

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. 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.



In September the topic of 'Physical Conditioning,' was presented by Erik Zeyher, owner of Help Fitness First. This was the kickoff presentation to allow a couple of months for preparation prior to the ski season. He used interactive dialog to focus on unique needs for skiers, (See the description provided by him in the [September Issue of the Edge](#)) including exercises and various means to obtain physical training opportunities.

In October, we are bringing 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.

October's Special Program

SKI BOOT Fitting

HVSC meeting, Oct 7, 7pm

Are you thinking about buying new ski boots,but you're not sure what you should buy, and if you need to have them professionally fitted? Then join us Wed., Oct 7, 7pm for a very informative and interesting program by Garrick Dardani, a certified Master Boot Fitter (America's Best Boot Fitters-ABBF), [Ski Magazine boot tester](#), certified Pedorthist, race coach, and owner of Steiner's Ski and Bike shop.

Garrick will discuss the importance of selecting the right boots, the boot fitting process and how you can prepare for it, the role boots play in ski performance,

and especially, how proper boot fitting can take you to a new level of performance, and a much more enjoyable skiing experience.

Don't miss this great program!

Herb Eschbach
HVSC
Professional Ski Instructor
Doherb47@gmail.com



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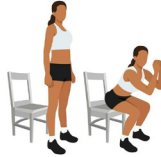
Get Ready for the Mountain: Conditioning for a Better Ski Season

Ski Fitness

by Dan Croak, Certified Professional Ski Instructor

Before I describe the fitness exercises below, I want to state that one of the most important factors in getting fit, is to be consistent - whatever you do, do it on a regular basis. Make it a habit.

- **Chair squats** - stand in front of a sturdy chair. Lower your hips back down until you gently touch the seat and then stand back up. This builds dynamic thigh strength for turns.



- **Wall sits** - lean your back flat against a wall. Slide down slightly into a shallow, comfortable knee bend and hold for 20-30 seconds to build quad endurance.

- **Single leg balance** - stand on a hard flat floor near a counter or wall for safety. Balance on one foot keeping your weight on the ball of your foot. Hold for 20-30 seconds to mirror weight distribution on skis. When you get better at it, close your eyes and visualize yourself skiing.

- **Modified planks** - hold a forearm plank on your knees or toes, keeping your body in a straight line. This tones the deep core muscles used for turning on skis while maintaining good balance.



- **Bird dogs** - get on your hands and knees. Extend your right arm forward and left leg backward at the same time. Do this multiple times and then switch sides - or alternate sides immediately.



- **Burpees** - this exercise can be a lot. If you need to, break down the exercise into separate steps until you are comfortable doing some of them together. A burpee starts in a standing position, then moving to a squat position, then extending and thrusting the legs out to a plank position, then performing a push-

up, then returning to a squat position, then returning to stand-ing position while performing a vertical leap with arms extended to the ceiling. - Like I said burpee can be a lot. Only do what is comfortable for you and start gradually.

Disclaimer: This discussion is for general educational purposes only. Only you know your body and individual situation. Any exercise carries risk especially if form and exercise effort are not managed properly. Listen to your body, start conservatively, and increase your effort gradually.

First Season Ski Preparation Presentation Well Received

We had a great fitness presentation from Erik Zeyher (HelpFirstFitness) at the last HVSC meeting. If you were at that meeting and would like to fill out a questionnaire, the link is below. The survey identifies your fitness needs, highlighting needs for skiing. Upon completion, it is submitted to a trainer at HelpFirstFitness. They will describe their program to you, or direct you to other trainers or therapists who they know in your geographical area. If you already have a program that is working for you, you may still consult with them for affirmation of your conditioning routines.

Here is the link:

<https://kilo.gymleadmachine.com/widget/form/ZhegRP-nJhROGZsrL99ga?notrack=true>

Erik may also be contacted via email at:

E@HelpFirstFitness.com

Successful Kayak Season Comes to a Close

A beautiful blue sky day for the kayak picnic. There were 22 people all bringing amazing foods to pair with the chicken, hot dogs and hamburgers.

We are so grateful for all those that have paddled with us past and present. You have allowed this TSSC and HVSC program to be successful year after year.



Thank you for your continued support.

Skip and Yvonne

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

President's Message



Hello fellow ski club members. We're winding down a magnificent vacation to Greece and Istanbul, Türkiye with Collette Tours. What sites and food!! I do encourage members to take a tour.

The club is planning an African Safari with Collette to Kenya and Tanzania, with an extension to Zanzibar. There will be a Zoom call on Tuesday, October 13th, at 5pm with a representative from Collette to answer your questions. Please check the website calendar to register for the Zoom call.

The ski club is looking forward to a fun winter of skiing and boarding. Our first trips are barely three months away! Get those skis tuned up before the crush. With that in mind, the October 7 member meeting at the Buffalo Wild Wings Restaurant in Wappingers will have as a guest speaker, the owner of Steiner's Bike and Ski Shop (with stores in Glenmont, Hudson and Valatie, NY). He will demonstrate boot fitting and explain how the correct boot fit can improve your skiing.

A thank you to all those who have renewed their club membership and to our new members. Membership comes with benefits and responsibilities. Benefits include price discounts at some outfitters, ski trip packages with great prices, access to certified instructors at no cost, wonderful people to ski with, as well as off season activities such as biking, hiking, kayaking, golfing, West Point football, theatre performances both locally and in NYC, Friday night 'Race Training' (happy hour) and a member appreciation summer picnic. Member's responsibility is maintaining the reputation of HVSC, in both words and actions, with all those that we interact with.

And now we are in the beautiful fall weather of the mid-Hudson Valley. Get outside and enjoy by hiking and biking.

Best to everyone, and see you at the member meeting,
Bet

WELCOME
NEW MEMBERS

Andrew Flynn

Eric Weinstock

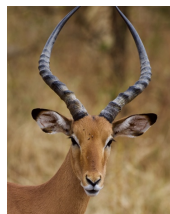
Leslie Flynn

Francis Wildes

Erin Steinbach

Linda Wildes

HVSC/Collette Fall '27: African Safari



Kenya & Tanzania - October 3-17, 2027

Informational Zoom call: 5pm ET, October 13, '26

Collette presentation of 15-day African Safari through Kenya and Tanzania. including:

- Nairobi, Kenya
- David Sheldrick Wildlife Trust Elephant Sanctuary
- Karen Blixen's Out of Africa Farmhouse
- Amboseli National Park with views of Mt. Kilimanjaro
- Ngorongoro Crater, a UNESCO World Heritage Site
- The legendary Serengeti National Park
- Tarangire National Park
- Seven included game drives in search of Africa's famous "Big Five" wildlife
- Cultural experiences with local communities and the Shanga Project

The Oct 13 Zoom presentation describes the itinerary, accommodations, airfare, pricing, and optional extensions of this truly memorable African safari.

Zoom registration: <https://collette.zoom.us/j/82495106818>



For details: <https://groups.gocollette.com/en-US/link/1433772>

January 4-8, 2027

Gore is a club favorite Adirondack skiing/boarding destination.

2537' vertical, 110 trails

GORE MOUNTAIN



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)

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

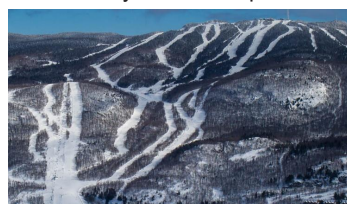
\$100.00 due with registration form, full payment required by November 1, 2026

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 the delightful village.



Trip full. Wait list only!

(Rates are based on current exchange rate, could vary slightly)

Room Type	Occupancy	w/ 4-Day Lifts	No Lifts
1 King & 2 Queens	Double	\$830.00	\$536.00
1 King & 2 Queens	Triple	\$835.00	\$540.00
1 King & 2 Queens	Quad	\$700.00	\$405.00
1 King & 3 Queens	Quad	\$835.00	\$540.00
1 King & 3 Queens	5 persons	\$727.00	\$432.00
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

Killington

Mon, March 8 – Fri, March 12, 2027

3 or 4 nights Lodging at **Mountain Sports Inn** on access road.
(Mon/Tue/Wed or Mon/Tue/Wed/Thu)

Hot breakfast included

Wednesday evening Pizza/Pasta Supper (TBD add'l \$)

Lodging

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

Single occupancy (2X above double rates)

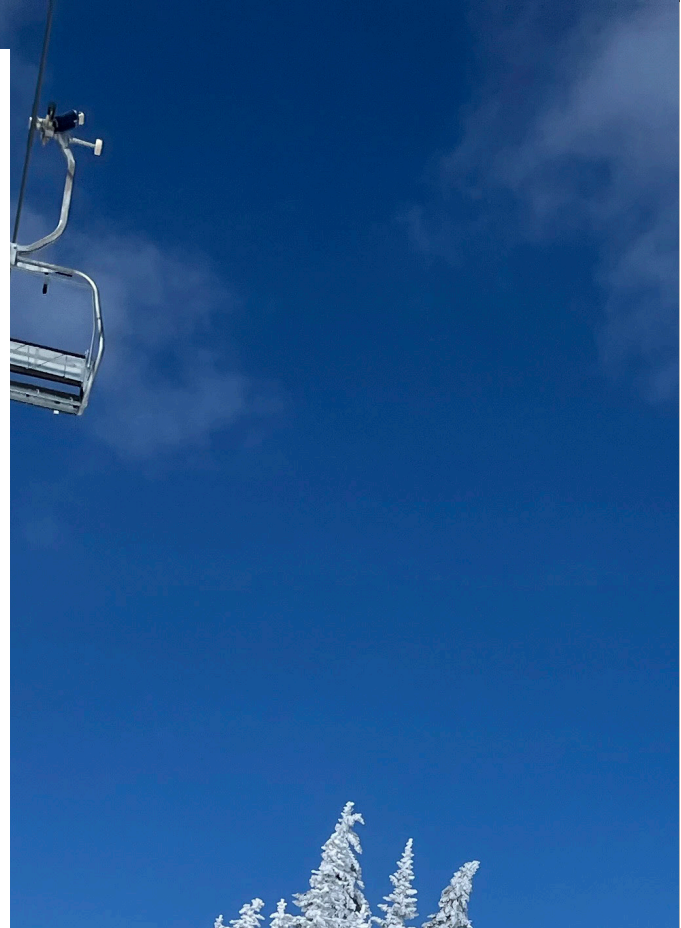
IKON Base Pass holders have 5 days lift access at Killington.

\$100.00 deposit with registration,

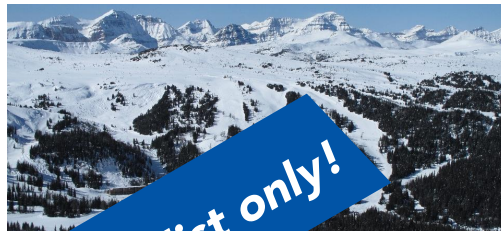
Balance due by February 3, 2027

Cancellation charge \$50.00 after 11/4/2027

Send completed trip registration and deposit or full payment to:
Patrick Cummins, 8 Card Road, Wappingers Falls, NY 12590 845-519-7585



February 27–March 6, 2027



Banff



Canada

SkiBig3 areas:
Banff Sunshine
Lake Louise
Mt Norquay



Trip full. Wait list only!

- ❄ \$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



Upcoming Events

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

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

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

***Oct 13** Colette Informational Zoom Call re 2027 Trip to Africa

***Oct 24** Rail Trail Clean-Up 9:30am behind Page Lumber.

* 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

Oct 2 di'Vine Wine Bar, 3 Market St, Wappingers Falls

Oct 9 Longabardis 1574 Rt 9, Wappingers Falls

Oct 16 Paula's Runway Cafe, 263 New Hackensack Rd, Wappingers Falls

Oct 23 Shadows On The Hudson, 176 Rinaldi Blvd, Poughkeepsie

Oct 30 Marguerita's, 1840 South Rd, Wappingers Falls

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

jimbghahn@yahoo.com

text: 914-213-7250



Rail Trail Clean-Up

Saturday October 24

9:30am behind Rt 55 H.G. Page

(in smaller parking lot nearer to Rail Trail)

Pick up litter from our 2-mile section
(then brunch at local diner)

Let Keith know you're coming:

krfauch@optonline.net

Newsletter Content Submission Deadline

The November newsletter deadline is October 15th. Please send all articles and photos to:
Alan Imhoff at alanimhoff@gmail.com

Membership payment due for 2026-2027

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



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

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



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



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

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.