



THE GREAT SCHUSS MARCH 2011

HAPPY ST. PATRICKS DAY

March Greetings to all fellow snowsport enthusiasts. The ski and ride season isn't over! The snow may have melted in your yard, but as this is being written, our largest group of travelers is in Sun Valley where the forecast is for a little bit of fresh snow each day this week. You know what they call a few inches of fresh over groomed? Hero snow! Let's hope that all our LSSC Sun Valley skiers and riders are heroes this week. I'm sure they'll have fun. Sun Valley has a great vibe. One of my favorite Sun Valley memories is watching the après ski scene at the River Run Lodge at the base of the mountain after a great day of spring skiing. Everyone was smiling, the music was super and many, many skiers were dancing in their ski boots. What a hoot! I think that is the best après ski gathering I have ever witnessed.

In the month of March – LSSCers are headed to two very different destinations..... Åre, Sweden (with side trips to St. Petersburg, Russia and Stockholm, Sweden) and Mt. Bachelor, Oregon (with a current mid mountain base of a whopping 111").

It has been an especially harsh winter over much of the country – as everyone knows. The constant below freezing temps and small snowfalls don't do us much good in Central Kentucky. They are a boon in our favorite snow sport areas however, and many of us have reaped rewards from the benefits of Mother Nature's generosity this winter. Keeping the fun you may have had this winter in mind, it's not too early to think about next winter. So – mark **August** in your calendar as the month to pay dues and sign up for 2012 trips! Way too many

of our members and former members procrastinated this year which has made life quite difficult for your board and trip leaders. Let's all plan now to do better next year. OK?

One issue that has cropped up is the cost of our ski trips. Many of our long time members remember trips that came in at under \$1000, all inclusive. The board strives to bring you the least expensive trips possible, but sorry guys, those days of \$1000 trips are over! A seven day trip priced under \$1500 can be considered a bargain these days. Airfare is a big part of the price increase, but so are accommodations and lift tickets. In fact, the most recent issue of the National Ski Club newsletter mentioned that some areas have raised a day's lift ticket price to more than \$100. Ski clubs are usually able to offer prices that are below those that you would pay if you were to make your own travel plans.

Finally, let me make a plea to **YOU** – a current, past or future member of LSSC – to make your ski travel preferences known to board members. In the past we have posted polls on the LSSC listserve only to have 5 or 6 people respond. I know that many members do not use the listserve, so there has to be some other way of reaching and hearing from you. What is it? **Please connect with us....call, e-mail, come to a meeting....whatever works best for you. Please let the board know what you want offered next season.**

Thanks....And have a great spring!

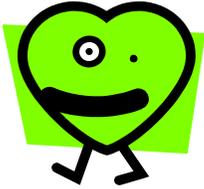
~Marty D.





MARDI GRAS MARCH MEETING!

Please come to our March 1st meeting at 7:00 PM at the Racquet Club Grill. We will be having a Mardi Gras party. There is a small charge of \$3 for members and \$5 for non-members to help us with cost. There will be food and non-alcoholic beverages included in the price. Stronger drinks can be purchased. Celebrate the coming of spring with friends, old and new.



February was Heart Health Month and our February meeting program followed that theme! Alison Bailey, M.D., a professor from the cardiology department at UK, led a lively discussion on the topic. She shared with us many of the risks that might lead to heart health problems, as well as ways to improve our condition. She discussed research on the topic and answered many questions from our members. Her interesting and informative presentation lasted longer than she had planned as our members found her a great resource and continued to ask questions after her planned presentation ended! She is a skier and we hope to see her again soon, both as a presenter and on one of our trips!



Injuries and Updates: I'm very happy to report that Charlie B. is recovering quickly from having a stent placed while he was in Florida recently. I believe his heart complained while he was bicycling...and fortunately, he listened. He is cycling and golfing again already. Way to go Charlie!

Rod C. experienced a nasty fall while practicing high speed turns at Perfect North. Those crazy racers...always wanting to go faster! He fractured his C 1 bone (neck) in three places. He wrote that he is currently wearing a cervical collar and that healing is expected to take three months. I know you all join me in wishing him a speedy and uneventful recovery.

Marty D. (me) broke my right tibia and fibula when I was heli-skiing in Utah in January. Those crazy backcountry skiers – always seeking untracked powder! I had surgery to take out the old plate and screws and put in a new, longer plate and (whoopee!) even more screws. I guess I just love hardware. I'm doing fine. I won't be walking for a few months, but as this is my second break in five years, I've learned all sorts of tricks for coping.

If there are any other members who are recuperating from illness or injury, please get well fast. We'll have some great trips planned for next season....and you don't want you to miss out.



SUMMER 2011 OVSC TRIP: South America

The OVSC is planning a blockbuster summer trip to multiple destinations in South America. This trip will begin on Aug. 15th to Ecuador and the Galapagos Islands. On Aug. 21st it will continue with Peru and Machu Picchu. It will conclude with Argentina and Iguacu Falls from Aug. 25th to Sept. 3rd. If you are interested in all or any portion of this trip, please let a board member know. As of now, we are not planning on offering this trip unless there are enough members to constitute a group. However, we will put you in touch with the trip leaders from other clubs who do plan on offering this trip.

Revelstoke Report: In Photos (Courtesy of Howard G. & Catherine M.)



Catherine & Grant come down the chute.



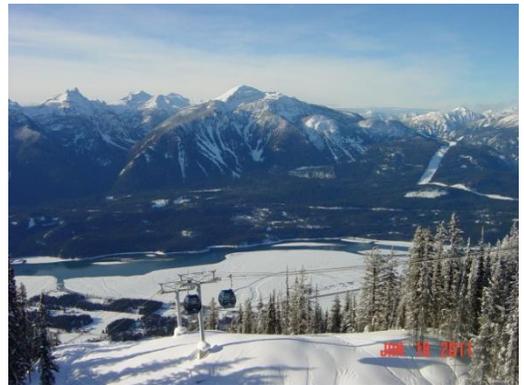
Catherine & John on a snowy sunny slope



Children's
Ski Art



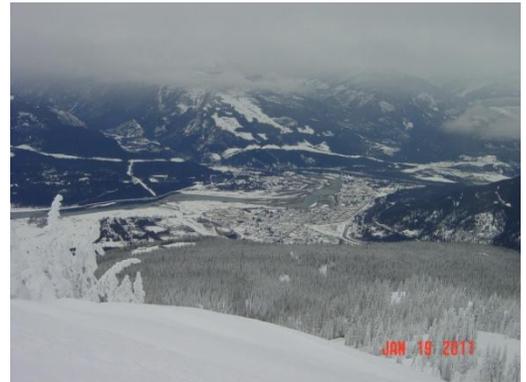
Jon, John & Bob in the warming hut



Revelstoke Gondola & Columbia River



Grant, Catherine, John, Bob, Dan & Brian



View of Revelstoke from above



Spend St. Patrick's Day in Oregon at **MT. BACHELOR**



Dates: Mar. 12 – Mar. 19

Price: Please ask Keith

Leader: Keith Hubbard <mailto:hubcat88@aol.com>

LSSC is happy to offer members a new destination, Mt. Bachelor in Bend, Oregon. Mt. Bachelor ski area has a whopping 3,683 acres of lift served terrain. 1,600 of those are groomed daily. The ski area encompasses 360 degrees of volcanic mountain top skiing...not a common experience by any standard.

Here are some other resort statistics for your consideration:

Elevation – Top 9,065. Base 6,300. Town of Bend 3,625.

Number of Runs – 71. 15% Novice, 25% Intermediate, 35% Intermediate/Advanced, 25% Expert.

Lifts – 7 Express Quads, 3 Triples, 2 Surface

Other on mountain activities – Cross Country skiing, snowshoeing, tubing, & dog sledding.

More information can be found at: <http://www.mtbachelor.com>

LODGING: The Riverhouse Hotel & Resort, widely considered Bend's premier hotel. The Riverhouse is located by the beautiful Deschutes River right in the heart of Bend. It offers three restaurants, live entertainment nightclub, two pools, and three hot tubs. Also included is a huge complete breakfast buffet. Bend has free evening shuttles to take you to restaurants, brewpubs, museums, and shopping. The ski area is 25 minutes away via town shuttles. Find out all about The Riverhouse at: <http://www.riverhouse.com>

AIR: Not included. The closest airport to Bend is Redmond, a 20 minute drive away. It is serviced by United, Delta, Alaska and Allegiant airlines. Other airport options include Portland, a 3.5 hour drive, serviced by most major airlines, including Southwest.

LIFT: 5 day lift ticket included



**This is Absolutley YOUR Last Chance!
Contact Keith immediately**



SUN VALLEY, IDAHO SKI TRIP REPORT
February 13-20, 2011
Dan Geiger, Trip Leader

Our group of 16 departed from Bluegrass Airport Sunday morning, transferred in Chicago and arrived in Boise, Idaho where we were met by our bus driver. After a three hour bus ride, we arrived at our condominium in Ketchum Sunday evening.

Our accommodations were at the Christophe, an upscale condo within walking distance of River Run, one of the two Sun Valley base areas on Bald Mountain. The free City bus service picked us every morning for the short ride to the lifts. Each condo was roomy, well appointed and had spectacular views of the surrounding mountains. Four skiers shared each two bed room, two bath condo. Each bath was equipped with a large whirl pool tub.

The trip package included a ski pass good for any five days of six possible ski days. Most skiers took one day off from skiing to explore the many shops and restaurants in Ketchum. Howard Glauert and Kathy Simon used their day off to go cross country skiing. A few skied all six days.

Friday night was Ketchum's "Gallery Walk", an event similar to Lexington's Gallery Hop where most of the art galleries in town are open until 8:00 PM and offer wine, snacks, and a chance to meet the artists and curators. Jessie Siskien lead a group of six skiers on a tour of eight galleries where we viewed many stunning pieces for sale including water colors, oil and acrylic paintings as well as sculpture, ceramics and jewelry.

The skiing was fabulous. The first two days we enjoyed blue skies and uncrowded slopes. And then the snow hit. From our third ski day till the last, we had three to eight inches of new powder every day. Lexington skiers enjoyed exploring the dozens of trails and bowls on Bald Mountain with no lift lines for the entire duration of the trip.

For lunch, we met each day at a different on-mountain restaurant (Sun valley has five). Our favorite was the Round House. Built in 1939, this is the oldest ski restaurant in America. The menu featured many fine German, Swiss, and Austrian dishes and we were serenaded by an accordion player while we ate.

Speaking of food, each night members of the group ate dinner in a different Ketchum restaurant where we enjoyed many excellent meals. Some stayed in and prepared home cooked meals in the condo.

By any measure, we had an excellent trip, renewing old friendships and making new ones.

(Editors note: A great big Thank You to Dan G. for getting this to me in record time!)

SUN VALLEY TRIP PHOTOS (Courtesy of Dan G.)



Left: Candice C. and Kevin D. on top of the world!



Right: Mountain view from a Condo unit.



Left: Snowy Ketchum street.



Right: Sunrise on the Mountain – the view from the Condo



LSSC Members enjoy lunch at River Run Lodge



LSSC Members enjoy a sunny Sun Valley day.

Racing Report – Courtesy of Dianna Miller

HELLO RACERS AND LSSC MEMBERS!!!

We have had a terrific Racing Season for Lexington Ski and Sports Club. Conditions have been near perfect the entire season, thanks to the cold temps that stayed around. Here are the result highlights of the Lexington Racers for the Races (Combined times) January 22 to February 19, 2011:



Paoli Peaks, Jan. 22 - 23

Phil Caccamise: Platinum NASTAR; 1st Divisional, 2nd Overall Male on Saturday, 1st Overall Male on Sunday.

Dianna (Lady Di) Miller: Platinum NASTAR; 1st Divisional, 2nd Overall Female on Saturday and Sunday.

Mark (Mad Dog) Miller: Platinum NASTAR; 2nd Divisional on Saturday and Sunday.

Lauren Miller: Bronze NASTAR; 1st Divisional on Saturday and Sunday.

Joe Clark: Bronze NASTAR; 1st Divisional on Sunday.

Mad River Mountain, Jan. 29-30 OPEN RACE AND FIGURE 11 DOWNHILL

Dianna (Lady Di) Miller: 2nd Divisional, 2nd Overall Female in GS, 2nd Divisional Downhill, 3RD FASTEST FEMALE IN THE DOWNHILL.

Mark (Mad Dog) Miller: 4th Divisional GS, 3rd Divisional Downhill.

Phil Caccamise: 2nd Divisional GS.

Holly Werner Caccamise: 1st Divisional GS.

Perfect North Slopes, MIKE ROBBEN MEMORIAL RACE (OVSC)

Dianna (Lady Di) Miller: 2nd Divisional, 2nd Overall Female.

Lauren Miller: 1st Divisional, 4th Overall Female.

Mark (Mad Dog) Miller: 2nd Divisional.

Joe Clark: 2nd Divisional.



Paoli Peaks, February 12-13

Dianna (Lady Di) Miller: 1st Divisional, 3rd Overall Female.

Mark (Mad Dog) Miller: 2nd Divisional.

Mad River Mountain, February 19-20, OVSC CUP RACE / GS

Dianna (Lady Di) Miller: 2nd Divisional in CUP RACE AND GS, 3RD FASTEST FEMALE IN CUP RACE.

Mark (Mad Dog) Miller: 3rd Divisional in CUP RACE. 2nd Divisional in GS.

Phil Caccamise: 2nd Divisional GS.

Holly Werner Caccamise: 1st Divisional GS.

*Late Addition: Phil Caccamise won the final Slalom on the 20th with the FASTEST OVERALL TIME!

AS YOU CAN SEE, OUR RACERS HAVE DONE A FANTASTIC JOB!!!!

OUR NASTAR CLUB STANDING AT THIS POINT IS 244 OUT OF 1664 TEAMS.

THATS THE TOP 14% IN NORTH AMERICA!!!! WOOHOO!!!

The remaining races will be the *King / Queen of the Hill* at Perfect North Slopes and the *West Virginia Governors Cup* at Timberline Resort.

NASTAR NATIONAL CHAMPIONSHIPS WILL BE AT WINTER PARK, CO ON MARCH 24-27.

THANK YOU to all of our racers. LETS SEE IF WE CAN GROW OUR TEAM FOR NEXT YEAR!



OK EUROPEAN BOUND LSSC'ERS....TIME TO GET PSYCHED!!

Saturday, March 5, ten LSSC skiers will join other Ohio Valley Ski Council members in Åre, Sweden – the premier winter sports resort in Scandinavia – for five days of skiing, snowboarding, snowshoeing, cross-country skiing, zip-lining, dog sledding, ice driving, and other winter weather events! While there, some will join tours to Trondheim, Norway, Sweden craft makers, candy makers, and/or the Tannforsen waterfall and ice hotel. From there, they will travel to Stockholm, for three days of touring. The next week will see the group continuing on the Helsinki, Finland and St. Petersburg, Russia for more great touring of all the most important sites! Stay tuned for great pictures and reports at our April meeting!



Åre skiing



Trondheim



Stockholm scene



Helsinki scene



St. Petersburg scene



LSSC 2010/2011 BOARD OF DIRECTORS



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All members are welcome to attend our board meetings. We encourage suggestions. We truly appreciate offers to help with activities and duties. We are volunteers who donate our time to ensure that our members have a club that is fun and responsive to their needs. Please assist us.



The Lexington Ski & Sports Club is a non-profit organization. We are a diverse group of people who enjoy snow sports. We currently offer monthly meetings (except for in July), winter trips to ski resorts, and occasional off snow gatherings for socialization. You can learn more about us at our website: lexskisports.org where you can join up, read our by-laws and policies and download membership applications and other forms.



We also offer a listserv on Yahoo at: <http://sports.groups.yahoo.com/group/LexSki/>. You needn't be a member to use the listserv.



Our club has a facebook group page for members and non-members who like to use that resource to keep in touch. No one has posted on it recently but you never know, that might change at any moment.



ERIN GO BRAUGH — Everybody's Irish on St. Patty's Day aren't they?