



SKI TRACKS

This issue generously sponsored by
Totem Ski Shop Jasper

President's Message

Last fall, the meteorologists predicted that this would be a La Nina winter – colder and with more precipitation than normal. Little did we suspect how cold and snowy it would be! Or that a whole January's worth of snow would fall on Edmonton in three days! At least now, after shoveling all that snow, we can enjoy sliding on it!

We are now half way through our 2011 ski trip program, with 4 of the 8 tours completed. Fortunately, the cold part of La Nina has not affected any of the tours, with moderate temperatures accompanying each trip. As usual, our tour hosts have made the tours to Sunshine (Anke Seifried), Sun Peaks 1 (Laurie and Brian McClelland), Sun Peaks 2 (Ron Gibbon, Jana Jary-Hlavac and Wayne Loehr), and Marmot Ski Improvement (Donna and Jim Vine) enjoyable experiences. Everyone has enjoyed the great skiing, especially with all the snow the resorts got early in the new year. The remaining 4 tours – to Silver Star, Lake Louise, Marmot, and Sunshine – promise to be just as enjoyable.

Don't forget to come out to Snow Valley on February 25th and 26th to cheer on the RMSSC racers who are competing in the Alberta 55+ Winter Games. It should be a fun time.

Enjoy the skiing this winter and I hope to see you on the slopes.

Mike Tansey

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Rocky Mountain Seniors Ski Club Tours For 2010-2011

Details and reports of all tours are available on our website: www.seniorsski.com.

Marmot in March	March 20 to 24	Feb. 4	Feb. 14	Feb. 28
Sunshine Village 2	April 10 to 13	Feb. 7	Feb. 17	Mar. 4

Membership Message
 submitted by Art Robinson

Membership Update

As of January 31, 2011, our membership is 371. So far this year, we have welcomed 50 new members to the Club.

Thanks to all who tell their friends and fellow lift-riders about our Club. Keep wearing those white name badges. Prospective members see the badge and ask what our Club is all about and what it has to offer. It is an excellent way of advertising.

Refer any interested senior skiers to our website, www.seniorsski.com, for more details about the Club and its activities as well as a membership form. Business cards with the

Membership Coordinator's contact information are available. Contact Art Robinson, info@seniorsski.com or 780-435-8742, for these cards.

New Members Day

About 50 members braved the snow-covered roads to gather at Snow Valley on Tuesday morning, January 18, to welcome 5 of our new members, 1 of whom joined that morning. Thanks to all those who help make our new members feel welcome. Everyone enjoyed skiing and talking with friends over coffee.

Marmot Fun Race
 Submitted by Kathy Robinson

As part of the Marmot Ski Improvement Tour, a Fun Race was held on Tranquilizer on January 26. Many of our members enjoyed watching others navigate the gates of a GS Course. Congratulation to the following members who participated in the race: Marilyn Arneson, Gaye Carter, Larry Comfort, Norm Coulthard, Fran Cuyler, Kris Fisher, Dick Foose, Greg Heenan, Bob Holzer, Doug Hunneman, Al Johnston, Byron Jonah, Ian Kupchenko, Ilene Larson, Richard Larson, Brian McClelland, Mike Person, Kathy Robinson, Art Robinson,

Stan Rust, Madeleine Shalanski, Kevin Sherwin, Robbie Steen, Len Stevens, Janet Stoby, Mike Tansey, Ron Van den Heuvel, and Maria Yakula.

This was the first time through gates for a number of the participants. All enjoyed the thrill of racing! Participants, as well as spectators, were excited to see the racers' time flash as they completed the course. The fastest man down the course was Larry Comfort, second was Bob Holzer, and third was Dick Foose. The fastest woman was Kathy Robinson, second was Fran Cuyler, and third was Maria Yakula. The happiest participant was probably Gaye Carter and the most thrilled participant was definitely the fellow who completed all four runs successfully – and placed last. All participants had a great time and are planning to challenge more people to try the course next year.

Thank you to Marmot staff for running such a smooth race. Thanks to Milt Gilmour for helping to arrange the race. A special thank you to our sponsor, Totem Ski Shop, for providing the electronic timing for the race.



While in Jasper, one of our members happened to require additional refreshments. The owner of the Liquor Lodge, Marc LeBlanc, noticed the Club button and asked for more information about our group. He then offered to arrange for a Club discount of 10% on all purchases at any time and offered free local delivery.

To get your discount, just ask for the RMSSC discount and show your Club button or membership card.

The store is at 405 Patricia Street beside the TAG food store, across from Source for Sports and offers a great selection of wines, cold beer and spirits.

780-852-2337



Sun Peaks 1, January 2011 Trip Report

Submitted by **Brian and Laurie McClelland**

The trip started for your hosts in September 2010 with a meeting of the Executive of the Club and all the hosts for the 2011 season. At the meeting we were introduced, made welcome and provided with an excellent manual and the promise of help and support from the Executive. The experience of hosting has been most enjoyable. Hosting provides an avenue to becoming more involved in the Club, getting to know more people, and provides a way to give back to the members who cumulatively make the club such a wonderful success. Thank you everyone.



After loading and reloading in order to close the luggage doors on the bus we left Edmonton January 2nd on time. Many thanks go to all the members at both ends of the trip who lent their backs and gave their enthusiasm to the task.

We had a few of our ladies helping too, and that was great. As a group we should remember to limit our luggage to essentials because, with the full bus, we just barely got everything on board. Our driver, Mr. Phammavongsa, is experienced and kept us safe and on time despite difficult winter driving conditions.

After a few minor glitches with lift tickets and room locks, everyone enjoyed good fellowship at the Welcoming Reception and we all prepared for four days of skiing at a wonderful mountain ski resort. Monday dawned, as all days did, overcast with intermittent light or heavy snow. But, that is why we were there, to enjoy the snow at Sun Peaks and we had lots of it. Individuals divided into smaller groups based on skill level or timing or any of the many reasons for skiing together and enjoyed the vast selection of ski trails. Most often we got together for a rest and refreshments at the top of the Sunburst Chair at about 10:30 a.m. every day.

We all do everything we can to avoid accidents by skiing in control and having good equipment but incidents do happen. The Club protocols had prepared us to deal with everything efficiently. In the instant case we are fortunate that everyone pulled together to maximize

support for a member injured on the trip. She sends her sincere thanks to all who helped.

After four days of hard physical activity we were up and on the bus departing for Edmonton at 7:30 a.m. We arrived home at 7:30 p.m. without incident and only a bit late because of road conditions. On the way we especially enjoyed a photo tour of our four days at Sun Peaks provided by Bob Larson.

Our appreciation and thanks go to John Histed and his staff at the hotel, Tina Ernst and her staff at the Bella Italia, Sarah Empey and the guest services staff, and to the ski patrol and emergency staff at Sun Peaks. Finally, thank you to all of the participants who together made the experience so enjoyable.



What's Coming Up?	
Silver Star Tour	February 6 to 11
55 Plus Winter Games Alpine Skiing Races	February 25 to 26 at Snow Valley
Lake Louise Tour	February 27 to March 3
Marmot in March	March 20 to 24
Sunshine Village #2	April 10 to 13
Spring Dinner	Wed. May 11

Totem Ski Shop



Do you know - that TOTEM Ski Shop and Jasper Source for Sports have sponsored Ski Tracks for 3 consecutive years?

Totem Ski Shop and Jasper Source for Sports have been one of our continuous sponsors since we formed the Rocky Mountain Seniors Ski Club. They have assisted our Club in other ways as well.



Totem provided funding to pay for the accurate timing of our Fun Race this year. This made the event much more interesting with timing to hundredths of a second.



Totem has provided free ski demos during Marmot in March for the past two tours and will be offering demos again during the March tour. You can try out several different skis through the course of a day to find out what you really enjoy.

Totem has a wide variety of ski apparel, ski equipment and accessories. Rentals and a full maintenance shop complete the scene.



They carry a wide variety of name brands for the skier including Rossignol, North Face, Thermarest, Elan, Salomon, MSR and many others. They also carry every accessory you might require and, as the sign indicates, Totem is also a Men's Wear/Sportswear fashion center. They also service skis and have a complete ski rental service with pre-booking on-line. The store opens at 8:00 a.m. during the ski season so you can pick up rentals on your way up to Marmot.

Jasper Source for Sports



If one great sport shop isn't enough, now we have two choices. Jasper Source for Sports is located on Patricia St., Jasper's one-way (North) street. It is owned and managed by Roy and Club member Milt. Source for Sports has a complete line of skis and accessories but also has a full line of bikes, accessories and rentals for your summer riding.

Totem Ski Shop

408 Connaught Drive
P.O.Box 760
Jasper, AB Canada
Phone: 1-800-363-3078 or
780-852-3078
www.totemskishop.com

Source for Sports

406 Patricia St.
Jasper, AB
Phone: 780-852-3654
www.jaspersports.com

Totem and Source for Sports are pleased to offer members a 10% discount. Just show your badge.

55 Plus Winter Games Alpine Skiing Qualifying Races

Submitted by Klaus Kyritz

The Alpine Skiing Qualifying Races for zones 4, 5, and 6 were held on Tuesday, December 14, at Snow Valley. Twenty- two skiers competed to qualify for places in the Alberta Games. None were from zone 4, two from zone 5 and twenty from zone 6. All but one of the competitors were Club members.

The race consisted of two slalom runs for each competitor and was completed in just over one hour.

I would like to thank those Club members who helped to stage the race. As organizers, we now have a better understanding of the organizational requirements necessary for the 55 Plus Winter Games races on February 25 and 26.

Listed below are the winners of each race: Congratulations

Over 55 male.....Sergey Voronin

Over 60 male.....Bob Frizzell

Over 65 male.....Richard Larson

Over 70 male.....Bob Holzer

Over 75 male.....Larry Comfort

Over 60 female.....Gayle Houston

Over 65 female.....Norma Kabaroff

Over 70 female.....Kathy Robinson

Over 75 female.....Fran Cuyler

As mentioned previously, the 55 Plus Alpine Skiing will be held at Snow Valley. The times for the races are listed below and I encourage you to come out to cheer on our Club members.

Friday Feb.25 a) Predicted Time Race @ 10:00 a.m.

b) Slalom Race @ 1:30 p.m.

Saturday Feb.26 a) Dual Slalom Race @ 10:00 a.m.

b) Medal Presentation@ 1:00 p.m.

Hope to see you there.



Sunshine Village 2010 Tour Report, December 5 - 8

Submitted by Anke Seifried

The first trip of the 2010/2011 ski season started, as usual, with everybody being punctual. We left a record breaking 20 minutes before the scheduled departure time. The 26 participants lounged happily in a spacious bus leaving the mastering of the slick looking roads to our driver. We took the new Calgary bypass, Stoney Trail, and then lunched at Cochrane. When we passed the Park Gate, we gave our Sunshine Hotel Contact a call, as he had requested, in order to estimate our exact arrival time.

Our arrival at the bottom



of the Gondola at Sunshine was definitely a five star reception arranged by the Sunshine Hotel Contact. All room keys, ski locker keys and lift passes were distributed on the bus in check-in envelopes and while this was proceeding, hotel staff unloaded the luggage. We then tagged our bags and skis with the tags provided complete with names and room numbers from our check-in envelopes. And that was that for our contact with the luggage until it all reappeared in each room and in the ski lockers assigned to each room.

Sunday night saw us on the mountain in the Hotel Chimney Corner for an informal get-together.

All first time tour participants were introduced and ski groups were assembled to accompany each other the next day. The weather promised to be much better than the year before and fortunately the weather predictions were correct. Sunny skies and reasonable snow conditions awaited us in the morning. Also we were fortunate to run into our Sunshine Hotel Contact, who proceeded to ski with us in the morning on his day off "as a private



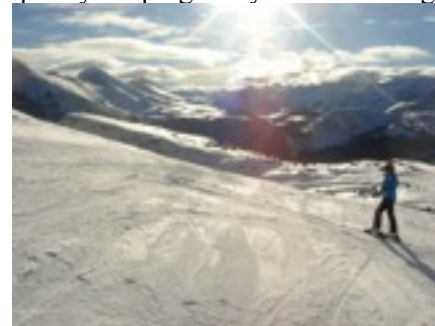
person." This was the morning Goat's Eye Mountain opened and the Sunshine Coast run became the favorite run for our visit – at least for some of us. At noon some of the group took advantage of the Sunshine Ski Hosts, who took skiers from one lift to the next. The Hosts ski at the level requested by guests as long as it is green or blue. In the evening we were treated to our Club dinner with Clam Chowder, poached BC Wild Sockeye Salmon, expertly carved and tasty Baron of Beef, several delectable salads, baked veggies and such, chased by Tiramisu and a chocolate mousse of melting charm.

The next day a few clouds appeared but there was snow with them which was very much appreciated this early in the season. Again the temperatures were very

reasonable in contrast to a year ago. In the evening, some people decided to take in a talk at the Hotel, given by one of the Staff, about the Park and the Ski Area. Others were content to remain in the comfortable lounging chairs in the Chimney Corner. On Wednesday we woke to falling snow and a bit of a "socked in" feeling and a healthy breeze on the tops. We were fortunate as the sun did come out in the afternoon and a few brave souls even ascended the upper slopes including Goats Eye after some "below the tree line" skiing off the Wolverine Chair in the morning. With a couple inches of fresh snow on top of groomed runs, this skiing was not a hardship at all.

In the late afternoon on Wednesday our bus was loaded and all 26 participants were returned to Edmonton after a dinner stop at Red Deer's Gasoline Alley.

The first trip of the season appears to have become a favorite for some participants. The Tour Hosts give thanks to the back up supervisory Team of Art and Kathy Robinson for their support and assistance. We also thanks the stalwart members who were seen quietly keeping an eye on the skiing



so no one had any problems. The "mixing" zone was always available in the Chimney Corner and elsewhere. The tour was enjoyed by all.

Report - Sun Peaks Tour #2

Submitted by Wayne Loehr

The Sun Peaks #2 Tour was held on January 9 to January 13. This was my first tour with the Rocky Mountain Seniors Ski Club and it will not be my last. All aspects of the trip unfolded as scheduled. Even the terrible weather that greeted us on the morning that we departed could not dampen the enthusiasm of all participants or throw us off schedule. Our tour bus operator was great at getting us to the Coast Sundance Lodge on time. The three days of skiing which followed provided three days of very different ski conditions.

The first day was overcast followed by a day of great sunshine. The weather coupled with groomed hills was magnificent. This is clearly demonstrated in the pictures below. On the third day, we woke up to 30 cm of new snow. Those praying for powder got their wish. As a person getting back into skiing, I found it hard to believe the excellent skills of our ski group. The group showed a lot of patience with me which I greatly appreciated.

Our two very successful evening functions, the Welcoming Reception and the Wednesday Evening Banquet, were attended by all. It was a great time for mixing, for having a coke and for meeting new people.

To sum up the experience: great skiing, great friends and a cinnamon bun at the top of the hill. What more could one ask?

Thanks to all members on the trip for making the Tour such a success and again thanks to the tour bus operator who again battled poor weather conditions on the way home. We arrived on time and totally content.



Sun Peaks #2
Sometimes pictures do speak louder than words.



Marmot Ski Improvement Tour (January 23-27)

Submitted by Tour Hosts, Jim and Donna Vine

Jasper in January was fabulous this year!! We lucked out with the weather, with temperatures hovering around zero, and a bit of new snow almost every day. Although sunshine was somewhat evasive, conditions were great, delighting the powder hounds, the glade and tree teasers, the mogul mashers, the racers, and the cruisers. We kids at heart can't get enough of playing in the snow!

As always, the opportunity to get together with old friends and meet new ones made the week a lot of fun, starting with the Welcome Party at Jasper Inn. The snack buffet of buns, cold cuts, cheese and fresh fruits and veggies got us off to a healthy start, although the wine and beer probably brought the healthy part down a notch. Accommodations were great, and the bottle of wine in each room, compliments of Jasper Inn, was a nice touch.

We heard many positive comments about the lessons this year; excellent instructors with small classes and lots of one-on-one feedback. One of our own RMSSC members, Milt Gilmour from Jasper, was one of the instructors, and another member, Ruth Mathes, is a Marmot Basin snow host who is always happy to share her favorite ski areas. Unfortunately, we did have 1 injury early in the week, but the Marmot Basin patrollers and staff efficiently assisted the injured person.

Twelve members found energy on Tuesday evening to take the Maligne Canyon Icewalk. Jasper Adventure Centre provided transportation, boots, cleats and headlamps. Despite the long and tiring day, everyone seemed to be glad they experienced this "must do once in a lifetime" adventure.

Kathy Robinson coordinated the Fun Race on Wednesday afternoon, and used her powers of persuasion to register 28 racers (see Kathy's report). There was some good-natured competition going on among the racers, which added to the fun and the laughs!

The atmosphere at our Club dinner on Wednesday evening reflected 3 wonderful days of skiing together. It was a lively evening full of camaraderie. Skiers shared tales of spectacular spills, knee-deep powder, close calls, and of course the Fun Race. The stories got bigger and better as the evening wore on! Robbie Steen presented Brian Colgan with an unofficial prize for the best face-plant, but word was that there were other contenders! The Jasper Inn Restaurant served our hungry group a delicious meal, topped off with decadent cheesecake or black bottom pie.

Special thanks goes to Shirley Powell, Ursula Maydell, George and Mary Binette for helping with ticket sales on Sunday, and the RMSSC executive for their organization and support. Kudos to staff at Jasper Inn and Restaurant, and Marmot Basin for their efforts to make our week a great success. As Tour Hosts, we thank everyone for making our job a lot of fun. It was a wonderful opportunity for us to get to know members better.

