



Get Out There Report for January 11 - 18, 2007

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News

Fresh on the street! The latest issue of Get Out There, featuring our Annual Club Guide.

Find us at your favourite shop today or click [here](#) to view the entire issue online!

Party time

It's the 30th anniversary of **National Ski and Snowboard Week** (NSSW), held **Jan 13-21**, as well as the 10th anniversary of the Grade 5 SnowPass program. Over 100 ski areas across Canada are slated to participate. You'll score deals on lift passes and Discover Learn to Ski and Ride programs.

In **Alberta**, check out the festivities in the following ski areas: Canyon Ski Area, Ski the Badlands, Edmonton Ski Club, Fairview Ski Hill, Hidden Valley Ski Area, Nitehawk Ski Area, Pass Powderkeg, Ski Banff @ Norquay, Ski Marmot Basin, Snow Valley Ski Club and Vista Ridge.

For those of you in **British Columbia**, there will be no shortage of fun at:
Apex, Big White, Cypress, Grouse, Harper, Kicking Horse,



Mt Baldy, Mt Cain, Mount Seymour, Mount Washington, Panorama, Phoenix, Powder King, Powder Springs, Red, Shames, Silver Star, Ski & Ride Smithers, Sun Peaks, The Hills Health Ranch, Troll Ski Area and Whitewater.

Visit www.skicanada.org for further details, or contact a mountain near you.

Avalanche Awareness Days

Learn about snow safety this weekend, as demonstrations and interactive activities will be presented at **Fernie Alpine Resort (Jan 12-14)** and **Kimberley Alpine Resort (Jan 13-14)** in BC. With the popularity of backcountry touring as well as last weekend's avalanche in Colorado, the need for public awareness is both crucial and timely.

www.skifernie.com, www.skikimberley.com

Shape that bod

Want to know the secrets to building sculpted, natural and defined muscles? Both exercise addicts and couch potatoes may benefit from "**The Art of Building Bodies**," which premiered on CHTV and specialty channel MenTV last fall. Fernanda Lazzaro, a journalist and fitness model, hosts the half-hour show with former CFL player Orlando Bowen. With story topics like iron yoga, detoxing to help bring out striations and making home-made protein bars, viewing the program might be like having your own personal trainer. The series ends on March 24.

Air dates and times:

CH TV - Ontario: Sat 12:30pm
Vancouver, BC: Sun 4pm
Kelowna/Kamloops, BC: Sun 4pm
Red Deer, AB: Sun 11am

MEN TV - Sat 11:30am, 7:30pm, 3:30am

www.PositiveLivingProductions.com

Reach for the sun

The **2007 Vancouver Sun Run** is Canada's largest 10K event. To help you train for the April 15 race, SportMedBC is holding **Sun Run InTraining Clinics** at more than 65 locations across the Lower Mainland. Sessions will also be held in Squamish, Gibsons, Bowen Island, Penticton, Kelowna and Kamloops. Clinics start Saturday, Jan 13 for 13 weeks up until the event.

Registration (\$129 plus GST) includes entry to the 2007 Vancouver Sun Run, expert advice and motivational support, online technical support and info, souvenir t-shirt, InTraining t-shirt and InTraining Logbook.

For details on locations and schedules, visit www.sportmedbc.com

French cycle paths

If you've ever dreamed of cycling through the French Alps, your Tour de France fantasy can become a reality. Ontario-based **Alpine Tours** is planning this year's trip for **July 10-22**. You'll visit **Annecy, Alpe D'Huez, Mt Ventoux and Marseille** while riding 1,500 m alpine climbs. Cost includes all accommodations, breakfasts, ground transportation, airport transfers and two cycling

guides.

For reservation info, visit www.alpinetours.ca

Canadian 'cross team needs your support

Canadians **Mike Garrigan, Kyle Douglas, Tara Ross and Greg Reain** have all qualified and are planning to attend the **Cyclocross World Championships** in Hooglede-Gits, Belgium on January 27-28, 2007. The Canadian Cycling Association doesn't provide any funding for the National Cyclocross Team, so riders must cover their own airfare, accommodations, meals, equipment expenses and even their national team jerseys.

Please support these riders to help them focus on performing and representing Canada at the Cross Worlds. You can make your donation via Paypal, via <http://www.cyclocrossontario.com/fccr>. As there are no administration fees lumped in, all of your money will reach the athletes directly.

For more information on the Friends of Canadian Cyclocross Racers, please email Rod Olliver at rod@cyclocrossontario.com or visit <http://www.cyclocrossontario.com/fccr>.

Get Out There's 2007 reader survey (with cool prizes!)

We want to hear from you – please fill out our annual survey (it's short and online), and you'll qualify for some amazing prize draws!

Grand prize (total value \$986): Pearl Izumi Prize Pack and White Water Rafting Trip for 6!

Less grand prize (total value \$776): Two-weekend rock or ice climbing course for 2, plus Pearl Izumi Vagabond Jacket and Socks and 1-year subscription to Get Out There Magazine!

And **50 readers** will win a pair of Pearl Izumi socks (value \$16)!

Deadline is February 28, 2007. [Click here for the survey.](#)

Snow report

Alberta

	Base	Expected	New	Total	Snow	URL
		high	snow	snowfall	phone	
Lake Louise	233cm	-13°C	1cm	328cm	403-762-4766	www.skilouise.com
Sunshine Village	180cm	-20°C	5cm	407cm	403-277-SNOW	www.skibanff.com
Ski Fortress	118cm	-19°C	7+cm	N/A	N/A	www.skifortress.ca

Ski Banff

at Norquay	130cm	-1°C	15cm	N/A	N/A	www.banffnorquay.com
Nakiska	70cm	-16°C	7cm	N/A	N/A	www.skinakiska.com

British Columbia

	Base	Expected high	New snow	Total snowfall	Snow phone	URL
Grouse	362cm	-8°C	6cm	574cm	604-986-6262	www.grousemountain.com
Cypress	355cm	-9°C	5cm	574cm	604-419-7669	www.cypressmountain.com
Mt Seymour	353cm	-8 °C	8cm	436cm	604-718-7771	www.mountseymour.com
Mt Washington	311cm	-7°C	5cm	N/A	250-338-1515, 1-888-833-1515	www.mountwashington.ca
Whistler Blackcomb	305cm	-10°C	0cm	877cm	604-932-4211, 604-687-7507, 1-800-766-0449	www.whistlerblackcomb.com
Red	100cm	-17°C	0cm	386cm	1-800-663-0105	www.redresort.com
Kimberley	138cm	-12 °C	5cm	404cm	403-244-6665	www.skikimberley.com
Mt Baldy	106cm	-8 °C	0cm	353cm	250-498-4799	www.skibaldy.com
Panorama	90cm	-16°C	4cm	N/A	N/A	www.panoramaresort.com
Fernie	234cm	-18°C	5cm	494cm	N/A	www.skifernie.com
Whitewater	N/A	-6 °C	0cm	N/A	250-352-7669	www.skiwhitewater.com
Shames	388cm	-10°C	0cm	N/A	250-638-8754, 1-877-898-4754	www.shamesmountain.com
Big White	189cm	-18°C	0cm	N/A	1-800-663-2772	www.bigwhite.com
Silver Star	170cm	-17°C	3cm	N/A	250-542-1745, 1-800-663-4431	www.skisilverstar.com
Apex	154cm	-3°C	2cm	N/A	250-487-4848	www.apexresort.com
Sun Peaks	132cm	-20°C	0cm	N/A	250-578-7232	www.sunpeaksresort.com



Event calendar

Alberta

Festivals / Shows / Special Events / Seminars

January

11-12 (Thu-Fri) Banff Mountain Film Festival World Tour. The Banff Mountain Film Festival is on the road across North America and around the world. Whether you are an experienced mountaineer or an armchair adventurer, this event is for everyone. Don't miss the excitement. Red Deer, AB. <http://www.banffcentre.ca/mountainculture/tour/canada/>

12-14 (Fri-Sun) Edmonton Motorcycle Show. A showcase of new 2007 motorcycles, ATVs, scooters and related products and services. If it is motorized and on 2 wheels, it's here! Northlands Park - Agricom, Edmonton, AB. www.sportsmensshows.com

14 (Sun) Banff Mountain Film Festival World Tour. The Banff Mountain Film Festival is on the road across North America and around the world. Whether you are an experienced mountaineer or an armchair adventurer, this event is for everyone. Don't miss the excitement! Edmonton, AB. <http://www.banffcentre.ca/mountainculture/tour/canada/>

16-21 (Tue-Sun) Banff Mountain Film Festival World Tour. The Banff Mountain Film Festival is on the road across North America and around the world. Whether you are an experienced mountaineer or an armchair adventurer, this event is for everyone. Don't miss the excitement! Calgary, AB. <http://www.banffcentre.ca/mountainculture/tour/canada/>

18-21 (Thu-Sun) Fairmont Banff Springs Celebrity Sports Invitational. Hollywood's top stars will gather to ski the majestic Canadian Rocky Mountains in support of Robert F. Kennedy Jr.'s Waterkeeper Alliance. Waterkeepers is a landmark environmental organization committed to patrolling and protecting water sources throughout North and Central America. Celebrities compete in an array of snow-filled activities including toboggan, biathlon and dual giant slalom races, well within public view at Sunshine Village. For ticket information and further details, visit the resort's website. The Fairmont Banff Springs and Sunshine Village, Banff, AB. www.fairmont.com

Ski (Downhill)

January

13-21 (Sat-Sun) National Ski and Snowboard Week. For 9 days each winter, Canadians gather at ski areas across Canada to revel in the one thing we all have in common: snow! Provincewide, AB. info@skicanada.org, www.skicanada.org

British Columbia

Festivals / Shows / Special Events / Seminars

January

12-13 (Fri-Sat) Banff Mountain Film Festival World Tour. The Banff Mountain Film Festival is on the road across North America and around the world. Whether you are an experienced mountaineer or an armchair adventurer, this event is for everyone. Don't miss the excitement! Powell River, BC. <http://www.banffcentre.ca/mountainculture/tour/canada/>

12-14 (Fri-Sun) Avalanche Awareness Days. Promoting public awareness about the hazards of touring in the backcountry and how to stay safe. 2 days of demonstrations and interactive activities for skiers and riders of all ages and abilities. Kick-off party on the 12th. Fernie Alpine Resort, Fernie, BC. info@skifernie.com, www.skifernie.com

13-14 (Sat-Sun) Avalanche Awareness Days. Come out and learn about snow safety and take part in demonstrations at this free event in support of the Canadian Avalanche Association. Kimberley Alpine Resort, Kimberley, BC. 250-427-4881, info@skikimberley.com, www.skikimberley.com

17-21 (Wed-Sun) Sun Peaks 9th Annual Icewine Festival. Named by Ski Canada Magazine as one of the best resort events alongside the Telus Ski and Snowboard Festival. Guests can sample dozens of wines on the Progressive Tasting Tour, take a seminar or watch Sun Peaks' chefs battle it out at the Magic of Dessert and Icewine Competition. Sun Peaks Resort, Sun Peaks, BC. 250-578-5474, guestservices@sunpeaksresort.com, www.sunpeaksresort.com

Outdoors

January

15-April 12 (Mon-Thu) Capilano College Advanced Wilderness Leadership Program. An opportunity to improve your skills in several outdoor skills. College courses running this winter out of Squamish include Nordic skiing and CANSI certification, Winter Skills with an Avalanche certification, Advanced Wilderness First Aid, Backcountry Ski Touring, Advanced Sea Kayaking with Assistant Guide Certification (SKGABC) and Mountaineering. Call 604-892-5322 local 5800 for more information. Capilano College, Squamish, BC. 604-892-5322, wlp@capcollege.bc.ca, www.capcollege.bc.ca/Programs/wilderness/Home.html

Running / Walking

January

13-April 14 (Sat-Sun) InTraining for the Vancouver Sun Run 2007. The InTraining Program provides expert advice, guidance and companionship on the road to improved health and fitness - and it's fun! Clinic registration cost is \$129 (plus GST) and includes: entry to The Vancouver Sun Run and commemorative T-shirt; 13-week training program; InTraining technical training shirt; InTraining Logbook; group support; and expert advice. Program highlights: 3,965 participants in the 2006 InTraining program; 823 volunteer walk and run leaders; expert volunteer leader training; and Nordic walking pilot project for 2007 in partnership with Exel. Local community centres, Lower Mainland and the Interior of BC, BC. 604-730-7260, info@sportmedbc.com, www.sportmedbc.com

14 (Sun) Central Saanich Pioneer 8K. Racing designed for all skill levels. Part of the Fronrunners Island Race Series. Saanich Fairgrounds, Saanich, BC. 250-480-7869, pioneer@vira.bc.ca, <http://westshore.fronrunners.ca/events/index.php?monthnum=1>

Ski (Cross Country)

January

13 (Sat) Sovereign Lake Ski Tournament. This fun day is for all SLNC program participants and Vernon Elementary School Children age 13 & under. Ski League Children are automatically registered. Sovereign Lake, Vernon, BC. 250-558-3036 ext. 201, andrea@sovereignlake.com, www.sovereignlake.com

14 (Sun) Kelowna Apple Loppet. Part of the Interior Loppet Series. Contact Clive Gilbert for details. Telemark Cross Country Ski Club, Kelowna, BC. 250-769-4406, www.telemarkx-c.com

14 (Sun) Omineca Open. Contact Terri Dickson for further details. Omineca Ski Club, Burns Lake, BC. 250-695-6684, <http://www3.telus.net/blclubs/ominecaskiclub/>

Ski (Downhill)

January

8-12 (Mon-Fri) Kokanee Winter Festival. Celebrate with half-price midweek full-day lift tickets and Nordic trail passes. Plus, look for the Snowboarding Sasquatch roaming the hills in search of people who want free stuff! On Jan 13, check out the Kokanee Rail Demo, featuring awesome local skiers and boarders, jibbin' up the metal. Mt Washington Alpine Resort, Mount Washington, BC. 250-338-1386 or 1-888-231-1499, www.mountwashington.ca

9-April 10 (Tue-Tue) Mt. Washington's Women's Day Escape. For the ladies only! Every Tuesday, for \$61, Gals can enjoy an all-day lift ticket, a lesson from a female instructor from 10am to noon, and a delicious lunch including wine tasting. Mt. Washington Alpine Resort, Mount Washington, BC. 250-338-1386 or 1-888-231-1499, www.mountwashington.ca

10-14 (Wed-Sun) Red Mountain Resort Senior Canadian Open Freeskiing Championship. Rossland, BC. 1-800-663-0105, info@redresort.com, www.redresort.com

11 (Thu) Kokanee Valley Race Series. A fun recreational race open to skiers, telemarkers and snowboarders with different gender and age divisions. Race location and discipline vary each race, so check the website and schedule. Whistler Resort, Whistler, BC. 1-800-766-0449, 604-932-3434, www.whistlerblackcomb.com

11 (Thu) Rossignol Demo. Come to Kimberley Alpine Resort to check out Rossignol's newest gear. Kimberley Alpine Resort, Kimberley, BC. (250) 427-4881, info@skikimberley.com, www.skikimberley.com

12 (Fri) Kokanee Day For The Dudes #1. Great deals on all-mountain instruction, followed by apres activities and Kokanee beer specials and giveaways! Mt. Washington Alpine Resort, Mount Washington, BC. 250-338-1386 or 1-888-231-1499, www.mountwashington.ca

13-14 (Sat-Sun) Cruz the Blues. See how well you know Big White at this free 2-day event. Grab your Cruz the Blues passport, collect all the stamps off as many blue runs (intermediate) as possible and win some great prizes and a Cruz the Blues shirt. Big White Ski Resort, Kelowna, BC. www.bigwhite.com

13-21 (Sat-Sun) National Ski and Snowboard Week. For 9 days each winter, Canadians gather at ski areas across Canada to revel in the one thing we all have in common: snow! Provincewide, BC. info@skicanada.org, www.skicanada.org

14 (Sun) Ski Tours Family Cup. This race training program is designed to combine training and a

family holiday emphasizing family fun. Held at Nancy Greene Training Centre. Sun Peaks Resort, Sun Peaks, BC. info@skitourscanada.com, www.skitourscanada.com

18 (Thu) Kokanee Valley Race Series. A fun recreational race open to skiers, telemarkers and snowboarders with different gender and age divisions. Race location and discipline vary each race, so check the website and schedule. Blackcomb Mountain, Whistler, BC. 1-800-766-0449, 604-932-3434, www.whistlerblackcomb.com

Snowboard

15-20 (Mon-Sat) Rossignol National Ski/Board Week. Jan. 15-19: half-price specials include Discover Skiing and Boarding Specials (Green Zone lift ticket for Green Chair, Discovery Platter and Handle Tow, all rental equipment needed and a 2-hour beginner lesson); Learn to Cross-Country Packages (trail pass, all rental equipment needed and a 1-hour learn to skate or classic ski lesson). Come out on Saturday, Jan 20, for FREE Rossi Race Clinics: valuable tips from the M Washington Pros. Mt. Washington Alpine Resort, Mount Washington, BC. 250-338-1386 or 1-888-231-1499, www.mountwashington.ca

Gear review: Lebert Equalizer

One look at the Lebert Equalizer, and you might think you've found yourself one fancy-schmancy drying rack...a new product from IKEA perhaps. But in reality, Toronto-based personal trainer Marc Lebert has designed a simple, yet very effective strength training system that is both easy to use and easy to store – the two essentials for any home exercise aficionado. Basically, we have two workout bars, weighing in at about eight pounds each, and Marc has designed upwards of 50 exercises utilizing your own body's weight as resistance to work all the major muscle groups, especially the triceps, lower abs, chest and back muscles. Some exercises are obvious: dips, pull-ups, push-ups and the like, and some you have to get a bit creative. In the end, stick with the system and it seems you'll get some good results. \$99

www.lebertequalizer.com



This week's article: Core Strength for Outdoor Sports

While core strength is the most common sport attribute, it ironically is the least well conditioned.

By Peter Twist

Core strength, a growing buzzword in the fitness industry, can help set you up to enjoy the outdoors. Simply put, the 'core' is the middle of the body, integrating your abdominals, low back and hips. A strong core that is functional links the upper extremities to the lower extremities. Without strength and endurance within the core musculature, an athlete will be unstable and have a greater risk of injury.

Football and hockey players use core stability to withstand contact. Rotary power is expressed in the playing environment with the swinging of a tennis racket, golf club, lacrosse stick or throwing a ball. I call the core your 'speed center', as it connects the legs and arms to the torso and contracts to stabilize or anchor so that the arms and legs can produce force. Outdoors, you are only as strong as your weakest link, and for most athletes this is the core.

Training 'from the inside out' places emphasis and only then adding in leg, upper back, shoulder and arm strength. While core strength is the most common sport attribute, it ironically is the least well conditioned. Traditional abdominal exercises focus on floor-based movements such as crunches, sit-ups, leg raises, rope crunches and back hyper extensions, exercises selected to isolate the abs, achieve a good 'burn', and 'protect' the lower back.

[Click here for the full article \(page 6\).](#)

Video clip: Borat learns American football (4 min 29 sec)

Our favourite character from Kazakhstan studies this classic U.S. game.



Watch the video [here](#).

Calling all Get Out There computer junkies - send us some great sports footage. Email karen@getouttheremag.com with the link.

Cardio track: Bloc Party - "Banquet" (2005)

Be sure to add UK rockers Bloc Party to your iPod, and their hit "Banquet" to your workout playlist.



Watch the video [here](#).

If there is a song that gets your blood pumping, drop us a line at karen@getouttheremag.com.

*The **Get Out There Report** is a free service brought to you by Get Out There Magazine, your complete source for sports, outdoor recreation and play!*

To submit content for the Get Out There Report, please contact karen@getouttheremag.com

