

RA SKI-MAIL APRIL 1, 2017

Editor-in-Chief: Glen Campbell, publicity\_2015{at}raski.ca

Cross-Country Editor: G. S. Campbell

Downhill Editor: Glen C.

Snowshoe Editor: Glen Campbell

Sports Editor: G. Campbell

Weeklong Editor: Maureen Adamache

## 2018 RA SKI WEEKLONG TRIP

Jan. 26 – Feb. 3, 2018

The RA Ski Club listens to its members! Following this year's weeklong trip to Solden, Austria, our Weeklong Chairperson, Jaime Impey has taken all your comments into consideration when planning next year's weeklong:

- "It was too cold."
- "It wasn't cold enough."
- "They hadn't had snow in a month, so ski conditions were very poor."
- "I don't like skiing on groomed powder. I'm used to ice."
- "The ski hill was too crowded."
- "The colour of the chairs on the lifts clashed with my ski jacket."

This year we have decided to alternate our usual downhill skiing in Europe & North America, with sand skiing in Peru. Leave your toque at home! No more cold hands or cold feet! No crowds!

COST: \$2950.

Save \$300 if you bring your own tent and sleeping bag.

You can sand-ski in a t-shirt and shorts. Ski and swim in the same day!

We'll have three days of sand-skiing at Cerro Blanco, Peru, just 20 km from the Pacific Ocean. Cerro Blanco is the highest sand dune in the world, at 2078 metres. Vertical drop is 1176 metres. That's 530 metres more than Mont Tremblant! Check out the video at <https://www.youtube.com/watch?v=XKkms6hYJQQ>.

Then we'll transfer to Huacachina, where we'll have another three days of skiing at the International SandSki School there. You can rent ski and snowboard equipment there, get a lesson, and the sand dunes start at the back of the school. The video is at <https://www.youtube.com/watch?v=0k2Bmq4KVPc>

Unfortunately there will be no XC option, but snowshoers are welcome to join us.

Spanish lessons and llama trekking extra.

## HOW GOOD A SKIER ARE YOU?

=====

Rate your skiing ability using this handy guide.

### NEVER SKIED BEFORE

1. Have skis, poles and boots (either rented, borrowed or your own.)
2. Can buy a lift ticket by yourself.
3. Able to put your ski boots on by yourself within 20 minutes. Boots don't have to be on the correct feet.
4. Able to put your skis on by yourself, binding-side up and pointy-end forward.
5. Lift stops for less than 10 minutes after you fall getting off the lift.

### BEGINNER SKIER (HAVE SKIED AT LEAST ONCE BEFORE)

1. Able to put boots on all by yourself within 10 minutes. No hints from your ski buddy. Boots have to be on the correct feet.
2. After lunch I couldn't remember where I left my skis, and wasn't able to find them, so I borrowed someone else's
3. After falling, able to get up without help.
4. Lift stops for less than 5 minutes after you fall getting off the lift.
5. Can get your skis off all by yourself.

### INTERMEDIATE SKIER

1. Go the whole day without falling while getting off the lift.
2. Able to put your ski boots on by yourself within 5 minutes. (Boots have to be on the correct feet.)
3. Able to stop. Falling or dropping an anchor doesn't count.
4. Able to put your skis back on after a fall.
5. Remember to bring poles (quantity two), skis (quantity two) and boots (one left, one right) to the ski hill three times in a row.
6. After lunch, can find your skis within 20 minutes (No fair asking for help.)

### EXPERT SKIER

1. After lunch, remember which ski rack you locked your skis on, and can find your skis within 10 minutes. (No fair asking for help.)
2. Can do a mogul run without crying, "I want my Mommy!"
3. Able to use a poma lift.
4. At the end of the day, can find your car in the parking lot within 45 minutes.

### SUPER HOT-DOG SKIER

1. After lunch, can go directly to the ski rack where you left your skis, and find them immediately.
2. Remember where you put the key to your ski lock.
3. Able to dodge a snowboarder hurtling toward you.
4. At the end of the day, can find your car in the parking lot within 10 minutes.
5. Able to ski moguls without spilling your Tim Horton's coffee (no lid).

#### TEST YOUR SKI KNOWLEDGE

=====

If you answer all the questions correctly, you win a free downhill lift pass for Camp Fortune's magic carpet for June & July, 2017.

1. Which of the following people are on the Canadian downhill ski team?

- a) Justin Trudeau
- b) Justin Bieber
- c) Donald Trump
- d) Marie-Michèle Gagnon

2. Where did skiing begin?

- a) Carp, Ontario
- b) Disney World, Florida
- c) China
- d) Jeddah, Saudi Arabia

3. In 1956, Montreal's Lucile Wheeler won Canada's first Olympic alpine medal – a bronze in downhill in Cortina d'Ampezzo, Italy. How long were her skis?

Answers in our next Ski-Mail.

#### RA SKI Q&A CORNER

=====

The RA Ski club reached into its mailbag to answer some ski-related questions from our members.

1. Q: I'm a new cross-country skier. What waxes should I buy?

A: It's very important you have the correct wax for the ski conditions, otherwise you will either be slipping back or sticking to the snow. Not fun. The RA Ski Club has a strong cross-country program, and we go out every week, alternating Saturday mornings and Sunday afternoons. Most of our outings are in Gatineau Park, but several times we ski elsewhere, such as Nakkertok and Montebello.

2. Q: I have never downhill skied before, but I want to take it up. What should I look for when buying skis?

A: The skis you buy should match the type of skiing that you do. The RA Ski club caters to downhill skiers of all levels. On our bus trips, whether you are a beginner, intermediate skier, or like the black and double-black runs, we make sure you have someone to ski with at your level. Our club motto is "Friends to Ski with and to Be With."

3. Q: What exercises should I do pre-season in order to get my muscles ready for snowshoeing?

A: Excellent question. Everyone should start an exercise program a month or so prior to the start of the snowshoeing season, in order to get their muscles in shape and to avoid injury. The RA Ski Club has a strong snowshoe program, led by Doris Dallaire. Our schedule includes both weekends and weekdays, and we car-pool to local trails including Mont Cascades, the Greenbelt, Gatineau Park, Wakefield and a moonlight outing to Mer Bleu.

## SPORTS CORNER

=====

### World Cup Skiing

-----

The Canadian men and women surprised everyone at the final World Cup downhill races at Aspen, Colorado on March 19th. Here are the results:

#### MENS SLALOM RESULTS

1. 1:28.11
2. 1:28.12
3. 1:28.29
4. 1:28.40
5. 1:28.54
6. 1:28.62

The men's race was a real squeaker, with only 1/100th of a second separating first and second place.

#### LADIES GIANT SLALOM RESULTS

1. 1:58.01
2. 1:59.45
3. 1:59.48
4. 1:59.53
5. 1:59.84
6. 2:00.15

Congratulations to the Canadian women! We're proud of you!

SEEN ON A T-SHIRT

=====

Education is important but skiing is importanter.