



Snowfooling

A publication of Inskiers Ski, Board, and Social Club

Issue April, 2006

The Peninsula's best Ski and Social Club for Singles

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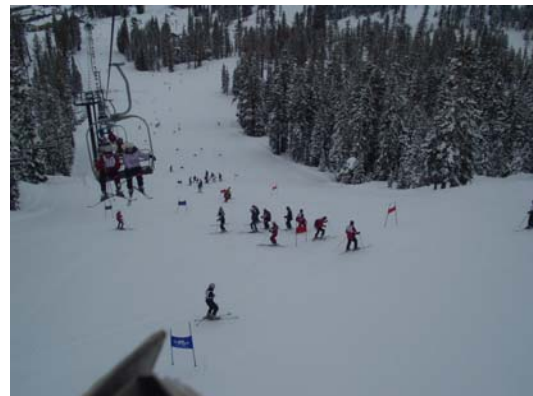
Dave Button and Cate Wilson

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President's Corner

Inskiers,

Just when you thought we would run out of snow it seems like we started endless winter again. Up here in Sonoma County the grass is growing but at the beginning of April the lawn is underwater and the road is flooded out. Our end-of-season races were impacted because of extra snow this year for a change. We've seen rain and dirt before but too much powder? When did this happen last?



Packing the course at Kirkwood
Kirkwood at FWSA Races March 17 2006

Nobody is complaining about a lack of coverage at the finals this year. My kind of spring skiing means Ski for a while and then kick back with the band on the deck and reapply the SPF 45. That kind of spring skiing is starting a few weeks late this year which means write this down:

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Bill says there will be skiing on the 4th of July this year.

I have been running in between rain showers but my bicycle is only collecting cobwebs up here in Sebastopol. Now that daylight savings is here I encourage everyone to switch gears and take advantage of the extra daylight after work. Take yourself, someone or someone's dog for a walk, exercise your bike, play Frisbee, volleyball, rollerblade, golf, swim, whatever. Just do it!

The Year has FLOWN by . Who will be on the board next year? I will be taking off the hat of "El Presidente" but plan to keep my race director hat on. Everyone knows I'm the shy type and it was good for me to stand up and get a little public speaking time in front of friends instead of those pesky reporters for a change. It's been fun and a good learning

experience. I'd recommend it to anyone. Every time I've been on the board it has always been fun because of the people that were on it and it's a great way to get to know the club members better. The club is what we make of it. If you didn't take a turn on the board this year or haven't tried it yet, please join us this next year. If you're thinking about a position ask the person who is doing it now who can tell you more about what is involved.

Cheers,
-Bill Moller
'El Presidente'

PS> Watch for those Inskier e-vent e-mails and be kind to the event host/sponsor and our treasurer by responding and taking care of business promptly



Racers waiting to start, Kirkwood

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Kirkwood Village at Far West March 18, 2006

Social

BJ's March 21 Happy Hour was enjoyed by many.

Jessica, Jan, Allen



Kathi W and Denise

Emil and Angie



Tuesday, April 11th - Spring Potluck @ Cathy & Dave Baird's. Hoards of Inskiers showed up despite the pouring rain. Chef Dave grilled fabulous chicken. Cathy has a beautiful house. Lika, the Border Collie, herded everyone to the table. There were copious amounts of good wine, laughing, gaiety, merriment... In summary - very much a success.



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Friday, April 21st - Happy Hour @ Scott's Seafood in Palo Alto, 855 El Camino Real, Bldg. 1, 650-323-1555, @ the corner of Embarcadero Rd & El Camino Real, across the street from Stanford University. Join host David Falconer for some awesome appetizers and drinks for 1/2 price.



Who is this masked man? Inskier Pacesetter spotted at the award banquet

Cabin

Snow Drifter Cabin Available for Use

Our Inskier Cabin lease is now up, after a successful first year with a weekend cabin! Thank you to everyone who stayed there and made this a success. While we did not quite break even on the lease, we had great usage on several of the weekends. With the snowy weather in March, the large parking lot was very useful and that hot tub came in handy.

However, the ski season is not finished yet, and many of you will be looking for a place to stay.

This is a reminder that Inskiers still has an arrangement with Snow Drifters for use of their cabin on a space available basis on both weekends and mid-week.

To get a reservation at the Snow Drifter's cabin, type the following URL into your browser.

Inskiers Web Site and information:
www.inskiers.com

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- a. <http://www.snowdrifters.org>
- b. At the top of the home page in the black title bar, click on Ski Cabin.
- c. Read all the information on the page.
- d. **Inskiers will be considered guests (but will pay the Inskier rate, courtesy of our club!)**
- e. After reading the info, click on the cabin reservation form.
- f. Please read all the other information on this page as well.
- g. Then follow the instructions for filling out and submitting the form.
- h. **IMPORTANT – put (Inskier Member)** in parenthesis after your name, otherwise you will not get a reservation. You must be a paid up official member of Inskiers for the reservation to be accepted.
- i. **Then submit YOUR PAYMENT to INSKIERS (not Snow Drifters) via check or paypal well before going up to the Snowdrifter Cabin. The cost is \$30 per night.**
- j. Put the following on your check or paypal payment – "Snowdrifter Cabin" and **dates of stay.**
- k. If you use paypal, also send an email to catewilson@aol.com and rel-@pacbel.net, letting us know you used paypal.
- l. Checks can be mailed to InSkiers at:
Inskier Ski and Snowboard Club
Post Office Box 5065
San Mateo, CA 94402

Remember to put the dates of your stay and Snow Drifter Cabin on ALL payments

Happy skiing!

See Inskier photos at:
<http://www.inskiers.smugmug.com/>
Birthdays

March (Aries/Taurus)

04/02 Sandy Northen
04/03 Allen Brumm
04/03 Joe Lococo
04/05 Craig Faitel
04/09 Gary Durr
04/11 Debra Summers



04/11 Paul Botorff
04/11 Theresa Stegman
04/17 Mary Ann McKay
04/22 Sherri Norbosh
04/25 Tom Kochenderfer
04/27 Sonia Martinez

**Inskiers Mail Address:
P.O. Box 5065, San Mateo, CA**

Weather and Road Condition

Truckee weathercam:

<http://www.magnifeye.com/>

Inskiers Web Site and information:
www.inskiers.com

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Road conditions:

<http://www.dot.ca.gov/hq/roadinfo/i80>

Northwoods and Donner Pass weather cam:

<http://www.communityink.com/cam/index.cfm>

Northstar Weather Cam:

<http://www.rsn.com/cams/north>

Alpine Meadows:

<http://www.skialpine.com/#>

Racing Scene



SKI_RACE_SKI_RACE_SKI_RACE_SKI_RACE_SKI_RACE_SKI
Singles League Racing 2006 Race

Singles League Racing

FWSA Kirkwood Winners:



John Baker enjoying being wrapped with raffle tickets by Kathy Silver

Front row: Kathy Silver, Jessica Disney, Karen Albrecht, Deborah Summers, Back row: Craig Faitel, Jan Shriner, Allen Brumm, John Baker,



The final Norcal race was cancelled due to

toooooooooooooooooooooo much snow again!

Support the Tahoe Adaptive Ski School/Disabled Sports Program.

Inskiers Web Site and information:
www.inskiers.com

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Greetings Fellow Inskiers, at the BAC meeting, President Dennis Hefley announced the results of the

"Ski For All" at Alpine Meadows to raise funds for disabled skiers at the Adaptive Ski School. Even though the event was held in extremely inclement weather this year, the BAC managed to raise over ten thousand dollars to help further a very worthy program. Everyone who ran the event was extremely pleased with the amount raised for the school and its activities.

Of all the clubs in the Singles League, the Inskiers raised the greatest amount from contributions - \$1,400. Of the thirty-one plus clubs in the BAC organization, the Inskiers came in a close second in donations only to the Snow Chasers and ahead of Apres' who raised the third highest amount.

The generosity of the Inskiers Ski Club and their willingness to participate in a fund-raising event that is most dear to the BAC and the skiing community at Lake Tahoe has won a lot of "good press" and recognition for the club. It did get noticed. We stand out from the other clubs. It feels good to be an Inskier when you are at activities with other clubs.

This year's Inskier fund raising for the annual *Ski For All* was managed by Kathy Silver. It was Kathy that volunteered to go to all of our events and promote the Adaptive Ski School. She collected our checks and took the total to the Ski For All.

So ... many kudos to Kathy and to all that contributed. You deserve to be applauded. Good job.

Bob B.
Inskiers, BAC Rep.

Singles League News

Inskiers, we are coming up on Fundraiser Season. Hard to believe with all our new snow. It is like ski season is just starting all over again! Here are some save the dates for you all to mark on your calendars.

May 4 Rusty Bindings Spring Dive and Dine Camping trip

May 20 Snowdrifters Fundraiser Vasona Park Los Gatos

June 24 Rusty Bindings Fundraiser

Sept 9 Inskiers Fundraiser Huddart Park

Sept. 30 San Francisco Fundraiser

Oct. 14 Botabaggers Fundraiser (tent. date)

Nov. 18 Singles League Snowball Crown Plaza Hotel Foster City

Safety

SUN SAFETY

SPRING SKIING & SUN SAFETY

Everyone loves to be skiing down the slopes on a beautiful Spring day. But while we're out there, we could be doing irreparable harm to our skin. What are the worst skiing hazards? Avalanches? Ripped knees? Perhaps. But sun induced skin damage has more occurrences than snow slides and popping ligaments. More than a million people in the U.S. will be diagnosed with skin cancer this year -- one person dies every hour from skin cancer -- and most of those cancers are caused by exposure to excessive sunlight.

Snow skiing & boarding pose a high risk of sunburn because UV radiation is more severe in alpine regions than at sea level; up to one quarter more severe at altitudes of 6000+ feet. The level of UV light today is higher than it was 50 or 100 years ago. This is due to

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a reduction of ozone in the earth's atmosphere (the Ozone Hole). Ozone serves as a filter to screen out and reduce the amount of UV light that we are exposed to. With less atmospheric ozone, a higher level of UV light reaches the earth's surface.

In addition, snow is very efficient at reflecting (rather than absorbing) UV radiation. Depending on the age of the snow, around 50 to 90 per cent of UV radiation is reflected, which puts areas such as the chin and nose tip at increased risk of sunburn. Did you know?

- Nearly half of all new cancers are skin cancers.
- According to the American Cancer Society, more than 1 million new cases of skin cancer will be diagnosed in the United States this year.
- About 80 percent of the new skin cancer cases will be basal cell carcinoma, 16 percent are squamous cell carcinoma, and 4 percent are melanoma.
- Both basal cell carcinoma and squamous cell carcinoma have a better than 95 percent cure rate if detected early.
- The incidence of melanoma more than tripled among Caucasians between 1980 and 2004.
- More than 77 percent of skin cancer deaths are from melanoma.
- Melanoma is the fifth most common cancer in men and the seventh most common cancer in women. (Excluding basal cell carcinoma and squamous cell carcinoma, which together are most common cancers in both sexes.)

Don't be fooled by cold and cloudy days - you can still get sun burnt. All exposed areas of skin should be covered in waterproof, broad-spectrum SPF 30+ sunscreen. Apply sunscreen about 20 minutes before venturing

outside to allow absorption time. Take sunscreen and reapply regularly. Don't become a *statistic!*

Karen Halpin (Rusty Bindings member, former President, Vice-President, Social Chairman and Special Events Coordinator)

BAC News

April 2006

The deadline to return your BAC lift ticket vouchers for credit is May 2, 2006 at the next Inskiers general meeting.

The BAC ticket purchase program allows you to purchase lift tickets to most of the Lake Tahoe ski resorts for an average discount of 15%. At the end of the season unused lift tickets can be returned for credit towards the following ski season's lift ticket purchase. You owe no money now. A small fee will be collected in the fall to recycle the vouchers.

BAC lift ticket voucher returns are due by May 2nd. You may bring them to an Inskier meeting. A mail in address will be posted shortly. No money is due at this time. You will fill out a form and pay a small fee next fall. The deadline for voucher returns is not flexible. Bring them in as soon as you can.

- 120 spots have already been filled on next years Steamboat ski trip. It is filling up fast.
- Mike Rogers (Mr. Open League Racing) announced that he is getting married and moving to Arizona.
- Ray Muggley (Apres' Lodge Manager) announced he is also getting married and will leave the Apres' lodge at Kings Beach.
- Steve Gravstadt (Botta Baggers/BAC Travel) is retiring to Grass Valley.

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Thank you,
Bob (Your BAC Rep)

BAC Man and Woman of the Year named:

Congratulations to:

John Shultheis of Apres' and Paula Kinahon of
Castro Valley.

FarWest Ski Association Convention at the Hyatt
Regency in Santa Clara ~ May 30 ~ June 4, 2007.

As with all accomplishments in the BAC and your
ski club, we depend on our volunteers for their
vision and energy to make things happen. There
are plenty of opportunities to be a part of the 2007
FWSA Convention and assist us with all that will
need to be done. Keep you eyes open for other arti-
cles and details!

Thank you for being the one who makes the
difference!

**The 74th Annual FWSA Convention,
21st Annual Silent Auction &
19th Annual Travel Expo**
will be held June 8-11, 2006 at
The Sheraton Wild Horse Pass Resort and Spa
in Chandler, Arizona

Go to www.fwsa.org and look under "convention
for further details. It is going to be GREAT!
The following year, WE ~ The Bay Area Snow
Sports Council will be hosting the **75th Annual**

BAC and FWSA Travel Update

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Go to www.fwsa.org and look under "convention" for further details. It is going to be GREAT!

The following year, WE ~ The Bay Area Snow Sports Council will be hosting the **75th Annual FarWest Ski Association Convention at the Hyatt Regency in Santa Clara ~ May 30 ~ June 4, 2007.**

The Far West Ski Association (FWSA) and the Bay Area Snow Sports Council (BAC) are organizing some Great adventures to far off lands this year an it is not too early to start planning for them. Take a look at some of the offerings below: BAC and Far West offer trips for ski clubs and any member can participate.

Coming Events:

[17 FWRA Optional Race Clinic - Kirkwood](#)

[17 FWRA Pacesetter Trials SL & GS - Kirkwood](#)

[18 Far West Championships SL - Kirkwood](#)

[18 FWRA Awards Dinner - TBA](#)

[19 Far West Championships GS - Kirkwood](#)

[19 Skiing For Schools/Boarding For Schools, Su, \\$20 lift ticket for Sugar](#)

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Bowl. See www.exined.org/news-ski_for_schools.htm for more details.

[25 BAC/Disabled Sports USA Far West - TASS Benefit Bash, North Tahoe Conference Center, 8318 N Lake Blvd, Kings Beach, 7-11 pm, \\$45 advance/\\$50 door/\\$1200 for table of 10, live band, food, wine sampling, silent auction, Contact: Mary Roll \[mary@dsusafw.org\]\(mailto:mary@dsusafw.org\) 530-581-4161](#)

[31 NorCal Optional Race Clinic - Alpine Meadows](#)

April 2006

[1 NorCal Championships SL - Alpine Meadows](#)

[1 BAC Ski For All/Disabled Sports USA Far West fundraiser at Alpine Meadows](#)

[2 NorCal Championships GS - Alpine Meadows](#)

[9 Skiing For Schools/Boarding For Schools, Su, \\$20 lift ticket for Alpine Meadows.](#)



<http://www.fun-and-sun.org/>

Wet Start Party: May 6, 2006
7:00PM-Midnight at the [Lookout in Sunnyvale.](#)

This is the big season kick-off party for Fun &Sun! It will include a raffle, great prizes from our favorite sponsors, Music, free giveaways to the first 100 people who sign up for membership, and much, much more. Sign up for the season, dance, catch up with your friends, and reminisce over pictures and videos from years gone by. Live music provided by [The Buffalo Chips](#). Beer, wine, and soft drinks, and snacks will be served. \$15 at the door. Cash bar also available

The editor apologizes for any oversights, misspellings, or incorrect rumors that may have been heard. Please contact anyone who will listen to your complaints, but whatever you do, please don't call the editor.