

**NEXT MEETING:**

- *Thursday*
- *March 4, 2004*
- *7:30 p.m.*
- *Jillian's Restaurant*
- *Rte 151*  
*North Falmouth, MA*

**February 2004!****Contact Us?****By Mail:**

Upper Cape Ski & Sports Club  
P.O. Box 2123  
Teaticket, MA 02536

**By Phone:**

Diane Payson, Treasurer  
508-548-0071

**By Web:**

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

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**President's Letter**

Dear Members,

**Day Trips**

Our day trips are the backbone of the club. It's a great way to introduce perspective members to the club (yes, non-members can participate in day trips), have a distress day away from work, and tune up for the long trips. It's also how I was introduced to the club and got hooked on skiing.



In January, we ran three day trips; two went and one didn't. Unfortunately the trip that didn't go was Attitash. This was a disappointment after Judy Dineen from Attitash came to our meeting on January 1 and brought some great give aways. We know that the cold weather was probably the reason for the lack of interest. We're working on another opportunity for you to experience this great mountain and Attitash's hospitality.

Come to the February meeting for details. Also at the February meeting, we'll provide you some detail on Jay Peak, our last trip of the year. This is a great mountain at a great price. In the meantime stay warm, by layering as we were instructed by the MOCEAN representative at the December meeting and remember – "life is too short, not to ski!"

**Karen Foster, President**

***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**



Sunday

Monday

Tuesday

**FEBRUARY**

Thursday

1	2	3	4	7:30 pm General Meeting
4:30 am Stowe, VT	9	10	5:00 am Waterville Valley	12
15 Park City, UT	16 Park City, UT	17 Park City, UT	18 Park City, UT	19 Park City, UT
22	B.O.D. Meeting	24	5:00 am Okemo, VT	26
4:30 am Sunday River				

Sunday

Monday

Tuesday

**MARCH**

Thursday

	<sup>1</sup>	<sup>2</sup> Cannon, NH	<sup>3</sup>	<sup>4</sup> 7:30 pm General Meeting	<sup>5</sup> Jackson Hole, WY	<sup>6</sup> Jackson Hole, WY
<sup>7</sup> Jackson Hole, WY	<sup>8</sup> Jackson Hole, WY	<sup>9</sup> Jackson Hole, WY	<sup>10</sup> Wildcat, NH Jackson Hole, WY	<sup>11</sup> Jackson Hole, WY	<sup>12</sup> Jackson Hole, WY	<sup>13</sup> Jackson Hole, WY
<sup>14</sup> Jackson Hole, WY	<sup>15</sup>	<sup>16</sup>	<sup>17</sup> Bretton Woods, NH	<sup>18</sup> Bretton Woods, NH	<sup>19</sup>	<sup>20</sup>
<sup>21</sup>	<sup>22</sup> B.O.D. Meeting	<sup>23</sup>	<sup>24</sup> 5:00 am Okemo, VT	<sup>25</sup>	<sup>26</sup>	<sup>27</sup>
<sup>28</sup> 4:30 am Sunday River	<sup>29</sup>	<sup>30</sup>	<sup>31</sup>			

~ 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



Day/Week	Date	Place	Rte 3 Pick up	X Country	Cost	Trip Leader	Bus Departs
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 14-21	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	Sharon Grace	5:00 AM
Wed-Thur	Mar 17-18	Bretton Woods, NH	☺	X	\$208	Dave Dimestico	Drive yourself
Friday	Mar 19	Mad River Glen		X	\$65	Sharon Grace	4:30 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.



Karen Foster Brenda Purdy Carey Murphy  
81 Goeletta Dr. P.O. Box 3419 120 Ostrom Rd.  
E. Falmouth, MA 02536 Waquoit, MA 02536-3419 Waquoit, MA 02536  
508-564-4818 508-540-4268 508-495-6442

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

**NEXT GENERAL MEETING - Thursday, February 5, 2004**

# Jay Peak, VT

April 1 - 4, 2004



\$225 per person—Drive yourself.

For more information call:

Diane Payson

@

508/548-0071

*Wrap up your ski season in Vermont's Northern Kingdom!*

Why visit Jay Peak? Great snow and legendary powder days (50 last year), carefully groomed slopes, exciting glades and challenging varied terrain for all skiing and riding abilities combined with the friendliest, most customer oriented service in the industry, that's why!

In fact, Jay Peak Ski Resort is where you'll find the best Vermont skiing! We are located in the northern Green Mountains and are famous for receiving the most natural snowfall in the eastern USA, with an annual average of

357 inches. Jay's abundant snowfall and very unique terrain has contributed to creating the most exciting glade skiing in all of North America. Over 20 glades and extreme chutes challenge the best skiers & riders.

Intermediate skiers enjoy Vermont's only aerial tramway and numerous scenic cruisers measuring up to 3 miles long. Novice skiers enjoy the plenty of gentle terrain with their own beginner lifts. Snowboarders all rave about Jay's free riding as some of the best anywhere plus they enjoy the half pipe



**The BALSAMS**  
Grand Resort Hotel

## THE BALSAMS

This grand resort destination is a must!

Every year Red & Sherrie Blanchard plan this trip in March for a superb four-day escape into a world of luxury. Daytime offers alpine skiing, snowboard parks, 95 km cross-country trail system, 30 km of snowshoe trails, ice skating, and a full-service base lodge and games. Nighttime offers a superb meal in the main dining room by a team of waiters.

March 11-14, 2004

## 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

Sunday River 1-bedroom Condo for rent

Ski in, ski out—Sleeps 4—Hot tub & heated outdoor pool

Available holidays & weekends.

Call Michael Finegold @ 508-548-0071

Looking for children's boots & skis. Call Diane Payson @  
508-548-0071

Judy M. Stark, CPA / Master of Science in Taxation

508/564-5635

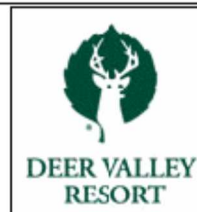
Tax Preparation & Planning and Business Consulting





## PARK CITY, Utah

Call to be wait-listed!



### February 14-21, 2004 **SOLD OUT!**

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.

#### 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

#### The price:

- \* \$1169.00 p/p - 6 persons; 3 bedrooms, 2 and ½ baths

For further information, please contact  
Jack Reardon @ 508-548-6486

## Jackson Hole, Wyoming **Sold Out!**

### March 5 -14, 2004 - Ten fabulous days! Call to be wait-listed!

**Lodging:** The Snow King Resort Hotel offers a pool, Sauna, Ja-restaurant, and its own ski mountain—perfect for beginners or intermediates.

cuzzi,

**Price is \$1,369 per person.**

#### 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

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.



## Bretton Woods, NH

March 17-18, 2004

A grand masterpiece of Spanish Renaissance architecture, The Mount Washington Hotel was a two-year labor of love for 250 master craftsmen.



Bretton Woods is New England's fastest growing ski resort. Once recognized as a strong novice area, Bretton Woods has since doubled in size to include more wide open cruising terrain and an abundance of black diamond glades, including 17 new trails and glades for the 2003/04 season. With the addition of a fourth high speed quad lift this season, the any resort in NH, skiers and riders will enjoy more time on the slopes.

most of

#### The trip includes:

- ↑ 2 nights lodging at the Mt. Washington Hotel
- ↑ 2 days of lift tickets

\$?? per person—Drive yourself.

For more information call:  
Dave Dimestico



## THE AVALANCHE

## THE AVALANCHE



## Trip Application for 2003-2004 Season

Name: \_\_\_\_\_ Roommate: \_\_\_\_\_

MAILING Address: \_\_\_\_\_

City &amp; 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 LI**

Signed \_\_\_\_\_ Date: \_\_\_\_\_

**LIABILITY POLICY:** Participants acknowledge that there are inherent risks in skiing, whitewater rafting, and snowmobiling. The Upper Cape Ski & Sport Club, its officers, directors, and agents, hold harmless the Upper Cape Ski & Sport Club, its officers, directors, and agents, from any claims which may arise 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, weather, baggage, lodging, insufficient participation, or reasons beyond the control of the Upper Cape Ski & Sport Club.

## Membership Application for 2003-2004

Name: \_\_\_\_\_ Age: \_\_\_\_\_

MAILING Address: \_\_\_\_\_

City &amp; State: \_\_\_\_\_ Zip: \_\_\_\_\_

**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, and snowmobiling. The Upper Cape Ski & Sport Club, its officers, directors, and agents, hold harmless the Upper Cape Ski & Sport Club, its officers, directors, and agents, from any claims which may arise 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, weather, baggage, lodging, insufficient participation, or reasons beyond the control of 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**



## Eastern Inter-Club Ski League

Incorporated in 1953, The Eastern Inter-Club Ski League (EICSL) promotes recreational skiing and ski racing at the amateur and club level. We are an organization of 28 separate clubs throughout the Mount Washington Valley and Franconia Notch area of New Hampshire. Many of these clubs offer year round sporting and social activities individually and through the league.

Realizing that the lodging at any of the clubs is not designed with the glitzy Ritz-Carlton person in mind. Lodging varies greatly from club to club, but most are designed in bunk-style rooms. Lodging may be a determining factor in which clubs you check out when trying to decide on a club to join. The Ski Bees for example have segregated floors with seven women's bunk rooms on the second floor and seven men's bunk rooms on the third floor. Two bathrooms are shared by the women on the second floor. And two men's bathrooms are shared on the third floor. Club rules such as smoking and quiet hours are instituted. Each club has its own constitution and by-laws which it hands out to its members. Rules on these and other issues are made known and failure to follow these rules may result in exclusion from the club. Since the clubs vary so much and are all within 10 miles of each other it is strongly suggested newcomers visit at least two or three before deciding on one to join. Once a perspective member decides to join a particular club, they are automatically considered a member from year to year assuming dues are paid. They also have the opportunity to join a different club each year if they choose.

Members enjoy perks like 10% off purchases from certain merchants and restaurants in the North Conway area plus--the important thing-- discounted lift tickets are organized by EICSL. This year's deals included discounted tickets at Mount Cranmore and Wildcat. Because the clubs are centrally located in the Mount Washington Valley mountains like Wildcat, Attitash and Sunday River in Maine are all within an hour from the clubs. Most people decide the night before where they'll be skiing and share rides the next morning.

Don't think just because they're called ski clubs that's all they do. To be honest, some members have never skied a day in their lives. The night life après ski is an experience like no other. Club take turns hosting afternoon socials and after-dinner gatherings at their clubs. This makes for a great opportunity to visit other houses and meet new ski partners. But don't stay out too late...remember you have to get up at 7 am to catch that first lift!

Summer is great time to come up to your club and hike, bike, and swim. Each year clubs plan either formal or impromptu rafting and canoe trips down the Saco River. Mountain bike trails are everywhere and a few mountains offer lift service to the top for the ultimate downhill mountain bike experience. If you keep your city slicker image up north, the road riding is great too and the N.H. scenery beats the Esplanade's any day. Rollerbladers are cropping up in almost all clubs too and were last seen in a pack of 20 skating on a country road while keeping a keen eye for any moose that may decide to ruin their steady pace. Clubs hold activity weekends on Memorial Day, Fourth of July and Labor Day. There's not much skiing that time of year, so activities usual turn to volleyball, tennis and golf tournaments.

Members are kept well informed about upcoming activities via fliers and newsletters mailed to the clubs member list throughout the year. The age-old "grapevine" also serves well since many members are also friends and keep in touch outside the club.

It does sound too good to be true and the repeated question is, "Who does all the work to keep the clubs active and running well?" Members are really the only ones to blame for the success of these organizations. Most people pitch in to help wherever needed from writing and publishing newsletters to mopping the floors after a weekend of ski boots clodding back and forth. Elected officers and members of a Board of Directors from each club put in hours of organizational work and are not paid a dime.

Some people have probably lived in Massachusetts their whole lives and never heard of EICSL ski clubs. Now that you have, don't waste another winter season without checking out the N.H. ski club scene. It may even make you reconsider that plan to move to Florida.

The banner features a dark grey background with a light grey gradient at the bottom. It is decorated with a row of white snowflakes. On the left side, the text "THE AVALANCHE" is written in a white, serif, all-caps font.

## **What's on my mind...**

### High Altitudes and Hypothermia By Jack Reardon

With the New England ski season about to jump into high gear, a few timely reminders about safe and healthy skiing would appear to be in order. Safe skiing does not just relate to how you comport yourself on the slopes. Preparing your equipment properly (i.e. having bindings checked, ski edges ground, etc.) certainly is important and we tend to take care of this issue without much second thought.

In February and March two groups of club members will be heading for the high country. Park City, Utah and Jackson Hole, Wyoming. Both top out at approximately 10,000 feet, or three to four times the altitude at which we sea level types usually ski. Everyone should be aware that there is an inadequate concentration of oxygen in the air at higher altitudes, and that we require a periods of time to become acclimated. Needless to say, we all accomplish this adjustment differently. When body cells do not receive enough oxygen, a condition called hypoxia can develop to one degree or another. Everyone experiences some breathlessness and rapid breathing or even an elevated heart rate. A general malaise or vague feeling of physical discomfort will sometimes develop the first day or so. We can forestall, or at least minimize, this condition by drinking lots of water and eliminating or limiting the use of alcohol during the period of adjustment. (This is also good advice for long plane trips.) Taking it easy while you get to know the mountain is also good advice.

Prolonged exposure at any altitude to cold temperatures or a cool, damp environment can cause you to lose body heat at a faster rate than your body can generate it. Wearing proper clothing, (layering is best) protecting hands, feet, ears, and nose, and wearing a helmet or warm hat can go a long way toward preventing hypothermia. If you feel a chill, take a break and warm up. Also, you and your skiing partners should keep an eye on one another for the telltale white spots on exposed skin, a definite precursor or frostbite. In all cases relative to the prevention or treatment of anoxia or hypothermia, the use of alcohol or tobacco is to be avoided.

Choosing underclothing of the proper material is also very important. Cotton is definitely a no-no for socks, long johns, and undershirts. Cotton absorbs perspiration, retains it, and does not wick it away. Synthetic materials, wool, and even silk are recommended. There are many clothing items available that are made from combinations of materials, which do a great job of keeping you, dry and warm.

Well, there you are.... just a few things to consider. Remember, keep your eye on the other guy...ski safely...and have a great ski season!

**Interested in contributing???**

'What's on my mind...' is an open forum for club members to share their expertise, insights, and opinions with the club at large, and may be on any topic related to Upper Cape Ski Club activities. Submissions should be emailed to: [editor@uppercapeskiclub.com](mailto:editor@uppercapeskiclub.com).

**The Avalanche****Page  
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# Next General Meeting

Arrive early and have a great dinner at:

**JILLIAN'S**  
Corner of Rte 151 & 28A

**Thursday**

## Itinerary:

- Sugarloaf, ME sign up
- Park City, UT sign up
- Jackson Hole, WY sign up
- Guest Speaker-Griffith Outlaw

**The Upper Cape Ski & Sports Club**  
**PO Box 2123**  
**Teaticket, Ma 02536**

**FIRST CLASS MAIL**



There's no news like snow news!