

The EDGE



HUDSON VALLEY
SKI CLUB

NEWSLETTER OF THE

How to Ski and Snowboard Safely: 10 Important Factors to Consider

By Welove2ski | Published on January 2, 2017

How safe is skiing? It's a question many people ask. And what measures can you take to increase your ski safety? Here we've outlined 10 key factors to consider.

1. The rate of skiing fatalities is relatively low

Every skiing fatality is a grim event. But despite terrible sequences of accidents like that of December 26-29, the overall rate of fatal ski accidents is not high. Statistics from America's National Ski Areas Association for 2011-12 showed that the fatality rate was 1.06 per million skier days. By way of comparison, the fatality rate for Australian scuba divers, according to a study published in 2010 is 7 per million dives – seven times higher.



2. The chance of injury is lower than in a game of netball

According to ski-injury.com – published by Dr. Mike Langram, a GP and ski patrol doctor at CairnGorm Mountain in Scotland – the latest injury rate for skiers is 2.38 injuries per 1,000 skier days. Research by the respected Medecins de Montagne in France puts the figure at roughly 3 injuries per 1,000 skier days.

Finding comparable modern data for other sports isn't easy. But here's one interesting example from 1998. In a study of sporting injuries amongst 6-15 year olds in New Zealand, it was found that young netball players sustained 13 injuries per 1,000 player hours. Of course, an hour of school sport doesn't equate to the average skiing day – but it's probably not far off, given how much sitting about on chairlifts we do.

In another study, "Injuries in Recreational Adult Fitness Activities", published in the American Journal of Sports Medicine in 1993, the rate of skiing injury per 1000 hours was compared with other sports. The rate for skiing was 8 – higher than tennis (5) but lower than running (11), squash (14) and rugby (30).

Snowboarding carries a greater risk of injury than skiing. According to ski-injury.com, the rate of injury for boarders at 5.31 per 1000 snowboarding days – that's about double the injury rate for skiers.

3. Wearing a helmet will reduce the risk of injury

The debate about whether or not to wear a helmet while skiing is a lively one. But it's worth noting that:

a. The American Association of Neurological Surgeons

says that "the leading cause of death from sports-related injuries is traumatic brain injury."

b. According to research published in the journal of the Canadian Medical Association, "helmets reduce the risk of head injury among skiers and snowboarders".

Of course, wearing a ski helmet will not guarantee your safety – especially if you ski off a cliff, or you hit a rock or a tree at high speed.

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Club Information

Club Officers

President:	John Feilen
Immediate Past Pres:	Frank Van Zanten
Vice-President:	Jeff Elwyn
Secretary:	Charles Shanes
Treasurer:	Jim Gahn
Sergeant at Arms:	Pat Cummins

Board of Directors

Keith Faucher	Felice Hunter
Pat Marsh	Rich Partridge

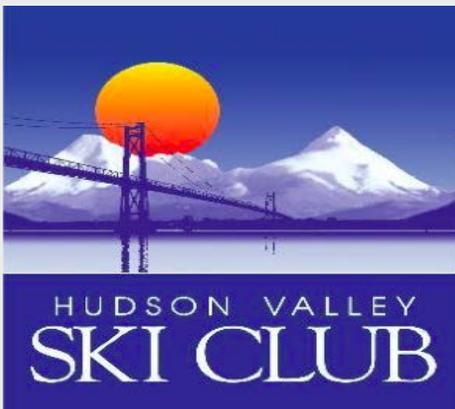
Committee Chairs

Budget and Finance:	Pat Cummins
Constitution:	John Macek
Events:	Gwen Cardarelli & Ellen Kelly
Instruction:	Herb Eschbach
Marketing/Publicity:	Craig Goldstein
Social Media Coordinator:	Vacant
Meeting Programs:	Vacant
Membership Services:	Pete Gray
Sub-Chair: Welcoming, Mentoring, Retention:	Susan Eschbach
Newsletter:	Melanie Michon
Website:	John Macek
Ski Council/Discount Tix:	Jim Gahn
Ski Trips:	Jeff Elwyn

Contact information is available in the
Online Membership Directory
on the club website.

www.hudsonvalleyskiclub.org

Or queries may be sent to
info@hudsonvalleyskiclub.org



Hello!

The ski season has begun, and by now almost everyone has had some time on the snow. Local conditions have been icy but well groomed, and the snow guns have been working overtime. Unfortunately in January we had a cold spell with the temperatures in the single digits, but better days are here.

The tri-mountain Vermont trip was a success and now we are looking forward to the following trips: Lake Tahoe, Mount Snow, Schweitzer and Attitash.

The board of directors is reviewing the Club's rewards points system and its benefits for those who volunteer and serve the Club. We are also in search of a new Website Coordinator, vital to a functioning Marketing Committee. Support and assistance will always be available for those volunteering.

Best times to ski at mountains are during the week, not during peak season or weekends; lift tickets are cheaper and the mountains are less crowded. Keep buying those lift-ticket lotto tickets; that's the cheapest way to get a lift ticket for just a buck and go ski!

Think Snow!

*John Feilen
HVSC President*

Get Your Discount Tickets Here!

There's no reason to pay full price for lift tickets.

There are many, many ways to reduce your lift ticket spending, and the HVSC website is the place to find out how. Just go to the recently revised **Discounts** page at hudsonvalleyskiclub.org/discounts.

Council Days – These are deep discount days at many ski areas in the Northeast. The compilation under the title, *Ski Council Discounts*, combines NJ Ski and Snowboard Council (NJSSC) and NY Capital District Ski Council (NYCDSC) discount days. The list is sortable by clicking on a column heading and searchable by entering the resort name or year/month in the search box.

Advance Purchase Lift Tickets – HVSC's representative to the NJSSC (Jim Gahn) administers this program. See program guidelines, available ski resorts, prices, and order form in the **Members Only** section of the website.

Mountain Specials – A number of ski areas offer season long special pricing to HVSC members.

Potter Brothers – stores in Kingston and Fishkill. Daily ticket savings up to \$31 per ticket. Flex tickets with pre-determined dates provide the lowest prices for that day. Go to www.potterbrothers.com/discount-tickets/ for Flex tickets pricing and dates.

In addition, for the seniors among us, check the ski area price lists for senior discounts. Gone are the days of free skiing after a certain age... sorry Frank... but savings nonetheless.

Enjoy your skiing and save money at the same time.

John Macek

From the Membership Desk

The 2017-2018 Membership Directories are now available. You can pick up your copy at any HVSC meeting.

Welcome New Members!

Bob Bettini

Mark Krol

Virginia Leitner

Lift Ticket Lotto

The club holds Lift Ticket Lotto contests at each club meeting during the ski season, as a means of generating some revenue for the club.

Several local ski areas have given the club lift tickets in exchange for ads in the newsletter. We will be giving away lift tickets to different ski areas at each meeting through March 2018.

All you need to do to get in on the hot action of this cool deal is be sure to buy Lift Ticket Lotto tickets at the next meeting – don't get left out in the cold. When you win and later use a lift ticket from Lift Ticket Lotto, please take a moment to thank the ski area for their support of the HVSC.

There will be "LTL" drawings at both February meetings with tickets from area mountains, including Catamount, Mt Snow, Hunter, Attitash/Wildcat, Windham and Thunder Ridge.

Ticket prices for the Lotto will be: 1 for \$1, 6 for \$5, and 15 for \$10. See Felice Hunter for tickets.

Lift Ticket Lotto Winners

Jan 4

Windham — Rudy Kopecky

Attitash — Craig Goldstein

Butternut — Ellen Kelly

Magic Mtn — Robin Smith

Jiminy Peak — Eric Ortner

Jan 18

Butternut — Craig Goldstein

Butternut — Kurt Schweiger

Jiminy Peak — Diane Assefi

Mt. Snow — Craig Goldstein

Thunder Ridge — Liz Graham

Wednesdays on Snow & Apres Ski

Looking for someone to ski with during the week?
Join friends (members and non-members) as we ski/snowboard the diverse trails at several ski resorts: Windham, Hunter, Jiminy, Belleayre, Thunder Ridge, Catamount, etc.

Wednesday Ski Dates:

- Feb 7 - Windham
- Feb 14 - Hunter
- Feb 21 - Jiminy Peak
- Feb 28 - Catamount

An e-mail will be sent out a few days ahead listing meeting times and places, and any last minute updates, plus a roster so you can possibly share a ride.

Sign up with Herb Eschbach so we know whom to expect.

Email: docherbe@optonline.net, cell (845) 242-6699
Check our Facebook page for any changes or updates to this schedule.

Ski Improvement Days

Each winter and ski/snowboard season can provide variable and unexpected snow conditions, challenging even the best skiers. This season has been no exception: a late fall with late skiing conditions, sudden and severe drop in temperatures followed by very warm temperatures and rain, and again, back to single digit temperatures.

Adapting to snow conditions can require a diversity of skills. With several more ski club trips on the schedule, there are still opportunities to fine tune your skills.

It is through our Ski Improvement Days that we can help increase your "bag of tricks" in navigating powder snow or ice. Our training schedule for February offers two days that you can select from. Discount lift tickets are available from Potter Bros Ski Shops for both dates.

- Sunday, Feb 4 - Windham
- Friday, Feb 16 - Belleayre

Sign up with Herb Eschbach
@ optonline.net or (845) 373-9138

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My Fear Factor

I had already signed up for the trip—lodging, lift tickets, welcome party, etc.

“Snow Condition Report—Mother Nature gave us a mid winter meltdown via rain”. It is only 26 degrees now. There has been some new snow during the past day or so, and just maybe the snowmaking crews have sacrificed sleep just for me. As I drive thru mountain roads, there are already anxious jitters from picturing “frozen granular with icy spots”. However, every emotion has an opposite emotion.

Actually, I have some time and will enjoy socializing with friends at the Welcome Party—enhanced with Jim Beam spirits. Undoubtedly the conversation will get around to

tomorrow morning’s snow conditions, meaning I need to mentally anticipate the new challenges on the trails, while sensing the upcoming thrills of being one with nature. Whatever the trail conditions, my plan is to relax and use the basics that I learned long ago—look ahead, always keep pressure on my shins, drive the knees forward, timely pole plant, complete turns. I am going to own it. The day is mine. Fear is a state of mind, so is positive thinking.

4 pm, back to the lodge to share the exhilaration and euphoria with Jim Beam and friends.

Herb Eschbach
HVSC - Education

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Connect on Facebook

Check the [HVSC Facebook page](#) to connect with members on current club events and happenings.

Want to hike, bike, or hit the slopes for a day but need a buddy? Post the details and find other club members to join you. Don't go it alone, that's why you joined a club!

Planning an outing? Post on our Facebook page and invite your HVSC friends!



Northeast Ski Report

Before hitting the slopes, click here to check out the latest conditions at your favorite mountain!

[On The Snow](#)

Continued from pg 1

Other items of ski safety equipment to consider include spine protectors for skiers, as well as padded shorts and wrist protectors for snowboarders, knee braces for those who have had previous knee surgery.

4. Poor snow quality makes skiing more dangerous

One of the factors thought to have contributed to Schumacher's injury was the relatively thin snow cover off-piste in Meribel. Rocks that would have been covered by deeper snow were either exposed or were lying just below the surface.

On piste, poor snow quality also increases the risk of injury. If the snow is hard-packed or icy, it's harder to grip with your ski edges, and can cause more severe injuries on impact. It also causes most skiers to tense up, reducing their fluency and control. As a result, you should ski gentler slopes and reduce your speed when the snow is icy. A good rule of thumb is to trade down a piste level if conditions are poor. Ski blue pistes, if you are usually comfortable on reds, and reds if you normally prefer blacks.

5. Watch your speed

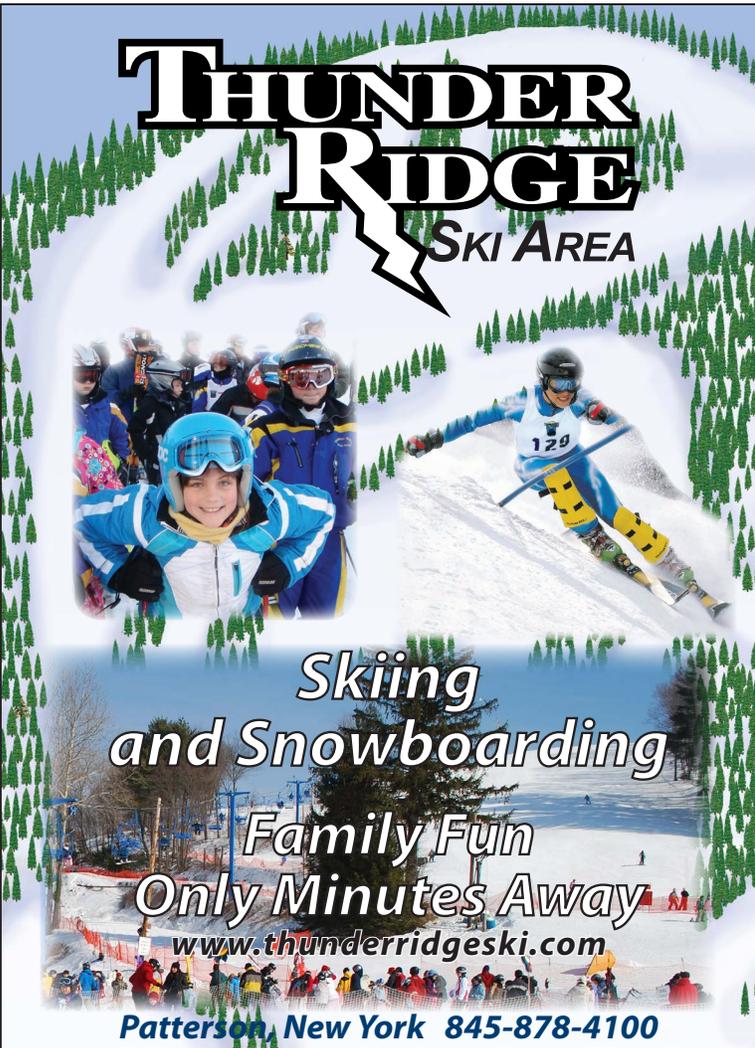
A few years ago, one of our editors was stunned to discover that his family of five averaged 33.8mph through a speed gun above Courchevel 1650 – after skiing 30m from a standing start on a blue piste. His petite daughter – aged 12 at the time – clocked only a fractionally slower time than her 20-year-old brother.

Of course, skiers can go a lot faster than that. American ski racer Lindsey Vonn routinely clocks up speeds of 80-85mph on downhill courses, and confident, athletic skiers can easily reach 60mph on a steep piste.

Skiing fast is all very well in a World Cup race: but it's much more problematic in a crowded ski resort. Many skiers do not have the skills to control their descents at this speed – and they're a danger both to themselves and to other mountain users, who won't see an out-of-control skier tearing towards them from behind.

The result? 10% of all injuries on the slopes are the result of collisions with other mountain users. These collisions can be fatal, too. So reduce your speed, especially if the pistes are crowded.

Continued pg 7



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6. Don't ski when you're drunk

Ski safety and excessive alcohol do not mix; boozy lunches and too much après-ski on the mountain have long contributed to the incomes of orthopedic surgeons as result. Alcohol not only slows reactions, but removes inhibitions, and skiers are likely to ski faster, and more recklessly as a result. Big hangovers can also affect a skier's performance (and safety) the following day, too.

Despite this, few resorts – Scandinavia tends to be an exception here – have had the nerve to intrude on the holiday environment by banning alcohol from mountain restaurants for fear that skiers will simply go to other destinations. However, in France in particular injured skiers may well find themselves breathalysed on arrival in hospital. And if you're going to drink on the mountain, you should also check the small print of your insurance policy – you may not be covered in the event of an accident.



7. Get fit before you go

If your only exercise is walking the dog at weekends, you can hardly expect your body to cope with on a ski holiday without complaint. Six hours a day of sustained exertion, at altitude, can take quite a toll, and many skiers get profoundly tired as a result,. It's one of the reasons why the final hour of the day on the pistes is known as 'insurance hour'. Tired legs and fuzzy, exhausted minds are a contributing factor to the high incidence of accidents in the final minutes before the lifts close.

Fortunately, the remedy is simple. You have to accept that skiing is a sport – not the winter equivalent of relaxing by the pool on a sun lounger – and follow a ski fitness program before you holiday to prepare you for the physical strain.

8. Handle terrain parks with care

Terrain parks are a staple feature of the modern ski resort, and their jumps, half-pipes, rails and boxes are the setting for daily displays of acrobatic skill and courage. Given the challenges involved, it's no surprise that they're also the scene of some nasty (and sometimes fatal) accidents. In fact, according research described in ski-injuries.com skiers and snowboarders tend to sustain more serious injuries in terrain parks than elsewhere on the mountain – and are more likely to require an ambulance. Individuals injured in a terrain park are also "more likely to sustain head/face, back and neck injuries and...less likely to sustain upper limb injuries" than other skiers or snowboarders. Given

that greatest single cause of injury in this environment is a fall from a great height, perhaps this isn't so surprising.

There are all sorts of elements to terrain-park safety. For a start, skiers should wear protective equipment – including helmets and spine protectors. Snowboarders need wrist protectors and padded shorts, too. But just as important is scaling back their ambition to match their skills. This means picking beginner-friendly features to practice on when they're new to freestyle skiing – and mastering the basics

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*Offer NOT Valid Jan. 13 - 15 & Feb. 17 - 19, 2018.
Show your Ski Club ID at Groups Booth. No advanced purchase necessary.



of good jumping before they try anything complicated (check out our articles on freestyle basics and clean jumps for more on this). In North America, terrain parks routinely produce codes of conduct, which you should study and absorb before you ski: here's a good code of conduct from Breckenridge in Colorado.

9. Be cautious, off-piste

Accidents can occur on and off-piste – but the unmarked terrain and lack of grooming of off-piste, backcountry and glade areas can present significant challenges. This serves as a reminder to all skiers of the risks of leaving groomed and waymarked trails.

How do you keep yourself safe in these situations? Whole books have been written on the subject – one of the best is Bruce Tremper's *Staying Alive in Avalanche Terrain* – and there's far too much to be said on the subject here. But there are a few simple rules you can follow. They won't guarantee your safety, but they will greatly increase your chances of a trouble-free day.

* Hire a qualified and experienced local guide.

* Never put your guide under pressure to provide you with an "epic powder day". Give him or her the space and time to make safety your priority.

* Ensure every member of the party carries avalanche safety equipment – and that they are trained in its use. The essentials are avalanche transceiver, shovel, probe, mobile phone and first-aid kit. Ideally, every member of the party should carry an avalanche airbag rucksack too.

* Always read local and regional avalanche bulletins yourself, and discuss the risks in detail with your guide.

* Get your own off-piste skiing training – such as that offered by HAT in Val d'Isere and Tignes, and SAAC in Austria – so you can begin to evaluate the dangers yourself. You should read William Carey's excellent avalanche survival story, too.

10. Never travel without medical/health insurance.

Skiing is a risky sport. Even the most careful skier or boarder cannot control everything - or everyone - on the mountain. Protect yourself in case of injury or accidents. Keep your medical insurance current, and make sure your coverage is valid for travel.

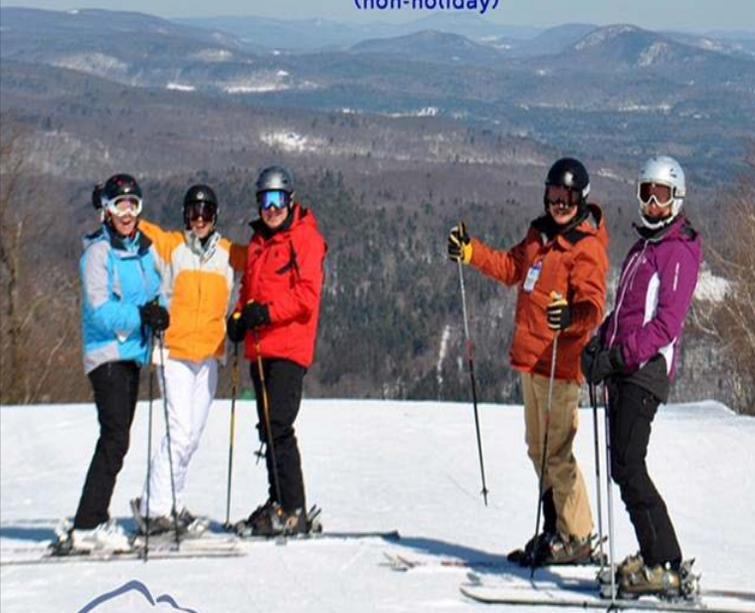
Special Rates for Ski Club Members!

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HVSC Ski Trips 2018

9



Lake Tahoe



January 27, - February 3, 2018

NorthStar at Tahoe



Kirkwood



Price: \$1620

Payment schedule:

**\$300 at June sign-up
\$220 per month
due on the first of month
July through December
(6months @ \$220 = \$1320)**

**TRIP INSURANCE
HIGHLY RECOMMENDED**

**CANCELLATION PENALTY
MINIMUM \$100**

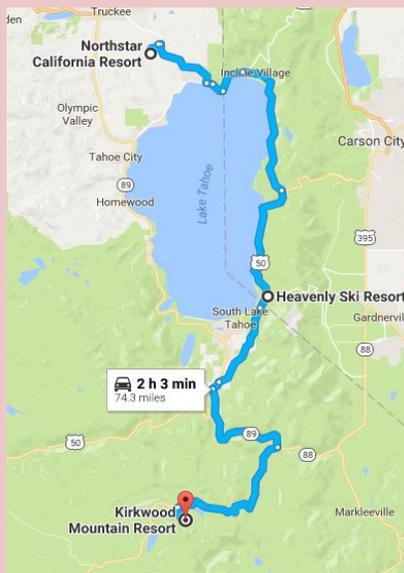
Heavenly



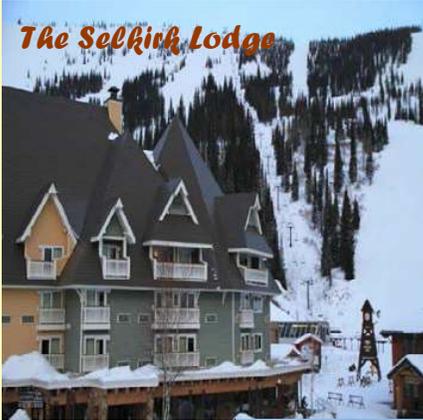
TRIP INCLUDES: RT air from Albany NY to Reno NV. Via Southwest Airlines
7 nights lodging at Harvey's Hotel & Casino, Stateline, NV. (1.5 blocks from Heavenly gondola see map)
5 days of ski lift pass for Heavenly-Kirkwood-NorthStar. (6th day available - \$62 payable by August)
RT bus from Highland NY Park and Ride to Albany airport
RT bus from Reno airport to Harvey's Hotel. Stateline, NV.
Package includes: One day at "Kirkwood" & one day at "NorthStar" w/RT buses

Kirkwood & NorthStar are each about an hour bus ride, included in package. (see map to left)

Trip Leader: Charlie Shanes
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Email: level3a@hotmail.com
Make Checks to: HVSC Trips
Put Lake Tahoe on memo line
Mail to: 54 Brown Road
Wappingers Falls, NY
12590-6019



HVSC Ski Trips 2018



The Selkirk Lodge



February 24 – March 3, 2018

Trip Leader: Jeff Elwyn
Tel: 845-481-4590
Email: skiercom@hvc.rr.com
Make Checks to HVSC Trips
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Mail to: 26 Country Lane
Lake Katrine, NY 12449-5217



Schweitzer

Schweitzer Bowl

Outback Bowl



TRIP INCLUDES: RT air from Newark airport to Spokane, Washington. Via United Airlines
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 5 days of ski lift tickets (6th day group ticket available for additional charge)
 RT bus from Highland, NY Park and Ride to Newark airport
 RT bus from Spokane airport to Selkirk Lodge, Schweitzer Mt.
 Package includes 6 hot breakfasts and one "quick tip" voucher .

Price: \$1620

Payment schedule: \$300 at June sign-up

\$220 per month due on the first of month

July through December (6months @\$220 = \$1320)

TRIP INSURANCE HIGHLY RECOMMENDED

CANCELLATION PENALTY MINIMUM \$100

Ski Southern Vermont's Historic Golden Triangle *Stratton, Bromley, Magic Mtn*

Jan 15-18 (M-Th)



Package Includes

- 3 nights lodging & 3 breakfasts at the Upper Pass Lodge
- 1 Group lift ticket for each area
- Option to stay a 4th night for \$45.⁰⁰ PP for Peak Pass holders

Price: \$259

\$100 deposit
Balance due 12/6/17

Trip Leader: Felice Hunter

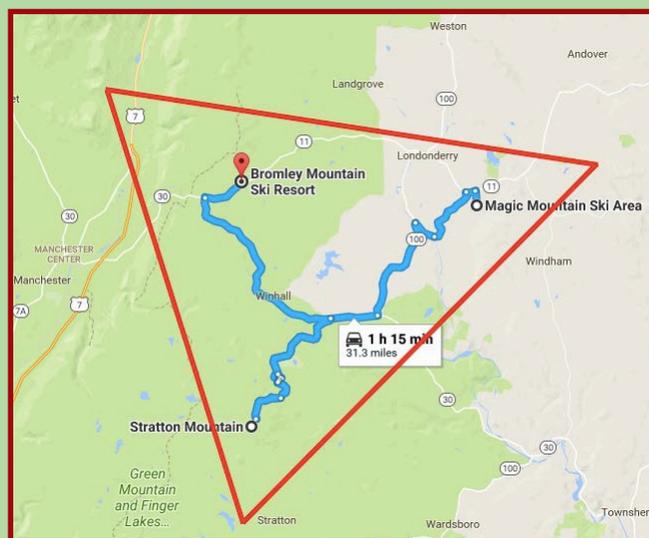
Cell: 845-803-2257 • Email: fefelolo52@gmail.com

Make checks out to **HVSC Trips**

Write "Triangle VT" in memo area & mail to:

22 Majestic Woods Dr, Apt 1

Gardiner, NY 12525



HVSC Ski Trips 2018



Annual Ski Club Week
Feb 12-15, 2018 (M-Th)
[Grand Summit Lodge, VT](#)



Package Includes:

- 3 nights lodging
- 4 day lift ticket
- Daily breakfast
- Welcome Party
- Racing & Tubing
- Pizza/Dance Party

Price: \$379 (Peaks Pass holders \$279)

Payments:

- \$100 at sign-up
(Please indicate if you are a Peak Pass holder)
- Final payment by 12/15/17

Trip Leader: Keith Faucher

Phone: 845-282-0387 • Email: krfauch@optonline.net

Make checks out to **HVSC Trips**, write **"Mt Snow"** in memo area & mail to:
11 Prince Rd, Hyde Park, NY 12538



March 12-15 (M-Th) • [Grand Summit Hotel, Attitash, NH](#)

Package Includes:

- 3 day of skiing
- 3 night lodging
- 3 full breakfasts
- 1 group dinner
- ½ day complimentary lift ticket day of arrival
- All service fees and taxes.

Price: \$384
(Peaks Pass holders \$284)

- Payments:
- \$100 at sign up
 - \$100 by 10/15/17
 - \$100 /55 pass holders by 12/15/17
 - \$84 by 1/15/18

Trip Leader: Patricia Marsh

Phone: 845-340-1729 • Email: h2oopr2@gmail.com

Make checks out to **HVSC Trips**, write **"Attitash"** in memo area
& mail to: 26 Spruce St, Kingston, NY 12401



Tuckerman Ravine

HVSC Ski Trips Cancellation/Refund Policy

- Minimum cancellation penalty is \$100 for week long trips and \$25 for shorter trips.
- Cancellation requests must be in writing and will take effect the date they are received by the trip leader.
- Penalties vary from trip to trip. Anyone who cancels a trip will be assessed penalties as per our contract with the vendor. Whatever the club loses, the person who cancels will lose plus the \$100 cancellation penalty, however, the penalty will not exceed the total cost of the trip.
- Refunds will not be issued until after the final accounting of the trip.

The Trip Committee strongly suggests participants purchase trip insurance.

The price for trip insurance runs approximately 7% of the trip cost. An option to purchase trip insurance "for any reason" may be available. If you are interested in trip insurance please let the trip leader know at the time of sign up.



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Weekends, 8:30am-4pm
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APR-OCT

Holidays:
12/27/15-1/1/17
1/14-15, 2017
2/18-20, 2017

SKI COUNCIL
APPRECIATION DAYS

Sunday, 12/17 - \$49
Monday, 12/18 - \$40

Sunday, 1/7 - \$49
Monday, 1/8 - \$40

Sunday, 1/28 - \$49
Monday, 1/29 - \$40

Sunday, 2/25 - \$49
Monday, 2/26 - \$40

Sunday, 3/25 - \$39
Monday, 3/26 - \$30

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LaGrangeville, NY 12540

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Friday Race Training

Every Friday evening, Club members meet at an area restaurant for a couple hours of friendly conversation. We welcome new members and old.

Any questions, comments or suggestions, contact Susan Kokosa @ 845-229-6786 or race_training@hudsonvalleyskiclub.org

February

- 2 The Mill - 46 Vassar Rd, Poughkeepsie
- 9 River Station - 1 N Water St, Poughkeepsie
- 16 Antonella's - 1830 South Rd, Wappingers Falls
- 23 West Main Kitchen - 2710 W Main St, Wappingers Falls

Calendar of Events

February

- 4 Ski Improvement Day - Windham
- 7 Wednesdays on Snow - Windham Club Meeting, Umberto's @ 7:30 pm
- 14 Wednesdays on Snow - Hunter
- 16 Ski Improvement Day - Belleayre
- 21 Wednesdays on Snow - Jiminy Peak Club Meeting, Umberto's @ 7:30 pm
- 28 Wednesdays on Snow - Catamount



HUDSON VALLEY
SKI CLUB

Hudson Valley Ski Club
PO Box 2704
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