



## Nordic Wrecks X-Country Ski and Snowshoe Club



[NORDICWRECKS.ORG](http://NORDICWRECKS.ORG)

**October 6, 2013**

### ***President's Message***

Welcome to another season of Fun in the snow, on skies or snow shoes. Renew friendships, and make new friends as well. Snow is already on the mountains. We have added Apex to our weekend trips again, and can add more single day trips if there is a need. Please encourage your friends to join our club and sign up for as many trips as you are able.

Liz and I have downsized to a condo in New Westminister. Please note our new phone number - (604) 553-4312. [ejroger@shaw.ca](mailto:ejroger@shaw.ca)

See you soon .... Jeff Roger.

### ***Meetings***

Our meetings will be held on the first Monday of each month: November 4th, December 2nd, January 6th and February 3th.

7:00 pm - Sign up for trips

7:30 pm - Main meeting

Refreshments will be available

At our first meeting, Monday, November 4/13, Anders Bjorklund from Sigges will be doing his annual presentation of the latest and greatest in ski gear.

### ***Membership Fees***

It has been years since we had an increase in membership fees. As we ran a substantial deficit last year and our costs have increased (new webpage, newspaper ads and business cards), we have increased our fees by \$5.00. We anticipate a smaller deficit this season.

## ***New Executive Board Members***

Our thanks go to the following members, who have volunteered their services for the following positions:

Vice-President	Connie Salt
Membership Secretary	Avril Peshee
Treasurer	Eric Hackman

***A big thank you to our outgoing Vice President, Dick VanEgmond, and our Treasurer, Klaus Kraatz. We appreciate your dedication and contribution to our club.***

## ***Trip Information***

PARKING - Our main parking is again at the old Telus Parking Lot (now known as Bainbridge Business Centre) off Bainbridge, south of Lougheed. Parking is **free**. However, by using the parking lot, we acknowledge that the owners and managers of the parking lot, are not responsible for any damage to our vehicles that may occur.

### PICKUP TIMES AND LOCATION

Day trips	7:00 am sharp	Telus Parking Lot.
Callaghan Valley	7:20 am	St Davids Church Taylor Way and Upper Levels Hwy (Please park on the road )
Manning Park	7:30 am	232nd St. Chevron Station
	7:45 am	Whatcom Rd (park on the gravel parking lot) across from Tim Hortons.
Weekend trips	9:00 am Friday morning	Telus Parking Lot
	return on Sunday evening	

ACCOMMODATION - All our trips are priced at **cost** for the bus and hotel Rooms.

It is ***your responsibility*** to arrange room mates. You cannot expect the trip leader to find you a Room mate. Work with the trip leader to see what can be arranged.

EARLY REGISTRATION - On weekend trips to Silver Star, Sun Peaks and Apex, it is ***absolutely Important*** to sign up at the November or December meeting as hotels have strict, costly policies for cancellations. For example: for our Silver Star trip on January 24, we must make a decision on December 5 as to whether the trip is a GO or not, and how many rooms we need.

***Please sign up early!***

## **Day Trips**

Manning Park Trip Leader \$ 46.00 plus trail fees:	Sunday, December 15/13 Connie Salt - ( 604 ) 467 - 5652 Adults - \$ 18.00 Seniors - \$ 12.00 Snowshoe - \$15.00
Callaghan Valley Trip leaders \$ 41.00 plus trail fees	Saturday, December 28/13. Ken and Marg Smith - ( 604 ) 469 - 0089 Group Trail Fees - \$ 22.00 Snowshoe - \$ 15.00
Callaghan Valley Trip leader \$ 41.00 plus trail fees	Sunday, January 12/14. Jeff Roger - ( 604 ) 553 - 4312 Group Trail Fees - \$ 22.00 Snowshoe - \$ 15.00
Manning Park Trip leaders \$ 46.00 plus Trail Fees	Sunday, February 2/14 Denise Meiners - ( 604 ) 931 -6979 Kathy Leko - ( 604 ) 937 - 0030 Adults - \$ 18.00 Seniors - \$ 12.00 Snowshoe - \$ 12.00

## **Weekend Trips**

Silver Star Trip Leader This year we are staying at the Firelight Lodge.	Friday, January 24/14 thru Sunday, January 26/14 Louise Johnson - ( 604 ) 937 - 5051 2/3 BR - 2 Bath = \$ 278.00 per person 4/2 BR - 2 Bath = \$ 283.00 per person 4/ Studio = \$ 278.00 per person
Sun Peaks Trip leader Staying at Hefly Boutique Hotel Downhill and Snowshoeing also available.	Friday, February 21, 22, 23/14 George MacLeod - (778 ) 865 - 2294 4/RM = \$ 175.00 per person 3/RM = \$ 225.00 per person 2/RM = \$ 270. 00 per person
Apex - Trip leader	Friday, March 7, 8, 9/14 George MacLeod -(778)- 865 - 2294 4/Rm = \$200.00 per person 3/ Rm = \$ 230.00 per person 2/ Rm = \$ 255.00 per person

## **Sigges - Payakentsut**

Callaghan Valley - cross country ski loppet February 22 - Adults February 23 - Children One day Rental rates:	(see payek.ca website) Classic Ski Package = \$ 20.00 Skate Ski Package = \$ 30.00 Snowshoes = \$ 12.00, plus taxes
--	--

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)

\$25.00 Adults (19 - 64)  
\$20.00 Seniors (65 and over)

\$20.00 Students (12 - 18)  
\$15.00 Children (under 12)

<p><b>Adult Applicant</b> <u>Release and Waiver and Acknowledgements</u></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> <u>Release and Indemnification and Acknowledgements</u></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 applicant's behalf.</p> <p>_____</p> <p>Signature of Parent or Guardian    Date: _____</p>
---	--

Mail To: Avril Peshee  
62 - 678 Citadel Drive  
Port Coquitlam, B.C.  
V3C 6M7  
Inquiries: Ph: 604-942-3164    Email: apeshee@shaw.ca

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