



THE AVALANCHE

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

Volume 10, Issue 2

September 2004

NEXT MEETING:

- *Thursday*
- *October 7, 2004*
- *7:30 p.m.*
- *Jillian's Restaurant*
- *Rte 151*
North Falmouth, MA

Contact Us?

By Mail:

Upper Cape Ski & Sports Club
P.O. Box 2123
Teaticket, MA 02536

By Phone:

Diane Payson, Treasurer
508-548-0071

By Web:

www.uppercapeskiclub.com

President:

Karen Foster

President@uppercapeskiclub.com

Vice President:

Tom Peterson

VicePresident@uppercapeskiclub.com

Treasurer:

Diane Payson

Treasurer@uppercapeskiclub.com

Secretary:

Camile Morgan

Secretary@uppercapeskiclub.com

Membership:

Dave Dimestico

Membership@uppercapeskiclub.com

Newsletter Editor:

Tim Stark

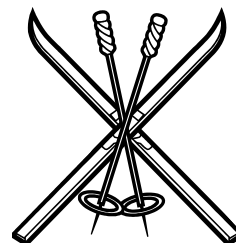
Editor@uppercapeskiclub.com

September 2004

President's Letter

Dear Members,

How're the legs doing after the summer? Did everyone take the opportunity to exercise and get a good leg up (no pun intended) on preparing for the upcoming season? You didn't?



Well, now's the perfect time to start! You've got more than 3 months before the first trip and if you begin your preparation now, you'll be in fine form when it comes to hit the slopes.

If you took the summer off, as many of us do, start out with a brisk walk 15–20 minutes is a good time limit if you're just starting to exercise, and don't forget to do some light stretching as well. Flexibility is equally important as strength now matter what you're type of skiing!

After you've reached the 30–45 minute range for your walk, think about adding some strength exercises to your routine.

Unless you're a person who exercises regularly, you should consult either your physician or a personal trainer to get you started. Balance Health and Fitness will be presenting at our October meeting, so mark your calendars!

It's never too late to start, but the sooner you're able to start, the better!

Karen Foster, President

Changed your e-mail address lately?

**If you haven't notified us, then you won't receive our
email updates. Send e-mail requests to
mfskier@uppercapeskiclub.com**



Important information for 03/04 New Members

If you were a new member as of the 03/04 ski season and paid for a trip which ultimately had to be cancelled, your membership dues for this year will be **waived** by the Club. If this happened to you, please contact membership@uppercapeskiclub.com and let us know.

TO SIGN UP FOR A TRIP

DAY TRIPS-Schedule and prices may be subject to change at any time. Always check with your Trip Leader for last minute changes, cancellations and to confirm bus departure. Non-member surcharge is \$20 in addition to the regular price. The bus leaves from the Grand Union (formerly A&P) on MacArthur's Boulevard, Bourne. Plenty of parking is available for the day, allowed by the Grand Union. Mail your check to the trip leader.

WEEKEND & WEEK-LONG TRIPS-Only fully paid members are allowed to participate. Make sure to sign up for membership before sending your ski trip reservations. All prices are per person (adult) and are subject to change (check with your trip leader). Single-room occupants are subject to an applicable surcharge. Contact your trip leader for surcharge information. Refunds are subject to our deposit policy.

📍 **Rte. 3 Pick Up** (Exit 10 off Rte 3 in Duxbury) **providing you give notice to trip leader**

04/05 Trip Leaders

Karen Foster
81 Goeletta Dr.
E. Falmouth, MA 02536
508-564-4818

Brenda Purdy
P.O. Box 3419
Waquoit, MA 02536-3419
508-540-4268

Carey Murphy
120 Ostrom Rd.
Waquoit, MA 02536
508-495-6442

Diane Payson
88 Palmer Ave.
Falmouth, MA 02540
508-548-0071

Jack Reardon
42 N. Bourne's Pond Rd.
E. Falmouth, MA 02536
508-548-6486

Michael Finegold
88 Palmer Ave.
Falmouth, MA 02540
508-548-0071

Doug Baker
P.O. Box 3447
Pocasset, MA 02559
508-563-9273

Dave Dimestico
18 Raffi Ave.
E. Falmouth, MA 02536
508-540-7656

Tom Burt
46 Thom Ave.
Bourne, MA 02532
508-759-8364

~ 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.

Trip Schedule!!!

Day/Week	Date	Place	Rte 3 Pick up	X Country	Cost	Trip Leader	Bus Departs
Fri—Sun	12/10—	Sunday River, ME			179.00		Self Drive
Wed	12/29	Stratton, VT				Dave Dimestico	5:00
Wed	1/5	Okemo, VT					5:00
Sun	1/9	Mt. Snow, VT					5:00
Wed	1/12	Attitash, NH					5:00
Wed	1/19	Mt. Sunapee, NH					5:00
Sun—Fri	1/23—1/28	Sugarloaf, ME				Doug Baker	Self Drive
Wed	2/2	Ragged Mtn., NH					5:00
Wed	2/9	Stratton, VT				Dave Dimestico	5:00
Sun	2/13	Sunday River, ME					4:30
Wed	2/16	Loon, NH					5:00
Sun—Sun	2/20—2/27	Aspen / Snowmass, CO			1,435.00	Jack Reardon	Air
Sun	2/27	Cannon, NH				Tom Peterson	5:00
Wed	3/2	Mt. Snow, VT					5:00
Sat—Sat	3/5—3/12	Whistler / Blackcomb, BC			1,329.00	Mike Finegold	Air
Wed	3/9	Bretton Woods, NH					5:00
Wed	3/16	Sunday River, ME					4:30
Sun	3/20	Ascutney, VT					5:00
Fri	3/25	Mad River Glen, VT					5:00
Wed	3/30	Wildcat, NH				Camille Morgan	5:00
Thu—Sun	3/31—4/3	Jay Peak, VT			260.00		Self Drive

For up-to-the-minute information on trip updates, visit
www.uppercapeskiclub.com

NEXT GENERAL MEETING - Thursday, October 7, 2004

**POKOLODI LODGE****Aspen / Snowmass!****February 20—27, 2005 - Only \$1,435.00 (pp/do)*****Trip Leader: Jack Reardon*****The February Great Escape**

It's off to the slopes of Aspen and Snowmass! With more than 3,000 acres at Snowmass, you're guaranteed to find what you want! Snowmass is unbelievable! So many runs, so much variety, and skiing for all abilities. Try the Big Burn for the widest open runs in the West, or Hanging Valley for the wilder ride!

Legendary bumps and steeps more to your liking, head to Aspen Mountain for style, comfort and, of course...double-diamond runs!

Trip Includes:

- ✂ Round Trip air Boston to Eagle Airport
- ✂ Roundtrip Transfers
- ✂ Seven (7) nights at the Pokolodi Lodge in Snowmass (only 100 yds. From the slopes!)
- ✂ Five out of seven day, four-mountain ski pass
- ✂ All taxes

**See Full Details on
Pages 8 & 9!****March 5–12, 2005
\$1,329.00 per person*****Trip Leader: Mike Finegold***

When it comes to skiing and riding, Whistler Blackcomb is variety. Choose from steeps, deeps, chutes, high alpine bowls, glades, superb corduroy, long cruisers, and gentle rollers. Riders and skiers will revel in the Parks and Pipes on Blackcomb, the World Cup Superpipe, plus natural launch pads, hits, wind-lips, cornices, cliff drops, and ridges - the place is like a huge, natural terrain park!

When you're done exploring the 7,000 plus acres of terrain on both mountains, head down to the valley and experience Village life. You'll see that when you come down from the mountains, there are still a lot of ups in Whistler. Like restaurants, shopping, indoor activities, après and nightlife action. Or get involved in the many other winter activities Whistler has to offer: Snowmobiles, Ziptrek Ecotours, Dog sledding, or Snowshoeing! The list goes on and on, and on!!!

Trip Includes:

- ✂ Round-trip air Boston to Vancouver via Air Canada
- ✂ Round-trip airport/hotel transfers
- ✂ Seven (7) nights accommodations at the Delta Whistler Village Suites
- ✂ Six (6) out of seven (7) day dual-mountain ski pass (Whistler/Blackcomb)
- ✂ Extend your stay option – City of Vancouver
- ✂ All taxes

**See Full Details on
Pages 10 & 11!**



December 10 - 12, 2005

Trip Leader: Mike Finegold

\$179.00 per person!

In terms of sheer size, Sunday River is remarkable: 128 trails, 663 acres, and 8 interconnected mountains. Each peak offers a distinct experience, from the steeps and bumps of White Cap to the tree skiing of Oz to the cruising on North Peak and Jordan Bowl, and it's all serviced by a network of 18 modern lifts, four of which are high-speed quads!

Trip Includes:

- ž 2 nights lodging at the Grand Summit (ski-in / ski-out) Lodge
- ž 2 days lift pass

Fast Stats!!!

Runs: 128

Snowmaking: 92%

Lifts: 18

Vertical Descent: 2340 ft.

Terrain Parks: 4

Avg. Snowfall: 155"

January 23 - 28,
2005



sugarloaf/usa.

Price: TBD

Sugarloaf/USA is located in the heart of the Carrabassett Valley, and is surrounded by Maine's Western Mountains.

It's craggy and knotty so make like a buzzsaw and rip it! Take the Timberline Quad and you're at 4,237 feet elevation—The top of the world (by New England standards anyway!) Check out Maine, Vermont, New Hampshire AND Canada and enjoy the only lift-serviced above treeline skiing in the East!

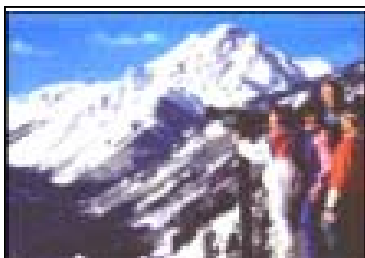
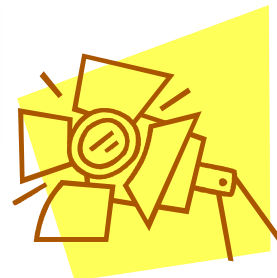
**Details
Coming
Soon!**

Trip Leader: Doug Baker



Resort Spotlight

ASPEN  SNOWMASS™



Aspen, is blessed with breathtaking views and four ski areas that can whet your imagination as well as your ski suit: Aspen, Aspen Highlands, Buttermilk Mountain, and Snowmass. Each has its own character and forte – steep and deep, bumps & stumps, wide cruisers, or boarding terrain for the best boarders around. Here you can mix and match your vacation and sample each area during your stay.

Snowmass, 11 miles from Aspen has this country's largest vertical drop, 4,406 feet. It is a diamond in the rough – each facet displays a different personality. It's a snowboarding Mecca. "Coney Glade" is where the air junkies get high. Two halfpipes and a terrain park cater to different boarding abilities, so there's lots of terrain for learning and expert moves.

Aspen Mountain, called Ajax Mountain by the locals, is often referred to as the athletes' mountain. The only green you'll find on its slopes is the foliage. There are no "Easy" runs. Sixty-five percent of the skiable terrain is "Most Difficult and Expert." That accounts for lots of steeps and bump runs open only to skiers, like "Kristi's" and "The Face of Bell." Aspen is a "No Snowboarding" zone.

Aspen Highlands is the local's favorite with its infamous radical terrain, and Colorado's steepest. You might feel a bit heady as you gaze at the magnificent views of Pyramid Peak and the Maroon Bells which soar over 14,000 feet in elevation. Or, you might feel a bit giddy as you head into double-black diamond "Steeplechase" or "Olympic Bowl." There's plenty of glade skiing, too. Aspen Highlands offers a challenging backcountry skiing option.

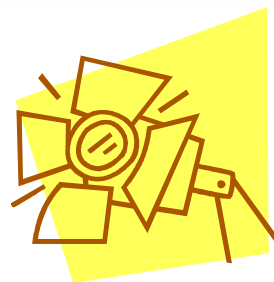
Buttermilk Mountain is just three miles from Aspen. Its reputation is of a gentler kind than the Highlands. Groomed runs are as smooth as corduroy which make for a great family area and for those who are perfecting carving skills.

The town of Aspen lies at the foot of Aspen Mountain. Aspen grew from a silver mining town to a world-class ski destination in less than a century. Victorian homes line its streets, while western-style store fronts are filled with upscale boutiques, fine restaurants, art galleries.



A friend of mine says Aspen is the "scene in which to be seen". It's not a place for the strict economy-skier. But neither do you have to break the bank to enjoy your vacation and there are plenty of good deals if you know where to look. On-mountain concierge centers are a great place to start.

Resort Spotlight



Whistler/Blackcomb has been rated in the top three ski & snowboard destinations in North America by leading ski magazines for the last 8 years. In 1996 it received top honors from all the three major ski magazines. This is not surprising given the size of its terrain - over 2,800 hectares of skiable terrain and 1,600 m (5,280 ft) plus of thigh burning vertical. Add to this an hourly lift capacity of over 26,000, 3 half-pipes and two parks and it soon becomes clear why magazines keep throwing superlatives at Whistler/Blackcomb.

The Whistler/Blackcomb legend began on 1960 when a group of businessmen, led by Franz Wilhelmsen, formed the Garibaldi Lift Company with the aim of developing an alpine ski area for the 1964 Olympics. The Olympics were never held at Whistler but the dream continued and the resort grew and today is the largest ski resort in North America.

Whistler is renowned for its variety and Blackcomb is renowned for its snow fields Whistler is more of a free-skier's paradise. It is a mountain with seven different bowls, cliffs, tree runs and endless supplies of powder. Blackcomb offers a great, professionally sponsored, terrain park .

Whistler/Blackcomb receives an extra-ordinary amount of snow. This means an abundance of powder days throughout the season. But, on the flip side, so much snow means plenty of bad weather. Whistler is not famous for its sunny days. If you love powder and can handle bad weather then the twin mountains of Whistler/Blackcomb will suit your temperament.

Whistler/Blackcomb have the latest in lift technology with 17 lifts on Blackcomb and 15 lifts on Whistler. Of these 32 lifts, 13 are high-speed quads or gondolas. Operation hours are from approx. 8:30 am to 3:30 pm (depending on the day and time of year). So it is wise to get yourself to the top at the end of the day before the lifts close if you think your legs can hold up for another 1.5 kms of vertical.

Unlike most other resort villages in North America, Whistler Village is particularly aesthetically pleasing. The architecture and paved walkways have a relaxing feel about them. After a hard day's riding it is great to just wander through the village and do some window-shopping.



COLORADO

FEBRUARY 20-27, 2005

\$1,435 per person, double occupancy

The February “Great Escape” this year takes us back to the slopes of the Aspen/Snowmass area. The package includes round-trip airfare, transportation to and from Eagle Airport, seven nights lodging at the Pokolodi Lodge in Snowmass, and a five-out-of-seven-day, four-mountain ski pass.

Pokolodi Lodge

Pokolodi is believed to mean “the small lodge of welcome and happy dreams”. You will find a hearty welcome here!

The Pokolodi Lodge is conveniently located just below the Snowmass Village Mall and 100 yards from the slopes! A deluxe continental breakfast is included daily, and a complimentary wine and cheese party will be held the evening of our arrival. Each unit at the lodge has cable TV, refrigerator, coffee maker, balcony, and hair dryer. There is a new outdoor heated pool and hot tub. Shuttle bus service to the other three ski areas, Aspen (Ajax), Aspen Highlands, and Buttermilk, is free and very convenient.

Other amenities include laundry facilities, lounge, ski storage, daily maid service, work-out facility privileges at the Snowmass Mountain Chalet, newspapers at the front desk, internet access, and more.

Trip insurance is available upon request. Must be a UCSSC 2004/05 member.

We will make every effort to help find a roommate for singles, but we cannot guarantee it.

Please make every effort to find a roommate as singles pay a significant surcharge.

SPACE IS LIMITED AND AVAILABLE ON A FIRST-COME-FIRST-SERVED BASIS!

For further information contact the trip leader
Jack Reardon at 508-548-6486

Make check payable to: Upper Cape Ski & Sports Club

Mail to: Jack Reardon, 42 North Bournes Pond Rd, East Falmouth, MA 02536

3rd Deposit \$435 – Due Dec 1, 2004



Name _____ Roommate _____
Address _____
City _____ State _____ Zip _____
Daytime Telephone _____ Evening _____

2nd Deposit \$500 – Due Nov 1, 2004

Name _____ Roommate _____
Address _____
City _____ State _____ Zip _____
Daytime Telephone _____ Evening _____

1st Deposit \$500 – Due Sept 15, 2004

Name _____ Roommate _____
Address _____
City _____ State _____ Zip _____
Daytime Telephone _____ Evening _____



Whistler Blackcomb - British Columbia, Canada

March 5–12, 2005

\$1,329 per person

The numbers speak for themselves: One vertical mile. Over 7,000 skiable acres. Two mountains. More than 200 trails. Three glaciers. 33 lifts. Twelve alpine bowls. 30 feet of snow. Whistler Blackcomb is rated the #1 mountain resort in North America and is arguably the best mountain resort in the world. Offering the highest vertical, the most skiable terrain, and the best and most accessible backcountry. This year Whistler Blackcomb will invest \$14.2 million in on-mountain improvements, introduce 1100 acres of new terrain on Whistler Mountain, unveil a fully redeveloped Creekside base, host the 2005 World Snowboard Championships, and launch a Superpipe on Blackcomb Mountain, lit for night skiing and riding.

Trip includes:

- ✂ Round-trip air Boston to Vancouver via Air Canada with round-trip airport/hotel transfers
- ✂ Seven (7) nights accommodations at the Delta Whistler Village Suites
- ✂ Six (6) out of seven (7) day dual-mountain ski pass (Whistler/Blackcomb)
- ✂ All taxes

Delta Whistler Village Suites

An excellent location within the village featuring one-bedroom suites with either a queen or two single beds, daily housekeeping, full kitchen, living room with fireplace, balcony, washer and dryer in the room, two outdoor hot tubs, indoor pool, sauna, steam room, exercise room, and in-room breakfast is available (extra charge). There are two on-premise restaurants and lounge, Hy's Steakhouse and Milestones Restaurant & Palomino Sports Bar, as well as premium shopping and a nightclub on the premises

Extend your stay option – City of Vancouver

Extend your stay at the end of the trip and see beautiful Vancouver Island or the City of Vancouver or just stay in Whistler a few extra days. You should let me know by **October 25th** if you want this option. Additional days are available at your own expense. The club will arrange for your return flight (included) but you must arrange and pay for your transportation to the airport and your accommodations as well as any additional expenses you incur.

Contact Trip Leader Michael Finegold for further information
mfskier@adelphia.net or call 508-548-0071

Make check payable to: Upper Cape Ski & Sports Club



Mail to: Michael Finegold, 88 Palmer Ave., Falmouth MA 02540

3rd Deposit \$579 – Due Dec 31, 2004

Name _____ Roommate _____

(print names exactly as they appear on your passports)

Address _____

City _____ State _____ Zip _____

Daytime Telephone _____ Evening _____

2nd Deposit \$500 – Due Oct 25, 2004

Name _____ Roommate _____

(print names exactly as they appear on your passports)

Address _____

City _____ State _____ Zip _____

Daytime Telephone _____ Evening _____

1st Deposit \$250 – Due Aug 25, 2004

Name _____ Roommate _____

(print names exactly as they appear on your passports)

Address _____

City _____ State _____ Zip _____

Daytime Telephone _____ Evening _____



Ski Buddies

For some time now we've been trying to think of a way that our members can identify each other while on the slopes. We've talked about arm bands, things that tie around poles, even clothing with our insignia on it. Well, we think we have a solution. It's a sticker. Yes, a sticker. With more and more people sporting helmets (a very good thing) what better place to identify that you're a proud member of the Upper Cape Ski & Sports Club.



Vests

Once again we'll be offering vests with our name printed on them. Red Blanchard, formerly of Village Ski and Sports Shop, has gracefully re-offered his connections to the vest manufacturer so that we can be warm all winter long.



Upcoming Meetings Preview

7 October:

- ✎ Get in Shape w/ Balance Health & Fitness
- ✎ What's new in Ski Equipment

4 November:

- ✎ Snowboard preview
- ✎ Motion Clothing, Mashpee

2 December:

- ✎ Attitash Mountain Presentation
- ✎ Yankee Swap

CLASSIFIEDS

Christmas Mountain Condo for rent in Glen, NH

2 Bedroom, 2 Bath, w/loft (sleeps 8)

Beautiful views of Mt. Washington.

Wildcat, Attitash, Cranmore are all close by.

\$150 per night plus cleaning fee.

Call Scott or Wendy @ 508-457-9499

Sunday River 1-bedroom Condo for rent

Ski in, ski out—Sleeps 4—Hot tub & heated outdoor pool

Available holidays & weekends.

Call Michael Finegold @ 508-548-0071

Looking for children's boots & skis. Call Diane Payson @ 508-548-0071

If you would like to place an ad,
email it to editor@uppercapeclub.com.





Trip Application for 2003-2004 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, it's 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

Membership Application for 2004-2005 Season

Name: _____ Age: _____

MAILING Address: _____

City & State: _____ Zip: _____

I HAVE READ AND AGREE TO THE LIABILITY POLICY AND WAIVE ALL LIABILITY.

Signed _____ Date _____

Annual Dues - \$40

October 1, 2004 thru Sept. 30, 2005

Downhill ☐ Snowboard ☐

Cross-Country ☐

I prefer to receive my newsletters via email: YES ☐ NO ☐

LIABILITY POLICY: Participants acknowledge that there are inherent risks in skiing, snowboarding, whitewater rafting, and other sports, and agree to hold harmless the Upper Cape Ski & Sport Club, it's 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. I also agree to abide by the bylaws and policies set forth by the Upper Cape Ski & Sport Club.

Annual dues are \$40. Minimum age for membership is 21 years of age.

Make all checks payable to **Upper Cape Ski & Sport Club**

Mail to: **UCS&SC-Membership, Box 2123, Teaticket, MA 02536**

Next General Meeting

**Thursday
October 7, 2004**

Arrive early and have a great dinner at:

JILLIAN'S
Corner of Rte 151 & 28A



Itinerary:

***Think
Snow!!!***

**The Upper Cape Ski & Sports Club
PO Box 2123
Teaticket, Ma 02536**

FIRST CLASS MAIL



There's no news like snow news!