

Westcoast

# OUTDOORS

Super  
Dave  
facts

Check out parties, events and races at the Nordic Festival in Silver Star this weekend. More details at: [skisilverstar.com](http://skisilverstar.com). Dave's hot sites this week are: [womenssportsfoundation.org](http://womenssportsfoundation.org), [endlessbiking.com](http://endlessbiking.com) and [dirtseries.com](http://dirtseries.com)

## Adventures for women, by women

Learn to snowshoe, ski or snowboard this winter

By DAVE NORONA  
for Metro Vancouver

OVER THE LAST 20 YEARS women have been making a huge splash in every sport out there. Not only can they rip as hard as men, but they seem to do it while still remaining humble and making other women want to join in the fun.

I know this first hand as my girlfriend Kim has been ripping it up on the snow since she was two years old. She dirt bikes, kite surfs, and mountain bikes with all the boys and with a big smile on her face.

Most guys would agree that there are not enough women out doing and experiencing these awesome sports. And to tell you the truth, the main reason is the attitude most guys have toward women beating them in such sports. So below are some wicked adventures that are for



Kim Duess and Chris Carter get some rest on a lift during an epic adventure on Whistler Mountain.

women and taught by women, eliminating having to go out with those male egos.

If you want to learn to snowboard or ski this winter, then sign up for one of

Grouse Mountain's Ladies only Ski/Board Clinics. For just \$300 (includes lift tickets and rentals) you get four sessions on the snow and video analysis. It is the perfect way to improve

your skills, meet new friends and join in some après-ski in Altitudes Bistro. Check out [www.grousemountain.com](http://www.grousemountain.com) for details and if you book before Nov. 30 you'll receive a

20 per cent discount.

If you're a fitness freak and hate cycling or running in the cold winter rain, then head to Cypress Cross Country ([www.cypressmountain.com](http://www.cypressmountain.com)) and keep your fitness while training in the fresh snow. Their Learn to Skate Ski Lessons include five, one-and-a-half-hour lessons on snow in the evening and includes everything, including equipment for just \$399. As a bonus you will receive a Nordic Starlite NiteTimer Pass, valid seven nights a week from 3 p.m. to closing for the rest of the season.

Snowshoeing may be more your style. If so, grab your friends and drop in to one of The Yeti's Thursday or Saturday morning drop-in clinics on Mount Seymour ([www.theyeti.ca](http://www.theyeti.ca)). The Thursday drop-in starts at 7 p.m. and the Saturday drop-in is at 9 a.m. Arrive early to allow time to park and get set up with rentals, which are only \$10 and include the drop-in fee.

Jen Seggar, a top adventure racer, and their other top instructors will take you through some awe-

some terrain walking or running.

If you can already shred and are looking for that next level, head to Whistler/Blackcomb and sign up for the Roxy Women's All Star Ski or Snowboard Camp or the Atomic Dave Murray Camps. The Roxy Women's All Star Camps are lead by women shredders who will teach in a warm, positive environment that will help you get to the next level in whatever area you want to improve. These are two-day camps with coffee and muffins to start off the day, video analysis, and a wicked après-ski each day complete with prizes.

Dave Murray Camps are lead by the best local pros. All instructors will do video analysis and work on things you want to improve on. The atmosphere is super fun. This three-day camp includes snacks, prizes and après-ski each day. Sign up for one of these camps during Discover Whistler Days for a 40 per cent discount. Check the program online at [www.whistler/blackcomb.com](http://www.whistler/blackcomb.com).

### GEAR guide

#### SALOMON SCARLET SKIS

**Description:** This all-mountain women's powder ski is built to ski the steep and deep as well as corduroy groomers. It's light, fat and with its 15.5-metre turn radius can carve on a dime. Identical to the Salomon Gun but with cooler graphics designed by the Salomon Women's Freeride Team. **Price range:** \$899 **Where to find it:** [www.salomonssports.com](http://www.salomonssports.com)



#### HELLY HANSEN HALF ZIP FREEZE TURTLE

**Description:** Merino wool and Lifa work together in this awesome winter piece. The front half-zip lets you determine when you want to dump the heat. Lifa Technology transfers moisture away from your skin and the merino wool will keep you warm even on the coldest winter days. **Price range:** \$79.99 **Where to find it:** [www.hellyhansen.com](http://www.hellyhansen.com)



#### PRIOR MAGESTIC WOMEN'S SNOWBOARD

**Description:** Pipe, park, powder, trees, and airs — the Magestic is an all-mountain board that is stable, predictable and will take your snowboarding to the next level. Sandwich construction, wood core — tip to tail, vertically laminated aspen with maple hardwood stringers along each side, and full-wrap steel edges. **Price range:** \$699 **Where to find it:** [www.priorsnowboards.com](http://www.priorsnowboards.com)



#### GIRO OMEN HELMET

**Description:** Whether you board or ski make sure to protect your noggin with Giro's newest Omen helmet. In-mold hardbody shell, 14 wind tunnel vents, 17.5 ounces and wireless tune-ups so you can listen to your favorite tunes while tearing it up! **Price range:** \$279 **Where to find it:** [www.giro.com](http://www.giro.com)



BEN BOYKO - WHISTLER, BC

## It's Coming...

Cove's Legendary Midnight Madness Sale

Next Friday, December 1st

Can You Handle the Madness?

**Cove Bike Shop, 604-929-2222**  
Service 604-929-1920  
1389 Main Street, North Vancouver  
MON TO FRI 9-7 | SAT 9-6 | SUN 10-5

**Cove Bikes, 604-929-1918**  
4310 Gallant Street,  
North Vancouver  
MON TO SAT 9-6 | SUN 10-5



COVE BIKE SHOP SERVING NORTH VANCOUVER SINCE 1981