

# The Avalanche

OCTOBER 2019

Photo by Tom Burt

## From the Summit



As the leaves start to turn their beautiful colors, marking the end of the summer season, it also marks the beginning of the ski club season and our favorite color: WHITE. And we have some great stuff planned.

One of the things I love most about this ski club is the participation by our members. We always encourage members to initiate trip ideas. If there's interest, we give it a go. One such example is that Jo Kraemer suggested we see if there would be any interest in a trip to Acadia National Park in Maine. We floated the idea at a monthly meeting. The response was favorable enough to set up a trip and offer it to the members. It sold out in 5 days! Trip leader extraordinaire Jo organized—and I mean ORGANIZED—a fabulous trip. We stayed at Acadia Cottages complete with fire pit that we enjoyed every night. We ate lobster at Beal's, and we cycled all over the park. A fantastic new trip. Thank you, Jo!

Our monthly membership meetings are in full swing. October saw nominations of ski club officers, to be voted on at the Nov. 7 meeting. November is also the meeting where our good friend Mike Murphy from Sportworks in Duxbury comes down to offer his amazing \$15 "tune-up special". Bring your skis at 6:30 (meeting starts at 7:00). This is an awesome offer. Remember: 6:30. We'll get your skis back to you at the December meeting or sooner. You'll get a reminder email with the details.

Also at the November meeting will be Elaine Cody, yoga teacher and physical therapist extraordinaire. Elaine has agreed to give a talk on prepping the body for skiing. This is just what we need to kick off the season. Thanks to Linda Barlow-Palo for setting this up. Sign-up required please.

The Falmouth Christmas Parade takes place on Sunday, December 8. Leader Scott Northrop expects the same excellent participation that we've had in the past. Details on the parade will follow, but don't miss it. It's a really fun day.

December 5 will be our annual Yankee Swap. This festive event is the highlight of the winter season. We'll eat, drink, and be especially merry as we exchange gifts in the way that only Yankees do. Sign-ups required. Other exciting programs are planned for our future meetings. Stay tuned.

We've scheduled ski trips to Sugarloaf Jan. 26-31, 2020, and to the elegant Mt. Washington Hotel in New Hampshire and skiing at Bretton Woods Feb. 12-13-2020. These trips are available for sign-ups on the club website. If you have an idea for a ski trip and would like to organize it, let us know!

That's it for now. Enjoy the beautiful, tourist-free fall weather, and we'll see you on the slopes.



Rick Howe  
President



# SUGARLOAF

**JANUARY 26 - 31, 2020**

**\$495 PER PERSON**

*(DOUBLE OCCUPANCY)*

**Price and Deposit dates:**

\$250 deposit by Nov. 1, 2019

\$245 by Dec. 1, 2019

**The "Drive Yourself" package includes:**

- Condo lodging on the mountain
- Daily access to Sugarloaf Fitness center
- Daily Perfect Turn Clinic
- 5 1/2 Day Lift Ticket
- Monday Night Welcome Party

For 25 years, Upper Cape Ski Club members have flocked to the Carrabassett Valley with their skis and boards to shred the 154 trails at Sugarloaf Ski Resort. Sugarloaf is the largest ski resort east of the Mississippi and is famous for its copious amounts of snow, huge vertical drop and excellent trail grooming. With over 500 acres of new terrain in the last five years, including a second mountain peak, Sugarloaf packs more developed terrain than any ski area in the east. From powder filled glades to quiet cruisers to Burnt Mountain summit expeditions, new adventures are always at your fingertips.

*Your membership must be up to date to attend this event. Cancellation charges are date dependent. The club will make every effort to match singles, but the final responsibility is yours.*

**Trip Leader:**

Bud Shaw

[budco1@comcast.net](mailto:budco1@comcast.net)

(508) 477 3717

## ~ Deposit/Refund policy ~

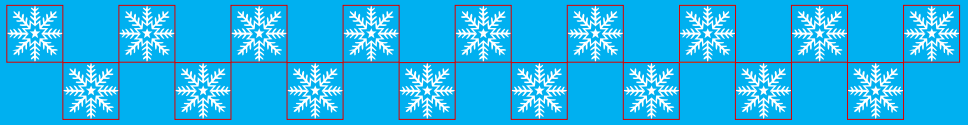
Deposits help ensure that a space is reserved for our members. These deposits apply to bus trips, weekend trips, week-long trips and more. Late cancellations are not entitled to a refund, nor is the club responsible for finding a replacement for you. You must find your own replacement, although we will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

**Don't let your membership lapse!**

# Dues are due!

**Renew today at [uppercapeclub.com](http://uppercapeclub.com)**





# November Elections!

November is elections month! The Nominating Committee has nominated the President, Vice-President, and Treasurer for another term. We are in need of a Secretary, for which Linda Barlow-Palo nominated herself. We will accept any additional nominations from the floor during the November meeting. Also, if you would be interested in serving on the Board of Directors, contact the Nominating Committee chaired by Bud Shaw ([budco1@comcast.net](mailto:budco1@comcast.net)). We always appreciate new energy and ideas. And don't worry, if you don't volunteer, Bud and his personal security detail will hunt you down and nominate you!



## 11TH ANNUAL POKER RIDE

Thanks to all those that joined us for our 11th Annual Poker Ride! Some bad weather pushed us back a day, but it was well worth it! It was a beautiful fall day to be out on the Shining Sea Bike Path. Twenty-four Upper Capers stormed the path, stopping along the way to socialize, rehydrate, and pull a card from the deck. The poker hands were as dreadful as always this year, but we did have a couple near misses on a flush! In the end, Ian Monteith took home our first place prize, with a stunning three fours! Pat Johnson was awarded the consolation prize for having the worst hand (with lots of competition!). Thanks to Michael and Diane for hosting our post-ride BBQ.



# CROATIA Bike & Barge

Croatia is a country full of beautiful, well-kept coasts with thousands of islands, reefs, and bays. Numerous Roman ruins, charming hills, and breathtaking beauty await you here. Situated along the Adriatic Sea, Croatia stretches from the slopes of the alps to the banks of the Danube and Drava Rivers. If you have always desired to cycle in Croatia but have worried about the mountainous terrain, you need worry no longer. You **can** bike Croatia and will conquer the hills almost effortlessly. You will not be denied the breathtaking views that these mountain climbs provide. Trogir can easily be reached via Split Airport. You will discover the charm of the Adriatic in a very unique way. After a hearty breakfast each morning, you cycle through history and culture and at midday meet the ship at a harbor for lunch. In the evening, the ship will be waiting in the next harbor for you to dine as the sun sets, followed by a stroll through the historic harbor towns.

## TWO AMAZING TRIPS!

### Trip #1

April 18–25, 2020

- Cruise aboard the Princess Diana
- 8 days, 7 nights accommodations in double cabin with private bathroom
- 4 x Full board (breakfast, lunch, and dinner)
- 3 x Half board (breakfast and lunch OR dinner)
- English-speaking tour guide
- Guided cycling tours as described in itinerary
- Bed linens and towels
- Maps of daily cycling routes
- Entrance fees to the National Parks
- Electric bicycle with 8 gear hub shifting with pannier
- \$1970–\$2199 depending on cabin



### Trip #2

May 2–9, 2020



- Cruise aboard the Melody
- 8 days, 7 nights accommodations in double cabin with private bathroom
- 4 x Full board (breakfast, lunch, and dinner)
- 3 x Half board (breakfast and lunch OR dinner)
- English-speaking tour guide
- Guided cycling tours as described in itinerary
- Bed linens and towels
- Maps of daily cycling routes
- Entrance fees to the National Parks
- Electric bicycle with 8 gear hub shifting with pannier
- \$1999–\$2299 depending on cabin







# Mt. Washington Hotel

This will be our fifth annual trip to the Omni Mt. Washington Hotel, the “Grand Dame” of the New England Grand Hotels. If you’re a fan of parking your car for the duration of your stay, this is the trip for you. Plenty of things to do right on the hotel grounds including hiking, snowshoeing, cross-country skiing, indoor and outdoor pools, hot tub, outdoor fire pits, a variety of food and beverage choices and....plenty of space to do absolutely nothing, if you choose! If a spa session sounds like the right way to spend part of your day, you’ll find a world class spa on the Hotel’s lower level.

Of course, right across the street, a short shuttle bus ride away, is **Bretton Woods Ski Area**, New Hampshire’s largest and known for it’s terrific grooming and friendly conditions. Oh, did I mention that Friday the 14<sup>th</sup> is Valentines Day?! Looking for a great gift? Just sayin... The Hotel, If you’ve not been, is a marvel. A remnant of another age, lovingly preserved with an interesting history that can be learned on one of the daily walking tours the hotel offers. Evening may find us hanging out around the firepit, playing cards in the giant lobby, enjoying a nightcap, or collapsing into a big bed. You deserve this, everyone says so!



## February 12—14, 2020

- 2 nights lodging
- 2 days skiing
- \$320 ppdo
- \$260—lodging only
- \$29—additional ski day



## Trip Leader:

**Scott Northrop**  
snortrop@comcast.net  
508-776-4694

# Bretton Woods



“Bretton Woods gondola has the cabins on the line as finishing touches are being made to the base terminal. The Doppelmayr 8-person gondola was originally scheduled for the 2018-19 season.”

-courtesy of [www.newenglandskiindustry.com](http://www.newenglandskiindustry.com)



# Upcoming Events

## **November 7: Meeting**

- **Drop off Skis for tune-ups**
- **Mike Murphy from Sportworks**
- **Elaine Cody**
- **Bring non-perishable or cash donation for the needy**
- **Elections for officers**

## **December 5: Yankee Swap**

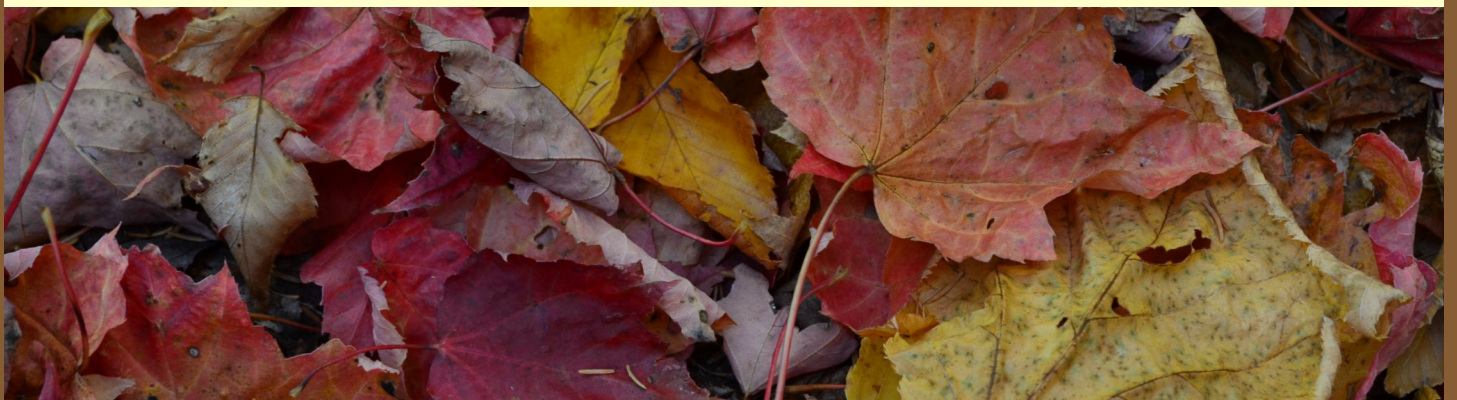
## **December 8: Falmouth Christmas Parade**

## **January 26—31: Sugarloaf, ME trip**

## **February 12—14: Mount Washington Hotel**

## **April 18—25: Croatia Bike & Barge #1**

## **May 2—9: Croatia Bike & Barge #2**







**44 RESORTS ❄️ 88 DAYS ❄️ \$199**

**With the Indy Pass you get two free lift tickets to EACH of 44 resorts, for a total of 88 days of skiing and riding.**

“For the 2019-2020 season, the [Indy Pass](#) will give skiers and riders two days of access to 44 independently owned resorts across the Pacific Northwest, Midwest, and East Coast. These resorts are small to medium-sized, not already included on other multi-resort season passes, and, according to Fish, many are family-run operations.” -Wiegand, [SKI Magazine](#)

### Eastern Resorts:

- Berkshire East Mountain Resort, Mass.
- Blue Knob All Seasons Resort, Pa.
- Bolton Valley Resort, Vt.
- Bryce Resort, Va.
- Canaan Valley Resort, W.Va.
- Cataloochee Ski Area, N.C.
- Catamount Mountain Resort, Hillsdale, N.Y./ South Egremont, Mass.
- Greek Peak Mountain Resort, N.Y.
- Magic Mountain Ski Area, Vt.
- Massanutten Resort, Va.
- Mohawk Mountain, Conn.
- Pats Peak, N.H.
- Shawnee Mountain, Pa.
- Suicide Six Ski Area, Vt.

THE AVALANCHE

# Our Partners:



**SPORTWORKS**

Sportworks, LTD

45 Depot St.

Duxbury, MA 02332

781-934-9501

[www.sportworksduxbury.com](http://www.sportworksduxbury.com)

## Bike Zone of Cape Cod

13 County Road  
North Falmouth, MA 02557  
508-563-2333  
[www.bikezonecapecod.com](http://www.bikezonecapecod.com)

- Offering a 10%+ discount to our members on products, rentals and more!
- Standard tune up—\$49, Deluxe tune up—\$79
- Bikes under \$500 gets \$50 off, Over \$500 \$100 off
- Bike rentals reduced to \$15 per bike
- Discount on Labor as well.

*(offers valid at North Falmouth store only)*





# Follow Us!

Click on either of the logos below to check our pages!



## Contact Us?



### **By Mail:**

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Tom Burt  
508-566-0095

### **By Web:**

[www.uppercapeclub.com](http://www.uppercapeclub.com)



### President:

Rick Howe

### Vice President:

Scott Northrop

### Treasurer:

Leonard Hills

### Secretary:

Linda Barlow-Palo

### Website:

Michael Finegold

### Newsletter:

Tom Burt



## Who we are...

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.

<http://www.uppercapeclub.com>