct	\$
Final amount due	\$

Exclusion of Liability and Release: I realize that there are inherent dangers involved in my participation in this ski tour. 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 this tour 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 this ski tour and its related activities.

Signature _____

Date _____