



Castro Valley, CA 94546  
www.cvskiclub.org

# CVSC SkiZette

September, 2013



## EVENTS CALENDAR

(f) = flyer in this issue

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### SEPTEMBER

- 7 Kayak outing
- 11 CVSC board meeting at Claudia's
- 18 CVSC general meeting at Don Jose's
- 18-10/3 Borneo Adventure

### OCTOBER

- 9 CVSC board meeting at Dave's
- 12 CVSC Bike Ride in Livermore (f)
- 16 CVSC general meeting at Don Jose's <MEMBERSHIP DRIVE>\*

### NOVEMBER

- 13 CVSC board meeting at Ray's
- 20 CVSC general meeting at Don Jose's <AUCTION NIGHT>\*\*

### UPCOMING

- 2014:
- 1/25-2/1 CVSC Ski Week at Beaver Creek, CO
- 8/22 CVSC Ireland & Scotland (w/optional London 3 day excursion) 2 wk trip (date is approximate)

\*FREE Margueritas & appetizers

\*\*FREE Margueritas

### BAC/FWSA TRIPS

Please visit websites for detailed information.

BAC Web site: [skibac.org](http://skibac.org)

Far West Ski Assoc: [fwsa.org](http://fwsa.org)

### SEPTEMBER BIRTHDAYS



Sherna Svensson	7	Jill Linsk	19
Becky Cox	7	Mary Alexander	19
Mary Alexander	9	Mary Cervantes	27
Cherri Gurney	10	Kathy Johnson	27
Marranne Hook	13	George Isaacs	28
Dave Meinhardt	15	G.H. Constantine	30
Valerie Caveglia	17		

Visit our Website at [www.cvskiclub.org](http://www.cvskiclub.org)

## SkiZette Policy NEWSLETTER

### DEADLINE: last week of the month

Articles submitted by this date will be included in the following month's newsletter.

Submit articles to:

Dennie Warren, Editor  
email: dennieluuu1@att.net

*Didn't get your newsletter? - Change of Address? -  
PLEASE Contact Dave Silva, VP Membership  
email: silvadave@yahoo.com*



## A DAY AT THE RACES.....

Racers,

The summer racing season is nearly over. We all have only a few more chances to get in that **last race to where-ever**. It is time to start thinking about the **winter racing season!**

The **race schedule** for the upcoming season is now available! With weather unpredictable it could change, but for now, here it is. Holidays and ski trips are added in for information – except for our Mammoth Mt trip. I will pick that up later. Most races are combined with the **Sierra and Singles Leagues**. This will be a good chance to meet new people and **make new friends**.

The Race Committee meets in late September. Any surprises that come out of the meeting will be forwarded to potential racers soon thereafter. The point system will stay basically the same as last year. I write “basically” because I never quite understood the system we are now using. Nevertheless, **first place finishers** can earn 25 points, but only if you finish within your handicap. And if you just finish the race you at least get 1 point.

I know that I am getting excited about the upcoming race season. It should be interesting. The weather has not turned yet, but I expect it will within a few weeks.

For **anyone** who would like to **try out racing**, come on up for a weekend. Anyone can try the racecourse for a small fee that can be applied to league registration. Just be there by **8AM on race day**.

Watch the **Open League website** for the latest information - [www.olrc.org](http://www.olrc.org). (Follow the link to the new OLRC (Open League Race Committee) website and enjoy browsing.

Keith



Keith Wilson  
Race Director

## President's Message

Hello All,

The kids are back in school, we're putting the flip-flops away, doing a little less BBQ (except at Ron and Anne's place) and there are even a few leaves turning. We know what that means - a little leap toward ski season!!



Karen Wehrman  
President

Speaking of Ron and Anne White's place, much thanks to them for hosting our August BBQ meeting. They are most gracious hosts, even with Ron still recovering from his duo of knee replacements. When asked how Ron was doing as a patient, her response was telling - said they are still married!!

Many thanks, too, to Pat and Dan Green for hosting the July BBQ meeting - both couples have wonderful venues to hold these summer meetings.

As you know, I am always touting the strength of our volunteers in CVSC, and I will continue to say how much everyone who volunteers is appreciated. If you, too, feel that you have an idea for an outing or event, or would like to volunteer in any capacity, please let someone on the Board know, and we will add you to our illustrious list of volunteers.

We have a great outing planned for September 7 - kayaking at Del Valle Reservoir in Livermore. Ralph Sherman took the reins and planned and organized this fun event, and I hope you will be there to share in the fun.

Maggie and Ray Jong have organized a bike ride on October 12, and I hope you will also be there. Both of these events have information in this Skizette, so please check them out and join in. Both of these outings will foster better conditioning for skiing, so how can you go wrong?

Also, please be thinking about what you would like to contribute to our annual auction in November. Eva Lanphear and Dave Silva will be heading up the auction, with help from Diana Gartland (keeping track of winning bids) and Tucker Hoffmann, as our always entertaining and enthusiastic auctioneer. Please use your imaginations and creativity to add to this fun event.

Remember, our meetings will resume back at Don Jose's Restaurant on September 18.

Several members will be leaving for Borneo and Malaysia that evening, but we will have a spirited and fun meeting.

I sincerely hope to see all of you at these fun ways to get together and enjoy our wonderful membership.

See you soon,  
Karen

## A Word from our VP

Well, this month the CVSC outdoor barbeque was at our place. The turnout was pretty good, upwards of the two dozen or so we get at regular meetings. But it was far fewer than last year, when it turned cool on us. But this year the weather was great, and the last of the crew was leaving at dusk. Good food, good companionship.



Ron White  
Vice President

I know you've been waiting with more baited breath about my knee replacements. Progress is very good. The knee that was in worst condition for 2 years now, is in fact slowest to recover. Should have had it done 2 years ago. My advice is don't delay. The tissues have further to recover from a greatly deteriorated joint. More pain, slower gain.

On the other hand, Ray (our web guy) is doing great on his new second ankle. I'm guessing it was a trickier replacement than mine, too.

Enough injury news. Hope you are all considering the CVSC local events coming up soon, a bike ride/lunch-at-winery in Livermore, and a great deal on kayak rental and lessons with the group at Del Valle reservoir near Livermore. These should be great events. Hope I'm in shape for some kayaking myself.

Tha-tha-that's all, folks,  
Ron





## Discover Ireland & Scotland 2014 Adventure Trip

**3-day optional post trip to London**

**Estimated Price \$4500 (includes air)**

We have almost finalized the land portion of our 2014 trip to Ireland & Scotland with a 3-day extension to London. It will be a 2-week trip leaving around Aug. 22, 2014. Air prices won't be available until Sept/Oct.

### Included Features

- Round-trip flights from SFO or LAX
- All ground transportation and transfers
- Accommodations in First Class hotels
- Many Meals: Breakfast daily with some dinners and lunches
- Special Bunratty Medieval Castle Banquet
- Comprehensive touring program including entrance fees
- Professional, English-speaking tour director/guide in Scotland and driver/guide in Ireland

Jump into  
Ireland

Ireland: Dublin, Galway, Limerick, Waterford, Killarney, Kerry, and Belfast.

Scotland: Glasgow, Edinburgh, Inverness

London: (optional add-on) 3 nights

**Call Tucker to get on a wait list if interested. 925-371-1910**





# FWSA goes to WHISTLER in 2015

Jan. 31 – Feb. 7, 2015

## CASTRO VALLEY SKI CLUB 2014 Trip – BEAVER CREEK, COLORADO Jan. 25-Feb 1st, 2014....\$1355



Next year we will be joining FWSA on the Beaver Creek Trip. Dates are Jan. 25 - Feb 1st, 2014. Castro Valley Ski Club has already requested lodging from BAC and sent in deposits for our CV members. We are already up to 40 sign-ups. The lodging will be in condos next year. Pricing will be \$1355, air and transfers not included.

### Package Includes:

- Registration
- 7 Nights Lodging Highlands Lodge (FULL) or Kiva Lodge (across street)
- Welcome Party
- Pub Crawl
- Mountain Picnic
- Après Party
- Races
- Banquet with Dancing
- 5 day Lift Ticket (deduct \$325 if not needed)
- BAC Council Night Party



### note: air and transfers not included in this price

Transfer price is \$110 RT or \$55 one way if doing Breckenridge

Lift tickets are included in the ski week package; however, EPIC passes will also be available and should be purchased from Sandy Gaudette at Skigroup.net by calling her at 1-800-500-2754.



### Post Trip to Breckenridge

Castro Valley will also be doing a 4-day post trip to Breckenridge. It includes 4 nights lodging, porter & resort fees and your bus transportation (if needed) to Breckenridge and then on to Denver. Deduct \$60 if you are driving. Price will be \$380.00. in 2bd./2b condos staying at the Beaver Run Resort, ski-in, ski-out. If you purchase the Epic Pass or Epic Local Pass it will be good here otherwise lift tickets are \$226.00 for a 3 day.



Tucker - CVSC Travel Director & Kathy, assistant  
2657 Rivers Bend Circle, Livermore CA 94550  
925-371-1910 [tkhoffmann@comcast.net](mailto:tkhoffmann@comcast.net)

CVSC CST # 2081040

**CASTRO VALLEY SKI CLUB**  
**PRESENTS...**  
**MAMMOTH MOUNTAIN**  
**FEBRUARY 23<sup>rd</sup> – 28<sup>th</sup> 2014**

CVSC IS GOING TO MAMMOTH MOUNTAIN.

WE WILL BE ARRIVING SUNDAY FEBRUARY 23<sup>rd</sup>, AND STAYING THRU THURS. NIGHT FEBRUARY 27<sup>TH</sup>, DEPARTING ON FRIDAY FEBRUARY 28<sup>TH</sup>

WE HAVE NEGOTIATED A GROUP RATE FOR THIS WEEK ON LODGING AND LIFT TICKETS.

**THE ROOM RATES ARE AS FOLLOWS:**

STANDARD – 1 QUEEN BED	\$118.56 includes tax
STANDARD – 2 DBL BEDS	\$118.56 includes tax
SUPERIOR – 2 QUEEN BEDS	\$153.90 includes tax

1 BEDROOM CONDO WITH LOFT - KING BED IN BEDROOM, QUEEN OR TWO TWINS IN LOFT AND QUEEN "MURPHY" BED IN LIVING ROOM. SLEEPS 6	\$340.86 includes tax
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**THE TICKET RATES ARE AS FOLLOWS:**

ADULT 2-DAY LIFT TICKET	\$145
ADULT 3 of 4 DAY TICKET	\$192
ADULT 4 of 5 DAY TICKET	\$240
ADULT 5 of 6 DAY TICKET	\$285

SENIOR 2-DAY LIFT TICKET	\$123
SENIOR 3 of 4 DAY TICKET	\$163
SENIOR 4 of 5 DAY TICKET	\$204
SENIOR 5 of 6 DAY TICKET	\$242

- LIFT TICKETS PRICES DO NOT INCLUDE A 2% TAX.

YOU CAN BOOK A SHORTER TRIP DURING THIS WEEK IF YOU WISH,  
THE SAME DAILY RATE WILL STILL APPLY.

THE SOONER YOU RESERVE A ROOM THE BETTER CHANCE YOU HAVE OF  
GETTING THE ROOM THAT YOU WANT. SO PLEASE LET ME KNOW IF YOU  
ARE INTERESTED IN GOING AND I WILL FORWARD YOU THE CONTACT  
INFO, SO YOU CAN BOOK YOUR PACKAGE DIRECTLY WITH THE RESORT.

THIS IS A GREAT OPPORTUNITY FOR US TO SKI WITH OUR SOUTHERN  
CALIFORNIA MEMBERS. I AM LOOKING FORWARD TO SEEING EVERYONE  
ON THIS TRIP.

Jim Silva, V.P. of weekend trips email: [jpsilvaconstruction@yahoo.com](mailto:jpsilvaconstruction@yahoo.com)

## Open League Race Schedule 2013 – 2014 (As of August 27, 2013)\*

Date	Day	Location	Event
Jan 4, 2014	Sat	Alpine Meadows	Race 1 – GS
Jan 5, 2014	Sun	Squaw Valley	Race 2 – GS**
Jan 18 –20, 2014	Sat – Mon	No Open League Races	MLK Weekend
Jan 25-Feb 1	Sat-Sat	Beaver Creek, CO	CVSC/Far West Ski Trip
Feb 1-5, 2014	Sat-Wed	Breckenridge, CO	CVSC Post Trip
Feb 8, 2014	Sat	Northstar	Race 3 – SL**
Feb 9, 2014	Sun	Northstar	Race 4 – SL**
Feb 15 – 17	Sat –Mon	No Open League Races	President's Weekend
Feb 22, 2014	Sat	Northstar ***	Super G Clinic (Sierra Lg)
Feb 23, 2014	Sun	Northstar ***	Super G (Sierra League)
Mar 1, 2014	Sat	Alpine Meadows	Race 5 – SL**
Mar 2, 2014	Sun	Alpine Meadows	Race 6 – GS**
Mar 22, 2014	Sat	Homewood	Race 7 – GS**
Mar 22, 2014	Sat	TBD	Awards Party
Mar 23, 2014	Sun	Homewood	Race 8 – GS****
Apr 4	Fri	Mammoth Mt.	Pacesetters/Clinic
Apr 5	Sat	Mammoth Mt.	Far West Champs
Apr 6	Sun	Mammoth Mt.	Far West Champs

\* Check Open League Website for updates/clinics (<https://www.olgc.org>)

\*\* Race combined with Singles/Sierra League.

\*\*\* Sponsored by Sierra League, Check their website for more information. Hold this date for make-up races.

\*\*\*\*Mini NorCals or make-up race. No additional cost for racers.

## Preseason Ski Exercises: Best in Ski

Your no-frills formula for a more productive season on the slopes.

Text by Constance Chen, M.D.

Bill Knowles's four workouts below mimic the movements of snow sports to build strength and improve balance simultaneously. The results: increased stability, sharper turns, and cleaner runs. "Improve your strength and balance," he says, "and you'll fall less and reduce the chances of ending your season early."

### **THE WORKOUTS: Four simple moves that produce extraordinary results**

#### **Ski Squat**

The Benefit: "The Ski Squat approximates your leg motion when skiing moguls or riding rough terrain," Knowles says. "It creates the same burn too."

How-To: Stand on one leg in a ski-boot stance (leaning forward slightly), and place the opposite foot onto a chair or bench behind you. Squat down to 90 degrees without letting the standing knee sway. Do three sets of 12 reps on each side. To increase difficulty, hold a dumbbell or free-weight plate.

#### **Downhill Lunge**

The Benefit: "This movement simulates carving turns on groomed terrain," he says. "Stepping to the side is like loading up the outside ski. With practice, you'll gain the confidence to carve better turns."

How-To: In a ski or board stance, step laterally while bending the lead knee to 90 degrees. Immediately push back to the starting position and repeat on the opposite side, staying low as if you were skiing. Do three sets of six reps on each side.

#### **Hamstring Curl**

The Benefit: "This exercise strengthens the hamstrings to protect against knee injuries. By keeping your hips off the floor, you also strengthen the core."

How-To: Lie on your back and place both heels on top of a physio ball, keeping your arms at your sides for balance. Lift your hips off the ground and roll the ball toward you until the bottoms of your feet are flat on the ball's surface. Roll back to the starting position. Do three sets of 15 to 25 reps.

#### **Leg Recovery**

The Benefit: "A fatigued skier is more likely to catch a ski in the snow. When this happens you must then balance on one ski while controlling the other. This exercise mimics that situation to improve stability and prevent a crash."

How-To: Get into a ski or board stance, hands on hips. Lift your right foot off the ground, straightening your leg to the side. Lower your leg, bring your foot back to the raised position, and repeat. Do three sets of 10 to 25 reps on each side.

National Geographic Adventure Magazine. (submitted by Sandy Beecher)



Please join us for a day of fun with a bike ride through Livermore's lovely wine country. Our ride will start and end at Garre Winery in Livermore. Following our ride we will have lunch at Café Garre.



**MEET:** at **GARRE WINERY**  
7986 Tesla Rd., Livermore



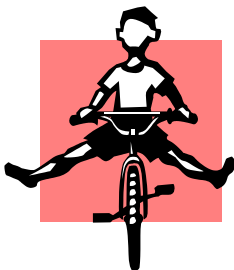
<http://www.garrewinery.com/>  
[http://www.garrewinery.com/cafe\\_garre.html](http://www.garrewinery.com/cafe_garre.html)

**DATE:** Saturday, October 12, 2013

**TIME:** We will meet at Garre Winery at 10:15;  
We will depart from Garre Winery at 10:30.

**SPECIFICS:** This is approximately a 20 mile / 2 hour bike ride on roads or paved trails with some rolling hills. Please let us know in advance if you are interested in a longer route with hill climbs for a more challenging bike ride.

**Helmets Strongly Recommended!**  
Remember to bring water and a bike lock.



**Please R.S.V.P. by October 1 to**

**Maggie or Ray Jong**  
at: [mozoro@comcast.net](mailto:mozoro@comcast.net) or 925-447-5148

Because of limitations at the Garre Winery we are limiting  
the ride to the first 25 people who sign up!

**Hope you can join us!**



## ***2013/2014 Avid Skiers in Control***

President	Karen Wehrman	510-538-2872	kwehrman@comcast.net
Vice President	Ron White	925-443-3106	ronkewwhite@gmail.com
VP Membership	Dave Silva	510-538-2322	silvadave@yahoo.com
VP Weekend Trips	Jim Silva	510-538-2872	kwehrman@comcast.net
Secretary	Eva Lanphear	510-793-3863	ejlanphe@pacbell.net
Treasurer	Claudia Fernandes	925-462-6573	Claudia.fernandes@jud.ca.gov
Newsletter Editor	Dennie Warren	510 759-3415	dennieluu1@att.net
Web Manager	Ray Jong	925-447-5148	skibuff@comcast.net
Race Director	Keith Wilson	925-828-8265	Keithwilson108@sbcglobal.net
Activity Director	Pat Green	925 846-7250	greendm@comcast.net
Travel Director	Tucker Hoffmann	925-371-1910	Tuckerhoffmann@AOL.com
Past President	Ralph Sherman	925-449-7941	shermescape47@yahoo.com
Trustee	Kathy Hoffmann	925-371-1910	tkhoffmann@comcast.net
Safety Chair	Sandy Beecher	707-255-4139	srbeecher@aol.com

WEBSITE: [www.cvskiclub.org](http://www.cvskiclub.org)

## **WEBSITES & PHONE NUMBERS**

Singles league racing:  
[slracing.tripos.com/schedule.htm](http://slracing.tripos.com/schedule.htm)

Open league racing: [olrc.org](http://olrc.org)

Weather: [nws.mbay.net/home.html](http://nws.mbay.net/home.html)

Best weather website for snow: [Tahoeweatherdiscussion.com](http://Tahoeweatherdiscussion.com)

Far West Racing Assoc: [fwra.com](http://fwra.com)

Web cams on the slopes: [magnifeye.com](http://magnifeye.com)

Road conditions: 1-800-427-7623

Info on all ski areas: [onthesnow.com](http://onthesnow.com)

Take a bus to the slopes: [nacski.com](http://nacski.com) & [bayareaskibus.com](http://bayareaskibus.com)

Sierra webcam: [sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/](http://sierravisionsstock.com:80/sierravisions/sierra-nevada-webcams/)

***SKIZETTE FOR SEPTEMBER, 2013***



The next meeting will be  
September 18

Don Jose's Restaurant  
3430 Village Dr.  
Castro Valley, CA  
(meeting starts @ 7:30 pm)

**SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES**  
*First With Safety Awareness Slogan award sponsored by:*



**ASPEN & SNOWMASS**