

# The Avalanche

**MARCH 2010**

## From the Summit

I'm just putting my gear together, getting ready to head to Stratton tomorrow with the club. Vermont got slammed with several storms over the last week, which definitely salvaged their season. It looks like we'll have a great March, so I'm excited for the upcoming trips. I can't help but wonder where all our usual weekday skiers are though. The conditions are the best they've been all season and the price can't be beat, but we still have open seats on the bus. What can we do to help get people on board?



This month brings a couple changes for the club. First, our meeting location has changed—at least temporarily. The Falmouth Inn is again undergoing renovations, so we're going to gather at the Beach House on Route 151 for the last two meetings this season. Our traditional Pot Luck and Karaoke Night may be changed up a bit, so stay tuned to the website for the latest information. The other change is the possible addition of a weekend trip to Sugarloaf. Knowing that many members of the club hold vouchers from the earlier trip, this weekend will be added to take advantage of those passes. As of press time, we don't have an exact date although it will likely happen later this month. Again, stay tuned for more details. More information will be provided at the next meeting, so be sure to stop by and speak with Bud Shaw if you're interested. The trip schedule found in this newsletter does not reflect that change.

Our last couple of day trips are coming up and we hope to have a good representation for both. With the recent snowfall, both trips should see great conditions so please sign up. Finally, don't forget about the club flyers posted on the website. Even though the season is wrapping up, it's never too late to advertise the club. Grab a flyer off the website, print it up, and hang it somewhere!

**See you at the Beach House this Thursday!**



**Steve Carr**  
**President**

# Upcoming Day Trips

## Thursday, March 11

Mad River Glen or Sugarbush, VT

Conditions will determine the destination! (or a \$20 bribe to the trip leader might help...) 4:30am departure

Contact: Roger Stokey @ (508) 292-8370

## Wednesday, March 17

Wildcat

Final day trip! Don't miss it!

Contact: Camille Morgan @ (508) 759-7616

## Sunday Trips

March 7—Okemo, VT

March 21—Mystery trip

Contact: Alan Kogos @ (508) 237-3773

# Thanks

To all those that contributed to our recent Falmouth Service Center food drive. We donated over 100 items and \$45 in cash.



# NEW MEETING LOCATION

While the Falmouth Inn is undergoing renovation, we will be meeting at The Beach House restaurant on Route 151 in North Falmouth. We apologize for any inconvenience this change causes. The meeting will begin at the usual time of 7PM.

**Agenda:**                      March 4 Meeting:

- Sugarloaf weekend details!
- Final day trip sign-ups!
- Wear your favorite St. Patty's attire!
- 50/50 raffle
- Free food!

## 09/10 Trip Leaders

Bud Shaw  
84 Lakewood Drive  
Mashpee, MA 02649  
508-477-3717

Roger Stokey  
31 Riddle Hill Road  
Falmouth, MA 02540  
508-292-8370

Camille Morgan  
4 Thorne Road  
Buzzards Bay, MA 02532  
(508) 759-7616

Donny Estes  
PO Box 107  
Woods Hole, MA 02543  
508-566-0062

Cape Cod Ski Club  
c/o Alan Kogos  
508-237-3773

# BANFF: ...a review

THE AVALANCHE

Sixteen representatives of the club recently travelled to Banff National Park for a week of adventure and exploration. While the skiing was the primary reason for the trip, the scenery was spectacular and certainly made it all worthwhile. Three mountains made the itinerary, each with its own personality and merits.

Our uneventful flight brought us to Calgary, home of the 1988 Olympics, the venues for which still tower over the highway that delivers travelers to the area. It's an inspiring welcome to say the least. Banff National Park is the crown jewel of Canada's park system—the Yellowstone of the great north. The attractions are many, the residents few. The park is, of course, a protected area; however, the interesting part is the town of Banff sits within the park borders. It's a small town, with clear restrictions. To prevent the town from turning into the “Canadian Aspen,” only those who work in town are allowed to purchase homes there. Furthermore, no one can purchase the land the home stands on—that remains the property of the park. As a result, Banff has modest homes and a modest population of 8,000. Median home prices remain reasonable. All this ensures the park, environment, and wildlife are not severely impacted.



Our first ski destination was Sunshine Village which, unfortunately, was not particularly sunny that day. Scenery eluded us as the mountain was swallowed in fog and low clouds. Still, the skiing was enjoyable and we were able to experience much of the area. All winter, the jet stream skirted the far west and Canadian Rockies, meaning Sunshine and the other areas lacked its typical snow depth. That didn't stop several of the folks from venturing into the trees and steeps, seeking out interesting terrain. Such terrain was found, as were the rocks and stumps that frequent such spots. As a result, that same hearty group ventured out that night in search of PTEX and a good tune. Sunshine Village, by the way, resides upon the continental divide. Spill your beer on a particular trail, and half will flow the Pacific, the other half to the Atlantic. We didn't try it.



The ski area of Lake Louise, approximately an hour from town, is typically rated #1 for scenery in North America. We could certainly understand why once we ventured onto the hill. While the skies that day remained overcast, the Canadian Rockies surrounded the area, with views of frozen Lake Louise, amazing rocky summits, and icy glaciers. The ski area is beautiful, sprawling across 4200 acres with terrain for everyone. A platter lift delivers the bravest of souls to the summit. The trip up is as challenging as the trip down, but it also means those willing to suffer the ride are rewarded with the best snow on the mountain. Oh, yeah—no new snow that day. A couple more scratches and a gouge or two for some. Those that didn't get a tune-up after day 1 needed it now!

Day three brought some fresh tracks! A couple thousand millimeters of new snow fell overnight (alright, I don't think it was that much... or was it? I don't know. Conversion please!). The storm didn't move out until later that day, so we stayed close and went to Mount Norquay. Norquay is a smaller mountain with commanding views of town and lots of fast blue cruisers. One peak is dedicated to the extreme and is 100% bumps and black terrain. The new snow made for a beautiful day. Even better, everyone must have headed to the bigger hills that day because we essentially owned the place. We lapped their best chair all morning, getting lots of runs and lots of vertical. Paul Stutz, a Canadian slalom champion, happened to be among the few joining us. It was pretty cool watching him train for a potential bid to the Olympics. I'm not sure if he was called up or not, but he was certainly ready—we can attest to that. To add to the excitement, our shuttle narrowly avoided two fleeing Big Horn Sheep on the way back to town. Actually, I think I did have lamb that night for dinner... what a coincidence...

Three consecutive days of skiing were starting to wear on some so they took an off-day to see the sights. Banff is full of great things to see and do. There are a couple truly majestic hotels that are "must-sees." Plenty of hiking trails and wildlife make for an interesting walk in the woods and there are beautiful hot springs as well. Shopping gets pricey, but that's certainly an option (and one we took advantage of!). For those that skied, Sunshine and Lake Louise were the obvious choices. The skies had cleared and the views were amazing! While it would have been nice to get some additional snow, the blue skies and warmer temperatures were appreciated too. It was enjoyable enough that most went back for a fifth day at either mountain.

Banff National Park is a breathtaking destination that every skier should add to their list. Even with marginal snow conditions, everyone in our group had a terrific trip and I believe most would return. There were several that felt a summer trip would be equally spectacular. Any interest?

Check out the pictures and videos, links to which can be found on our website.



# 09 / 10 Trip Schedule

DATE	DAY	DESTINATION	COST	TRIP LEADER	TIME
Dec 13	Sunday	Sunapee, NH	\$70	Cape Cod Ski Club	
Dec 15	Tuesday	Killington/Sunday River	\$70	Rick Howe	4:30
Jan 3	Sunday	Loon, NH	\$70	Cape Cod Ski Club	
Jan 5	Tuesday	Killington/Sunday River	\$70	Roger Stokey	4:30
Jan 10	Sunday	Okemo, VT	\$70	Cape Cod Ski Club	
Jan 12	Tuesday	Cannon Mt., NH	\$39	Donny Estes	5:00
Jan 22	Friday	Wildcat, NH	\$39	Steve Carr	5:00
Jan 24	Sunday	Sunday River	\$70	Cape Cod Ski Club	
Jan 24–29	Sun–Fri	Sugarloaf, ME	\$349	Bud Shaw	DY
Jan 31	Sunday	Wildcat, NH	\$70	Cape Cod Ski Club	
Feb 7	Sunday	Sunapee, NH	\$70	Cape Cod Ski Club	
Feb 9	Tuesday	Stratton, VT	\$70	Leonard Hills	5:00
Feb 14–21	Sun–Sun	Banff, Alberta	\$1495	Bud Shaw	FLY
Feb 28	Sunday	Waterville Valley, NH	\$70	Cape Cod Ski Club	
Mar 2	Tuesday	Attitash, NH	\$70	Steve Carr	5:00
Mar 7	Sunday	Okemo, VT	\$70	Cape Cod Ski Club	
Mar 11	Thursday	Mad River Glen, VT	\$70	Roger Stokey	4:30
Mar 17	Wednesday	Wildcat, NH	\$70	Camille Morgan	5:00
Mar 24-25	Wed–Thurs	Stowe, VT	TBA	Donny Estes	DY
Mar 21	Sunday	Mystery Trip	\$70	Cape Cod Ski Club	

\* All trips subject to our deposit and liability policies, found elsewhere in this newsletter or on our website. Non-members are subject to a \$15 surcharge.



**Ski Club  
Members  
save 10%**

High quality brands:

- Rossignol
- Salomon
- The North Face
- Volkl
- Tecnica
- Thule
- And many more...

**Free installation  
with purchase of  
Thule Rack or box  
781-934-9501**

**SPORTWORKS**

Full service ski and snowboard shop with friendly, knowledgeable customer service. We do it all, from Boot fitting to edge repair. For all your skiing needs call us. Our prices will beat any shop around and we guarantee 100% satisfaction.



**Let us know you're coming and we will tune your skis on the spot so you don't have to make the drive twice!**

**Support your local ski shop!**

45 Depot St. Duxbury MA.  
Directions available at our website:  
[www.sportworksltd.com](http://www.sportworksltd.com)

## Trip Application for 2009-2010 Season

Name: \_\_\_\_\_ Roommate: \_\_\_\_\_

MAILING Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (Home): \_\_\_\_\_ (Work): \_\_\_\_\_

Email address: \_\_\_\_\_

Trip desired \_\_\_\_\_ Date: \_\_\_\_\_

Downhill     Cross Country     Snowboard

YOU MUST FILL IN ALL BLANKS. I HAVE READ AND AGREE TO THE LIABILITY POLICY AND WAIVE ALL LIABILITY.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**LIABILITY POLICY:** Participants acknowledge that there are inherent risks in skiing, whitewater rafting, and other sports, and agree to hold harmless the Upper Cape Ski & Sport Club, its officers, directors, and agents, from any claims whatsoever resulting from participation in any club related activity. The Upper Cape Ski & Sport Club acts solely as agent carrying out services and assumes no responsibility for injury, loss, or damage to persons or property, not for faults or defaults of companies or those carrying out services; nor accident, injuries, delays, cancellations, changes due to weather, baggage, lodging, insufficient participation, or reasons beyond the control of the Upper Cape Ski & Sport Club. Make all checks payable to: Upper Cape Ski & Sport Club.

### ~ Deposit/Refund policy ~

Deposits help ensure that a space is reserved for our members. These deposits apply to bus trips, weekend trips, week-long trips and more. Late cancellations are not entitled to a refund, nor is the club responsible for finding a replacement for you. You must find your own replacement, although we will endeavor to help you whenever possible. Deposits are further subject to the conditions imposed upon us by our suppliers, agents or other providers. We make every effort to refund as much money as possible but cannot guarantee that we will be able to do so. Inquire of your trip leader for specific information regarding your particular trip. The club recommends that you consider trip insurance whenever possible.

### Contact Us?

 **By Mail:**

Upper Cape Ski & Sports Club  
PO Box 2123  
Teaticket, MA 02536

 **By Phone:**

Tom Burt  
508-566-0095

 **By Web:**

[www.uppercapeclub.com](http://www.uppercapeclub.com)

 **President:**

Steve Carr

**Treasurer:**

Leonard Hills

**Membership:**

Scott Northrop  
Pam Tremarche

**Website:**

Michael Finegold

**Vice President:**

Scott Muma

**Secretary:**

Andrea Stokey

**Newsletter:**

Tom Burt