



SKI TRACKS

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Pacesetter Ski Shop

President's Message

Winter! After some great biking weather in October and early November, the latter part of November saw the opening of the ski season. Both Snow Valley and Marmot opened on schedule, albeit with limited runs, and some of us took the opportunity to get the boards out and test our ski legs in the early season conditions. Our on-hill programs at Snow Valley are now underway and members are getting prepared for the great tours that we have arranged.

Annually, we have two social events in November - Welcome to Winter, at Snow Valley, and our annual Fall Banquet, at the German-Canadian Cultural Centre. Welcome to Winter was well attended with members greeting old friends and welcoming new ones. Ticket sales for the Fall Banquet were brisk and we look forward to a great night this Wednesday.

In other Club business, the Executive has decided to make a change regarding distribution of the newsletter. The Executive has unanimously voted that the newsletter will only be mailed to those members without an e-mail address. In the past, members could choose to receive the newsletter by mail or download and view the newsletter from our website, printing pages as required. Our newsletter is an informative and attractive document, but it is VERY time consuming for our volunteer newsletter editor to prepare the hard copies required for the mailing of each edition. Although we have fewer than 20

members without internet access, we have to produce approximately three times that number to mail to members who, although capable of accessing the online version, prefer not to. This decision addresses the excessive time required to produce the physical copies. We hope that affected members understand this situation.

Again, I would like to reiterate my message from last month about ski safety. Ski Prepared (make sure your equipment and your body are prepared for the season), Ski with Attitude (ski within your limits), and Ski Smart (follow the rules and stay in control). We want everyone to enjoy the entire season!

On behalf of your Executive, I would like to wish all our members a very Merry Christmas and all the best for an enjoyable and safe New Year. See you on the slopes!

Mike Tansey

Important note for members planning on joining the Panorama Tour. Barb Fowler's postal code was misprinted on early tour announcements.

The postal code should have been printed as T8H 2V9.

Rocky Mountain Seniors Ski Club Ski Tours For 2011-2012.

Dates	Tour	Days Skiing	Open Date	Draw Date	Close Date
December 4 to 7	Sunshine	3 days	closed		
January 8 to 13	Sun Peaks 1	3 or 4 days	November 10	November 20	November 30
January 15 to 20	Sun Peaks 2	3 or 4 days	November 17	November 27	December 10
January 29 to February 2	Marmot Ski Imp.	4 days	November 24	December 7	December 23
February 12 to 16	Panorama	4 days	December 12	December 23	December 30
February 26 to March 1	Lake Louise	4 days	December 13	December 22	January 17
March 11 to 15	Marmot	4 days	January 23	February 10	February 17

2013 ALBERTA 55+ WINTER GAMES

Changes to Qualification Rules.

Submitted by Len Stevens

The technical committee has recommended the following changes for Alpine Skiing for the next Winter Games based on input from Len Stevens. These recommendations are expected to be passed by the Provincial Board at their next meeting.

AGE BRACKETS

The following age brackets for both men and women will be in effect:

- Ages – 55 to 64 - combines the two lowest age brackets into a new group.
- Ages – 65 to 69; Ages 70 to 74; Ages 75 to 79.
- Ages – 80 plus; a new group to encourage our 80 + skiers to continue racing.

QUALIFICATION RACES

All Alpine Racers who compete in a Zone qualification race will have the right to enter the 2013 Alberta Winter Games.

Any Zone which does not have enough skiers to run a qualification race can have their skiers register a direct entry to the Games.

For Zone 6 Edmonton, we will be able to fill spots created by lack of participation by some of the rural zones who do not send entrants. Thus all Zone 6 skiers who participate in our qualifying race at Snow Valley will be able to proceed to the Winter Games.

The 2013 Winter Games will be hosted by Zone 3 Calgary, and the competition will likely be held at Canada Olympic Park.

We would like to see as many of our racers as possible show up for the 2013 Games.

All racers who will be **80 years of age or older in the year 2013** should stay active and be prepared to participate in the Games. This age bracket was established just for you after 2 years of lobbying the technical committee.

If anyone has any questions, please contact Len Stevens (lastervens@shaw.ca) for clarification.

VOLUNTEERS NEEDED TO FILL EXECUTIVE POSITIONS

An election will be held at the upcoming AGM in mid-April (date to be determined) to fill the following Executive positions. The current coordinators are listed below. These volunteers have completed 4 years of service and are not eligible for re-election.

- Membership.....Art Robinson
- Treasurer.....Archie Childs
- Special Activities.....Bob Holzer
- Newsletter Editor.....Bob Larson

If you are interested or if you know of anyone who may be interested in one of these positions, please contact me for further information. Being a member of the Executive of such a vibrant club is a truly rewarding experience.

As the Chair of the Nominating committee, I will be presenting a slate of members who have consented to let their names stand. Nominations from the floor will be accepted.

Klaus Kyritz
Past President
780-458-0293 or
email pastpres@seniorsski.com

Membership
Submitted by Art Robinson



Welcome to Winter

Our annual Welcome to Winter drew over 100 enthusiastic members to Snow Valley for a day of sun, snow, and socializing. It was great meeting new

members and old ski friends. Fresh snow from last week mixed with the man-made snow along with sun and mild temperatures provided excellent conditions for skiing. In the morning, most members were out on the hill testing out their equipment, some for the first time this season. Many of our members took advantage of the demo skis made available by Sundance Ski Shop and Mud, Sweat and Gears. At coffee break, members were able to sign-up for afternoon activities while they were enjoying their coffee and goodies. President **Mike Tansey** welcomed 18 new members who were able to be with us for the day.

A number of members had their bindings tested to see if the bindings would release properly in a fall. A few members took the opportunity for a first-hand look at trying to tune their own skis.

Right: Strutting their stuff on demo skis.

Below left: Getting ready for lessons. Below right: The hard part!

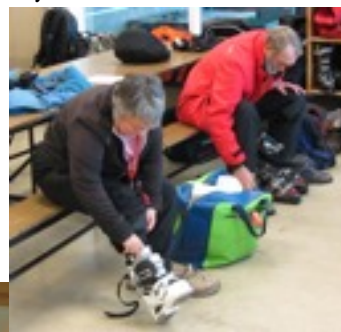
Bottom: Socializing was the order of the day!

The lunch specials offered by the Snow Valley cafeteria were a big hit. Out on the slopes, Snow Valley ski instructors enjoyed the afternoon offering tips to members. A number of members explored 'carving' with their skis; telemarking; snowboarding; or the latest, syncro skiing.

Thanks to Snow Valley staff and Club volunteers for a very successful day.

Membership

As of November 22, there are 372 members in our Club including 76 new members. Last year at this time our membership count was at 355.



What's Coming Up?	
Sunshine Tour #1	December 4 to 7
Club Members Meeting at Snow Valley	Officially Tuesday, but members are here daily.
Sun Peaks #1	January 7-13
Sun Peaks #2	January 15-20
New Members Day	February 7
Marmot Ski Improvement	January 29-February 2
Panorama	February 12-16
Lake Louise	February 26 - March 1
Marmot In March	March 11-16

Snow Valley Club Ski Programs

Submitted by Bob Frizzell

All Rocky Mountain Seniors Ski Club members are encouraged to continue to improve their skiing. New members returning to skiing after a break will find skiing programs help build confidence. The programs also provide instruction on making use of new equipment. The following programs have been developed in cooperation with Snow Valley.

Carving/Intro to Racing Clinics

Our Club has joined forces with Snow Valley to offer three Carving Clinics. This season they are offered at the same time as the Racing Program to allow participants an opportunity to try skiing around gates if they wish. Participants should be able to ski all green runs and groomed blue runs. These clinics have been very popular in past years. Three sessions, each composed of 7 classes, are offered from 1:45 pm to 3:15 pm on Tuesdays and Thursdays. Sessions begin November 22, January 17, and February 16. The cost is \$78.75 per session. Registration is through Snow Valley Guest Services at 780-434-3991.

Skiing Performance Programs

In cooperation with Snow Valley, our Club is offering two programs in which students are assigned to groups according to skill levels. Hence, these programs can accommodate all skiers from novice to expert who wish to fine-tune their technique. Most groups have fewer than 8 skiers. Beginner skiers are encouraged to register for a private or semi-private lesson before registering for one of these programs. Our programs run on Tuesdays and Thursdays from 1:30 pm to 2:30 pm for the five classes beginning November 22 and January 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.

Synchronized Skiing Programs

In cooperation with Snow Valley, our Club is offering three programs for members to learn the skills and techniques involved in synchronized skiing. These programs emphasize controlling turns, shaping turns, and coordinating turns and movements with fellow skiers. These programs run on Mondays from 2:00 pm to 3:30 pm for four weeks beginning November 28, January 16, and February 27. They provide an excellent opportunity for our members to prepare for trips to the mountains by developing skills that can be applied to skiing varied terrain and slopes. 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.

Racing Program

Registration for the Rocky Mountain Seniors racing/high performance program, offered in cooperation with Snow Valley, commenced at Registration Night, October 26. The program emphasizes 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 22, January 17, and February 16. 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 per session. 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 previously described.

Warm-up Ski Race Training at Nakiska

Here is an opportunity to brush up your ski racing skills before the annual Alberta +55 Ski Race. Seniors Alpine Ski Club will be offering a one-day only ski race-training program prior to the +55 race. The race training day will be at Nakiska, Wednesday, February 8, with two sessions: from 10:00 –12:00 and from 1:00 - 3:00. The sessions will begin on lower Mighty Peace with 15-feather duster gates, followed by 15-stubby gates and finally 15-conventional pole race gates. Cost of the one-day program will be \$25 to

cover rent of hill space from Nakiska and rent of gates, snow drill and gate screw keys from the Masters Ski Club. The \$25 does not include your lift ticket. Meet Derald Smith at 9:30 at the north end of the Nakiska Lodge (seniors section). Derald will be registering interested participants and getting waivers signed. Adolf Brunnhofer and Derald will be instructing the training program. For further information please contact Derald Smith (telephone: 403-239-0255) or (email:



4th Year Sponsoring RMSSC!

Another season is upon us and Doug and the Pacesetter crew are hard at work. New gear is arriving everyday so stop on by and say hi to the crew as Pacesetter continues its commitment to the RMSSC. There's lots to be excited about this season. New lifts, La Nina winds (lots of snow) and lots of challenges on the slopes. So prepare for the year with a stop at

**Skis?
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**Clothing?
We've got the brands!**

Great Performance!



And lots more too!

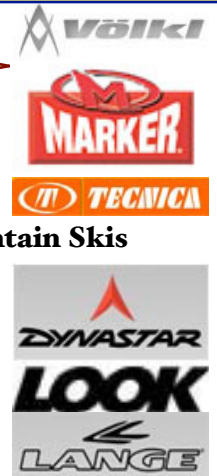
Specialty Items
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All Mountain Skis



Carving Skis



Racing Skis



**Equipment need work?
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Store Hours: Monday, Tuesday, Wednesday, Friday: 9:30 am - 5:30 pm
 Thursday: 9:30 am - 8:00 pm
 Saturday: 9:30 am - 5:30 pm
 Sunday: 12:00 pm - 5:00 pm
 Subject to change: Check

**Grandpa and Grandma shopping central!
Gifts for all occasions.**

More brands too!

Rocky Mountain Seniors Ski Club Members receive a 15% discount on accessories. A discount on hard goods including skis and boots will be negotiated at time of purchase. Just show your membership card or your button.

Visit us at
 10054 167 Street Northwest
 Edmonton, AB. T5P 3W4

Check out our website at
www.pacesetterb.com

Phone or fax us at
 Phone: (780) 483 - 2005
 Fax: (780) 483 - 2007



Panorama: February 12 - 16, 2012

Tour Hosts: Barb Fowler 780-467-4340
Joan Stirling 780-410-1510

Accommodation: Panorama Mountain Village

Room Type	Tour Package Cost per Person			
	Single	Double	Triple	Quad
Upper Village Studio	\$1100	\$728		
Upper Village One Bedroom	\$1285	\$820	\$665	
Upper Village Two Bedroom		\$1025	\$800	\$690

Studio: offers one queen bed, a fold-out sofa, living area, full kitchen with microwave and dishwasher, and one full bathroom.

One bedroom: offers one private sleeping room with a split king bed, fold-out sofa in the living area, a full kitchen with microwave and dishwasher, dining area, gas fireplace, hairdryer and one full bathroom.

Two bedroom: This suite offers two bedrooms. One room has one queen bed. The second room has a split king bed. There are two full bathrooms with hairdryer. The living area has a fold out sofa, dining area, gas fireplace, a full kitchen.

Included in Tour Package

- 4 nights' accommodation,
- 4-day lift pass,
- bus transportation,
- Welcoming Party,
- Club dinner deposit,
- all taxes and fees.

The DEAL: Seniors 75 and older ski FREE.

Deductions:

- Non-skier \$201
- Self-driver (possible if bus is full) \$102
- Club dinner deposit \$ 5 (If not attending group dinner.)
- Senior skier 75+ \$201

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

To Reserve Starting December 12, 2011 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 December 30, 2011.

Mail to: Barb Fowler 780-467-4340
62 Summercourt Road,
Sherwood Park, T8H 2V9

Start Date: December 12, 2011
Draw Date: December 23, 2011 (in case of an over-subscribed tour)
Deadline: December 30, 2011



Lake Louise: February 26 - March 1, 2012

Tour Hosts: Alan Burkin 780-472-7079

Accommodation: Lake Louise Inn

Room Type*	Tour Package Cost per Person (Does not include Park Pass)			
	Single	Double	Triple	Quad (4)
Economy Twin	\$908	\$634		
Superior Queen	\$1033	\$697		
Superior Studio Suite	\$1291	\$825	\$670	
Two Bedroom Suite		\$1149	\$886	\$754

Economy Twin: Very small, basic accommodation, 2 double beds, full bath, exterior stair access. (Bldg 4).

Superior Queen Room: Large room with two queen beds, full bath, balcony, (Building 1).

Superior Studio Suite: One queen bed and one double pull-out sofa in living room, full kitchen (dishwasher, stovetop, microwave, mini fridge, toaster), fireplace, balcony.

Two Bedroom Suite: 1 king bed (does not separate) in first bedroom, 2 queen beds in second bedroom, single pull-out sofa in living room, kitchen (dishwasher, stovetop, microwave, full fridge, toaster), balcony, gas fireplace, 2 full bathrooms (Jacuzzi tub in one). (Building 5)

Included in Tour Package:

- 4 nights' accommodation,
- 4-day lift pass,
- bus transportation,
- bus shuttle to & from hill every 20 minutes
- Welcoming Party,
- Club dinner deposit,
- all taxes and fees except National Park Pass

Participants wishing to use their own their own National Parks Pass must bring it with them. Those without passes are asked to bring a cheque, written to RMSSC, to pay the park fee (\$28.20 for those 65+ or \$33.20 for those under 65). Family passes will cover only the owners of the pass.

Deductions:

- Non-skier (Lake Louise card or season pass) \$ 215
- Self-driver (possible if bus is full) \$ 104
- Club dinner deposit (if not attending) \$ 5

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

To Reserve Starting December 13, 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 January 17, 2012.

Mail to: Alan Burkin 780-472-7079
7920 165 Avenue NW
Edmonton T5Z 3J6

Start Date: December 13, 2011
Draw Date: December 22, 2011 (in case of an over-subscribed tour)
Deadline: January 17, 2012



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
Sun Peaks 3 days - check one	Monday, Tuesday, Wednesday	Monday, Tuesday, Thursday

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: As a member of Rocky Mountain Seniors Ski Club, I acknowledge that I have read and signed the Exclusion of Liability and Release on the Application for Membership.

Signature _____

Date _____