

November  
2014



UPPER CAPE SKI & SPORTS CLUB

# The Avalanche

## From the Summit

Well, that was a quick 3 years... and actually, as I look back, it's been a lot of fun. Yep, my term is about up! There are so many people to thank, really everyone in the club. However I especially want to thank all the hard working members who do the grunt work of making the club go. The officers: VP Scott Northrop whose clear thinking always provided a sound voice of reason amid the sometimes chaotic decision making process; secretary Rick Howe who diligently and accurately kept the meeting notes and gently prodded me back to the rails when I allowed discussion get off track; and Treasurer Leonard Hills, who never complained about the tough job of keeping track of the complex finances of the club ("Hey, Len, we broke?" "Nope", "guess we can go ahead with tonight's meeting"). The club has also been blessed with a terrific board and committee chairs: Mike Finegold, who diligently maintains the club's web site and the complexities of web-based sign ups, and is also running a couple of long trips this year; Tom Burt, who single-handedly produces "The Avalanche" and does such a terrific job of being the clubs unofficial photo and videographer; Collette Shaw and Andrea Stokey, who have served as the hospitality committee, preparing and planning the monthly meetings; and last, but not least, the ageless Bud Shaw, who has run the Sugarloaf trip (as best I can tell), since it was a bunny hill with promises for a rope tow "in the near future", and continues to run trips out west every year. Thanks also go to the other board members, contributors, and trips leaders that make it all possible. These are the people that make the club a success. I owe them; we all owe them, a debt of gratitude and our thanks.

Looking forward, it's a new season. In the east, Sugar Mountain (NC) opened first on Nov 2nd, followed a day later by Sunday River and Killington. Many others have already started blowing snow. It's on, baby! We have a great line-up of day trips planned: Stratton, Sunday River, Killington, Bretton Woods, Attitash, and Wildcat; and trip leaders dedicated to making them go! Make the incoming president's job easier by signing up early and making these trips happen! By far the worst part of the job for a President is having to cancel trips.

We also have a slew of longer trips: Sugarloaf (note the date change), Whistler, Steamboat, a spring trip to Jay, and the barge trip in May. Truly we are offering year round outdoor fun! We continue to evolve and grow; I encourage all that are interested to get involved and add your voice. Although I'll now be a mere 'ex, I plan on continuing to stay active in the club, try to make day trips when my schedule allows, and come to the meetings to share a beer and swap stories about the sport we all love.

Roger Stokey, not quite yet the ex-president



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### Next Meeting:

- Thursday, November 6
- 7pm, Courtyard Restaurant

### Next Board Meeting:

- Monday, November 17
- 7pm, Courtyard Restaurant

# 2014-2015 Ski Trip Schedule

DATE	DAY	DESTINATION	COST	TRIP LEADER	TIME
1/7	Wednesday	Stratton, VT	\$79	Mimi Schlichter	5:00
1/11—1/16	Sun—Fri	Sugarloaf, ME	\$390	Bud Shaw	DY*
1/28	Wednesday	Sunday River, ME	\$79	Scott Northrop	4:30
2/7—2/14	Sat-Sat	Whistler, BC	\$1579	Michael Finegold	FLY
2/11	Wednesday	Killington	\$79	Roger Stokey	4:30
2/21—2/28	Sat—Sat	Steamboat, CO	\$1575	Bud Shaw	FLY
2/25	Wednesday	Bretton Woods, NH	\$79	Mimi Schlichter	5:00
3/4	Wednesday	Attitash, NH	\$79	Steve Carr	5:00
3/18	Wednesday	Wildcat, NH	\$79	Camille Morgan	5:00
4/2—4/5	Thurs—Sun	Jay Peak, VT	\$199- \$249	Michael Finegold	DY*

- \*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.
- 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!

## 2014-2015 Trip Leaders

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

### ~ Deposit/Refund policy ~

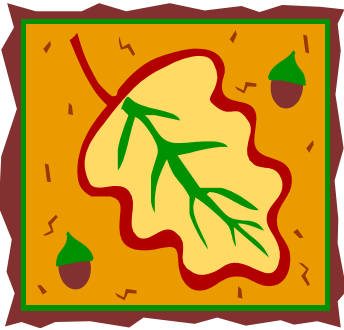
Deposits help ensure that a space is reserved for our members. These deposits apply to bus trips, weekend trips, week-long trips and more. Late cancellations are not entitled to a refund, nor is the club responsible for finding a replacement for you. You must find your own replacement, although we will 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 6 meeting—Super Tuesday on a Thursday

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Our opening meeting has some very important business. Please be there so as not to miss out on the fun!

- Elections for new officers will be held. Our nominating committee has exhumed a fine selection of willing and able candidates, but the floor will be opened for further nominations as well
- By-law change: our Board of Directors meetings are so much fun that we have more participants than positions on the board (or executive committee, as it's called in our bylaws). We are asking the membership to approve a by-law change, as outlined below:



- Current: "6.1 The Executive Committee shall consist of the officers of the Association, **five** members at large appointed by the present members of the Executive Committee, and the Chairman of the Standing Committee."
- Proposed: "6.1 The Executive Committee shall consist of the officers of the Association, **seven** members at large appointed by the present members of the Executive Committee, and the Chairman of the Standing Committee. "

## Other November fun...

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As we do each year, we'll be collecting money and/or food donations for the local food pantries. Our friends at these locations say that money is just as good, if not better than food, so feel free to donate either or both. We'll be raffling off some goodies to those that participate.

Also, Michael has put together a film from this spring's Bike & Barge Trips. Bring your credit card though—it will undoubtedly inspire you to sign up for this year's Bike & Barge trip, outlined later in this newsletter.



**Don't forget: we are now meeting at the Courtyard!**

# Ironman Mont Tremblant

*Tom Burt*

For the last several years, the first newsletter of the season has always included a tale of one of my summer adventures. Some of you are already aware of this summer's adventure and many have shown interest in learning more about it. It's an accomplishment I dreamt about for many years but never thought it possible; I'm proud to finally be able to share the story.

In the interest of brevity (which this story is anything but—fair warning), I'll present the moral of this story up-front: never say never... So you think that [insert absurd goal here] is too much of a reach? I did too. With a little passion, a lot of hard work, and an extreme amount of patience and help from friends, it's amazing what one can accomplish. One of my life-long goals was to complete a half-ironman; for several years, I convinced myself that a full Ironman was out of my reach, that I was not built for such a thing and never would be. I've never been so happy to prove myself wrong.

For those unfamiliar, an Ironman is best known as the longest distance triathlon available. It features a 2.4-mile swim, 112-mile bike, and a 26.2-mile run, all performed in immediate succession and in 17 hours or less. For prospective, professional triathletes complete the event in about 8.5 hours.

Why would someone ever want to do such a thing? I suppose—at least initially—to see if you can. After that, it becomes a passion, a lifestyle, a silly addiction. And, as I was to learn in the year between the day I signed up and race day, Ironman is a life-altering experience. For years, I had slowly evolved into a fitness junkie; however, training for an Ironman requires a new level of commitment. For starters, my



diet had to be adapted. The increase in training required more calories, but it also required learning about the body's relationship with food—how the body is fueled by various foods, which foods to increase, and which foods to eliminate. In the process, I also learned a tremendous amount about the body itself. Minor nagging injuries were constant—too frequent to involve doctors, so I learned how to self-diagnose and treat most injuries. But most of all, I had to learn how to train properly. Increasing training frequency, intensity, and time was not enough; I had to do it safely. Surrounding myself with the right mentors, training partners, and coaches helped tremendously.

While my training had generally evolved over several years, the race-specific training consumed about 5 months of my year. It became a major time commitment. Some weeks required over 20 hours of training. As many of you can imagine, Mont Tremblant (the race site) is quite hilly; as a result, our training included trips to Mount Wachusett and Blue Hill to better prepare for the challenging terrain found around Tremblant. During those five months, if I wasn't training, I was planning my sessions, travelling to those sessions, eating (an all-day event), or sleeping (in an attempt to recover before the next session). As the spring and summer progressed, it became clear that the training was the hardest part of this endeavor! The actual race was going to be the reward for all the hard work.

In response to one of the more frequent questions I receive, here is what a typical training week looked like:

Monday: easy day—an hour swim before work, averaging 3000 yards

Tuesday: a “double”— 3000 to 4500 yard swim and a 20 to 30-mile bike ride

Wednesday: running day, averaging 5 to 10 miles, incorporating sprints and/or hills

Thursday: double—3000 to 4500 yard swim and either a run (5-10 miles) or bike (about 40 miles)

Friday: rest day— no workout at all

Saturday: long run—10 to 20 miles, depending on the week

Sunday: long ride (60 to 100 miles) with a short run immediately following

Satisfied that my training was spot-on, I arrived at race day feeling prepared but stressed nonetheless. Ironman is a very long day and, as a result, requires an early start. On race morning, the professionals started at 6:30am. The race starts with the swim, with athletes going out in waves based on age group, each wave several minutes apart. My wave was comprised of about 250 men aged between 35 and 39. Wave starts help



thin the crowd some, minimizing risk of overcrowding and possible problems. Still, it's complete chaos. For the first mile, I was constantly kicked, punched, and swam over! Stronger swimmers inevitably catch the wave in front of them, never really finding calm, quiet waters. Weaker swimmers fall back and are eventually swallowed up by the wave behind. Despite being a relatively strong swimmer, it took a long time before the anxiety of the overcrowding dissipated.

Once out of the water, it's a short quarter-mile run to the transition area where your bike gear is stored. Most of us wear our bike clothes under our wetsuit during the swim, so the transition is as easy as stripping off the wetsuit, donning a helmet and shoes, and riding off. Mont Tremblant's bike course instills a love-hate relationship. It is quite scenic and brilliantly laid out, passing



through the village numerous times to allow friends and family more opportunities to see the athletes. However, the course is set in the mountains, so it is challenging. It is comprised of a 56-mile loop, which you ride twice through. Yes, that's somewhat cruel. The bike portion of an Ironman consumes the majority of the overall race time—in my case, just under 6 hours of riding.

Another of the questions often posed is, "How can you possibly run a marathon after biking 112 miles and swimming 2.4?" The answer is, you're so sick of being on that damn bike, you're happy to be running!

Of course that happiness only lasts a few miles before fatigue and monotony set in. Tremblant's marathon course is actually quite nice. It consists of two loops of 13.1 miles each. The first few miles and last few miles of each loop is rolling hills, with a perfectly flat bike path in between. The major teaser is at 13.1 miles, where you run right past the finish line but have to turn and go out for the second loop. Fortunately, you're running right through the center of Mont Tremblant village (under the Cabriolet) at that point. There are thousands of people lining the route and screaming so loudly you feel like a rock star. It really gets you motivated to keep going. Despite all the spectators, the second loop of the marathon starts to hurt. However, it hurts whether you walk or run, so you just suck it up and keep running. The miles gradually tick away and eventually you realize you're actually going to do it, you're going to make it. In the last couple of miles, the crowds become overwhelming. Thanks to them, after 140 miles of racing, the pace actually picks up! The pain subsides some as the energy and emotions of the finish line carry athletes the last couple hundred yards. One of the truly epic moments of Ironman, one of those tear-jerking moments, is crossing the finish line and hearing Mike Reilly—the 'voice' of Ironman—announce for all to hear, "Thomas Burt! YOU. ARE. AN. IRONMAN!"

One of the final questions I often receive is, "what do you feel like after the race?" It's an emotional and physical roller coaster. In the hours following the finish, the biggest sensations were stomach discomfort and fatigue. My training partner passed out on our condo floor, in a fetal position in front of the fireplace. But that only lasts so long; eventually, the body needs fuel (having burned probably close to



10,000 calories that day). After a couple hours of rest, we ventured back to the finish line to cheer on our fellow competitors still on the course, who were struggling to make the midnight cut-off. Then, it was off to the bar for dinner, drinks, and celebration. At 2AM. What a long but truly wonderful day. While the race is unquestionably challenging, it really was an enjoyable end to what was a long and challenging voyage.

The last question I inevitably get asked is, “Will you do another?” There are lots that do Ironman simply to cross it off their bucket list. I’m not one of those people. I loved every minute of the experience—the training, the unique challenges, the learning opportunities, and especially the race itself. Okay, maybe I can do without some of the 4am wakeup calls in March to go for a 4 or 5-hour ride in the dark, cold, and rain, but the rest I’ll gladly take. My friends and training partners are already planning a return to Mont Tremblant in 2016. Taking a season off in between seems a sensible decision. Although I could be convinced for next year...

So back to the moral of the story. Never say never. I was so sure I could never do an Ironman that it took a considerable amount of peer pressure just to get me to sign up. After all, I hadn’t completed any one of the three distances before, never mind all three in succession. The human body and mind are amazing things. Tell yourself you can. Believe that you can. You can.



## By-Laws and Club Policies

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Club by-laws and policies are posted under the “Club Information” section of our website, <http://www.uppercapeskiclub.com>. Members are encouraged to read and become familiar with by-laws and policies.

# Steamboat

Due to circumstances beyond our control (i.e., crazy droughts in California that could turn a Mammoth mountain trip into a sans-snow alcohol and binge-fest while admiring the forest fires), we have opted to abandon Mammoth, CA for the much snowier and more reliable Colorado! That's right, we're headed back to Steamboat. If you haven't been, this place is pretty epic. And it's large enough (3,000 skiable acres across six peaks) that you don't have to ski the same trail twice all week (but you probably will, because you're likely to fall in love with some of the trails there).

We have two extra special bonus surprises though: 1) We're staying at La Casa Condominiums, which is located about 100 yards from the slopes; and 2) we're flying into Hayden airport, which is just a 30-minute drive from the resort!

## The details:

- February 21 - 28, 2015
- 5 out of 7-day lift ticket (with an option for a 6th day)
- Airfare from Boston to Denver to Hayden
- 7 nights lodging at La Casa condominiums
- \$1575 ppdo

Availability is limited. We will accept a wait list.

Call or e-mail:

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

## TRIP INCLUDES:

- Round trip Air & Transfers
- 7 nights lodging at Delta Whistler Village Suites
- 5 out of 6-day lift ticket
- One "Fresh Tracks" Mountain Top breakfast
- \$1579

Whistler Blackcomb is a sprawling, two-mountain resort that features some of North America's most epic terrain, yet so versatile that even the greenest of skiers and riders will find suitable acreage. The village is perhaps the most attractive feature, with seemingly endless opportunities for food, fun, and whatever other trouble you can think of.

## DELTA WHISTLER VILLAGE SUITES

With an excellent location in Whistler Village, the accommodations are extremely spacious. They feature daily housekeeping, full kitchen, living room with fireplace, balcony, and washer/dryer. Milestones Restaurant & Lounge is located in the building, as is Hy's Steak House. As always, indoor & outdoor hot tubs, heated pool, sauna, steam room, exercise room, and spa are all available.

Contact: Michael Finegold—774-392-2567 or [mfskier@comcast.net](mailto:mfskier@comcast.net).

**Waiting List Only!**

# Whistler



# Jay Peak

**April 2—5, 2015**

Ski and Stay - \$199

Ski, Stay and Swim - \$249 (includes 3 days at the waterpark)

Contact:

Michael Finegold—774-392-2567 or

[mfskier@comcast.net](mailto:mfskier@comcast.net).

Announcing: the return of one of our most popular trips ever! For years, Upper Capers made a late-season trek to Jay Peak for some of the greatest possible conditions New England sees. After several years hiatus, the trip has been revived! Jay Peak boasts some of the best snow conditions in the country. That's right—the country! See this local gem for yourself. 78 trails, slopes and glades wait for you but the nooks and crannies are what really set Jay Peak apart. If you haven't been there, sign up and experience the reality behind the legend. From the far-out corners of the backcountry, to the close-at-hand convenience of The Zone learning area, there's a little something for everyone at this larger-than-life mountain. Go for the skiing and riding, but don't miss the indoor water park!

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# Sugarloaf!

Back by popular demand! Also by popular demand, a change in dates! Join us for this perennial favorite to one of New England's best. This trip is one of those incredible deals in life—the type where people start to wonder about you if you don't take advantage of it. Enjoy a week of great skiing, meals among friends, maybe even the occasional gin tournament. Don't miss out on our best-selling trip of all time.

- 5 1/2 day lift ticket
- 5 nights condominium lodging
- Daily lesson
- Use of fitness club
- Welcome reception

**January 11—16**

Contact: Bud Shaw—

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

**Only \$390!**

# Bike & Barge II—May 2—9, 2015



This journey combines cultural highlights and scenic areas in Holland and Flanders. You cycle along flat bike paths from metropolis Amsterdam to Bruges, the Venice of the North. In Holland, impressive cottages, cheese dairys and the 19 windmills of Kinderdijk are seaming your route. In Belgium, the historic Flemish cities of Antwerp, Gent and Brügge take center stage - gables and patrician houses, narrow alleys and rich cultural past finds its expression until today in the architecture and painting.

## **What's included:**

Accommodations for 7 nights on board ship  
Breakfast buffets, packed lunches, 3-course dinners  
Tour guide  
7 speed hybrid bicycle  
Air-conditioned cabins  
Daily cabin cleaning

Airfare NOT included

Contact: Michael Finegold — 774-392-2567 or [mfskier@comcast.net](mailto:mfskier@comcast.net).

\$1229



# Bowling—November 10, 2014

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- **The Lanes, Mashpee Commons**
  - **6:45—9:00 PM**
  - **\$30 (members), \$32 (non-members)**
  - **Includes 2 hours of bowling, shoe rental, pizza, hors d'oeuvres, a soda, tax, and gratuity.**
  - **Alcohol not included**
  - **Trip leader is Michael Finegold- 774-392-2567**
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## 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.uppercapeskiclub.com](http://www.uppercapeskiclub.com)



### President:

Roger Stokey

### Treasurer:

Leonard Hills

### Membership:

Scott Northrop  
Pam Tremarche

### Website:

Michael Finegold

### Vice President:

Scott Northrop

### Secretary:

Rick Howe

### Newsletter:

Tom Burt

## Who we are...

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The Upper Cape Ski & Sports Club is a group of outdoor enthusiasts that love to enjoy a variety of activities with friends. We're a casual and social group, never particularly serious about anything. Skiing and Snowboarding is our primary interest, although we do throw in other activities such as biking, kayaking, traveling, bowling, and more. Our goal is to provide fun and affordable activities that folks of all ages and abilities can enjoy. Families are always welcome, as are non-members.

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<http://www.uppercapeskiclub.com>