

Happy New Year Everyone! It's already 2010 and hope everyone has had a great holiday season! It's been a couple of months since the snow fell and the winter events have appeared on the EOC calendar.

I know that we have many new members in the past several months. I just thought I'd introduce myself. I'm Sandie, the Director of Communications and Social Media (since July 2009) as well as an Event Coordinator (since July 2008). I am the one who receives your e-mails directed to the general e-mail address and responds to them or forwards them on to the appropriate person who can best answer your questions as well as issues the quarterly newsletters. I hope that the EOC will have yet another successful year and look forward to meeting many of you out there!

### **IN THIS EDITION OF THE NEWSLETTER**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>- EOC 2010 Celebration!</li> <li>- EOC Forum / Fanpage Update</li> <li>- Upcoming 2010 Posted Events</li> <li>- Other Future Events</li> <li>- Event Difficulty Ratings</li> <li>- Event Payments</li> </ul> | <ul style="list-style-type: none"> <li>- Fotki Photo Info.</li> <li>- Membership Stats</li> <li>- Volunteers</li> <li>- Winter Wear Tips</li> <li>- Our Sponsors</li> <li>- Discounts for EOC Members</li> </ul> |
|---|--|

### **EOC 2010 CELEBRATION!**

I just wanted to thank those of you who attended the celebration on January 9<sup>th</sup> – a great time was had by all! Also I wanted to especially thank those who participated in the silent auction. One of our long time members, Mike Hawrylez, passed away earlier last year and he was quite the artist. We auctioned off his artwork and \$160.00 has gone to the WWF (World Wildlife Fund) charity - a charity which he was very fond of. Thanks again.

### **EOC FORUM / FANPAGE UPDATE**

We have had an EOC Forum for the past couple of years, which we hoped would be a valuable tool that would allow you all to communicate with each other and with the volunteer team. Taking into consideration both that the current forum is glitchy and that most of us widely use Facebook, we are discontinuing the EOC Forum. We have an official Facebook Fanpage, which we encourage everyone to become a fan of, if you have an account on Facebook. (The URL for the Facebook Fanpage is posted on the EOC News section on the Edmonton Outdoor Club website). We will occasionally post updates on new and exciting events, and other updates from the EOC. If you are a Twitter user, you can also follow these updates through the EOC Twitter site, at <http://twitter.com/edmoutdoorclub>

### **UPCOMING 2010 POSTED EVENTS:**

Wed, Jan 20 2010 - Urban Hike - Walk 'n' Wings (D3: Moderate)
Thu, Jan 21 2010 - Urban Hike - Walk@Lunch: 100 Ave / Victoria Park Road Hill (D2: Easy to Moderate)
Thu, Jan 21 2010 - Urban Hike - Hawrelak Park - Buena Vista nightwalk (D2: Easy to Moderate)
Sat, Jan 23 2010 - X-C Ski - Blackfoot Recreation Area (D3: Moderate)
Sat, Jan 23 2010 - X-C Ski - Cross-country Ski Escape to Jasper (D2: Easy to Moderate)
Sat, Jan 23 2010 - Urban Hike - Kinsmen Park Urban Hike (D3: Moderate)
Sun, Jan 24 2010 - X-C Ski - Strathcona Wilderness Centre (D3: Moderate)
Sun, Jan 24 2010 - Social - Dim Sum at Golden Rice Bowl (D1: Easy)
Sun, Jan 24 2010 - X-C Ski - Beginner Cross-Country Ski Lesson - Strathcona Wilderness Centre (D2: Easy to Moderate)
Tue, Jan 26 2010 - Urban Hike - Walk@Lunch: Tiny Park Tour (D2: Easy to Moderate)
Wed, Jan 27 2010 - Social - Christmas Bureau Volunteer Appreciation Night (D1: Easy)
Wed, Jan 27 2010 - Urban Hike - Walk 'n' Wings (D3: Moderate)
Fri, Jan 29 2010 - Urban Hike - Walk@Lunch: Railtown Park - Victoria Promenade (D2: Easy to Moderate)
Sat, Jan 30 2010 - X-C Ski - Beginner x-c ski Goldbar (D2: Easy to Moderate)
Sun, Jan 31 2010 - X-C Ski - Moonlight Ski - Blackfoot Grazing Reserve (D3: Moderate)
Wed, Feb 3 2010 - Urban Hike - Walk 'n' Wings (D3: Moderate)
Sat, Feb 6 2010 - Social - Laser Tag at Laser Quest (D1: Easy)
Sat, Feb 6 2010 - X-C Ski - Blackfoot Recreation Area - Slow Paced X-C Ski (D3: Moderate)
Sat, Feb 6 2010 - Snow Shoe - Elk Island Snowshoe (D3: Moderate)
Sat, Feb 13 2010 - Snow Shoe - Ice Hike and Snow Shoeing - Maligne Canyon Area (D3: Moderate)
Sat, Feb 13 2010 - X-C Ski - Mini Birkebeiner (13 km race) (D3: Moderate)
Sat, Feb 20 2010 - X-C Ski - Ski Gold Bar (D4: Moderate to Difficult)
Sat, Mar 13 2010 - Snow Shoe - Blueberry Hill in K-Country - Premier Rockies Snow Shoe Adventure w/COC (D5: Difficult)

## **OTHER FUTURE EVENTS:**

Some other ideas the coordinators are tossing around and will possibly post shortly are: Oscar Party, star gazing, downhill skiing, snowshoeing &/or cross-country skiing trip(s), skating, & more!

## **EVENT DIFFICULTY RATINGS:**

**Snowshoeing** - Snowshoe trips are rated similarly to hikes, but because of the additional challenge of snow conditions and equipment, they are rated one level higher than hikes according to distance traveled, the amount of elevation gained, seasonal conditions, and if applicable, special considerations for the route, pace, etc.

<u>Difficulty (D) #</u>	<u>Name</u>	<u>Specs</u>
2	Easy to Moderate	Less than 5km distance and negligible elevation gain
3	Moderate	Approx 5-10km with gentle elevation gain (for example, 100m-150m gain over 1km distance)
4	Moderate to Difficult	Greater distance (over 10km) and more challenging elevation gain (for example, 200m gain over 1km distance)
5	Difficult	Greater distance, challenging elevation gain and seasonal conditions or special considerations.

**Ice Skating** - The degree of difficulty for ice skating generally is affected by conditions only - each participant can, of course decide how fast/hard they want to skate. Beginners are always welcome on ice skating events.

<u>Difficulty (D) #</u>	<u>Name</u>	<u>Specs</u>
1	Easy	Groomed ice
2	Easy to Moderate	Outdoor ice

**Cross-Country Skiing** - Cross-Country Skiing is rated according to terrain, trail conditions, distance, amount and type of hills, and expected pace.

<u>Difficulty (D) #</u>	<u>Name</u>	<u>Specs</u>
2	Easy to Moderate	Intended for beginners. Groomed trails, green (easy) trails only.
3	Moderate	Not intended for beginners. Generally on groomed trails, green and blue trails, expectation for pace and distance posted.
4	Moderate to Difficult	Experienced skiers only. Often trails are ungroomed, significant distance is covered and hills are present.
5	Difficult	Experienced skiers only. Often trails are ungroomed, significant distance is covered and hills are present. Greater distance and elevation gain.

**Downhill Skiing** - When downhill skiing, it is generally up to the individual how difficult the day will be. They choose which runs to take and how many of them.

<u>Difficulty (D) #</u>	<u>Name</u>	<u>Specs</u>
3	Moderate	A ski day with no specific expectations posted OR a ski day posted for green/blue runs
5	Difficult	A ski day posted for those who wish to ski exclusively black/double black runs

**Urban Hikes** - Urban hikes (walks) are rated easier than mountain hikes because of the extra considerations introduced by any activity in the mountains.

<u>Difficulty (D) #</u>	<u>Name</u>	<u>Specs</u>
1	Easy	Less than 8km distance and negligible elevation gain
2	Easy to Moderate	Approx 8-16km with gentle elevation gain (for example, 100m-150m gain to 1km distance)

## **EVENT PAYMENTS:**

For those of you who register for paid events – there is always a payment deadline! If you haven't submitted a payment by the deadline, your name will be removed from the registered list for the event and your spot opens up to the waitlist.

For those of you who end up on the waitlist, this is a basic primer on how things work: after the deadline, we add people to the event in the order that spots open up. You may wish to consider submitting a payment for the event (ideally electronically) while you are on the waitlist. Other than Paypal, these payments will only be processed if you are actually added to the registration list. Paypal is processed immediately but can be easily refunded.

The day after the payment cut-off, if we must remove any names from the registration list for non-payment, we will preferentially add people from the waitlist who have already paid in the order that you have registered (i.e. it doesn't matter if you are 15th on the waiting list - you would be preferentially added instead of people on the waitlist who have registered before you and haven't paid). If there are any more spots, we will send another e-mail out, and whoever responds first to confirm that they want to attend will be added to the event.

It's possible that some of you may have paid but haven't been logged as paid by our treasurer. Please let the coordinator(s) know as soon as you have paid.

### **FOTKI PHOTO INFO:**

Just a quick note, there is no need to purchase photos from the Fotki website if you don't want hard copies. You can copy the electronic photos down onto your computer. The Fotki site only charges if you have a print or order a mug or something. All you have to do is right click on the photo of interest, select 'Save Picture As...' and select the folder you want it saved on your computer.

### **MEMBERSHIP STATS:** (as of December 31<sup>st</sup>)

Total # of current members: 1178

# of new members since January 1<sup>st</sup>, 2009: 837

Total # of active members: 129 (those who have attended 3+ in the past 6 months)

# of Events Completed in 2009: 264

### **VOLUNTEERS:**

Currently there are 4 Directors and they are: Shirley, Mark, Ryan, and Sandie. To see their responsibilities, go to: <http://www.edmontonoutdoorclub.com/aboutus/officers.asp>

- **Shirley:** Director - Sponsorship, Event Coordinator
- **Mark:** Director - Volunteer and Training Coordinator, & Event Coordinator
- **Ryan M:** Director - Webmaster, Event Coordinator
- **Sandie:** Director - Communications and Social Media, Event Coordinator
- **Donna:** Treasurer, Event Coordinator
- **Rhonda S:** Safety and Equipment Officer, Event Coordinator
- **Mae B:** Secretary, Event Coordinator
- **Larry L:** Photo Historian, Event Coordinator
- Other Event Coordinators:  
**Brent S, Catherine L, Christine T, Jason L, Jeff S, Keith B, Narmin, Paul, Peter McC, Scott W, & Susan D**

For any general inquiries, you can send an e-mail to: [info@edmontonoutdoorclub.com](mailto:info@edmontonoutdoorclub.com)

If you are interested in becoming an event coordinator, please contact Mark at: [volunteer@edmontonoutdoorclub.com](mailto:volunteer@edmontonoutdoorclub.com).

If you have any complaints about anyone, any event, etc., please e-mail the directors at: [directors@edmontonoutdoorclub.com](mailto:directors@edmontonoutdoorclub.com)

### **WINTER WEAR TIPS:**

The following information was provided by MEC employees at an EOC learning event back in 2007.

#### ***LAYERING SYSTEM***

- Base layer
- Insulating mid-layer(s)
- Outer shell garment.

#### ***LAYERING***

- Is an approach to dressing for the outdoors;
- Involves wearing several layers instead of a single garment;
- Allows you to fine-tune the degree of insulation, wind and/or precipitation protection; and
- Allows you to adjust for changes in conditions and/or activity levels.

#### **Base Layers**

- First rule: STAY DRY.
- Don't wear cotton as a base layer – it retains water and doesn't dry quickly.
- Worn in direct contact with the skin and help transfer moisture away from the body
- Polyester, nylon, silk or wool
- Lightweight/silk weight – relatively thin and quite elastic
- Mid-weight – polyester-spandex. Too much spandex is undesirable due to moisture retention. Generally, 2% spandex provides the right balance of stretch and recovery without excessively inhibiting drying and wicking features.
- Expedition weight – maximum warmth but increases resistance to moisture transport. Largely a thermal piece that straddles the category of lightweight fleece and base layer.
- Odour management – most manufacturers add an antimicrobial to their fabrics to inhibit the growth of odour-causing bacteria. Wool is a natural anti-microbial fibre.
- Functional Features - Zip-T-necks – allow for added ventilation. Crotch zips – help answer the call of nature.

#### **Mid-layer(s)**

- Provides insulation. Can play a crucial role in the transfer of moisture outward from the base layer.
- Fleece – effective mid-layer as it is highly versatile, light and warm (even in wet conditions). Generally, the less wind-

resistant a fleece garment is, the more breathable it is. Therefore, for layering under shell garments don't choose a wind-resistant fleece.

- Insulated – garments such as down or synthetic-insulated vests and jackets can also be used as mid-layers. They are much lighter and compressible than fleece, although not as durable.
- Wool – offers a natural alternative to keeping warm and has the unique ability to give off heat even when wet.

#### Outer shell layer

- Protects the other layers and the person wearing them.
- Soft shells – lightweight and abrasion-resistant. Provide warmth, breathability and wind resistance without a lot of bulk.
- Hard shell – GoreTex, ProShell, Entrant, Dermizax.
- Hydrafoil – waterproof, wind proof, slightly breathable.
- Down – the higher the count, the warmer and the more compressible.

#### **KEEPING YOUR GARMENTS NEW**

- Use biodegradable soap. Use soap not detergent. Don't use scented products or fabric softener.
- All outer garments have DWR (durable water repellency) coating - wash it lots; dry it hot – this melts the coating back on the fabric evenly.

#### **THE EXTREMITIES**

##### Feet

- Socks – synthetic or wool will wick moisture away. Cotton and cotton-blend socks are sometimes used in hot, dry conditions in which wool socks might be too hot. Thicker socks with a blend of natural fibres and synthetics provides good moisture wicking and can function like a layering system. Wool has naturally high-tech, moisture-wicking and insulating properties and soft textured wools (e.g. merino) are ideal for high-performance socks.
- Liner – can be worn alone during high-output activities (e.g. trail running) but can be worn as the inner layer of a layering system to prevent blisters. The thin fabric transports moisture outward to keep your feet cool, dry and comfortable.
- Lightweight – intended for use with trail runners, approach shoes and warm weather day hiking boots. They have medium-density padding in the ball and heel for extra cushioning, a thinner more breathable upper and are perfect for layering with liners.
- Mid-weight – well cushioned, all-around socks that work well with day hiking boots and backpacking footwear. They are perfect for three-season moderate-output activities and for wearing over liners.
- Heavy-weight – designed to provide maximum insulation for cold weather hiking and other winter sports. They feature well insulated foot beds for increased warmth. They are extra long to cover more of your lower legs. Can be paired with liners.
- Booties and slippers – perfect after a day of hiking, climbing, skiing or snowshoeing.
- Gaiters – assist in keeping your feet warm and dry by helping to keep snow and debris out of your footwear. They are designed to fit over top of your footwear.

##### Hands

- Mitts trap body heat by keeping your fingers together and they have less heat-radiating surface than a glove, so evaporative heat loss is reduced. However, mittens inhibit dexterity. Gloves are better for activities that require independent finger control (e.g. tying knots or fiddling with ski bindings.)
- Layers dry faster than a heavily insulated piece and you can swap out wet ones for dry ones.
- Features: cuffs keep out snow and insulate the wrist. Reinforced palms increase durability and offer good grippy texture. Padding on the backs of the hands and fingers protects your knuckles during activity (e.g. ice climbing). Loops on the mittens/gloves allow you to clip them to you so they don't get wet when you take them off.

##### Head

- Up to 50% of total heat loss occurs through the head.
- Wear a good fleece or wool hat to slow heat loss through your head.
- Shell hats are for sun and rain protection so they have a brim and may have a cape at the back to protect your neck.
- Cotton is absorbent and is a good option for a sun hat.

Also for more info on Layered Clothing, go to the Ice on Whyte link at:

[http://www.iceonwhyte.ca/tasks/sites/default/assets/File/pdfs/UnitedCycle\\_Ice\\_on\\_Whyte.pdf](http://www.iceonwhyte.ca/tasks/sites/default/assets/File/pdfs/UnitedCycle_Ice_on_Whyte.pdf)

#### **OUR SPONSORS:**

It is because of their generous support that the Edmonton Outdoor Club remains a free club:

- Andwa Consulting: [www.andwa.com](http://www.andwa.com)
- Backroad Mapbooks: [www.backroadmapbooks.com](http://www.backroadmapbooks.com)
- Calgary Outdoor Club: [www.calgaryoutdoorclub.com](http://www.calgaryoutdoorclub.com)
- Inside Out Experience: [www.insideoutexperience.com](http://www.insideoutexperience.com)
- Race the Rockies: [www.racetherockies.com](http://www.racetherockies.com)
- Vancouver Regional Outdoor Club: [www.vancouverregionaloutdoorclub.com](http://www.vancouverregionaloutdoorclub.com)

**DISCOUNTS FOR EOC MEMBERS:**

Backcountry.com

To get your Discount:

1. Add the item(s) that you would like to purchase to your cart.
2. Proceed to the final checkout page.
3. Click on Redemption Code on the checkout page.
4. Enter this Code: 4HE-1-EQCPK

All of the eligible items in your cart will be discounted. Please know that due to agreements that we have with our vendors that not all brands can be discounted. Also please know that if an item is already on sale that you will receive which ever discounted price is better, discount codes do not take anything additional off of the sale price.

Campers Village

Just to let you know that you can receive a 10% discount at Campers Village – please print the coupon below & present it to the cashier.



***See you out there!***

***Sandie***

EOC - Director of Communications & Social Media  
E-Mail: [info@edmontonoutdoorclub.com](mailto:info@edmontonoutdoorclub.com)