

# THE GREAT SCHUSS

LEXINGTON SKI & SPORTS CLUB/OCTOBER 2013/JAN CLARK, EDITOR

## **October 1st Meeting**

### **Featuring: Trainer Joe**

**Get in shape for ski season (or just get in shape because it's the healthy thing to do!)**

Don't miss the opportunity to learn from Lexington's premier personal trainer, Joe Olliges. Joe grew up in Louisville and moved to Lexington to run track at the University of Ky. His wife Lee Anne played Tennis at UK and later on the professional circuit. They both enjoy helping others get and stay fit. Joe is the owner of Trainer Joe's Fitness and Nutrition. In addition to traditional personal training packages, Joe offers a 30-Day Transformation Program designed for those who need intense accountability to finally get the break-through they have been longing for.

**Trip and membership application process continues BEFORE the meeting starts. Print your own membership application at [http://www.lexskisports.org/uploads/2013-14\\_membership\\_application.pdf](http://www.lexskisports.org/uploads/2013-14_membership_application.pdf). Sign-ups and social, 6-7 pm. Special training program begins at 7 pm! Racquet Club Apartments Clubhouse, 3900 Crosby Drive, off Man-O-War.**



## **October Social Scene**

### **Happy Hour**

October 18  
Malone's  
Hamburg  
6:00 pm

### **Halloween Party**

October 26  
Linda Gorman's home  
[lsgorm0@uky.edu](mailto:lsgorm0@uky.edu) for  
tickets and directions



## LSSC LOGOWEAR



Tricia Salyer, Owner

EmbroidMe

171 W Lowry Lane,  
Suite 156

[tricia@embroidme-lexingtonsouth.com](mailto:tricia@embroidme-lexingtonsouth.com)  
859-260-1234

Help promote LSSC by wearing logo wear. Many styles and colors available or bring your own garments!

## LSSC Officers and Directors 2013-14



PRESIDENT-DAN GEIGER  
[dangeiger17@gmail.com](mailto:dangeiger17@gmail.com)  
PAST PRESIDENT-CHARLIE LISLE  
[clisle1512@aol.com](mailto:clisle1512@aol.com)  
PRESIDENT-ELECT/TREASURER-JANET JONES  
[jjones@uky.edu](mailto:jjones@uky.edu)  
EXEC VP-HOWARD GLAUERT  
[hglauert@uky.edu](mailto:hglauert@uky.edu)  
SECRETARY-CATHERINE MONZINGO  
[camonzingo@yahoo.com](mailto:camonzingo@yahoo.com)  
SOCIAL-LINDA GORMAN  
[lsgor0@uky.edu](mailto:lsgor0@uky.edu)  
MEMBERSHIP-BARBARA GIBBS  
[beb58602yahoo.com](mailto:beb58602yahoo.com)  
WEB MASTER-TERRY ESRAEL  
[hwy66kicks@gmail.com](mailto:hwy66kicks@gmail.com)  
NEWSLETTER-JAN CLARK  
[janclark@roadrunner.com](mailto:janclark@roadrunner.com)  
RACING-DIANNA MILLER  
[hagski@aol.com](mailto:hagski@aol.com)



The next board meeting is scheduled for Wednesday, **October 14th**, 6:30 p.m., 1880 Ft. Harrods Drive. Turn into Rabbit Run Subdivision at the Ft. Harrods/Harrodsburg Road traffic light between New Circle and Man-o-War. 1880 is at the end of the dead end on Fort Harrods Drive.

## OCT BIRTHDAYS

DAN GEIGER

10/11

JIM CONNELL

10/13

TERRY ESRAEL

10/17

PETER WOOLLAM

10/23

MARTY DONALDSON

10/26

DELORES SAMPSON

10/27

DON DANCE

10/28

Meetup

Find us on  
**Facebook**

*Anniversary*

*Wishes*

*for*

*Dan and Robin*

*Geiger*

*October 22*



**Perfect North Slopes offers special deals on lift tickets and lessons for club members**



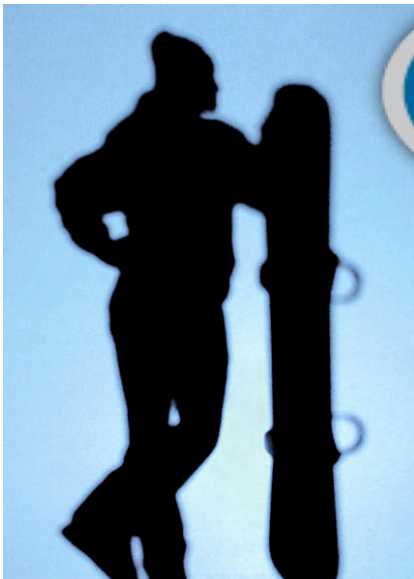
The PNS Club Programs are a great way to get involved in skiing, snowboarding and snow tubing.

Club members can enjoy great benefits like discounted pricing, terrific lessons, simple online registration and a lot of winter fun.

PNS has several flexible pass options to choose from, including the Club Program Pass which is available exclusively to club members. The program includes a 4 visit once a week pass with 4 lessons

and is a great introduction to the sport of skiing/snowboarding. Want more? Just pick one of the other five pass options; one is sure to fit your schedule. Lessons are available to add to any pass, (on Friday,

starting Jan. 10) and equipment rental option allows you to switch between skis and/or snowboard. *Contact Dan Geiger at [dangeiger17@gmail.com](mailto:dangeiger17@gmail.com) for online instructions.*



**Pick your own pass: Perfect Season, Gold, Silver, Once-a-Week, Bronze, Tubing**

**New rental equipment**

**New magic carpet**

**Expanded deck**

**Registration deadline 11/13**

**30% discount**

## 2014 Tentative OVSC Race Schedule

Perfect North race times, Saturday ???, Sunday ???  
 Paoli Peaks race times, Saturday 10:00AM, Sunday 9:30AM  
 All Mad River races start at ???, Snow Trails 9AM  
 Race times are tentative. Check in lodge upon arrival.

<u>Date</u>	<u>Location/Format</u>	<u>Host Club</u>	<u>Lift Ticket</u>
January 4 January 5	Mad River, OH - Mad River, OH -	Columbus	Pending
January 11 January 12	Paoli Peaks, IN - two GS Paoli Peaks, IN - two GS	Louisville	OVSC Rates 3 Day Fri-Sun \$92 2 Day Sat & Sun \$72 1 Day Ticket - Sat OR Sun \$38 MRM season pass holders \$26 each day
January 18 January 19	MLK Weekend No OVSC Racing		
January 25 January 26	Snow Trails Snow Trails		
February 1 February 2	Mad River, OH - MR OPEN Mad River, OH - MR OPEN Figure 11, GS	Columbus	
February 8 February 9	Paoli Peaks IN - two GS Paoli Peaks IN - two GS		Same as Jan 11/12 rates
February 15 February 16	President's Weekend No OVSC Racing		
February 22 February 23	Perfect North Slopes, IN - Weekend Race format TBD King of the Hill and ????	Cincinnati	Pending
March 1 March 2	West Virginia Governors Cup West Virginia Governors Cup	Non-OVSC Non-OVSC	



**Race formats** (GS, SL, etc.): Subject to conditions and course availability

**Lodging:** Mad River-Comfort Inn; Paoli-Comfort Inn Suites, French Lick (812.936.5300); Snow Trails-Pending; Perfect North-Pending

Contact: Race Director Dianna Miller at [hagski@aol.com](mailto:hagski@aol.com)

  
**CANCELLED**  
**CRESTED BUTTE**  
 COLORADO  
*due to lack of sign-ups*



**TELLURIDE:** Winter adventures saved Telluride from its ghost town fate. The majestic mountains that created a lucrative gold and silver boom also provided a natural transition into a world-class alpine destination. With legendary terrain and Colorado's most spectacular mountain views, Telluride has quickly risen in the ranks as a must-visit ski destination. Telluride is tucked into a box canyon surrounded on all three sides by 14,000-foot peaks. The town of Telluride is just eight blocks wide and twelve blocks long. Because of its significant role in the history of the American West, the core area of Telluride was designated a National Historic Landmark District in 1964. This listing is the highest level of historic status available from the United States Secretary of the Interior. These sites are so special that they are eligible for consideration to become national parks. With the town's colorful Victorian-era homes, clapboard storefronts, boutiques, art galleries, gourmet restaurants, historic buildings and more, Telluride is a delight to explore. The citizens are committed to preserving Telluride's historically significant architecture, open space, traditional design elements and, most of all, Telluride's small-town mountain lifestyle.

# LSSC Joins OVSC Clubs: 1/18-25

*Only  
3 spots  
left!*



**Trip Activities:**

- Welcome reception
- Lunch at Gorrano Ranch
- NASTAR races
- Wine-Tasting
- Farewell Dinner and Dance

**Non-ski activities:**

- Ice Climbing
- Dog Sledding
- Horseback and Sleigh Rides
- Helicopter and Cat Skiing
- Glider Rides
- Cross Country Skiing
- Ice Skating
- Photography Tours
- Winter Fly Fishing
- Snow Shoeing
- Snowmobiling
- Sledding

**Amenities:**

- Discounted equipment rentals
- Commemorative trip pin
- Free mountain tours
- Discounted group lessons

**Lodging:**

The Riverside condominiums are located along the River Trail at the base of the Bear Creek trailhead at the end of Pine Street. The free gondola connecting Telluride to Mountain Village, ski lifts, and the fine dining and shopping along Main Street are all within two blocks of this lovely property.

Located near the slopes, this Telluride condo is in the city center, within minutes of Telluride Ski Resort, and close to winter sports such as ice skating and snowshoeing. A dedicated ski condo, Riverside Condos offers plenty of onsite amenities, including a spa tub, ski storage, and complimentary wireless Internet access. Guest rooms open to patios with river or mountain views and feature televisions with cable channels. Other amenities include kitchens, complimentary wireless Internet access, and washers/dryers.

## Trip Details

January 18-25, 2014

**Cost** \$1749

**Lodging** Riverside

**Availability** 24 slots

**Flights** Lex to Montrose

**Lift Tickets** 5 of 6 days

**Payments** \$450/\$399

## TRIP LEADER

Jan Clark  
859.533.9571

janclark@  
roadrunner.com





# JACKSON HOLE®

Dates: February 22 – March 1, 2014  
 Cost: \$1,649 (\$1,119 land only)  
 Flight: Between Lexington and Jackson on Delta Airlines  
 Lodging: 2 bedroom/2 bath condos in Teton Village  
 Lift ticket: 5 of 7 days

To sign up or to obtain more information, contact Trip Leader Catherine Monzingo  
[camonzingo@kyattorney.net](mailto:camonzingo@kyattorney.net)  
 859-223-8712

**Non-ski Activities**  
 Horseback riding, Dog sledding, Snowmobiling, Snowshoeing, Mangy Moose après ski, Silver Dollar Saloon dining

This is a Lexington Ski and Sports Club trip. LSSC has selected Winter Ski and Sports as our vendor, who is offering trip insurance for an additional \$80 per person.



SKI Magazine's  
 2013 #1 Ski  
 Resort in North  
 America

## Payment Schedule \*

\$450/month for August through October  
 \$299 in November

## MOUNTAIN CHARACTERISTICS



**Two outstanding mountains:**  
*Rendezvous*  
*Apres Vous*

116 Named Trails  
 Expert: 50%  
 Intermediate 40%  
 Beginner 10%

Base Elevation	6311 ft
Summit Elevation	10450 ft
Vertical Drop	4139 ft
In-bounds terrain	2500 acres
Backcountry	3000+ acres

## Snow Sport Specifics in Brief!!

Everything about Chamonix is impressive. In the shadow of Mont Blanc (4,810m), the highest mountain in the Alps, the deep Chamonix valley has more skiable slopes than seems possible and something for all abilities, though adventurous skiers and boarders have most to gain from a visit including ski runs with a vertical elevation of more than 2,000m and the "Vallée Blanche", the most famous off-piste run in the world. A magnet to skiers, mountaineers and all extreme sports devotees, the thriving town of Chamonix is busy all year round and only one hour (103km) from Geneva airport, making it one of Europe's most popular destinations for weekend and short break skiing.

### Quick Facts...

- Lift capacity approx. 52,660 per hour, including 4 cable cars, 3 gondolas, 34 chair lifts, and 10 surface lifts
- Chamonix elevation - 3,266 feet
- Max vertical drop reached by lifts – 9,774 feet
- Max skiable vertical drop 9,240 feet
- Highest lift 12,672 feet above sea level
- 168 kilometers prepared pistes
  - Green (very easy) – 8
  - Blue (easy) – 35
  - Red (medium) – 31
  - Black (difficult) - 15
- 15,000 acres skiable terrain
- Plus the Mont Blanc glacier
- PLUS Off Piste!

\*\*\*\*\*

Pricing is tentatively only \$2,299 for all this! Details and prices on side trips and the extensions to the Nice/Cote de Azur and to Morzine will be available at the next meeting!

For more information, contact trip leader Janet Jones at 859.420.5016 or [jgjones@email.uky.edu](mailto:jgjones@email.uky.edu)

# CHAMONIX/MONT BLANC "Best of the Alps"

March 7 - 15, 2014



**Chamonix-Mont-Blanc** or, more commonly known as **Chamonix**, is a commune in the Rhône-Alpes region in south-eastern France. It was the site of the first Winter Olympics in 1924.

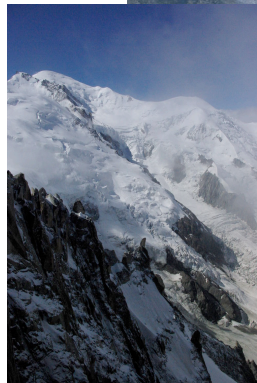
Situated near the massive peaks of the Aiguilles Rouges and most notably the Aiguille du Midi, Chamonix is one of the oldest ski resorts in France and is known as the "gateway to the European Cascades". The north side of the summit of **Mont Blanc**, and therefore the summit itself, are part of the village of Chamonix. To the south side, the situation is different depending on the country. Italy considers that the border passes through the top. France considers that the boundary runs along the rocky Tournette under the summit cap, placing it entirely in French territory. The south side was in France, assigned to the commune of Saint-Gervais-les-Bains sharing the summit with its neighbor Chamonix. It is this situation "for France", which is found on the French IGN maps. The Chamonix commune is well known and loved by skiers and mountain enthusiasts of all types, and via the cable car lift to the Aiguille du Midi it is possible to access the world famous off-piste ski run of the Vallée Blanche.

### What's Included ...

- Airfare Lexington – Geneva – Lexington
- Ground transportation Geneva – Chamonix - Geneva with English- speaking guide on the coach
- Seven nights at the Hotel Alpina
- Breakfast buffet and dinner daily (Dine Around plan for dinners)
- Welcome drink and area briefing in Chamonix
- Hospitality desk at the hotel daily with local guide
- Use of high speed internet at the hotel
- Fuel charges / air taxes / local taxes / luggage handling tips
- Many great optional day tours
- Discounted lift tickets and equipment rental
- Optional pre-trip to Nice / Cote de Azur
- Optional post-trip extension to Morzine for skiing the Avoriaz area



# Details.....



Just some of the Winter Activities available.....

- Ski and Snowboard
- Ski touring/mountaineering
- Ice skating
- Glacier trekking
- Heli-skiing and boarding
- Climbing in winter
- Cross-country skiing
- Nordic walking
- Paragliding and hang-gliding
- Speed-riding
- Sledding
- Snowshoeing
- Ski-taxi
- Dog sledding
- Swimming
- Snow tubing
- Winter hiking

It's pure adrenaline! Sky diving, heli-skiing, paragliding, wide slopes and toboggan runs – there's no limit to the range of winter sports on offer in the Chamonix holiday region.

Chamonix's offer of winter sports and adventure is as good as the summer one! Rock around a snowpark, curve and carve your way across ample ski slopes, sledge down a toboggan run or two, or experience the free-fall sensation of paragliding. Ice skating, winter hiking, and snow-board riding make for somewhat quieter winter days that are just as thrilling.

## Non-skier Activities...

- Full day tour to Aosta, Italy
- Half day tour to Geneva
- Scenic train to the end of the Glacier Run
- Full day tour to Montreux
- Gondola to the Mont Blanc Glacier
- Full day tour to Lyon
- Hiking and exploring
- Spa
- Great shopping in town

## Lodging at the three-star Hotel Alpina.....

- Convenient, central location
- Jacuzzi, sauna and fitness area
- Ski rental shop in the hotel
- Ski storage area
- All front desk staff speak English
- Top floor restaurant
- Lounge with fireplace
- Nightly entertainment in the bar





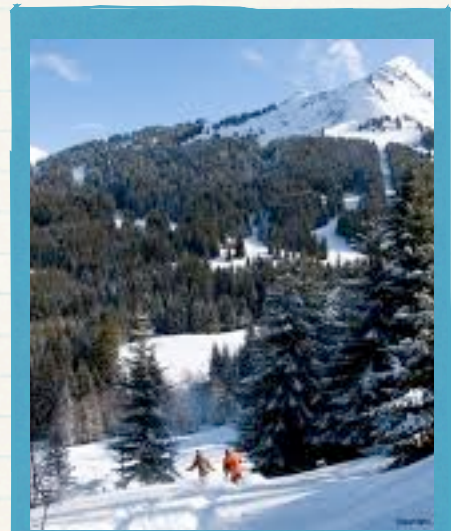
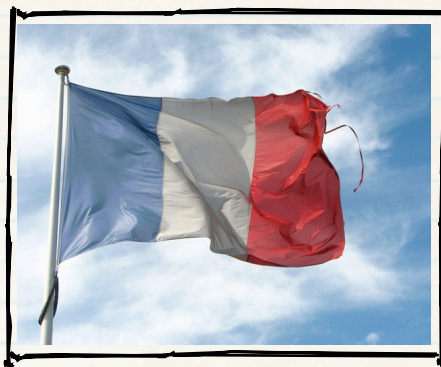
## Ski Morzine: March 15-22



Morzine is one of 14 resorts in the massive Portes du Soleil ski area, which spans the Franco-Swiss border. With 52 hotels and 41 bars and restaurants, it's a concentration of ski holiday facilities, but still manages to pull off that authentic mountain village feel. With 212 interconnected lifts servicing a mind-boggling 650kms of runs sprawling across 12 areas, Morzine is a fine destination for skiers and boarders of all levels. There are 273 marked ski runs as well as 216 km of cross-country trails. It's also a good place from which to explore the Porte du Soleil's many off piste options if you're feeling adventurous. Lifts often lead directly up to these areas, which mean less hiking and more skiing.

### Package includes:

- Ground transportation Chamonix - Morzine- Geneva
- Seven nights accommodation at the Club Hotel Le Cret
- Breakfast buffet and dinner daily
- Hospitality desk at hotel
- Local taxes, luggage handling, and tips
- Lift tickets and ski/board rentals extra



### FROM THE TRIP LEADER

Pricing has not been finalized, but will be approximately \$1049. (Note: The Morzine extension is only available in conjunction with the Chamonix trip.

## Nice Cote D'Azur: March 2 - 8

The deep blue waters of the Cote d'Azur are the dramatic backdrop for elegant Nice. Breathe in the fresh Mediterranean air as you stroll the waterfront promenade, or get an eagle eye of the whole city from atop Castle Hill. The pedestrians-only Place Rossetti is the heart of the city, with a grand fountain, vibrant buildings, and the beautiful Sainte-Réparate cathedral giving it a provincial French feel. With its unusual mix of real-city grit, old-world opulence, year-round sunshine and exceptional location, Nice's

appeal is universal. Everyone from backpackers to romance-seeking couples and families will love sitting at a cafe on cours Saleya in Vieux Nice or a bench on the legendary Promenade des Anglais for an epic sunset. Eating options are some of the best you'll find in France, the nightlife is buzzing and the art scene thriving. You could happily spend a week here and still be hungry for more.

### Our trip will include:

- Five nights lodging in the four-star Grand Hotel Aston
- Breakfast daily
- Full day tour of Nice, Eze Village, and Monaco
- Full day tour to Antibes, Biot, and St. Paul
- Half day tour to Grasse and

### Cannes

- Holiday escort throughout the trip
- Motorcoach transfer from Nice to Chamonix with English speaking guide
- Free Wi-Fi at the hotel
- Local taxes, guide gratuities, luggage handling at hotels

Pricing has not been finalized, and will depend on the total number of OVSC participants, the Euro-dollar exchange rate - at the time of ticketing, and changes in fuel surcharges. Anticipate a price ranging around \$1,179, but could be more if lower than anticipated OVSC - wide count - or lower if there is a larger group.

# OVSC (but not LSSC) offers Mt. Bachelor



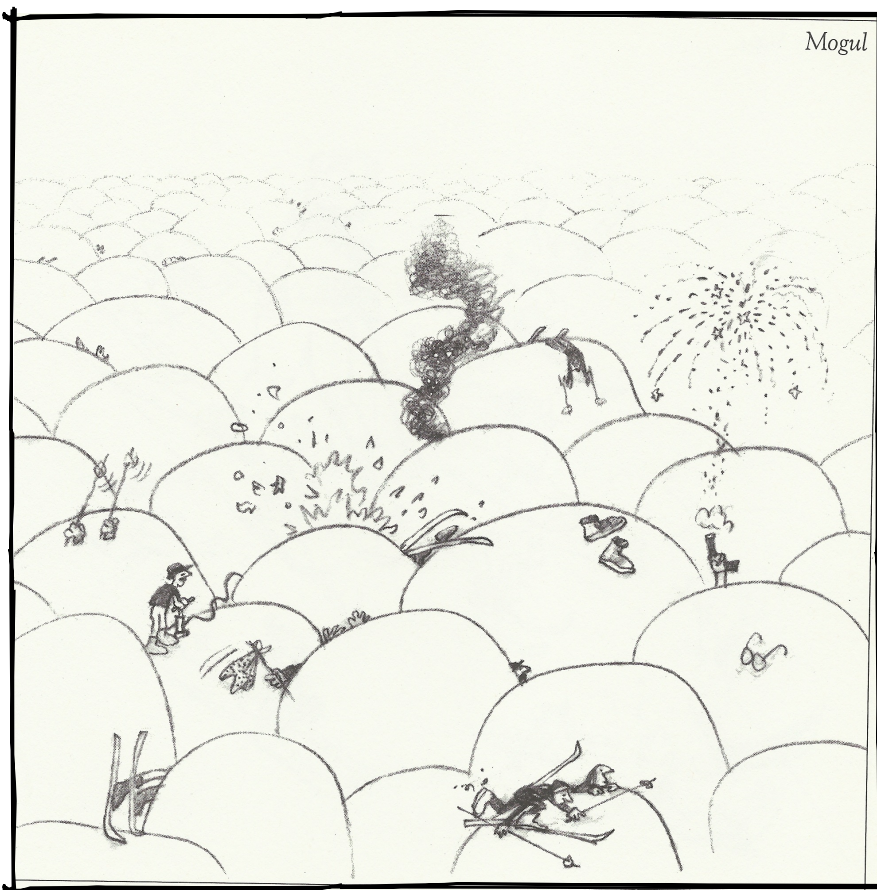
**Mt. Bachelor, Oregon**  
**March 1-8, 2014**

The Dayton Ski Club has extended an invitation to interested LSSC skiers and boarders to join them as they head to Mt. Bachelor for spring skiing in Bend, Oregon. Please note this conflicts with the LSSC European trip but is being advertised as a courtesy to DSC.

Contact Dayton's trip host: Heike Hudson [heikeh@woh.rr.com](mailto:heikeh@woh.rr.com)



## Ski Laughs . . .



**Mogul:** A bump or mound of snow formed by the turning action of skis in soft snow. The word was once thought to be derived from *mugel*, a regional alpine word for a hump or knoll, but it seems more likely that it actually came from *meugul*, an unexpected or unpleasant surprise; *mogolungen*, to turn upside down, *gehmogell*, to curse or use bad language, or *moogal*, a large bruise.