



Castro Valley, CA 94546  
www.cvskiclub.org

# CVSC SkiZette

December, 2010



## EVENTS CALENDAR

(f) = flyer in this issue

### Inside this issue:

Company Store/ Marketplace/ President's Messg	2
Racing News/ Membership Matters	3
Industry Liaison	4
Racing Schedule/ Racing Reg/Appl	5-6
CVSC Halloween BASH	7
Travel Update	8
Balancing Act	9-10
Holiday Safety Tips	11
BAC Park City, UT ski trip	12
CVSC Holiday Din- ner Meeting	13
FWSA Ski Week at Sun Valley, ID	14
CVSC Danube River Cruise	15
Avid Skiers in Con- trol	Back page

### DECEMBER

- 12/1 CVSC general meeting at Don Jose's
- 12/8 CVSC Holiday Dinner Meeting at Sequoyah Country Club (f)
- 12/17 CVSC board Christmas party at Jim & Karen's

### JANUARY, 2011

- 1/5 CVSC general meeting at Don Jose's
- 1/12 CVSC board meeting at Eva's
- 1/19 CVSC general meeting at Don Jose's
- 1/22-29 FWSA Ski Week Sun Valley, ID (f)

### FEBRUARY

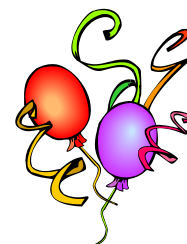
- 2/2 CVSC general meeting at Don Jose's
- 2/9 CVSC board meeting at Ralph's
- 2/16 CVSC general meeting at Don Jose's

### UPCOMING

- 4/29-5/13 13 day Danube River Cruise (f)
- 2012:  
Date TBD Australia & New Zealand trip (non-skiing)

### DECEMBER BIRTHDAYS

Wendell Jeong	5
Dan Green	5
Dennie Warren	13
Ronald Pletcher	13
William Sunnergren	20
Pamela Nicholson	23
Alan Eliason	27
Eva Lanphear	27
Daniel Brown	28
Steve Tadevich	30



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

## Castro Valley Ski Club Newsletter

### The Company Store

The following Castro Valley Ski Club promotional items, with logo, are available to members :

Black Ball Caps \$10  
Gold Key Rings \$5  
Logo Luggage Tags \$1.50; 4/\$5  
Logo Fanny Packs \$20  
Club Patches \$1  
Club ski pole flags \$5

**SEE DEAN OR JOLENE MICHAEL TO PURCHASE ANY OF THESE GREAT ITEMS**  
**510-632-9353; deanfromoak@sbcglobal.net**  
**or jolenemichael@yahoo.com**

### SkiZette Policy NEWSLETTER

#### DEADLINE: last week of the month

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

Submit articles to:

Dennie Warren, Editor

email: dennieluuu@comcast.net



*Didn't get your newsletter? - Change of Address? -  
PLEASE Contact Paula Kinahon, VP Membership*  
*email: paula.kinahon@mckesson.com*

## MARKETPLACE

My wife and I are selling our cabin in Alta, Calif. The cabin is located 10 miles above Colfax and is 25 minutes from Sugar Bowl. It is a prefab built in 1991, and it sits on 2.5 acres. I am in the process of reducing the price to 139k. It will be sold almost fully furnished. I can be reached at 510-538-3813 if anyone has any questions about it.

(you might want to check out the website: [www.sierrajunction.com](http://www.sierrajunction.com))

Regards,  
Wendell

## President's Message

Hi All,

**WOW** - ski season has arrived in a big way!! The big storm that brought over two feet of the fresh white stuff to the Sierras caught some of us by surprise, but it's amazing how fast one can get that ski equipment out and get to the mountain to enjoy it. I hope many of you have been able to get out there and ski already. I don't know about you, but it was really exciting to see opening day at Thanksgiving - the first time in many years. I also hope everyone had a wonderful Thanksgiving with friends and family. We have much to be thankful for, and our wonderful ski club is certainly one of those things. I hope you were able to attend our recent auction - there were lots of great items to bid on and everyone who did attend had a great time!! Many thanks go to Dave Silva for chairing the event and making sure everything went really smoothly again this year. Dave always does such a great job, and his efforts are greatly appreciated. Thank you to Tucker Hoffmann, too, for his always entertaining job as auctioneer, and to Diana Gartland for making sure everything gets recorded and gets to the correct bidder - without her, pandemonium would surely ensue at the end of the event when lots of us can't remember what items we won. Pat Green has organized another wonderful Christmas party for us this year on December 8, at Sequoyah Country Club. If you haven't signed up yet, I hope you will soon - it's always a great time to celebrate with your friends in the club. Thank you, again, for all the wonderful volunteers who make this club so much fun!! I wish you all a very Merry Christmas and a wonderful New Year, 2011. See you on the slopes, (and at the Christmas party)



Karen Wehrman  
President

Karen

## Racing News

David Cunningham – Race Director

The Ski Resorts are opening and there is record snowfall in the Sierra's. Now would be a great time to indulge that dream of being a ski racer. Come out and join Castro Valley's racing team this winter. We have 5 Clinics and 7 races planned for this season. Racing is a great way to improve your skiing skills. You also get to participate in the camaraderie with your fellow racers while earning points for your club and for individual awards. Registration forms and a schedule are included in this newsletter. This season the registration fee for adults is \$75 and Children are \$30. There is a \$20 volunteer fee for adults that you can get back by helping out on race day. Please sign up with me by Dec. 24<sup>th</sup>. Forms should be either turned in to me at a club meeting or can be mailed to me at 2855 San Benito Dr., Walnut Creek, CA, 94598.



### ***Membership Matters***

***By Paula Kinahon***



Membership renewal season is winding down and many of you Early Birds took advantage of the discount by renewing before November 1<sup>st</sup>. If you were not among them, hope is not lost.

Please take a moment now to complete your membership application and waiver forms. Mail forms along with your check payable to CVSC to my mailing address on the application form.



Paula Kinahon  
Membership

Remember, for the nominal annual fee of \$50, you have opportunities throughout the year to participate in a great variety of snow sports, social, and travel adventures. CVSC membership opens the door to sponsored events through Castro Valley Ski Club, Bay Area Snow Sports Council (BAC), and Far West Ski Association (FWSA)

### **CVSC welcomes new members:**

Dale Bush  
G.H. Constantine  
Alan Eliason  
Nancy Kelly (returning)

Linda O'Hare  
David Pellegrini  
Charlotte Sahnnow  
Elsa Wholey

Until next time, stay warm and safe and have a joyous holiday season.

Paula Kinahon  
*V.P. Membership*

**Industry Liaison** David Cunningham  
– [industry@skibac.org](mailto:industry@skibac.org)



Ski Season is here and our Lake Tahoe resorts are getting huge dumps of snow. A number of resorts opened the past 2 weeks. Last month I announced that Vail Resorts had purchased Northstar at Tahoe. This month Squaw Valley changed hands. KSL Capital out of Denver is closing a deal to purchase Squaw and has plans to invest \$50 million into the resort over the next few years. Check out what's going on at our Sierra resorts.

**\*Alpine Meadows:** [www.skialpine.com](http://www.skialpine.com).

Alpine Meadows is open. Alpine has 10' of new snow from November's storms and is running 5 chairs. Join the new Alpine Club program to save on lift tickets. \$20 to sign up and it saves you \$10 on each ticket that you buy online more than 24hrs in advance of your ski day. Check out their website for more info.

**\*Bear Valley:** [www.bearvalley.com](http://www.bearvalley.com).

Bear Valley opened for Thanksgiving weekend. They have over 90" of new snow and more is on the way. Bear is operating on a weekend schedule till Dec. 17<sup>th</sup> when they plan to go to full operation. Be sure to check out Bear's website for up to date info.

**\*Boreal:** [www.rideboreal.com](http://www.rideboreal.com).

Boreal is open. They have over 9' of fresh snow and have 5 lifts running. Boreal offers their "iRide" card. With it you can ski 2 days and get a 3<sup>rd</sup> day free. Boreal has been busy this summer. They have added even more snow making and up-graded their lighting for night skiing. Be sure to check out their web page for the latest information.

**\*Diamond Peak:** [www.diamondpeak.com](http://www.diamondpeak.com).

Diamond Peak plans to open on Dec. 16<sup>th</sup>. Diamond Peak is a Kid friendly resort and has lots of packages for kids and parents to save money. They do have their season passes on sale now. Be sure to check out the new and improved base lodge facilities. Diamond Peak will complete Phase 2 of their base renovations this December. They are adding a stairway between the upper and lower parking lots as well as an all new Ski School and Services building to go along with their new lodge. See their website for details.

**\*Dodge Ridge :** [www.dodgeridge.com](http://www.dodgeridge.com).

Dodge Ridge is 100% open. They have been making improvements at this resort for the past few seasons. This is a great place to take the family. Discount tickets are available at Save Mart and Lucky's stores. Check their new and improved website for upcoming events.

**\*Donner Ski Ranch:** [www.donnerranch.com](http://www.donnerranch.com).

Donner Ski Ranch is open weekends with 3 chairs running so far. They have been making improvements at this resort for the past few seasons. It is a great mountain for beginners and families. 6 chairs and 2 moving carpets serve 500 acres. This is a great place to take the family. Check their website for upcoming events.

**\*Heavenly:** [www.skiheavenly.com](http://www.skiheavenly.com).

Heavenly is open with 49% of the mountain available. Heavenly has been building a new lodge this year. The Tamarack Lodge at the top of the Gondola will provide indoor dining for up to 500 skiers in a new 15,000 sq ft facility. They will also have patio seating for 250 skiers outside. They have their season passes are on sale now. Prices start at \$379 for Adult passes. Be sure to check out their website for details.

**\*Homewood:** [www.skihomewood.com](http://www.skihomewood.com).

Homewood plans to open on Dec. 10<sup>th</sup>. Homewood has some of the most scenic views of Lake Tahoe. Season Passes are on sale. JMA Ventures purchased the West Shore Café this summer and will be making it part of the Homewood resort. Check out their website for information and also check out their development plans.

**\*Kirkwood:** [www.kirkwood.com](http://www.kirkwood.com).

Kirkwood is open and has 6 chairs running. Kirkwood has their season passes on sale til 12/16. They start at \$299. Kirkwood has had over 175" of snow already. Kirkwood has added a Zip Line Adventure park this year. [www.ziptahoe.com](http://www.ziptahoe.com). Check out their website for details.

**\*Mount Rose:** [www.skirose.com](http://www.skirose.com).

Mt. Rose is 100% open. Mt Rose has built a new Lodge on the Slide Mtn. side of the resort. This new lodge features great views and a large sun deck that can hold 400 people. Mt. Rose is only 25 minutes from Reno. Check it out on their website.

**\*Mammoth/June Mountain:** [www.mammothmountain.com](http://www.mammothmountain.com).

Mammoth is open with up to 7' of base. Horizon Air is planning to provide air service into the Mammoth Lakes area starting December 16<sup>th</sup>. The service is planned to continue till April 24<sup>th</sup>. There will be Flights out of San Francisco and San Jose this season. Mammoth is a year round resort. Check out all the events they have planned: <http://www.mammothevents.com/>

**\*Northstar-at-Tahoe:** [www.skinorthstar.com](http://www.skinorthstar.com).

Northstar is open and running 11 lifts. Northstar is now part of Vail Resorts. There are lots of events on their calendar. Double Whammy passes good at Northstar and Sierra can now be converted into Vail Resorts Epic Passes. Check out the deals and what's happening on their website.

**\*Sierra-at-Tahoe:** [www.sierratahoe.com](http://www.sierratahoe.com).

Sierra is open with over 7' of snow. Sierra has their season passes for '09-'10 on sale now. You can get a Sierra only season pass starting at \$199. Check out their website for details.

**\*Soda Springs:** [www.skisodasprings.com](http://www.skisodasprings.com).

Soda Springs is open weekends. They plan to go to full operations on Dec. 17<sup>th</sup>. Soda Springs has been making improvements to their Tubing Hill and to the Planet Kids play area this summer. Check out their website for details.

**\*Squaw Valley USA:** [www.squaw.com](http://www.squaw.com).

Squaw is open and has declared November to now be November. 8' of record breaking snow and the earliest opening of KT-22 ever. Squaw Valley has lots of activities available for skiers and non skiers. See their new web page for details.

**\*Sugar Bowl:** [www.sugarbowl.com](http://www.sugarbowl.com).

Sugar Bowl is open top to bottom. Check out their season pass deals on their website.

## OLRC 2009-2010 Race Schedule

Date	Event	Location	Contact Information
Dec. 12, 2010	Clinic	Northstar	<a href="mailto:GoFastDebi@yahoo.com">GoFastDebi@yahoo.com</a>
Dec. 19, 2010	Clinic	Northstar	<a href="mailto:GoFastDebi@yahoo.com">GoFastDebi@yahoo.com</a>
Jan. 08, 2011	<b>Race: GS</b>	Northstar	
Jan. 19, 2011	<b>Race: GS</b>	Northstar	
Feb. 05, 2011	Clinic	Squaw	<a href="mailto:GoFastDebi@yahoo.com">GoFastDebi@yahoo.com</a>
Feb. 06, 2011	<b>Race: SL</b>	Squaw	
Feb. 12, 2011	<b>Race: SL</b>	Alpine	
Feb. 13, 2011	<b>Race: GS</b>	Alpine	
Mar. 05, 2011	<b>Race: SL</b>	Sugar Bowl	
Mar. 06, 2011	<b>Race: GS</b>	Sugar Bowl	
<b>Northern California Championships</b>			
Mar. 18, 2011	Clinic	Sugar Bowl	<a href="mailto:GoFastDebi@yahoo.com">GoFastDebi@yahoo.com</a>
Mar. 19, 2011	<b>Race: SL</b>	Sugar Bowl	<b>BAC/DSUSA Ski for All</b>
Mar. 20, 2011	<b>Race: GS</b>	Sugar Bowl	
<b>Far West Championships</b>			
Apr. 01, 2011	Clinic	Alpine	
Apr. 02, 2011	<b>Race: SL</b>	Alpine	
Apr. 03, 2011	<b>Race: GS</b>	Alpine	





# OPEN LEAGUE RACING

2010 - 2011 Season  
Registration Application



RACER IDENTIFICATION			CLUB and LEAGUE AFFILIATION	
Last Name		<input type="checkbox"/> Female	Bib Number <input type="checkbox"/> Skier <input type="checkbox"/> Boarder	
First Name		<input type="checkbox"/> Male		
Address			Club:	
E-mail			Please circle your HOME League	
Phone (s)			<input type="checkbox"/> OPEN <input type="checkbox"/> SINGLES <input type="checkbox"/> SIERRA	
Emergency Contact			RACER FEES	
Birthdate			Adult (18 and over) \$75	
Age Classification as of 12/01/2010, please circle Vet = 50+ Open = 18+ Junior = under 18			Junior (under 18) \$30	
For the NorCal & Far West Championships do you want to race as a SuperVet 65+ YES NO			Family \$150	
			Bib \$20 Junior or Adult	
			Race Day Worker Assessment \$20	
NEW RACERS			The Race Day Worker Assessment fee is to pay for gatekeepers and other workers at races. This fee is required for all ADULT racers. Anyone can volunteer to work on race day including Juniors and Non-racers.	
Please consult with a Race Director to determine your level <input type="checkbox"/> Beginner (GREEN) <input type="checkbox"/> Intermediate (BLUE) <input type="checkbox"/> Advanced (BLACK) <input type="checkbox"/> Expert or Race Experience (DOUBLE BLACK) <input type="checkbox"/> Prior Racing with FWRA				
			TOTAL DUE	
			Make payment to your ski club	
<b>ACKNOWLEDGMENT AND ASSUMPTION OF RISK AND RELEASE</b> <i>(Initial all 6 places and then Sign)</i>  I, _____, the undersigned, know that alpine skiing and boarding are action sports carrying significant risk of serious personal injury, death or property damage. I also know that there are natural, mechanical, and environmental conditions and risks, which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to others and me. _____ (Initials)  I agree that I alone am responsible for: (a) My safety while participating in competitive events and/or training for competitive events; and (b) Providing, utilizing and maintaining that equipment necessary for the safe enjoyment of my participation in such events. I specifically acknowledge that the following persons or entities including: the Far West Racing Association, Bay Area Snow Sports Council, Open League Racing, its officers and race officials, the ski resort, the promoters, sponsors, organizers, or the participating clubs, their officers and or agent, representative, director, employee, member or affiliate of any person or entity named above are not responsible for my safety. I specifically RELEASE and DISCHARGE, in advance, those parties from any liability on the part of persons or entities mentioned above. I agree to accept all responsibility for the risks, conditions, and hazards that may occur whether they now are known or unknown. _____ (Initials)  Being fully aware of the risks, conditions and hazards of the proposed activity as a competitor, coach or official, I HEREBY AGREE TO WAIVE, RELEASE AND DISCHARGE, any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of any participation in competitive events or training for competitive events, against any person or entity identified above whether such injury or damage was foreseeable or not, including any such claims regarding the design or condition of any equipment utilized by me in such competitive events without regard to whether such equipment is specified or recommended by such persons or entities identified above. _____ (Initials)  I further agree to forever HOLD HARMLESS and INDEMNIFY all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury or property damage resulting in any way from my participating in competitive events or training for competitive events. _____ (Initials)  I currently have, and I agree to maintain throughout the time that I train and compete, a valid and sufficient medical accident insurance. I understand that this is my sole responsibility and release all persons and entities identified above from providing this coverage for me. _____ (Initials)  I agree that I will accept and abide by the rules and regulations of the Far West Racing Association, Far West Ski Association, Open League Racing, and any other rules and regulations imposed by the organizers of any particular competition. This acknowledgment and Assumption of Risk and Release shall be binding upon my heirs and assigns. _____ (Initials)				
SIGNATURE of Racer			DATE	
or guardian if competitor is under 18 years of age				

approved 10.01.2010

## CVSC Halloween *BASH*

On October 30th, 27 Castro Valley members dressed in great costumes, enjoyed an evening of food and drink and spooky times at Dan and Pat's house for a great halloween party. Best costumes went to Pam Quinn as an amazing peacock and Rich Warren as a great looking knight. Thanks to all that participated to make it a great evening.

Pat Green



Three Counts —  
Dave Meinhardt, Jim Korn &  
Dave Silva



Paula Kinahon (Count-ess)



Kathy Hoffmann (Wench)  
&  
Claudia Fernandes  
(Chambermaid)



THE WINNERS!!!

Best female costume: Pam Quinn (peacock)  
Best male costume: Rich Warren (His Lordship)



What Halloween party would be complete without a "witch's brew"???

**CVSC Danube River Cruise - includes Transylvania/Dracula's Castle extension**  
**April 29 - May 13<sup>th</sup>, 2011**

Vienna to Bucharest - Seven Countries  
Austria, Slovakia, Hungary, Croatia, Serbia, Romania & Bulgaria

**We have 59 members signed up for this trip. I am looking for a female.**  
If you are interested in getting on the waiting list, send me an e-mail.

Air from either SFO or LAX

**PRICING:** includes extension & port charges of \$168

Cat. B cabins - lower deck - \$4190 **SOLD OUT**

Cat. A cabins - upper deck - \$4290 **SOLD OUT**

MS Kleine Prinz  
Value World River Cruises



**FINAL PAYMENT DUE DECEMBER 1<sup>st</sup>, 2010**



We have several trips on the horizon. If you are interested in either of these you need to e-mail us to get on the interest list. Those on the interest list get first chance since this is why we put the trip together.

We were looking at a River Rafting trip next summer but we only had 2 people who e-mailed and said they were interested so we will put that trip on hold for now.

**2012 - New Zealand & Australia** - sight seeing trip, not a ski trip. We will probably go in November and it will be a 3-week adventure. Lots of interest in this trip. More info coming.....

**South Africa and Cape Town, including Kruger National Park** - date to be determined.

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

**CVSC CST # 2081040**





Commuting home on BART recently, I overheard a father explaining to his son that certain seats and sections on BART are reserved for handicapped passengers in wheelchairs. In response to the son's question, "what is handicapped?" the dad simply said, "someone without legs." I found myself thinking that the term handicapped applies to a broad range of physical as well as mental limitations, many of which are not the least bit apparent to the casual onlooker.

While in Sun Valley, Idaho for the FWSA Ski Week familiarization trip, I had the good fortune to meet and ski with iconic Mark Thoreson, an employee of the Sun Valley Company and local legend. Mark's elegant and graceful ski style completely belied any suggestion of disability. The only hint was his adaptive ski poles with outriggers. I have reproduced here an article from the Sun Valley Guide Winter 2009 issue on Mark Thoreson's triumph over physical adversity. I hope you will take a moment to read his inspiring story.

Sidebar: The Far West Ski Association presented the Bill Mackey Award to Mark Thoreson at the 2005 FWSA convention at Long Beach. "The Bill Mackey Award is given to an individual for his or her outstanding service and support to the skiing public by a ski area employee."

- by Paula Kinahon

## Balancing Act

**Following a debilitating illness, ski instructor Mark Thoreson was determined to conquer Baldy.**

*By Greg Moore. Photo by Chris Pilaro.*



**M**ark Thoreson is an exceptionally graceful skier. But on a mountain with lots of good skiers, that's not what sets him apart.

Until the fall of 1995, Thoreson took being an expert skier for granted. He had taught skiing at Sun Valley for the past 17 years and had become a top-notch windsurfer on the North Shore of Maui. With his blond hair, warm smile and surfer-boy good looks, he was the consummate Sun Valley athlete.

Then he had what he assumed would be a routine knee operation. But following the surgery, a staphylococcus infection set in. One day while riding in a car driven by his father, he suddenly felt the car lurching across the road. "Dad!" he yelled. "You're all over the place!" His father replied that he was driving perfectly normally. "At that moment, my dad realized that something was not right," Thoreson said. "But I thought I'd get over it, that it would come and go. It never went away."

Thoreson was diagnosed with a profound destruction of his vestibular nervous system—the body's gyroscope and its primary tool for balance. For the past 13 years, Thoreson said, "I've lived a life of vertigo and fatigue and nausea. I kind of feel like I'm floating off the ground."

The damage was caused by a combination of the bacterial infection and complications from the antibiotics used to treat it. Thoreson traveled the country searching for a doctor and a cure. During his visits to rehabilitation clinics, he saw patients with conditions just like his. Most spent the day in wheelchairs or behind walkers.

The realization slowly sunk in that his condition was permanent. Almost overnight, at age 44, his way of life had evaporated. The once hard-charging athlete was reduced to hobbling about with a cane. Malls and airports became nightmares—the open spaces and flowing crowds of people produced a dizzying sense of instability.

Though Thoreson tried to present a sunny demeanor to friends, he sank into depression, uncertain of what lay ahead of him.

In the summer of 1999, he received a call from his good friend Bill Clifford, asking him to come back to work for Sun Valley Company in the sales and marketing department, where the two had worked closely together before Thoreson's operation. "I warned him I didn't know how many hours I could give him in a day," Clifford said that didn't matter—just come back to work.

Clifford had recently been diagnosed with a brain tumor, and his prognosis was not good. Partly for that reason, Thoreson took the job, and made the most of every opportunity to be with his friend.

"Bill and I would take these long walks and talk and talk. We talked about life. We talked about death. We talked about how we psychologically handle crises that are put before us. He was fighting the battle so courageously, but he was going down so fast. I knew that no matter what, I was going to make it. That became a huge motivator for me. That was the turning point, seeing his deterioration and thinking, 'Hey, I might not be so bad off after all, because I'll still be on this earth after Bill passes on.'"

Clifford died in January, 2001.

Thoreson continued to walk along Trail Creek in Sun Valley, where the two had spent so much time together. One winter day on the trail, he looked up at a hiker ascending Sun Peak. From his wobbly perspective, the ridge looked like it went on forever, and he couldn't imagine climbing it. But he took two ski poles and began shuffling up the wind-packed ridge. The first time, he got about a quarter of the way up. Coming down was the scary part. He fell repeatedly.



*Mark Thoreson's outriggers help him carve deep arcs.  
Photo by Robbie Hilliard.*

But he kept at it, and one day he discovered he could slide down better than he could walk. The feedback from gravity's pull actually improved his sense of balance.

He tackled the hill every day, and by early spring, he reached the summit. "When I started to hike Sun Peak I became more positive," he said. "I became more confident."

For the past few years, his friend Marc Mast, founder of the Sun Valley Ski School's adaptive program, had been encouraging him to give skiing a shot again. "I was 99-percent sure he could do it with outriggers," Mast said.

After conquering Sun Peak, Thoreson agreed to go out to Dollar Mountain. He grabbed the outriggers—like crutches with little skis on the ends—and rode the Quarter Dollar lift. The once-admired expert was hoping he could slide the short, barely pitched slope to the bottom.

"It wasn't a pretty sight," he said. "I fell hard when I got off the chair."

He felt humiliated, but returned for 10 days in a row and soon mastered a wedge turn. Mast, he said, acted like a video camera for him, telling him where his body was relative to the snow. Otherwise, Thoreson said, he could be leaning way back while thinking he was in an upright, athletic position.

On the day Dollar Mountain closed for the season, he skied it from the top. Now, Mast told him, it's time for Baldy, which was still open.

"By now we had a whole string of people," Thoreson said. "It became kind of a circus. A

lot of ski instructors were watching."

The two headed down College, the easiest run from the top. Thoreson fell repeatedly, but after about an hour, he reached the base. About 10 days later, on the day Baldy closed, he skied from top to bottom without falling.

"I went into the summer with the mental high that I knew I could ski Baldy."

For the next four seasons, he continued to improve. He built on the discovery he had first made on Sun Peak. "When I'm skiing, the pull of gravity kind of tells me where my body is. It gives me an orientation that I don't have when I'm standing on flat ground." That and the four points of contact he got from his skis and the outriggers allowed him to stay upright.

Thoreson is more dependent than other skiers on having just the right equipment and the carving ski revolution had come at just the right time. Carving turns on the new skis, he built up resistance beneath his feet, which gave his body some sense of spatial orientation.

With his outriggers, Thoreson is easy to recognize on the hill, and skiers watching him from the lifts marvel at his progress from season to season. Rod Jones, a Sun Valley ski instructor who skied with Thoreson before and after his injury, said that at first, people were impressed merely by the fact that he was on the mountain.

"It was, 'All right, Mark, you're trying to ski!' Then it got to be where he was just tipping, tipping, tipping. He got more and more into a carved turn with a lot of edge angle and a lot of body mass inside the feet. He not only came back to skiing, he came to absolute modern skiing."

While Thoreson's skiing was improving dramatically, there was one problem—as soon as he stopped moving, he lost the added sense of stability provided by downhill motion. Jones calls that his albatross period; his landings were a disaster. "When he came to a stop, he'd just lose it," Jones said. Eventually, however, he mastered this, too.

Thoreson said he couldn't honestly say he has as much fun skiing now as he did when he was healthy, but he does appreciate it more. "A lot of it is just being with my buddies and looking out at the Pioneer Mountains. Those are things I didn't think I'd ever do again."

So far his recovery has been limited to skiing—in day-to-day life, not much has changed. Beyond walking, skiing is his only sport. He still gets fatigued from the concentration required to stay upright, and fights regular bouts of nausea. Daily life remains a challenge.

"But my attitude has changed," he said. "Skiing has been a huge part of that. It was the one thing I was able to sink my teeth into and get some huge results."

Thoreson occasionally thinks back to the patients he saw while traveling the country searching for a doctor—people who spent the day in wheelchairs.

"If you decide that that's how you're going to be for the rest of your life, your body shuts down and that is how you're going to be for the rest of your life. The first step is the hardest, and the first step for me was hiking Sun Peak. The second step was a little easier, and the fourth and fifth steps easier still. Once you get your momentum, you're on your way."

## **Holiday Safety Tips from Sandy**

The holidays are officially upon us and there is no time like the holidays to remind ourselves of valuable safety tips when we are out on the street.

With darkness falling before our work day has ended, it is especially important for you to do all you can to ensure your personal safety. Historically, incidents that warrant extra caution when you are traveling to and from work occur during the holiday season. Please use these tips to manage your personal safety during the winter months.

### **Protect yourself on the street:**

- Always be alert and aware of the people around you, especially if you are alone or in the dark.
- Whenever possible, travel with a friend. Even if your companion is parked in a different area than you, walk together to one car and drive to the second car.
- When walking on a sidewalk in an urban area, walk close enough to the curb to avoid hiding places for potential attackers, such as doorways, alleys, and bushes.
- Remember there is safety in numbers, but if you must walk alone, walk with confidence, hold your head up (not down), and make eye contact with people when you are walking.
- Do not respond to conversation from strangers on the street – continue walking.
- Do not talk on your cell phone, or have your media player ear phones in, as you are walking down the street.
- Carry a whistle when you walk. Blow it to attract attention if you are threatened or to warn others if you observe an attack in progress.
- Keep your jewelry out of sight. Turn your rings around so the stones don't show.
- Dress so you can walk or run easily to avoid an attack.
- Avoid isolated areas such as parks and garages – pick a busier street/sidewalk to walk on.
- Avoid shortcuts that may expose you to danger.
- If you carry a purse/backpack, hold it close to your body and protect it with your arm to make it harder for someone to grab it as they run past you.
- Carry your wallet in a front or inside pocket.
- Carry only what you need; one credit card and an ATM card along with your ID.  
Use ATM machines where you have open space around you and can see anyone approaching who may be a threat to you.

### **If you notice someone is following you:**

- Turn and look at the person. Let them know you are aware of their presence and that you won't be taken by surprise – bad guys don't want witnesses who can identify them.
- Go into a store or other public places and ask to use a phone to call for help.  
Have the phone number of the local Police or Sheriff's Office programmed into your cell phone.

### **How to protect yourself while traveling:**

- Keep car doors locked and windows rolled up in traffic, especially at stoplights.
- Always check inside your vehicle before getting in to make sure no one is hiding inside.
- When parking your vehicle, try to park close by your destination or in a well lit area.
- Keep valuables out of sight. Store items in the trunk or glove compartment, never on the seat.
- If you encounter car trouble, raise the hood, put on the vehicle's emergency flashers, and tie a white cloth to your antenna or outside mirror.
- Stay inside the vehicle with the doors and windows secured.
- While waiting for BART or a train, wait in a well lit area near other people.
- While traveling on BART or a train, do not sleep or wear headphones. If someone is bothering you, make noise so the other passengers know you need help.

### **Responding to an attack:**

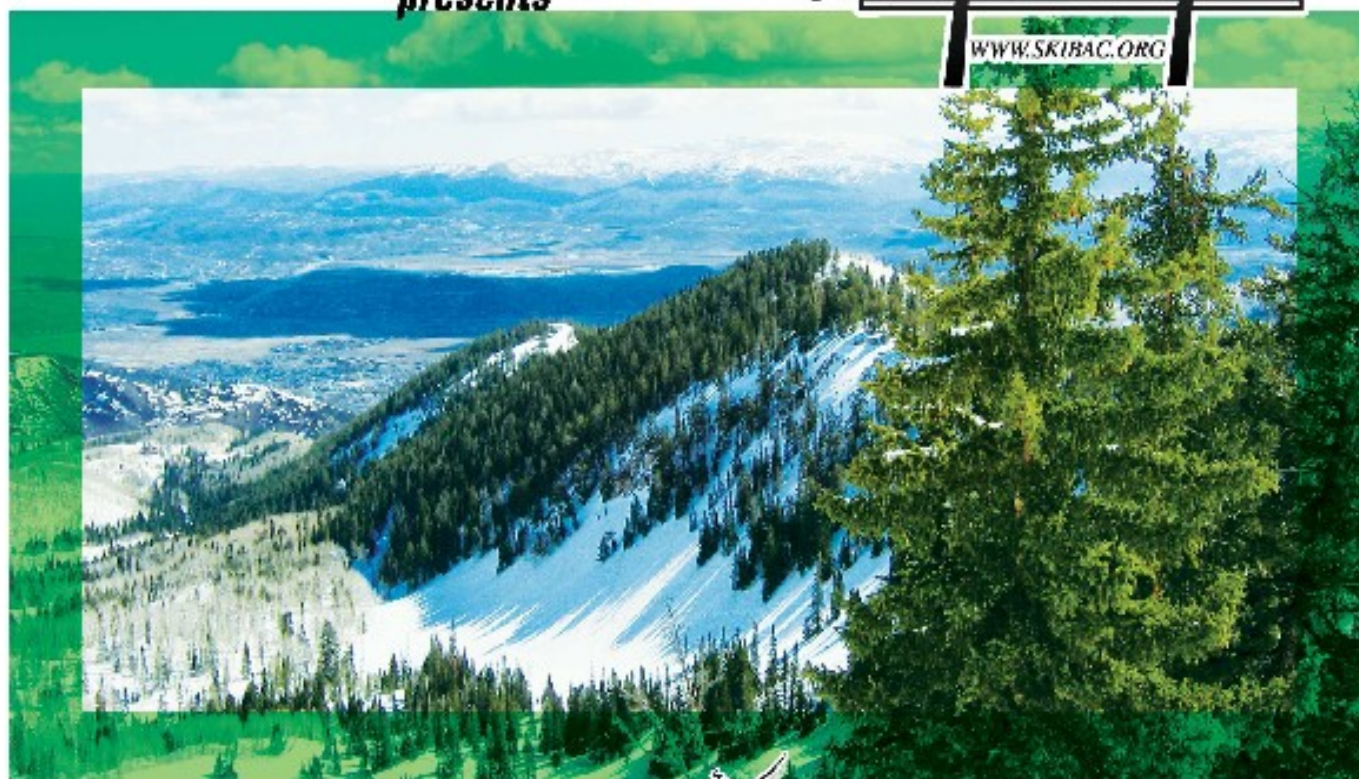
- In situations of a purse or wallet snatch, do NOT fight back. Your life is far more important.
- Only you can decide the best way to respond in an emergency. Each situation is different and should be assessed by you as such. Know your limits!
- Stay alert. Listen and observe carefully so you will be able to provide important information or evidence later.

**Have a Happy and Safe Holiday Season!**



# Bay Area Snow Sports Council

presents



## Three Unique Mountains One Great Town!

## MARCH 10-15, 2011

### Your Vacation Includes:

- Five Nights Deluxe Hotel Accomodations  
Park City Peaks Hotel - 2 per room  
Daily hot breakfast & cookie man visits
- Four Days Skiing  
1 @ Park City, 1 @ The Canyons & 1 @ Deer Valley -  
You pick the 4th day!
- Roundtrip airfare Oakland to Salt Lake City
- Charter Bus - Salt Lake to Park City
- Welcome reception

## \$970.00

Including Flights

### For More Information

### Linda Hennings

209-538-3590 -evenings only  
lindahennings@sbcglobal.net

CST: 2050870-40



*Come and Enjoy a*

**Holiday Dinner Meeting**

*Of the*

**Castro Valley Ski club**

*At*

**Sequoiah Country Club**

**4550 Heafey Road**

**Oakland, California 94605**

**WEDNESDAY, December 8, 2010**

Business Casual or Better (no jeans!)

No Host Cocktails 6:00 - 7:00

Dinner/Meeting 7:00

CVSC Members: \$39 (chicken or salmon), non-members \$49

*Send Check payable to CVSC to:*

*Pat Green, 4655 Cope Ct.,*

*Pleasanton, CA 94566*

*(925)846-7250*

***YES! I want to attend the CVSC Christmas Party!***

***Name (s)*** \_\_\_\_\_

***Phone #*** \_\_\_\_\_ ***email*** \_\_\_\_\_

***No. of Salmon Dinners @ \$39*** \_\_\_\_\_ ***total \$*** \_\_\_\_\_

***No. of Chicken Dinners @ \$39*** \_\_\_\_\_ ***total \$*** \_\_\_\_\_

***Total Amount of check enclosed*** ***\$*** \_\_\_\_\_

*Send Check payable to CVSC to:*

*Pat Green, 4655 Cope Ct.,*

*Pleasanton, CA 94566*



# FWSA 2011 SKI WEEK

Jan. 22<sup>nd</sup> - 29<sup>th</sup>, 2011



## Sun Valley, Idaho

\$1150-\$1325

*does not include air or transfers*

Sun Valley Lodge	\$1325
Sun Valley Lodge Deluxe Apartments	
2 bedroom/2 bath condos (king/2 twins)	\$1225
3 bedroom/3 bath condos (king/queen/2 twins) upon availability	\$1150

<http://www.sunvalley.com/SVLodging/info/svl.aspx>

### Package will include 7 nights lodging and amenity package:

- Registration
- Welcome Party
- 3 Races
- BAC Council Night Party
- Mountain Picnic
- Apres Ski Party
- Farewell Awards Banquet with Dancing
- 5 of 7 day Lift Ticket



Cancellation policy and payment schedule will be sent to you within the next few weeks.

**CVSC is taking \$200 per person deposits now**

Priority placement will be based on first received deposits.

Make checks out to Castro Valley Ski Club (CVSC) and send to:

Pat Green, CVSC SV Trip Leader  
4655 Cope Court, Pleasanton CA 94566

925-846-7250 [greenm@comcast.net](mailto:greenm@comcast.net)

CVSC CST # 2081040



## CVSC DANUBE RIVER CRUISE

April 29 - May 13<sup>th</sup>, 2011

10 night cruise plus 2 nights in Brasov, a medieval resort town set high in the scenic Carpathian Mountains with tour of Dracula's Castle & last night in Bucharest

Pricing from \$4000 p.p. depending on cabin choice

**Vienna to Bucharest - Seven Countries**  
*Austria, Slovakia, Hungary, Croatia, Serbia, Romania & Bulgaria*

### PRICING:

Cat. C cabins - lower deck near rear - \$4000  
Cat. B cabins - lower deck - \$4200  
Cat. A cabins - upper deck - \$4350

### INCLUDES:

- ♦ Round trip airfare from SFO or LAX
- ♦ Airline fuel surcharge
- ♦ 10-night Riverboat Cruise - stopping each day
- ♦ Port Charges (\$168)
- ♦ Breakfast, Lunch & Dinner on Cruise ship
- ♦ sightseeing tours and shore excursions all included
- ♦ English-speaking cruise director and tour guides throughout
- ♦ 2 nights with breakfast & dinner & a visit to the magnificent Peles (Dracula's) Castle
- ♦ 1 night in a Bucharest hotel

### Not included:

- ♦ airport taxes - \$145 (subject to change)
- ♦ Tips



**\$300 non-refundable deposit due now  
send to:**

Tucker Hoffmann - CVSC Travel Director  
2657 Rivers Bend Circle, Livermore CA. 94550  
[tkhoffmann@aol.com](mailto:tkhoffmann@aol.com)

CVSC CST # 2081040



## 2010/2011 Avid Skiers in Control

President	Karen Wehrman	510-538-2872	kwehrman@comcast.net
Vice President	Ron White	925-443-3106	ronkewhite@gmail.com
VP Membership	Paula Kinahon	510-357-6127	pkinahon@gmail.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	dennieluuu@comcast.net
Web Manager	Rindie Chase	925 447-3659	clarinett@comcast.net
Race Director	Dave Cunningham	925 455-1333	tahoeskier@mail.com
Activity Director	Pat Green	925 846-7250	greendm@comcast.net
Travel Director	Tucker Hoffmann	925-371-1910	tkhoffmann@aol.com
Past President	Ralph Sherman	925-449-7941	shermescape47@yahoo.com
Trustee	Kathy Hoffman	925-371-1910	tkhoffmann@aol.com
Trustee	Jim Korn	510-357-6127	jimkorn@sbcglobal.net
Safety Chair	Sandy Beecher	707-255-4139	srbeecher@aol.com

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

### Websites/Phone numbers

BAC Web site: [skibac.org](http://skibac.org)  
Singles league racing:  
[slracing.tripos.com/schedule.htm](http://slracing.tripos.com/schedule.htm)  
Open league racing: [olrc.org](http://olrc.org)  
Far West Ski Assoc: [fwsa.org](http://fwsa.org)  
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/)  
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  
Weather: [nws.mbay.net/home.html](http://nws.mbay.net/home.html)  
Info on all ski areas: [onthesnow.com](http://onthesnow.com)

### *SKIZETTE FOR DECEMBER, 2010*



The next meeting will be  
December 1

Don Jose's Restaurant  
3430 Village Dr  
Castro Valley, CA  
(meetings start at 7:30 pm)

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



**ASPEN & SNOWMASS**