

RA SKI-MAIL APRIL 1, 2020

=====

Editor-in-Chief: Glen Campbell, publicity-2020{at}raski.ca

Sports Editor: G. Campbell

Weeklong Editors: Bill Buck & Glen S. Campbell

Cross-Country Editor: Glen

Health Editor: Mr. Campbell

2020 DOWNHILL WEEKLONG – OPTION 1

=====

Next winter we are offering two options for the weeklong. Due to the spread of the corona virus, we have decided to go to the only continent with no reported cases and guaranteed snow. However, it is now winter in Antarctica so the next weeklong trip will depart at midnight April 1. Registration and payment must be completed within an hour of receiving this email.

To maintain proper physical distancing and protect the health of our members, each participant will travel in their own hot air balloon which comes complete with operating manual, life preserver and parachute.

Don't miss this unique excursion. Call now! 123-456-7890.

2021 DOWNHILL WEEKLONG – OPTION 2

=====

Your ski club executive expects social isolating for the COVID-19 virus to continue into 2021, so your second choice of a downhill weeklong next year is a virtual one.

DATES: Mon. Jan. 25 – Saturday Jan. 30

6 days of skiing!

This is a do-it yourself trip, so here are your instructions:

1. Go to your library and rent a Warren Miller ski movie. (We recommend "Timeless.")
2. Turn off the heat in your house, and open the doors and windows.
3. Put on your ski pants, ski jacket and ski boots.
4. Put the Warren Miller movie into your DVD player, and press "Play."
5. Stand in front of the TV, and put your skis on. Don't forget your helmet and goggles!
6. Enjoy your ski outing!

ADVANTAGES OF SKIING ON THE RA'S 2021 WEEKLONG:

- Low cost. (The library rents DVDs for free!)
- No jet lag, and no three-hour bus trip to get from the airport to the hotel.

- You sleep in your own bed, so you are guaranteed a good night's sleep.
- No chance of getting infected with COVID-19, and no risk of injury.

It's a win-win. Your RA Ski Club looks after the safety of its members!

AIR TRAVEL – RATING THE LANDING

=====

For those of you who go on our weeklong ski trips, you might be interested in how the pilot of your plane rates his or her landing.

- A good landing is one you can walk away from.
- A really great landing is one where you can use the airplane again.

RA SKIER KIDNAPPED BY ALIENS

=====

RA skier Mergatroid McGillicutty, 29, was kidnapped by aliens while skiing on a double black diamond run at a local ski hill. (The ski hill owner asked that Camp Fortune not be named because he didn't want to be inundated by Trekkies.) Witnesses saw a large saucer-shaped vehicle quietly arrive and float over the trail as Mergatroid started his run. As he passed beneath the spaceship, there was a greenish beam that came down from the bottom of the craft, and he was swept up into the spaceship, skis and all. Then the craft sped off at an extremely rapid rate.

His wife said, "Mergetroid probably didn't mind, as it was the end of the ski season anyway, and that was his last run." She added, "But I wouldn't want to be one of the aliens around him if they don't beam him back to earth the day the ski hills re-open next fall. He'll be really ticked off if he misses the start of the season."

RA Ski Club Vice-President Jaime Impey expressed her condolences. "It's a real shame this had to happen to one of our members. The executive worked really hard this year to increase our membership, and we hate to lose a member, for whatever reason." She added, "Why couldn't the aliens kidnap someone from another ski club that has more members?"

MEAL DEAL FOR CROSS-COUNTRY SKIERS

=====

Our RA Ski cross-country co-chair, Jane Rau, has had a number of complaints about the high cost of restaurant meals as we socialize after a day of cross-country skiing. So, she has arranged for a low-cost meal with Chuckie's Poutine & Chip Wagon at the corner of Bank and Metcalfe streets.

For only \$10, you get all-you-can eat poutine and a 2-litre bottle of Coca-Cola. Note that this is only for RA Ski Club members, so be sure to bring your RA Ski Club card! (Cash only, no bitcoins please.)

TEST YOUR SKI KNOWLEDGE

=====

The first person to answer all questions correctly wins the Grand Prize. We will whisk you away by bicycle to the Carp Fair where you will have a front-row seat at the chicken-plucking contest.

1. Which ski resort had 212 total days of snow in 2019?
 - a) Camp Fortune
 - b) Vorlage
 - c) La Punt Engadin, Switzerland
 - d) Pakenham
2. Which downhill ski run is a triple black diamond?
 - a) Pineault, Camp Fortune
 - b) Chien Chaud, Vorlage
 - c) Premiere, Mont Cascades
 - d) The Black Hole, Smugglers' Notch, Vermont
3. In the 2006 Winter Olympics in Turin, Jennifer Heil won the gold medal in moguls (Canada's first gold medal that Olympics). When she returned to Canada on the plane, what was her seat number?

Answers in our next Ski-Mail.

RA SKI Q&A CORNER

=====

The RA Ski club reached into its mailbag to answer some ski-related questions from our members.

1. Q: When I buy my downhill boots, should they fit tight or loose on my feet?

A: This is an easy question to answer. The RA ski club downhill program runs a weeklong trip, a weekend trip, as well as a couple of day bus trips to St-Sauveur and Mont Tremblant. In addition, we have a mid-week meet'n'ski, where once a week we carpool to a different local ski hill.

2. Q: I want to take up snowshoeing. Where can I get a lesson?

A: Excellent question. The RA Ski Club has a strong snowshoe program, led by Doris Dallaire. Our schedule includes both weekends and weekdays, and we car-pool to local trails including Mont Cascades, the Greenbelt, Gatineau Park, Wakefield and a moonlight outing to Mer Bleu.

3. Q: I'm 5' 10" and weigh 160 lbs. When I buy cross-country skis, how long should they be?

A: If your skis are not the right length, either you will have poor glide or you will slip back. Not fun. The RA Ski Club has an extensive cross-country program, and we go out every week, alternating Saturday

mornings and Sunday afternoons. Most of our outings are in Gatineau Park, but several times we ski elsewhere, such as Nakkertok and Montebello.

SPORTS CORNER

=====

World Cup Skiing

The Canadian men and women surprised everyone at the final World Cup downhill races at Kvitfjel, Norway on March 7th. Here are the results:

MENS SLALOM RESULTS

1. 1:28.11
2. 1:28.12
3. 1:28.29
4. 1:28.40
5. 1:28.54
6. 1:28.62

The men's race was a real squeaker, with only 1/100th of a second separating first and second place.

LADIES GIANT SLALOM RESULTS

1. 1:58.01
2. 1:59.45
3. 1:59.48
4. 1:59.53
5. 1:59.84
6. 2:00.15

Congratulations to the Canadian women! We're proud of you!

TODAY'S DIETING TIP

=====

If you don't cut a cake into pieces, and you eat the whole thing, technically you've only had one piece of cake.