

# The Avalanche



**NOVEMBER 2011**

## From the Summit

Well, here it is. My final newsletter as President of this fine club. I'm admit—it was an enjoyable and rewarding experience and I'm glad to have done it. I'd definitely like to thanks my fellow departing officers, Scott Muma and Andrea Stokey. I appreciate your service to the club. Treasurer Len Hills will hopefully be staying on for another term, which brings up my next topic.



At this week's meeting, we'll be voting on an important change to our by-laws. The change requires membership approval, so we'd appreciate you all being there to take part. Our current by-laws limit officers to a three-year term. That makes perfect sense and is a sound business practice; however, it's not always practical for a small club with limited resources like ours. We often have trouble filling vacated positions, most notably that of treasurer. The by-law change, if approved, will allow a longer term upon approval by the Executive Committee (the Board). It would provide some flexibility when necessary.

The recent storm has really jump started the season. It would be crazy to say that snow is here to stay; however, it does provide a nice base upon which the ski resorts can make their own. A couple of the larger resorts have even opened up already. Perhaps this is a good sign! We've had a couple of good winters recently and I'm hoping this one doesn't disappoint. I plan on making lots of day trips and hope you'll join me in signing up for those.

I wish you a fond farewell as President and a giant thanks for your support over the last three years. I hope you give my successor as warm a welcome as you did me.

See you on the slopes,

Steve Carr  
President





# HIKING THE **Long** TRAIL

Story and photos by Tom Burt

The fall is one of my favorite times of year, second only to perhaps the best of ski days. Specifically, Columbus Day is the perfect weekend. Family tradition takes me to Vermont each and every Columbus Day. With lots of festivals going on, foliage at its peak in the Green Mountains, and the weather just starting to turn, it's the ideal weekend. For a hiker, it doesn't get any better.

One of my secret goals in life (not secret any more, I guess) is to hike the Long Trail in Vermont. It's the oldest long-distance trail and is also the inspiration for the Appalachian Trail. At 273 miles long, it runs the length of Vermont from the Massachusetts border all the way to Canada. Much of it passes along the ridgeline of the Green Mountains, featuring fantastic views. Realizing that life often gets in the way of such goals, I've been picking away at sections of the Long Trail. Each Columbus Day



weekend, I choose a different section for a day trip. I'm not necessarily out to accomplish the whole length of the trail in this manner, just out to enjoy what is there. Strangely, I prefer to hike alone. There's just something special about being out on the trail with nothing but your thoughts.

This year, I chose one of my favorite sections of the trail. As a skier, I particularly enjoy the sections that cross over or through ski areas. With Mad River Glen as one of my all-time favorites, the Long Trail section that crosses over that peak is, naturally, one of my personal favorites. The trail follows the mountain ridge north through that region, crossing over Sugarbush and Mad River Glen, and finally crossing Appalachian Gap on route 17 just north of the Mad River Glen parking lot. Parking there at the



gap, I arrived early in the morning and started my journey heading south. I must admit, it's not a particularly easy hike, with scrambles up and over rocks and climbs up and over wood and metal ladder sections. The first sign of civilization is at the top of MRG's double chair. It's always cool to get that first view of a ski area without snow.



There I was greeted by my first human encounter of the morning, finding a family camped out on the lift station platform. A few pictures later, I ducked back into the woods onto the trail, gaining more and more vertical at a steeper and steeper rate. A personal highlight of mine occurred a short time later when I reached the trail sign for Paradise. That's right, a trail sign for Paradise. Not only is that trail on MRG's map now, it's actually got a sign too. Formerly a local's-only secret stash, Paradise is a tough trail featuring a small but unavoidable jump off a rock. It is for experts only. Let me tell you—it's as intimidating without snow as it is with. And just as difficult to navigate. Continuing up, I arrived at the infamous single chair—MRG's prized possession. They recently passed up a faster, better lift to renovate this one. Gotta love it. The top of MRG is a magical place. Not everyone gets to see it, so it's a scene to stop and enjoy.

Having bagged this summit, I wasn't satisfied and continued on. The Long Trail continues south all the way to the Massachusetts border from here, although my day hike didn't permit me the time to even think that far! My goal was Mt. Ellen, one of the few peaks in Vermont that surpasses the 4,000 foot mark. It's actually a pretty substantial hike to get from General Stark (MRG) to Mt. Ellen (Sugarbush North). The trail descends for a couple miles before turning and ascending a couple more miles back up to Mt. Ellen. Several hours into my trip at this point, I've seen a whopping four people and one dog. For a holiday weekend, that's unbelievable. The ascent of Mt. Ellen is certainly milder than that of General Stark, which is fitting in a way. Arriving just below the summit, the trail opens up to the Summit Quad at 4,083 feet. The official summit is just through the woods above the lift. I stopped to eat a bit and enjoy the view. I was joined by a couple of "through-hikers"—those that are doing the trail end-to-end in one trip. Pictures from the top are a must and I even took advantage of the opportunity to climb the final lift pole and get some shots from atop the pole. That opportunity certainly doesn't come to those who show up only on powder days.

While in the area, I continued past the peak to take a look at the trail further south. There are a few more summits within grasp, but that would have added to the hike considerably. I did add some side trails to check out the huts in the area, in anticipation of an overnight sometime in the future. In all, it was about 13 miles round-trip. I would certainly consider it a strenuous hike, given the vertical up to General Stark, down the saddle, up to Mt. Ellen, then all over again in reverse. A reasonable goal for a casual hiker would be the section between route 17 and the summit of MRG at the single chair. It's only a few miles each way, with a couple difficult technical sections.



While hiking is a bit of a passion for me, it's an experience anyone can enjoy. Being a skier, it's quite interesting to be at a mountain and see a favorite ski trail without



snow. It really puts things into perspective for when we're flying down those trails "with a couple of sticks strapped to our feet" as my friends put it. Hiking doesn't have to be difficult either. Many resorts operate their lifts during the summer to shuttle visitors to the top. In fact, upon my return trip over General Stark, I found the summit completely mobbed with people that rode the lift up.

Only a couple hours prior, it was just me and the lift operator. Taking the lift up gives you an opportunity to hike the trails on and around the summit without the strenuous task of hiking up. Whatever your ability, there's a hike for you.



# SUGARLOAF, MAINE

January 22—27, 2012

**\$365**

- White, White, World Week
- 5 nights condominium lodging
- 5 1/2 day ski pass
- Free group lesson each day
- Singles can be accommodated (fee)
- Monday evening “Welcome Social”
- Daily use of the Health Club

**Deadlines:** \$200 due November 15  
\$165 due December 15

**Contact:** Bud Shaw @ 508-477-3717 or budco1@comcast.net



## Wine Tasting & Tour

November 5

*Sakonnet Vineyards & Newport Winery*

*Come sample the vino and see how New England's top wineries makes it all happen!*



Contact Tom Burt @ 508-566-0095  
or signup on the website



# 11 / 12 Trip Schedule

DATE	DAY	DESTINATION	COST	TRIP LEADER	TIME
Dec. 14	Wednesday	Mt. Snow / Killington, VT	\$75	Roger Stokey	5:00
Jan. 4	Wednesday	Loon, NH	\$75	Steve Carr	5:00
Jan. 11	Wednesday	Stratton, VT	\$75	Mimi Schlichter	5:00
Jan. 22–27	Sun–Fri	Sugarloaf, ME	\$365	Bud Shaw	DY*
Feb. 8	Wednesday	Okemo, VT	\$75	Len Hills	5:00
Feb. 16	Thursday	Cannon, NH	\$75	Scott Northrop	5:00
Feb. 19–26	Sun–Sun	Steamboat, CO	\$1475	Bud Shaw	FLY
Feb. 29	Wednesday	Killington, VT	\$75	Scott Muma	5:00
Mar. 3–10	Sat–Sat	Whistler-Blackcomb, BC	\$1799	Michael Finegold	FLY
Mar. 7	Wednesday	Bretton Woods, NH	\$75	TBA	5:00
Mar. 15	Wednesday	Wildcat, NH	\$75	Camille Morgan	5:00

- Trips highlighted in **ORANGE** are **GUARANTEED TO GO!**
- Trips highlighted in **GRAY** are overnight trips
- \*DY–Drive Yourself
- All trips subject to our deposit and liability policies, found elsewhere in this newsletter and on our website.
- Non-members are subject to a \$15 surcharge.
- Don't sign up at the last minute! You may incur additional fees!



## 11/12 TRIP LEADERS

<b>Roger Stokey</b> 508-292-8370	<b>Bud Shaw</b> 508-477-3717	<b>Scott Muma</b> 508-331-7344	<b>Mimi Schlichter</b> 508-548-3278
<b>Steve Carr</b> 508-563-9498	<b>Len Hills</b> 508-563-3941	<b>Michael Finegold</b> 774-392-2567	<b>Scott Northrop</b> 508-563-6731
<b>Camille Morgan</b> 508-759-7616			



# Steamboat.

February 19–26, 2012

Few resorts can boast of the name recognition that Steamboat enjoys. The name conjures up images of “Champagne Powder” (a phrase the resort has actually registered), skiing in the aspens, cowboy hats and Billy Kidd. The skiing and riding is spread over four peaks and a prominent ridge, which forms a range or massif. Draped over this varied landscape are nearly 3,000 skiable acres, 142 trails and 3,600 vertical feet. The glades of Pioneer Ridge and Sunshine and Storm Peaks catch and hold much of the 337 inches of light, dry powder that fall in an average season. It’s six peaks are filled with world-class groomed cruisers, bumps, steeps, open meadows, legendary tree skiing and Mavericks, North America’s longest super pipe. Plenty of variety for novices to experts.

## Includes:

- 7 nights condominium lodging at The Ranch
- 5 out of 6 day lift ticket
- Round trip airfare
- Transportation between Denver and Steamboat

## Price:

- \$1475 per person, based on double occupancy
- Singles welcome—we’ll try to pair you up; if not, single supplement is available

## Contact:

- Bud Shaw at 508-477-3717 or [budco1@comcast.net](mailto:budco1@comcast.net)



# CAN DRIVE!

In continuation of our annual tradition, we'll be collecting non-perishable food items for the Falmouth Service Center at the November 3 meeting. This is the time of year to be thankful for all you have. No matter what your situation, there is always somebody harder off than you. Join in the spirit and bring a few items this Thursday. Monetary donations are always accepted as well.



**\$99**

## Membership & Trip Special

- Are you a new member? -or-
- A prior member that has not joined in at least 3 years (07-08 season)?

**\$99 gets you a one-year membership and a day trip of your choice!**

Contact: Michael Finegold (774-392-2567) or Len Hills (508-563-3941)



# ELECTIONS!

are being held this Thursday,  
November 3.

## ~ 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.

## November 3 Meeting:

Agenda:

- Vote on by-law change!
- Officer elections!
- Eric Chandler from FitPlan gets us working!
- Can/food drive!
- Special Raffle!
- Free food!

7PM start @  
The Beach House

## Contact Us?

### **By Mail:**

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

### **By Phone:**

Tom Burt  
508-392-9672

### **By Web:**

[www.uppercapecskiclub.com](http://www.uppercapecskiclub.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



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Directions available at our website:  
[www.sportworksltd.com](http://www.sportworksltd.com)