



THE AVALANCHE

The Upper Cape Ski & Sports Club

Volume 9, Issue 3

November 2003

Inside this issue:

President's Letter	1
Calendar	2
Upcoming Ski Trips	3
Skis & Boots— 10 1	4
Agenda-Fun Stuff	5
Sunday River weekend	6
Ski Helmets	7
Sugarloaf/Park City/Jackson	8
Trip & Membership App	9

NEXT MEETING:

- *Thursday*
November 6,
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

Happy Thanksgiving!

President's Letter

Dear Members,

Can you believe ski season is literally right around the corner? With our strong lineup of trips there should be something for everyone. We kick off the season by going to **Sunday River** for the weekend of December 12-14th. What a great warm-up trip this will be. I checked their website and they are already planning for a November 14th opening. That means that they have a solid month to get the runs in shape for us to test drive. Oh, by the way don't forget to bring your bathing suit because our hotel, The Grand Summit, has a fabulous pool. A special thanks to Tom Peterson for writing the article in this month's newsletter on dining out in Sunday River. Sounds to me like there will be more than enough enticing places to eat at on our trip to the "River".



Our November meeting will be a busy one as we need to **vote for officers** for the upcoming year. Perhaps it is your turn to get involved with the administration of the club. I encourage all of you to become active with the club in one way or another, it really doesn't take a lot of effort and your help is very much appreciated by the other officers and committee members. We also will have a skis, boot and board demo by the **Village Ski and Sports Shop**. It's always great to find out what is new for this year.

We have placed an ad in the newspaper to increase our awareness in the community and hopefully gain new members, but you can help also by **distributing newsletters** at your place of work, gym or favorite coffee shop. See our newsletter editor, Michael Finegold, for additional copies to distribute.

Lastly, a reminder here that our December meeting will have a **Yankee Swap** so please bring a wrapped item valued between \$10 and \$20 to exchange with another club member.

Karen Foster, President

Teaticket, MA 02536

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

8 By Web:
 www.uppercapeskiclub.com

Newsletter Editor:
 Michael Finegold
 508-548-0071

Changed your e-mail address lately?

If you haven't notified us, then you won't receive our email updates. Send e-mail requests to mfskier@uppercapeskiclub.com



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

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

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

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

~ 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.



Day/Week	Date	Place	Rte 3 Pickup	X Country	Cost	Trip Leader	Bus Departs
Fri-Sun	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
Fri-Sun	Jan 9-11	Sugarbush, VT			\$305	Brenda Purdy	Drive yourself
Wednesday	Jan 14	Attitash/Bear Peak, NH	☑	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	☑	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	☑		\$65	Brenda Purdy	4:30 AM
Tuesday	Mar 2	Cannon, NH	☑		\$65	Carey Murphy	5:00 AM
Wednesday	Mar 5-14	Jackson Hole, WY			\$1369	Michael Finegold	Fly
Wednesday	Mar 10	Wildcat, NH	☑	X	\$60	???	5:00 AM
Wed-Thur	Mar 17-18	Bretton Woods, NH	☑	X	TBA	Sharon Grace	Drive yourself
Wednesday	Mar ?	To be determined		X	TBA		5:00 AM
Thurs-Sun	Apr 1-Apr 4	Jay Peak, VT		X	\$225	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.

☑ **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, November 6, 2003



SKIS & BOOTS — 101

By Red Blanchard

There are no bad skis in today's market. The trick is to find the ski that is designed for your particular ability.

There are skis designed for all levels of skiing:

- The beginner or recreational skier who likes skiing easy, groomed trails.
- The mid-performance intermediate who prefers moderate terrain.
- ◆ The high-performance skier who prefers difficult terrain and moguls.
- ◆◆ The expert who prefers racing either Slalom, Giant Slalom or downhill.



So, when you are purchasing ski equipment be honest with your sales person. Do not over qualify your ability or you will not end up with the right equipment, and you will not be a happy skier. The material used in the ski and the shape of the ski determines the performance category of the ski, and in turn the price of the ski. Today's shaped skis are shorter and wider than in previous years. They are generally bought in a length somewhere between the chin and the mid-forehead. These skis are easy turning and are less fatiguing on your knees/legs. One of the newer trends in the ski marketplace is the ski/binding system being championed by SALOMON. These skis come from the factory with the skis ready for mounting with a specific binding. The purpose of this system is to enhance the natural flex of the ski to provide better performance.

Boots also are designed for beginner, intermediate and expert performance categories. The majority of today's boots are very comfortable. Most boots have some type of thermal liners, liners that mold to your feet through the heat of your foot. Some boots come with a ski/walk option. This allows you to unlock the upper cuff of the boots when you are not skiing and relax those calf muscles. Just flip a switch and lock the cuff and you are ready to ski. There are boots that have built in heaters so that you can ski comfortably on those cold New England days, or if you choose, you can have heaters installed in your existing boots. There are also boots available with a canting feature. Canting helps to align the knees properly over the ski for easier turning of the ski and hence better performance. Most of our feet either supinate (roll out) or pronate (roll in) which may cause discomfort/pain. Other problems like flat feet may also cause pain. In general, boots come with very minimal foot beds. A custom foot bed molded to your foot not only helps relieve pain they can enhance your ski performance as well. Boots are like tires on a car, they enhance performance. Be sure to match the category of boot you purchase to the category of ski. No sense in buying an expert category boot and a beginner category ski.

Come and see some of the great equipment currently available at the November meeting: Commentary by Kemper Blanchard Village Ski and Sport, now of South Dartmouth. He is a master boot fitter and binding technician with 35 years of experience.





November Meeting -- Fun Stuff



Elections

October is election month. The slate of officers include President, Vice President, Secretary and Treasurer. If you are interested in any of these positions, please let the current officers know prior to beginning the meeting.



Guest Speaker

Kemper and Red Blanchard from the Village Ski and Sports Shop will bring in some of the latest equipment for the upcoming season. They will bring us up to date on skis and boots. Kemper will also bring in a snowboard, bindings and boots for those that are interested in this very popular sport.



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

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

After the Lifts Close

by Tom Peterson

Whether you are doing the bust and burn all day on White Heat, or just cruising on American Express, after a day at Sunday River, a skier is looking for two things: a tall drink and a hot meal. You're in luck. There are two dozen or more restaurants, cafes, and bars in the Sunday River area. Most are either on Sunday River Road or just down the road a piece in downtown Bethel.

For starters there is the Bethel Inn at the end of Main St. It's a classic New England inn with a 3-diamond rated dining room open to the public as well as guests. Downstairs is the Millbrook Tavern with a lighter menu and live entertainment Tuesday through Saturday at 9 PM.

Just across the common is the bistro L'Auberge and Country Inn. For entrees with a French twist from \$14-26. Some Trout Amandine or Bouillabaisse with lobster, mussels and shrimp would be nice.

If you wander down Main Street a bit, it's only 1/2 mile long, you will find the Sudbury Inn. It's a 19th Century Inn with a fireplace in the dining room and outstanding cuisine, also 3-star rated. Perhaps you'd like a roast duckling or a seven bone rack of lamb. Downstairs is the Suds Pub serving burgers, wings and the best pizza in town, or so they say.

Heading back towards the mountain at the corner of Route 2 and the Sunday River Road is the Sunday River Brewing Company, with a good variety of steaks, chicken, pasta and nightly specials. After finishing your sampler of their six micro brews, you'll want everything on the menu.

Further up on Sunday River Road, just a mile or two from the mountain is the Great Grizzly American Steak house and Matterhorn Ski Bar. Only open from November to April, this is a real skier's bar. Boasting ferocious apres-ski and exceptional dining featuring steak, ribs, fresh pasta and wood fired oven pizza. With live bands starting at 8 PM on Fridays and 10 Pm on Saturdays this place rocks. From pizza and beer to brie and cognac there's something for everyone at Sunday River.

Bon Appetite!

CLASSIFIEDS

Ads are free to all Club Members

Christmas Mountain Condo for rent in Glen, NH
2 Bedroom, 2 Bath, w/loft (sleeps 8)
Beautiful views of Mt. Washington.
Wildcat, Attitash, Cranmore are all close by.
\$150 per night plus cleaning fee.
Call Scott or Wendy @ 508-457-9499

If you would like to place an ad,
email it to mfskier@uppercapeskiclub.com.



Ski Helmets

No more excuses!

Ski & Snowboard Helmet Sizing Guide

Helmet sizing is very simple. The sizes are determined by how many centimeters around your head is.

Take a tape measure and measure the circumference of your head just above your eyebrows. That's your helmet size.

It is VERY important to keep in mind that not all helmets fit the same. Head shape is a factor in your helmet selection as well. In most cases, your helmet will fit if you get the right size, but there are circumstances where the helmet will not fit due to the shape of the helmet and the shape of your head. In cases like this, you may have to try on a few different models to find the right one.

For Kids it is very important to not add too much to account for growth. A helmet that is too loose is not going to be safe and can actually be dangerous. Kids' heads grow relatively slow so get one that fits. The only time you may want to bump up a size is if their head is right in-between sizes. Then you can select the larger size.

Ski & Snowboard Helmet Size Conversion Charts

(Varying head shape can effect correct fit & size)

CENTIMETERS	INCHES	FITTED HAT SIZE
48	18 7/8	6
49	19 3/8	6 1/8
50	19 5/8	6 1/4
51	20	6 3/8
52	20 1/2	6 1/2
53	20 7/8	6 5/8
54	21 1/4	6 3/4
55	21 5/8	6 7/8
56	22	7
57	22 3/8	7 1/8
58	22 3/4	7 1/4
59	23 1/4	7 3/8
60	23 5/8	7 1/2
61	24	7 5/8
62	24 3/8	7 3/4

Remember! Not all helmets fit the same! Some are designed for oval heads, some are designed for round heads and some are designed for the "roval" head. It's best to try them on before you buy, but if you are buying online, you may want to consider ordering multiple styles and returning the ones that do not fit.

The Avalanche

Ski & Snowboard Helmet Fitting Guide

When looking for a helmet, your first priority is fit. A properly fit helmet will be comfortable, and offer the maximum amount of protection and performance.

Measuring Tape - To determine the correct size, wrap tape around head, just above eyebrows. Note your size at point of overlap. This is your helmet size.



Putting On Helmet - Align the front rim of the helmet above your eyebrows. Hold the straps on both sides and roll the helmet over the back of your head.



Check For Gaps - Pads should be flush against your cheeks and forehead. The back of your helmet should not touch the nape of your neck.



Roll Test - With the chin strap fastened your helmet should be snug and comfortable. Try to roll your helmet off your head. If the skin on your forehead moves, you have a good fit.



Proper Use - Be sure your helmet is fitting above your eyebrows and that your goggles fit your face while wearing the helmet as shown.



It is VERY important to keep in mind that not all helmets fit the same. Head shape is a factor in your helmet selection as well. In most cases, your helmet will fit if you get the right size, but there are circumstances where the helmet will not fit due to the shape of the helmet and the shape of your head. In cases like this, you may have to try on a few different models to find the right one.

Ski helmet information provided by SkiHelmets.com

To get a measuring tape for your head go to:
http://www.skihelmets.com/2003_Images/helmet_tape.pdf

Page 7



Sugarloaf/USA

January 25-30, 2004

This trip sells out every year!



Yes it's that time again. Time to sign up for the most popular trip the club offers.

Our annual migration to the Loaf will be led by Doug Baker and Dona Marcham. Don't miss out on winter carnival "White White World Week". Big Air Dummy Competition, Indoor/Outdoor Waiter/Waitress Race, Blues Brother's Theme night at The Bag, Jimmy Buffet Island Party at Gepetto's, just to name few. Don't wait, sign up now!

The trip includes:

- ▲ 5 nights mountain-side condo lodging
- ▲ 5 1/2 days of lift tickets (get there early on Sunday!)
- ▲ Daily Perfect-Turn Clinic ski lessons
- ▲ Use of the Sports & Fitness Club (with 2 outside jacuzzis!)
- ▲ Monday night welcome party – and more!!

\$330 per person – Drive yourself.

For more information call:
Doug Baker and Dona Marcham
508-563-9273

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.



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:

- * \$1169.00 p/p - 6 persons; 3 bedrooms, 2 and 1/2 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

Jackson Hole, Wyoming

March 5 -14, 2004 - Ten fabulous days!

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
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**

Next General Meeting

**Thursday
November 6, 2003**

Arrive early and have a great dinner at:

JILLIAN'S
Corner of Rte 151 & 28A
North Falmouth, MA



Itinerary:

- Elections
- Sunday River, ME sign up
- Park City, UT sign up
- Jackson Hole, WY sign up
- Guest Speaker—Kemper Blanchard
Village Ski & Sport Shop

The Upper Cape Ski & Sports Club

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

FIRST CLASS MAIL



There's no news like snow news!