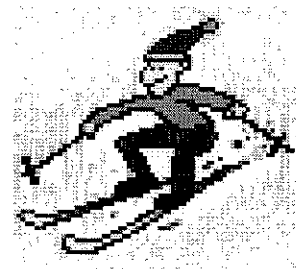


CLARENVILLE NORDIC SKI CLUB

2009-2010 INFORMATION BOOKLET

AND

CALENDAR OF EVENTS



"COME SKI WITH US"

HISTORY OF CLUB

The Clarendville Nordic Ski Club was formed in October of 1973 to develop and promote the sport of cross country skiing in the Clarendville area. In a short period of time the Club has become one of the most active in the province. Last year the Club had an active membership of approximately 282 members. The Club organizes regular weekend tours of a varied nature and hosts a number of special events, including the Discovery Tour. The Club operates out of the area of the White Hills where the trails are located.

PROGRAM

The members enjoy approximately 30-40 kilometres of regularly groomed trails with touring huts. There is also a Club tour every Sunday at 1:30 p.m.

MEMBERSHIP

Membership is open to anyone with an interest in skiing. Fees are as follows:

Junior	- \$ 35.00 (between 6 and 19)
Senior	- 100.00
Family	- 200.00

Membership for new skiers will have a reduced rate for the first year:

Junior	- \$ 25.00 (between 6 and 19)
Senior	- 75.00 (over 19)
Family	- 150.00

Members of other Clubs are given a reduced rate as follows:

Junior	- \$ 30.00 (between 6 and 19)
Senior	- 75.00 (over 19)
Family	- 150.00

PUBLICITY

The main publicity medium of the Club is by email to all members via our Publicity Chairperson, Gregory Pittman, who can be reached at 466-6113 or via email gpittman@mhplawfirm.com. Gregory Pittman, as the Publicity Chairperson, regularly emails out all upcoming events plus trail conditions.

There is also a new Snowline(466-1944) where changing conditions are reported.

HUTS

In addition to the Chalet, which is located across from the approach to the parking lot at Ski White Hills, which is the Headquarters for the Club, there are three touring huts on the trail system. These are Bear Pond Hut, Trolhaugen Hut at Prairie Pond, and a new Hut at Lindo's Lookout, located on a bluff off Summit Trail just beyond the turnoff from Bear Pond Trail, which affords a great view.

TRAILS

Members of our Club can enjoy the regional trails of the White Hills Ski Resort known as the Competition Trails. These are (a) Harry's Loop, which is lit for night time skiing from 7 p.m. to 11 p.m. every night, and (b) the 5 km and 7.5 km Loops.

In addition to the above trails, the Club has cut and maintains a number of loops and trails listed as follows (see map):

- (a) **Prairie Pond Trail** – Starts from the Lee Churchill Chalet and leads to Prairie Pond and Prairie Pond Junction, winding around the “far side” of the White Hills (total distance – 10 km). There is a new hut at the Prairie Pond Junction for a warm rest stop.
- (b) **Bear Pond Loop** - A 10 km loop leading to Bear Pond (starting on the 3.5, Harry's Loop). This trail continues around Hare Hill giving great views! Towards the end, one may join in the top of the 7.5 km for a fast trip home or continue back to the loop, via Dyke's Bowl (check to ensure conditions are not icy. (Total distance - 10 km return). There is also access to the Summit Trail by continuing past Hare Hill and turn left at the Summit Junction.
- (c) **Summit Trail** - Starts on the return portion of the Bear Pond Loop (near the exit to the 7.5 km) and leads up over the White Hills, through an alpine-like valley, formerly known as the “Northwest Notch” and down towards Prairie Pond to intersect the Prairie Pond Trail at “the Junction”. This trail is more “back country” than the others, but offers superb vistas! (5 km from the Summit Junction to the Prairie Pond Junction). (Total distance - 15 km return)
- (d) **Jack Rabbit Trail** - Starts at the first clearing on the Prairie Pond Trail (a few hundred feet) and loops around the Lee Churchill Chalet about 1 km - designed for the Jackrabbits and anyone who would like an easy trail to ski.

With the (c) and (d) there is also a return portion from Bear Pond Junction with the Summit Trail back to the Bear Pond Trail by way of Dyke's Bowl. Skiers have to use caution in using this trail.

The Touring Director for 2009 - 2010 is Harry O'Gay (466-8492)

INSTRUCTION CLINICS

After the back-to-ski weekend, all instruction clinics will be held at the Nordic Meadow on Sundays starting at 1:30 pm. Meet at the Nordic Meadow!

The Instruction Director is June Mills (466-7807)

SKATING CLINIC

There will be a Skating Clinic held on Saturdays at 11 a.m. The Leader will be Blaine Pearce

SPECIAL TOURS/EVENTS

There may be other special tours and events planned.

NIGHT SKIING UNDER THE LIGHTS

Every effort will be made to have at least one night a week with an announced ski, so people will have company. There also will be a scheduled few night tours for going out "under the stars". This will be publicized through the email.

It is anticipated that Ski White Hills could have "night skiing" on the Hill Friday nights with activities in the bar, so may we encourage Cross Country Skiers to ski under our lights and enjoy this activity as well.

DISCOVERY TOUR

The Annual Discovery Tour is set for Saturday, February 20th. This is a fun tour of our trail system of the Bear Pond Loop - Summit Trail - Prairie Pond Trail with hot chocolate stops. There will be various exit points to accommodate anyone who does not wish to ski the full tour.

JUNIOR PROGRAM

The Club is pleased to offer this program for young skiers. This is a national program offering an opportunity for kids up to age 13 to learn basic nordic skills through development and games. It is not a racing program. There is a small registration fee of \$ 10. The place and times will be announced later. The co-ordinator is Richard Churchill.

TOURS AND ACTIVITIES FOR WINTER OF 2010

PLEASE NOTE:

ALL TOURS WILL START AT 1:30 PM ON SUNDAYS

MEET AT THE LEE CHURCHILL CHALET

Back to Ski Weekend - January 08, 09, & 10

- | | |
|--|--|
| Friday, January 08 | Back-To-Ski Information Clinic
Membership registration starts at 6 pm,
information clinic at 8 pm, followed by
a waxing clinic.
Clareville Inn - Banquet Room |
| Saturday, January 09 | Instruction Clinic - Nordic Meadow, White Hills
Coordinator: June Mills (466-7807) Time: 10:30 am |
| Saturday, January 09 | Back-to-ski Tour - White Hills
Meet at the Lee Churchill Chalet Time: 2:30 pm
Distance: 7 km return.
Leader: Corwin Mills (466-7807) |
| Saturday, January 09 | Back-to-Ski Social
Place: At the Lee Churchill Chalet after the tour. |
| Sunday, January 10 | Instructional Clinic
Uphill/Downhill Clinic
White Hills Ski Resort Time: 2:00 pm
Coordinator: June Mills (466-7807) |
| Saturday, January 9
And thereafter | Skating Clinic
11: a.m.
Leader : Blaine Pearce |
| Sunday, January 17 & 24 | Other Instruction Clinics
Time: 1:30 pm |
| Sunday, January 17
Through to March | Regular Tours Every Sunday
Starting at 1:30 PM
Meet at the Lee Churchill Chalet |
| (Dates to be announced) | Moonlight Tours - White Hills
Meet at the Chalet Time: 8:00 pm |

Saturday, February 20

Discovery Tour – Party at night

Saturday, February 27

Summit Race

Towards the end
of the Season

Kitchen Party – Chalet (organized by Shirley Reid)
(details to be announced)

CLARENVILLE AREA SKI CLUB EXECUTIVE

2009-2010

President:	Corwin Mills Clareville, NL Ph: 466-7807 (h) 466-2641 (w) 466-7109 (f)	Vice - President	Sue Bird Ph: 466-5851
Secretary:	Natalie Moody Clareville, NL Ph: 466-4252	Treasurer	Derrick Kent Fax: 466-7109
Registration:		Registration:	Molly Hynes Ph: 466-7256
Instruction:	June Mills Clareville, NL Ph: 466-7807	Trails & Huts:	Lindo Palmer 466-7872 Bill Bailey 466-2863 Peter Cleary 542-3259
Touring:	Harry O'Gay Clareville, NL Ph: 466-8492	Coaching:	Blaine Pearce Clareville, NL Ph. 466-5400(w) 466-1914(h)
Public Relations:	Gregory Pittman Clareville, NL Ph: 466-1075 Fax: 466-7109	Past President:	Harold Crewe Clareville, NL Ph: 466-2631 (w)
Junior Program:	Richard Churchill	Treasurer:	Derrick Kent 466-2658 (w)

DIRECTORS AT LARGE

Marion Bonnell
Clareville, NL
Ph: 466-2933

Bill Reynolds
Clareville, NL
466-1255

Sylvia Howse
Glovertown, NL
427-1347

Don Pynn
Clareville, NL

Rod Drover
Clareville, NL

Keith Barrington
Clareville, NL

Ph: 466-2652
Fax: 466-2407

Ph: 466-3219

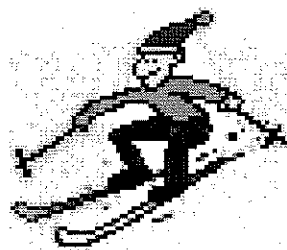
Ph: 466-2990

Regina Bailey
Clareville, NL
Ph: 466-2863

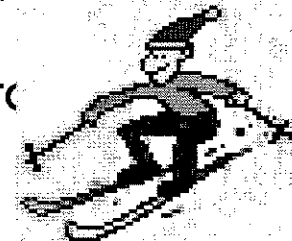
Dave Warren
Clareville, NL
Ph: 466-7921

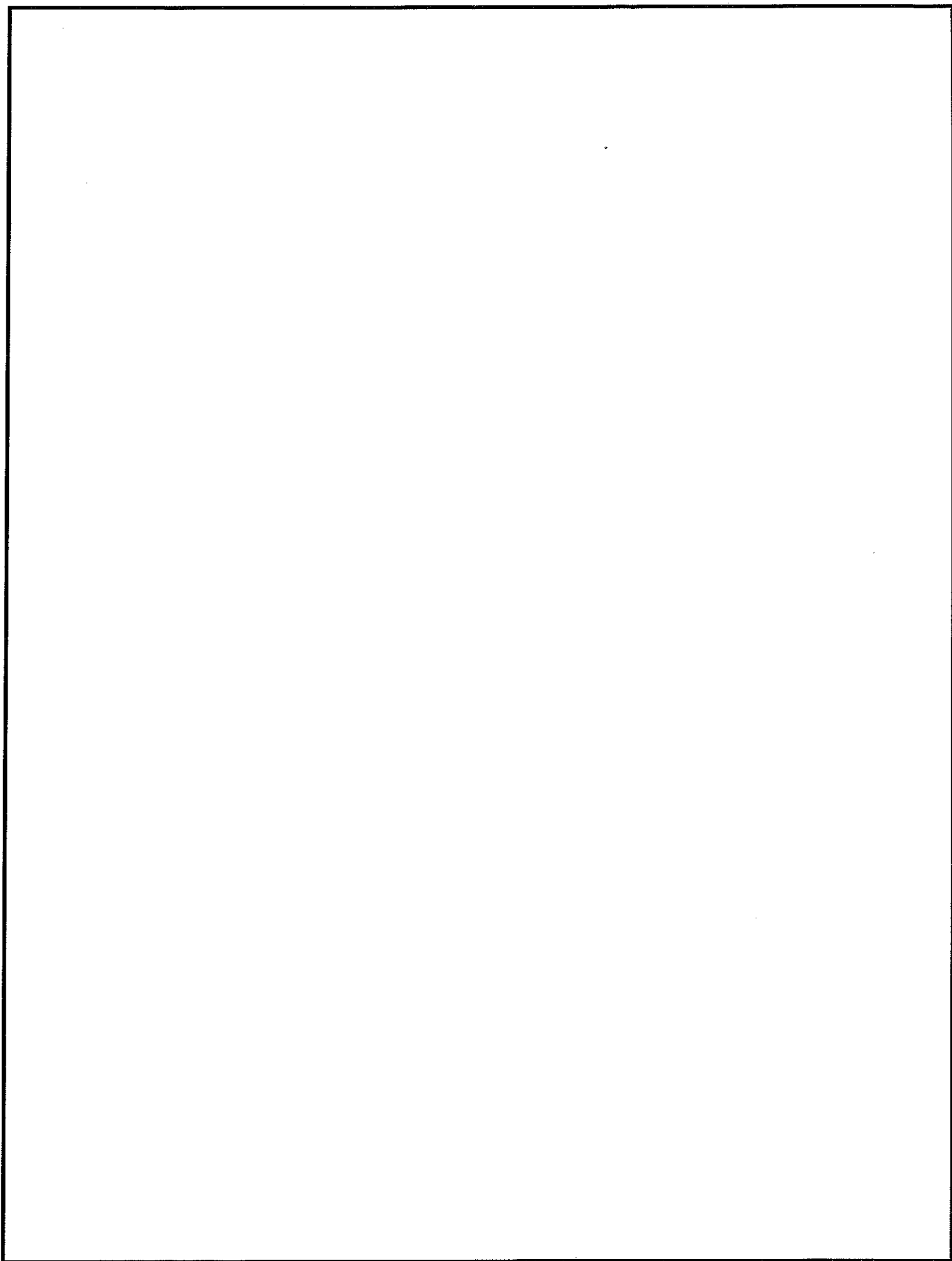
CONSIDERATIONS FOR SKI TOURERS AND THOSE LEADING TOURS

1. **Always** plan your route in advance, after consultation with a map.
2. **Always** tell others at home your proposed route.
3. **Always** check weather forecast before leaving.
4. Bring food and extra clothing (i.e. warm sweater) and extra emergency rations, plus matches, a knife and a map of the area.
5. For long trips, a survival kit consisting of rations, space blanket, candle, rope and axe is recommended.
6. For those with wooden skis, a spare tip is necessary.
7. Leaders **always** do a head count at start of a tour and have plenty of rest stops with head counts to keep the group together.
8. The leader should **always** have a First Aid Kit.
9. Use extreme caution when crossing any ice, especially on rivers and ponds.
10. Watch your time carefully and **never** over-extend yourself. **Always** plan a trip to be back at the trail head well before dark. If necessary, be prepared to shorten the trip if time runs out.
11. Learn to recognize the symptoms of frost bite and how to treat the same.
12. **Always** stay with the group.
13. The tour leader shall warn of any hazards on the trail, and remember, The tour leader is **always** in charge.
14. At any intersection of the trail, the leader must ensure that everybody is aware of the proper direction, preferably by having a knowledgeable skier at the end of the tour.

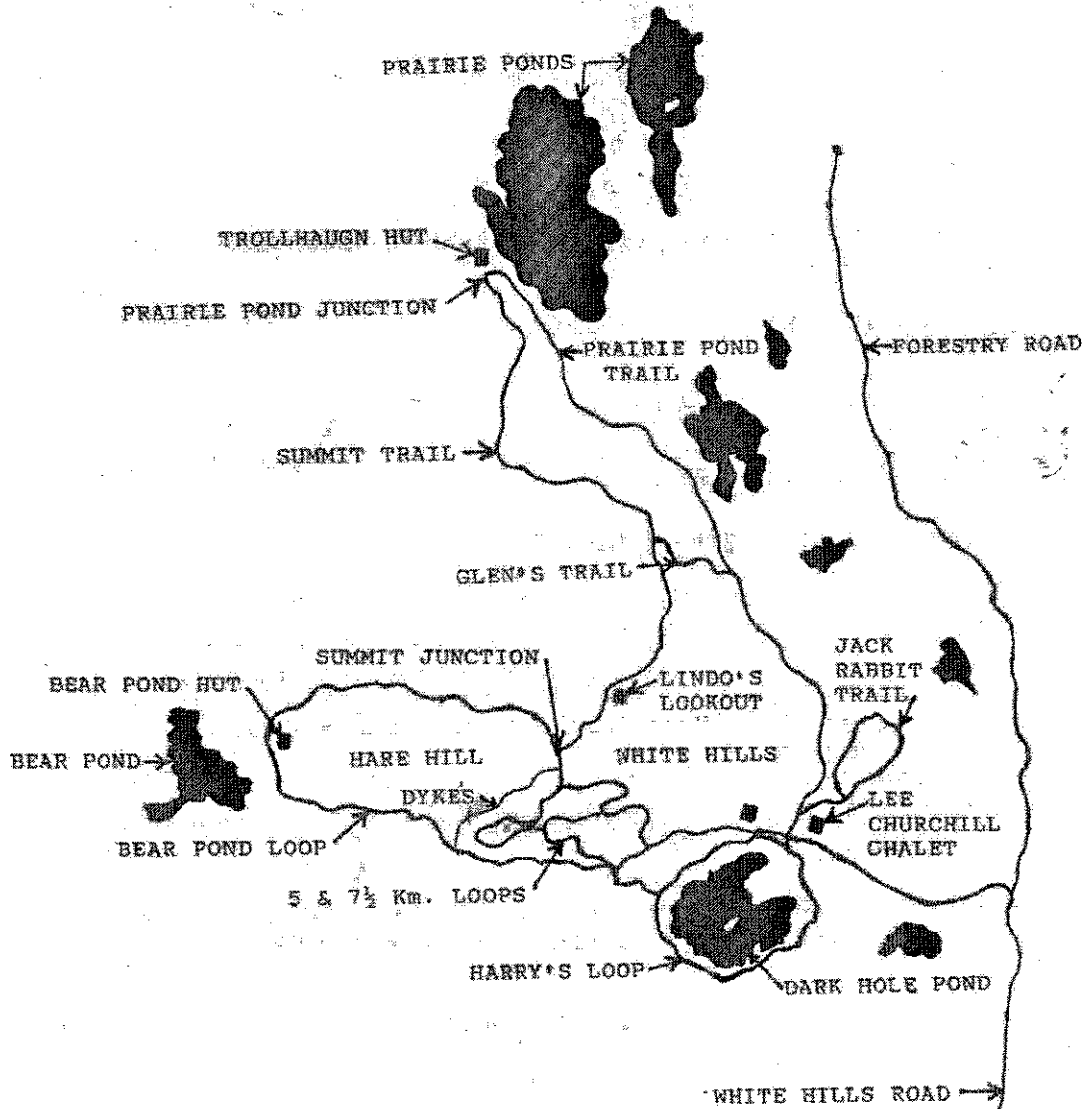


HAPPY TO





CLARENVILLE NORDIC SKI CLUB TRAILS & ROUTE SYSTEM



The trail and route system shown on this map is fairly well marked, however, the club can not guarantee that all signs on open areas will remain in place. Therefore, skiers using the trail and route system without a tour leader, is skiing at their own risk.

T. C. H.
← TO CLARENVILLE