



# Snowfooling

A publication of Inskiers Ski, Board, and Social Club

Issue January, 2006

The Peninsula's best Ski and Social Club for Singles

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closed with rain a couple of days between Christmas and New Years Eve.

**WHAT A DIFFERENCE A DAY MAKES!!!!**  
**2006 HAS BROUGHT A BIG CHANGE AND IT IS SNOWING,**



**SNOWING, AND SNOWING!!!!** The first official snow pack check was done January 4<sup>th</sup> and we are 10% above normal for this date.

The weekend forecast looks promising for a great race weekend with new snow and SUNSHINE! Conditions are going to be great for our first race of the season at Homewood, then Northstar.

If you haven't signed up to race yet, hurry and contact Allen Brumm and get yourself registered. If you really can't decide beforehand, you could be a drop-in for each race. Racing is the best way to meet other people in your club and enjoy a common fun experience on the mountain no matter what your skill level. We have something for every one.

2005 closed with a warm and soggy New Year's Eve. Those brave souls who ventured to Tahoe found the slopes

Don't forget to make your reservation for the cabin.

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

### Cabin

This is just a quick update to let you know what is happening with our cabin.

As of Wednesday, Jan 4th we have filled all but 1 bed for our first weekend, Jan 6 & 7!

This gets us off to a great start for this ski season!

There is still lots of space for upcoming weekends, but I'm recommending you get your reservations in early to be sure to have a bed!

We have finalized the dates for our 7th weekend at the cabin. The final dates for all the weekends are:

<u>Weekend Dates</u>	<u>Corresponding Race Dates</u>	<u>Race Location</u>
1. Jan 6 & 7	Jan 7 & 8	Homewood & Northstar
2. Jan 27 & 28	Jan 28 & 29	Homewood
3. Feb 10 & 11	Feb 11 & 12	Sugarbowl
4. Feb 24 & 25	Social Weekend	
5. Mar 3 & 4	Mar 4 & 5	Alpine and TBD
6. Mar 10 & 11	Social Weekend	
7. Mar 31 & Apr 1	Apr 1 & 2	NORCALs at Alpine

In addition to our own cabin, we are working on arrangements with Snow Drifters for use of their cabin mid-week and for overflow if our cabin is filled. Once these arrangements are finalized an email with the information will be sent to the Inskier distribution list.

Inskier Cabin Rates - \$30 for members and \$35 for guests.

- Priority on race weekends will be for racers, other members and then guests.
- Priority on social weekends will be for all members, then guests.
- "Weekend" means Friday and Saturday night with check-in at 3PM Friday and check-out by noon Sunday.

- **For Reservations email [InskierCabin@AOL.com](mailto:InskierCabin@AOL.com)** with your request (name of person(s), whether you want a single bed or will share (note name of all sharers must be included at time of reservation), and the weekend dates.) Then send your payment **and waiver** to our post office box or via Paypal payment. If you use Paypal, you must still mail your waiver to our post office box.

**CABIN TIP #1: When bringing a guest to the cabin, please make sure the guest has signed a waiver and that the waiver has been sent or given to Membership BEFORE going up to the cabin! Email [membership@inskiers.com](mailto:membership@inskiers.com) to have a copy of a blank waiver sent to you.**

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



The cabin is located at:  
13177 Davos Drive  
Tahoe Donner  
(only about 1.3 miles up  
Northwoods Blvd.)

See you at the cabin,

Your Winter Directors.

### Social

**Tuesday, January 10th** - in lieu of our potluck we will be having an Open House at Any Mountain, 928 Whipple Ave., Redwood City starting @ 6:30pm. We will provide some munchies and bevies, but the main event is Any Mountain will be offering a 10% discount on merchandise in their store. How about that? I encourage you all to please bring a guest and take advantage of this great evening!

**Saturday, January 14th** - Saturday Night Billiards @ B St Billiards, 64 South B St., San Mateo..(650) 343-1875. Come play some pool and party with the Inskier's. We'll have pizza delivered or venture out for sushi...Starts @ 7pm.

**Tuesday, January 17th** - Open Night...anyone want to host a Happy Hour somewhere?

**Thursday, January 19th** - Adventures in Dining @ Creola's, 344 El Camino Real in San Carlos..Hosted by Bob Burke and Denise G (that's me). Please contact Denise @ [deniseq57@sbcglobal.net](mailto:deniseq57@sbcglobal.net) if you are interested.

**Tuesday, January 24th** - Margarita Night at Chevy's...not sure if we'll have a General Meeting going on, but hey, let's get together and share some good laughs and talk skiing for the upcoming race weekend!

**Friday, January 27th** - Beer Friday @ Devil's Canyon Brewery, 111 Industrial Rd., Belmont..(650) 592-2739. From 5:30pm until 10pm. Come taste some home- made brews!!

**February 14** Valentines Day Potluck

See Inskier photos at  
[www.inskiers.smugmug.com/](http://www.inskiers.smugmug.com/)

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

### Social



**Maurice Hoory's Christmas party is once again a huge smash. Thank you Maurice for opening your beautiful home for all to enjoy a celebration of the holidays with a pot luck social event.**

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

**Inskiers Mail Address:**  
P.O. Box 5065, San Mateo, CA  
94002

### Birthdays

Wish your friends happy birthday, buy them a drink, send them a card, give them flowers, or better yet, give them a home baked cake. Tell them they are special. After all, being an Inskier makes them special.

January (Capricorn/Aquarius)

Steve Duncan Jan 5  
Tyler Tollstrup Jan 13  
Larry Lutz Jan 13  
Pam Magnant Jan 14  
David Baird Jan 16  
Bill chapman Jan 16  
Alison Schultz Jan 18  
Jessica Disney Jan 27  
Lynne Ginsburg Jan 29  
Bob Baker Jan 31



## INSKIER OPEN HOUSE

Join us for an Open House at the Any Mountain in Redwood City, on Tuesday, January 10th, 2006 from 6:30 - 9 pm. Bring many guests!!! Spread the word! You must know **SOMEONE** who wants to check out the club that you have been raging about!

Didn't get all the snow gear you asked Santa for? Well, Inskiers and guests will receive a **DISCOUNT**, that night only, on merchandise.

Munchies and bebies will be provided. Please RSVP to Angie Imura, so she can give Any Mountain a guestimate on numbers.

### Weather and Road Conditions

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/#>

Inskiers Web Site and information:  
[www.inskiers.com](http://www.inskiers.com)

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

## Racing Scene



SKI\_RACE\_SKI\_RACE\_SKI\_RACE\_SKI\_RACE\_SKI\_RACE\_SKI  
**Singles League Racing 2006 Race**

Are you ready? First day is finally here ...

## Singles League Racing

There are two different resorts set for racing this weekend January 7 and 8, 2006.

Saturday – **Day one Homewood**. GS course on the same run as last year. Final start times will be posted prior to the race.

Location for check-in is **SOUTH LODGE**.

**Time 7:15 - 8:30** get bibs, check in, get ticket and get on the chair lift.

Note the extra 15 minutes, please show up early. There are a lot of racers to get registered

9:30 Beginner - Help will be provided for first time racers. Run not determined.

10:00 Intermediate S9-S10 **Hidden Vain to Second Creek**

11:30 Advanced S0-S3 & S6-S8 **Hidden Vain to Second Creek**

1:00 Expert S0-S5 **Hidden Vain to Second Creek**

Sunday - **Day two Northstar**

**Meet in the TIMBER CREEK RESTAURANT** (first restaurant on the left as you enter the Village).

Time 7:30 - 8:30 Get up the Gondola early!

Race times are tentatively planned as follows:

9:30 Beginner **PIONEER**

10:00 Intermediate S9-S10 **PIONEER**

Note: Because we are able to use to different runs the times are closer together.

11:00 Advanced S0-S3 & S6-S8 **SURPRISE**

12:30 Expert S0-S5 **SURPRISE**

Awards will be at 3:45 on both days.

Saturday we will have Beer on tap from 2:45 until it runs dry. (Collier / Kimberly)

Have fun and good luck,

Craig Fایتel - Race Chairman Singles League

<u>Date</u>	<u>Day</u>	<u>Event</u>	<u>Location</u>
1/07/2006	Saturday	GS	Homewood
1/08/2006	Sunday	SL	Northstar
1/28/2006	Saturday	SL	Homewood
1/29/2006	Sunday	GS	Homewood
2/11/2006	Saturday	SL	Sugarbowl

Inskiers Web Site and information:

[www.inskiers.com](http://www.inskiers.com)

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

2/12/2006	Sunday	GS	Sugarbowl (Mac T, Long GS)
3/4/2006	Saturday	GS	Alpine Meadows
3/4/2006	Saturday	Racey Affair	Cal Neva, Stateline Nevada

### FarWest Schedule

3/17/2006	Friday	Pacesetter	Kirkwood (tentative)
3/18/2006	Saturday	SL	Kirkwood
3/19/2006	Sunday	GS	Kirkwood

### NorCals Schedule

3/31/2006	Friday	Pacesetter	TBD
4/01/2006	Saturday	SL	TBD
4/02/2006	Sunday	GS	TBD

## Safety: Fitness for the Casual Skier

### SKIING FITNESS EXERCISES

Fitness exercises for skiing, should not be ignored, as skiing is for most people a recreational sport that they participate in once or twice a year. For this reason most individuals are poorly conditioned prior to their skiing activity, and pay the price of sore muscles, reduced time on the slopes and injury.

Your skiing fitness program should begin a minimum of 8 weeks prior to your time on the slope. The key areas to look at are, **muscular strength and endurance**, especially in the muscles in the legs. **Flexibility**, having a good range of movement in your joints will enable your body to adjust to any sudden changes in your direction and also help prevent injury when you fall. **Aerobic** training will enable you to ski longer, as fatigue results in poor concentration ending in injury from crashing.

Most injuries occur in the afternoon of the first two days. The following skiing fitness exercises, will hopefully aid you to enjoy your time on the slopes.







### WEIGHT TRAINING EXERCISES LOWER BODY



Seated leg extension machine **Quads**. Keeping your back firmly into machine, place your feet under the foot pad, about shoulder width apart, just above your ankle level.

As you develop your leg strength, aim to work for 3 sets of 10 - 12 reps, followed by 1 - 2 sets of 50% weight, using 1 leg for 4 - 8 reps.

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	<p><b>Calf machine.</b> Most modern gyms will have a calf machine, if not that use either a Smith Machine or Barbell across your shoulders.</p> <p>Stand straight with the balls of your feet on the platform, with the shoulder weight cushions comfortably placed on your shoulders, - avoid being bent up, or straining to reach the supports.</p> <p>Lift and lower slowly for 2 - 3 sets of 10 - 12 reps working for a full range.</p>
	<p>Cable adductor and abductor pulls, <b>Inner / Outer Thighs</b>. Aim for 2 sets of 10 - 12 reps with a suitable weight. Work one leg, then simply turn around to face the other way, in order to work the abductors.</p> <p>Repeat on the other leg. Count the number of reps that you can do, in order to gauge the difference if any in strength in each leg.</p>
	<p>Leg Press <b>Quadriceps</b>. There are a number of foot positions you can use to work the different muscles of your quadriceps, you can have your feet close together - wide or shoulder width apart.</p> <p>Work for 3 sets of 10-12 reps, for first set work with your feet close, then normal and finally wide, with toes pointing outwards.</p>
	<p><b>Hamstring Curl Machine.</b> Use a suitable weight and perform smooth reps. Avoid pushing yourself on this exercise, as most people's hamstrings will tend to be tight, and can easily be damaged.</p> <p>Aim for 2 - 3 sets of 10 - 12 reps, using a light weight for your first set.</p>
	<p><b>Gluts / Hip Flexor Cable Pull</b> Connect a foot strap around a leg, just above the ankle joint, and attach this to a low cable pulley.</p> <p>Aim to keep your legs and back straight throughout the exercise, to help isolate the gluts, holding a secure object for balance.</p> <p>Work for 2 sets of 10 - 12 reps, on each leg - facing forward (gluts) and rearward (hip flexors).</p>
	<p><b>Complete Lower Body.</b> A combination of either front or rear lunges can be performed using a Smith Machine, however always make sure that you perform with a lightweight, enabling your leg muscles to get use to the movement prior to increasing the weight.</p> <p>Aim for 2 sets of 10 - 15 reps each leg, using a light weight, however aim for a full range of movement.</p>

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



**Adductor Machine.** Aim to keep your legs and back in contact with the machine at all times. Some machines will have a combination of settings, allowing the legs to be taken wider, avoid taking your legs out too far, especially for beginners.

It may be useful to warm up your muscles with a lightweight prior to your training weight.

Aim for 2 sets Of 10 - 12 reps with a suitable weight.

Aim to do these exercises twice a week, with at least 2 days rest between sessions. The main muscles used during skiing are those of your quadriceps (thighs), however a total body workout needs to be done, as all of your muscles will be used, and as soon as one of them becomes tired, your skiing ability will suffer.

### *BAC News*

Tahoe Adaptive Ski School/Disabled Sports Program needs your help. They need volunteers to work inside getting people set up ready to ski. This is a worthy cause to donate your time to help those who show tremendous courage and drive in continuing their passion in life in spite of their challenges. Contact Sandy Kiyomura, [communities@skibac.org](mailto:communities@skibac.org)

### *BAC and FWSA Travel Update*

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.

#### **FWSA Ski Week—Feb. 4-11, 2006**

Sign up now for the FWSA Ski Week 2006 which will be held in Telluride, Colorado, February 4-11, 2006. Sierra Council will be staying at both the Cimarron in Telluride or on the mountain in the Mountain Lodge Condos. Call Debbie Stewart at 559-734-9294 for more information.

FWSA Ski Week 2007

FWSA Ski Week 2007 will be held at Steamboat, Colorado. Deposits will be taken after the Telluride trip.

#### **FWSA 2006 European Ski Week Zermatt**

Cost will be \$2,195-\$2,250 including airfare. Optional extensions, pre-trip to Davos and post trip Nile Rive cruise. A few spots remaining. Send your \$200 deposit now to Tucker Hoffman.

If you are interested or need more information, go to: <http://www.skibac.org>

## Racey Affair 2006



<b>WHO?</b>	<b>Racers, Non-racers, Dance lovers</b>
<b>WHAT?</b>	<b>Racey Affair 2006</b>
<b>WHEN?</b>	<b>Saturday March 4, 2006 6pm 'TIL MIDNIGHT</b>
<b>WHERE?</b>	<b>Cal Neva Resort-Spa-Casino Stateline, Nevada</b>
<b>WHY?</b>	<b>Dinner, (cocktails) Awards, &amp; Dancing</b>
<b>Cost?</b>	<b>\$60 per person</b>
<b>Value?</b>	<b>Priceless (of course)</b>

**Celebrate with your friends and your competitors, acknowledge the sponsors  
and dance to the tunes of DJ .**

**RSVP to your Race Director**

**....**

**See you at Stateline**

 **CAL NEVA**

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**R E S O R T • S P A • C A S I N O  
N O R T H L A K E T A H O E**

**Where history repeats itself.**

**But We won't tell...**

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

### RACE PREPARATION CLINICS SPONSORED BY OPEN LEAGUE RACING

All clinics are for new and experienced racers and attendees are grouped according to skill level. All clinics are taught by experienced PSIA instructors who have a race background.

Classes are from 8 to 10 people. There must be at least 8 snowboarders in order to offer a special snowboard group.

Alpine & Homewood clinics run 9:30-12:30;  
Northstar runs either 9:00-12:00 or 1:00-4:00.

Space is very limited, so register early.  
*clinic lift ticket Open League racers*

**Jan. 7 Alpine** \$36 \$39 December 17

**Feb. 4 Homewood** TBD January 14

**Feb. 11 Northstar** same as above January 21

*\* Registration opens to anyone after this date.*

To register, or for more information, please contact:

**Debi Phelps, OLRC Past Chair, PSIA Instructor**

**gofastdebi@yahoo.com**

**707-342-0595**

