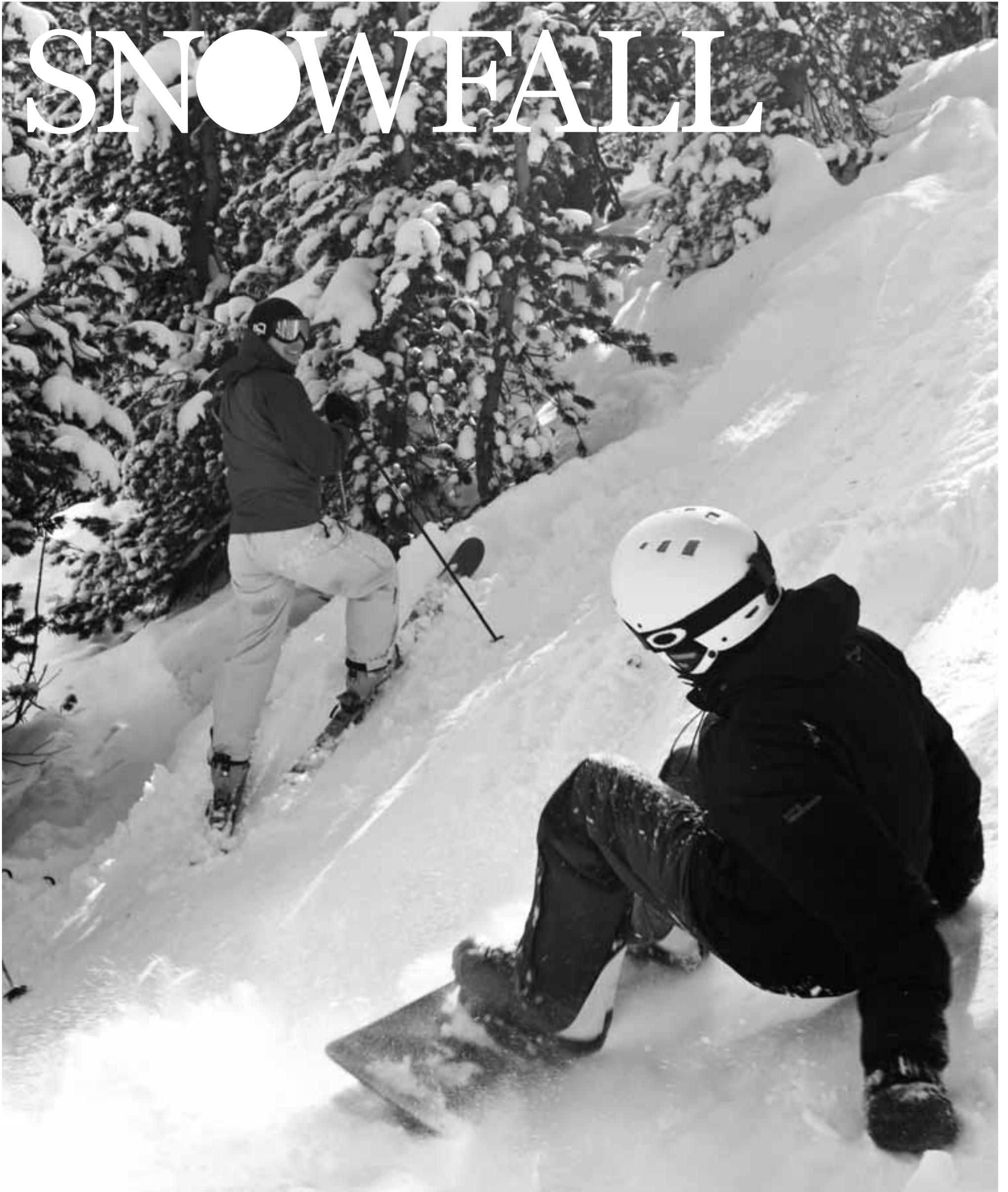


SNOWFALL



SNOWFALL

2010 GAUNTLET SKI AND SNOWBOARD SUPPLEMENT

CANADA OLYMPIC PARK • KICKING HORSE • KIMBERLY • LAKE LOUISE • NAKISKA • PANORAMA • SUNSHINE • WHITEWATER

EDITORS' NOTES

Growing up in Red Deer left me with two options when it came to skiing. I could either hike the small hill in the park behind my house

I grew up in Newfoundland. Despite the amazing amounts of snow it receives, Newfoundland is not exactly renowned for its ski and snowboard hills.



SYDNEY STOKOE

or beg and plead with my parents to drive just out of town to Canyon ski hill.

Featuring two creaky chairlifts and two t-bars, Canyon claims the title of Central Alberta's largest non-mountain resort. My sister and I took the first of many ski lessons just outside of town on the aging, ice-ridden hill.

Despite the facility's continued dereliction, it's still a hot spot for local kids. Anyone with skis or a snowboard in the Red Deer area has called Canyon home at one point or other. From the dank lodge to the creaky chairs and occasional wooden t-bar, Canyon was our hill.

It's been a long journey, from snowplowing the bunny hill in Red Deer to dropping into Tayton bowl at Panorama, but I still hold fond memories of days spent stunting on the Canyon t-bar.

The wonderful thing about skiing is that no matter what your background, there is always the opportunity to get out and enjoy yourself. Back country paradise or back park sledding hill, go carve some turns.



ANDY WILLIAMS

My first two winters of snowboarding consisted of walking up and riding down a 15 degree slope on a golf course. Ending up in the water hazard was always a possibility.

The first "real" ski hill I visited was White Hills. Hill statistics include: 750 feet of elevation, 55 skiable acres and one triple-seater chairlift.

I loved every second of it:

"What do you mean I don't have to walk up the hill?"

"What do you mean there's more than one way to go down?"

"What do you mean I have to pay?"

Now imagine how I felt the first time I snowboarded at Kicking Horse. 4,133 feet from top to bottom, five lifts including a high speed gondola and a mind blowing 2,750 skiable acres.

Calgarians are extremely lucky. There are countless mountains within driving distance from Calgary. Hopefully this ski supplement inspires you to check some of them out.

CONTRIBUTORS



EMILY ASK



ROMAN AURITI



AMY BADRY



GEOFF MACINTOSH



CHRIS PEDERSEN



LEONARD C. TAIT



TRISTAN TAYLOR

off the page radio
gauntlet

tuesdays 10:30 am

- interviews
- commentary
- analysis

hosted by
brent constantin
and emily ask

See you at CJSW's 25th Anniversary Party on Sat. Jan. 23 at 7 pm in Mac Hall. Groove to 25 live bands in five rooms including the Ballroom, The Den, The Black Lounge, Escalus Room and Casio Rooms A & B. Enjoy full movement with liquor throughout the cool side of Mac Hall!

90.9 fm
cjsw
cjsw.com

offthepage@thegauntlet.ca
photos by ken clarke

Panorama-rama



story by **Amy Badry**
photo by **Chris Pedersen**

Four thirty in the morning and I was snug in my bed; while visions of powder danced in my head. Then outside the door arose such a clatter; I sprang from the bed to see what was the matter. Towards the door I flew like a flash; and found Sydney with skis ready to dash. I grabbed my gear so as not to be late; and joined 20 students on a bus waiting for Tait.

Panorama Mountain Village is three and a half hours from Calgary, just west of Invermere, B.C. With 120 runs and 2,647 skiable acres, there is a lot of space to test your ski and snowboard skills. The trails and bowls at Panorama have a good mix of green and blue runs for beginner and intermediate skiers. The beautiful thing about the hill is the overwhelming number of blacks and double blacks for experts. The resort sports two terrain parks and night skiing for the adventurous.

When organizing ski trips it can be difficult to find a mountain that suits the needs of a variety of skill levels, but Panorama has something for everyone.

First run of day one, we jump on the Mile 1 Quad that carries us up the mountain. Looking down at the seemingly more experienced skiers and borders as they zig and zag down the slope, I think I should've taken a practice run on the bunny hill. My fears es-

calate as I strap on my board, but I manage to make it down the hill with the help of my friends. By the end of the day I can take on some blue runs.

Four O'clock the hill shuts down and we head to the hot tubs to soak our bruised and beaten bodies. Panorama boasts a large hot tub and sauna for all the guests to use; certain lodges also have private hot tubs. Perfect after a day of pounding powder.

Once we can no longer stand the heat from the sauna, we make the cold dash back to the condos to get

ready for Panorama's nightlife.

The T-Bar and Grill hosts a live DJ and themed parties where buffoonery and balderdash take place. The pub is not large and fills up quickly, so get there early. A word of advice: the bouncers do not take kindly to folks jumping the fence to avoid the lineup. Tried, tested, failed.

After a night of hoopla, the mountain air was refreshing. But I didn't make it more than a few runs. Maybe it was too much firewater the night before, but I am going to blame it on the icy conditions — although the veteran skiers in our

group didn't seem to have trouble navigating the hill.

When not hitting the slopes, the Great Hall in Panorama is a good place to hang out, warm up and drink a hot chocolate. The prices are a bit steep but the food is good. There are a few other restaurants around the resort such as Wild Fire Grill and Jack Pine Pub, which serve a variety of foods, but all are priced a little beyond a student budget. Most accommodations are equipped with kitchenettes, so bringing frozen pizzas to pop in the oven

for a quick and satisfying meal is a good idea.

After three hellawesome days of snow and sun our ski trip came to an end. No bones were broken despite the fact that a few tree branches were. We load the bus again, sleepy eyed. With trails blazed and new memories made we head back down the mountain roads towards Calgary.

Ski trips, although sometimes a headache to plan, are always a blast. Shredding the slopes and sipping beers, what better way to spend a few days with friends?

UNIVERSITY OF CALGARY
outdoor
centre

There's lots of winter left...
get out there!

Various dates available for
these courses

Introductory Avalanche Safety	\$145
Snowshoe Hikes (includes transport)	\$85
Beginner XC Ski Lessons	\$55
Crevasse Rescue	\$150
Telemark Ski Lessons	\$48
Backcountry Snowboarding Intro	\$130

Family Day
Weekend Rental
Special-Feb 12-16
Get 2 Days Free!

UC Students get 10% off rentals everyday!

Take advantage of our public rental service
with over 10,000 rental items to choose from!

Open Fri - Mon: 8 am - 8 pm, Tue - Thu: 8 am - 6 pm • Kinesiology B 180
(403) 220-5038 • www.calgaryoutdoorcentre.ca

KICKING HORSE

story by **Andy Williams**
photo by **Andy Williams**

Before moving to Alberta three years ago, my only ski hill experience was at a place called White Hills in Eastern Newfoundland. The hill — definitely a hill, not a mountain — boasts 750 feet, one lift and 55 skiable acres. Growing up, it was the shit.

After moving to Alberta, I found myself in Golden B.C. visiting friends for a few days. The only other mountain resort I had visited at that point was Sunshine Village. Based on friends' recommendation, I decided to check out Kicking Horse.

Kicking Horse has an eight-person gondola that travels from the village to the second highest point in the resort in 12 minutes. Stepping out of the gondola and taking in my surrounding prompted a brief internal debate: should I listen to my ego and risk my body — possibly my life — by strapping myself to a piece of fiberglass and trying to make it down the hill alive? Or should I do the reasonable thing, and climb in the gondola for the ride of shame back down the mountain?

Obviously, my ego won. Before I knew it I was traversing the precarious road leading to Crystal Bowl, the easiest of Kicking Horse's three bowls.

The top of the bowl is wide open and treeless. There are no defined trails or runs, and there are multiple locations to enter depending on what kind of challenge you are looking for. The lack of structure is definitely an asset, and you'll see people descending the side of the bowl from many different places.

About a quarter of the way down, trees and identifiable trails start to emerge. Several green and blue runs are complimented by a smattering of black diamonds. You can find powder and some gnarly chutes in Crystal Bowl if you look for them. The

trails "Bubbly" and "Euphoria" were stand outs for me.

Those looking for more of an intense ride can break left after stepping out of the gondola, and head into Bowl Over. A few black diamonds run down the side of the bowl, terminating in a blue trail that traverses the base of the bowl. The blue is the quickest and easiest way out of the bowl and back down the mountain. Not that I would know.

People with absolutely no value for their own well-being can take the Stairway to Heaven chair and head up to Re-

demption Ridge, which has trails running into the Crystal Bowl and also into the Fuez Bowl.

Kicking Horse has something for everyone, but the mountain definitely seems geared towards advanced and expert skiers. If you get bored there is always the grizzly bear kept in the refuge near the village.





Telemarking at Tee Pee Town

by **Chris Pedersen**
photo by **Leonard C. Tait**

Telemark, also known as free heel skiing, was born in the frozen, mountainous hinterlands of Norway, and is a difficult method of descent. It was designed as much for going up as for down. Skiers needed a way to efficiently ski up a hill, an impossibility with a locked heel. With the heel free, a new style of descent had to be invented. That is how the bending motion of telemarking came to exist. Today it has been brought to the mainstream by old-school skiers and newbie's looking to move away from downhill skiing. It is a type of skiing that takes years to perfect, but when you do, your smooth flowing style stands out on the slopes. It's not uncommon to glimpse these free heel maniacs carving the slopes at resorts all over Western Canada.

I belong to this category of new skiers looking to branch away from regular downhill skiing. I learned on a pair of decrepit, non parabolic skis in high school and have since evolved to plastic boots and fat, shaped skis. It was my love for telemarking that brought me

to Sunshine Village. The Ski Resort is blessed with an abundance of chutes — often populated by downhill skiers and snowboarders — not free hill frolickers. The chutes, located under the Tee Pee Town chairlift, have received large amounts of fluffy powder this year, and every trip to the hill has been rewarded with the pleasure of carving untouched powder. Because of the fantastic quality and quantity of snow this season, every day I have skied sunshine, I have telemarked.

To get to the chutes I had to ride the Angel Express Chair up the mountain. Once off the departure ramp, I head right, skiing down the long, flat corridor until reaching the South Divide Run. Skiing through small moguls, carrying the remains of powder from previous days, I cut far right to reach the beginning of the chutes under Tee Pee Town. Moguls can be hell for a telemarker, to achieve such a tight turning radius you have to have strong legs and quick movements. Navigating this terrain can be hazardous; a friend of mine took a two-inch portion out of his sidewall. The chutes were filled with enough snow to bury a skier up to the waist. The first couple of runs I cut smooth lines through untouched snow,

making my mark on the mountain. With every bend my knees went into the snow and I remembered why I love telemarking. I feel closer to the mountain than I do on downhill skis, and the work to produce every turn is more rewarding. We stayed on these chutes for the rest of the day, finding cliffs to jump and trees to ski through. Every run was a search for new powder to ski. No two runs were the same on that day, due to the abundance of snow. As darkness descended on the hill and we took the gondola down, my legs were burning, I was ready to head to Canmore and grab a pint and pizza. I feel like I have done more work after a day of tele than any other activity — my quads burn and my knees cry for a hot tub soak.

For those interested in freeing yourself from the shackles of downhill boots and bindings, I recommend selling your skis, buying kneepads, telemark boots, bindings and skis and taking four or so years to learn the art of tele. Everyone is fascinated when they see somebody telemarking at a resort, and it truly releases you from the bondage of following the crowds. As a ski patroller at Panorama once told me “Free the heel, free the mind.”

Whitewater: B.C.'s Best Kept Secret



STUDENT SPECIAL

Join Today!

ONLY
\$199

+ TAX

1-800-597-1FIT

for the club nearest you!

**GoodLife
FITNESS**

goodlifefitness.com

*When joining you will be required to pay \$199 plus applicable tax. Must be 18 years of age or older with a valid student ID. Membership expires 4 months from date of purchase. Offer expires January 31st, 2010. One club price only. Offer valid at participating clubs only. Other conditions may apply, see club for details.

story by **Sydney Stokoe**
photo by **Chris Pedersen**

I've only ever driven into Nelson in the middle of snowstorms. They're the kind of storms where the snow is coming down so hard that the windshield wipers can't keep up and our driver is squinting through the darkness, trying desperately just to stay on the winding road. All I can do is smile. If it's coming down this hard on the highway, I can just imagine what it's like up at the hill. A decade of trips into interior British Columbia have taught me one thing: Alberta doesn't know what snow is.

Skiers at Whitewater Winter Resort, a half hour outside of Nelson B.C, have their own secret slice of paradise. Despite the fact that the hill gets a dependable 13 meters of snow each season, there are rarely ever lines to get up the mountain. Whitewater is a powder hound's paradise, brimming with glades and fairly steep terrain.

The hill holds dear to the laid back vibe of the Nelson area. It can never hope to compete with the giants like Sunshine Village, but being secure in its own identity, Whitewater is able to offer its best to the loyal locals.

It's a throwback. Serviced entirely by a pair of aging double chairs, it's easy to slow down to just enjoy the view and the people around you.

Whitewater's location lends itself to favourable conditions. Between the loads of snow and the fact that the temperature rarely dips below -10 degrees Celsius, it's a haven for backcountry enthusiasts and anyone seeking easily accessible powder.

It's easy to get away from the maintained trails. With a bit of hiking, and the proper equipment, skiers can get over to the backside of the mountain, which is an unmaintained backcountry paradise. Be warned, however, that any rescues outside of the ski area boundary will cost upwards of \$500.

Even skiers without the gear or the backcountry knowledge can have their desire for powder quenched by inbounds skiing. Around half of the patrolled area is steep, treed terrain so there are loads of choices for skiers of moderate to high skill level.

I've been skiing Whitewater for years, but I am still finding hidden places. It seems that every time you turn around, there is another secret pocket, or a gully leading somewhere unexplored.

Not all of the accessible terrain is serviced by chairlifts; many of the inbound runs end up on the road leading towards the hill. As a result, hitchhikers are a common sight along the road towards the resort.

"It's nice that this place hasn't gone overboard," one hitchhiker said. "The owners know they can never compete with the big resorts, but they don't seem to want to change that."

Whitewater certainly has a different mindset than the bigger hills: it's a chilled out environment. One skier equated it to physical location.

"Sunshine and Louise are closer to the city, so they get more of the rushed city feel. Whitewater is just about being outside and enjoying yourself."

If the crowds and hustle of the ski giants ever get you down, take the time to drive to Nelson and get a feel for what skiing used to be like. Between the snow and atmosphere, it's well worth the trip.

Lake Louise

WORTH THE EARLY MORNING

story by **Roman Auriti**
photo by **Leo Tait**

My cellphone alarm goes off at 5:30 a.m. I turn to my friend 10 feet away from me. He stirs, I call his name. Gurgling noises. I try again and he slowly wakes up. The room spins a little as I turn the lights on and we head upstairs.

During the Christmas holidays students find different ways to spend their time. Some sleep, some work and some stay up devilishly late before driving to Lake Louise early in the morning.

We grab breakfast and shots of espresso for the drive out. By the time we're on the road it is already 6:15 and both of us are still in zombie-mode. We barely got three hours of sleep. The lines on the highway

blur together as my eyes glaze over and taillights on the westward traffic become beacons of hope as the headlights on our own jalopy are too dirty to see the road.

It's alright though. We have known each other for years and it's going to take more than a bad morning to ruin this day. I've just finished my last exam as a science major so we are going to shred Lake Louise to celebrate. We have skis, food, Them Crooked Vultures and Foo Fighters albums and nothing's going to stop us.

Lake Louise. Glorious, glorious! Finally we've arrived! We grab our tickets and head out to the hill. I got a sweet rental deal for my buddy before we headed out skiing but I have some reservations about what kind of skill he can ski at. Taking things slowly we ride up the gondola and leisurely slide down Eagle Meadows. A typical front side run at Louise, skied-out and icy. No falls, no problems. Next up, the Glacier Express and the Top of the World chair lifts, bringing us to the top of the front side. We opt to take Home Run down next to look for some more excitement. The top of this run has always been a personal favorite. Coming right off the Top of the World chair I steer my unsuspecting

friend down the more difficult and exciting route.

The run narrows and angles downward into a plethora of moguls. My lips curl into a smile as I let gravity do its job and pick up speed, accelerating between numerous small rocks in shallow snow on my left and a disastrous fence propped about 10 feet above where the real slope begins. There is no more wind; the elements no longer exist; there is only my need to ski this terrain. My legs begin to burn as they pump my weight over and through bumps of a size that would otherwise make me pause and consider the value of my life.

Adrenaline takes over against my better judgment and I maximize my speed to take off over the last bump. A shout of glee and excitement escapes my throat and my mind returns to normal as I skid over the icy snow to stop. I turn around and my friend is snow-plowing down behind me. Little did he know, he has just undertaken his first black-diamond. The expression on his face is priceless, wide-eyed, red-faced and grinning as if there was no tomorrow — it's like he just learned to ride a bike. He stops by my side and we don't exchange words to each other except "We're going this way."

Then we head off the beaten path to try some glades near the top of the mountain. Shooting off to the far left we shimmy through the trees for a while before deciding on a spot to head down. The slope is nearly 40 degrees. With a quick nod to my friend, I push off and work my way down the hill.

This is where good snow is. This is where Lake Louise makes its name. All the way down to the main runs we encounter only four other skiers, and with the number of glades to choose from, it's almost impossible for this area to get skied out. Even without much overnight snow, there is still a comfortable layer of powder on top of the base. With a grin returning to my face, I start shortening the lateral movement on each turn, I stop and look back to my friend. He's not behind me, so I wait.

It can be difficult for groups of varied skill level to stick together, especially considering the quality of Louise's more difficult terrain. But we aren't here to experience the best skiing Louise has to offer, I quickly remind myself. I came here with my best friend to have some fun on the slopes. So I adjust his DIN accordingly and we make sure to take routes both of us can enjoy.



MARK WAHLBERG RACHEL WEISZ SUSAN SARANDON STANLEY TUCCI MICHAEL IMPERIOLI SAOIRSE RONAN

WRITTEN BY PETER JACKSON

THE LOVELY BONES

DREAMWORKS PICTURES IN ASSOCIATION WITH EMI PRESENT A WINGNUT FILMS PRODUCTION MARK WAHLBERG RACHEL WEISZ SUSAN SARANDON 'THE LOVELY BONES' STANLEY TUCCI MICHAEL IMPERIOLI SAOIRSE RONAN ORIGINAL MUSIC BY BRIAN YOUNG EXECUTIVE PRODUCERS STEVEN SPIELBERG TESSA ROSS KEN KAMINS JAMES WILSON PRODUCED BY CAROLYNNE CUNNINGHAM FRAN WALSH PETER JACKSON ANNEE PEYRONNET BASED ON THE NOVEL BY ALICE SEBOLD SCREENPLAY BY FRAN WALSH & PHILIPPA BOYENS & PETER JACKSON

PG VIOLENCE, MATURE SUBJECT MATTER LovelyBones.com DREAMWORKS PICTURES

IN THEATRES EVERYWHERE FRIDAY, JANUARY 15th

Nakiska: nice, not gnarly

story by **Emily Ask**
photo by **Chris Pedersen**

If you haven't learned how to ski it's never too late to start. Last year I spent a day teaching my boyfriend how to ski at Kananaskis' Nakiska ski hill — and what an entertaining day it was.

Nakiska is a good hill for beginners, considering its close proximity to Calgary and the high quality of grooming on easy to moderate runs.

The hill was mostly vacant, which was nice considering there were no lines for the chairlift. This also meant that only three other people had to avoid running over my boy-

friend as he lay sprawled out in the middle of the hill. If we had gone on a busier day, I'm not sure he would have survived.

Soon enough he got the hang of it and there was nothing left to do but have a good time coasting down the slopes and enjoy the scenery — not to mention obligatory make-outs on the chairlift.

This year, we returned to Nakiska and I sat down with Stephanie Bunbury, the hill's seasonal coordinator. She said the resort has gone through many changes since opening for the 1988 Olympics, including three major developments this past summer.

The slow and rickety Gold Chairlift has been replaced with the new high-speed Gold Chair Express, enabling one to get to the top of the mountain in five minutes instead of 10. If you're a Nakiska regular, you'll know that sometimes riding all the way to the top of the hill felt more perilous than skiing down it. Never fear, the new chairlift is speedy, stable and, most importantly, cushioned.

Nakiska has also opened 13 more trails and widened some of their older ones, adding 70 extra acres, for a grand total of 1,021 acres. Most of these trails are newly developed gladed areas, bringing some more challenging terrain to a hill whose fame comes from its world class grooming.

Finally, thanks to their investment in new snow machines, Nakiska now has the largest snowmaking sys-

tem in Alberta. Bunbury said the extra snow machines have allowed the resort to open many trails ahead of schedule.

After talking with Bunbury, I told my boyfriend that we should try the new Gold Chair Express. Unfortunately, he spotted several large signs saying "No easy way down" which tempered his enthusiasm for the endeavour.

Needless to say, I went solo, but wish he had come with me. After all the times I witnessed him crash and fall, he deserved to see my epic cartwheeling down the hill, skis flying through the air like shrapnel exploding from a major car wreckage.

I like skiing. You need to sacrifice all the pride you have in order to succeed. That's perhaps the most important rule to remember, but don't worry, it's not hard to forget.

C.O.P. kicks it with the locals

story by **Tristan Taylor**

Within Calgary city limits awaits a small yet memorable ski hill, Canada Olympic Park. Once used for the 1988 Winter Olympics, C.O.P. is decked out with all the necessities to train Olympians. There are a variety of facilities ranging from a bobsled track to old and aging ski jumps — landmarks familiar to most Calgarians.

The aggressive terrain park to which almost half the hill is dedicated is the only reason to ski or snowboard C.O.P. Riding through the park you will encounter rails, tables and a series of jumps to push you to your limits. With many sizes of obstacles and even some objects that you may not understand (the giant mushroom), there is something for everyone.

The park holds several options including a long tube, a small jump and a spine. The best part of starting off here is watching what everyone can do, if they can get enough speed to do anything. The park then branches into three sections: the large kickers, the super pipe and the jib park.

Depending on your style you may want to hit the kickers and see just how high you can get. Just don't fall short, as landing on a flat can be unforgiving.

The super pipe is a challenge for even the most extreme riders. You could park a semi-truck in the middle and the pipe would still be taller.

The park's best part, though, has to be the jib section. Here, there are rails after boxes and even a few small jumps thrown in for fun. Ranging

from small flat boxes to double kink up down rails, this section will challenge even the most experienced rider, but is accessible enough to allow anyone to try the obstacles out.

Powder junkies are better off sticking to the mountains as the aggressive terrain park is the only real reason to go to C.O.P. The hill is terrible — icy, short, with way too many little kids — but the smooth riding of the park makes it all worth it. So go shred the gnar and pull off your biggest stunts!

