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**WINTER 2009**

**SPRING 2010**

December ~ June

**Volume 20, #1**

**milehigh.ca**

# The Marmot



**MILE HIGH NEWS ON MOUNT WASHINGTON**

## The Olympians are coming!

Olympic Medalist hopefuls will be "Getting Ready for Whistler" on Mount Washington



Members of the Swedish Cross Country Ski Team will be getting ready for Whistler on Mount Washington

**Athletes from 14 nations will be training on Mount Washington prior to the 2010 Winter Olympics.**



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MOUNT WASHINGTON • COMOX VALLEY • VANCOUVER ISLAND • BRITISH COLUMBIA • CANADA

Rosama Crawford,  
Canadian Biathlete

Photo: René Miko



## Let the Games begin!

Mount Washington Alpine Resort has hosted two International Paralympic Committee World Cup events in anticipation of hosting international teams prior to the 2010 Winter Olympics. Now the dress rehearsal is finished: it's time for the real thing.

**Between 250 and 300 athletes, coaches and supporting staff will converge on the Resort between February and March 2010, from 14 countries, and representing half a dozen different sports.**

"This is actually more logistically challenging than an IPC World Cup, said Don Sharpe, Resort Director of Business Operations.

Resort from Feb. 9-15; cross-country from Feb. 7-13 and snowboard from Feb. 18-23.

The Paralympics take place at the end of February/beginning of March, so those teams will arrive later.

"It sounds big, but it's spread out over enough time it's not going to be a problem at all," Sharpe said.

"The whole two or three weeks will be very exciting in the fact that so many international people will be here. It's going to be spectacular."

While other teams are going to Sun Peaks, Silver Star or Red Mountain in B.C.'s Interior, "we're definitely getting the lion's share of teams coming our way," Sharpe said. "It's because of the snow quality, altitude, temperature and the geography."

Sweden was one of the first foreign countries to commit to bring some of its teams to Mount Washington; indeed have been bringing its cross-country team for spring training for a few years. Olle Danielsson, Head Coach of the Snowboard Team, is bringing a small contingent over, including medal hopeful Daniel Biveson.

Biveson will compete in the Men's Parallel Giant Slalom at Cypress Mountain on Feb. 27. This will be Biveson's third Olympic appearance. He's known in Sweden as "TGB", or "The Great Bive", and is gunning for the top this year.

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Canadian Olympic medalist hopeful Michael Janyk

"Teams are all coming from different places, are different sizes, different disciplines (with different terrain needs) and have different hotel needs."

Groups vary in size from three to 25 people at a time.

The first group arrives Jan. 29 and will leave around Feb. 10 for the biathlon events. Ski cross teams will visit the

**Teams expected to train at Mount Washington Alpine Resort prior to the 2010 Winter Olympics include:**

### Biathlon

- Canada
- USA
- Sweden
- Germany
- France
- Chinese
- Czech Republic

### Freestyle Skiing

- Sweden
- France

### Ski Cross

- Finland
- France
- Sweden
- Australia

### Cross Country

- Canada
- Sweden
- France (Men's)
- Russian (Nordic Combined)

### PGS

- Sweden
- Switzerland
- German
- USA

### 2010 Paralympic Teams

- Sweden
- Norway
- Finland
- Ukraine
- USA
- Belarus

### COVER PHOTO

Swedish Mens Relay Team  
4x10 km, Bronze Medallists  
Torino, 2006

*(Left to right)*

Johan Olsson Mathias Fredriksson  
Mats Larsson Anders Södergren

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A lone athlete takes aim at a biathlon target during competition at the IPC World Cup at Mount Washington Alpine Resort last March.  
Photo: Susan Quinn

## Getting Ready for Whistler, and Beyond...

Just because you didn't score a ticket to the Vancouver 2010 Olympic Games, doesn't mean you can't enjoy a front row seat watching some of the world's future Olympians in action.

Hundreds of athletes on 22 teams including Germany, France, Finland, Sweden, Canada and the U.S. – are undergoing pre-2010 training at the biathlon stadium and on the slopes at Mount Washington Alpine Resort and in the Comox Valley. The climate, elevation and snow conditions at Vancouver Island's largest ski hill are equivalent to the 2010 Nordic site near Whistler. Keep your eyes peeled for athletes in training for Olympic Snowboarding, Ski Cross, Snowboard Cross, Biathlon, Cross Country and Free Style Skiing.

### Biathlon Range Target Automation Project

Since the announcement of the 2010 Olympic and Paralympic Games, the Comox Valley has been proactively planning to use the Games as a catalyst for local economic development. By improving the local sport tourism infrastructure and attracting Olympic teams to train at Mount Washington the region will be able to capitalize on the significant presence of the international media these teams attract.

In the sport of biathlon, automated targets have now become the norm for international competition and training. Most training centres and competition venues in Europe are equipped with automated targets. In North America, there are only a handful of training facilities with this technology. By equipping itself with this technology, Mount Washington would join Canmore and the Callaghan Valley Olympic site as the only facilities in Canada with automated targets.

The first visits to Mount Washington from National Olympic Committee teams confirmed that this equipment is critical to contending teams in their Olympic preparation. Consequently, in order to host these teams at Mount Washington, it became essential to acquire this equipment. Realizing that this infrastructure was a requirement for a successful team attraction strategy, the Vancouver Island

Biathlon Club (VIBC) in collaboration with the various partners including the Island Coastal Economic Trust, began looking at ways to make this project a reality.

While the catalyst for obtaining this equipment has been the visiting Olympic teams, it is important to highlight that the objectives are not to serve the interests of these Olympic teams, but rather to use the 2010 Olympics and their visit as a tool to further the Comox Valley's sport tourism attraction and hosting.

### The Biathlon Range Project will:

- Improve and develop the sport tourism infrastructure in the Comox Valley
- Develop Mount Washington into an international caliber training and competition facility as a complement to the Mountain Centre athlete training facility being built
- Attract Olympic Biathlon Teams to train at Mount Washington prior to the 2010 Games and reap the direct economic benefits of these visits
- Attract International Athletes and Teams to use these facilities on an ongoing basis and reap the long term direct and indirect economic benefits
- Attract National and International Sporting Events and the economic activity generated by these Events
- Take advantage of the media attention generated by the international level athletes training and competing at Mount Washington
- Raise the Region's profile nationally and internationally
- Attract winter sport tourists to the region
- Develop a lasting legacy for the region's developing athletes



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## Olympic Volunteerism

Mount Washington staff, club members and athletes are very involved in the 2010 Winter Olympics

Mount Washington Alpine Resort is involved in the 2010 Winter Olympics and Paralympics in more ways than simply drawing teams to practice here prior to the competitions.

Marc Lyster, Manager of Nordic Operations at Mount Washington, will join the grooming staff for the Paralympics, while Tom Kennedy will groom some runs for the Winter Olympics, according to Resort Director of Business Operations, Don Sharpe.

Some of the Mountain's Ski Club members - especially from the Strathcona Nordics Cross-Country and Biathlon Teams - are volunteering at the Games.

Andrea Lee, one of the top Junior Racers with the Strathcona Nordics, has been chosen as a forerunner for the

International athletes celebrate their medals during the IPC World Cup in March 2009. Don Sharpe says the atmosphere at Mount Washington prior to the 2010 Winter Olympics will be like a mini-athletes village again. Many local volunteers developed valuable skills assisting with this event. Susie Quinn photo

Winter Olympic Cross-Country Events. Lee is a multiple National Medalist and one of the top Juniors in the Country.

Forerunners ride the Course before each Olympic Event, both as a preamble to let people on the trail know a Race is about to begin, and to make the track ready so it's even for all Racers.

"It's quite a big job," said Dave Battison, Head Coach for the Strathcona Nordics. "There could be Men's and Women's Races every day." Lee will work as a Forerunner during the first week of Competition at the Olympics.

*continued on page 17*



## Len Apedaile

VANOC's Nordic Sport Manager gets ready with an army of staff and volunteers for the 2010 Olympics

When Mount Washington Alpine Resort got busy with its vision of hosting international teams before the 2010 Winter Olympics, Strathcona Nordics Past-President Len Apedaile was right there.

Now, Apedaile will be in the thick of the Olympic cross-country scene in Whistler. And he's bringing a mini-army of volunteers from Vancouver Island to help him out.

Apedaile has been working as Manager, Cross-Country Skiing for the Vancouver Organizing Committee (VANOC) for the 2010 Olympic and Paralympic Winter Games since last April (and was Interim Manager between February and April).

Prior to that he worked on a part-time basis as a Nordic Paralympic Co-ordinator responsible for organizing the March

Len Apedaile presents a medal to a competitor during the IPC World Cup event in March 2009 at Mount Washington. Susie Quinn photo

IPC World Cup test event at Whistler Paralympic Park. He was also Chief of Competition for that Event.

"In my current role I am responsible for planning and executing the cross-country skiing events for the Olympic Winter Games and the cross-country skiing and biathlon events at the Paralympic Winter Games," Apedaile said in an e-mail interview with The Marmot. Plus 53 training sessions over 25 days during the Olympics, and 32 medal events over seven days and 22 training sessions over nine days for the Paralympic Games.

*continued on page 20*



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Photo courtesy Mount Washington Alpine Resort

## Winter 2009/10 at a glance

**Skiers and boarders will notice improved access to the slopes off the peak of Mount Washington Alpine Resort this winter.**

The Resort undertook a re-countering project that began shortly after the close of the summer season, on Sept. 20. Heavy machinery moved in and rock was blasted at Top of the World at Mount Washington.

"The re-countouring work involves the redistribution of up to 3,000 cubic metres of rock and debris," Resort President Peter Gibson explained. "This is the most significant summer grooming and slopes maintenance program that we've seen in the last 30 years."

The brush-cutting work on the mountain's front side began as soon as the snow melted last spring. Crews removed dead-fall, stumps, brush and smaller trees that have accumulated over recent years.

### Nighttime is ski time

Night skiing has expanded this year, Curtain said, and will be offered Thursday, Friday and Saturday nights.

Last year, day skiing stopped at 3:30 p.m. and night skiing started at 4:30 p.m. Now, night skiing will start right at 3:30

p.m., Public Relations Director Brent Curtain said, and go right until 10 p.m. "So we've added two hours."

The extra time will make it worthwhile for someone to come up and ski after work. "They can still get three or four hours of skiing in," Curtain said.

Three runs will be available for night skiing: Coaster and the Stomping Ground Terrain Park are both lit, and there is sufficient ambient light on the Whiskey Jack face that ski patrollers will use their discretion in opening it up from week to week.

The other benefit is skiing powder after dark. "It's a totally different experience," he said.

### Kickin' it old school

Mount Washington will host the Kokanee Old School GS Race and Retro Party on Jan. 30, 2010. "It's a nod to old school racing," Curtain said.

The "old school" category will have racers in old school ski clothing and straight skis — none of the technology

that skiers and boarders enjoy today.

A "new school" category will allow skiers to use whatever is available today. However, said Curtain, the best prizes will be awarded to people who go old school.

### Events prevail in winter, too

Watch Mount Washington for some new and some popular returning ski and board events this year, starting with the Rail Romp on Jan. 2 at the Stomping Ground Terrain Park.

One of the events returning is the O'Neill Rail Jam (formerly the Brick Rail Jam), coming up Jan. 23. All the rail features will be put together into one course. Check out the Helly Hansen Big Air competition on Feb. 27, or the Full Throttle Slopestyle two-day event, March 20-21 (skiers on March 20 and snowboarders on March 21).

The Yeti Snowshoe Race on Jan. 30 promises to be a lot of fun, too. The Resort will release more details as the season progresses.

The Spring Snow Jam during Spring Break March 8-12 promises a Beaver Tail eating contest, Dairyland Crazy Cards and a mini-Olympics event, for starters.

### At the end of the day...

Après ski at Mount Washington is getting a new look in a couple of areas. Fireweeds Restaurant has been transformed into "Fresh", a grab-and-go style restaurant featuring quick meals and Starbucks coffee.

Fat Teddy's has answered consumers' wishes and created a family seating area, to the right of the fireplace, for this winter.

And Sushi-Mon at Mount Washington received a facelift inside during the off-season — but still offers the same fare.

# News In Brief

*Encompassing people, places and happenings at Mount Washington.*

### Resort welcomes Thrifty Foods

Mount Washington Alpine Resort and Thrifty Foods have teamed up as corporate partners this winter. Thrifty Foods is now the exclusive retailer of the Resort's SixPaks, a package of six discounted lift tickets. "It's a far-reaching partnership for us," Curtain said.

### Congratulations to Resort Director of Hospitality Tim Defert and his wife Simone

on the safe arrival of their third daughter, Mia Simone. A sister to Ava and Gracie, Mia was born Oct. 26, weighing in at 8 lbs., 2 oz.

**Ryder Curtain**, whose father, Brent, is Director of Public Relations and whose mother is a nurse at St. Joseph's Hospital in Comox, turned one in October. Dad Brent is already thinking about Ryder's first time on skis.

**Happy belated birthday** to Resort President **Peter Gibson**, who turned 60 this past summer. Congratulations, Peter!

**Angie Farquharson** from the marketing department, and the sunny person who oversees the Snow Host program, spent part of her time off traveling around Thailand.

*Continued on page 23*

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**Mount Washington Alpine Resort** is an ideal place to centre oneself for an extended holiday in the Comox Valley and beyond.

"We've got the culture in the local area, we've got a great music scene. We've got après ski in the Comox Valley," says Sarah Nicholson, Manager for Tourism Mount Washington. "It's a great central point for a winter holiday where you can enjoy winter sports and all the area has to offer."



Photo courtesy Horne Lake Caves

**CAVING**

Winter caving at Horne Lake Provincial Park has been named one of the Top 25 Things To Do in Winter by Westworld magazine.

The three-hour Wet & Wild Spelunking Tour is an excellent way to shake out the holiday cobwebs, says Richard Varela of Horne Lake Caves.

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Continued on page 23

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## Mount Washington Snow Farmers



Photos courtesy Mount Washington Alpine Resort

**They're called the "Snow Farmers" of Mount Washington. And they're some of the most elusive staff members during the winter season.**

They are the winter groomers. Eighteen strong, the winter groomers work in two night shifts: late (3-11:30 p.m.) and later (11 p.m. to 9:30 a.m.).

"They're the night prowlers. They get very little recognition," said Resort Operations Manager Erik Meertens. They groom "every minute we're not open."

**They earn the moniker "snow farmer" from literally corralling snow to be moved from one place to another. They take snow from heavy areas and rebuild those where skiers and snowboarders have shaved down the snow level.**

This past summer the summer grooming staff installed snow fences in an effort to control where snow drifts. With the high snowfall in November they were catching four to six feet of snow every night, Meertens said, and moving that snow to areas that need a little more help early in the season.

When it first started snowing at Mount Washington, in late October, the fences

were invaluable, Slope Supervisor James Clarke said. "Now we have a snow farm. We have snow where we can grab it and move it up a hill."

There's no set routine to grooming the alpine trails, Clarke said. It's mostly weather-dependent. "Off the top of the Hawk, if there's new snow forecast we do...Reverse Traverse, Sunset and Jacks."

Then they know how much time they will have to do Exhibition and Whiskey Jack. "Generally, we'll leave runs that need to be groomed until later in the night," he said.

Many of the runs are groomed up as well as down, depending on the fall lines - how the run is sloped and where the snow naturally goes, Clarke said.

On a run that slopes down, groomers approach it from the low side towards the high side. On runs that are narrow, the middle of the run tends to "dish out". In that situation they groom from the sides toward the middle to fill in the depression.

*Continued on page 22*

## Mountain Biking... Summer's Big Winner



**Summer was pleasant at Mount Washington in 2009, in more ways than one.**

Where Tourism B.C. was forecasting a decrease in tourist traffic across the board, that didn't happen at the Alpine Resort, Public Relations Director Brent Curtain said.

Mountain biking "was gangbusters. It was phenomenal," Curtain said, which made up for any perceived shortfall. That didn't come as a surprise to Resort staff, which has spent the past three years improving their existing trail network instead of expanding territory. As a result, "Our trails are buff. Very buff," Curtain said, "as a result, people are very pleased with the conditions and word spread like wildfire."

The Resort again hosted a B.C. Cup Race, drawing 200 riders from all over the Province and more to watch.

Mountain biking events weren't the only ones to be successful last summer, he added. "All our events this summer did really well."

The Alpine Food Festival had a strong showing for its second year, filling most of the classes and seeing the marketplace on Sunday well attended. The timing over Labour Day weekend was better, and the Resort is looking at keeping that date for 2010, Curtain said.

If there was one area where Tourism B.C.'s prediction came true for Mount Washington, it was in chairlift trips. Not as many people came up and took the mile high ride.

"In a normal summer season you'll hear lots of accents from Europe and beyond," but the Resort saw a decrease in the number of international visitors that usually stop in on their way between Victoria and Tofino, Curtain said.

He expects that exposure from German and Swedish media this winter, when those country's athletes visit Mount Washington for pre-Olympic training, will bring the focus to those countries.

"When the economy turns around and people from overseas start traveling again...that's a good spin-off from having those teams here."

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The Vancouver Island Society for Adaptive Snowsports (VISAS) is preparing for an exciting year in 2010. VISAS offer people with physical or mental disabilities the chance to enjoy alpine or nordic skiing as well as snowboarding.

With 80 plus volunteer instructors and the generous support of Mount Washington Alpine Resort, instruction is offered daily. It is a very rewarding program for both students and instructors.

Some of the annual events are; Instructor Training in December, Learn to Ski Festival (Jan. 3-7) and four days of instruction and fun for 35 new students. The Herb Bradley Coca-Cola Classic on Feb. 7 is our major fundraiser for the year. Sponsored teams participate in a fun race day. For the last 2 years we have held a Veterans Week giving instruction to soldiers from across Canada.

This year the Resort will be hosting the Canadian Association for Disabled Skiing (CADS) National Festival March 21 - 26. This Event brings together students and instructors from across the country. Also on March 25 - 28 the Canadian National Disabled Championships and IPC/Noram Races will be held at the Resort. This will be a great opportunity to watch these inspiring National and International Athletes in action, some of them coming straight from the Paralympics.

VISAS welcomes new volunteers and students. If you would like to see what we do, stop by the club room on the lower level of the Alpine Lodge.

For information on how to book a lesson, become a volunteer, or to participate in one of our events, visit the website at [www.visasweb.ca](http://www.visasweb.ca)



Vancouver Island Riders Development Team

Photo: Kelsa Donald

## Local Ski Clubs in Full Swoosh!

The five ski and snowboard clubs that call Mount Washington Alpine Resort home have been busy, and their seasons are barely begun.

### Continued success for Ski Club's Nancy Greene Program

The Mount Washington Ski Club is hoping to see big things from a small program they implemented last year.

Numbers in the Nancy Greene Ski League took a big leap last season, rising to 82 athletes. Head Ski Club Coach John Trimmer attributes that to a new half-day program for four- and five-year-old skiers. They held morning and afternoon sessions for first-timers to the Club, which helped prepare parents and skiers for the Nancy Greene Program, which takes kids starting at age 5.

"A lot of people think of us as just a ski club. We're creating great skiers at a younger age," Trimmer said. "We are all

about athlete development, development of the whole athlete. Our No. 1 goal is to create great skiers and have fun doing it."

In the competitive stream, Trimmer took a group to Colorado in November for 11 days of training at Copper Mountain.

Another new project for the Ski Club this season is a 1,600-square-foot addition to its cabin. The Nancy Greene area is larger to accommodate more families, and the storage area in the basement was expanded. Two large garage doors were added so equipment can be driven right into the storage area and no longer has to be unpacked.

"It was to give all our members of our Club a bigger area that was easier to get around in," Trimmer said.

## Five VI Riders on B.C. Freestyle Teams

Last year the VI Riders encouraged more girls to join their Club. They succeeded, drawing eight female competitors. And some of them are going to move on to competitions this year, said Kelsa Donald, who along with her husband Dave runs the Snowboard Club.

Last year the girls went to a Chickadees Jam on Grouse Mountain, which was their first exposure to an all-female Competition.

The Riders have hired a second female Coach this year in anticipation of strong numbers, Kelsa Donald said. "My interest is getting these female athletes out on the Snowboard Circuit because they're good."

The Club has seen growth in each of its first three years. "Last year we had 27 Riders. We're expecting to grow quite a bit more this year," she said.

Five of the VI Rider boys are riding with the Provincial Team this year. Jeremy Melanson and David Kinskofer join Donald on the B.C. Provincial Freestyle Team, while two other Riders are with the Development Team.

The Club is making a name for itself, and has had inquiries from coaches as well as prospective riders.

*Continued on page 20*



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## Savoury Solutions on Mount Washington



Food is serious business at Mount Washington Alpine Resort. The Resort offers "pretty much a little bit of everything," said Tim Defert, Director of Hospitality at the Resort.

**Fat Teddy's Bar and Grill** has always been a popular spot, with its large stone fireplace and views of the Island Range of mountains. For years, said Defert, visitors have asked for a family section at the licensed establishment; and this year the Resort has made that a reality.

A new family area with booth seating has been created to the right of the fireplace and will be open from 11 a.m. until 9 p.m., offering the same menu as the other side of Fat Teddy's. "It will give families the opportunity to be in there," Defert said.

Fireweeds Restaurant has been transformed into **Fresh**, a dine in, takeout

spot featuring quick meals such as sandwiches, calzones, samosas, etc. Fresh will serve Starbucks coffee and cappuccino, as well.

The new concept is takeout. These include a barbecue chicken meal with mashed potatoes, gravy and salads, prepared in-house. Homemade pizza is also on the new menu.

The idea will be to order dinner at lunchtime and take it back to your chalet or suite at the end of the ski day, Defert said.

The interior of Fresh has been brightened up in time for the winter season. "It's going to be an evolution as we go along," he said. A funky cappuccino bar is located at the front and a place to hang out in the back, he added.

**Pizza delivery** will be added by the Resort to Deer Lodge and Bear Lodge as well as the General Store. Hours are

Thursday, Friday and Saturday nights until 9:30 p.m. and the Fresh kitchen is providing the pizza.

**Three other businesses offer independent tastes:**

**Sushi-Mon** is located in the former Nordic Lodge, and **Beavertails** and **The Maple Shack** are located outside the main doors to the Alpine Lodge. "They definitely add to the variety on the mountain," Defert said.

Mount Washington is sometimes not an easy place to do business, being at the mercy of cold weather and snow in the winter, he said. "These three have shown a lot of fortitude in sticking it out through the years," Defert said.

**Sushi-Mon** Wes and Lara Erikson opened Sushi-Mon five years ago in February. Wes is celebrating with a small facelift for the restaurant's interior and a big change in ownership: he's taken on two partners, Kathy Jerritt and Cari McIntyre from Tria Culinary Studio in the Comox Valley.

Sushi-Mon is known for its noodle bowls, sushi and curry on rice - and none of that is changing, Erikson said. "I love working with Mount Washington," he said. "I love the customers."

**Beavertails** Bridget Orsetti and her husband John Lapp own Beavertails, the franchise that quickly turns "virgin tail-eaters" into pros. Beavertails is entering its sixth winter of operations, and is a mainstay just outside the doors to the Alpine Lodge.

A beavertail, for the uninitiated, is a piece of whole wheat bread dough cooked up and coated in "sweet yummy-



ness" like cinnamon sugar, Orsetti said. Lapp grew up in Montreal, where beavertails were a winter mainstay. When he and Orsetti moved to the Comox Valley they knew someone who knew of an opportunity to take on a Beavertails franchise.

The first year they opened was the year of no snow. But they persevered, and now "people come outside the lodge in their T-shirts for a Beavertail."

Their sweet treats are so popular that Orsetti and Lapp don't blink about opening on blizzard days, and their picnic tables - which the Resort kindly allows them to have - are always full on busy days, Orsetti said.

**The Maple Shack** "We've created a bit of an atmosphere." Chantal Sharpe brings a taste of French Canadiana to Mount Washington with The Maple Shack. She's starting her third winter at the Resort.

People visit the Maple Shack for a taste of "la tire de la neige" - or maple candy on a stick. Sharpe cooks maple syrup to a certain temperature, then pours it on fresh snow so it hardens. Wind it around a popsicle stick and prepare to enjoy a little taste of Quebec.

"Being French Canadian, this is a part of my heritage," says Sharpe.

*continued on page 23*

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*Special Events* 2009/2010

**Dec 17 Night Skiing Begins** (conditions permitting) Night Skiing features new hours starting at 3:30pm and ending at 10pm this season. That's two extra hours of riding time per night! Night skiing takes place Thursday through Saturday nights and nightly during the holiday.

**Dec 23 Carols by Candlelight**  
Grab your toques and scarves, warm your vocal chords, and join Tourism Mount Washington and the North Island Choral Society for an evening of song and good cheer!

**Dec 26 Coca Cola Torchlight Parade & Fireworks Display**  
FREE light show spectacular! It starts with a breathtaking torchlight parade featuring the Mount Washington Sno Pros, followed by an impressive slopeside fireworks show!

**Annual Boxing Day Bash "DNA6"** hits the stage following the torchlight parade & fireworks. This award winning Vancouver group is renowned for their unique energetic live performances and taking charge of the dance floor. Urban - Funk - Groove - Hip Hop. Cover charge in effect. No minors.

**Dec 31 New Years Eve With "DNA6"**  
Fat Teddy's Pub. Tickets include party favors, a champagne toast at midnight, live entertainment and a DJ.

**Dec 31 Family New Years Carnival**  
The fun begins with midway style food vendors, kids interactive games, laser tag and much more. The evening's finale will be a live stage performance featuring renowned children's entertainers "Bobs & Lolo" Whiskey Jack Conference Room (6:30-9pm)

**Jan 2 Rail Romp** Throw your shred sticks on and come prepared to grease some rails as we host the first terrain park event of the year!

**Jan 9 - 10 The North Face Avalanche Awareness Weekend** Come on up and help the Canadian Avalanche Association promote alpine safety. Silent Auctions, demo's and prize giveaways.

**Jan 11 - 15 Kokanee Winterfest**  
Celebrate Kokanee Winter Festival with half-price midweek full-day lift tickets and Nordic trail passes. Plus, keep your eyes peeled for the Sasquatch.

**Jan 15 Kokanee Day for Dudes #1**  
Dudes! One Friday a month, get your lift pass, an All-Mountain Lesson and apres event in Fat Teddy's. Must be 19 years or older. Additional dates: Feb. 5, March 12 & April 2

**Jan 16 Kokanee Winterfest Costume Party With "March Hare"** "MARCH HARE" returns to Fat Teddy's for one night only! Dubbed the hottest show band on the west coast, March Hare features authentic full costume choreographed tributes to dozens of artists from classic to current in every genre

**Jan 18 - 22 National Ski & Snowboard Week**  
Free beginner ski or snowboard lessons! Lift tickets and rentals are not included.

**Jan 22 Full Throttle Fridays!** This event is any Park Rat's dream! One Friday night per month, gather a group of your best shredding buddies and come chill with us in the lit up Stomping Ground Terrain Park. This event is FREE! Additional dates: Feb 26 & Mar 26

**Jan 22 Tal Bachman - Live** Fat Teddy's Multiple Juno Award winner "Tal Bachman" joins our house band, Manther.

**Jan 23 O'Neill Rail Jam**  
Stomping Ground Terrain Park

**Jan 23 Mustache & Mullet Night with Manther** featuring Tal Bachman.

**January 26 Aussie Day** Attention all citizens of Australia, we're allowing you to ski, board, or XC for FREE on Aussie Day!

**January 30 The Yeti Snowshoe Adventure Race** Come out and be part of our 5k and 10k race series. Along the way you will discover new trails, make new friends while getting a great workout in.

**January 30 60's Retro Party with "The Sutcliffes"** Fat Teddy's These four young lads will perform authentic versions of early and not so early Beatles classics as well as a little Johnny Cash & Elvis thrown into the mix. This class act is a must see!

**January 31 Ski For MS Fundraiser** A free day of skiing or snowboarding to help find a cure for MS? To get involved contact Cherie Kamenz at 250 339-0819 or email at nvichapter@telus.net .

**February 6 14th Annual Beach Party with Mobadass** featuring Wide Mouth Mason's Earl Pereira in Fat Teddy's. Beach games, giveaways, costumes (or lack of), and the ever popular 'build your own bikini' contest!

**February 7 22nd Annual Herb Bradley Coca Cola Classic**  
This fundraiser for Vancouver Island Society for Adaptive Snowsports is open to all skiers and boarders.

**February 13 Cherry Kool Aid - Live** Featuring power house singer and guitarist "Chantal Richard". Fat Teddy's

**February 15 Presidents Day - Alberta Day** If you are a citizen of the United States or a permanent resident of the province of Alberta and have a valid passport you will be eligible for some great specials.

**February 20 Baby Jane - Live** Fat Teddy's

**February 27 Helly Hansen Big Air Competition** It's gonna be a party! Awesome beats, Refreshment Garden, BBQ, and outrageous entertainment get you amped and the Island's Best Freestylers ripping it up.

**March 1-5 CIBC Wood Gundy Women's Week** Women's Day Escape Packages on special all week! Plus daily themed lunches - ladies only! So ditch the dudes and hit the slopes! Contact the Mount Washington Ski School to book your day escape.

**March 6 Moka Only - Live** with Special Guest DJ Allgood. Vancouver Island Brewery After Party in Fat Teddy's following the Monster After Dark Invitational. Moka's achievements include three consecutive Juno Awards with Swollen Members, the 2007 MTV Music Awards and more.

Events continued on Page 22

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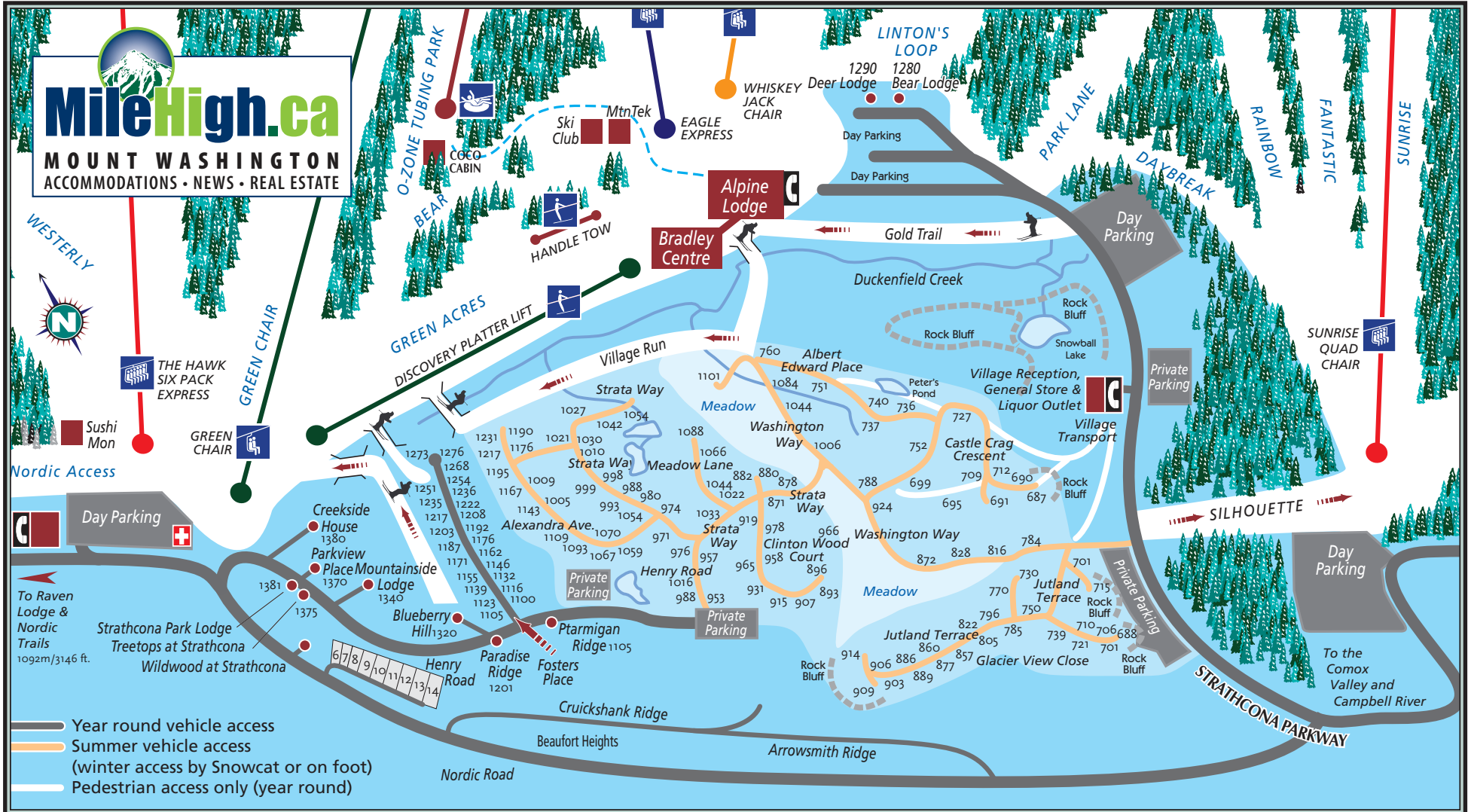
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## Let the Games begin...

*Continued from Page 2*

"We can get the best possible preparation there," Danielsson said in an e-mail interview with the Marmot. "The weather is similar to Cypress, where we have the races. The slopes are great and the staff there are working really good to make us feel at home."

Danielsson said his team includes physiotherapist Stefan Gustavsson as well as Biveson. The three of them will work on their final preparations for the Games while at Mount Washington.

"Main focus is to build up the confidence and get good training. There are for sure always things to work on, and the peak performance I hope will be on the 27th in Cypress," Danielsson said.

Danielsson, Biveson and Gustavsson will attend the Opening Ceremonies for the Olympics before going to California for "some days of surf and well-being". They will spend five days at Mount Washington right before Biveson competes.

Tom Silletta, an Assistant Coach with the Canadian National Cross-Country Team, got an intimate glimpse of Mount Washington's World Cup trails last March when he videotaped Canadian Paralympic team members competing in biathlon events.

He said compared to the course at Whistler's Callaghan Valley, Mount Washington's is more difficult. Whistler's course has more flat surfaces, which allow athletes more time to recover. "Here, you're either racing full out downhill or pushing it uphill."

But even last year he assured Canadian teams would return for camps. "It's a very technical course because there's lots of sharp turns and steep hills."

Seeing how popular Mount Washington has become with international teams is gratifying for Sharpe, who has worked hard since before Vancouver received the Winter Olympic bid to make this a reality. He was taking phone calls in October from Teams like the Netherlands and US Parallel Giant Slalom Teams, looking for space.

He actually had to close bookings for biathlon, turning away the Russian National Team, because there were no practice slots left.

"It's going to be a mini-Olympic Athletes' Village" at the Resort, he said. "Anybody who was here for the World Cups will remember seeing all the different jackets from different countries."

"I'm so pumped about it finally happening. It's going to be cool. When it's over, I think we'll be able to sit back and see the amazing legacies left."

*Lina Andersson and Tobias Fredriksson, Gold medalists Cross Country, Sprint, Torino/06*



## Volunteers

*Continued from Page 4*

Jessica Sedlock, a Biathlon Team Member and former Member of the National Team, will be a Forerunner on the Biathlon Course.

Between 15 and 20 of the Strathcona Nordics' Officials will officiate at Winter Olympic Events in February. "They've been working over the last two years to get certified to do that," Battison said.

Len Apedaile, Past-President of the Nordics, is the Manager for Cross-Country Skiing for the Vancouver Organizing Committee (VANOC) for the 2010 Olympic & Paralympic Winter Games.

Half of the Biathlon Range Crew from the Mount Washington area will work at the Paralympics Biathlon Events.

"We have a couple of members working the main Olympics in Biathlon," said Joe Bajan. "It's all based on experience and skill sets. These types of positions need that experience."

The Volunteers have all built their skill sets over the past couple of years, when Mount Washington hosted International Paralympic Committee World Cup Events in 2007 and 2009, and a third Event in the Callaghan Valley in 2009.

The Biathlon Club is automating its targets in time for teams to practice with them in February



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and March. It's the final step in an aggressive, multi-year plan to build the infrastructure at Mount Washington.

The residual effect will hopefully see some of the International Teams return for winter or spring training. In November, Bajan was with a work party at Mount Washington when he received a call from the German National Biathlon Team, three members of which were coming up for a visit and wanted to see their facilities.

Once the Germans heard that it's possible to hold Biathlon Camps in May and June at Mount Washington - because there's always late snow - "the light went on," he said. "They realized this was a place they could train. "Those are our assets."

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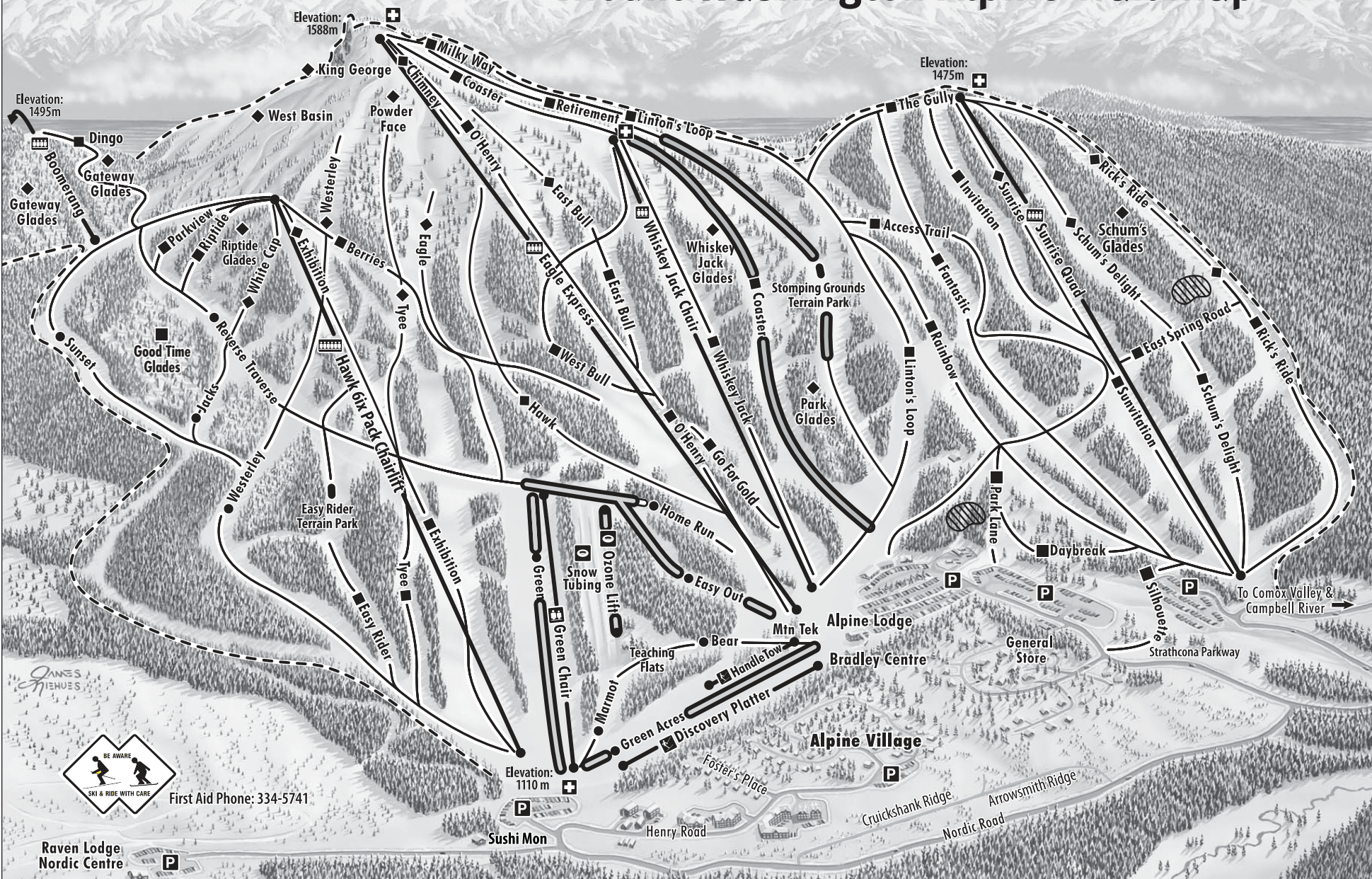
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# Mount Washington Alpine Trail Map



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|---|--|---|--|---|--|--------------------------------|---------------------------------|
| <p><b>AMENITIES</b></p> <ul style="list-style-type: none"> <li>ALPINE LODGE </li> <li>Alpine Cafeteria</li> <li>Fat Teddy's Bar &amp; Grill</li> <li>Altitude Sport &amp; Gift</li> <li>Fresh Restaurant</li> </ul> | <ul style="list-style-type: none"> <li>The Hungry Marmot Express</li> <li>Beaver Tails</li> <li>Season Pass &amp; Group Sales</li> </ul> | <p><b>BRADLEY CENTRE</b></p> <ul style="list-style-type: none"> <li>Rentals</li> <li>Snow School</li> <li>Mountain Kids</li> <li>Licensed Child Care</li> </ul> | <p><b>GENERAL STORE</b></p> <ul style="list-style-type: none"> <li>Groceries</li> <li>Liquor</li> <li>Video Rentals</li> </ul> | <p><b>Mtn TEK DEMO CENTRE</b></p> <ul style="list-style-type: none"> <li>Repairs</li> <li>High Performance Rentals &amp; Sales</li> </ul> | <p><b>RAVEN LODGE </b></p> <ul style="list-style-type: none"> <li>Nordic Rentals</li> <li>Sport Shop</li> <li>Restaurant</li> <li>Snowshoe Centre</li> </ul> | <p><b>Night Lit Skiing</b></p> | <p> Permanently Closed Area</p> |
|---|--|---|--|---|--|--------------------------------|---------------------------------|

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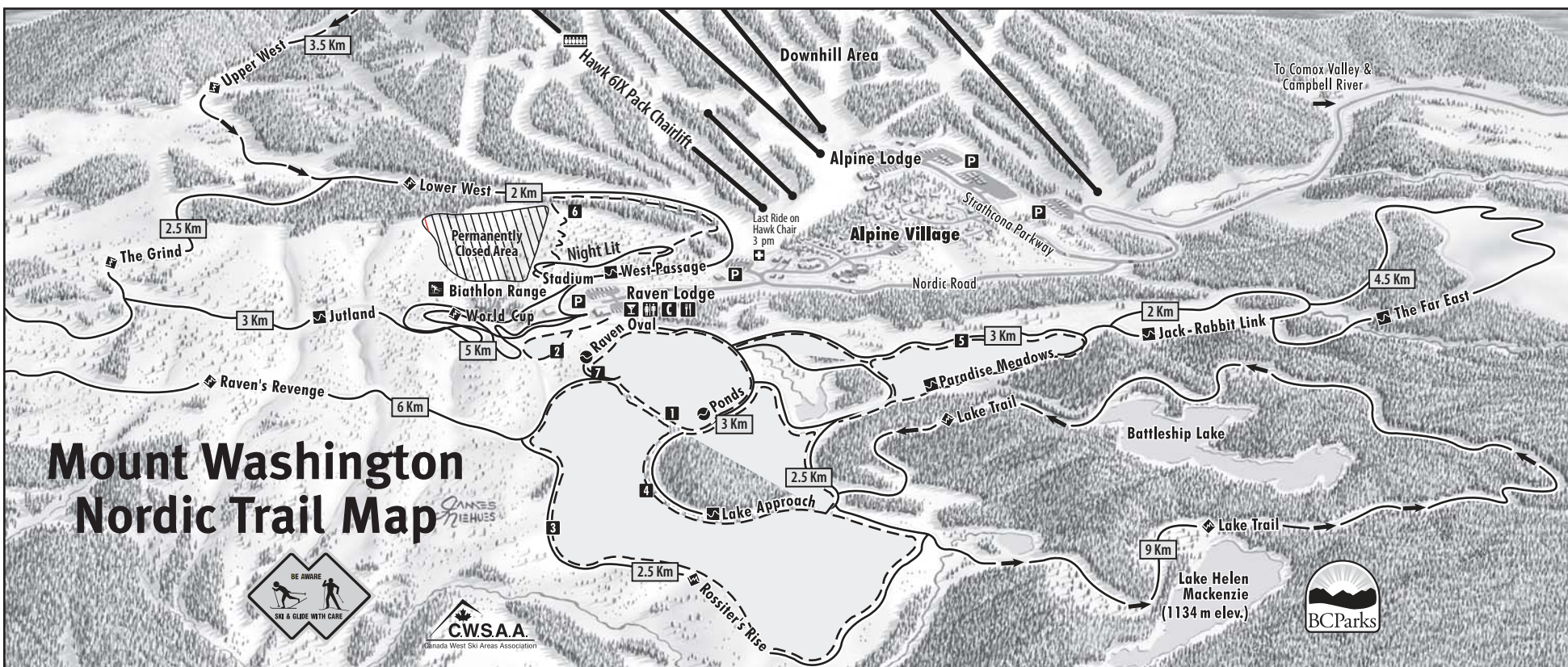
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No worries: look for a uniformed person with a friendly smile who is only too willing to help. He or she is part of the Snow Host crew, their task is to help.

"They should be looking for people who are very awkward about what they're doing and get out and help them out," said Don Sharpe, Resort Director of Business Operations.

This year Don and Program Co-ordi-

nator Angie Farquharson will have Snow Hosts roaming the Parking Lot and not so much at the Ticket Kiosk, so they may help direct Skiers and Snowboarders where they need to go, Sharpe added.

Snow Hosts are adept at spotting the beginners, the newbies to Mount Washington Alpine Resort, and helping make their experience a positive one.

Wendy Woodley and Steve Butcher have "hosted" together for several years. Woodley has been a Snow Host since 1999, and hosts on Mondays with Butcher. "What I like about it is getting to talk to visitors from all over," she said. "Part of what we're also able to do is offer free ski tours. We're not ski instructors but if there's somebody who hasn't been

on the Mountain before...we can take them around and show them the various lifts and acquaint them with the Mountain."

Snow Hosts greet people, hand out Trail Maps and answer any questions. They kibbitz with people waiting in lift lineups, helping make the time go faster, Woodley said.

In the afternoons they conduct Canadian Ski Alliance Surveys that are done at Ski Hills across Canada, to help identify the Resort's demographic.

Steve, Wendy and the other Snow Hosts, numbering over 20, host over 21 days during the season, once a week and extra days during Christmas and Spring Break.

Butcher loves snow hosting for the stories he collects. One such story involves a little girl he encountered one day on a Sunrise Run. "She was mad as a little hatter, kicking her skis down the hill," he recalls. She said her mom took her down the run and it was too steep for her. Butcher persuaded her back into her skis and soon had her skiing down the steep part with little effort.

"When we were going by her mom, she mouthed 'thank you' to me. We got down to the Lift and I got her and her mom loaded on the Chair...here she was propped up on the back of the chair and she waved at me. It made my day."

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## Local Ski Clubs

*Continued from Page 11*

"I think it's started to get quite a presence on the Mountain," Donald said. "They're respectable kids and emerging athletes."

### Strathcona Nordics cheer on Richmond in Olympic Trials

The Strathcona Nordics had a big summer, Head Coach Dave Battison said. Thirteen members of the competitive Team went to the Haig Glacier in Kananaskis for a Training Camp in July, which was "pretty special," he said.

The Training Centre is located at 10,000 feet, so the athletes gained some experience skiing at altitude.

One of the Club's athletes, Kit Richmond, was attempting to qualify for the 2010 Winter Olympics as the Marmot newspaper went to press. Richmond, 25, competes in Classic Sprint; he's been with the Club for four years.

"It's nice because Kit went away to school on a full scholarship to Colorado," Battison said. "He came back at the end of last year and joined us at Nationals." He sets a good example for the Club's younger athletes, some of whom have seen Richmond compete at a World Cup Event.

The Strathcona Nordics continue to gain in popularity at Mount Washington; last year they were more than 500 strong, Battison said. The Jack Rabbits, junior and high performance programs are all gaining steadily.

Top juniors Andrea Lee and Freya Wafteney were headed to Val Cartier, Que. in January to vie for a spot on the National Junior Team to go to the World Championships in Germany.

The Club has a lot of first- and second-year Juniors that will compete in B.C.

Cup Races this year. They will be going to the Nationals in Whitehorse, Yukon Territory in March. "We're taking the entire Race Team up for that Race," Battison said.

### Biathlon Club exceeds Olympic goals

This is a pinnacle year for the Vancouver Island Biathlon Club, which for several years has been building world-class infrastructure near Raven Lodge at Mount Washington Alpine Resort.

Coach Joe Bajan said he had an "aha" moment while volunteering for the Olympic Torch Run in Nanaimo in November. He watched the torch go by in a couple of different places and afterward "it just hit me. This is actually going to happen. All of us have been working for so many years on this thing, and you realize it's actually going to happen."

"If you had participated in some of our early meetings that summer that VANOC got the Olympic bid...you would have said 'good luck'. Actually, we're exceeding (our goals)."

It hasn't been easy, he acknowledged. "The key thing is the vision was there. We knew the path we had to follow and we're achieving it."

Bajan expects the profile of the sport of biathlon to rise in B.C. following exposure at the 2010 Winter Olympics in Vancouver and Whistler. It will also rise on Mount Washington, especially after a special event that he hopes will fly on Feb. 6, 2010.

On that day, the B.C. Cadet Provincial Championships are scheduled at the Biathlon Range on Mount Washington. Bajan is crossing his fingers that in the morning, a race between Olympic athletes and Strathcona Nordic biathletes can be arranged.

"People can come up and watch some of the world's best compete," he said.

### Freestylers roll up sleeves and build own site

The Mount Washington Freestyle Club spent the summer working on their most aggressive project ever: to create a full freestyle site at Mount Washington Alpine Resort.

The club spent two weeks working with JR Edgett Excavating from Courtenay and JW Berry Trucking from Port Alberni to log a portion of Lower Retirement.

They've created a full aerial tabletop and a full mogul site beside the tabletop. The locations mean they can run events almost simultaneously.

It's also been a draw for international freestyle teams who will come to Mount Washington before the 2010 Winter Olympics.

"We're excited," said Simon Stubbs, who is Co-President with his wife, Gina. "It was a huge commitment for the Club financially. We're looking forward to seeing some snow on it."

The Freestyle Program kicks off Jan. 2 with the Jumps and Bumps Program as well as the Development and Competitive teams. Stubbs anticipated 45-55 kids in both programs this year.

The club, along with the B.C. Freestyle Ski Association is hosting the second event in the B.C. Freestyle Series Feb. 19-21. The event will bring 100 athletes to the Resort and will dovetail nicely with the departure of Olympic teams, on Feb. 10.

"It's a very big event for us. The next step for us would be to take on a National Event," Stubbs said, adding that could happen "down the road."

## The Marmot

MILE HIGH NEWS ON MOUNT WASHINGTON

Published for your convenience by Rick Gibson of Royal LePage in the Comox Valley.

If you are looking for more information, wish to advertise, or want to submit information in future issues please refer to these contacts:

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### Len Apedaile

*Continued from Page 4*

**"My team for the Olympics is 236 volunteers and staff, and for the Paralympics, 229 volunteers and staff," Apedaile said.**

He's not the only Vancouver Island person working the Olympics. There are 14 Island cross-country skiing volunteers who will work with him, including Susan Denny and Wilf Dreher from Courtenay, who are Course Marshal and Course Marking Supervisors.

Joe Bajan of Nanaimo, who is involved with the Vancouver Island Biathlon Club, is Chief of the Biathlon Range for the Paralympics.

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## Born to be Wild!

### An Extraordinary Event in BC's Oldest Park

"Elizabeth G and Penny both have pups!" reported crew of the Marmot Recovery Foundation. The excitement was warranted. These two small litters were the first born in Strathcona Park in over twenty years.

The moms, born in captivity, were released to the Park in 2007 as part of a larger recovery strategy.

While the Park is well known to contain some of the most spectacular scenery in the country, it is lesser known as home to one of the rarest animals in the world - the Vancouver Island marmot, official sidekick to the Vancouver Olympic Games.

Evidence suggests that not so long ago the Park was home to hundreds of the Canadian marmots. But by the end of the last century, aside from a single colony on Mount Washington, the entire marmot population in the Central and Northern Regions of the Island had collapsed and all that remained of the southern population was a handful of scattered and declining colonies.

The number of known Vancouver Island marmots in the wild had plummeted to less than 30 animals. The Canadian marmot was poised on the brink of extinction.

Fortunately, the warning signs were heeded by a group of stakeholders united by the Marmot Recovery Foundation. A captive breeding program was begun and, as captive-born marmots became available, a release program ensued.



'Oli' looks on as a Marmot Foundation volunteer prepares a site for a Marmot 'Love Shack' in Strathcona Provincial Park.

**"The last few years have been really encouraging", said Viki Jackson Executive Director of the Foundation, "now that captive breeding is doing well we've been able increase the number of marmots being released and we're starting to see real progress. There are now well over 200 marmots in the wild."**

"While the birth of pups in the park is fantastic news, it's important to keep it in context", Jackson said, "Five small pups are promising signs but they are only the beginnings of a restored marmot population in the Park and we're still only 1/3 of the way to the recovery target for the whole population."

Release plans for 2010 are the most ambitious yet. Along with BC Hydro-BCRP, the Foundation plans to release 90-120 marmots in the Park. "It's important to get the marmots born in captivity out to the wild where they can help the fledg-

ling colonies get a leg up," Viki said.

"With the Olympic Games pending, I hope the attention given to MUKMUK shines some light on the real Vancouver Island marmots so the world can see first hand what's possible given the will and commitment of the stakeholders to act. In a way, the marmots' story is a reflection of what many of the Olympic athletes must have faced, one of overcoming considerable odds to win".

The Marmot Recovery Foundation is a unique coalition of stakeholders whose primary partners include TimberWest, Island Timberlands, the public through the Marmot Recovery Foundation and the BC government.

To find out how you can help go to [www.marmots.org](http://www.marmots.org)



Tourism Mount Washington has elected a new Board for 2009-2010. Rick Gibson, President of Bear Lodge and Treetops Strata Corps, has been named President and Chairman of the Board. Peter Foreman, President of the Deer Lodge Strata Corp is Vice-President and Vice-Chair.

Aileen Dougan of Washington Way Chalets joins the Board for the first time as Secretary. She represents the private rental sector, taking over from Pam deBoer of Peak Accommodations.

Tim Defert, Director of Hospitality, is one of two appointees from Mount Washington Alpine Resort. The other appointee is Cathy Saffin, Manager of Slopeside Accommodation. Tobin Leopkey of Section 8 Snowsport Institute was elected to his first term, while Ray Culberson, an owner in Bear Lodge, is starting his second term.

"New Board, new faces, new energy to take us forward to the next stage," Tourism Mount Washington Manager Sarah Nicholson said. Nicholson said she's excited about working with the new Board. "It's a great progression. The earlier Board set us in the right direction. They assisted greatly in getting Tourism Mount Washington to where it is today."

Gibson said Tourism Mount Washington will continue to succeed with more support from its members. "The more members we get and the more involved they are, the more successful the organization will be," he said.

*continued on page 22*



## Adopt a Marmot

*This is a great way to help this endangered species as well as an opportunity for you to learn more about these interesting creatures*

When you join the **Adopt-a-Marmot Club**, you help protect the endangered Vancouver Island marmot every day of the year. Pre-arranged monthly gifts are a convenient way to help save this beautiful and special creature from extinction. Your gift supports the field research and captive-breeding that's so critical to marmot survival. For instance, your contribution will help fund ear-tagging of wild marmots, which is the only way in which we can identify and track individual marmots and the success of recovery efforts in future years.

### When you Adopt-a-Marmot you'll receive:

- Your personalized marmot adoption certificate
- Your full-color poster of a Vancouver Island Marmot
- Your official recovery project newsletter (The Marmoteer)
- Your special year-end report about individual marmots

For more info go to [www.marmots.org/adopt.htm](http://www.marmots.org/adopt.htm)

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Sign me up! I want to join the Adoption Club:  \$120 for one year, OR

Per month:  \$10  \$15  \$20  \$25

I authorize the Marmot Recovery Foundation to deduct the above amount from my chequing account monthly. (I have enclosed a blank cheque marked VOID for processing purposes.)

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**YOUR GUARANTEE:** You can change or cancel your pledge at any time.

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Cheque payable to: **Marmot Recovery Foundation**

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## Snow Farmers

*Continued from Page 10*

"A lot of the time we go up and down the Runs. It's a lot easier to put in your first pass going down," he said.

"In some occasions there's so much snow or the Run is in such poor condition we'll have to move the snow around and flatten it out. Then we'll come back and put our tillers on and lay our corduroy."

**All the groomers are skiers, and that's vital to the job, Clarke said. "Skiing is a really important thing to look at the Run and think you did a good job. But until you ski it you don't really know."**

He said groomers will take the first Runs of the day after their shift ends at 9:30 a.m. and just before the runs open. Sometimes they have days where all the groomers come in during the day and ski the Runs, looking for areas to problem solve as they ski.

Clarke was already an avid skier when he approached the previous Slope Supervisor, asking if he could join the Grooming Crew. He's entering his fifth winter as a Groomer. He was promoted to Slope Supervisor two weeks before the Mountain opened.

While Clarke is a fairly new Groomer, Dave Paige has been there longer than any other. "He carried material up the road to help build the Red Lift," Clarke said proudly.

Paige is a night shift lead hand. "He's amazing," said Meertens. "He just loves driving the Snow Cats. He's the last one to stop for lunch and the last one in the yard."

## Tourism Mount Washington

*Continued from Page 21*

Tourism Mount Washington held its Annual General Meeting on Nov. 12, and Nicholson said it was an opportunity to update members on the group's marketing achievements in the past year as well as highlight the programs they will focus on in the coming year.

One of the group's successes last year was the implementation of a two per cent hotel room tax that will come into effect Jan. 1, 2010. The tax will be directed back into marketing, tourism promotion and development programs.

"We've established Mount Washington as a geographical location in its own right, which opens up future opportunities for funding," Nicholson said.

New programs include increasing mid-week occupancy and developing travel trade with tour operators as a destination marketing arm for the mountain.

## Special Events

*Continued from Page 13*

**March 8-12 CHEK News Spring Break SnoJam** Some great Spring SnoJam events to spice up your family's Spring Break, including the Dairyland Crazy Cards, Old Dutch Mini Olympics, Barq's Tubing Festival and the Beaver Tails tail eating contest!

**March 21 Full Throttle Slopestyle Competition** Snowboarders compete on Sunday on a number of different hits, rails and boxes down the Slopestyle course, showing off style, technique and flow.

**March 23-28 Canadian Para Alpine/CADS Festival** Assisting individuals with a disability to lead richer lives through recreational and competitive snow skiing and snowboarding.

**March 27 The Vancouver Island Loppet** Vancouver Islands 28th Annual Loppet Individual and Team Relay.

**April 10 Thrifty Foods Dummy Downhill** Get creative and build a dummy skier or boarder to launch off a big jump outside of the Alpine Lodge!

**April 11 Barq's Slush Cup** Participants straightline it over a small ramp or down a run in and over the giant custom slush pit between the Alpine Lodge and Mnt Tek.

**April 25 Annual Royal Lepage Snow to Surf Race** Relay teams alpine & nordic ski, run, mountain bike, road cycle, kayak and canoe from the top of Mount Washington to Comox Marina.

For more up-to-date info on all of Mount Washington events go to [www.milehigh.ca](http://www.milehigh.ca)

## Sasquatch sightings of Olympic proportions?

**Mount Washington Alpine Resort isn't the only entity on the mountain preparing to host guests prior to the 2010 Winter Olympics in Vancouver and Whistler. Sasquatch watchers are also eagerly anticipating the arrival of foreign cryptids.**

From North America, sasquatch watchers will keep their eyes out for the Nukluk ("Man of the Bush") from the Northwest Territories. This elusive cryptozoological hominid hasn't been spotted outside the Nahanni National Park Reserve since 1964.



From Arizona, there's the Mogollon Monster, a bipedal humanoid rumoured to be between six and eight feet tall and covered in black or white hair and beard. If you smell decaying fish while you're prowling the runs at Mount Washington, you've probably just missed the Mogollon.

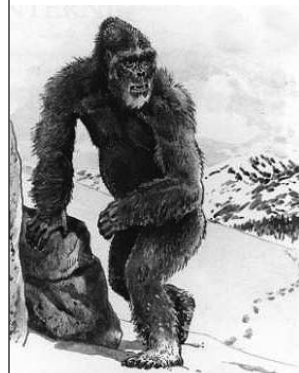


A "maybe" on the guest list is the Skunk Ape from the Florida Everglades.

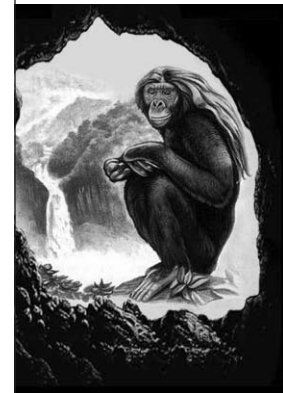
Although it has also been spotted in Oklahoma, North Carolina and Arkansas, the

Everglades claim the Skunk Ape for themselves - stinky disposition and all. But it's a long way to travel and watchers are unsure whether the ape will make it in time for the practice teams in February.

From across the Arctic Circle, the Chuchunaa, native to Siberia, Russia, is expected to make the trip, although some watchers are puzzled as to how the international cryptids will manage the transportation without drawing attention to themselves.



From Japan, the Hibagon — with its distinctive white hands and large white feet — will be here to cheer on Japan's winter athletes. Although none of Japan's teams will be at Mount Washington, the Hibagon will acclimatize itself first at Mount Washington, sasquatch watchers noted.



The Orang Mawas from Malaysia and its Indonesian cousin, the Orang Pendeng will make an appearance, thumbing their noses to critics of officials who in January 2006 launched an official hunt to prove the existence of the Snaggle-toothed Ghost.

The Yeti is a perpetual fan of the Olympics. It is virtually a guarantee that the creature from the Himalayan region of Nepal and Tibet will make the trek. Besides, the Comox Valley boasts a hockey team nicknamed the "Yeti".

**While it's obvious where the human competitors will be staying during their sojourn to Mount Washington, sasquatch watchers aren't sure where the foreign cryptids will be staying.**

If you happen to spot one through the trees while cross-country skiing, or taking a run down the Boomerang, please contact the Marmot newspaper with your sighting.



**For up to date Properties For Sale see Channel 4 on Mount Washington.**

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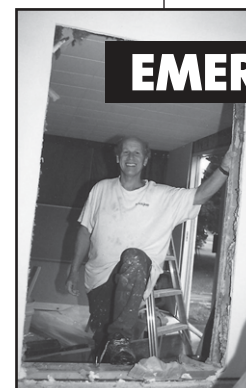
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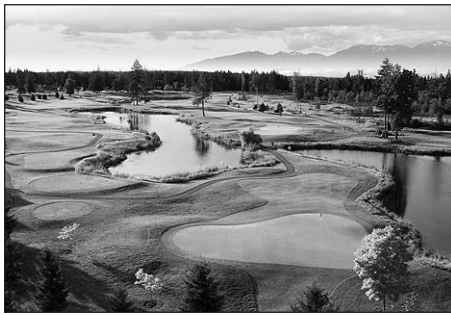


Photo courtesy Crown Isle Resort

## Enhance your visit...

Continued from Page 9

### GOLF

No other alpine ski resort on B.C.'s west coast boasts skiing and golfing within 45 minutes of each other like Mount Washington Alpine Resort does.

From top competitive courses like Crown Isle in Courtenay or Storey Creek in Campbell River, to executive courses like Mulligan's, Longland's or Pacific Playgrounds, the Comox Valley and Campbell River have it all.



Photo: Neil Havers

### KAYAKING

Take a break from sliding on snow and do some gliding on the water with one of the many kayaking companies on Vancouver Island's east coast. From an hour-long lesson at the Courtenay Marina on the Courtenay River to day trips to Tree Island, there's something for everyone's taste and skill level.



Photo: Margie Gang

# 2010 Olympics

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### SCUBA DIVING

Winter is the best time to scuba dive, with visibility clearing up, and the water temperature hovering around seven degrees Celsius in the winter — only a 10-degree Celsius difference from summer on the east coast of Vancouver Island. The world below the water level is incredibly colourful and includes sea creatures like octopuses, wolf eels and nudibranches.



### SPA EXPERIENCE

The Comox Valley and Campbell River have many spas for pampering the non-skier — or the skier looking for a well-deserved break after a few days on the slopes. From manicure and pedicure packages to facials, mud wraps and relaxing hot stone massage, smooth out and enjoy the laid back West Coast atmosphere.



## Enter to Win!

# Comox Valley Spa & Stay Contest!

See page 3 for details

### News In Brief

Continued from Page 5

**Sarah Nicholson** from Tourism Mount Washington had a successful trip to the **London Ski Show** in more ways than one. Not only did she get a great response to the services offered at Mount Washington, she was also asked by Tourism B.C. to do some training with

Canadian Affairs — an organization that represents tour operators from Canada.

London “was absolutely great,” Nicholson said. “It was a big step forward.” She expects Mount Washington Alpine Resort to be included in both summer and winter brochures for Canadian Affairs tour operators by next year.

After many years of fundraising and planning, the final piece of the puzzle has fallen into place for the **Vancouver Island Mountain Sports Centre**.

Vancouver Island North MP John Duncan announced in early August that the federal government would kick in \$795,000 in funding for the sports centre project. That means construction can go ahead.

### Savoury Solutions

Continued from Page 12

“Every year my family went to the cabane a sucre (sugar shack)...for me as a child and as a young adult it was just part of my life.”

Sharpe always had the idea to bring a taste of Quebec and its penchant for maple syrup to B.C., and The Maple Shack was an ideal way to do that. She also sells specialty maple syrup flavoured with Grand Marnier and rum, maple butter, suckers, candy and tea.

“Everything to do with maple,” she said. Other food options at the Resort include a hotdog stand that will be open by the base of the Eagle chairlift, and barbecues on sunny weekends.

**Raven Lodge** offers counter service with fresh baking, soups and burgers. **The fondues at Raven Lodge** were also popular last year. They're every Friday and Saturday night, preceded by a one-hour guided snowshoe walk and feature a three-course fondue meal.

**More Options** Family friendly lunches are served inside the Alpine Lodge at the **Alpine Café**. **The Hungry Marmot**, located on the Marmot level, offers pizza by the slice and hotdogs too. **The Hawk Dog Stand** fills the bill for those who want to eat and run. It's located adjacent to the Hawk Chairlift.

“It's regionally very important — and on a personal level, this is totally satisfying,” Duncan told the Comox Valley Record.

The money came from the Community Adjustment Fund, an economic action plan initiative of the federal government. The project is estimated at \$2.2 million and Vancouver Island Mountain Sports Society Chairman Rick Morson told the Record the expected completion date is November 2010.

Mount Washington Alpine Resort is featured in the Winter 2009-2010 issue of **Canadian Geographic Travel**. Writer Masa Takei and photographer Darryl Leniuk created an eight-page feature titled “Clouds of Powder” about their multi-day excursion to the Resort.

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# Mile High Properties

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## Lovingly Cared For!

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## Heart of the Village!

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## Your Home Away From Home!

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In the Comox Valley

## Looking for a Building Site on Mount Washington?

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Located on the Benchlands overlooking Strathcona Park, is this large building site, easy access to skiing and Strathcona Park. There are few building areas left on the mountain and this one is the closest to Hawk Chair. **\$187,500**

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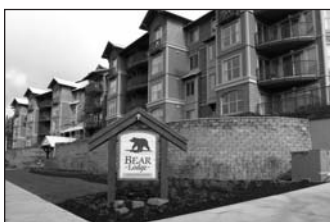
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- 202** 2 Bdrm 879 Sq Ft Viewside **\$269,900**
- 203** 2 Bdrm 1012 Sq Ft Viewside **\$379,900**
- 205** 2 Bdrm 891 Sq Ft Slopeside **\$259,900**
- 206** 2 Bdrm 882 Sq Ft Slopeside **\$239,900**
- 208** 1 Bdrm 629 Sq Ft Slopeside **\$189,900**
- 210** 2 Bdrm 891 Sq Ft Slopeside **\$229,900**
- 214** 2 Bdrm 899 Sq Ft Viewside **\$269,900**
- 303** 3 Bdrm 1012 Sq Ft Viewside **\$374,900**
- 310** 2 Bdrm 882 Sq Ft Slopeside **\$259,900**



### Features Include:

- Elevator Access
- Spectacular Views of Strathcona Park and the Ski Runs
- Above & Underground Parking
- Propane Fireplaces
- Furnished units ready to go
- Ski Storage Room off the Lobby with separate lockers for renters

- 108** 3 Bdrm, view of ski runs **\$219,900**
- 110** 3 Bdrm, view of Strath. Park **\$229,900**
- 111** 2 Bdrm, views of ski runs **\$299,900**
- 208** 3 Bdrm, view of ski runs **\$274,900**
- 214** 2 Bdrm, view of Strath. Park **\$259,900**
- 216** 2 Bdrm, view of Strath. Park **Call**
- 302** Penthouse (1600 sq. ft.) **\$425,000**



## Ptarmigan Ridge

### Features Include:

- One Bedroom Apartments located on Henry Road
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- Propane Fireplaces
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- Breathtaking Mountain Views
- Convenient Location to Ski Lifts and Strathcona Provincial Park.

#### ONE BEDROOM APARTMENTS

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- 106** Facing Strathcona Park **\$129,900**
- 201** Corner suite facing ski runs **\$139,900**
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- 304** Facing Strathcona Park **\$167,900**
- 307** Top floor facing ski runs **\$164,900**
- 311** Top floor facing ski runs **\$149,900**



### Lots for Sale!

Building sites available at Beaufort Heights.

- Lot #9** **\$119,000**
- Lot #25** **\$105,000**
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### Close to Alpine Lodge!

Spacious, well-kept townhome with in a few minutes stroll of the Alpine Lodge. 3 bedrooms, 2 bathrooms and sauna. The inside is well cared for with a huge space in the lower floor for sleeping or recreating. Enjoy the outside patio, taking in the sunsets and mountain views. Ski-in and out access to the slopes. Fantastic location and great value. **\$234,900**

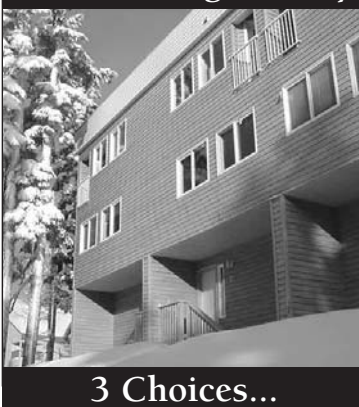
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- Ski Storage Room off Lobby
- Convenient Location to Amenities
- Mountain / Strathcona Park Views

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- 208** 3 Bedroom facing Strath. Park and ski runs **\$199,900**
- 209** 4 Bedroom facing Strath. Park **\$314,900**
- 311** 3 Bedroom Penthouse facing Strathcona Park **Call**
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### 3 Choices...

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Very unique and bright corner suite in Snowbird. 3 bedroom townhome with loads of natural light and extra windows. Very quiet location in the building and easy access to parking and skiing. 2 bathrooms, sauna, electric fireplace, open living area. **\$199,900**

### Front Corner Views

Front corner townhome with south west views. 3 bedrooms and 2 bathrooms on 3 levels. Open living area with propane fireplace. Sauna upstairs to sooth the tired muscles. Great location and easy access to all amenities. **\$274,900**

### South Facing Townhome

with easy access to parking and skiing. Basement undeveloped for additional usage. 3 bedrooms and 2 bathrooms. Propane fireplace for the cool winter nights. Quiet location and great building! **\$259,900**



## Creekside House

Rarely do suites in Creekside House hit the open market. One owner, immaculately maintained 3 bedroom suite available. Quality plus building built by the same builder of Raven Lodge. Creekside is located immediately adjacent to the loading area of the Green Chair so is about as ski in and out friendly as you can get. Easy access to Nordic and Strathcona Park.

- 102** 3 bedroom, sunny view **\$297,500**
- 104** 2 bedroom, sunny view **\$249,900**
- 305** Top Floor, 3 bedroom sunny slope side location **\$399,900**
- 306** Top Floor, 2 bedroom, sunny slopeside setting **Call**



### Vaulted Ceilings

West Coast designer townhome located close to the Alpine Lodge of Mount Washington. Offering 3 bedrooms, two bathrooms and sauna. Vaulted ceilings in the living room and gourmet kitchen with corian countertops. Ample storage and easy access round out this great package. Mount Washington offers incredible snow, and affordable real estate prices. **\$289,900**



## DEER LODGE

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- Slopeside Location
- Hot Tub
- Fully Furnished
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- 102** 2 Bedroom Lock-off facing Strathcona Park **\$204,900**
- 207** 2 Bedroom facing ski runs **\$219,900**
- 313** 2 Bedroom Lock-off facing Strathcona Park **\$219,900**
- 409** Top floor, 2 Bedroom Lock-off facing ski runs **\$269,900**

### Forbidden Plateau



### Commercially Zoned Property with a View!

Commercial zoning allows for multiple uses. Chalets, restaurants, cabins, etc. Fabulous 180 degree views of Vancouver Island, Georgia Strait and the mainland mountains. Build your dream mountain retreat next door to Strathcona Park. Hike in the summer and ski in the winter. Year round recreation, only a 30 minute drive to downtown Courtenay on a well maintained road. Hydro available at the lot line. **\$249,900**

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**Perched on a Ridge!**

3 bedroom executive townhome with stunning spectacular views of Strathcona Park. The Master suite encompasses the entire top floor and the Living room is vaulted almost up the roof of the entire building. Common area includes, hot tub on it's own private deck and sauna. What more to say than "WOW!"

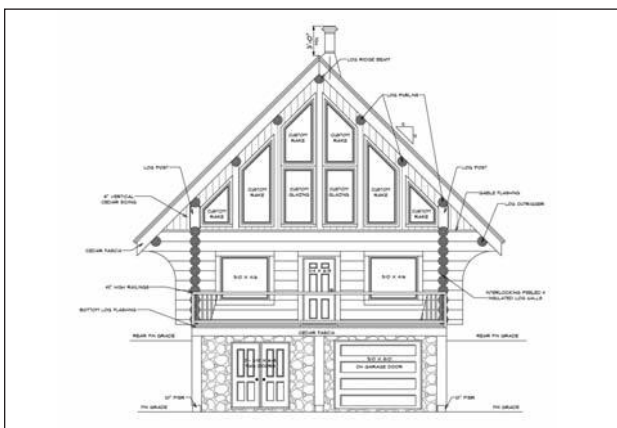
Suite B \$492,500  
Suite B \$499,900



**In a word... Stunning!**

Located on the upper side of Fosters Place on Mount Washington is this STUNNING mountain chalet. 4+ bedrooms and a HUGE living area! This mountain home boasts a beautifully appointed interior finished to the highest of standards. Ski in and out access and close to Strathcona Park for nordic skiing in winter and summer hiking. Golf courses, beaches, international airport all just 30 minutes away.

**\$599,900**



**New Log Cabin!**

Log home to be build at Beaufort Heights Price includes finishing to lock up stage. Great location as one of the closest lots to the lifts. Buy at this stage and put in more bedrooms etc. Easy access to skiing and Strathcona Park is right across the street. Lease expires in 2178 so loads of life in this one.

**\$425,000**



**Rock Faced Fireplaces!**

Lovingly maintained chalet on Fosters Place with 3 bedrooms in the main area and a separate 2 bedroom suite down and an unfinished basement too. Each suite features a rock-faced fireplace and is totally finished. The upper suite can accommodate 12 people and the lower level 7. Other features include 2 decks, sauna and storage. Price includes website.

**\$474,900**



**Ocean View!**

You can see the ocean from this chalet located in the Alpine Village of Mount Washington. On 3 levels, the lower level is a self contained suite whilst the upper 2 floors have spacious rooms and an open plan. Sauna on the main floor with huge living area. Close to parking and loads of morning sun!

**\$485,000**

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- The Mount Washington Real Estate Channel shows your property 24/7.
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at Mount Washington

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- Slopeside access



## A Sought After Property...

in a sought after location! Lovingly maintained by its owners "Chalet 43" offers a 4 bedroom main suite on the upper two floors and a self contained two bedroom suite on the lower floor. The main suite is open in design with many recent upgrades from the ground up including flooring, doors and plumbing. Very well thought out design, offering fantastic accommodation and a floor plan "that works!" Two bathrooms, one with a gorgeous jetted tub. The lower 2 bedroom suite is spacious and cozy with 2 bedrooms and large living/kitchen area. A shared sauna and ample storage rounds out the package. Chalet 43 is located close to parking yet EASY access to the slopes. Tucked into the sidehills, it is close to everything yet sitting on the large deck you are hidden in the woods. **\$599,900**



## Builder's Own Home!

Located in Nordic Heights adjacent to Strathcona Park! Interior finished with loads of wood and windows to take advantage of light and to create a cozy warm feel. Easy access to ski slopes just out the back. Where else can you purchase a gorgeous home in an alpine setting! Three large bedrooms, open living area, large sauna, loads of storage & inviting architecture. Enjoy "The Strathcona Mountain House". **\$649,900**



## 2700 Square Feet of Luxury!

Never before has a home of this style and quality been available on the Mount Washington market. Over 2,700 square feet with 6 bedrooms and 4 bathrooms. No expense has been spared from the silestone quartz kitchen, hardwood floors, solid cedar beams, log styled exterior to the open hearth style gas fireplace. All rooms are open and spacious. Fosters Place is Mount Washington's only drive-in, ski-out location. If you have been looking for the "something special", this is the one. **\$799,900**



Contact: **Rick Gibson, Royal LePage in the Comox Valley** Ph: 250-334-3124 (24 hrs) Direct: 250-338-1723 [www.rickgibson.ca](http://www.rickgibson.ca)



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## Low Impact Olympic Presence for Visitors



Photo courtesy Mount Washington Alpine Resort

**While Mount Washington Alpine Resort will be hosting many international Teams in the weeks leading up to the 2010 Winter Olympics and Paralympics, the Resort will still be open for business from the public.**

But don't expect the teams to deliberately be on public view, says Resort Director of Business Services Don Sharpe. "You may see the Teams. I don't think we're expecting them to be on public view. Really, they're not here to be on public display; they're here to prepare themselves for the biggest event of their lives," he said.

Visitors should not expect any delays or obstructions to their own ski days while international Teams are practicing at Mount Washington, Sharpe stressed.

Trail closures will be virtually non-existent - perhaps a couple on any given day, but likely less than that. Each sport has its own dedicated area, such as Biathlon, Freestyle or Nordic events. Biathletes and Nordic skiers will train on the World Cup Trails, so that area will be closed off. "There's 55 kilometres of trails;

they can go anywhere and not see (international athletes)," Sharpe said.

The Freestyle Site is a closed site, so that won't affect the public. A ski cross site was built specifically for this winter, but it's beside regular runs so again won't be an issue.

Snowboard Teams will probably take over the Invitation run off the Sunrise Quad Chair for about a week in February, but that will be the extent of it, Sharpe added.

Food and Beverage Services will not experience any breaks in service, and neither will grooming on the Alpine runs.

"We may bring in an extra operator through those few weeks that the athletes are here, to prepare for those requirements," Operations Manager Erik Meertens said.

But with 18 full-time groomers on staff, he doesn't expect the public to notice any difference on any of the other Runs. "We're hoping there's little or no impact on the public."

Parking won't be an issue, as most of the competitors will be staying in chalets, which have designated parking.

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Visitors shouldn't notice any difference in accommodation availability either, because it's traditionally a busy time of the season - these bookings were just made a lot earlier. There are more than 4,000 beds available on the mountain at any one time, Sharpe said.

European paparazzi will be visible at Mount Washington, something that the

Resort doesn't generally have to deal with. "The Germans are quite concerned about paparazzi coming over," Sharpe said. They've had bookings from Swedish and French media and more.

"The eyes of the world are upon our little community and we have to take advantage of the fact they're going to be close by."



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