

The Avalanche

JANUARY 2014

Photo credit: Tom Burt @ Big Sky, MT

From the Summit

Happy New Year!

What a start to 2014 we've had! Mother Nature can't seem to decide if it's winter or spring and my body's internal thermostat can't keep up with all the changes. Up north, they've experienced similar trends. Thankfully, the occasional 50-degree days on the Cape were less intense at the ski areas and the conditions have remained pretty favorable since the new year. This latest "Polar Vortex" has whipped up some perfect snowmaking conditions and the resorts that have the cash are cranking out snow as quickly as they can.



The day trip to Stratton is off and running this Wednesday with a pretty good showing on-board. Next week's trip to Killington is still a bit thin, so I encourage anyone interested to sign up soon so we can make the necessary arrangements. Please continue to recommend our day trips to friends and family. The regular window price for a lift ticket to Stratton this week is \$79; for the same price, going with the club also gets you a bus ride and the perfect ski-bum breakfast of choice (donuts). Those going to Stratton will have the first pick of some new winter hats we had made up. We have a limited number to start with, but fear not, we will be placing an additional order soon. They're even available in the brightest of Scott Muma hues, upon request.

Are you looking for something to do this winter? Ski NH's website has a comprehensive listing of events occurring all winter throughout NH. Of particular interest is the Learn to Ski/Snowboard Free Week. Between January 11 and January 17, locations all over NH are offering free lessons, rentals, and lift tickets to those learning to ski or snowboard for the first time. It probably won't apply to our members, but it's certainly a good way to get a friend or family member started in the sport. Dare I say it? The free offer even includes cross-country skiing! For many of us, the extent of our cross-country experience is the time taken to skate between the base lodge and the chairlift. A little variety certainly wouldn't hurt (actually, it might hurt a little the next day). Check out all the details here: <http://www.skinh.com/ski-central/learn-to-ski-and-snowboard/NHfreeweek.aspx>

I hope to see you all at our January meeting this Thursday!

Roger Stokey
President



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BRECKENRIDGE

Now accepting Wait
List reservations!

Be one of the first to experience Peak 6 at Breckenridge—a huge addition to an already sprawling resort. With Peak 6, Breckenridge offers 2,901 acres across five peaks (almost 4 times the size of Killington), 11 bowls, the highest chairlift in North America, family-friendly terrain and a world-class ski school, all situated above an authentic, hip mountain town with awe-inspiring views. Renowned for the welcoming spirit and friendly character of their locals, with over 200 restaurants, bars, and shops, there are many good reasons why “Breck” is one of the most popular ski resorts in the Western Hemisphere.

The Important Stuff:

Dates: February 22—March 1

Price: \$1590

Trip Leader: Bud Shaw (508-477-3717, budco1@comcast.net)

Includes:

- 5 of 8 day lift (also valid at Keystone & Arapaho Basin)
- 7 nights lodging (Mountain Thunder Lodge Condominiums)
- Roundtrip airfare (and transport to/from hotel in CO)



BIKE & BARGE

...the Loire Valley

The Loire, a legendary river listed as World Heritage by UNESCO. Europe's last untamed river, the Loire has always fascinated by its unexplained caprices: in turn calm and savage, it has carved out a line in the earth full of surprises, from green islets to moving sandbanks. Following the course of the river, discover the Loire Châteaux: Renaissance homes, medieval fortresses, architectural heritage listed by UNESCO. Kings, artists and authors all had the right idea. Seduced by the Loire, a great many of them decided to settle along the banks of this river. Each of these monuments has some great stories to tell.

-loirevalleytourism.com



Includes:

- 7 nights lodging aboard a hotel barge
- 3 meals per day included
- Bicycle rental
- Entrance to 1 Chateaux
- Entrance to 1 Vineyard
- Transfers in France from Gare Du Nord to barge and back
- \$1199*

Trip Leader:

Michael Finegold—774-392-2567 or
mfskier@comcast.net

Note: we are taking wait list only at this time. Contract Michael for more info.

*does not include airfare, to allow for added vacation time before or after. Price may fluctuate slightly due to exchange rates.





Welcome to the Northeast Kingdom

In case you haven't heard, this sleepy corner of Vermont isn't all that sleepy anymore. That's not to say it rivals Las Vegas for hip and trendy nightlife and activities, but there is certainly a very noticeable improvement to the area. It's been several years since the club ventured to Jay Peak as a group and, since that time, the resort has made a number of improvements. Also noteworthy are the investments made by Burke Mountain Resort. Haven't been in a while? It may be time to put a trip on the calendar. Here are a few of the highlights of the area:

Jay Peak:

- Still the highest snowfall totals of any northeast resort BY FAR. Actually, Jay peak frequently bests many western resorts for snowfall.
- 33,000 square foot, year-round, indoor water park
- Ice Arena
- Championship Golf Course
- New 80,000 square foot base lodge with 85-room hotel
- 84 new mountain cottages
- 2 new lifts, a learning center, and Sky Haus restaurant for 2013.
- Planned expansion into the West Bowl area
- Countless other improvements to lifts, buildings, ticketing, etc.

Burke Mountain Resort

- Now owned by Jay Peak!
- New chairlift
- Snowmaking upgrades
- New trails
- New slope-side lodging under construction



What are you doing?

Quick. It's the first Thursday of the month. 7:00pm. Where are you?

If it's anytime between October and April, your answer should be, “at the Beach House in North Falmouth at our monthly SKI CLUB meeting!” It's more than just a social event. There's pizza. And club networking. And announcements of events. And sometimes prizes, raffles, and jokes. And ALWAYS lots of laughs.

Here's the lineup of activities and speakers for the next few months. Please set aside time on your calendars now to come out and join us! Social time starts at 7pm. Meeting and speakers start at 7:30pm.

Thursday, January 9 - Learn about taking care of those wonderful, hardworking muscles to improve strength, flexibility, and reduce the chance of injury. Guests include Karen Lacasse of Upper Cape Chiropractic Associates, and Melissa Lorusso, Yoga Girl Cape Cod. Dr. Lacasse's specialty practice focuses on treating muscular conditions of all kinds, with a special interest in sports injuries such as shin splints, hip and shoulder problems. Learn about the Graston technique for healing old sports injuries. Melissa promises to share stretches that will help to alleviate tightness the day after, geared toward those who play hard and then sit on the bus for several hours. Audience participation for all who care to do so!

Thursday, February 6 - Are you current on ski etiquette? How have the rules of the road changed since you first learned to ski? Dr. John A. Child, Clinical Director of Cape Cod Vision Associates in Falmouth—and member of the Mt. Abram Ski Patrol for over ten years—will share tips and tales based on his experience. Come prepared to ask questions. This is your opportunity to learn more about safe skiing from one who has taken the dreaded toboggan down the slope more times than any of us ever want to consider! The club goes to Sunday River the following week on February 12 - so if you have mountain questions, he'll be happy to answer those as well.

Mark your calendars now. All meetings are free to current club members. Bring a friend or two... it's a great way to introduce them to our group... feel the fun!

Special thanks to Mimi Schlichter for this teaser and for arranging guests for these meetings!

2013 - 2014 Trip Schedule

DATE	DAY	DESTINATION	COST	TRIP LEADER	TIME
January 8	Wednesday	Stratton, VT	\$75/79	Mimi Schlichter	5:00
January 15	Wednesday	Killington, VT	\$75/79	Roger Stokey	5:00
January 19-24★	Sun-Fri	Sugarloaf, ME	\$387	Bud Shaw	DY*
February 5	Wednesday	Okemo, VT	\$75/79	Len Hills	5:00
February 12	Wednesday	Sunday River, ME	\$75/79	Scott Northrop	4:30
Feb 22—Mar 1	Sat—Sat	Breckenridge, CO	\$1590	Bud Shaw	FLY
Feb 26	Wednesday	Bretton Woods	\$75/79	Steve Carr	5:00
March 5	Wednesday	Cannon, NH	\$75/79	Scott Northrop	5:00
March 12	Wednesday	Wildcat, NH	\$75/79	Camille Morgan	5:00
May 3—10	Sat-Sat	Bike/Barge—France	\$1199	Michael Finegold	

★ NOTE THE DATE CHANGE!

- Trips highlighted in gray are overnight trips
- *DY—Drive Yourself
- All trips subject to our deposit policy, 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!
- Live on the south shore or Middleboro area and want to attend our trips? We can stop either on Route 3 (for NH and ME trips) or 495 (for VT trips). Just let the trip leader know!



2013—2014 TRIP LEADERS

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



Upcoming Trips!



January 8, 2014

5:00AM

\$79

Trip Leader: Mimi Schlichter

Our first day trip of the year - not to be missed! Whether you are a top notch skier looking to get your legs under you for the new season, or a novice who wants a gentle ride to boost your confidence- Stratton offers it all. GREAT snowmaking (if needed) - OUTSTANDING grooming - and, yes, a trip leader with plaid flannel pants. What else do you need? Sign up now... this trip always proves to be a favorite! Better yet - invite a friend to come, too!

Killington



They don't call it the "Beast of the East" for nothing. More trails, more snow making, and more fun on some of the best terrain anywhere. New GM Mike Solimano has taken Killington old school, returning it to its roots, and has been busy blowing a continuous blizzard of snow since October, and the resort should be 100% open for our trip. Opening in December is a new Peak Lodge, which along with the Umbrella Bars, should provide an outstanding après experience, but with 141 trails, 22 lifts, and 80 miles of trails across 6 peaks, you may want to ski until the closing bell rings.

January 15, 2014

5:00AM

\$79

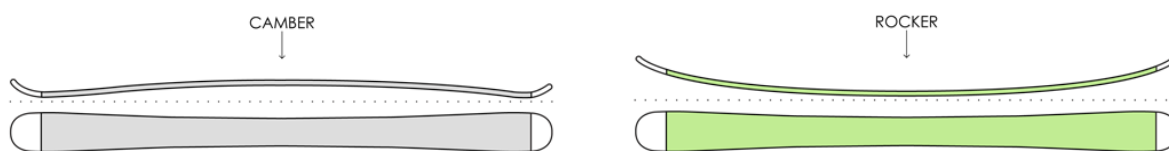
Trip Leader: Roger Stokey

& A

Q

What is “Rocker” and “Camber?”

We are increasingly seeing these terms, although they have been around for some time. As technology evolves, ski makers find new ways to increase ski performance; camber and rocker are evolutions of the shaped ski. The terms describe the ski's stance relative the ground. In other words, is the ski (as viewed from the side) concave or convex? Is the part under your foot touching the ground with the tips pointed up, or is the middle elevated with the tips touching the ground? Here are a couple images to help, courtesy of www.evo.com.



With a Camber ski, as you turn and apply force to your skis, the elevated center of the ski is forced to the ground and the full length of the ski's edge contacts the snow (or ice, as it may be). However, if you have ever skied deep snow with a Cambered ski, you know it can be a struggle to keep your tips above the powder. Enter the Rocker... This ski was originally designed to help keep the tips up above the snow to maximize one's ability to float. It also minimizes the contact points with firmer snow, which provides for a more nimble, maneuverable ride. So which is better? There is no real answer to that, as ski manufacturers are combining both styles in varying degrees. If you're looking to upgrade your skis, you should become familiar with the terms and, without a doubt, demo a few on our next day trip. The sites below may be helpful for those interested in learning more:

<http://www.evo.com/rocker-guide-what-is-rocker-and-why-does-it-matter.aspx>

<http://www.rei.com/learn/expert-advice/ski-rocker-technology.html>



SUGARLOAF, MAINE

January 19—24, 2014

\$387

- 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: You missed them!

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

Note: Membership dues MUST be paid prior to sign-up



Membership & Trip Special

- Are you a new member? -or-
- A prior member that has not joined in at least 3 years (10-11 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)



BUS PARKING

has changed (again and again)...



This should be the last change! I promise! We were able to secure rights to use the same parking lot we used for years—the one at the old Grand Union / A & P. The address is 170 Clay Pond Road in Bourne. Please park on the left side of the lot (as you pull in), closest to the highway. It wouldn't hurt to purchase something from the businesses there either, as thanks for them accommodating us!

January 9 Meeting:

Agenda:

- Visits by Karen Lacasse, D.C. & Yoga Instructor Melissa Lorusso!
- Trip sign-up and review!
- Free food!

~ 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?

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