



# Snowfooling

A publication of Inskiers Ski, Board, and Social Club

Issue February, 2007

The Peninsula's best Ski and Social Club for Singles

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## Welcome Snow 2007



We finally got some snow. The races are underway, but it has been a difficult season, with first not enough snow, then too much snow to race. Make up races underway the end of February.

The cabin is fantastic this year, and everyone is pleased with parking, accommodation, living space makes for a very fun and festive stay in Tahoe.

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

## The Peninsula's best Ski and Social Club for Singles

**Have you bought your tickets for Racey Affair yet?** It is at a new venue this year, right on the lake at the North Tahoe Conference Center, located in Kings Beach!

Mark you calendars now for March 3<sup>rd</sup> and contact Lisa Burgess or Karen Albrecht for your tickets. Don't miss out. There will be a full moon that night to make it an even more memorable evening. See the flyer at the end of the newsletter for details.

### Social

We have lots of fun activities for Inskiers and their friends to check out in the upcoming months.

We are planning a Billiard Night on Friday, 2/2 in San Mateo...bring a friend everyone...

In February we will have our first General Meeting of the month, 02/06, at Any Mountain in Redwood City...stay tuned for some discount shopping...:-)

Our Beer Fridays are on-going and a great place to hook up with Inskiers.

Next month is our 2<sup>nd</sup> annual "Death by Chocolate" Valentine Party at David Falconer's in Menlo Park on 2/13...a flyer will follow...☺

If anyone is interested in hosting an event, please contact Social and we'll pencil it in the calendar!

Cheers!

Denise G.  
Your Social Chair



Some Inskiers having fun during the Valentine Party



Angie and Cathy Baird at Death By Chocolate

Inskiers Mail Address"  
P.O. Box 5065  
San Mateo, CA 94402

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Elizabeth dancing the light fantastic at the Death By Chocolate hosted by David Falconer.

The Inskier cabin was tested as the ultimate party house the end of January when a birthday was celebrated for your newsletter editor. Cathy was up til midnight making the cakes the night before (wink, wink) and they were enjoyed by about 20 Inskiers visiting for the wonderful

dinner prepared by Angie for



everyone. Many thanks Angie for the gourmet chicken meal with all the fixin's.

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weights and high repetition, will compliment your aerobic training.

Don't forget to continue these exercises and conditioning through out the ski season and continue all year long for the next season.

### Cabin



The Inskier Cabin is OPEN!!! The cabin is located on Christie, in the Tahoe Donner area. The Cabin Phone # is 530-587-7121.

The three story, 4 bedroom + loft and 3 full bathrooms cabin with a very open kitchen, dining room, living room area is the place to be seen and the best place to meet other Inskiers interested in skiing. We have a stereo, DVD player, VCR player, TV.

We have the cabin this year from January to May. The following are the cabin packages open to club members:

Top left shows Kathy with the Birthday cakes, top Right shows Jeff, Jessica, and Jan. Bottom left: Niki and Craig

### Safety

#### **Ski fitness and conditioning**

Do not try to ski yourself into shape. Be in shape before you get to the top of the mountain. Poor fitness and conditioning are major contributing factors of ski injuries. Prepare months before your planned ski trip with a good strengthening and conditioning program. One should utilize aerobic and stretching exercise which targets the hip and thigh muscles such as cycling, StairMaster, step aerobics and swimming. Weight training, using light

\$600 Unlimited Use - Non-Refundable (7 day limit per stay)  
\$300 Non-Refundable ANY 12 nights  
\$35.00 Friday, Saturday night's members only  
\$25.00 Sunday thru Thursday, members only  
\$45.00 p/night non-members  
Any stays longer than 7 consecutive days must be pre-approved by the cabin director.

Contact Dave Button or Angie Imura to purchase cabin-time or to get for more information.

## Weather and Road Condition

Truckee weathercam:

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

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

Singles League Racing 2006/7  
Singles League Racing

### Racer Registration for Norcal and FarWest

Make sure you get your reservations in for Norcal and FarWest. See the flyer at the back of this newsletter. Get your payments and registration forms into Karen or Lisa by these dates: Norcal no later than **March 14** - FarWest no later than **March 22nd**

## BAC and FWSA Update

BAC February Update

**Convention Volunteers - Table Decorations** - Get in touch with your inner creative spirit (or in the absence of that, if you can follow directions, I need you!). I'm looking for a few good men/women to help me out with the table decorations for the Far West Annual Convention, to be held in May/June in Santa Clara, CA. Basically, the task will be to help assemble decorations and/or haul them over to the convention on Saturday, June 2<sup>nd</sup>. If you can spare an evening or afternoon to help out, please email [catewilson@aol.com](mailto:catewilson@aol.com). I'll host a couple of construction parties, complete with munchies and "soft" libations - don't want to have the decorations lopsided. Also needed are donations of playing cards. If you have any old decks you don't want, please save them for me and bring to the first club meeting of the month (through April!)

## The Peninsula's best Ski and Social Club for Singles

Some upcoming local ski events to watch out for are:

**Skiing for Schools Days**- the Tahoe Schools discount lift ticket benefit program is being continued this year. Most Skiing for Schools days will have a limited number of tickets available for purchase (\$20) at all Porter's locations (Truckee, Tahoe City and Incline Village). Tickets will come available the week prior to each Skiing for Schools Day except for Alpine, which will sell reduced tickets at the resort on their day.

Remaining Skiing for Schools Days:

Homewood - Sunday, Mar. 18

Sugar Bowl - Saturday, Mar. 24

Alpine Meadows - TBD \*\*

Call 530-550-7984 with questions. Go to [www.exined.org/skiing-for-schools](http://www.exined.org/skiing-for-schools) for more info.

**Save 50% Off Dinner Entree At 37 Participating North Lake Tahoe Area Restaurants - Dining for Schools** - As part of this popular program, 37 restaurants in North Tahoe and Truckee offer half-off entrees during the spring (April 23 - June 14, 2007). In addition, almost half of these restaurants participate in an "extended period" and offer this special discount during the winter months from January 7 to April 12, 2007.

Dining for Schools Cards at \$45 each may be purchased online with PayPal or at various retail locations. It is non-transferable but can be used multiple times. Go to [www.exined.org/dining-for-schools](http://www.exined.org/dining-for-schools) for more info and list of participating restaurants.



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### 2007 NORCAL CHAMPIONSHIP

RACE PREPARATION CLINICS  
SPONSORED BY  
OPEN, SIERRA AND SINGLES LEAGUES

Friday, March 16, 2007  
Morning Session, 9:15 to 12:00: **SLALOM**  
Afternoon Session, 1:00 to 3:45: **GIANT SLALOM**

#### COST

**\$36** One Session OR **\$56** Two Sessions  
Discount Lift Tickets Available At Alpine \$41

#### HOW TO REGISTER

Send An E-mail With Your Race Level to Debi Phelps  
[GoFastDebi@yahoo.com](mailto:GoFastDebi@yahoo.com)

#### HOW TO PAY

Friday Morning At Alpine Meadows 7:30 to 8:15AM

OR

Thursday Evening 7:00 to 8:30PM  
at my Home 10035-C Nicolas Dr., Truckee  
530-582-1908 for directions  
**CASH OR CHECK** made out to Debi Phelps



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Craig Faitel leading the awards ceremony as Inskier Race Director Karen Albrecht hands out the spoils for excellent racing to Bill Moller and Bill Dwyer

Denise and Dave Baird show their medals

