



PO Box 2123
Teaticket, Ma 02536

THE AVALANCHE

November 2008

NEXT MEETING:

- Thursday, November 6, 2008
- 7:30pm @ The Falmouth Inn
Main Street, Falmouth
- Bring item or \$5 for food pantry
- Raffle for free day trip
- Country & Western night
- Line Dancing lessons
- Officer Elections

Contact Us?

By Mail:

Upper Cape Ski & Sports Club
PO Box 2123
Teaticket, MA 02536

By Phone:

Ron Purdy, Treasurer
508-540-4268

By Web:

www.uppercapekiclub.com

President:

Tom Peterson

Vice President:

Bud Shaw

Treasurer:

Ron Purdy

Secretary:

Diane Payson

Membership:

Sharon Grace

Newsletter Committee:

Tom Burt, Sharon Grace, Bud Shaw

Season of Change

The promise of change seems to be the slogan for many seeking election this November and the Upper Cape Ski & Sports Club is no different. Our by-laws impose term limits on all officers and we have reached those limits for our President, Vice President, and Treasurer positions. So, change is in order. We'll be electing a new slate of officers at our November 6 meeting and I encourage all of you to consider running for office.



New officers bring new policies, practices, and ideas. Every organization needs to be shaken up on occasion and I can't wait to see what our candidates offer. We utilized a trip committee for the first time in a few years and you should see that reflected in the trip schedule. There are a few destinations we haven't been to in a while and we've tried to keep some of the old favorites. Also new this year is our \$15 coupon program, designed to bring new interest into the club and our day trips. It essentially waives the \$15 non-member fee on a one-time basis. If you have friends you'd like to bring along but they're not members, get your hands on some of these coupons and let them try us out at the member rate. If they have a good time, suggest they join the club! The goal is to get more people on the bus and in the club.

Something that hasn't changed this year are the great rates on our day trips. Not all the mountains have published their 08/09 group rates, so you'll find only the first few trips have been priced. We'll have the rest up soon though, so check our website for the latest information. Sugarloaf is still an amazing deal at \$345. It's filling fast, so get on it now while you still can.

Finally, because this is my last newsletter as President, I'd like to thank the membership for making this club so great. We have an amazing group of people and I look forward to your ongoing fellowship for many years to come.

Tom Peterson,
President



UTAH



February 14–21, 2009

Includes:

- 7 nights accommodations at Park Avenue Condos
- 2 out of 7-day lift ticket to The Canyons
- 2 out of 7-day lift ticket to Park City Mountain Resort
- Options for additional lift tickets
- Round-trip airfare, Boston to Salt Lake City via Delta Airlines
- Round-trip hotel transfer from Salt Lake City
- All taxes, fees, and baggage handling
- Access to Deer Valley via a 15-minute shuttle ride

Cost:

\$1545 pp. **Only two spots remaining at this price!**

\$500 deposit* due immediately, balance due by December 7, 2008.

*Deposit subject to our Deposit/Refund policy found on page 3.

Trip Leader:

Bud Shaw

(508) 477-3717

budco1@comcast.net

The Greatest Snow on Earth!

Sugarloaf ME

\$345

January 18 - 23

\$345

This perennial drive-yourself sell-out includes:

- Five and one-half day ski pass
- Daily “Perfect Turn” ski clinic
- Five nights slope-side condos
- Monday evening “Welcome Social”
- Daily use of the Health and Fitness Club
- Free local shuttle bus service
- Many other amenities

Interested? Contact Bud Shaw at (508) 477-3717.

\$170 deposit due November 10, balance due December 5

~ 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.



Ski Season Performance Training

Offered by FitPlan, a division of Cape Cod Rehabilitation

The Ski Season Conditioning Program is designed to help skiers achieve their maximum athletic potential while helping to reduce the risk of injury. It is an hour-long class for all abilities that will focus on the 5 aspects of conditioning (strength, endurance, power, balance and flexibility). Class will start with a 15 minute dynamic warm up, followed by a half hour of circuit training working on strength, endurance, power and balance. The class will end with a cool down period focused on increasing flexibility through ski specific stretching. The class is designed to help improve performance and potential while decreasing the risk of injury, allowing you to have more fun on the mountain this year!

Classes are held at our Mashpee location on weekday evenings. **For more information on class prices, times and dates contact Eric Chandler at 508-477-6128 or echandler@fitplan.com.**



Due to ongoing construction as well as property and tenant changes, the former Grand Union parking lot in Monument Beach will be unavailable for our use this winter. We are currently exploring other options and will update you as soon as a location has been determined. The updated location will be posted to our website ASAP.

Missing Something?

No, I'm not talking about your 401K! In previous years, the club's financial reports were printed here in the newsletter at the start of each season. In the interest of saving paper and postage, we opted not to print the data this year; however, it is still available upon request. Send your request using the "Contact Us" link at the website and we'll get a copy to you. Or, ask the club treasurer at the next meeting.

Special Invitation!



Do you have a friend or family member that would like to try us out? Grab a few of these coupons at the next meeting and hand them out to friends. They can redeem them for \$15 off any one of our day trips. If the friend enjoys the trip, suggest they join the club! The coupon can only be used once per person, for potential new members only (i.e., must be 21 and over). See Michael Finegold at the next meeting for more information or to pick up a supply.



Any X-Cers Out There?



Don't forget—the Upper Cape Ski & Sports Club welcomes all types of skiers, even those that prefer the flats. If you or someone you know cross-country ski, why not try out a bus trip for a little variety? The mild Cape Cod winters limit the X-C opportunities here and several of the resorts we visit have X-C facilities on-site or just down the road. Give the trip leader a call, pay the bus-only fare, and we'll arrange to have you dropped off at the trail!

New for 2008!



Want to show off that Upper Cape Ski Club pride? Try these weather-proof, high-quality, vinyl decals with our new club logo. Speaking of which, our skiing clam has been named! Meet “Steamer,” the club mascot! Decals will be available for purchase at the next meeting for \$1 each. Put them anywhere, put them everywhere! For information or to purchase, call Bud at 508-477-3717.

08 / 09 Trip Schedule

| DATE | DAY | DESTINATION | PICKUP ² | PRICE | TRIP LEADER | TIME |
|-----------|---------|------------------------|---|--------|-----------------|-----------------|
| 12/10 | Wed | Sunday River, ME |  | \$70 | Roger Stokey | 4:30 |
| 12/31 | Wed | Wachusett, MA | N/A ¹ | Call | Donny Estes | DY ¹ |
| 1/7 | Wed | Mt. Snow, VT |  | \$70 | Roger Stokey | 5:00 |
| 1/11 | Sun | Attitash/Bear Peak, NH |  | \$70 | Tom Burt | 5:00 |
| 1/14 | Wed | Loon Mt., NH |  | \$70 | | 5:00 |
| 1/18-1/23 | Sun-Fri | Sugarloaf, ME | N/A ¹ | \$345 | Bud Shaw | DY ¹ |
| 1/27 | Tues | Mad River Glen, VT |  | \$50 | Sharon Grace | 4:30 |
| 2/1 | Sun | Bretton Woods, NH |  | TBA | Collette Shaw | 5:00 |
| 2/4 | Wed | Stowe, VT |  | TBA | Donny Estes | 4:30 |
| 2/8 | Sun | Pico, VT |  | TBA | Tom Burt | 5:00 |
| 2/11 | Wed | Killington, VT |  | TBA | Roger Stokey | 5:00 |
| 2/14-2/21 | Sat-Sat | Park City, UT | N/A | \$1545 | Bud Shaw | FLY |
| 2/25 | Wed | Stratton, VT |  | TBA | Bill Ventura | 5:00 |
| 3/1 | Sun | Wildcat, NH |  | TBA | Ron Purdy | 5:00 |
| 3/4 | Wed | Okemo, VT |  | TBA | Ron Purdy | 5:00 |
| 3/8 | Sun | Sunapee, NH |  | TBA | Tom Peterson | 5:00 |
| 3/11 | Wed | Cannon, NH |  | TBA | Tom Peterson | 5:00 |
| 3/18 | Wed | Wildcat, NH |  | TBA | Steve Carr | 5:00 |
| 3/25 | Wed | Waterville, NH |  | TBA | Suzanne Shermer | 5:00 |

¹Drive Yourself.

²Pickup Locations:  Exit 10—meet in the small commuter lot at the corner of Routes 3A and 53.

 Exit 4—meet in the dirt parking lot across from the McDonald's driveway.

Those seeking pick-up at a designated alternate location **MUST** notify the Trip Leader in advance. Non-members are subject to a \$15 surcharge. Already have a pass? Ride the bus for only \$40!



Raffle Tickets go on Sale!



After the success of our 2007/2008 Raffle, we're upping the ante! This year's raffle is bigger and better with several more prizes and greater chances to win! Tickets will be on sale at the November 6 meeting and the winners will be drawn at our Christmas Party on December 4. We're also going to send each member a book of tickets to sell to family and friends (or keep for yourself!). Just turn in the tickets with the money you collected and they'll be entered into the drawing. Here's what's up for grabs this year:

1. Your choice:

Rossignol Actys 200 Skis with Integrated Binding System. \$400 Value

-or-

Rossignol Diva Woman's snowboard, 153cm (no bindings). \$400 Value

2. Sugarloaf Ski and Stay Package. 2 nights on-mountain lodging, lift tickets, and lessons for 2 people. \$360 Value

3. Two round-trip tickets via Cape Air from Hyannis to Nantucket \$220 Value

For more information or to purchase additional tickets, contact Michael Finegold at 774-392-2567 or mfskier@comcast.net.

08/09 Trip Leaders

Bud & Collette Shaw

84 Lakewood Drive
Mashpee, MA 02649
508-477-3717

Sharon Grace

15 Horseshoe Lane
North Falmouth, MA 02556
508-548-3639

Donny Estes

PO Box 107
Woods Hole, MA 02543
508-566-0062

Tom Burt

46 Thom Avenue
Bourne, MA 02532
508-566-0095

Ron Purdy

PO Box 3419
Waquoit MA 02536
508-540-4268

Roger Stokey

31 Riddle Hill Road
Falmouth, MA 02540
508-540-2324

Tom Peterson

35 McCallum Drive
Falmouth, MA 02540
508-540-4205

Suzanne Shermer

PO Box 1064
Falmouth, MA 02541
774-994-1148

Steve Carr

PO Box 290
Pocasset, MA 02559
(508) 563-9498



**Ski Club
Members
save 10%**

High quality brands:

- Rossignol
- Salomon
- The North Face
- Volkl
- Tecnica
- Thule
- And many more...

**Free installation
with purchase of
Thule Rack or box
781-934-9501**

SPORTWORKS

Full service ski and snowboard shop with friendly, knowledgeable customer service. We do it all, from Boot fitting to edge repair. For all your skiing needs call us. Our prices will beat any shop around and we guarantee 100% satisfaction.



Let us know you're coming and we will tune your skis on the spot so you don't have to make the drive twice!

Support your local ski shop!

45 Depot St. Duxbury MA.
Directions available at our website:
www.sportworksltd.com

Trip Application for 2008-2009 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 I 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, its 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 2008-2009 Season

Name: _____ Age: _____

MAILING Address: _____

City & State: _____ Zip: _____

Phone (Home): _____ (Work): _____

Email address: _____

Annual Dues - \$45

October 1, 2008 thru Sept. 30, 2009

Downhill Snowboard

Cross-Country

I prefer to receive my newsletters via email: YES NO

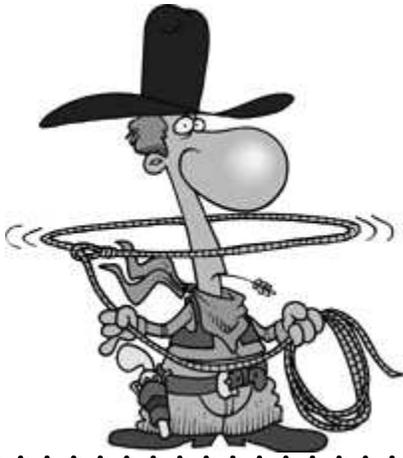
I HAVE READ AND AGREE TO THE LIABILITY POLICY AND I WAIVE ALL LIABILITY.

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, its 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.

Agenda:

November 6 Meeting:



- ↑ Bring non-perishable item or \$5 donation to food pantry – contributors will be entered into raffle for free day trip!
- ↑ Country & Western night – wear a costume!
- ↑ Line Dancing Lessons!
- ↑ Officer elections!
- ↑ Eat some free food!
- ↑ Sign up for trips!
- ↑ Raffle tickets on sale!

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TEATICKET, MA 02536

FIRST CLASS MAIL



There's no news like snow news!