

The EDGE



HUDSON VALLEY
SKI CLUB

Learning to Ski Moguls (aka Bumps)

by Dan Croak, PSIA

While I am an experienced skier who has taught for 35 years, I have rarely skied on bumps. The two ski areas where I teach do not normally have many trails with bumps - so I rarely ski them. But on March 4-5 I took a PSIA Intro to Bumps clinic from an experienced instructor. While I do not feel ready to teach skiing bumps yet, I can share what I learned that might help you.

First, there are activities that you can do on groomed terrain to prepare yourself for skiing bumps. Keep in mind that when you are learning new things on snow, start on easy terrain where it is easier to learn something new. Then try it on more difficult terrain to see if you are still successful. Go back and forth as you need to.

Drill 1: Sideslip Ready - Sideslip to a stop making sure you are flexing the joints in your legs (ankles, knees, hips) to put your skis on edge, not bending at the waist to flex or extend. You want to keep your upper body, from the waist up, relatively still. Your shoulders should be oriented down the hill while your skis are oriented across the hill - this is called a countered position. While in that countered position, your downhill hand and pole are extended down the hill as if ready to do a pole touch. This promotes you keeping your upper body still.

Drill 2: Falling Leaf - Use the Drill 1 sideslip, controlling your skis to sideslip forward and backward so you are descending the groomed slope in the manner that a falling leaf might descend in the air. This helps you learn good edge control while keeping your upper body still.

Drill 3: Pivot Slip Ready - Perform drill 1 but as you are slowing almost to a stop, you want to release your edges and then allow the skis to find the fall line (trying to keep the skis parallel). Rotate



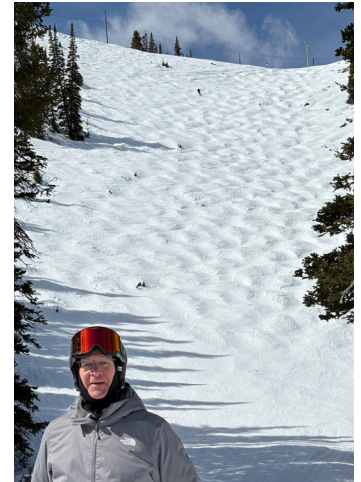
the skis 180 degrees so your skis face the opposite direction and then do another sideslip. Repeat over and over. Learn to do this slowly as well as quickly, keeping the skis parallel and upper body still. This helps you learn to flex and extend using the joints in your legs.

Drill 4: Consistent Parallel Turns with and without poles - on easy terrain, make 5 turns using both poles to make pole touches to initiate the turns. Then make 5 turns using only the left pole when turning to the left. Then make 5 turns using only the right pole when turning to the right. Then make 5 turns without using your poles at all to make a turn. Notice whether your turns are consistent in both directions at all times with or without poles. This helps you identify any weaknesses in your turns.

Drill 5: Follow the Leader Where - Pair up with another skier and follow in the tracks of their skis, making your turns where they turned. You want to be relatively close, about 2-3 ski lengths behind so you can see their track well. If you know the person you are skiing behind you could ask them to vary the shape of their turns so they are not making only long radius, only medium radius, or only short radius turns. This helps you get ready for drill 6.

Drill 6: Follow the Leader When - Pair up with another skier and follow them (but not too close) making your turn when they make their turn. This forces you to learn to react quickly which is the same thing you need to be able to do while skiing in the bumps.

Some other thoughts: I try to have my skis swim under my still upper body. I am just learning to look 2 bumps ahead while in the bumps - which I found helps me a lot. If I am looking at the bump right in front of me, it's too late.



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Club Information

Club Officers:

President: Bet Mostachetti
 Current Past Pres: Keith Faucher
 Vice-President: Frank Ruggiero
 Secretary: Laurie Vogl
 Treasurer: Susan Stark
 Sergeant at Arms: Pat Cummins

Directors:

Nonie Kelley Dan Croak
 Jim Gahn Jay Brenner

Committee Chairs:

Budget and Finance: Pat Cummins
 Constitution: Nonie Kelley
 Instruction: Dan Croak
 Marketing/Publicity: Alan Imhoff
 Membership Services: Pete Gray
 Sub-Chair: Janet Pinnavaia
 Susan Eschbach
 Newsletter: Donna Augustine
 Website: Rich Partridge
 Ski Council/Discount Tix: Jim Gahn
 Ski Trips: Jim Gahn
 Events: Jay Brenner
 Audit: Frank Ruggiero

Contact information is available in the
 Online Membership Directory
www.hudsonvalleyskiclub.org

Or queries may be sent to
secretary@hudsonvalleyskiclub.org



Hello Everyone,

What a great winter season! So much snow and great conditions here. Kudos to our trip leaders this year who all did a wonderful job. And thank you to our new members who accompanied us on our mission - 'eat, ski, sleep, repeat.'

The club continues to work on updating the constitution and there will be a vote at our next meeting on Wednesday, April 8th at Buffalo Wild Wings.

There is also the election of new officers and board members. I encourage you all to participate in the management of the club. That vote will be at the May meeting.

I'll see you at the monthly meeting.

Best,
 Betty

Pictured below from our trip to Park City:

Jeff Hennessey, Gary Bernstein, Alan Imhoff, Donna Augustine, Nonie Kelley, Dan Croak, Lori Vogl, Cathy Fulton, Larry Mar-
 rington, Jay Brenner, Bet Mostachetti, Bob Macedo, Terese Mostachetti, Jean Friedman, Rick Fick, Keith Faucher, Herb Es-
 chbach, Ed Lyons, Chris Eschbach, Mark May, Frank Kara



A Ski Adventure Breckenridge Style!

by Lisa McDonald, Trip Leader

Breckenridge's early morning air is refreshing and magical, with crisp snow and sunny afternoons. Awake from jet lag, I explored The Beaver Run Resort at the base of Breckenridge Mountain. The sun illuminated the river, giving a sense of calm and belonging. Instead of city noise, ski lifts and mountain silence prevailed.



Beaver Run Resort-

Our group of forty-three stayed in condos close together. The resort provided a selection of restaurants, pools, bars, and a wide range of activities; however, its most notable attractions were the impressive natural surroundings, the demanding ski slopes, and the welcoming neighboring village. Sharing meals, especially with Dave S.'s stocked selection, fosters a welcoming environment. At week's end, "Slosh & Nosh" gave everyone a chance to share leftovers, mingle, and recount mountain stories—like my tiring two-mile mogul run. Thanks to Denise for staying by my side!

The Oops of the trip-

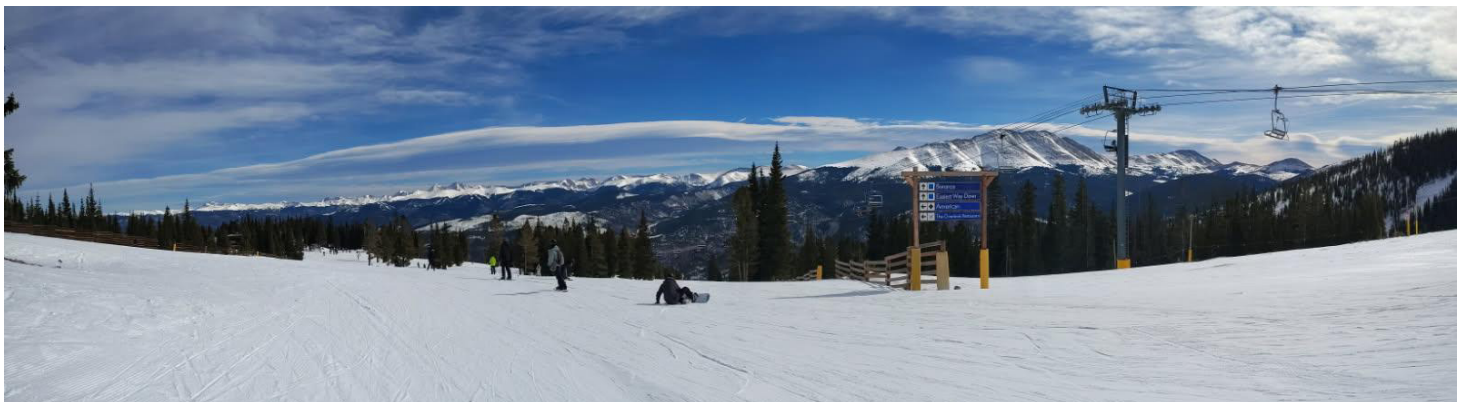
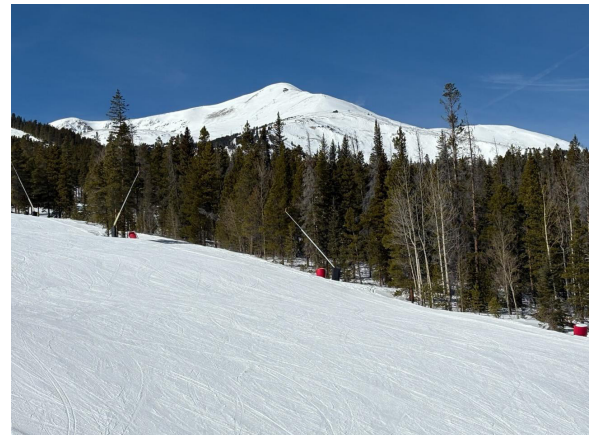
Travel difficulties included delayed luggage resulting from TSA staffing shortages, but United Airlines addressed the situation promptly. Although there were maintenance concerns at several condominiums, the resort demonstrated excellent responsiveness in resolving these matters.

Why This Trip Changed Me

More than sightseeing, this trip deepened my appreciation for quiet moments and new friendships. The true value came from the feelings and connections gained along the way. We at Hudson Valley Ski Club look forward to having you with us for our upcoming adventures. Stay tuned for more updates!



Enjoying their day, L->R - Mark May, Lori Vogl, Brett Gerhke, Dale Wofield, Rick Fick and Jean Friedman



Our Trip to Park City! Who could ask for anything more??!

by Jay Brenner, Park City trip leader

Well, the trip to Park City was almost perfect. Great bus and plane connections, amazing people, fantastic location in Park City, lots of great laughs, a perfect hot tub for après skiing, blue bird days with temps in the 40's and 50's. There were plentiful get-togethers, an epicurean delight at the Twisted Fern, partying in the condos and succulent home cooked meals. Who could ask for anything more?

O.K. so the missing link was new fresh snow. Who would have thought that the east coast skiing and snow conditions would be better than the west?

All in all, the trip was worth going to Utah.

I would like to thank Jim Gahn and the trip committee for making yet another trip possible.



Jay prays to the snow gods!

Spring has Sprung and the Temps are Rising!!!!

So, it's time to think about our summer theater series. Hudson Valley Shakespeare Theater in Garrison NY Big News the New Theater will be open, and we will be seeing one of the first plays.

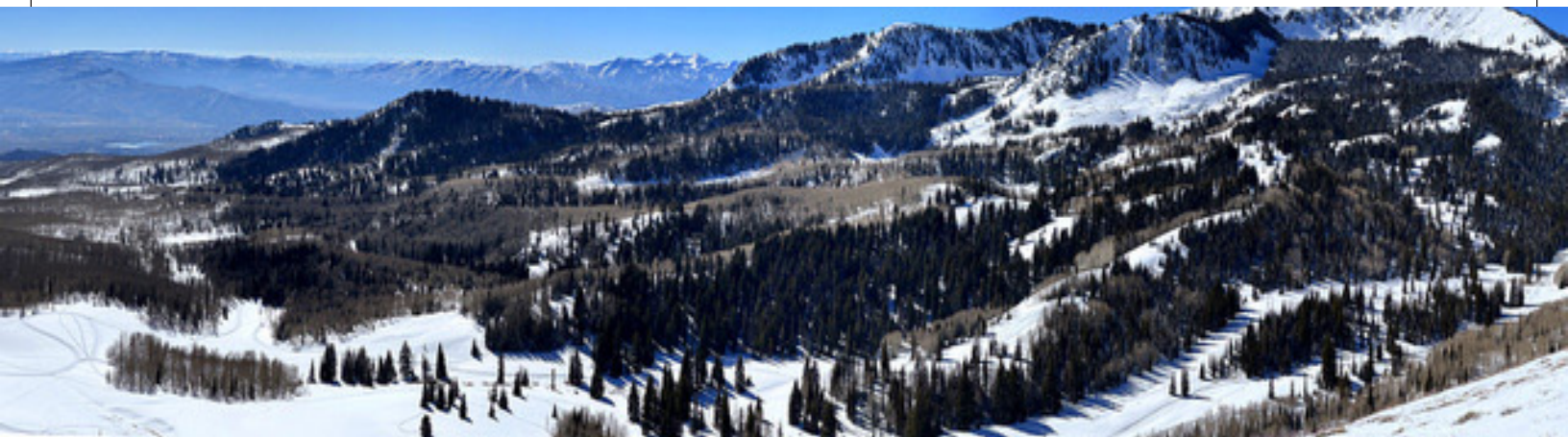
As You Like It

By William Shakespeare
June 10th 7:30 Performance
Tickets are \$52.00 each.

This year we will go directly to the Brand-New Theater that overlooks the Hudson River. We will bring our lawn chairs and blankets and picnic at 5:45 before the show.

All the world's a stage as imagination takes the spotlight in this exuberant, music-filled romp. Rosalind and her cousin Celia adopt new identities and seek refuge in the Forest of Arden, where exiles become adventurers, friendships bloom into romances, and wit collides with whimsy. Enjoy Shakespeare's bucolic romantic comedy against the backdrop of the Hudson River valley in this celebration of love, identity, and transformation.

I have 20 tickets reserved so please contact me via email or text, but LMK if you want to go!
Jay Brenner-516-313-7670



Park City mountain, March 2026. Note the only snow was high on the mountain or on groomed trails.

A Member's Perspective

by Chris Chinnock, participant on the Park City Trip

Some unique highlights of the week:

1. Sous vide prepared octopus that was "like butta" at the Twisted Fern
2. Dan's ability to tie a cherry stem into a knot with his tongue
3. Jay's discussion of the function of the soap bar
4. The cilantro infused margarita at the town lift bar
5. Hot tub conversations
6. The arrival and departure gatherings in Jay's condo

<- The mystery of the soap bar.



The mystery of Dan's hidden talent. ->



TRAILSWEEPERS SNOW & SPORTS CLUB

SPRING BANQUET 2026

SATURDAY, MAY 2nd

FRANK GUIDO'S LITTLE ITALY

14 THOMAS STREET, KINGSTON

6:00-10:00 CASH BAR

\$64 PP TSSC & HVSC

\$5 extra for Guests

Buffet Style Dinner includes: Bread, Salad, Pasta, Chicken, Salmon, Vegetable Medley, Potatoes, Apple Crisp Dessert, Tea & Coffee

Dancing to the ROADHOUSE 60'S BAND

NAME _____ PHONE _____

EMAIL _____

RSVP by April 28, 2026

Zelle: Treasurer@Trailsweepers.org

or check to TSSC

questions? Diana 845-325-8999

TO: Diana Ziegenfelder
85 High Rocks Rd.
Woodstock, NY 12498



Mark your Calendar
Collette Tours & HVSC

Greece Island Hopper
September 18-28, 2026

Highlights: Athens: Acropolis, Parthenon
Islands: Mikonos, Santorini

Details and signup at: <https://groups.gocollette.com/en-US/link/1400847>

April Events

Apr 8th 7pm Club Meeting Buffalo Wild Wings, 1794 South Rd, Wappingers Falls.

Look what's ahead!

The **April meeting will be held April 8th** to avoid Passover, which conflicts with our regular meeting time.

*Our 2026 tour with Colette tours will be to Greece! Follow the link provided for more information.

* see details within newsletter

Friday Race Training

On Friday evenings, 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

- Apr 3** Margaritas Restaurant, 1840 South Rd, Wappingers Falls
- Apr 10** Paula's Runway Cafe, 263 New Hackensack Rd, Wappingers Falls
- Apr 17** JB's Bar and Grill, 280 Club House Rd, Pleasant Valley
- Apr 24** di'Vine Wine Bar, 3 Market St, Wappingers Falls

*All event dates are subject to change.
Please use the HVSC Website Events Calendar
and Facebook page for up-to-date information.*

Kayaking Schedule Announced

April 22nd, Wednesday, Saugerties Beach Park 2pm

May 4th, Monday, Stissing Lake, Pine Plains, 10am followed by an optional hike around Thompson Pond (2.7 mile loop)

May 21st, Thursday, Coxsackie 10am

June 3rd, Wednesday, The Great Swamp, Patterson time to be determined

June 13th, Saturday, Freer Park, Port Ewen, 10am

June 30th Tuesday, Chidokee Lake, Highland, 10am

July 11th, Saturday, Sojourner Truth Park, Kingston, 10am followed by an optional hike.

July 22nd, Wednesday, Constitution Marsh, Cold Spring, 10am

August 8th, Saturday, Ramshorn, Dutchman Landing Park, Catskill, 10am including an optional hike to the observatory which overlooks the estuary

August 11th, Tuesday, Kingston Point Beach, 2pm

August 23rd, Sunday, Rondout Creek from Spit Park, Port Ewen 10am

September 18th-20th, Lake George, Huletts Landing, kayak island camping, time to be determined

We are excited about this year's paddles and look forward to seeing you on the water. If interested in being on the list to receive emails, please contact:

Skip 845-706-9714 (skipsinthewoods@gmail.com)

Yvonne 845-417-7144 (yab1946@gmail.com)

PADDLE ON.....

Newsletter Content Submission Deadline

The May/June newsletter deadline is April 15th. Please send all articles and photos to:
Alan Imhoff at alanimhoff@gmail.com



EVERYTHING FOR SKIING, SNOWBOARDING, CYCLING, KAYAKING & PAINTBALL

1611 ROUTE 22
BRUNSWICK, NY 10501
845-279-3100

1890 SOUTH ROAD (RT. 9)

162 DANBURY RD. (RT. 7)
NEW MILFORD, CT 06776
860-355-2001

**Membership payment
due for 2025-2026**
Visit the [Membership](#)
page to sign up.

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THAT I AM NOW PART OF THE
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HomeServices team!**



Therese "Terri" Searle
Associate Real Estate Broker
has joined the LaGrange Office

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o: 845.473.1650
tsearle@bhhs-hudsonvalley.com



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