



WASKAHEGAN WANDERINGS

Waskahegan Trail Association, P.O. Box 131, Edmonton AB T5J 2G9

www.waskahegantrail.ca

VOLUME 41 ISSUE 2

WINTER 2010

INSIDE THIS ISSUE

President's Message	2
River Valley Clean-up	2
Guidebook Change	2
Trail Maintenance	3
Notice to Members	3
Beyond WTA 2010	4-5
WTA Saturday Challenge	5
WTA Saturday Challenge—2011	5
In the Works	6
Volunteer BBQ	6
Welcome New Members	6
Donations	6
Publicity and the Web	7-8
Membership Discount	8
Hike Schedule 2010	9-10

SOCIAL NIGHT

Friday, November 5
AVONMORE UNITED CHURCH
7909 - 82 Avenue
7:00 pm

You are invited to come and celebrate our

Annual Fall Social

A chance to visit with friends,
welcome new members

A slideshow presentation of the
Beyond Waskahegan Hikes
will be shown

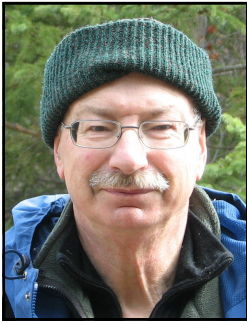
Refreshments will be served during the night.

So come and join us for a great evening of companionship
and conversation.

THE WTA EXECUTIVE

PRESIDENT:	ROB FAULDS	780-478-5622	TRAILS/MAINTENANCE:	JIM WILSON	780-968-2504
VP/HIKE PLANNING:	KAREN BELL	780-642-6372	ARCHIVES/PERMISSIONS:	PETER VERHAAR	780-466-6756
PAST PRESIDENT:	ANITA ALLSOPP	780-435-6444	DIRECTOR AT LARGE:	DAVE BARNARD	780-476-2266
SECRETARY:	DARLENE CRANE	780-449-2989	DIRECTOR AT LARGE:	MARILYN BOURASSA	780-463-1207
TREASURER:	CHRISTINE YAKOWESHYN	780-641-7064	DIRECTOR AT LARGE:	HUGH KENNEDY	780-486-3085
PUBLICITY:	DAVID BARNARD	780-476-2266	DIRECTOR AT LARGE:	GARY STEINBRING	780-461-2987
MEMBERSHIP/DONATIONS:	JOANNE BUREK	780-487-0645	SOCIAL CONVENERS:	DARLENE & DAVE BARNARD	780-476-2266
NEWSLETTER:	SHIRLEY JACKSON	780-429-7932			

MESSAGE FROM THE PRESIDENT



Rob Faulds

Hi my name is Rob Faulds and I currently sit in the chair as President.

I am a long time member, enjoy hiking, and x-country skiing.

The Waskahegan Trail offers the opportunity for members and guests to explore the beauty of the diverse countryside around Edmonton. We are able to hike and explore through the generosity of our landowner stakeholders an amazing variety of lands as well as municipal, provincial and federal parks.

The Waskahegan Trail also has amazing historical legacies that can be explored while on a hike.

An all volunteer Board of Directors governs the affairs of the Club, and all members are encouraged to lend their expertise to continue its work. All the committees are important to the success of the weekly hikes. Although all of the committees are important the visible ones are Hike, Maintenance and Hike leaders. All interested members have the opportunity to share their leadership skills in each of these areas. I look forward to hiking the trail this coming season, meeting many of the members and skiing as the conditions merit.

RIVER VALLEY CLEANUP—MAY 4, 2010—BEV STOKOWSKI

The weather co-operated and shone on nine energetic people participating in this years Clean-up.

The areas covered are as follows:

Both sides of the Freeway from Whitemud Creek to 119 Street.

Creek banks, Bridge Environs, including Park Road and bushes.

Along top of Blackmud Creek 118 Street – 22 Ave. to 111A Street –18 Ave.

Park area west and south of Smith Crossing down to Whitemud Creek

Waskahegan Trail from Blue Bridge under Smith Crossing to Snow Valley.

The volunteers collected 29 large bag filled to capacity, plus several items carried by hand, heavier metal items, car rims, large pieces of cardboard & plywood.

The volunteers can be proud of their part in helping to keep Edmonton clean.

Many thanks, to the volunteers from the City, the Club and myself.

Volunteers: Nina Belostototsky Michele Flaumitsch Bonnie Guo Gloria Hawkey
 Bev Stokowski Helen Whitson Christine Yakoweshyn Agnes Youzewfowich
 Oscar Zawalsky



GUIDEBOOK CHANGE page 79. The trail head A91 has been moved 1/4 of a mile east on TWP RD 512. The trail now heads north along the east side of the north to south fence-line.

TRAIL MAINTENANCE

If you would like more info, or to volunteer, please contact:
 Jim Wilson at jdwilson89@hotmail.com or 780-968-2504
 Marilyn Bourassa at Marilyn.bourassa@telus.net or 780-463-1207

Trail maintenance crews have had a busy summer, in no small part because of the much wetter weather. Abundant undergrowth and grasses have presented major challenges to mower and weed eater crews. Some sections of the trail have seen grasses up to more than 4 feet in height. As well, most sections needed fairly extensive clipping to ensure comfortable passage and clear line of sight to signage.

This was the first year a Maintenance Volunteer Coordinator, Marilyn Bourassa, worked with the crew leaders to fill crews. She will continue to contact membership to bring more volunteers out for even one day of maintenance.

Also, this year we had one new crew leader, Gary Steinbring, joining Jim Wilson and Oscar Zawalsky. Several new volunteers came out from the membership, increasing the ranks of those who handle power tools.

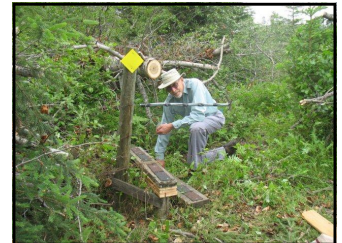
Sandra Carruthers liaised with Volunteer Centers in the surrounding communities, and this resulted in several non-members joining crews for Saturday maintenance.

David Mutch kept all the equipment in good working condition, as well as supplying signage, hand tools, and other miscellaneous materials. He and the maintenance leaders are now prebuilding portions of stiles to keep on hand for use as required. This reduces the amount of construction work required out on site, and has led to faster, easier stile installation.

Trail Maintenance will continue most Saturdays until the end of October.

As always, we are asking more members to consider coming out to help maintain our trails. This is rewarding work, and necessary not just for the enjoyment and safety of Sunday hikers, but also to keep our trails cared for and visible to the many landowners who give their permission for our trail.

Please consider coming out, even one Saturday would be tremendous help for this vital work.



IMPORTANT NOTICE to all members and hikers. When out on a hike please stay on the marked trail. The marked trail leads you through the most scenic route and there is no need to stray from the trail. If caught away from the marked trail you could be charged with trespassing by the landowner. Thus be forewarned.



BEYOND WASKAHEGAN

HALF MOON LAKE—JUNE 12—KAREN BELL



Eleven of us went on the first beyond the trail trip at Half Moon Lake Natural Area. Our hike went through forest down to the lake then along the bridge trail, looping around we came back on the witches broom trail where we saw that parasite evident in the trees.



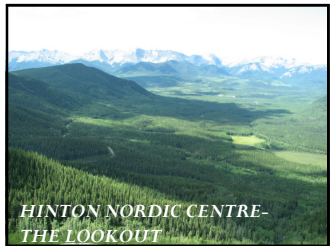
On our way to the scenic look out for lunch we startled a deer in the bush that had to do a very noisy about face. We also met up with members of the equestrian society at their gazebo and thanked them for keeping the trail clear and letting us hike part of their land.

One new person took out a membership to join us.

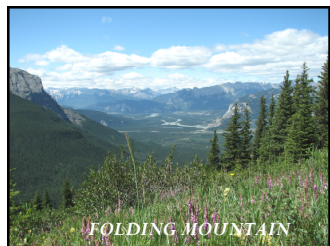


WILLIAM A. SWITZER PROVINCIAL PARK BLUE LAKE CENTRE—JULY 1-4 —LINDA PRUDEN

Day 1 (Blue Lake, Kelley's Bathtub...) Twenty of us headed out on this adventure weekend; arriving at our destination we began what we came for...our first hike; beautiful, scenic (noteworthy lunch spot overlooking Jarvis Lake). After our hike, on to Blue Lake Lodge; our cabins were cozy, our first meal great and we settled in...



Day 2 (Hinton Nordic Centre): Up early, great breakfast, packed a lunch and on to today's hike on the sky trails; a little more challenging (a lot more up's and down's), still very scenic. Later everyone did their own thing: smaller hikes, lazing by the water...



Day 3 (Folding Mountain): Today's hike the most rigorous challenge of the trip: First part, straight up for 2.6kms, steeper than steep, precarious under footing (no trail maintenance here) and no one folded!! We all made it up the most difficult part...what a view!! Many of us went on to a natural trough like feature carved into the side of the mountain called the "Wine Cellar" and a stalwart few (5) made it to the top and didn't get off the mountain until 7pm that night. Late night festivities, socializing around the fire, an early night, a perfect ending to a grueling day.



Day 4 (Whitehorse Creek, Wilmore Park): What a spectacular hike alongside the creek: rocky terrain, rapids, a narrow pathway, highpoints (beautiful vistas); shortened due to rain. On to the backup plan, where there was no rain and we were able to hike one more time and enjoy the view along the scenic McCloud River.

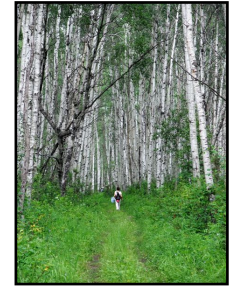
Final meeting place: a great restaurant in Hinton before we all went our separate ways..

Many thanks to Karen for planning and organizing this very memorable trip!!.

BEYOND WASKAHEGAN-CONTINUED

WHITE EARTH VALLEY—JULY 17—KAREN BELL

On July 17, 17 of us traveled north to Long Lake Provincial Park and hiked 14km from there into the *White Earth Valley* natural area. We walked in beautiful old forest with views of the lake climbing to a lookout point over the valley for lunch. Afterwards some went for a swim in Long Lake or dipped their feet. Twelve of us went for supper at Jan's Iron Horse Café in Waskatenau on the way back to Edmonton. The fresh trout special was delicious. The day was a success!

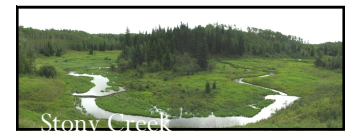


ATHABASCA LANDING TRAIL FROM ROCHESTER SOUTH TO TAWATINAW—AUGUST 28 —KAREN BELL

Twenty-eight Waskahegans ventured forth to explore the historical Athabasca Landing trail area south from the Tawatinaw valley. In our first hike through the cross country ski trails we took a wrong turn and had to climb up the ski hill with some loaded down with bags of mushrooms and got back to the bus hungry for lunch.



The next hike we shorten, going down to sit on the bank of Stony Creek and then through farmland, we came down into the valley with beautiful views of Tawatinaw Lake to meet the bus for our homeward journey.



We drove the scenic route on the gravel road that is the Athabasca Landing trail through old forest, farms and lake views. Back in St. Albert, 16 of us went out for supper at Socrates. Thanks again to Connelly McKinley for donating the use of their bus and driver.



WASKAHEGAN SATURDAY CHALLENGE

MINISTIK BERG—MAY 15, 2010—KAREN BELL

This year's first *Saturday Challenge* *May 15* through Ministik Bird Sanctuary & Berg Stopover at 19.4km, was a great success. We had great weather with 20 people out including some new faces. Our first Saturday Challenge was meant to interest people looking at Saturday hiking, wanting a challenge, attracting younger people as well as bringing attention to trail maintenance as we climbed over at least 200 trees and the rose bushes were scratching us everywhere.



The next one will be October 2 in the Battle area. See you there!

WASKAHEGAN TRAIL SATURDAY CHALLENGE—2011

There will be two longer one way hikes more challenging than our regular Sunday hikes and open to everyone who shows up at the meeting place at Super Store 51 Ave & Gateway NW corner of parking lot at 8:30 AM. Part of the challenge is the distance, the other is that it will not be so recently maintained.

1. **May 7, 2011** – 8:30AM *Challenge of the Lakes* (Saunders through Mud Lakes) A29-A38 - **21.5km**
2. **Oct 1, 2011** – 8:30AM *Miquelon Challenge* A87- A84 - **19km**

Note:

This fall we still have Oct 2, 2010 – 8:30AM *Battle River Challenge* (Hwy 822 to Duhamel) A57- A62 - **19km**

IN THE WORKS-BEYOND WTA TRAIL—2011



All trips open only to Waskahegan members. Detailed information handouts will be available at our Annual General Meeting April 2011 and on the website. The following trips are in the works:

May 28 Saturday, Sand hills Beyond (Ft. Assiniboine; or Holmes Crossing)

Jul 16 Saturday, Canoe/Kayak & Hike - Hike Devon & Canoe Genessee to Devon + BBQ?

Jul 29-Aug 1 Friday-Monday overnight Goldeye Centre-Nordeg area \$310 approx

Aug 20 Saturday, Bus trip to ?

Sept 15-17 overnight Southern Alberta?

Oct 15 Saturday, Volunteer BBQ

More information on our website or contact Karen k-bell@shaw.ca 780-642-6372

VOLUNTEER BBQ—2ND ANNUAL



All Waskahegan Volunteers are welcome to our 2nd annual event to celebrate our volunteers. You are invited to a free BBQ lunch & hike at Miquelon Provincial Park day use area Saturday October 16, meeting at Superstore 5019 Calgary Trail at 9:00 to car pool (\$5 still applies). There will be Prizes to win and Surprises to enjoy! Registration Required starting October 1st. Contact Karen 780-642-6372 or k-bell@shaw.ca

WELCOME TO NEW MEMBERS

The WTA welcomes the following new members:

Welcome



Claire Berrette
Jim Black
Cory Brooks
Jeffrey Campbell
Genevieve Carolan
Belinda Chu
Anthony Coop
Susanne Cote & Derek Muise
Josh Cunnings
Tracey Dean
Donna Decoteau
Karen Earnshaw
Chris Fransen
Lisa Marie Gaudreau

Robert Gazdewich
Margaret Hadley
Greg and Pat Hamm
Marlene Harrison
Pauline Holmes
Daniel Jancewicz
Melvin Jesso
Bob Johnson
Scott Kyba
Wing Leung & Emily Vuong
Tom McKechnie
Dr. Philip Mees & Kyla Fischer
July Miller & Kurt Hood
Judy Murphy

Ben Newman
D'Anne O'Keefe & Calvin McCullough
Jennifer Rogers
Alexander Romanek
Rebecca & Jeff Rousell
Pauline Smith
Imre Szeman (Szeman/Whiteman Family)
Nick Todd & Family
Rod and Val Wasylshen
Dennis (Denzil) Zimmel & Aylah Fahey
Flora Xiang

DONATIONS Thanks go out to:

Genevieve Carolan
Louise and Martin Davis
Lisa Marie Gadreau

Howard Gates
Linelle Henderson
Pauline Holmes

Evie Karvellas
Wing Leung
Frank Potter



THE WEB

Waskahegantrail.ca is Live!

If you keep back issues of our Newsletter, you will recall that I listed 7 desired functions for a new website which were as follows:

1. Security and Safety.
2. Member information.
3. Volunteer Information.
4. Trail Maintenance.
5. Trail Assets.
6. Hike Leaders.
7. Membership Community, members can.

I am very pleased to report that the first two items are live and running. Instead of an Excel spreadsheet, our membership is being stored in a secure database. In addition, the hike roster is being maintained by our Hike Coordinator (Karen) rather than being a task of the webmaster. This means faster changes and more accurate information.

The next step is this newsletter. Previously, it was emailed from a 3rd party email account which resulted in numerous 'bounced' emails. Now the newsletter is emailed by the system - saving precious volunteer time.

A frequent question is 'Do you need to log in to see the hike roster'? The answer is NO! I have provided a guide as to where you can see the current hikes in the next column. The board is in the process of testing member login. If you are COMFORTABLE with websites, please see page 8 for more details. Once you have logged in you can:

- Update your own membership records
- Choose to sign up for events (this is not required though for our hikes)
- See hikes that you have gone to if you have signed up
- Manage your volunteer preferences

Some Waskahegantrail.ca Questions & Answers

Do I need to Log In to See the Hike Roster?

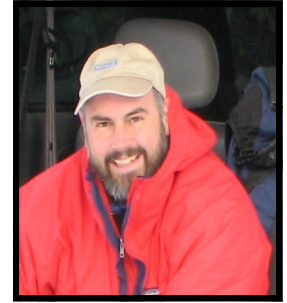
NO! You can access the hike roster from this link on the home page. Simple click on the words "CLICK HERE"

YOU DO NOT NEED TO LOG IN!

How Do I Read the Hike Roster?

The roster is nearly identical to the old website:

- Date and day of the hike
- Hike location
- Guide book references
- Meeting location and time
- Distance and the Hike Leader



Frank Potter

As well, additional details such as (Members Only) may be provided.

What is the FAQ, Etiquette and Rules Sections?

This is a feature of the software we purchased. As our group continues to grow from long-term members to many new members; these pages help us set up the 'group-norms' expected of people.

These have been approved by the board and were presented at the last Annual General Meeting - but they are also open for ongoing improvement and update. If you see something you would like changed, please let me know and I will review the request and present the revision to the board.

Waskahegantrail.ca User Features

You do not need to log into our website. However, at this time, the board would invite members who are comfortable with using the web to help us test our new site by logging in. If you use Facebook.com, MySpace.com or even your bank's online features, please see page 8!

For those less comfortable, please be patient and look for future updates in the newsletter.

Member Network Functionality

This functionality allows you to share information about yourself with other members who have logged in. There is a catch though, only members who have agreed to share their information can access other members' information who have also agreed to share.

How? If you are a web savvy member: 1) log in (see next page for more details on this); 2) navigate to My Account > Change Preferences; 3) Check "Allow Members to View My Info".

MORE WEB - FOR WEB SAVVY MEMBERS

How do I get my password?

Are you web savvy and want to test drive our new website?

If you know your email address, the password can be emailed to you. To do this, navigate to waskahegantrail.ca and click on the 'help' link in the login area. A screen will prompt you for your email address. Enter it and your password will be emailed to you. We recommend changing it afterwards for security purposes. If you have any difficulties, email Frank Potter at: webmaster@waskahegantrail.ca.

Member Login

Username

Password

Remember Me

[Help](#) [Sign Up](#)

[Home/Calendar](#)

Waskahegan Trail Association - Membership - Login Help

If you have forgotten your username and/or password, please enter your e-mail address below. The web site will look up your login information and send it to you via e-mail. Please note that only current Waskahegan Trail Members may access this site.

E-mail Address:

How do I change my contact information

Log in and click on the link, [View/Edit Your Info](#). Once there you can make the following changes:

- Enter or correct your name.
- Update address, phone number and email information.
- Enter a **FICTIONAL** birth date. WTA does not collect birthdates but this is a feature of the system. We suggest entering January 1st and then the nearest leap year or enter 1920.
- This is optional but the board does encourage you to consider entering an emergency contact. This is **ONLY** accessible to the Membership coordinator and designated board members.
- Display Name, this is used in hike rosters if you are leading a hike. Please enter your First Name followed by your last name's initial only: e.g. John S.
- optional Information, enter if you like.

How do I contact other members

Log in and click on the link, [Change Preferences](#). Once there you can make the following changes:

- Sign up for future email broadcasts and information.
- Event Notifications, identify what types of events you want to take part in.
- Allow Members to View My Info: allows other WTA members to contact you. Only members who have checked this box can see and contact other members who in turn have checked the box.
- Volunteer interests - this is used to contact members interested in Trail Maintenance, Hike Leadership, etc.

This is to Certify That

 Is a Member in Good Standing of the
WASKAHEGAN TRAIL ASSOCIATION
For the Year Ending February 28, 20__

Date _____ Membership Secretary _____

MEMBERSHIP DISCOUNT

Waskahegan members are eligible to receive 10% off any regular priced merchandise bought at Camper's Village on 170 Street or at 32nd Avenue and Calgary Trail and also at Track 'n Trail, 10148—82 Avenue. To obtain the discount you must show your membership card.

Waskahegan Trail Association trips meet at the various locations as listed below and then we car pool from there. Passengers contribute \$5.00 to the driver for gas. Pets are not allowed on the hikes as there are wild and domestic animal encounters along the trail. The 6th & 7th edition trail guide page number are listed after the hike description.

Hikes with a “*” are new for 2010/2011. “**” facility charges a fee; “***” skiers may wish to donate to facility. Beyond hikes and other events may require pre-registration. Hike details are subject to change. Please consult our website for the most current and up to date information (www.waskahegantrail.ca).

2010 HIKES & ACTIVITIES

MEETING PLACES

- Fort Edmonton** parking lot follow signs on Fox Drive, near Quesnell
- Hawrelak Park** approx 93 Avenue & Groat Road
- McDonalds Argyll** Argyll & 81 Street
- McDonalds Capilano** 9857 50th Street
- McDonalds Westmount** 318-111 Avenue & Groat Road
- Snow Valley Ski Club** (Rainbow Valley Campground)
13204-45 Ave access via Whitemud Dr. off 122 St.
- St. Albert Centre** at St. Albert Trail & Bellerose; in front of Zellers & the Bay
- Super Store Calgary Trail** 5019 Calgary Trail NW corner
Bridge (access off Whitemud Fwy.)
- Terwillegger Park** at the riverside end of Rabbit Hill Road off Terwillegger

2010 –2011 Hikes & Activities*
**Please note changes in time, meeting place, and destination have been made since the last newsletter.*

<i>Date</i>	<i>Time</i>	<i>Meetig Place</i>	<i>Destination</i>	<i>Bk Page</i>	<i>Distance</i>	<i>Leader</i>	<i>Phone (780-)</i>
Oct 2	830AM	Super Store 51 Ave	<i>WTA Saturday Challenge Battle River*</i>	<i>public</i>	15+k	Marilyn	463-1207
Oct 3	9 AM	Super Store 51 Ave	Coal Lake Middle A43-C	51/35	10k	Sandra	467-9572
Oct 10	9 AM	Super Store 51 Ave	Hastings Lake SE A91—Motet Hill	95/70	10k	Michele	417-6928
Oct 16	9 AM	<i>Pre-register Req'd</i>	<i>WTA Volunteer Thankyou BBQ & Hike</i>	<i>Volunteers</i>	8-12k	Karen	642-6372
<i>Oct 17</i>	9 AM	Westmount McDonalds	Lois Hole Provincial Park*	124	10k	Joanne	487-0645
Oct 24	9 AM	Super Store 51 Ave	Blackfoot Area RR203-Lost Lake Shelter	101/81	10k	Michele	417-6928
Oct 31	9 AM	Super Store 51 Ave	Battle River A61-A60E	67/51	10k	Marilyn	463-1207
Nov 7	9 AM	Super Store 51 Ave	Ministik North Berg Stopover A88-A90	93/77	11k	Michele	417-6928
Nov 14	9 AM	Ft Edmonton parking lot	Fort Edmonton over to Patrica Ravine*	n/a	12k	Karen	642-6372
Nov 21	9 AM	Terwillegger Park	Terwillegger Park West*	n/a	12k	Joanne	487-0645
TIME CHANGE							
Nov 28	10 AM	Argyll McDonalds	Millcreek to Kinsmen	25/9	13k	Lee	633-6901
Dec 5	10 AM	Snow Valley	Snow Valley to Hawrelak Park	31/13	14k	Helen	468-4331
Dec 12	10 AM	Capilano McDonalds	Gold Bar Park/Ski	21/5	10k	Michele	417-6928
Dec 12	10 AM	Capalino McDonalds	Cooking Lake Trail North/Hike	N/A	10k	Bill	962-6362

<i>Date</i>	<i>Time</i>	<i>Meeting Place</i>	<i>Destination</i>	<i>Bk Page</i>	<i>Distance</i>	<i>Leader</i>	<i>Phone (780-)</i>
<i>Dec.18</i>	<i>6 PM</i>	<i>Board</i>	<i>Christmas Pot Luck Dinner & Lights Hike</i>	<i>N/A</i>		<i>Karen</i>	<i>642-6372</i>
NOTE: Dec.19 is a good time & location to revisit cross country skiing. For those hiking, a separate group will organize from the meeting place during the winter for those ski only places							
Dec 19	10 AM	Capilano McDonalds	Strathcona Wilderness Centre Ski **Note	106/114	10k	Helen	468-4331
Dec 19	10 AM	Capilano McDonalds	Elk Island Shirley Lake Trail/Hike	N/A	10k	Marilyn	463-1207
Dec 26	10 AM	Capilano McDonalds	Blackfoot Area Wask. Staging Hike/Ski	101/85	10k	Joanne	487-0645
2011 HIKES							
Jan 2	10 AM	Super Store 170 St	Chickakoo Hike/Ski	123	10k		
Jan 9	10 AM	Super Store 51 Ave	Pigeon Lake Provincial Pk Hike/Ski*	121	13k	Karen	642-6372
Jan 16	10 AM	Capilano McDonalds	Gold Bar to Rundle /Ski	21/5	10k	Martha	634-5942
Jan 16	10 AM	Capilano McDonalds	Cooking Lake Trail South/Hike	N/A	10k	Bill	962-6362
Jan 23	10AM	Super Store 51 Ave	Camrose Nordic Trails Hike/Ski****	75/59	10k		
Jan 30	10 AM	Capilano McDonalds	Blackfoot Islet Staging To Lost Lake Hike/ski	103/87	10k	Michele	417-6928
Feb 6	10 AM	Super Store 51Ave	Devon Golf Course Hike/Ski****	118	10k		
Feb 13	10 AM	Capilano McDonalds	Strathcona Wilderness Centre /Ski ****	106/114	12k	Yvette	756-3623
Feb 13	10AM	Capilano McDonalds	Elk Island Flying Shot Lake/Hike	n?a	10k	Marilyn	463-1207
Feb 20	10 AM	Capilano McDonalds	Blackfoot Central Staging Hike/Ski	103/87	10k		
Feb 27	10AM	St. Albert Centre	Tawaitinaw Nordic Centre Hike/Ski**	<u>N/A</u>	10k	Martha	634-5942
Mar 6	10 AM	Capilano McDonalds	Blackfoot Lake Stage Hike/Ski	105/89	10k		
Mar 13	10 AM	Capilano McDonalds	Blackfoot Wask Stage Hike/Ski	101/85	10k		
Mar 20	10 AM	Capilano McDonalds	Riverside Golf Course Hike	23/7	10k	Helen	468-4331
TIME CHANGE							
Mar 27	9 AM	Super Store 51 Ave	Wetaskiwin City Trails*	117	10k	Karen	542-6372
Apr 3	9 AM	Super Store 170 St	Stony Plain & Creek	N/A	10k	Jim	968-2504
Apr 10	9 AM	Super Store 51 Ave	Trappers A104 to Oster	117/101	11.8k	Marilyn	463-1207