



Snowfooling

A publication of Inskiers Ski, Board, and Social Club

Issue March/April, 2007

The Peninsula's best Ski and Social Club for Singles

Executive Board

President

Mike Dwyer

president@inskiers.com

Vice President

Wendy Thompson

Treasurer

Rel Kempf 650.375.1400

treasurer@inskiers.com

Membership

Elizabeth Anton

membership@inskiers.com

Social

Open

social@inskiers.com

BAC Rep and Web Master

Kate Wilson

webmaster@inskiers.com

Newsletter

Jessica Disney

Secretary

Denise Guaraglia

Secretary@inskiers.com

Singles League Rep

Angie Imura

singleasleague@inskiers.com

Racing

Karen Albrecht and Lisa Burgess

racing@inskiers.com

Cabin

Dave Button and Angie Imura

cabin@inskiers.com

Race Season Has Ended



and our fabulous Inskiers scored trophies galore!! Racey Affair proved to be a great night for many racers.

See the race results in the racing section of the newsletter.

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

The Peninsula's best Ski and Social Club for Singles

Social

Hi Inskiers!

We have a few upcoming events in April to keep you busy and have fun too! **4/10, Sandy** will be hosting the **April "Spring" Potluck** at her place in San Carlos. **Starts at 6:30pm, goes until 9:30pm.** This is a great way to catch up with everybody and hook up with fellow Inskiers to plan things to do.

Next Tuesday, 4/17 is an open Tuesday. Inskiers would still like to get together that week, and we got lucky! **Marian McGregor** so graciously volunteered to lead a hike at **Edgewood Park on Wednesday, 4/18.** She's going to start it at **6pm** so please let her know if you are interested. Her email is **marimcgreg@aol.com** but a better way to get in touch with her is by cell phone. **Marian's cell is 650-520-3463.** We've hiked there before and it is a good one. Hopefully wild flowers will abound for our viewing!

After the hike, **Paul Larson**, also volunteered to host a dinner at **The Canyon Inn**, 587 Canyon Rd., Redwood City, 650-369-1646. Paul will make reservations so let him know if you are interested by calling **his cell phone, 650-269-2796.** The dinner will be

immediately following the hike...so, we figure dinner will be at **7:30pm.** If you cannot make the hike but want to do dinner, that works....or if you can't do the dinner, but want to hike, that's OK too. All you have to do is let **Marian or Paul** know if you will be joining them on either adventure!

The following Tuesday, 4/24 is an open Tuesday and if anyone is interested in hosting a **Happy Hour or Game Night**, please let any board member know or respond to this email.

Don't forget to attend the Inskier Auction Tuesday, May 1, 2007 at Chevy's Foster City.

Our new member, Terri Zorn, has graciously volunteered to keep the master list for our auction items this year. Please send her an e-mail with your donations at

terrilynnzorn@yahoo.com

Inskiers Mail Address"
P.O. Box 5065
San Mateo, CA 9440

Safety

Why Is Fitness Safety Important?

Many of us jump headfirst into our exercise, eager to get going. But few of us take the time to become familiar with exercise safety. And

whether you choose to run a marathon or just take a brisk walk around the neighborhood, fitness safety is of the utmost importance. Why? Well, though exercise can be highly beneficial, it can also cause serious damage to your body if you don't do it right. In fact, more than one million injuries every year are the result of poor fitness safety. If you don't

The Peninsula's best Ski and Social Club for Singles

practice safe exercising, you could find yourself nursing a torn muscle or ligament, a broken bone, or worse, you could cause permanent damage to your heart or other vital organs.

Who Needs Fitness Safety?

All of us need to practice safe fitness, no matter what our age or choice of sport. We are all susceptible to injury or illness as the result of unsafe exercising.

Cabin

Just a reminder that we have the **Inskier Cabin** until May 5th. Inskiers is looking for volunteers to close the cabin and help make sure it is in pristine condition when we turn it back over. Contact Angie for details.



2007 Season Results:

SOALL

Craig Faitel - 2nd Place

S2M

Dan Walker - 2nd Place

S4VM

Dave Button - 4th Place

S4OM

Bill Dwyer - 1st Place

David Baird - 2nd Place

Are you, your family and friends looking for a Spring Break? Want a quick, relaxing, cozy getaway with inexpensive lodging? The Inskier Cabin, located in Tahoe Donner, is the answer. For the most part, the Cabin has been vacant during the week. **Take advantage of this Inskier perk!!!** There is still Spring skiing, just ask Dave Button. The snow-shoeing has been fun, just ask Don McCoury. Training for a long-distance bicycle ride? Why not really work your lungs and cycle at 7000 ft/elevation? Truckee has great shopping and the outlet stores! The roads are clear! Mid-week rates are still only \$25; weekends \$35.

Racing Scene

Singles League Racing 2006/7

Singles League Racing

We had a great race season for 2006/2007. Please check out the results below for your favorite racer's results and wish them congratulations.

S5OW

Karen Albrecht - 2nd Place

S5M

Allen Brumm - 4th Place

S6W

Debra Summers - 1st Place

Jan-Lynn Shriner - 2nd Place

Kathy Silver - 4th Place

S7VW

Sonia Martinez - 3rd Place

S7OW

The Peninsula's best Ski and Social Club for Singles

Jessica Disney - 2nd Place
S70M

Bill Moller - 1st Place

Paul Bottorff - 3rd Place
S8W

Denise Guaraglia - 1st Place
S9M

Mike Dwyer - 3rd Place
S9OW

Angie Imura - 3rd Place
S10VW

Cathy Baird - 4th Place
S10M

John Baker - 2nd Place
Paul Larson - 5th Place
SB90M

Leon D'Aquino - 2nd Place

NorCal's were successful:

Saturday SL Race

Craig Faitel - Silver

Dan Walker - Gold

Debra Summers - Silver

Denise Guaraglia - Bronze

Paul Larson - Gold

John Baker - Silver

Leon D'Aquino - Gold

Sunday GS Race

Dan Walker - Silver

Debra Summers - Silver

Jan-Lynn Shriner - Gold

Kathy Silver - Bronze

Bill Moller - Gold

Denise Guaraglia - Gold

Paul Larson - Gold

John Baker - Bronze



Jessica, Sonia and Angie enjoying
Racing Affair



A rare appearance from Karen Borovitz
enjoying a catch up session with Jan in
between dancing the night away at
Racey Affair.



**A Racey
Affair for
John and
Deborah**

The Peninsula's best Ski and Social Club for Singles

Paul Larson and his date - Racey Affair



Singles League

Singles League News:

Singles League is looking for its next President. As the Singles League '07-08 President, you would be coordinating the Snow Ball (this year's SL Board has already leased the facility and booked the band), leading the monthly Singles League Board meetings and representing Singles League at the BAC level. Our very own Kathy Silver will be there to guide you through the year. Anyone interested, please contact me or Kathy Silver.

Fundraiser season for Singles League has begun! The Rusty Bindings will be having their Auction and Dance on Saturday June 16th. A flyer will be sent out soon.

BAC and FWSA Update

BAC March Update

Discount Lift Ticket Program - Any unused BAC discount lift tickets

purchased through Inskiers, may be returned to Cathy Wilson by the May 1st club meeting. Return forms will be available at that meeting and also have been sent to the club via email.

Far West Convention - Come one, come all to the 75th Annual Far West Ski Association (FWSA) Convention, Silent Auction & Travel Expo will be held May 31-June 3, 2007 at the Hyatt Regency Santa Clara. The Convention is being hosted by our very own council - BAC! This is an event you won't want to miss! There are lots of fun activities planned and many opportunities to meet people from other clubs and councils as well as the ski industry.

Early registration forms are due by April 12th to Cathy Wilson. After that, the price for the full convention goes up. Please see the www.Inskiers.com web site for a copy of the registration forms and flyers on all activities.

Just to let you know a few of the activities - there will be a Silent Auction and Dance Friday evening, June 1st that is free to attendees and the public. Other activities include a Pool Party on Friday, the Far West Travel Expo on Saturday morning, a number of meetings addressing topics of interest to clubs, and opportunities to meet and mingle with Industry

The Peninsula's best Ski and Social Club for Singles

Representatives. One highlight of the convention is always the Awards Banquet and Dance, a semi-formal affair with the theme "Diamonds are Forever", Saturday night. Optional activities include The Annual Golf Tournament to be held on Friday, a Pub Crawl on Thursday evening and a Wine Tour and a Kayak Trip also on Friday. A post trip to Monterey is also being offered by the Monterey Ski Club. Come early and enjoy all that Santa Clara has to offer.

Upcoming BAC & Far West Sponsored Trips:

Far West and BAC are working hard on putting together the trip schedule for 2008. As soon as more info is available, it will be posted on www.inskiers.com. However, at this time, two trips are currently taking reservations - China/Tibet in

September 2007 and Whistler, BC in January 2008. The Whistler trip, in particular, is expected to fill up fast. For more information on each trip go to the travel section of www.inskiers.com. If you want to go, please submit your deposit as soon as possible. If the web site cannot answer your questions, please contact the "contacts" listed on the web site directly.

9/14/2007-9/27/2007 or
9/14/2007-10/4/2007 - China and Tibet (Price includes lodging, air, ground transportation including the train from Beijing to Lhasa, tours, some meals, special events for our group.)

1/19/2008-1/26/2008 - Whistler, BC. (Final price will include lodging, air, ground transportation, several parties, 3 races, 6 days of skiing)

Article Contributed To Snowfooling BAC 'Share the Fun'

Inskier Babe Kicks Butt at Sun-Peaks, BC

Yes, our very own Betsey Couch won the "Fastest Racer on the Hill" award at the recent BAC Singles trip to Sun Peaks, BC. Betsey beat out a bunch of expert racers and smoked the course. Here she is being congratulated on her win by Nancy Green, former Olympic gold medalist! Great job, Betsey!

Sun Peaks was WONDERFUL. A huge mountain (actually 3 mountains) - the second largest in Canada, offers skiing for every level and desire. And the runs were

The Peninsula's best Ski and Social Club for Singles

LONG - one at 7 miles and one at 5 and many, many other runs pretty close to that. We had lots of sunshine and Tahoe-like spring skiing.



There were 27 people on the trip, including 4 Inskiers! We stayed at ski in/ ski out condos in the main village. Ski out was really cool. To get to the lifts, all we had to do was go out the back door of the lodge and then we could ski right through the main part of the village down to the lifts. Since the village was pretty small, this process took all of 2-3 minutes! Our condos were super with only 2 people per condo sharing a bath, kitchen, living room, fireplace and deck.



Inskiers Lisa Bohannon, Cheryl Austin, Cathy Wilson and Betsy Couch snow shoe at twilight. All that exercise meant we could really enjoy the waiting fondue.

In addition to all the skiing we got in - 5 days for most of us - we enjoyed a "wine and cheese" reception put on by the Fireside Lodge, a night at the local comedy club, group dinners at the condos, snow shoeing, hiking, dog sledding! One of the big highlights of the trip was a snow shoe tour followed by a fondue (cheese, steak, and of course, chocolate) dinner at the beautiful and elegant Pinnacles Lodge.

Friday was race day and many of the group took advantage of the pointers

The Peninsula's best Ski and Social Club for Singles

that Nancy Greene gave at the top of the course. The "after race" party was a "hoot" ~ especially when the groups racing pictures showed up on the big screen at the local pub, where Nancy Greene again joined us!

Finally we wrapped the trip up on Saturday with some more skiing for those of us who didn't mind a few snow showers, and last minute shopping for those of us who just couldn't leave those ski runs earlier in the week!

The Sun Peaks trip is one that BAC has sponsored before and probably will again in the future. It would be terrific if we have even more Inskiers participating. It was truly a fun event.