

CLARENVILLE NORDIC SKI CLUB

INFORMATION BOOKLET

AND

CALENDAR OF EVENTS

2006 - 2007

“COME SKI WITH US”

This year our Club will again enjoy an added bonus - the use of the Nordic Trails at the White Hills Ski Resort. **Members** of our Club will be able to ski on all of the groomed trails **free of charge**. This features a 3.5 km (Harry's Loop) around Dark Hole Pond as well as a 5 km and 7.5 km loop. Non-members **must** purchase a day pass from the White Hills Ski Resort.

In addition to the White Hills Nordic trails (colour code blue), the Club has cut and maintains a number of loops and trails listed as follows (see map):

- (a) **Prairie Pond Trail** - (colour code green) 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. Glen's Trail is a short connection between Prairie Pond Trail and the Summit Trail.
- (a) **Bear Pond Loop** - (colour code green) 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.
- (b) **Summit Trail** - (colour code black) 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)
- (c) **Jack Rabbit Trail** - Starts to the right of the Lee Churchill Chalet and loops around to run parallel to the beginning of the Prairie Pond trail - designed for the Jackrabbits and anyone who would like a short and easy trail to ski.

All these trails and loops are marked and interconnected - but not necessarily groomed and **not** patrolled.

The Touring Director for 2006 - 2007 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 10:30 pm. Meet at the Nordic Meadow!

The Instruction Director is June Mills (466-7807)

SPECIAL TOURS/EVENTS

There may be other special tours and events planned.

DISCOVERY TOUR

The 8th Annual Discovery Tour is set for Saturday, February 17th. 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.

JACKRABBIT 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 to be announced.

TOURS AND ACTIVITIES FOR WINTER OF 2007

PLEASE NOTE:

**ALL TOURS WILL START AT 1:30 PM ON SUNDAYS
MEET AT THE LEE CHURCHILL CHALET**

Back to Ski Weekend - January 12, 13 & 14

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| Friday, January 12 | Back-To-Ski Information Clinic
Waxing tips, membership and jackrabbit registration
and Club information
Clareville Inn - Banquet Room Time: 7:30 pm |
| Saturday, January 13 | Instruction Clinic - Nordic Meadow, White Hills
Coordinator: June Mills (466-7807) Time: 10:30 am |
| Saturday, January 13 | 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 13 | Back-to-Ski Social
Place: At the Lee Churchill Chalet after the tour. |
| Sunday, January 14 | Instructional Clinic
Uphill/Downhill Clinic
White Hills Ski Resort Time: 2:00 pm
Coordinator: June Mills (466-7807) |
| Sunday, January 21 & 28 | Other Instruction Clinics
Time: 12:15 pm |
| Sunday, January 21
Through to March | Regular Tours Every Sunday
Starting at 1:30 PM
Meet at the Lee Churchill Chalet |
| Thursday, February 01 | Moonlight Tours - White Hills
Meet at the Chalet Time: 8:00 pm |
| Thursday, March 01 | |
| Saturday, February 17 | Discovery Tour |
| Saturday, March 03 | Marathon |

CLARENVILLE AREA SKI CLUB EXECUTIVE

2005 - 2006

President:	Corwin Mills Clareville, NL Ph: 466-7807 (h) 466-2641 (w) Fax: 466-7109	Vice - President and Treasurer:	Brian Morgan Clareville, NL Ph: 466-7444 (h) 466-4606 (w) Fax: 466-4630
Secretary:	Carl LeDrew Clareville, NL Ph: 466-4252	Registration:	Paul Tilley Clareville, NL Ph: 466-1068
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:	Carl LeDrew Clareville, NL Ph: 466-4252
Public Relations:	Gregory Pittman Clareville, NL Ph: 466-1075 Fax: 466-7109	Past President:	Harold Crewe Clareville, NL Ph: 466-2631 (w)
Jackrabbit:	To be announced		

DIRECTORS AT LARGE

Ronan O'Shea
Clareville, NL
Ph: 466-3026 (h)
466-3411 (w)
Fax: 466-3300

Leo Bonnell
Clareville, NL
Ph: 466-2933

Bill Reynolds
Clareville, NL
Ph: 466-1255

Don Pynn
Clareville, NL
Ph: 466-2652
Fax: 466-2407

Susan Hollett
Clareville, NL
Ph: 466-1373

Rod Drover
Clareville, NL
Ph: 466-3219

Tina Sullivan
Clareville, NL
Ph: 427-5593

Shirley Reid
Adeytown, NL
Ph: 546-2410

Regina Bailey
Clareville, NL
Ph: 466-2863

Suzette King
Clareville, NL
Ph: 466-7324

Natalie Moody
Clareville, NL
Ph: 466-5411

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 TOURING!