

CAMC Newsletter

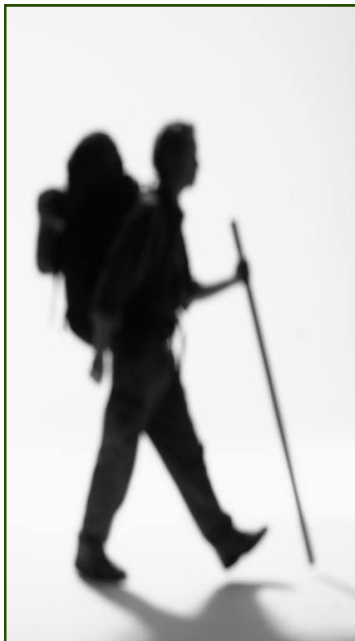
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A Late Start

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Hill & Drill

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What a difference a year makes!

It's hard to believe that by this time last year, many people from the club had already had the opportunity to enjoy some early season hiking. Not so this year, or at least that I've heard of.

It's been a long hard winter, with more snow than is usual (great for the skiers among us) and far too many sub -20 days (great for the emperor penguins among us).

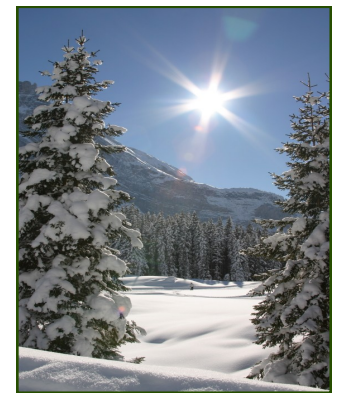
Here we are, April 1st and there's still loads of snow on the ground and most certainly in the mountains. We should all be thankful given the fact that we are fortunate not to have been afflicted by all manner of natural disaster that

seems to have beset far too many places around the world this winter.

While our climate can be harsh and unforgiving at times, we can be grateful for that fact that for the most part, we are usually well prepared and though a storm can easily kick up fast and furious, it seldom puts one out of house and home.

The calm after the storm typically rewards with a stunning blanket of pristine white that sparkles in the sun like it's studded with diamonds.

When the ice fog lifts and moves on it's way, the surreal beauty of frost covered trees elicits a sense of wonder and awe at the amazing place that is our natural world.



Yeah...we like it here :)

If like me, the "natural beauty" of our winter wonderland has kept you fused to the sofa, gorging yourself on too many snacks and junk TV, be sure to check page two for what will surely whip anyone into shape for the season ahead.

Happy Trails!!

Club Meeting

A reminder that our first club meeting of the season will be

**Wednesday April 13th
7:30pm at the Kerrywood
Nature Centre.**

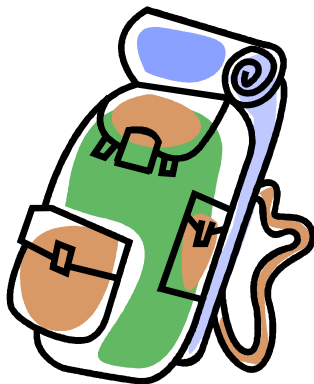


This is an important meeting, as it will be your first opportunity to view and sign-up for trips on the new schedule. It's also a great chance to catch up with old friends and make new ones.

As is typical, the first portion of the meeting will consist of introductions and a short sum-

mary of club business followed by a break to allow socializing, registrations, trip sign-ups, a light snack etc.

See you all at the meeting!!!



“Wednesday Hill & Drill”

10 week fitness and conditioning for scrambling and hiking in the mountains

Hosted By Karen Riley

Date	Location/Agenda	Meeting Place/Gear	Time
April 6	Riverbend 15 mins info and stretch. 1 hr trail walk.	Golf Course Club House Boots with good support	7-8:30 PM
April 13th	Kerrywood Nature Centre 15 mins stretch, 30 min hike, 10 mins stairs	Parking Lot Boots, poles and a pack if you like.	6-7:30 PM CAMC Meeting
April 20th	Cheers Stairs, Bush, Traverse	Parking Lot Boots, poles, pack.	7-8:30 PM
May 27th	Outdoor Gym, Oriole Stairs, trail	5404 Kerrywood Drive Boots, poles, pack.	7-8:30 PM
May 4th	Pines Trail Trail, bush, groups	Cosmo Parking Lot Boots, poles, pack, extra water.	7-8:30 PM
May 11th	Canyon Ski Hill Trail Trails	South of gate Boots, poles, pack.	7-8:30 PM
May 18th	Riverbend Rock Balance, Trail	Picnic Table/Discovery Canyon Boots, water shoes, poles, pack.	7-8:30 PM
May 25th	Group Choice Decided week prior	Boots, poles, pack.	7-8:30 PM
June 1st	River Crossing – Trestle	North Side Water shoes, poles.	7-8:30 PM
June 8th	Canyon Ski Hill Trail Bank Traverse, Ski Hill	South of Gate Boots, poles, pack, extra weight.	7-8:30 PM

Components include:

Cardio - Hills, stairs - reaching target heart rate Flexibility - Stretching before and after Strength - Backpack weight
 Endurance - Power to last and keep up Balance - movement over uneven terrain
 Motivation - Show up, group fun, in all weather