



SKI TRACKS

This issue generously sponsored by
*Mud Sweat and Gears Bike and Ski Shop in
 Sherwood Park*

Rocky Mountain Seniors Ski Club Tours For 2011-2012.

Dates	Tour	Days Skiing
December 4 to 7	Sunshine	3 days
January 8 to 13	Sun Peaks 1	3 or 4 days
January 15 to 20	Sun Peaks 2	3 or 4 days
January 29 to February 2	Marmot Ski Improvement	4 days
February 12 to 16	Panorama	4 days
February 26 to March 2	Lake Louise	4 days
March 11 to 15	Marmot in March	4 days

The dates of the Rocky Mountain Seniors Ski Club 2011-2012 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 26.



Several members who participated in the Canmore Bike Trip are pictured. Obviously this was far too much fun!

UNDER the COVER	Pg
President's Message	2
Membership update	3
RMSSC Fall Dinner	4
Pre-season Ski Fitness	4
Golfing	5
Alberta 55+ Summer Games	6
Mud Sweat and Gears	7
Lake Isle Ride	8
Tour Registration Form	9

President's Message

Greetings everyone! I hope you are having an active and enjoyable summer! After a wet and cool May and June, we finally have some great weather for golfing and biking. As usual, we have had good participation in both activities with lots of new faces, especially in the biking group. The "Canmore Bike Trip" in June and the "McGavin/Doucet Lake Isle Ride" and BBQ in July were well attended by our biking contingent. The Laurier Park BBQ at the end of July was our main summer social function with over 100 members enjoying food and camaraderie. Thanks to the many volunteers who helped organize and carry out those activities.

Your executive has been busy planning Club activities for the upcoming fall and winter seasons. The ski tour destinations have been booked with the dates listed above. These will be on our website soon. Complete details will be available during our Registration Day. This will be held at Snow Valley on Wednesday, October

26. Another date to remember is the Fall Banquet. This will be held at the German-Cultural Centre on Wednesday, November 30. Tickets for this popular event will be available at Registration Day. Although dates have not yet been determined, we will again hold Pre-Ski Fitness Classes beginning in October. Details on this activity will be forthcoming. There is still room available for any member or guest to register for our golf tournament. It is slated to be held on September 14 at Montgomery Glen in Wetaskiwin, but we need more entries. This is your last chance! Call or email me **NOW!** The deadline and final cutoff is September 4.

We have another month or so to enjoy the non-skiing outdoors activities with the Club before we are in the shoulder season. Then there is too much snow and cold weather to golf or bike but not enough snow to ski – a truly depressing time. Hope to see you out on the golf course or bike trails this month!



What's Coming Up?	
Golf Tournament	September 14
Registration and Information Day	October 26
Marmot Opening	November 11
Fall Banquet	November 30



Membership Update

Submitted by Art Robinson

Club Registration and Information Session

The Club will be holding a Registration and Information Session on **Wednesday, October 26**, from 3 – 7 p.m. at the Lodge at Snow Valley. Information about the activities planned for the coming winter season will be available. These activities include

- 2011-12 ski tours.
- on-hill ski programs at Snow Valley.

This evening will also provide an opportunity for you to

- pick up your 2011-12 membership card.
- purchase your Fall Dinner tickets.
- purchase your season pass for Snow Valley. The Snow Valley season pass, \$65 + GST, gives you discounts on accommodation and lift passes at other ski resorts.

Bring your ski friends with you. After seeing the plans for Club activities for the winter, they will want to join us!

Membership Renewal

The new membership year begins November 1. Planning for the 2011-12 year has been underway and the year promises to be full and exciting. The membership fee of \$25 (\$20 for those 80 and older as of December 31, 2011) will extend your membership to October 31, 2012.

Membership fees will be waived for those members 80 or older who have been members continuously for the previous 5 years. (For the 2011-12 year, the member must have been a member every year since the 2006-07 membership year inclusive.) Members still submit an Application for Membership.

Members can visit the Club website (www.seniorsski.com) to download and print the Membership Application Form. The form is found at **Join Us** on the Club website. Members who would like forms mailed to them can contact Art Robinson at info@seniorsski.com or 780-435-8742. Members receiving a mailed copy of the newsletter will

receive an Application for Membership Form with the newsletter.

Mail your form early so we can have membership cards ready for the Registration and Information Session on October 26. Members unable to attend that day will receive their membership cards by mail after the session.

The Club respects the confidentiality of all the information the Club collects. The contact information of members is shared in the following manner:

- The contact information of address, phone number, and e-mail address is shared with the Executive and activities coordinators for the purpose of communicating with members.
- For participants of each ski tour, Tour Hosts prepare and distribute a rooming list of participants with their addresses and phone numbers to facilitate carpooling to/from the bus loading place.
- A Members Phone List, available after December 1, lists the names and phone numbers of members who have given consent on the Application for Membership Form for names and phone numbers to be shared. The information is for personal use only.



Rocky Mountain Seniors Ski Club Fall Dinner

Wednesday, November 30, 2011

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, Wednesday, October 26, or after, by sending your cheque, payable to **ROCKY MOUNTAIN SENIORS SKI CLUB**, to
Susan Hall, #903, 10721 Saskatchewan Drive, Edmonton, T6E 6J5,

Additional charge of \$5.00 if not purchased by November 22nd, 2011.

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

For additional information, call Susan Hall at 780-432-0349.

Pre-Season Ski Fitness Classes

Submitted by Bob Holzer

Once again Ski Conditioning Classes at Kinsmen Sports Centre have been arranged for Club members. A conditioning program for skiers is an essential part of any ski training program. Improve your performance by taking important preventative measures to protect joints and muscle tissue from injury

The classes will consist of two 1-hour workout sessions per week for 8 weeks, starting in mid-October. The sessions will concentrate on exercises specific to downhill skiing and be tailored for active seniors. This year three groups have been set up as follows:

Group 1 (Course Code 419480) Monday and Friday, 10 am - 11 am, October 14 to December 5.

Group 2 (Course Code 419758) Tuesday and Thursday, 10 am - 11 am, October 11 to December 1.

Group 3 (Course Code 430572) Tuesday and Thursday, 11 am - noon, October 11 to December 1.

Each group is limited to 15 participants. The cost of the program of 16 classes is \$140.

Register online at <https://ereg.edmonton.ca> or phone 311 within Edmonton or 780-442-5311 outside Edmonton.

We are looking forward to a good experience. Don't go into this ski season with "summer legs"! Get in ski shape and have fun with your friends in the Club.

Rocky Mountain Seniors Ski Club 2011 Golf Schedule

Date	Course	Tee Time
Sep. 5	Pioneer Meadows	10:00 AM
Sep. 12	JR's	10:00 AM
Sep. 14	Golf Wetaskiwin	10:00 AM
Sep. 19	Cardiff	10:00 AM
Sep. 26	Legends	10:00 AM

Our golfing group continues to meet every Monday. Tee times usually commence at 10:00 am. On long weekends, tee times begin at 2:00 pm. The group has averaged about 32 golfers each week over the summer. To participate, e-mail



Marlene Thompson at dwnm7104@shaw.ca.

All Rocky Mountain Senior Members

Golf Get-together

Montgomery Glen Golf Club - Wetaskiwin

Wednesday, September 14, 2011 - 10:00 AM Shotgun Start

Your day includes:

18 holes of best-ball golf at the beautiful Montgomery Glen Golf Club

Shared power cart

Coffee and Muffins before golf

Prizes

A 6 oz steak dinner with all the trimmings.

Great Fellowship!

Friends welcome!

Do you know someone who might donate a prize?

We need prizes valued between \$15 and \$30.

Just collect the prize and forward it to Mike Tansey.

Thanks for helping!

Deadline September 4. Call Mike Tansey NOW to enter. 780-458-9345

Entry Fee \$80.00

Getting there - Just 30 minutes from Edmonton's South Side, take the QE highway to Leduc, then merge onto highway 2A. Continue south through Millet. Watch for the golf course on your right as you approach Wetaskiwin. Turn right (west) just before the golf course and proceed to the clubhouse to the left at the top of the hill.

2011 Alberta 55+ Summer Games

Submitted by Ilene Larson

The Alberta 55+ Summer Games is a biannual event. This year the games were held in Fairview. Fairview is a town of just over 3000 residents located 115 km from Grande Prairie. Initially there was concern expressed that a town of this size did not have the infrastructure to host games attracting about 1000 participants. Well, once participants arrived in Fairview, they found very well organized games with enthusiastic volunteers. It seemed almost all the townspeople were involved in creating a friendly and welcoming atmosphere. These events included a range of sporting activities: track and field, slow pitch, horseshoes, golf, cycling and many more.

Richard and I were fortunate to represent Zone 6 in the cycling events. This included a 10 kilometre time trial which was held on Friday morning and a 20 kilometre time trial which was held on Saturday morning. Although the weather was cool and there had been quite a bit of rain, the rain stopped for both of our events. The cycling events were held at the village of Hine Creek which is about 29 kilometres from Fairview. Bob Welsh, the organizer of the cycling event did an outstanding job. The road was swept for the races and cyclists were provided with coffee and a lunch hosted by helpful and cheerful volunteers. Bob even arranged for all the participants to have an ice cream cone at the local cafe after the event was over. When the cycling events were all finished, I won gold medals in each of the two time trail races and Richard won silver in both events. He was very satisfied with his result as his competition, Sid, from St. Albert, is a very skilled time trial cyclist who not only competes in these events in the Edmonton area in the summer but continues to race in the states in the winter. Of course, Sid was the gold medalist in the men's 65 plus event. All in all, we had a very enjoyable experience.



The next Alberta 55+ Summer Games will be held in Westlock/ Barrhead in 2013.

Special Activities Submitted by Bob Holzer

Biking has been quite successful this summer in spite of some setbacks. The regular Tuesday and Thursday rides have great turnouts while the special rides have had mixed success. Forty of our members travelled to Canmore and had one excellent day riding Goat Creek and the new Legacy Trail. On the second day, weather allowed only a morning ride in Kananaskis Country. Unfortunately, the weather totally washed out the third day.

Weather also caused the cancellation of the ride in the Blackfoot Recreation Area and also necessitated the cancellation of the one planned for Red Deer. The Lake Isle ride in July was a great success. In August, we had a very good day in Elk Island Park, thanks to the weather and Robbie Steen's organization.

The biking season will culminate with a luncheon at Snow Valley on October 4.



Mud, Sweat and Gears is proud to enter its second year as a sponsor of the Rocky Mountain Seniors Ski Club. Mud, Sweat and Gears offers both alpine ski and bicycle sales and service, so we feel we can add a lot of value to your wonderful association. We have been in business for just over 5 years and cater to outdoor life for all levels whether it be riding a bike in the summer or sliding down a mountain in the winter.

We have just completed an expansion of the building, bringing our display area to just over 3000 sq. ft. to better showcase our products. We still have that small shop feel with personalized service by those who love to partake in the outdoors.

Our staff consists of triathletes, fitness coaches, rock climbers, downhill ski enthusiasts, and of course lots of fun friendly people. Store owner Paul Burgess has been fitting bikes to customers for almost 20 years so if you are not completely comfortable on your bike we can help. We also have beginner and intermediate ride groups that leave from our store twice weekly. Ride leaders Jim Marshall and Dave Noonan make sure no one gets left behind and that all rider's needs are met so come out and join in the fun.

During the winter months the store transforms into a full service ski store with everything you need for alpine adventures, including the best in outerwear from great brands like Spyder, Helly Hanson, Bonfire and Rossignol.

To complement our ski department, we have all the equipment needed for expert tuning of your skis.

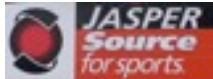
We are happy to offer **15% off all Bicycle and Ski packages (show badge or membership card for discount)**

purchased by members of the Rocky Mountain Seniors Ski Club. Drop in and say Hi! We are just across the street from Sherwood Park Mall beside Tim's.

133 Main Boulevard, Sherwood Park (780) 449-2453

email -

paul@mudsweatandgears.ca



**mud, sweat
and
gears**

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

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



More than 30 members participated in another great ride at Lake Isle this summer. We all managed to outdistance the mosquitos and then gathered for a BBQ at Bruce McGavin's shoreside cabin. We enjoyed burgers with all the fixings. More importantly there was lots of conversation and fellowship. Thanks to hosts Bruce McGavin and Cheryl and Don Doucette.

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 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 and golfing. 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	Carl Ulrich
info@seniorsski.com	Art Robinson
newsletter@seniorsski.com	Bob Larson
webpage@seniorsski.com	Harold Knopke
tours@seniorsski.com	Bill and Pat Campbell
activities@seniorsski.com	Bob Holzer
social@seniorsski.com	Susan Hall



Rocky Mountain Seniors Ski Club

Application for Membership 2011-2012

Please print clearly

First Name _____ Last Name _____

Address _____ City _____

Province _____ Postal Code _____ Home Phone (____) _____

E-mail Address: (Please print clearly in BLOCK LETTERS)

Grid for email address input

Renewal checkbox

New Member: Date of birth (mm/dd/yyyy) _____ (Proof of age is required for all new members.)

Exclusion of Liability and Release: In this Exclusion of Liability and Release, "Club" means the Rocky Mountain Seniors Ski Club and "Club activities" means skiing, ski tours, and other ski activities; biking, bike tours, and other biking activities; golfing and other golfing activities; and any other sporting, recreational, social, or associated activities carried out, sponsored, or promoted by the Club. I realize that there are or may be inherent dangers involved in my participation in Club 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 Club activities. I hereby waive all claims for all possible causes of action of any nature that I may have against the 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 Club activities.

Signature: _____ Date: _____

Release of Personal Information: I give the Rocky Mountain Seniors Ski Club permission to share with members for personal use only

- my name, address, and phone number on participants' lists, and
• my name and phone number on the Members Phone List.

Signature: _____ Date: _____

Newsletter options: Please advise me when it is available on the website. Please mail my newsletter.

Members Phone List options: No thanks. Please e-mail me a list. Please mail me a list.

Membership Fee: \$25 (membership year expires October 31, 2012) \$20 for those 80 years old or older as of December 31, 2011

Total enclosed \$ _____ by cheque # _____ by cash (please do not mail cash).

Please provide all the necessary information. Read and sign the Exclusion of Liability and Release. Read and, if you wish, sign the permission to release personal information. Enclose proof of age (new members only - photocopy of driver's license, birth certificate, or health card). Enclose payment. Make your cheque payable to Rocky Mountain Seniors Ski Club or RMSSC.

Mailing Address: Rocky Mountain Seniors Ski Club 4056 Aspen Drive East Edmonton AB T6J 2A8