

The EDGE



HUDSON VALLEY
SKI CLUB

HVSC Instructors Plan Preseason Preparedness Programs

Get Ready Now! Presentations planned for Fall meetings

by Herb Eschbach, Certified Professional Ski Instructor

HVSC members, both novice and skilled, always want to improve their experience on the slopes. Presentations given at our member meetings can provide information to help improve skiing skills. And, it's a great way to show prospective new members the benefits of our club. The Instruction Committee, along with the Marketing Committee, has a proposed timeline for presentations at our member meetings. Be sure to attend, and bring your friends.

September is already set for the topic of 'Physical Conditioning,' which allows a couple of months for preparation prior to the ski season. As you'll see, the owner and trainer of Help First Fitness will speak at our September 2nd meeting. He plans to discuss specific exercises that will enhance our skiing experiences and endurance.

In October, we hope to bring in a bootfitter, to describe the specific aspects of a quality boot fitting and to schedule an appointment with a bootfitter before the timeslots fill. In November the speaker will provide the right information for demoing skis that match your style, abilities and goals. December will be designed to kick off 'January-National Learn-to-ski (Better) Month,' and the release of our ski instructors' initial schedule of lessons/clinics.

Acclaimed Physical Trainer to Present at September Meeting

About Erik Zeyher & Help First Fitness



Erik Zeyher owns Help First Fitness and has been recognized by Two-Brain Business as one of the world's top gym owners. His work has also been featured by Reebok, The CrossFit Journal, and Business Insider.

Beyond the gym, Erik works with leaders and teams from nationally recognized organizations, including Goldman Sachs and companies recognized by Forbes. His most recent keynote speaking engagement was with PSEG, a Fortune 500 energy company valued at more than \$40 billion.



Help First Fitness offers personalized one-on-one and semi-private training to help people move better, get stronger, improve balance and mobility, and stay active for years to come.

An avid snowboarder, please don't hold that against him, Erik is excited to work with the Hudson Valley Ski Club to help members stay strong, healthy, and ready for more days on the mountain.

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Get Ready for the Mountain: Training for a Better Ski Season

by Erik Zeher, Owner Help Fitness First

A great ski season doesn't start with the first snowfall, and it doesn't end when you put your skis away.

This season, Help First Fitness will be working with the Hudson Valley Ski Club to help members better understand how their bodies move, where they may be struggling, and what they can do to stay healthy and perform their best on the mountain.

Our goal isn't to hand everyone the same list of exercises. It's to help you understand what YOU need to get more out of your season.

Step One: Where Are You Now? We'll start by looking at the individual. Where do you feel limited? Do your legs fatigue before you want them to? Do your knees, hips, or back bother you after a long day? Is balance an issue? Are there movements you avoid because they simply don't feel as good as they used to?

We'll also talk about your goals. Maybe you want to ski more days this year. Maybe you want to feel stronger late in the day. Maybe you're preparing for a big trip out West. Or maybe your goal is simply to keep skiing for another 10, 20, or 30 years. Once we understand where you are and where you want to go, we can start identifying individual exercises and training strategies that can help. We'll break that process into three parts.

Preseason: Prepare for the Mountain: You don't want your first day on the mountain to be the first time your legs have been challenged in eight months. Preseason is our opportunity to prepare. We'll look at developing the strength, mobility, balance, coordination, and conditioning needed for skiing and snowboarding. That can include strengthening the legs and hips, improving single-leg stability, building a stronger core, and preparing your body to repeatedly produce and absorb force.

The goal is simple: Arrive at the mountain ready to ski instead of using the first few weeks of the season to get into ski shape.

During the Season: Stay Strong and Keep Skiing

Once the season starts, training should change. We don't necessarily need to keep adding more and more work when you're already spending hours on the mountain. Instead, we want training to complement your skiing.

We'll discuss ways to **maintain strength and mobility** while managing fatigue throughout the season. This is also where individual needs become important. If your

knees are getting cranky, your hips feel tight, or your legs are constantly exhausted after a weekend of skiing, there may be specific exercises or changes we can make to help.

The goal during the season is to keep your body performing so you can spend more time doing what you actually enjoy.

Seasonal Recovery: Don't Just Stop

When ski season ends, it's tempting to put the equipment away and forget about everything until next winter. Instead, the end of the season gives us an opportunity to recover, address the areas that took the most abuse, and build a better foundation for next year.

We'll talk about restoring mobility, addressing aches and weaknesses that showed up during the season, rebuilding strength, and using the offseason to improve your overall fitness. Rather than starting from zero every winter, we want each season to build on the one before it.

The Bigger Goal

Ultimately, this isn't just about being in better shape.

It's about longevity.

We want Hudson Valley Ski Club members to have the strength, mobility, balance, and confidence to continue enjoying the mountain for as long as possible.

Whether you're trying to improve your performance this winter, stay healthier throughout the season, or make sure you're still skiing years from now, we'll help you better understand your body and give you practical strategies you can actually use.

And yes, we'll even help the snowboarders.



Before the sweat begins, Donna poses with trainer Alyssa Zinzi, CF-L1.

One of the facilities in which Help First operates is Poughkeepsie Tennis Club. There is no need to be a member of PTC to participate with Help First Fitness.

Club Information

Club Officers:

President:	Bet Mostachetti
Current Past Pres:	Keith Faucher
Vice-President:	Carl Runowich
Secretary:	Laurie Vogl
Treasurer:	Susan Stark
Sergeant at Arms:	Dan Croak

Directors:

Nonie Kelley	Pat Cummins
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

WELCOME
NEW MEMBERS

Jane Nielsen
Thomas Nielsen



Welcome all members of the historic Hudson Valley Ski Club, especially our new members. We are approaching the ski season. Incredibly, the summer scooted by.

The Instruction Committee has an amazing ski program set up in preparation for the winter season. There will be presentations at the September through December member meetings on the first Wednesday of every month at Buffalo Wild Wings on Rt 9 in Wappingers. The first one will involve a trainer(s) presenting exercises necessary for ski readiness, focusing on balance, leg and core strength, etc. Subsequent presentations are in the planning stages but will include boot fitting, ski selection, and getting instruction schedules in place.

For the past few years HVSC has partnered with Collette Tours for non-skiing adventures. We're visiting Greece this September. Next Fall we're planning a 15 day trip to southern Africa. We will visit the Kenyan savannah and the renowned Serengeti in Tanzania during our Oct 3 - Oct 17, 2027 tour. We'll seek out the "Big 5" safari bucket list: lions, leopards, rhinos, elephants, and water buffalos plus watch for herds of giraffes, wildebeest, gazelles, hippos, cheetahs, and zebras-my favorite-plus 500 bird species. Three days within view of Mt. Kilimanjaro - wow!

The club has planned a full winter season and we encourage everyone to stay engaged. Check out the website for trips and to view Jay Brenner's incredible video of club members doing our thing.

See you at the member meeting. And remember, if you would like to eat just arrive a half hour early and our waitress, Gina, will take care of you.

Best regards, Betty

From the Membership Desk

I finally have the NJSSC stickers. If you don't have one on the back of your Membership Card and would like one, see me at any meeting or send me an email and I will mail one to you.

Thank you,
Pete Gray, Membership Chair

Stop here! Feedback requested!

Dear members,

As was discussed at our last member meeting and addressed in last month's newsletter, the HVSC Board of Directors needs your input regarding the financial direction of the club. In recent years, the club has had a budget deficit, and we are exploring options to ensure having a balanced budget. A survey has been developed for members to complete and give their feedback. Please take a few minutes and complete the survey. The results will help the board in creating financial decisions and guiding our financial policies. We will discuss the findings of this survey in future meetings. Please attend the September 2 meeting!

The survey can be found on the members only section of the HVSC website or you can click this link.

<https://hudsonvalleyskiclub.org/revenue-survey/>

Thank you, Nonie Kelley, HVSC Constitutional Chair

January 4-8, 2027

Gore is a club favorite Adirondack skiing/boarding destination.

2537' vertical, 110 trails

3 or 4 nights at the

Comfort Inn, Lake George

- Continental Breakfast included
- Indoor Pool, Hot Tub
- Wednesday group Pizza included
- Ski improvement clinic (optional)

GORE MOUNTAIN



Per person pricing	3 nights Tu, We, Th	4 nights Mo, Tu, We, Th
2 Queen beds, double occupancy	\$160.00	\$208.00
Queen or King bed, single occupancy	\$303.00	\$398.00

Non-member guest add \$30.

Lift tickets	Adult	65+ Senior
3 days	TBD	TBD
4 days	TBD	TBD

Registrants are encouraged to purchase **Ski3** Season Pass available at nyski3.com

Trip Leader: Alan Imhoff 973-722-1929 alanimhoff@gmail.com

\$100 due with registration, full payment required by **November 4, 2026**.

Send Checks (payable to "HVSC Trips" with "Gore" in memo area) to:

Alan Imhoff, 83 Farmington Rd, Wappingers Falls, NY 12590

January 23–30, 2027



20% ♦♦

30% ♦

35% ■

15% ●

With 12 chairs (& 3 surface lifts)
serving 4000+ acres
wrapped around a volcano,
there's challenge on summit snowfields
and plenty of smooth runs below.



- ❄ \$2,460 includes 5 days lifts, \$2,140 if have Ikon Pass
- ❄ 2-bed hotel-style rooms @ **Riverhouse** in Bend (Breakfast included)
- ❄ Flights from Newark to nearby Redmond, Oregon

Trip Leader: **Jim Gahn** 914-213-7259 jimbgahn@gmail.com

Bachelor fillable-pdf Registration form can be emailed to: jimbgahn@gmail.com

\$500.00 initial deposit

or **Zelle** bank transfer to bachelortrip@hudsonvalleyskiclub.org

check (payable to "**HVSC Trips**" with "**Bachelor**" on memo line)

mailed to: Jim Gahn, 44 Far Horizons Dr, Newburgh, NY 12550

January 10-14, 2027



Easy to get to in southern Vermont, Stratton has a gondola & 9 chairlifts with 99 trails on a 2,003' vertical.

3- or 4-nights at the Long Trail House

- 1, 2, 3 Bedroom Condos
- Short walk to Lifts and Village
- Outdoor Pool & 3 Hot Tubs
- Indoor heated parking garage



Condos are individually owned and furnished, so there are various bed configurations. Many bedrooms have only one bed. There is limited availability of 1- and 3-bedroom units. Finding your own roommates and condo-mates and signing up early will give the best choice of bed configurations.

Per person pricing	3 nights lodging Mon, Tue, Wed	4 nights lodging Sun, Mon, Tue, Wed
1 bedroom, 2 occupants	\$400.00	\$525.00
2 bedrooms, 4 occupants	\$315.00	\$410.00
3 bedrooms, 4 occupants	\$361.00	\$473.00
3 bedrooms, 5 occupants	\$295.00	\$385.00

Non-member guest: add \$30 for stay.

Lift tickets not included above -

Stratton Group rate is \$101/day or use your Ikon season pass.

Trip Leader: **Shannon Elkins** 516-457-0750 elkinsart@mac.com

\$100.00 due with registration form, full payment required by November 1, 2026

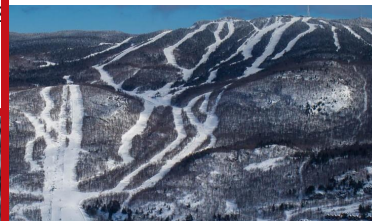
Send Checks (payable to "HVSC Trips" with "Stratton" in memo area) to:

Shannon Elkins, 139 Richmond Ave, Medford, NY 11763-3755



February 7-12, 2027

Sunday–Thursday night lodging
4 days on the slopes



A classic North American resort, Mont Tremblant is like skiing the Alps, but without air flight hassles. The well-maintained Northway and major Canadian highways make for a safe & scenic 400 mile drive. **Eastern skiing at its best!**

The pedestrian village of Mont Tremblant showcases the charms of French Quebec, with unique dining & shopping. Our hotel is steps from the gondola and walking distance to many delightful restaurants & shops.



Per person pricing (using current exchange rate, could vary slightly)

Sommet des Neiges	5 nights Sun–Thur	Occupancy	w/ 4-Day Lifts	No Lifts
1-BedRm Suite: 1 King or 2 Queens		Double	\$830.00	\$536.00
2-BedRm Suite: 1 King & 2 Queens		Triple	\$835.00	\$540.00
2-BedRm Suite: 1 King & 2 Queens		Quad	\$700.00	\$405.00
3-BedRm Suite: 1 King & 3 Queens		Quad	\$835.00	\$540.00
3-BedRm Suite: 1 King & 3 Queens		5 persons	\$727.00	\$432.00
3-BedRm Suite: 1 King & 3 Queens		6 persons	\$655.00	\$360.00

Ask Trip Leader about other options.

Non-member guest add \$50.00.

Mont Tremblant honors Ikon Pass. 70+ Seniors buying 4-Day Lifts, subtract \$25.00 from price. Optional Group Dinner at additional cost of \$55.00. Additional \$17.25 day charge for parking.

Trip Leader: **Mickey Cahill** 845-741-3112 mcahill50@gmail.com

\$100.00 due with registration, full payment required by December 1, 2026.

Send Checks (payable to "HVSC Trips") to Trip Leader: Mickey Cahill

before October 15: 395 Union School Rd, Middletown, NY 10941

after October 15: 135-4 Glazebrook Rd Killington, Vt 05751

February 27–March 6, 2027



Banff



Canada

SkiBig3 areas:

Banff Sunshine
Lake Louise
Mt Norquay



- ❄ \$2,720 includes 5 days lifts, \$2,263 if have Ikon Pass
- ❄ 2-bed hotel-style rooms @ **Ptarmigan** in Banff (Breakfast included)
- ❄ Non-stop flights from Newark to Calgary, with bus to Banff

Trip Leader: **Bet Mostachetti** 845-264-1012 bmostachetti@gmail.com

Banff fillable-pdf Registration form can be emailed to: bmostachetti@gmail.com

\$500.00 initial deposit

Zelle bank transfer to banfftrip@hudsonvalleyskiclub.org

or

check (payable to "**HVSC Trips**" with "**Banff**" on memo line)

mailed to: Bet Mostachetti, 56 Folan Rd, Amenia, NY 12501-5202

Killington March 8-12, '27

3 or 4 nights Lodging at Mountain Sports Inn on access road.

Hot breakfast included, Wednesday evening Pizza/Pasta (TBD add'l \$)

Economy room double occupancy \$221.00 ea. 3 nights / \$284.50 ea. 4 nights

Standard room double occupancy \$235.50 ea. 3 nights / \$304.50 ea. 4 nights

IKON Base Pass holders have 5 days lift access at Killington.

\$100.00 deposit with registration, balance due by February 3, 2027

Cancellation charge \$50.00 after 11/4/2027

Send completed trip registration and deposit or full payment to:

Jim Gahn, 44 Far Horizons Dr, Newburgh, NY 12550 914-213-7250

Trip full

Upcoming Events

Sep 2 7pm Club Meeting Buffalo Wild Wings, 1794 South Rd, Wappingers Falls.

Mondays - Rail Trail Bike Rides, Contact Rick Fick for latest schedule.

***Sep 18-28** Greece Trip by Colette

***October 10** West Point Football, contact Jim Gahn

* 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

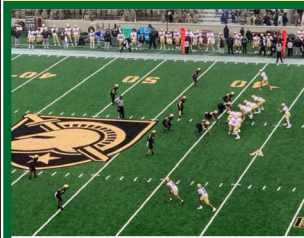
Sep 4 di'Vine Wine Bar, 3 Market St, Wappingers Falls

Sep 11 Paula's Runway Cafe, 263 New Hackensack Rd, Wappingers Falls

Sep 18 Shadows On The Hudson, 176 Rinaldi Blvd, Poughkeepsie

Sep 25 Casa Vallarta, 1820 NY 376, Poughkeepsie

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



West Point vs Tulane

Saturday October 10

Carpooling / Tailgating

contact: Jim Gahn

jimbgahn@yahoo.com

text: 914-213-7250

Celebrate Kayak Season

If you have paddled with us this year or at anytime you are welcome.

WHEN - Saturday September 19th

WHERE - our house

1435 State Rt 28A, WEST HURLEY NY 12491

We will provide hot dogs, hamburgers and chicken, seltzer soda and water.

BYOB, a dish to share, and a chair

PLEASE let us know if you will be attending to tally the food we will need to buy.

house phone 945-481-2898

YVONNE 845-417-7144 / yab1946@gmail.com

SKIP 845-706-9714 / skipsinthewoods@gmail.com

Newsletter Content Submission Deadline
The October newsletter deadline is September 15th. Please send all articles and photos to:

Alan Imhoff at alanimhoff@gmail.com



Connect on Facebook

Check the [HVSC Facebook page](#) to connect with members on current club events and happenings. Don't go it alone! Post on our Facebook page and invite your HVSC friends



If interested in connecting with a physical trainer at Help First Fitness, visit their instagram page at:

<https://www.instagram.com/helpfirstfitness/>

Membership payment due for 2026-2027

Visit the [Membership](#) page to sign up.



EVERYTHING FOR SKIING, SNOWBOARDING, CYCLING, KAYAKING & PAINTBALL

1611 ROUTE 22
BREWSTER, NY 10509
845-279-3100

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

Visit Us At skihausonline.com



Are you looking for a

FUN JOB IN THE SKI INDUSTRY?

JOIN THE POTTER BROTHERS TEAM!

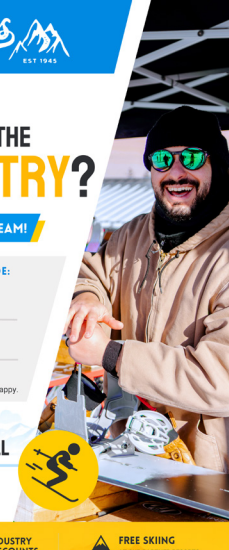
PART TIME POSITIONS INCLUDE:

- SALES**
Help guests find the perfect gear.
- SERVICE**
Keep equipment in peak condition.
- RENTAL TECH**
Keep gear dialed. Keep customers happy.

ROUTE 28 KINGSTON - **ROUTE 9 FISHKILL**

APPLY IN PERSON OR EMAIL
info@potterbrothers.com

COMPETITIVE PAY **INDUSTRY DISCOUNTS** **FREE SKIING AT OUR PARTNER RESORTS**



Waiver and Release of Liability

In consideration of being allowed to participate in any way in **Hudson Valley Ski Club, Inc. (HVSC)** sponsored activities, related events, or trips, each of the undersigned:

1. Agrees that prior to participating, he/she will inspect any facilities and equipment to be used, and if he/she believes anything is unsafe, he/she will immediately advise a club officer of such condition(s) and refuse to participate.
2. ***Acknowledges and fully understands*** that each club member will be engaging in ***activities that involve risk of serious injury, including permanent disability and death***, and causing severe social and economic losses which might result not only from his/her own actions, but inactions or negligence of others, the club rules, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time.
3. ***Assumes all risks and accepts all responsibility for the damages*** following such injury, permanent disability or death, ***even if caused, in whole or in part, by the negligence of the “releases” named below.***
4. ***Releases, waives, discharges and covenants not to sue*** the Hudson Valley Ski Club, Inc., its affiliates, their respective administrators, directors, agents, officers, and other employees of the organization, other club members, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct club activities, premises or event inspectors, surveyors, underwriters, consultants and other persons or entities which give recommendations, directions or instructions or engage in risk evaluation or loss control activities regarding the program or premises, all of which are hereinafter referred to as “Releases”, ***from demands, losses or damages on account of injury, including death or damage to property whether caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.***

Code of Conduct

I understand camaraderie among the members is a crucial component of HVSC’s purpose and enhances the enjoyment of club activities by everyone. My conduct as a club member impacts the public’s view of our club and the willingness of organizations to co-sponsor activities with our club. As a result I agree to the following: a) I will exhibit courtesy, good behavior and show respect for fellow members and other parties while on any club trip or while involved in any club-sponsored activity; b) I understand that offensive conduct, making threats, sexual harassment and intimidating behavior is not acceptable and will not be tolerated; c) I will obey all federal, state and local laws while participating in club functions and the rules and authorities of establishments where functions are held; and d) I will support and promote safety at all club-sponsored functions.

I understand and accept that violations of this “Code of Conduct” can result in disciplinary action up to and including termination of membership.

Signatures:

The undersigned have read and agree to the above Waiver and Release of Liability and Code of Conduct and understand that they have given up substantial rights by signing it and sign it voluntarily.

(1) _____
Print Name Signature Date

(2) _____
Print Name Signature Date



Hudson Valley Ski Club

Membership Application

(June 1, 2026 – May 31, 2027)

Application must be received by December 1st for you to appear in the Annual Membership Directory.

Please **print clearly!**

[] Check here if you **DO NOT** wish to be listed in the Annual Membership Directory.

Name(s): (1)* _____

*Name (2) becomes the "X" member
(same membership number as (1)
followed by an "X").

(2) _____

Street: _____

City: _____ State: _____ Zip: _____ - _____

Phone: Home: _____

[] Check box for
any phone #
you **DO NOT**
want listed in
the Membership
Directory.

Membership Committee use only:

Check #: _____

Work (1): _____

[]

Check Amount: _____

Work (2): _____

[]

Cash Amount: _____

Cell (1): _____

[]

Date: _____

Cell (2): _____

[]

Membership

Number(s): _____

Check the membership fee which applies:

	<u>New Member</u>	<u>Renewal on or Before 9/2/26</u>	<u>Renewal After 9/2/26</u>
Individual Membership	[] \$50.00	[] \$40.00	[] \$50.00
Couple Membership	[] \$70.00	[] \$60.00	[] \$70.00

Make your check payable to:
H.V.S.C.

If you have an e-mail address you would like listed in the Membership Directory, write it here:

(1) _____@_____. (2) _____@_____

I (we) am (are) at least 21 years of age and accept the Waiver/Conduct terms on the next page.

Signature (1): _____ Date: _____

Signature (2): _____ Date: _____

Submit this application and payment at the Membership Desk at any meeting or mail to:
Peter Gray IV, 55 Hagan Drive, Poughkeepsie, NY 12603-5016
Please read & sign the Waiver and Code of Conduct on the reverse side of this form.