



U-Drive Bulletin: Week 3: Chantecler

Picking up Tickets

Ticket pick-up is from 8h30 to 9h45 and 12h15 to 12h45 from Peter, at the Rod Roy sign in the cafeteria. If you arrive outside these times make prior arrangements (lindsay@rodroy.com) or look for Lindsay during the class line-up at 9:50am and 12:50pm.

Line up

Line up is directly across from the stairs beside the chairlift. Look for the **orange Rod Roy signs**.

Next Week:

We are going to Mont Olympia

Directions

Laurentian Autoroute 15 North, exit 57.

Turn right to the 117 North.

Turn left at the light.

Turn right at the light to the resort.

Please check the web site notice page each Friday evening for the most up to date information.

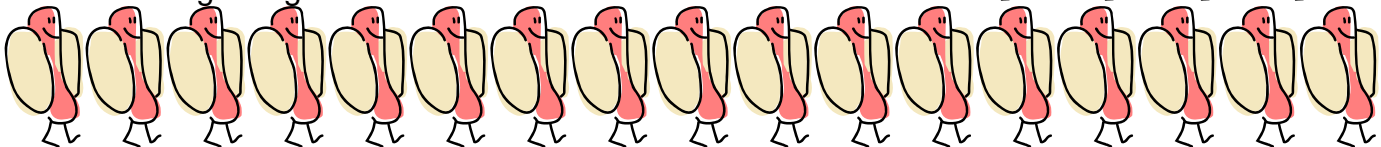
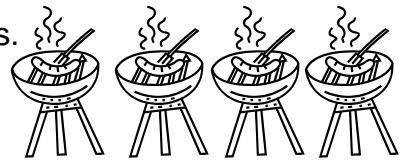
The BAR-B-Q is today

Look for the Rod Roy staff cooking up some sizzling, all-beef hot dogs.

Start: 12 noon

Limit: **Two (2) hot dogs** per person.

Be sure to bring along some snacks and a drink.



Ski Tips: Making the skis bite:

Making your skis bite into the snow is all about angles. Look at angle of the skis, the lower legs and the knees in the movie to the left.

Some big angles form when the knees are moved inwards.

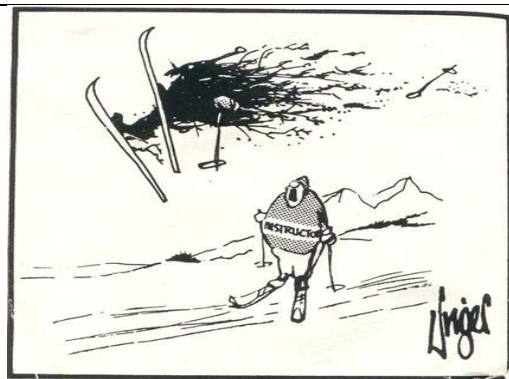
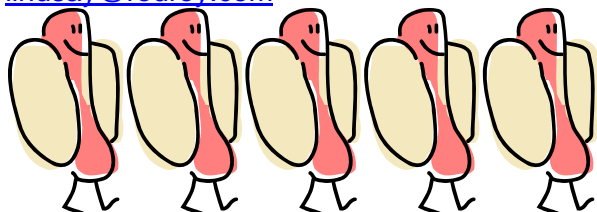
Now look at the shoulders. Not much angle there. Somewhere near the base of your spine you need to form a kind of universal joint to allow your shoulders to stay level as you move your knees inwards. You can practice this in front of a mirror.

I hope this works for you!

If you have any questions or comments feel free to email me.

Lindsay Reid

lindsay@rodroy.com



"Bend your knees."