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### NEXT MEETING:

- *Thursday*  
*October 2,*  
*2003*
- *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

## 65 days until ski season!

### Presidents Letter

Dear Members,

You can't tell by the weather but ski and boarding season is only a few days away. Imagine being threatened by a hurricane when we should be making plans to go skiing. If the ski bug hasn't hit, open this newsletter and check out the great trips we have to offer this year. If that doesn't motivate you, make sure you attend the first club meeting of the season at Jillian's on October 2nd. We have a jam packed schedule to get your mind, body, and equipment tuned for the season!

Before we start the 2003-2004 season, I want to give you a summary of last year (2002-2003). Our long trips to Mt. Tremblant, Sugarloaf, Meribel, and Steamboat Springs were well attended. Our day trips, as presented in the financial statement in this newsletter, resulted in a significant loss to the club. Our loss occurred for two reasons, (1) we incurred several one-time costs associated with filing the application to be recognized as a non-profit organization, and (2) the board decided to reduce the prices of the day trips with the expectation that the lower price would attract many new members. Although some new members joined, it was not sufficient to offset the reduced day-trip prices. Thus, prices for day trips this year will be consistent with those prices we have charged in previous seasons. We still think they are a bargain - a day of skiing, a bus trip where you can spread out, movie on the way home, and lots of fun! Overall our financial standing remains solid thanks to the hard work and wisdom of your officers and board of directors.

**Karen Foster, President**

Teaticket, MA 02536

**( By Phone:**  
 Diane Payson, Treasurer  
 508-548-0071

**8 By Web:**  
 www.uppercapecskiclub.com

**Newsletter Editor:**  
 Michael Finegold  
 508-548-0071



*Sunday*      *Monday*      *Tuesday*      **DECEMBER**      *Thursday*      *Friday*      *Saturday*

	1	2	3	4 7:30 pm General Meeting	5	6
7	8	9	10	11	12 Drive Sunday River	13 Drive Sunday River
14 Drive Sunday River	15	16	17	18	19	20
21	22	23	24	25	26	27
28 5:00 am Okemo	29	30	31			

*Sunday*      *Monday*      *Tuesday*      **JANUARY**      *Thursday*      *Friday*      *Saturday*

				7:30 pm <sup>1</sup> General Meeting	<sup>2</sup>	<sup>3</sup>
<sup>4</sup>	<sup>5</sup>	<sup>6</sup>	5:00 am <sup>7</sup> Stratton, VT	<sup>8</sup>	Drive <sup>9</sup> Sugarbush,VT	Drive <sup>10</sup> Sugarbush,VT
Drive <sup>11</sup> Sugarbush,VT	<sup>12</sup>	<sup>13</sup>	5:00 am <sup>14</sup> Attitash, NH	<sup>15</sup>	<sup>16</sup>	<sup>17</sup>
<sup>18</sup>	<sup>19</sup>	<sup>20</sup>	5:00 am <sup>21</sup> Mt. Snow, VT	<sup>22</sup>	<sup>23</sup>	<sup>24</sup>
Drive <sup>25</sup> Sugarloaf, ME	Drive <sup>26</sup> Sugarloaf, ME	Drive <sup>27</sup> Sugarloaf, ME	Drive <sup>28</sup> Sugarloaf, ME	Drive <sup>29</sup> Sugarloaf, ME	Drive <sup>30</sup> Sugarloaf, ME	<sup>31</sup>

~ **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.

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*THE AVALANCHE*



Day/Week	Date	Place	Rte 3 Pickup	X Country	Cost	Trip Leader	Bus Departs
Friday	Dec 12-14,03	Sunday River, Me			\$175	Michael Finegold	5:00 AM
Sunday	Dec 28	Okemo, VT		X	\$65	Karen Foster	5:00 AM
Wednesday	Jan 7, 2004	Stratton, VT			\$65	Dave Dimestico	5:00 AM
Sunday	Jan 9-11	Sugarbush, VT			\$	Brenda Purdy	Drive yourself
Wednesday	Jan 14	Attitash/Bear Peak, NH	Q	X	\$60	Dave Dimestico	5:00 AM
Wednesday	Jan 21	Mt. Snow, VT		X	\$60	Tom Burt	5:00 AM
Sun-Friday	Jan 25-30	Sugarloaf, ME		X	\$ 330	Doug Baker	Drive yourself
Sunday	Feb 8	Stowe, VT			\$65	Brenda Purdy	4:30 AM
Wednesday	Feb 11	Waterville Valley, NH	Q	X	\$60	Brenda Purdy	5:00 AM
Sun-Sun	Feb 15-21	Park City, Utah		X	\$1269	Jack Reardon	Fly
Wednesday	Feb 25	Okemo, VT		X	\$65	Tom Burt	
Sunday	Feb 29	Sunday River, ME	Q		\$65	Brenda Purdy	4:30 AM
Tuesday	Mar 2	Cannon, NH	Q		\$65		5:00 AM
Wednesday	Mar 5-14	Jackson Hole, WY			\$1369	Michael Finegold	Fly
Wednesday	Mar 10	Wildcat, NH	Q	X	\$60		5:00 AM
Wednesday	Mar 17-18	Bretton Woods, NH	Q	X	\$60	Dave Dimestico	Drive yourself
Wednesday	Mar ?	To be determined		X	\$ TBA		5:00 AM
Thurs-Sun	Mar 31-Apr 4	Jay Peak, VT		X	\$TBA	Diane Payson	Drive yourself

## 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.

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

Karen Foster Brenda Purdy Jeff Neary  
81 Goeletta Dr. P.O. Box 3419 57 Central St.  
E. Falmouth, MA 02536 Waquoit, MA 02536-3419 Mansfield, MA 02048  
508-564-4818 508-540-4268 508-339-0788

Diane Payson Jack Reardon Michael Finegold  
88 Palmer Ave. 42 N. Bourne's Pond Rd. 88 Palmer Ave.  
Falmouth, MA 02540 E. Falmouth, MA 02536 Falmouth, MA 02540  
508-548-0071 508-548-6486 508-548-0071

Doug Baker Dave Dimestico Tom Burt  
P.O. Box 3447 18 Raffi Ave. 46 Thom Ave.  
Pocasset, MA 02559 E. Falmouth, MA 02536 Bourne, MA 02532  
508-563-9273 508-540-7656 508-759-8364

**NEXT GENERAL MEETING - Thursday, October 2, 2003**



Upper Cape Ski & Sports Club  
***A Year in Review 6/1/02-5/31/03***

MISC. INCOME

Membership \$ 5,160.00  
 Newsletter Advertisements 80.00  
 Vest Income 153.25  
 Bank Interest 37.99  
 \$ 5,431.24

MISC. EXPENSES

Newsletter-Printing & Postage \$ (1,728.58)  
 Monthly Meeting Location Charges (679.00)  
 Membership Drive-Printing & Postage (398.50)  
 Radio Advertising (783.33)  
 Office Expenses (supplies, PO rental, etc.) (440.24)  
 Prize Certificates Redeemed (50.00)  
 Gift Certificates Redeemed (60.00)  
 Web Site Hosting fee (400.00)  
 Accountants Fee (1,249.00)  
 IRS Application Fee (500.00)  
 Bank Fees (8.95)  
 \$ (6,297.60)

ACTIVITIES - overall Profit or Loss

Sunset Cruise 9/1/01 cancelled  
 Ski Trips:  
 Killington, VT 12/11/02 (417.77)  
 Okemo, VT 12/29/02 (386.97)  
 Stratton, VT 1/8/03 (55.71)  
 Sunday River, ME 1/12/03 (286.48)  
 Attitash, NH 1/15/03 (350.97)  
 Sugarloaf, ME 1/26-1/31/03 1,387.00  
 Okemo, VT 2/5/03 (528.46)  
 Stowe, VT 2/9/03 (664.98)  
 Mt. Snow, VT 2/12/03 (175.83)  
 Steamboat Springs, CO 2/16-2/23/03 1,047.00  
 Meribel, France 2/12-3/1/03 174.00  
 Sunday River, ME 2/26/03 (465.13)  
 Stratton, VT 3/5/03 (257.97)  
 Waterville Valley, NH 3/9/03 (291.98)  
 Wildcat, NH 3/19/03 195.00  
 Mt. Tremblant, Canada 4/2-4/6/03 30.00  
 \$ (1,049.25)

ADVANCE TRIP DEPOSITS

*(Made in prior year and reflected in above Activities)*  
 Sugarloaf 03 \$ 500.00

MISC. TRANSACTIONS

Advance deposit on Sugarloaf 03    \$ (500.00)  
Overpayment refunds--Big Mountain 02 (302.00)  
Final payment--Big Mountain 02 (1,193.00)  
\$ (1,995.00)

OVERALL TOTAL - LOSS \$ (3,410.61)



## Pre-season Preparation

Greg Lanoue, PTA  
Balanced Health & Fitness, East Falmouth

I heard on the Weather channel today that it is snowing on Sugarloaf\*. It may only be a flurry, but it is an indication that the ski season is right around the corner. Are you ready for it? Sure your skis are sharpened and waxed and maybe you have new boots and bindings, but how is the rest of your equipment, specifically your body? Do you remember how sore you were after the first day last year? Do you want to prevent that nagging groin pull, and lower back pain? Would you like to make it down "Top Gun" with out huffing and puffing for air? It's easier than you think.

If you are not getting ready for the Olympics, but want to be ready for the 2003/04 ski season you will need to focus on 3 things. Combined they will take approximately 1 hour a day 3-5 days a week: Aerobic exercises, strengthening exercises and flexibility exercises. When combined they will increase your strength and stamina and help prevent injuries. It is easier than you think.

Let's start with Aerobic exercises, or your "cardio" workout. First of all, if you haven't been exercising at all since last season, start slow. Go walk. Pick a route; around the block, on the bike path, or along the beach. Measure out 2 miles. Start walking and keep accurate time of how long it takes you to do 1 mile then 2 miles. Try to shave off 10 seconds each time you walk, which should be 3 to 5 times a week. When you can complete 2 miles in less than 30 minutes, change your course so you incorporate a large hill to go UP. Also, increase the distance to 3 miles. Your goal is to walk 3 miles in 45 minutes or less by the end of 4 weeks. It's easier than you think.

Next, let's stretch. Right after your cardio workout is the best time because your body is all warmed up and stretching allows you time to cool off and slow down your heart rate. I don't have enough room to list all of the stretches you could do, however I do have a few quick tips:

- 1) Stretch your whole body from your neck to your toes and everything in between.
- 2) Hold each stretch for 15 to 30 seconds. It is a lot longer than you think, so use your watch to keep track. It should take you 15 minutes to properly stretch.
- 3) Don't bounce. Move into and out of each stretch slowly.
- 4) Breathe. Breathe. Breathe. Breathe.

Finally, some strengthening exercises. Don't worry, you won't look like the next governor of California, just 3 basic exercises that will strengthen your whole body.

- 1) Push ups. Even if you can only do one right now, keep adding a minimum of two each time you exercise until you get to 20. Be sure to tighten up your abs so you don't hurt your back. You can vary the distance between your hands from together to more than shoulder width apart. In the beginning you may want to start with your hands right underneath your shoulders. Your goal is 60 to 80 pushups 3 times per week by the end of 6 weeks.
- 2) Squats. Feet should be shoulder width apart. Your knees should not go beyond your toes in the down phase. Only go down as far as you feel comfortable in the beginning. Eventually you want to be at a 90 degree angle at you knee. Do 10 slowly. Rest. Your goal is 3 sets of 10 squats.
- 3) Sit ups. You will need to do two types of abs exercises. Your goal is 3 sets of 30 knees to shoulders and 30 crunches. It's easier than you think.
  - 1) Knees to shoulders. Lie on your back with your knees bent and feet flat on the floor. Keep your head on the ground. Roll your knees up toward your shoulders, and then roll slowly back to the floor. Only let your toes touch. Repeat 20 times.
  - 2) Crunches. Lie on your back with your knees bent and feet flat on the floor. Put your hands on your thighs. Sit up high enough to bring your hands to your knees, slowly come back down. Repeat 20 times.

This is only a foundation program to do at home. If you are already doing more than this, and would like to go to the next level, contact one of the local health clubs. Most clubs have trainers and classes to help you reach your goals. Some trainers may even come into your home.

It really is much easier than you think. Oh, and by the way, I was just kidding about the forecast!

**MEET GREG AT THE OCTOBER MEETING!**



## October Meeting -- Official Stuff

Our club is a non-profit, social organization established to promote winter sport activities for its membership. The Officers, Board of Directors, and Committee Members are volunteers and their dedication and generosity of their time make this club possible. From time to time, life and work gets in the way of this benevolent commitment.

*To sum this up— we are looking for Volunteers!*

### Nominations for Elections

In observance of our bylaws, Officers shall be nominated at the annual meeting in October and elections held in November. This year there are vacancies that need to be filled.

Officer Position: SECRETARY

Committee Member: NEWSLETTER EDITOR

If you are interested in serving our club and one of these positions fits your fancy, by all means speak up at the October meeting. We'll be listening!

### Trip Leaders WANTED

Our once-a-year calling. Once you've shadowed a Trip Leader on a day trip, you'll be ready to take the reins and lead the way (instructions provided!) Added bene—for your coordination work and exemplary leadership, trip leader goes free! We currently have opening for the following trips:

Sunday, Mar 2 Cannon, NH

Sunday, Mar 10 Wildcat, NH

Wednesday, Mar ? Mystery Mountain

(to be determined-could be your pick!)

### Financial Review

A report of the good, the bad and the ugly. Where the club made money and where it lost it. Also a report of the tax filing situation (all documentation is open to membership inspection upon request.)

Dues—a necessary evil. Last year we proposed raising dues for the 2003-04 season to \$40 which is reflected on the membership application. According to Bylaw rules, we need to make this legal by a vote at the first annual meeting.





## **October Meeting -- Fun Stuff**



In an attempt to boost the attendance at our monthly meetings, we try to offer interesting speakers, topics and enticing tidbits of fun. The October lineup is worth taking the ride to North Falmouth, even if we have to do some of the official (boring) business stuff that qualifies us as a “real” club.

## Guest Speaker

What better way to start the upcoming ski season than to have proper education in preparing our bodies for the impending hours of satisfaction gliding, swooshing, or racing down the slopes.

Greg Lanoue, PTA will be our host speaker. Greg is the owner of Balanced Health & Fitness located in East Falmouth.

You will notice on page 5 of this newsletter, a Pre-season Preparation article which Greg wrote. This will give you some basics for starting an exercise program (remember to check with your doctor before starting any exercise program.)



## 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, from Village Ski and Sports Shop, has gracefully re-offered his connections to the vest manufacturer so that we can warm all winter long. We’ll be taking orders and talk about color choices at the October meeting.



## Ski Shows



Bayside Expo Center—November 13-16

Adults \$10, Children under 12 free

For a \$3 off coupon go to:

[www.onthesnow.com/bewi/boston/boston.shtml](http://www.onthesnow.com/bewi/boston/boston.shtml)

Puritan of Cape Cod  
25th Annual Ski Show  
Sheraton Hyannis Resort  
November 21-23  
Free



## PARK CITY, Utah February 14-21, 2004

Here is your opportunity to ski the same slopes the 2002 Olympians did. There's plenty of skiing for all levels of ability. You will be able to ski three different areas: Park City, Deer Valley, and the Canyons. You can even squeeze in a day at Alta, Snowbird, or Solitude on your day off.

Utah boasts "The Greatest Snow on Earth" and with good reason. Their annual snowfall averages in the 500 inches range. You can indulge yourself on the plentiful groomed trails or challenge yourself in knee-deep champagne powder.

The area is known for its bustling nightlife and lively Victorian town atmosphere with dozens of buildings on the National Register of Historic Places. This Old West atmosphere, the many restaurants, and world class shopping provide you with plenty to do in your off-slope hours.

### The trip includes:

- \* Round trip air, Boston to Salt Lake City
- \* Airport/hotel transfers via motor coach
- \* Seven nights accommodations at the Three Kings Condos
- \* Three (3) out of seven days Park City ski pass
- \* One (1) out of seven days Deer Valley ski pass
- \* One (1) out of seven days Canyons pass
- \* All taxes

### The price:

- \* \$1169.00s p/p - 6 persons; 3 bedrooms, 2 and ½ baths
- \* \$1269.00 p/p - 4 persons; 2 bedrooms, 2 baths

For further information, please contact  
**Jack Reardon @ 508-548-6486**  
 or by email at [Brencape@aol.com](mailto:Brencape@aol.com)



## Jackson Hole, Wyoming

March 5 -14, 2004 - Ten fabulous days!

Jackson Hole is in between two magnificent National Parks - Yellowstone and Grand Teton.

### Lodging:

The Snow King Resort Hotel offers a pool, Sauna, Jacuzzi, restaurant, and its own ski mountain - perfect for beginners or intermediates.

### What is included?

- ◆ Round trip air, Boston to Jackson Hole
- ◆ Airport/hotel transfers via motor coach
- ◆ 9 nights of lodging
- ◆ 4-out-of-6 day lift ticket at Jackson Hole
- ◆ 1 lift ticket to Grand Targhee
- ◆ 1 night-skiing pass to the Snow King Mountain

### Price is \$1,369 per person.

A \$300 per person deposit is due immediately.  
 Second payment of \$600 is due on October 1st, 2003.  
 Final payment of \$469 is due on December 1st, 2003.

Meals are not included. There are numerous options for dining in town, only a few blocks away. Breakfast is available at the Snow King and costs \$10 per person.

For more info call **Michael Finegold 508-548-0071** or via email at [mfskier@uppercapeskiclub.com](mailto:mfskier@uppercapeskiclub.com)  
 Side trips to Yellowstone and Grand Teton National Parks available at an additional charge.



## THE AVALANCHE



### 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 the control of the Upper Cape Ski & Sport Club.

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

Mail directly to the trip leader. **Do not send cash !!!!** Amount enclosed \$ \_\_\_\_\_

**All deposits are subject to our deposit policy which is published in our newsletter and on our website.**

### Membership Application for 2003-2004 Season

Name: \_\_\_\_\_ Age: \_\_\_\_\_

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

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

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

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

**Annual Dues - \$40**  
**October 1, 2003 thru Sept. 30, 2004**

Downhill  Snowboard

Cross-Country

**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, 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**

There's no news like snow news!



Phone: 555-555-5555  
 Fax: 555-555-5555  
 Email: xyz@microsoft.com

Upper Cape Ski & Sports Club

FIRST CLASS MAIL



**Thursday  
October 2, 2003**

# Next General Meeting

Arrive early and have a great dinner at:  
**JILLIAN'S**  
Corner of Rte 151 & 28A  
North Falmouth, MA

- Membership Dues
- Park City, Utah sign up
- Jackson Hole, WY sign up
- Sunday River, ME sign up
- Guest Speaker—Greg Lanoue
- Pre-season Fitness

**Itinerary:**