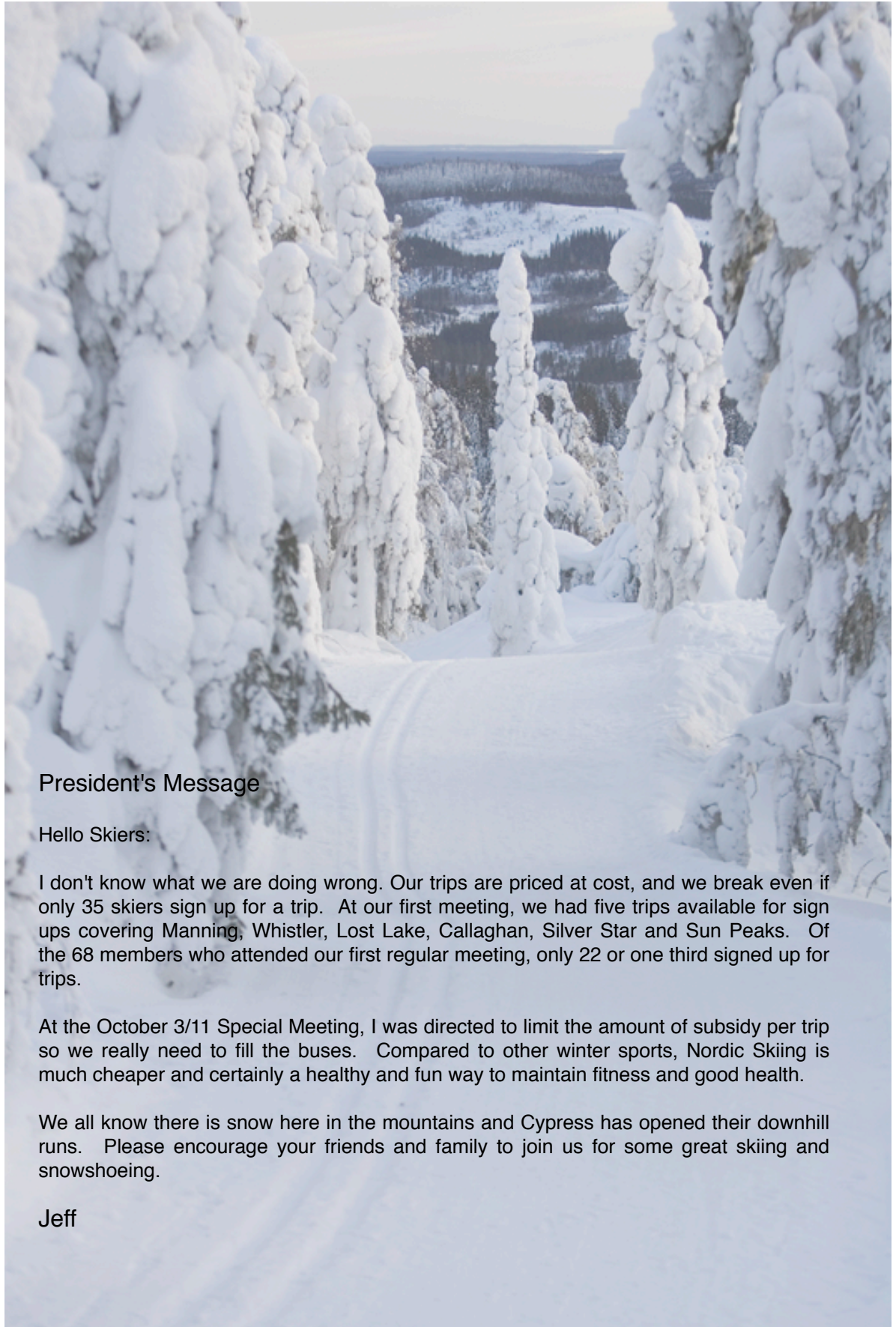


# NORDIC WRECKS SKI CLUB

WWW.NORDICWRECKS.ORG

November 26, 2011



## President's Message

Hello Skiers:

I don't know what we are doing wrong. Our trips are priced at cost, and we break even if only 35 skiers sign up for a trip. At our first meeting, we had five trips available for sign ups covering Manning, Whistler, Lost Lake, Callaghan, Silver Star and Sun Peaks. Of the 68 members who attended our first regular meeting, only 22 or one third signed up for trips.

At the October 3/11 Special Meeting, I was directed to limit the amount of subsidy per trip so we really need to fill the buses. Compared to other winter sports, Nordic Skiing is much cheaper and certainly a healthy and fun way to maintain fitness and good health.

We all know there is snow here in the mountains and Cypress has opened their downhill runs. Please encourage your friends and family to join us for some great skiing and snowshoeing.

Jeff

## Found



A light shell jacket, black and gray was found at the October 3 meeting. The owner can contact Jeff at 604-431-7550

## Monthly Meetings

Our thanks to Anders Bjorkland from Sigges' who gave a great presentation on skis, boots and clothing. As well, he gave us a short overview of the state of Nordic Skiing and the demographics of those participating in the sport.

Next meeting: Monday, December 5, 2011

Place: Mike Butler Room, Dogwood Pavilion - Coquitlam Recreation Center  
624 Poirier Street, Coquitlam

Trip Sign Ups: 7:00 p.m.  
Meeting Starts: 7:30 p.m.

## Marketing ... Promotion

Now that the dust has settled from the municipal elections, we can expect the newspapers to look to other issues. One of our local papers has expressed some interest in doing an article on cross country skiing and the Nordic Wrecks. Since we want to interest younger people in the club - (I don't think attracting older skiers would work :-)) - I would like to "broaden" the article and not just look at the history of the club. Any ideas?

Being a relative newcomer to the club, I am a poor one to provide history. I will be directing reporters' attention toward long time members of the club to provide this history. If any of you have stories about the club that you think would be of interest, please call me or send me an email.

I have included our sign-up sheet in this newsletter. If you think of anyone who might be interested, feel free to forward the newsletter to them.

Jim Gorton

604-939-2866  
[jim\\_gorton@telus.net](mailto:jim_gorton@telus.net)

## Day Trips

President's Trip (Manning Park) - Sunday, December 11, 2011

Coordinator: Jeff Roger 604-431-7550

Cost: \$44.00 +Trail Fees

Departure times and locations:

7:00 a.m. Telus parking lot - off Bainbridge - 200 meters south of Lougheed  
metered parking - \$3.50 per day (bring correct change)  
7:30 a.m. Chevron station - 232nd Street, Langley  
7:45 a.m. Whatcom Road - gravel parking lot opposite Tim Hortons

Whistler (Lost Lake) - Friday, December 30, 2011

Coordinators: Ken & Marg Smith - 604-469-0089

Cost: \$38.00+Trail Fees

Departure times and locations:

7:00 a.m. Telus parking lot (off Bainbridge - 200 meters South of Lougheed  
metered parking - \$3.50 per day (bring correct change)  
7:20 a.m. St. David's Church, West Vancouver - Taylor Way and Upper Levels  
Highway (please park on street)

Callaghan Valley - Saturday, January 14, 2012

Coordinators: Jim and Diane Gorton 604-939-2866

Cost: \$38.00+Trail Fees:

(Group Rate) \$20.00/person  
Snowshoeing \$17.00 (individual)  
\$15.00 (group of 6 or more)

Departure times and locations:

7:00 a.m. Telus parking lot (off Bainbridge - 200 meters South of Lougheed  
metered parking - \$3.50 per day (bring correct change)  
7:20 a.m. St. David's Church, West Vancouver - Taylor Way and Upper Levels  
Highway (please park on street)

## Weekend Trips

Silver Star (Vernon) - Lord Aberdeen Lodge, Friday, January 20, 21, 22, 2012

Coordinator: Connie Nichols 604-939-8532

Cost: (trail fees extra) 4 per room \$189.00 per person  
3 per room \$193.00 per person  
2 per room \$220.00 per person

Departure times and locations:

9:00 a.m. Telus parking lot (off Bainbridge - 200 meters south of Lougheed  
metered parking - \$3.50 per day (bring correct change)  
9:30 a.m. Chevron Station - 232nd Street, Langley  
9:45 a.m. Whatcom Road - gravel parking lot opposite Tim Hortons

Sun Peaks (Kamloops) - Friday, February 10, 11, 12, 2012 half day at Stake Lake, then Hefley Boutique Inn

Coordinator: George MacLeod 604-939-3228

Cost: (trail fees extra) 4 per room \$175.00 per person  
3 per room \$197.00 per person  
2 per room \$237.00 per person

Note: costs subject to change.

Departure times and locations:

7:30 a.m. Telus parking lot (off Bainbridge - 200 meters south of Lougheed)  
metered parking - \$3.50 per day (bring correct change)  
8:00 a.m. Chevron station - 232nd Street, Langley  
8:15 a.m. Whatcom Road - gravel parking lot opposite Tim Hortons

One application per Family  
Complete form prior to attending meeting

**NORDIC WRECKS SKI CLUB  
CROSS COUNTRY CANADA  
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**

**By signing this document you will assume certain risks. Please read carefully**

This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of **Cross Country Canada and Canadian Snowsports Association** (hereinafter called **CCC/CSA**), **Cross Country BC** (name of Ski Division, hereinafter called the **Division**) and **Nordic Wrecks Ski Club** (name of Club, hereinafter called **Club**) which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:

1. **Description of Risks** - The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division** and the **Club**, the **Parties** hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
  - a) training whether indoor or outdoor including strength training, running, hiking, and cycling;
  - b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
  - c) vigorous physical exertion, rapid movements and quick turns and stops;
  - d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
  - e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
  - f) failing to participate within one's abilities, skill and within designated areas;
  - g) becoming lost or separated from the group or the group becoming split up;
  - h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
  - i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
  - j) encounters with animals or plants including allergic reactions;
  - k) travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and
  - l) other risks normally associated with participation in the **Activities**.
2. **Furthermore, the Parties are aware:**
  - a) that injuries sustained may be severe, paralyzing or fatal;
  - b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **CCC/CSA**, the **Division** and the **Club**;
  - c) that the risk of injury is reduced if the Participant follows all rules established for participation; and
  - d) that the risk of injury increases as the Participant becomes fatigued.
3. **Disclaimer** - In consideration of **CCC/CSA**, the **Division** and the **Club** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **CCC/CSA**, the **Division** and the **Club** and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division** and the **Club**, caused by the risks, dangers and hazards associated with the **Activities**.
4. **Acknowledgement** - The **Parties** confirm that:
  - a) the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of **CCC/CSA**, the **Division** and the **Club**;
  - b) they have been provided sufficient information about **Activities** and the associated risks and hazards so that they are aware of the effect of this agreement;
  - c) the Participant agrees to abide by the Rules and Regulations imposed by **CCC/CSA**, the **Division** and the **Club**, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and
  - d) they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the Parties, their heirs, executors, administrators and representatives.
5. In addition, the **Parties**:
  - a) authorize **CCC/CSA**, the **Division** and the **Club** to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the **CCC/CSA**, the **Division** and the **Club** websites;
  - b) grant permission to **CCC/CSA**, the **Division** and the **Club** to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA**, the **Division** and the **Club** through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, the **Division** and the **Club** and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
  - c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

**\*We do not sell or distribute your personal information to any other third party not listed herein.\***

**Names (please print)**

1) \_\_\_\_\_ BIRTHDAY: Month \_\_\_ Day \_\_\_ Year \_\_\_

2) \_\_\_\_\_ BIRTHDAY: Month \_\_\_ Day \_\_\_ Year \_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ E-MAIL (If you'd like your Newsletter e-mailed to you) \_\_\_\_\_

**EMERGENCY CONTACT:** Name \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

**CHILDREN'S / STUDENT'S NAME(S):** (Please give full names and ages of all children on this application)

\_\_\_\_\_ BIRTHDAY - Mon. \_\_\_/Day \_\_\_/Yr. \_\_\_

\_\_\_\_\_ BIRTHDAY - Mon. \_\_\_/Day \_\_\_/Yr. \_\_\_

**PAYMENT:** Cheques are preferred (Payable to **NORDIC WRECKS SKI CLUB**) FEE(S) (NB \$10.00 of the registration fee goes to CCBC)

**\$20.00** Adults (19 - 64)  
**\$15.00** Seniors (65 and over)

**\$15.00** Students (12 - 18)  
**\$10.00** Children (under 12)

<p><b>Adult Applicant</b> <b>Release and Waiver and Acknowledgements</b></p> <p>As an applicant(s) for Membership I have read and understand the above:</p> <p>_____</p> <p>_____</p> <p>Signature(s) Must be Signed by all Applicants Date: _____</p>	<p><b>Minor Applicant</b> <b>Release and Indemnification and Acknowledgements</b></p> <p>As a parent or guardian of an applicant under the legal age of 19, I have read and understand the above and accept its terms and conditions on the applicants behalf.</p> <p>_____</p> <p>Signature of Parent or Guardian Date: _____</p>
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**Mail To: Bob McKay**  
**#24 20770 97B Ave.**  
Langley B.C.  
V1M 3X9  
Inquiries: Ph: 604-513-8664

Payment : - Cheque \_\_\_\_\_ Cash \_\_\_\_\_  
#Adult(s) \_\_\_\_\_ # Student(s) \_\_\_\_\_  
#Children \_\_\_\_\_ # Senior(s) \_\_\_\_\_

Email: [remckay@telus.net](mailto:remckay@telus.net)