# .ake O'Hara Cross Country Ski Weekend

2000 February 5 - 6, Saturday - Sunday min 25 km Tour Co-Ordinator: Peter LaGrandeur (403) 228-0269

### Cost: \$37 Price includes use

of Elizabeth Parker hut and the National Park back country overnight hut user fees for one night. Participants are responsible for all other expenses including transportation between home and tour area, and all food. Pre trip meeting time and location to be announced.

Yes, please register me in the Lake O'Hara XC Weekend Tour, 2000, Feb	ru-
ary 5 - 6. I am enclosing \$37 payable to Peter LaGrandeur.	

	please print		
Name:			
Snail Mail Address:			
	street / site address		
	city, province / state		postal code
Phones: Home:	Work:	Fax:	

 $\mathbf{Y}$  es, year number nine is here already! Its back for another escape into the world famous winter wonderland of Yoho.

Participants must be capable of skiing 12km per day to and from the hut on a fire road that is usually skiier track set, though freshly fallen snow may sometimes be encountered. Agentle grade is the general type of topography to be expected, with a few steep sections. We carry an overnight back pack (usually 15-20 kg) containing a winter sleeping bag, extra clothes, misc. gear, and food for the weekend.

Communal meal on Sat evening is enjoyed by all. A mexican theme will be continued again this year. Each participant contributes a food item.

Accommodation is a rustic log building dating back from the pioneer era. It can be guite warm and usually presents no hardships from winter weather.

It is recommended that all participants have knowledge in avalanche hazard recognition and management procedures. There is a remote possibility of encountering this danger on this outing. They should also be capable of exercising winter survival and route finding skills as required.

Participants should be of the "group mode" variety who contribute to the group's well being.

Space is limited so don't delay making your official reservation. Participants should call the tour co-ordinator first by phone 228-0269 to indicate they are interested. Receiving your trip fee and your completed and signed registration form constitutes vour confirmation.

### Notes:

1. Mail original form (no flimsy fax paper please), with \$37 payment (payable to P. LaGrandeur, Lake O'Hara XC Weekend Tour Co-Ordinator, 105, 1513-26 Avenue SW, Calgary, AB, Canada T2T 1C4 2. Refunds for non-attendance available only after all trip expenses paid. 3. One form per participant.

Internet E-Mail Address:

Food Sensitivities:

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## **Participant Registration Agreement**

#### 1. **Risk Acknowledgement & Acceptance of Self Responsibility:**

This trip is offered with the understanding it is a Common Adventure where each participant conducts him/herself independently, makes his/her own judgements about safety and well being, takes full responsibility for his/her own actions, and contributes whatever he/she can towards the success of the trip. The Tour Co-Ordinator is not a leader or professional guide of any type and acts only to provide basic logistical arrangements for initiating and running the trip. The route, itinerary and all other aspects of this trip are only suggested and, as responsible tourists, each participant is expected to research everything prior to the trip to whatever extent he/she feels is necessary to determine that all is safe and suitable. Each participant is expected to possess any skills, equipment, fitness, common sense, etiquette, knowledge of applicable legislations, etc., to enjoyably and safely be involved in this activity. Each participant is the sole and final judge about his/her capability to safely proceed with this tour. All participants recognize financial loss, physical injuries and death to be real possibilities facing anyone in the sport of back country skiing and related activities and agree to assume all risks and consequences. Any person who does not feel confident or self reliant about their abilities or who does not agree with this philisophy should not participate on this tour.

2. I recognize that there are many potential perils that may be encountered while participating in the Lake O'Hara Cross Country Weekend Tour

including cold weather, avalanches, snowmobiles, lack of electronic contact, lack of trail grooming, remoteness from support services such as medical aid, rescue, etc.. I will educate myself and gain sufficient experience in whatever skills are required to capably handle any situation I may be presented with. These skills include ski repair, first aid, cold weather survival, route finding, clothing knowledge, etc..

3. I will, at all times, ski courteously and abide by Trail Etigeutte guidelines.

Peter LaGrandeur XC ski tour co-ordinator

signature (parent/guard if <18 years of age)

date Y M D

emergency contact person & ph. # (please print)

I volunteer to contribute the following assistance or skills: (e.g.first aid, photography, ski repair technician, car pooling, etc.)