



SKI TRACKS

This issue generously sponsored by
Amethyst Lodge Jasper



Ready For Winter?

Submitted by Bob Larson

Are you ready for a great ski season? The RMSSC line-up of tours for 2010-2011

looks outstanding. There is something for everyone this season!

Sunshine Village Tours begin and end our ski season. Sunshine constantly boasts the best snow of any mountain resort and it is all natural. Sunshine bowl and Goat's Eye Mountain combine for a huge skiable area with runs for everyone from the novice to the expert to the slightly insane (Delirium Dive run is the qualifier for this status and you know who you are!) Sunshine, Marmot, and Lake Louise are all hoping for November 11 opening days, subject to adequate snow of course. The old Strawberry triple chair has been replaced with a high-speed quad which will be ready for opening day. The Creekside building has been revamped and will be ready for the start of the season. Sunshine got over 20 cm on the last day of summer so things are looking good.

Marmot Basin got an even earlier and larger dump of the glorious white stuff making them optimistic about the chances for a November 11 start. Last season saw record crowds and the longest season ever. The big change last year was Canadian Rockies Express high speed quad which proved to surpass even the highest of expectations. Marmot is hoping for an even better season this year.

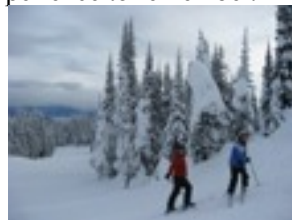
Once again we return to spectacular Sun Peaks Ski Resort with two tours, one featuring four days of skiing followed the next week by one featuring three ski days. A club favorite for many years, Sun Peaks offers the perfect combination of great slopes and excellent on-hill accommodations. Sun Peaks is ready for the 2010/11 season with a kickoff planned for November 20. Al Raine (husband of Nancy Greene Raine) was elected the first mayor of the newly incorporated municipality of Sun Peaks. He indicated that there are many local issues in the mountain community that should be resolved by its own citizens. Incorporation of Sun Peaks Village is another step forward in its evolution into a world class ski destination.

We return to Lake Louise this year for the first time since the famous "Four Mountains Tour." Legendary Louise boasts 4200 acres of skiable terrain featuring long cruiser runs, great glades, back country to explore, and, in short, something for everyone. There is a green run from every chair and super steeps for those who dare. You'll have 4 glorious days to re-discover Louise or to explore her for the first time. Test yourself with each of their 6 chairs and don't forget to ride the six-pack high speed to the top of the world. Those who have visited Louise in the past know that the panoramic views match the skiing experience.

We return to Silver Star again this season. A massive summer brush removal project has been completed. This will make their wide variety of cruiser runs more accessible earlier in the season. The folksy village with wooden sidewalks, several watering holes, and that heavenly little bakery with the incredible Hungarian Goulash combine to make apres ski time amazing. Beware! Some RMSSC members have been known to throw snowballs in the hot tub area. We have video evidence.

Speaking of snow, according to the meteorologists, this is a La Nina year. This means the currents of the Equatorial Pacific Ocean cause steady winds along the west coast of Canada for longer periods of time. For the Rockies and the Prairies, this causes fewer very cold temperature days, higher humidity and more prevailing winds from the west which all combines for a greater likelihood of large and consistent snowfalls and quite possibly a longer winter. This might be the year to buy that season's pass for your favorite resort.

Great tours, great snow, and great companionship! Join a tour and you will have an experience to remember.



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President's Message

President's Message – October Newsletter

Now that we are officially into fall, the weather has finally changed into summer! Oh well, we will take it when we can get it. With the changing of the seasons, our summer activities are winding down and we are starting to get ready for another ski season.

Our weekly golf get-togethers wrapped up on September 27th and I would like to thank **Helen Lee** for her great work over the summer in coordinating this activity. Unfortunately, Helen is stepping down as coordinator and will be missed. Also, the last day of scheduled biking is on October 7th with a wind-up lunch at the lodge at Snow Valley. Thanks to **Bob Holzer**, his summer helpers

Lois Swane and **Lynn Skillen**, and all the ride leaders over the past 5 months for making this such a successful and well organized activity. Our Club relies on member volunteers to run all its activities and we are blessed to have so many people who selflessly donate their time and talents for the benefit of the Club.

There are many great tours planned for the 2010/2011 ski season. I hope you are planning to join in on at least one of these adventures. See you at Registration Day on October 20th.

Mike Tansey

MARMOT BASIN GETS FIRST BIG SNOWSTORM OF THE SEASON
November 11th Targeted Opening Day

Jasper, AB

September 20, 2010 – Canada's most elevated ski area, Jasper's Marmot Basin, received over 10 cm of snow today with considerably more accumulation at higher elevations. At 1,700 metres, Marmot boasts the highest base elevation of all Canadian ski resorts meaning it often gets large amounts of snow when it is raining lower down in the Athabasca Valley and the town of Jasper. That was exactly the case today when a mix of rain and snow fell on the valley floor while heaps of wet, white snow fell on the mountain slopes.



Last winter Marmot opened on November 11, its earliest opening date ever, with ideal snow conditions. So far this fall is shaping up to deliver a repeat performance of last year's early season snowfalls which helped contribute to Marmot's record setting year for attendance. *"I think this snow is here to stay"*, predicted an optimistic Brian Rode, Marmot's VP of Marketing and Sales. *"We may still get some warm weather, but given that it's nearing the end of September, I am quite sure this is the beginning of a very good base layer"*, added Rode.

Marmot Basin is once again targeting November 11 as the opening day of the season, only 42 days from today (Oct. 1). To get a real time view of the snow-covered slopes of Marmot Basin, go to www.skimarmot.com and click on web cams.

What's Coming Up?	
Registration and Information Day	October 20
Marmot Opening	November 11
Fall Banquet	November 24
New Member Day	November 30

Membership Update

Club Registration and Information Session

Plan to attend the Club's Registration and Information Session on **Wednesday, October 20**, from 3 – 7 p.m. at the Lodge at Snow Valley. The following information about the activities planned for the coming winter season will be available:

- details for the Club's 2010-11 ski tours.
- on-hill ski programs at Snow Valley.
- Welcome to Winter.

You will also be able to

- renew your membership and pick up your 2010-11 membership card.

- purchase tickets to the Club's Fall Dinner.
- purchase your Snow Valley season pass (\$65 + GST) which will give you discounts at the Snow Rider Shop as well as on accommodation and lift passes at other ski resorts.
- volunteer for the Alberta 55+ Winter Games to held at Snow Valley, February 24-27.
- volunteer at Snow Valley.
- become a Ski Buddy.
- check out the display of ski equipment available at the Snow Rider Shop at Snow Valley.

Let your ski friends know and encourage them to check us out.

Biking News

The Red Deer Ride

On September 24, 2010, a group of RMSSC members rode in Red Deer. They enjoyed a sunny and warm fall day while riding to the eastern limit of the river valley trails. After stopping at the River Bend Golf Course for lunch, the group travelled on the south bank of the river through Rotary Park and up Kin Canyon for a well-deserved coffee break. Then they retraced their path down to the south shore and continued west to the Heritage Ranch. The total distance covered, mostly on paved paths, was 44 km.

The Elk Island Ride

On a beautiful September 3, 2010, a number of club members biked in Elk Island National Park. There were enough members to form a green group, two blue groups and a black group. The blacks biked the length of the Park (about 20 km) plus another 10 km to Lamont and back. The blues and greens both reached the Northern Park Boundary, the greens setting a slightly easier pace. On the way back, a southerly wind ensured everyone got a good workout which made the picnic lunch that much more enjoyable.



RMSSC Annual Golf Get-together at Montgomery Glen Golf Club in Wetaskiwin.



The RMSSC annual golf tournament was held on September 15th at Montgomery Glen Golf Course in Wetaskiwin. After registration, coffee and muffins, and receipt of goodie bags, the fifteen teams, composed of 56 hardy golfers, headed off in their power carts to their assigned holes for a shotgun start. The best-ball format ensured all golfers had fun and contributed to their team score. The initial low overcast eventually turned into a steady rain which dampened the golfers but, judging by the pictures, didn't seem to diminish their smiles or spirit. With prizes up for grab on every hole, everyone had a chance to flaunt their skill or, possibly, luck. After 18 holes, a soggy group of golfers headed back to the clubhouse and enjoyed a steak dinner prepared by the golf club.

After dinner, the hole and team prizes were given out. This was followed by a draw for the remaining prizes. For those members who participated in our regular Monday games, the draws for the par-3 money pots were won by Deanna Kelly and Del Salls.

The tournament had many sponsors, including some of our own members. Many thanks to all of you. Because of the sponsors, every golfer received a very nice prize. Notable team winners were:

1st place: Bob Berube, Renee Gaylard, Gene Dextrase, David Duggan

2nd place: Willie Douglas, Len Stevens, Don Gaylard, John Pawluk

Consolation team: Fran Pukanich, Carol Duggan, Pat Chwyl

The organizers would like to thank volunteers Bob Holzer and Kathy Robinson, who handled registration, mulligan sales, photos, assisted with prize distribution, delivered hot coffee to grateful golfers and much more. And, of course, a big thank you to all of our corporate and individual sponsors for enabling us to have a terrific selection of prizes for all of the participants.

The Winners



Bob Berube, David Duggan, Renee Gaylard, Gene Dextrase

Rocky Mountain Seniors Ski Club Fall Dinner

Wednesday, November 24, 2010

****GERMAN CANADIAN CULTURAL CENTRE****
8310 – Roper Road (51 Ave.)

Cash Bar 5:30 PM —Dinner 6:30 PM
\$30 per person (incl. GST & Gratuity)
Guests are invited.

Come and welcome our new members!

Have a look at the NEW ski equipment displayed by local ski shops.

DOOR PRIZES.

Tickets available on Registration Day, Oct. 20, 2010. After Oct. 20, send your cheque, payable to **ROCKY MOUNTAIN SENIORS SKI CLUB**, to

Gayle Houston

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

Additional charge of \$5.00 if not purchased by Nov. 17, 2010.

No post-dated cheques – Your tickets will be at the door.

For additional information, call Gayle Houston at 780-452-5350.

Rocky Mountain Seniors Ski Club Ski Tours For 2010-2011.

Dates	Tour	Days Skiing
December 5 to 8	Sunshine	3 days
January 2 to 7	Sun Peaks 1	4 days
January 9 to 13	Sun Peaks 2	3 days
January 23 to 27	Marmot Ski Improvement	4 days
February 6 to 11	Silver Star	4 days
February 27 to March 3	Lake Louise	4 days
March 20 to 24	Marmot	4 days
April 10 to 13	Sunshine	3 days

The Amethyst Lodge Offers \$50.00 Rates in Jasper!



Marmot Basin – 2009



Once again for the 2010 / 2011 season the Amethyst Lodge in Jasper will be offering **\$50.00 per room midweek rates for 2 persons**. Guests can call our toll free line to make reservations at 1-888-8JASPER

We look forward to welcoming your group back to the Amethyst Lodge and Jasper's Marmot Basin

Nadine McIsaac
Manager
Amethyst Lodge



Some restrictions apply – subject to availability, not valid on any holidays (including but not limited to Remembrance Day, Christmas, New Years, Family Day, Easter and Spring Breaks). Advance reservations required .

This offer is made to current members of the RMSSC. Show your membership card on registration.



The Edmonton Marigold 55 Plus Summer Games Medals

The RMSSC was well represented in the Edmonton Marigold 55 Plus Summer games in cycling.

Roadrace:

Left - Robbie Steen - Gold 60 Plus Men + First Overall

Dick Foose - Gold 65 Plus Men

Other club members excelled in other sports as well.

- 100 m 75+ women, bronze, Anne Black
- Shotput, 75+ women, gold, Anne Black
- Callaway, 65+ women, silver, Linda Frank
- Callaway, 75+ women, gold, Ramona MacNeill; bronze, Wanda Batog
- 8 Ball, 55+ women, golf, Hanna Andersen



The dates of the Rocky Mountain Ski Seniors Ski Club 2010-2011 Ski Season Tours have now been finalized. Complete information regarding the tours will be available at the Club Registration and Information Session on Wednesday, October 20, and after October 20, on the website.



Pre-Ski Fitness Program

The two sets of classes have been filled. One class is to be held from October 14th to December 6th on Mondays and Thursdays. It runs from 10:00 am to 11:00 am. The second is to be held from October 12th to December 3rd on Tuesdays and Fridays. It runs from 10:00 am to 11:00 am.

Sunshine Village: December 5 - 8, 2010

Tour Host: Anke Seifried (780) 453-3174

Accommodation: Sunshine Mountain Lodge

Room Type	Tour Package	Cost per Person
	Single	Double
Superior Lodge Room	\$726	\$507

The Superior Lodge Rooms are located on the second and third floors on the frozen waterfall side of the building. Each room features one queen bed and a single trundle bed. There is a full bathroom with bathtub and shower and a flat-screen TV.

Included in Tour Package:

- 3 nights' accommodation,
- a 3-day lift pass,
- bus transportation,
- one Club dinner,
- all taxes.

Notes:

- All participants who purchase lift passes through the Tour Host will be eligible for a Senior Pass. Participants wishing to purchase their own passes must provide proof of age (65+) to be eligible for a Senior Pass. Sunshine/Marmot Cards will be honoured at the regular discounts.
- A bus has been booked. However, if fewer than 30 people make reservations the Club will cancel the bus, refund the cost (\$115 each) and attempt to arrange car pooling.
- Sunshine Mountain Lodge tries to keep a quiet atmosphere on their hotel room floors. To avoid loud partying in the rooms, the Lodge asks guests to not bring food and beverages with them.

Deductions:

- Non-skier (Sunshine Pass Holder, or Sunshine/Marmot Card holder) \$142
- Self-driver (possible if bus is full) \$115

Bus departure point & car parking: South-east corner of Mill Woods Golf Course (4540 – 50 Street).

To Reserve Starting October 5, 2010 mail to the Tour Host

1. Your completed and signed Tour Reservation Form,
2. A cheque for the full payment (payable to the Rocky Mountain Seniors Ski Club) dated no later than October 29, 2010.

Mail to Anke Seifried
14128 - 97 Avenue
Edmonton, AB T5N 0C9

Start Date: October 5, 2010
Draw Date: October 15, 2010 (in case of an over-subscribed tour)
Deadline: October 29, 2010



DON'T MISS OUT ON THE SNOW VALLEY SKI & SNOWBOARD SWAP !

This year's Swap will be held at The Snow Valley Lodge on October 16-17, 2010

Everyone is welcome to drop-off items they wish to sell on October 16 and/or are welcome to purchase items on October 17 for a \$2 entrance fee. Proceeds from Sunday's entrance fees support the Snow Valley Staff and Racing Team Scholarships.

If you are selling items, please be advised that there is a \$2 charge per item for hard goods and a \$1 charge per item for soft goods plus an additional 20% commission for all items. These fundraising proceeds go towards the Snow Valley Community Initiatives Program.

We look forward to seeing you there and helping our community!

★ Drop off your items to sell on October 16, 9am - 4pm
★ Public Sale October 17, 9am - 4pm

Snow Valley is hiring for the season!
Visit our hiring fair on Oct. 8 & 14, 3pm - 7pm

EDMONTON

snow valley Located at 119th Street off Whittow Drive 780.434.3961 www.snowvalley.ca

mud, sweat and gears

Amethyst Inn
Jasper



Please support our newsletter sponsors.

- Revolution Cycle
- Snow Valley
- Sundance Ski Shop
- Pacesetter Ski Shop
- Jasper Source for Sports
- Totem Ski Shop
- redbike
- Mud, Sweat and Gears - Sherwood Park
- Amethyst Inn - Jasper

Change of address? Send your new address to info@seniorsski.com.

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

The Rocky Mountain Seniors Ski Club is a non-profit organization dedicated to promoting alpine skiing for members aged 55+ at all skill 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, 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 seniors alpine skiing 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

E-mail Addresses	Contacts
president@seniorsski.com	Mike Tansey
pastpres@seniorsski.com	Klaus Kyritz
secretary@seniorsski.com	Norma Kabaroff
treas@seniorsski.com	Archie Childs
publicrelations@seniorsski.com	Dick Foose
info@seniorsski.com	Art Robinson
newsletter@seniorsski.com	Bob Larson
webpage@seniorsski.com	Harold Knopke
tours@seniorsski.com	Kathy Robinson; Arnie Wilson
activities@seniorsski.com	Bob Holzer
social@seniorsski.com	Gayle Houston



**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* dated no later than the Deadline Date to the Tour Host by the Deadline Date. Each participant must complete a separate form. A single 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	Quint(5)
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	GS Camp	Intro Moguls	Master Moguls
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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.

Trip Itinerary – Please send my Itinerary by (check one)	email	Canada Post
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Cost

The Tour Package Cost is itemized in the *Ski Tracks* and on www.seniorsski.com. If you opt out of the lift pass, the lesson, the dinner, or bus transportation, deduct the appropriate amount from the Tour Package Cost. (Participants who want to self-drive must pay for the bus and will be refunded when the bus fills.)

Tour Package Cost (as in <i>Ski Tracks</i>)	\$
If no lift pass, deduct	\$
If no lessons, deduct	\$
If no Club dinner, deduct deposit	\$
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 _____