

HVSC
Hudson Valley Ski Club
 Poughkeepsie, New York
 * 2013 * Our 75th Year *



Volume LXXV Number 10

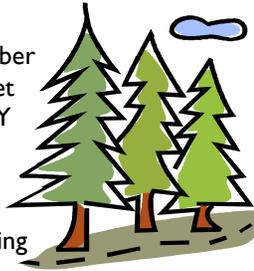
October 2013

75th Anniversary Event

Another chance for you to play in the trees and on the zip lines at:

Catamount's Aerial Adventure Park
on Saturday October 5

Sign up and payment is due by the October 2 meeting. On Saturday October 5 Meet at Catamount base lodge in Hillsdale, NY



At 8:30 am sharp. Please arrive on time, you need to be fitted for a harness and have a safety talk before going onto the course. To save time you can print and fill out the release form ahead of time.

Time in the trees from 9 am - 12 noon

Price per person \$41 (lunch is not included)

Sign up at club meetings or send a check made out to HVSC to: Susan Stark, 6 Myrtle Ave, Pine Plains, NY 12567

Other things to know: Wear comfortable clothes, dress in layers, it may be cool in the morning. Wear sneakers or hiking boots - no sandals or loafers. If you have long hair, keep it tied back. They have gloves but you may want to bring your own. If people are interested we can have lunch at 4 Brothers Pizza afterwards.

Check out Catamount's website: www.catamounttrees.com to see some of the photos and videos of the Adventure course.

If you have questions contact Susan at events@hudsonvalleyskiclub.org

HVSC/TSSC Softball Challenge & Picnic
Results: TSSC Wins Again!

Sunday September 15
At the Rosendale Recreation Center



The final score of 16-8 (see score box below) allowed the crown to be retained by TSSC. (TSSC won 2012 HVSC won in 2011; TSSC won 2010 and 2009; HVSC, in 2008 and 2007; and TSSC, in 2006).

Lunch and buffet dinner, as prepared by Bill Ennist, Eleanor Freiley and their helpers, were as always extraordinary. Thank You!

	1	2	3	4	5	6	7	8	9	Total
TSSC	2	4	6	2	0	0	2			16
HVSC	0	1	0	5	0	0	2			8

November is GALA MONTH



Labor Day has come and gone, and the days are growing shorter. Soon the fall leaves will display their wondrous colors. This is the time when skiers start thinking about the up coming season. Skis are tuned, clothes are

checked out and our minds wander to powder.

There is no better way to start off the season than a gala event celebrating the Hudson Valley Ski Club 75th Anniversary. The Gala will be held at Joseph's Steak House in Hyde Park, NY on Friday, November 8 starting a 6:30 pm.

Come and join your fellow members, friends and special guests for an evening of hot and cold hors d'oeuvres, libations and a trip down memory lane as we view pictures from the past.

Soon each of you will be receiving an invitation in the mail. I urge each of you to return your reservation as quickly as possible. The Gala Committee has worked long and hard to put this event together, and there is no better to say "thank you" than to have a full house.

Craig Goldstein, 75th Anniversary Chairperson

OCTOBER PROGRAMS



October 2: Jim Van Dyke will be the guest speaker. James P. Van Dyke, Vice President of Environmental Sustainability, Jiminy Peak Mountain Resort will be our featured speaker for our October 2nd club meeting. Jim serves dual roles; as Vice President of Environmental Sustainability of Jiminy Peak Mountain Resort and as the Director of Wind for EOS Ventures, LLC, both located in Hancock, MA. Jim has been with Jiminy for 38 years. We look forward to a most interesting presentation on renewable energy projects and the specifics of Jiminy's 1.5 Megawatt wind turbine.

October 16: Film: Fire on the Mountain (1996) 72min.

A documentary film about the exploits of the Tenth Mountain Division, an elite group of mountain soldiers who fought decisive battles against the Nazis in the Italian Alps during the final days of World War II. The end of the film shows the careers of 10th Mountain Division veterans, who were involved in starting the ski industry in Colorado. The film includes interviews of several of these veterans, including environmentalist David Brower. (they also note the founder of Nike, the president of the Sierra Club and the first owners of Vail Ski Resort, but seem to have left out one Robert Dole, presidential candidate, who lost the use of his right hand serving in the Tenth).

Future months:

November 20: **Kirsty Digger, R.N.**, Adaptive Instructor, disabled skier and kayaker. More information on page 6.

Jim Gahn Program Chairman

Club Information

Club Officers

President: vacant
Vice-President: Frank Van Zanten
Secretary: Helen Dickerson
Treasurer: Jim Gahn
Sergeant at Arms: Larry Slezak

Board of Directors

Herb Eschbach Craig Goldstein
 Carole Daniels Pamela Smith
 John Macek

Committee Chairs

Budget and Finance:

Carole Daniels

Constitution:

John Macek

Events:

Gwen Cardarelli & Ellen Kelly

Instruction:

Mark Searle

Marketing and Publicity:

Craig Goldstein

-Media Liaison Christine Desmoni

Meeting Programs Jim Gahn

Membership Services:

Pete Gray

-Sub-Chair: **Welcoming, Mentoring,**

Retention: Shirley Rinaldi

Newsletter - Website:

Mike Harellick

Ski Council - Discount Tickets:

Jim Gahn

Ski Trips:

Bill Egan

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



Welcome to the following new members:

A. Bruce Bassett Nancy Plumer
 Michael O'Sullivan Kenn Sandberg
 Ryan O'Sullivan

Lillian Slezak, long ago HVSC member and mother of **Larry Slezak**, long time HVSC member and sergeant-at-arms, died on September 10. Our condolences to Larry and his family.



_____ and _____
Theodore Francis "Ted" Luty, brother of long time HVSC member and past president **Gwen Luty Estelle** also passed away on September 10. Our condolences to Gwen and the Luty family.



Think Snow!

A Permanent HVSC Display at the Sports Museum Of Dutchess County

As previously reported, the diligent efforts of member **Robert Ulrich** have resulted in the Hudson Valley Ski Club having been offered a permanent display space in the **Sports Museum of Dutchess County**. The museum is located in Carnwarth Farms Park (off Wheeler Hill Road), in the Town of Wappinger.



To make the Ski Club display a reality club members are asked to search their memories, albums, closets and attics for photos, trophies, clothing, equipment, etc. — the kind of materials which, when professionally assembled, will give future visitors to the museum a sense of what the Hudson Valley Ski Club was and is.

Items contributed would be accepted by the Club either as donations or on time-specified loan. If considered suitable for display, the items' acquisition would be acknowledged and a record of ownership and terms of availability would become a club record.

The museum's curator will have primary responsibility for organizing the materials into a display.

Initially some of the materials may be used for a display at the Club's 75th anniversary Gala on November 8 at Joseph's Steakhouse in Hyde Park.

Please contact **Frank Van Zanten**, 845-473-1464 or FVZcolors@aol.com, to make arrangements for donation or loan, or for more information.

Newsletter Editors:

Mike & Angie Harellick
 183 Millers Lane
 Kingston, NY 12401
 845-339-4894



Deadline: 15th of the month
editor@hudsonvalleyskiclub.com

www.HudsonValleySkiClub.org

2013 Kayaking Schedule

The kayaking season is upon us once again. Visit the website www.HudsonValleySkiClub.org for information and full summer/autumn schedule.

October 5 12 noon
 Dutchman's Landing,
 Catskill, NY. Meet at park. Explore Catskill Creek, and Ramshorn Sanctuary, then have a picnic at the park at Dutchman's Landing Park — we will provide hamburgers etc. Bring drinks and snacks.



If you have questions, please contact **Yvonne** at 845-383-1534 (home) or **Kayak John** at 518-943-2013 (home).



WILLIAM-SYKES REALTY

Bus: (845) 485-9960
 Cell: (845) 505-3113
 Fax: (845) 485-9978



kathyaman1008@gmail.com

266 Titusville Road, Suite 11
 Poughkeepsie, NY 12603



KATHY AMAN
 Lic. Associate R.E. Broker

Basic Dynamic Concepts of Downhill Skiing

This season the Education Committee is going to bring you something a bit different. Each month during the ski season we will be presenting to you, the membership, a brief article on a principle of effective skiing. Next month we will discuss the issue of fitness in skiing and how to prepare for the sport. This month's installment will discuss the core dynamic concepts of skiing, how they relate to one another, and how you can utilize them to enhance your own skiing. How you combine these four elements will dictate how well you ski a given section of terrain. The basic core concepts of skiing are: Pressure Control, Edging, Turning and Balance; PETB for short. Let's examine each one of these individually.

Pressure Control – When we talk about pressure control of the ski, we need to keep in mind that pressure is experienced in a number of locations on the ski and in a number of ways. Pressure is distributed fore and aft along the length of the ski. We've all, at one time or another, experienced inadequate pressure on the tail of the ski and had it wash out from under us. Applying pressure to the front, middle or tail of the ski allows the skier to utilize the design characteristics of the ski. Pressuring the tip, for example, initiates a turn. In addition to fore and aft pressure, there is lateral pressure across the width of the ski. Pressure is moved from one side of the ski to the other as the radii of turns change with the shorter radii turns generating more pressure on the skier. As the skier's velocity increases and the skier's position in the turn approaches the fall line, the skier will also feel greater pressure as gravity and centrifugal force become in line.

Edging – This is the amount of tilt the ski has relative to the skiing surface. A ski that is flat, no edge with equal pressure across the width of the ski, glides or slides easily. The ski that is not edged has all of its potential pressure directed down to the terrain. As the ski is inclined to the snow, the ski begins to do what it was designed to do, turn. In simple terms there are two vectors

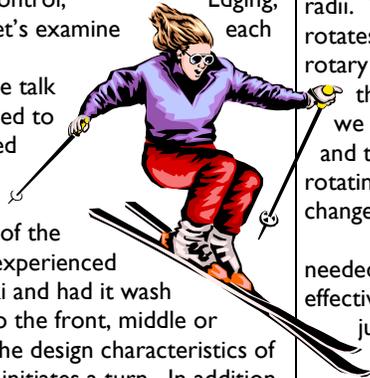
operating in an edged or tilted ski. One is the downward pressure and the other is the lateral pressure. The power vector of the edged (tilted) ski is between the vertical pressure and lateral forces. The greater the incline, the greater the pressure against the snow surface. Too much tilt on a surface with inadequate resistance results in the skiing washing out and skidding. Edging movements are created by the skier's hips, legs, knees, and ankles as he/she tips different parts of the body.

Turning (Rotary Movement) – Modern skis are designed with a side cut that will turn on their own to a specific radius. However, all of turns are not the same. Sometimes we make long radii turns while at other times we make turns of shorter radii. Turning movements involve some part of the body that rotates around a given axis. We guide our skis into new turns with rotary movements of the lower body. It's that twisting of the feet that allows us to feel pressure on specific toes in the boot as we turn. Sometimes we need to curtail the rotary movement and to do so we use a pole plant to block the hip from over-rotating. The most common outcome of turning movements is a change in direction.

Balance – Again this is a dynamic concept as balance is needed in several directions simultaneously in order to ski effectively. We balance on our skis front to back and side to side just as we pressure the ski in those directions. If the body moves too far in one direction with inadequate pressure and balance, it falls onto the snow. The skier's center of mass can be changed in any number of ways such as altering the width of the stance, increasing or decreasing the flexion of the joints of the lower body (ankles, knees, and hips). In order to remain in dynamic balance while moving, the skier changes the degree of tip or tilt of the ski as well as the amount of body angulation and inclination relative to the terrain.

Effective and efficient dynamic skiing is a combination of the four core concepts. We use different amounts of each depending on the nature of the terrain, the shape of our turns, our velocity, and the given snow conditions. Mastering the core concepts and using each to your advantage will make you a more versatile skier.

Mark Searle



2012-2013

Membership Directories

are available. You can pick up a copy at any HVSC meeting or I can mail one to you if you send me a self addressed stamped 6"x9" (minimum) envelope.

Peter Gray, IV
55 Hagan Drive
Poughkeepsie, NY 12603-5016

For a couples membership (2 directories), the postage is \$1.32.
For a single membership (1 directory), the postage is \$1.12.

Pete Gray

SKI CLUB MEMBERS SAVE!

\$20 OFF* up to

\$40 Lift Tix Saturdays & most holidays

\$35 Lift Tix Sundays

*Offer Not Valid: 1/18-20 & 2/15-17, 2014. Show your Ski Club ID at Groups Booth. No advanced purchase necessary.

"Best Mountains You've Never Skied"

Ski Magazine, Nov. 2012



\$1,645 March 8-15, 2014

*The criteria for this distinction:
"large enough to offer true
variety and a diverse ski
experience, intimate enough to*

retain a hometown ambience and cultivate a true sense of community.

Simply put, these mountains kick butt and take names."

*"Schweitzer, Idaho. Where lake views, tree skiing and a generous
serving of backcountry snow cat action await."*

7 Nights Lodging, 5 of 6 day lift ticket, Roundtrip Air,
Ground Transportation to and from the airports,
Welcome Reception, Daily Breakfast, One Ticket for a
free "Quick Tip Ski Clinic" on the mountain.**

Schweitzer Mountain Resort is located in the Selkirk mountains in northern Idaho, 11 miles (18 km) northwest of Sandpoint. The ski area is approximately 45 miles (72 km) south of the Canadian border.

You might wonder how you've managed to miss a ski resort with almost 3,000 acres of marked trails, another 3,000 acres of guided back-country skiing, tiny or nonexistent lift lines, no altitude issues, beautiful views, and a friendly, local, non-corporate feel. Welcome to Schweitzer Mountain Resort! If you like skiing the trees, Schweitzer has more than 1,200 acres of one of the most diverse, glade skiing experiences in North America. For powder lovers, the snow under Sunnyside lift stays untracked for days after a big storm, and you can get your bowl fix off South Ridge. Scary-steep groomed runs let you master gravity and test your nerve, with plenty of blue trails for the rest of us mortals.

If that still isn't enough for you, spend an optional day skiing 3,000 acres of guided back country with the Selkirk Powder Company, adjacent to Schweitzer Mountain Resort. You can breathe easy; the summit is only 6,400 feet with a vertical drop of 2,440ft, so leave your oxygen tank at home.

The average annual snowfall is over 300 inches (762 cm). There are 92 named runs and open bowls on Schweitzer's sizable skiable area. The longest continuous groomed run is *Little Blue Ridge Run*, at 1.7 miles (2.7 km). Schweitzer's uphill lift capacity is 12,502 people per hour using seven chairlifts (a high-speed six-pack, two high-speed quads, 1 triple, and 3 doubles) and 3 surface tows, serving a skiing terrain rated at 20% beginner, 40% intermediate, 35% advanced, and 5% expert.

We will be staying at the Selkirk Lodge at the base of the mountain and about 100 yards from the main lifts. The hotel has an outdoor heated pool and three whirlpools. There are two bathrobes provided with each room. Also on site is a spa, restaurant and coffee shop.

*The price could change due to airline fuel surcharges.

**Your ski lift ticket can be exchanged for a ski lesson on another day, a credit in the Solstice Spa, a snowshoe experience and other options.

Contact: **Bill Egan**, Hudson Valley Ski Club,
snowdrifters@gmail.com, 845-895-1714



January 18-25, 2014

\$1,540*

Trip Leader: John Macek

7-nights Condo lodging in Snowmass Village, Colorado

5 of 6 day lift ticket with access to 4 incredible mountains

Round trip air

Ground transportation to and from the airports

Welcome Reception

Famous for its history, diverse terrain, amazing restaurants and legendary nightlife, Aspen/Snowmass is one of the most well-known resort destinations in the world. Four mountains - Snowmass, Aspen Mountain, Aspen Highlands, and Buttermilk offer a combined 5,285 acres of skiing which include eight terrain parks, four half pipes and 336 marked trails via 46 lifts.

Top of the Village condominium rentals reign as the best in ski-in, ski-out lodging option in Snowmass Village. Outdoors, experience an extensive network of trails directly outside your door, you can literally ski right onto the slopes from these condominium rentals. Indoors, the excitement of the ski slopes comes alive through your floor to ceiling window living room view. Top of the Village has a clubhouse, hot tub, pool and changing rooms.

Complimentary shuttle service throughout Snowmass as well as local transit options to Aspen and the other 3 mountains.

The ground transfers from Denver will include a grocery stop.

Spaces are limited. Sign up September 18

Sign up policy will be strictly followed.

Trip insurance is recommended and is available through the tour operator.

*The price could change due to airline fuel surcharges.

Payment schedule: \$300 with the trip registration, \$200 each month by the first club meeting July through November, with final payment by the first club meeting of December.

Minimum cancellation penalty \$100.

For information/sign-up, contact: **John Macek**
Email ski@jfmacek.com Phone 845-489-6056

USPS mail: 36 Hillview Dr.
Poughkeepsie, NY 12603

January 3 - 5



Bolton Valley
Vermont. Naturally.

\$270

Trip Leader: **Tom Pompeii**

- 2 nights lodging at the slope side Inn at Bolton Valley
- 2 1/2 day all access lift ticket
- 2 catered breakfast buffets in Bailey's Restaurant
- 1 après ski party, inclusive of cheese platter and an available cash bar
- 1 catered dinner buffet in Bailey's Restaurant

Enjoy slope side lodging and catered meals without leaving the mountain!

The lift ticket includes a half day on Friday beginning at 4 p.m.

Check in time is after 4 pm Friday. Checkout time is before 10 am Sunday.

The Inn at Bolton Valley

Located slope side and in the heart of the base area village, our true ski-in-ski-out hotel offers 60 traditional hotel rooms. Within the slope side village you will find dining options including the James Moore Tavern, Fireside Flatbread and The Bolton Valley Deli and Grocery, offering homemade soups and sandwiches plus Vermont products and souvenirs. The village is also home to Honey Bear Childcare and Bolton Valley Sports, a full rental, retail, and repair shop. The adjoining base lodge offers a cafeteria, ski school and ticket sales. Nordic skiing and snowshoeing are located a short walk away at the Bolton Valley Sports Center.

Deposit \$100 ~ Final payment \$170 due by Oct. 31 ~ Cancellation penalty \$25

Cancellation/Refund Policy For HVSC Ski Trips

1. Minimum cancellation penalty is \$100 for week long trips and \$25 for shorter trips.
2. Cancellation requests must be in writing and will take effect the date they are received by the trip leader.
3. Penalties vary from trip to trip. Anyone who cancels from 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.
4. Refunds will not be issued until after the final accounting of the trip.



EVERYTHING FOR SKIING, SNOWBOARDING, CYCLING, KAYAKING & PAINTBALL

1611 ROUTE 22 BREWSTER, NY 10509 845-279-3100	1890 SOUTH ROAD (RT.9) POUGHKEEPSIE, NY 12601 845-298-9597	162 DANBURY RD. (RT. 7) NEW MILFORD, CT 06776 860-355-2001
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VISIT US AT skihausonline.com



More "Trash Talking"

Dutchess Rail Trail

Saturday October 26 9:00 AM

Adopt-a-Trail

Join us for the last cleanup of the year. This will be a great chance to compare all the ski trips we're anticipating!

Meet at the parking lot on Old Manchester Road, Poughkeepsie, and enjoy a good time while walking the approximately 1.5 mile section to Titusville Road. After returning to our cars, we'll head to the Daily Planet diner on Rt. 55 for a lively get-together.

Trash bags and rubber gloves will be provided to all participants.

To sign up for this outing contact:
Carole Daniels at 845-635-3949 or
cbdisland@aol.com



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Ski Club Week**February 10 – 13****\$350***Trip Leader: **Mark Searle**

- Sign up September 18

4 day lift ticket/3 nights lodging at the Grand Summit – Ski in/Ski out

Full Breakfast Buffet Daily

Ski club week activities which include: Ballroom Welcome Reception, Snow Barn Pizza Party, Ski Race, Tubing and other activities.

A repeat of a favorite! Spoil yourself with four days of great skiing combined with three nights at the luxury Grand Summit. After a phenomenal day on the slopes ski down to the hotel and hand off your equipment to the ski valet! What better way to top off the day than to enjoy the starry night from the outdoor heated pool or the two outdoor hot tubs! A group dinner on Wednesday Night at Harriman's will be available through the trip leader for \$28.

It doesn't get much better than this!

*You may make one payment of \$350, two payments of \$175 each, or 3 payments of \$125, \$125 and \$100.

Trip Leader - **Mark Searle**(845) 471-6402, HVSCSkiTeach@yahoo.com

Mail: 18 Hartstone Drive
Poughkeepsie, NY 12603

- Due date for final payment — January 8, 2014
- Cancellation fee - Minimum \$25

**NOVEMBER PROGRAMS***Future months:*

November 20: **Kirsty Digger, R.N.**, Adaptive Instructor, disabled skier and kayaker. I don't want to give away all of Kirsty's amazing information, but I encourage all members to come meet Kirsty and hear her story. Just the basic facts: paralyzed in a kayaking event 20+ years ago, Kirsty skis in a monoski, holds PSIA Alpine and Adaptive Level III and Examiner Certifications, has been a R.N. for many years and is studying for her Nurse Practitioner's degree. Kirsty is completely upbeat and engaged in her life. I've asked her to speak about Adaptive programs and about adjusting to loss as an athlete and as a person.

Killington 3-Day Weekend**Feb 28 - Mar 2***Killington***\$342**Trip Leader: **Susan Kokosa**shski2beach@yahoo.com

- Sign up September 18

3 Nights Lodging
3 Day Lift Ticket
Full Hot Breakfast

We will be staying at the Inn of the Six Mountains which offers complimentary shuttle service to and from the Killington ski area.

*You may make one payment of \$342, two payments of \$171 each, or 3 payments of \$121, \$121 and \$100. ~ Cancellation penalty \$25

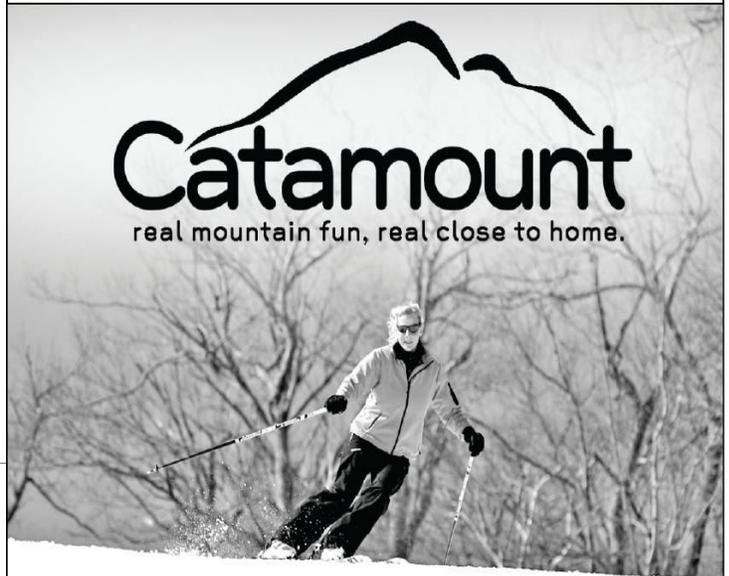
Ski Club Appreciation Days**Gore Mountain \$42 ***

December 7, 8 & 23
February 10

January 17
March 7, 22 & 23

*Each person must show their photo id and current ski council or club card. Council day tickets may only be purchased at the Snow Sports Desk in the Northwest Lodge.

Catamount
real mountain fun, real close to home.

**Special Rates for Ski Club Members!****\$ 24 Monday - Friday** (non-holiday)**\$49 Weekends and Holidays**

Route 23, Hillsdale, NY (518) 325-3200
www.catamountski.com



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**From the Trip Committee...
 We are going where?!**

Choosing a ski destination for a group can be a challenge. We all know a bad day of skiing is still better than a good day at work but don't we deserve a good day of skiing anyway?

The Trip Committee provides an evaluation form so participants on trips can provide feedback. The information is often helpful and provides a guideline for what makes a trip successful. For example, every trip that has sunny days and snowy days is considered successful. Sadly, we do not have control over the weather and conditions. So, we try to make the best choice out of the options available.

SkiDUCK...

Our club has collected a substantial amount of ski apparel and equipment over the past year. Last September Cheryl Corbett, Northeast Area Director, spoke at our meeting and was presented with a "First Installment" of donations. Since September additional donations have been collected that far exceed the First Installment.



We have had and will continue having the "Blue Barrel" at our meetings as an ongoing project for the club for you to add your no longer needed gloves, mitts, jackets, suits, pants, socks, thermal layers, hats, neck warmers, helmets, boots, poles etc. Periodically we will box up the goods and send them on to SkiDUCK.

SkiDUCK (SKiing and snowboarding for Disabled and Underprivileged Children and older Kids) is a new, grassroots non-profit organization dedicated to enriching the lives of disabled and underprivileged children by sharing the joys of skiing and snowboarding.

SkiDUCK is committed to partnering with local organizations with similar goals of serving disabled and underprivileged children. And in areas where these needs aren't yet being served, we seek to establish a sustainable model of service with local resources and volunteers. If your community or organization is interested in partnering with SkiDUCK to establish or enhance a program to help children onto the slopes, give us a QUACK!

According to our unofficial surveys, half of the participants prefer hotels and half of the participants prefer condos. Likewise, the participants are pretty much split between ski in/ski out and staying in the town where restaurants and bars are more convenient and plentiful. There is also a pretty even split between those who choose luxury and those who choose economy. So, since we can be sure that at least half the group will be happy, we choose the best lodging option available within those parameters.

The most popular question on the evaluation form is, "Where would you like the club to visit in the next few years?" This one is much harder to evaluate since there are so many good options and many different opinions. Ideally, 34 people would write in the same ski mountain as their choice. Typically, five mountains each get eight to ten votes. The next five mountains get three or four votes and the remaining suggestions get one or two votes. So, the trip committee members discuss the top destinations, look at where we have been in the past, and start researching opportunities for the upcoming season.

The trip committee begins their research in January, obtains proposals for four or five different mountains, evaluates the options, and is usually ready to sign a contract by May 1. At our recent planning meeting we decided it might be a good idea to announce the destinations we are considering to the members. This would give those interested an opportunity to share their preference. We will try to have this information in the March newsletter but we are always happy to share our ideas and hear your suggestions.

Nancy Egan



Get that tune-up before your next ski trip!

Thunder Ridge Ski Area

Route 22, Patterson, New York

845-878-4100

www.ThunderRidgeSki.com

Just 75 minutes from NYC, 35 minutes from White Plains, N.Y.
 Ride the Metro-North Ski Train and take the FREE Shuttle from the Patterson Train Station!



Executive Club

Therese "Terri" Searle
 Licensed Real Estate Broker Associate

Cell: 845-546-9260

Office: 845-473-2800

Email: TSearle@hvc.rr.com



www.TerriSearle.com

1110 Town Square, Rt. 55
 LaGrangeville, NY 12540



Friday Race Training

Every Friday evening Club members meet at an area eatery for a couple of hours of friendly conversation.

If you have questions, comments or suggestions, contact **Susan Kokosa** 229-6786 race_training@hudsonvalleyskiclub.org
race training coordinator.

- September**
- 20 Longobardi's
1574 Route 9 Wappingers Falls
 - 27 Antonella's 1830 South Rd (Route 9)
Wappingers Falls
- October**
- 4 Liberty Public House
6417 Montgomery St Rhinebeck
(joint with Trailsweepers)
 - 11 Hurricane Grill and Wings
9 Raymond Ave Poughkeepsie
 - 18 Shadows on the Hudson
176 Rinaldi Blvd Poughkeepsie
 - 25 Poughkeepsie Ice House
1 Main St Poughkeepsie

Coming Events -- October 2013

October



- 2 Meeting at Coppola's on 9 at 7:30
Program: Jim Van Dyke
- 5 Catamount Aerial Adventure
- 16 Meeting at Coppola's on 9 at 7:30
Program:
- 26 Trail Cleanup—Dutchess Rail Trail



You can visit the HVSC website—just scan with your Smartphone.
Or: goo.gl/Op3yT

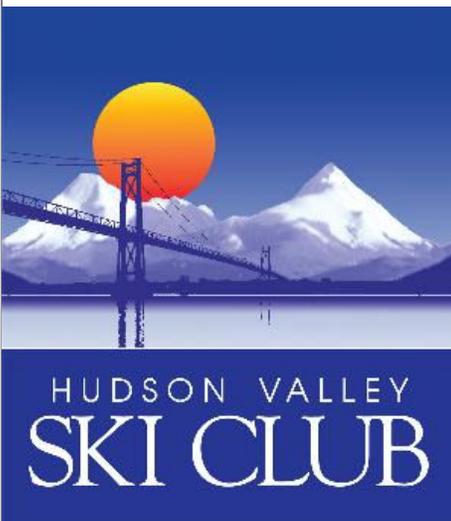
Hudson Valley Ski Club

If undeliverable, please return to:
183 Millers Lane
Kingston, NY 12401

Mailing address:
P.O. Box 2704

Poughkeepsie, New York 12603-2704
www.hudsonvalleyskiclub.org
info@hudsonvalleyskiclub.org

October 2013



Eastern Ski Trips Announced!

(See Inside)

Next Meetings:
October 2 and 16
at 7:30 PM
at Coppola's on 9,
South Road, Poughkeepsie



CELEBRATING
75
YEARS