

# THE GREAT SCHUSS

LEXINGTON SKI & SPORTS CLUB/FEBRUARY 2014/JAN CLARK, EDITOR

## February Meeting

### Feb. 4

Join us at **Rooster's** at 124 Marketplace Drive (off Nicholasville at Man-O-War), Tuesday, February 4th for **free appetizers** and post-Telluride socializing. In celebration of Heart Health month we have invited Bruce Maple, Director of Donor Recruitment from the Central Kentucky Blood Center, to speak to us about their important programs...video included. Don't worry, no blood will be drawn! Members of our club have benefitted from those important services, including LSSC's Gary King, who will join Bruce and is represented in many of CKBC's promotions. Not only does Gary's photo appear in the header of the center's web page, below, but his story can also be accessed through the site. Click here to view Gary's story: <http://vimeo.com/3559626>.



## ONLY WITH YOU



Welcome back  
Telluride travelers!



## **Linda's Annual "Soup-er Bowl Party" (NOT Super Bowl) 2/6/14**

Linda Gorman is hosting her annual Soup Party, featuring 4-5 delicious soups, **Saturday, February 6th, 6:30-midnight!** Soda and ice will also be provided but please bring something to go with soup (crackers and cheese, veggies, salads, deserts or whatever) as well as your own adult beverages.



Tickets are NOT required. Just e-mail Linda at [lsgorm0@uky.edu](mailto:lsgorm0@uky.edu) for directions to her house!



# LSSC Officers and Directors 2013-14



Volunteers sought for:

**Board** positions and **Summit**.

For Board positions contact  
Janet Jones at [jgjones@uky.edu](mailto:jgjones@uky.edu).

To help with the OVSC Summit  
activities contact Jan Clark at  
[janclark@roadrunner.com](mailto:janclark@roadrunner.com).



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RACING-DIANNA MILLER

[hagski@aol.com](mailto:hagski@aol.com)



*Rob Dalton 2/2;*

*Tommy Glover 2/4;*

*Si Morrison 2/7;*

*Barbra Anderson 2/7*

*Linda Gorman 2/14*

*Shamick Gaworski 2/17*

*Elsbeth Johnson 2/22*

*BarbaraConnell 2/29*



The next board meeting is scheduled for  
Wednesday, **February 12th**, 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.



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# TELLURIDE



As I write this the Telluride travelers are on their way home and a few notes have trickled in via Facebook and e-mail. So far no delays and no injuries....Let's keep it that way



By all accounts it was a great week weather-wise, bright blue skies and cool to mild temperatures, warmer than it was here! Unfortunately there was no fresh snow but good skiing anyway!

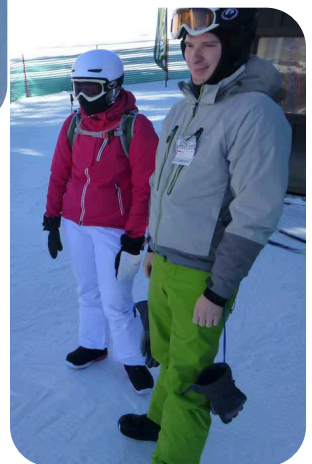
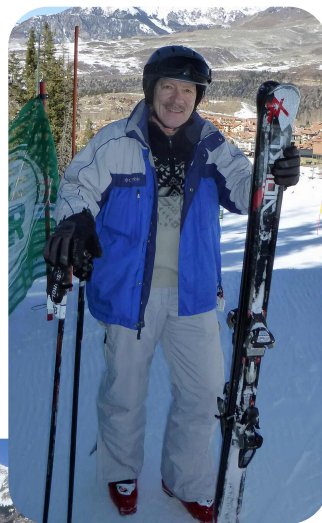
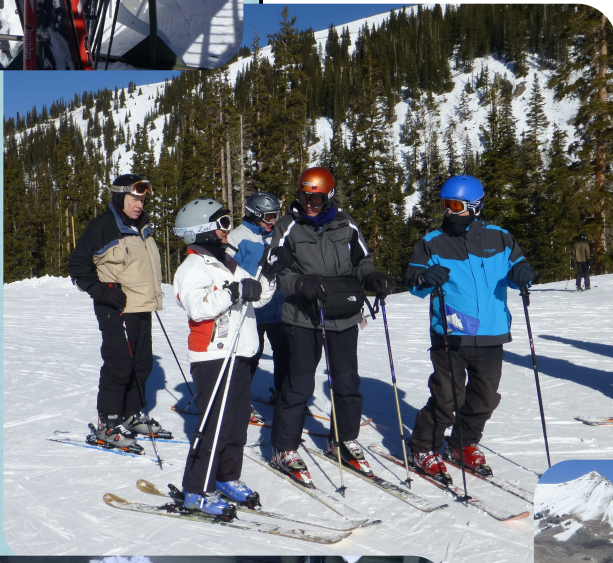
Lexington skiers were joined by former LSSC President Frances Woollam who now lives in Santa Fe, New Mexico. Joining her were three other Santa Fe skiers who are new LSSC members; Joe Liftik, Barbara McIntyre and Diane Newkirk. Welcome!

NASTAR races brought some newcomers to racing! David Morrison rode in his first race ever. Terry Esrael medaled, earning bronze! Great going guys!



Catherine Monzingo and Howard Glauert went for serious adventure, going to Ouray for its world famous ice climbing and then to Silverton to ski powder. Apparently the trip into Silverton alone was an adventure with a landslide re-routing them through Durango and eating up lots of extra hours of driving time. It is reported that the lift transportation at Silverton consisted of penitentiary buses! Hmmm??!!

That's all the reports I have for now but since they aren't even home yet . . . .





# 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 in Teton Village  
 Lift ticket: 5 of 7 days

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



Trip closed!!

## 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

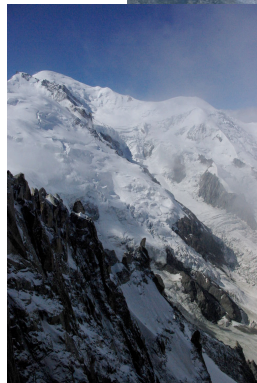
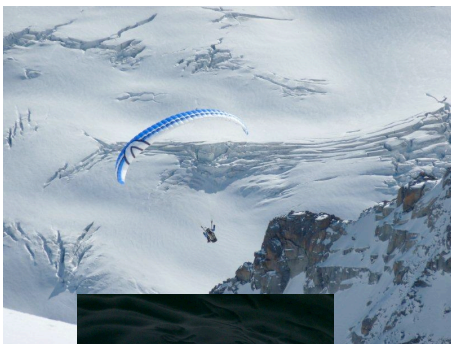


# Details.....



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



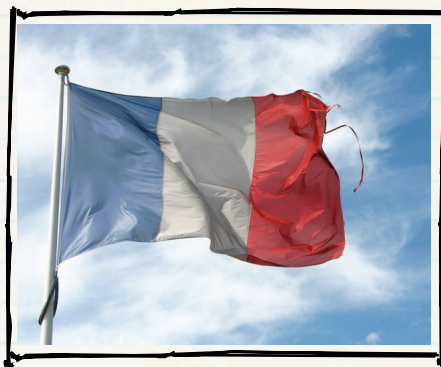
## Ski Morzine: March 15-22



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.

# 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 OVSCRacing		
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	



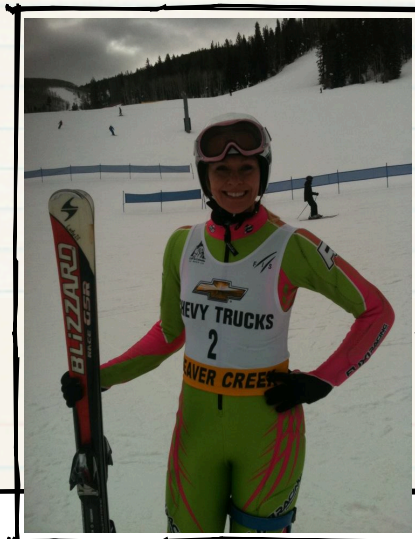
**Race formats** (GS, SL, etc.): Subject to conditions and course availability

**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)



LET'S  
RACE  
IN  
2014!





## 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)



## OVSC Summit 2014: LSSC to Host, Volunteers Needed!

Lexington Ski & Sports Club will host the annual OVSC Summit, **June 6-8, 2014**. The host hotel will be the Lexington Hilton Downtown (formerly the Radisson Hotel). The current planning committee is Chaired by Jan Clark and includes several hard-working club members already. We are still looking for volunteers to help so contact Jan at [janclark@roadrunner.com](mailto:janclark@roadrunner.com) if you can help! Events include receptions, dinners, a bike tour of The Legacy Trail (<http://www.youtube.com/watch?v=VCevlAnHWcE>), golf tournament, a downtown champagne breakfast and Farmer's Market shopping, a tour of Town Branch Distillery, a ski tour operator and resort showcase, trip presentations, meetings, prizes and more still under development! Mark your calendar now to attend. Jump in and help if you can! Help us show other OVSC skiers some serious Bluegrass hospitality!



LEXINGTON, KY   
*Horse Capital of the World*



# Member Spotlight: Jesse Sisken

JESSE SISKEN 83  
PROFESSOR EMERITUS, UK COLLEGE OF MEDICINE



At 83, Jesse says that one of his biggest accomplishments is maintaining his level of fitness for so long. He skis 2-3 weeks a year in the western mountains and travels. "What I enjoy doing gives me incentive to stay in decent shape," Jesse explains. "Skiing at high altitudes—over 10,000 feet, sometimes—can be pretty demanding, even dangerous; especially for someone my age unless one is in reasonably good condition."

Jesse's favorite ways to stay fit have varied over the years. He's enjoyed working out at Flex Fitness, running, walking, bicycling and working with his personal trainer, Susan Wagers. He enjoys a low-fat, low-cholesterol diet. On his globe-hopping excursions, he skis and hikes; which for him, is the ultimate motivator. "The most important thing is to have a serious, demanding incentive for doing what needs to be done, whether it be a health or personal problem or a recreational activity," Jesse says.

Jesse flew small airplanes and gliders for more than 35 years. His current hobbies include writing, photography, travel and learning about ancient Greek history. His historical novel, set in 17<sup>th</sup> century BCE Greece, is now under review. He is also working with Ann St. Clair on a photo book of the Greek island of Skopelos, where part of the movie Momma Mia was made.

For others wanting to get fit, Jesse has some advice. "First, have a heart-to-heart talk with yourself to decide if you really and truly want to do it," Jesse suggests. "Then see a personal trainer who can help you begin to achieve your personal goals."

## FROM THE EDITOR

This article about Jesse appeared in the January edition of TOPS in Lexington Magazine and is reprinted as it appeared. It was part of a series about Lexingtonians who are Fit after Forty. Congratulations Jesse for this well-deserved recognition.



## Linda's Annual "Soup-er Bowl" Party - Saturday, February 6th

Linda will provide 4-5 delicious homemade soups and soft drinks and ice. Please bring something to go with soup (appetizer, salad, or desert) and your favorite adult beverage.



6:30 p.m. to midnight.  
No tickets required. Contact Linda at [lsgormo@uky.edu](mailto:lsgormo@uky.edu) for directions to her house and to RSVP.