

CAMROSE SKI CLUB HISTORY

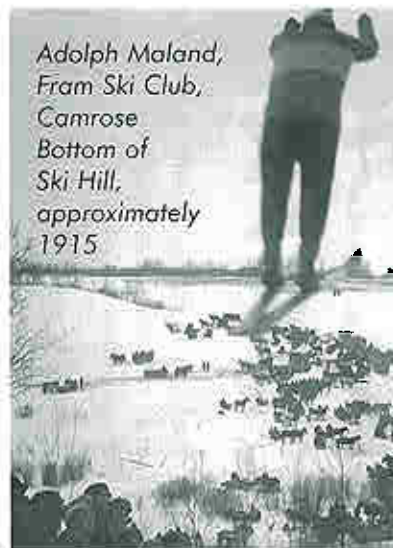
Founded in 1911 by Scandinavian settlers with the name of Fram Ski Club, Camrose Ski Club is one of the oldest in Canada. In the early days, jumping was the event that drew the crowds as Stoney Creek Valley filled with up to 3,000 people coming to see the "daring Norwegian flyers."

Based on nordic specialties: cross country skiing, jumping, nordic combined, luge and biathlon, the Camrose Ski Club has produced high-level athletes including Olympians Justine Nordmo and Kari Engstad (Lake Placid, 1932), Clarence and Irvin Servold (Cortina, 1956, and Squaw Valley, 1960), Carol Gibson (Canmore, 1988) and Glen

Rupertus (Canmore, 1988, Albertville, 1990, and Lillehammer, 1994).

Today a large number of competitive athletes as well as recreational skiers of all ages enjoy the winter wonderland of the beautiful Camrose ski trails.

Camrose Ski Club's trail system has been progressively expanded and improved over the years thanks to contributions from local volunteers, the City of Camrose, the Government of Alberta, the Government of Canada and the Camrose Rotary Club.



Adolph Maland, Fram Ski Club, Camrose Bottom of Ski Hill, approximately 1915



Six skiers who started the Fram Ski Club, October 2, 1911.
Standing: the three Engebretson brothers.
Seated: P. Mikkleson, A. Maland and Lars Maland.

TRAIL SYSTEM

Camrose Ski Club currently maintains and grooms two separate systems of ski trails located at Camrose Golf Course and at Stoney Creek Valley.

- **Camrose Golf Course**
Access from the clubhouse (5105-66 Street)
Trail Description: Easy 4 km loop (classic/skating) for early season and recreational skiing
- **Camrose Nordic Centre at Stoney Creek Valley**
Access from 39th Avenue, Parkview Drive
Trail Description – Cross Country
 - Outside loop: 18 km
 - Easy 1.25 km, 2.25 km (lighted)
 - Intermediate 3.75 km, 5 km, 7.5 km
 Trail Description – Biathlon
 - Easy 1.25 km, 2 km
 - Intermediate/Advanced 2.5 km, 3.75 km, 5 km, 10 km
- **Biathlon Range***
Access from Camrose Drive and 50 Street
– 32 shooting lanes for small bore rifles only
- **Rotary Trail**
Bi-directional trail linking cross country and biathlon systems
- **Luge Track**
473 meters of ice track for natural luge
Access from Camrose Nordic Centre

* Heated lodge, wax room and bathroom facilities available

WINTER SAFETY

- Be aware of weather conditions – carry appropriate clothing.
- Plan your outing using a trail map. Select trails within your ability level.
- Stay on designated trails and obey the one-way travel direction.
- Ski with a partner whenever possible. If alone, notify a friend or family member of your expected time of return.
- Be alert of signs of frostbite, hypothermia or fatigue.
- Carry high-energy food and water.

For the safety of others:

- Step out of the trails when resting.
- During competitions, please respect the closure of portions of trails and stadium area.
- Step aside when a faster skier calls "track."
- Do not walk or cycle on groomed ski trails. For walking or jogging, please use the paved trails.
- ATVs, skidoos and horses are not allowed on Camrose ski trails.



Camrose nordic ski trails are world-class.

CAUTION

- There is no trail patrol.
- Winter conditions and wind may cause snow drifts and hazards on the trails. SKI WITH CAUTION.
- Be alert of grooming equipment.
- STEP ON THE SIDE WHEN GROOMING EQUIPMENT IS IN MOTION.

Home of Camrose Ski Club

CAMROSE NORDIC CENTRE



Become a member of Camrose Ski Club

HOME OF THE OLE UFFDA LOPPET AND THE AUGUSTANA VIKINGS

Box 1973

Camrose, Alberta T4V 1X8

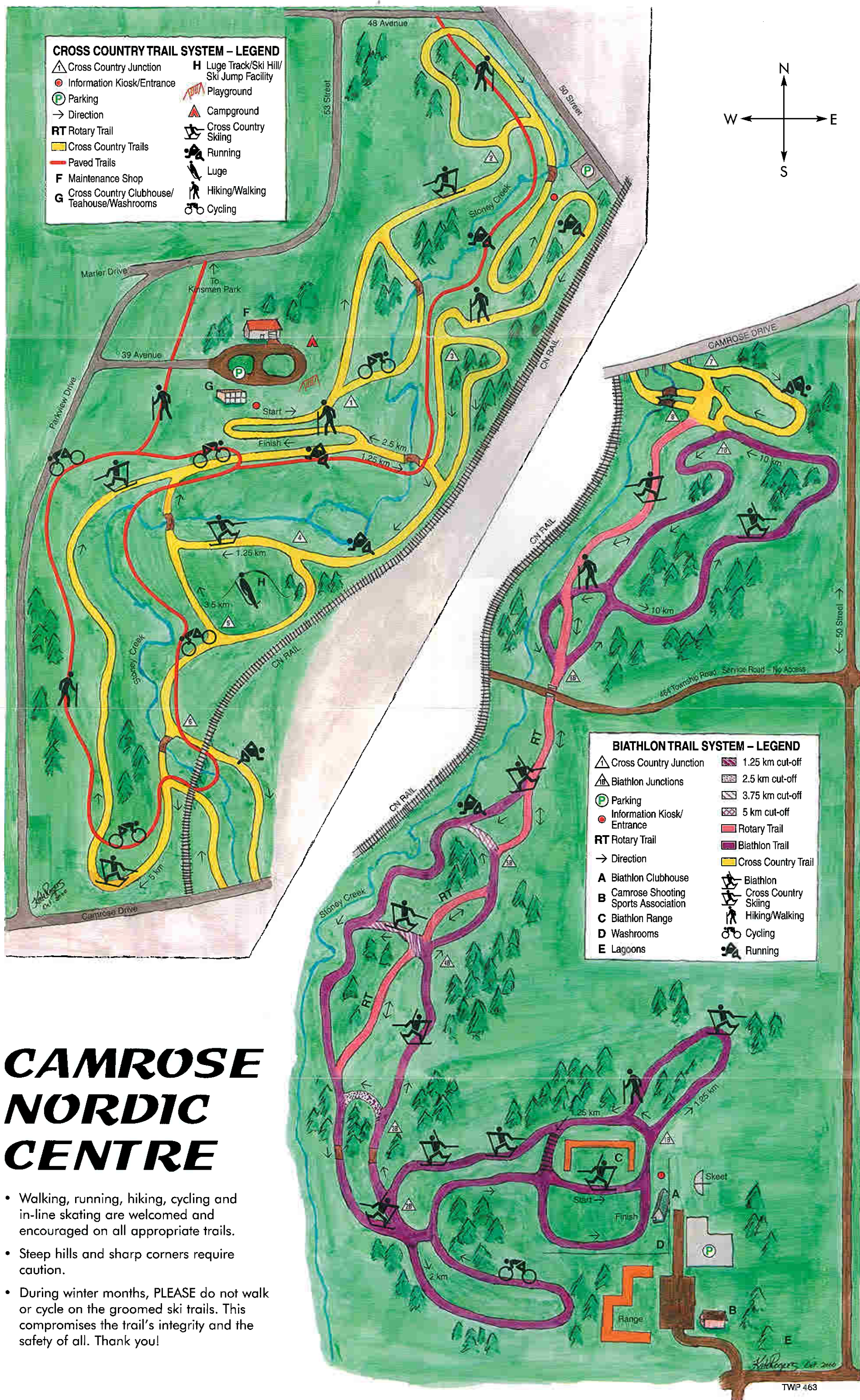
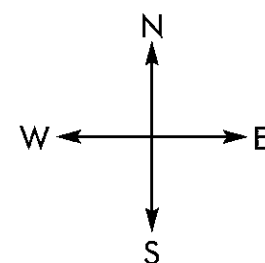
We offer programs in Jackrabbit, Luge, Cross Country Skiing, Biathlon

For information on trail conditions, upcoming events, or to leave a message for the club, phone **672-5991**

For more information about the Camrose Ski Club, access the Cross Country Alberta website at: www.crosscountry.sport.ab.ca

CROSS COUNTRY TRAIL SYSTEM - LEGEND

- | | |
|--|---|
| △ Cross Country Junction | H Luge Track/Ski Hill/Ski Jump Facility |
| ● Information Kiosk/Entrance | Playground |
| P Parking | △ Campground |
| → Direction | ⚡ Cross Country Skiing |
| RT Rotary Trail | ⚡ Running |
| Yellow Cross Country Trails | ⚡ Luge |
| Red Paved Trails | ⚡ Hiking/Walking |
| F Maintenance Shop | ⚡ Cycling |
| G Cross Country Clubhouse/Teahouse/Washrooms | |



CAMROSE NORDIC CENTRE

- Walking, running, hiking, cycling and in-line skating are welcomed and encouraged on all appropriate trails.
- Steep hills and sharp corners require caution.
- During winter months, PLEASE do not walk or cycle on the groomed ski trails. This compromises the trail's integrity and the safety of all. Thank you!