



Snowfooling

A publication of Inskiers Ski, Board, and Social Club

Issue October, 2006

The Peninsula's best Ski and Social Club for Singles

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Racing

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racing@inskiers.com

Cabin

Dave Button and Kate Wilson

cabin@inskiers.com

Leading the troops

Let the games begin! Inkie Pres Mike Dwyer and Vice Pres Wendy Thompson taking their charge positions at the Inskiers Annual Fund Raiser Picnic at Huddart Park September 2006.



Dragon Boat Paddle and Wine Tasting Day
Inskiers give a huge thank you to the following groups for donating time and services for this most outstanding Inskiers Event:
BayAreaDragons.org for the free boat
Domenico's Winery, San Carlos
Provided a wide variety of wines created by wine master, Domenic; (650-593-2310)
and **Bacchus Wine Making Club**
(www.bacchuswinemakingclub.com).

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Social

Our annual Fund Raiser Picnic in Huddart Park September 9th was a huge success



Other Fund raisers coming soon ...

Inskiers Web Site and information:
www.inskiers.com

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Bota Bagger's Fundraiser will be held on **Saturday, October 14, 2006**, between 7 pm and ?? Their 50's/60's Rock 'n Roll Night includes: Sumptuous Dinner, Dancing, Prizes, Costumes and More. . . Cost is \$45 per person for pre-sale; \$55 at the door. Dance to Alvin Johnson and the Allstars. Beer, wine, water and sodas for purchase. This fab night will be held at the Alamo Women's Center, 1401 Danville Blvd, Alamo, CA

SNOWBALL: This year, Snow Ball will be right in our own backyard, at the Foster City Crowne Plaza Hotel. This year's Snow Ball will be held on **Saturday, November 18, 2006**. The Singles League Board has chosen a yummy meal and is hard at work soliciting for great raffle prizes. The band Xecutive Suite, will keep us dancing well into the night. But, never fear, the Hospitality Room will be open before and after this fun event. Its fun getting dressed to the 9's and seeing people in something other than skiwear or sweats; meeting people from the other clubs; dancing; great food and drink; and incredible auction and raffle prizes.

Please contact Angie if you need more information on any of these SL events.

Canoe Paddle & Wine Tasting

On Saturday, September 2nd, 18 Inskiers and friends descended into the waters of the Foster City Lagoon. The weather was beautiful. Sunny skies and no wind! I thought this was going to be a leisure sight-seeing canoe paddle around Foster City. A little socializing, a little upper body exercise, and less guilt about the wine I would later consume. What it turned out to be, was a very informative LESSON on Dragon Boats, the Bay Area Dragonboat Club, expert coaching on paddling and THEN after about an hour of arm work and "keeping the back straight," a 500 meter race to the Foster City Blvd bridge, against a team ALREADY in training! Okay, they were a rookie team, but not as rookie as us! The Inskier boat made a respectable showing, but was beat out by a small distance. I'd like to thank Alvin Wang, and our coaches, Steve and Norris, from the SF Bay Area Dragon Club, for a fun, informative, and humbling morning. You can go to www.bayareadragons.org for information on Dragonboat racing and their club. Jan Shriner was determined to swim in the Lagoons! Where DOES she get all that energy? Common sense won out, or was it the advice of Mary Ann Nielson(?), that Jan decided to pack her kayak up and do the 10 things she needed to do, including stopping at Domenico's, before heading up to Truckee.

After the canoeing, it was off to Domenico Winery in San Carlos. Owner, Dominic and his wife, Gloria, provided the Inskiers with an informal, informational tasting of their wide selection of varietals. VP, Wendy Thompson, joined us for the wine tasting, as did Racing co-Director, Karen Albrecht. We tasted several Gold Medal wines. A few of us, okay, Lisa Burgess and I, purchased a whole case of wine! Needless to say, by mid-afternoon, after the tasting, no one felt the soreness in their arms.

After the wine tasting, former Inskier, but current Inskier supporter, Sandy N, had us over for a pot-luck BBQ. I can't re-cap much else because the rest is a bit hazy to me, AND I don't want to embarrass myself, again. However, I'd like to thank the following for coming out and making that Saturday a fun one: Denise G and Ron, Dave B, Cathy W, Mary Ann M,

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Lisa B, Karen A, Jan S, Sandy N, Mary Ann N, Drea, Chuck R, Kathy S, David F and Bonney, Paul L and Catherine, Wendy T, Sara H, Brian B, Giselle and Dennis, and anyone else I missed.
Article courtesy of Angie Imura



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Check out our upcoming events, pencil them in your calendar...don't miss out in all the fun! Bring a friend along too!

Tuesday, October 10th - Potluck at Dave & Cathy's...flyer to follow.

Saturday, October 14th - Botabaggers Annual Fundraiser 50s theme costume party, "The Botafest," at the Alamo Women's Center in Alamo. Checks for 45.00 should be sent to Botabaggers, PO Box 772, Pleasanton, CA 94566 or contact your Singles League Rep Angie @ angii@earthlink.net

Tuesday, October 17th - Board Meeting 7pm. Place to be determined.

Tuesday, October 24th - Open House @ Chevy's Restaurant in Foster City. Stay tuned for more info.

Thursday, October 26th - Adventures in Dining...Looking for a host, anyone interested???

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

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

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

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Mike and Marcie's potluck

Safety

Don't delay!
Now is when you need to be tuning up your muscles.
Do it before skiing begins to prevent injuries that could occur
once the snow begins.

Protection for your vision health

excerpts taken from an FDA article - Updated December 5, 2005

As you slather on sunscreen to protect your skin this winter, don't forget sunglasses to protect your eyes. The same harmful rays that damage skin can also increase your risk of developing eye problems, such as cataracts--a clouding of the eye's lens that develops over years.

In the short-term, people who spend long hours in the snow without adequate eye protection can develop photokeratitis, reversible sunburn of the cornea. This painful condition can result in temporary loss of vision. When sunlight reflects off of snow, sand and water, it further increases exposure to ultraviolet (UV) radiation. These invisible high-energy rays lie just beyond the violet end of the visible light spectrum.

Everyone is at risk for eye damage from the sun year-round. The risk is greatest from about 10 a.m. to 4 p.m. UV radiation in sunlight is commonly divided into UVA and UVB, and your sunglasses should block both forms. Look for a label that specifically states that your glasses offer 99 percent to 100 percent UV protection. You could also ask an eye-care professional to test your sunglasses if you're not sure of their level of UV protection.

Some people choose sunglasses that wrap all the way around the temples. A hat with a three-inch brim can help block sunlight that comes in from overhead.

UVA/UVB

- **UVA:** UVA is ultraviolet radiation with wavelengths from 320-400 nanometers. It passes through the Earth's ozone layer and can cause early aging of the skin.
- **UVB:** UVB is ultraviolet radiation with wavelengths of 280-320 nanometers. The ozone layer absorbs most of the sun's UVB, but even a small amount can do substantial damage. UVB causes skin cancer and may contribute to cataracts.

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Cabin

Great news! We have a cabin again this year from January to May. The following are the cabin packages open to club members:

\$600 Unlimited Use - Non-Refundable

\$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 Cate Wilson 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

SKI_RACE_SKI_RACE_SKI_RACE_SKI_RACE_SKI_RACE_SKI

Singles League Racing 2006 Race

Singles League Racing

Racer Registration:

17 Inskier's signed up already! **I know there are more of you out there.....**Keep sending your Racing Release forms and checks to me or Lisa Burgess. Talk to your friends who ski. Do you have co-workers who ski? Get them to race! Need more incentive...Rookie racers get a gift just for

signing up (courtesy of Singles League Racing)!!!

Pre-Race Party & Open House:

We wouldn't be Inskier's if we didn't have a killer pre-race party. Keep November 4th weekend clear for the party. **What can I do now, you ask? Start inviting your single friends...you must know someone else who's**

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single or who ski's! Have they all joined the club yet? If not, get working on it!

Keystone Nationals:

The Keystone Nationals are scheduled for January 17-21, 2007 in Keystone, Colorado. See the flyer in the back of the newsletter

2007 Far West Championships:

Mt. Bachelor will host the 2007 Far West Championship March 30, - April 1, 2007. Mark you calendars now!

Thank you for your attention and support!
Karen Albrecht / Lisa Burgess
Inskier's Co-Race Directors

Support the Tahoe Adaptive Ski School/Disabled Sports Program.
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Singles League News

Inskiers, we are coming up on Fundraiser Season. Here are some save the dates for you all to mark on your calendars.

Sept. 30 San Francisco Fundraiser

Oct. 14 Botabaggers Fundraiser

Nov. 18 Party of the Year!!!

Singles League Snowball

Crown Plaza Hotel Foster City

BAC and FWSA Update

BAC October Update

Discount Lift Ticket Program - The annual BAC discount ski lift ticket program is

expected to kick off in October. Information will be sent out to the club via email.

Discounted ticket orders will be taken (along with your checks) at the Inskiers general meeting in November. Please watch your email for more info.

Far West Membership Cards - The 2006-2007 membership cards will be given out to club members at the general meetings in October and November. Your membership card entitles you to a number of discounts, including discounts on ski rentals, purchases, sports equipment and some lift tickets. Check out www.fwsa.org for a complete list of benefits.

Convention Volunteers - There are still a number of volunteer positions open for the Far West Annual Convention, to be held in May/June in Santa Clara, CA. If you are interested in helping out, please email catewilson@aol.com. Volunteers are needed in helping to create decorations, putting on events, soliciting sponsors, etc.

Racer's Wanted! - On October 22nd, the annual **Indoor Go-Kart Event** to raise funds for Disabled Sports USAs Tahoe Adaptive Ski School will be held in Fremont at LeMans Go-Kart. Clubs from all over the bay area will be competing. Inskiers has always been a big supporter of DSUSA and wouldn't it be great to send a team, not to mention, win this event!

2-4 Racers are needed, plus a \$225 entry fee. Anyone can attend to cheer on the team.

The event is held from 11:00AM to 2:00PM with one big race at 12:00 noon. You will be briefed on the rules and given all the racing equipment (suit, helmet, etc.). You just need to bring yourself and closed toe shoes.

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If you interested in being a racer, please send an email to catewilson@aol.com.

Also, even if you can't race, please consider donating a pledge (tax deductible) to help fund our entry fee. Pledges should be made out to Inskiers and sent to Cathy Wilson, 1469 Firebird Way, Sunnyvale, CA, 94087 by October 10th.

Photo Contest - Win Some Lift

Tickets! - There is still time to get your photo entry in for the front cover of the annual BAC guide. Pictures of skiing or racing can be submitted to marketing@skibac.org. Include your name and Inskiers club affiliation. Two lift tickets will be given out as a prize.

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

Upcoming BAC & Far West Sponsored Trips:

These trips are terrific value and lots of fun. At this time, several are still open. If you

want to go, please contact the "contacts" directly and submit your deposit as soon as possible. For more information on each trip go to the travel section of www.inskiers.com.

1/27-2/3 FWSA 2007 Ski Week - **Steamboat Springs**. Contact: Norm Azevedo skinorm@sbcglobal.net 925-944-9816

3/3-3/11 FWSA International Ski Week - **Bormio**, Italy. Contact: Norm Azevedo fwsaitravel@sbcglobal.net 925-944-9816

3/3-3/10 BAC Ski Week - **Panorama, BC** Canada. Contact: Steve Grevstad skiersteve@aol.com

3/5-3/11 BAC Singles Ski Week - Sun Peaks, BC Canada. Contact: Dennis Heffley skiheffley@aol.com 925-998-4415

Inskiers, stayed tuned for a special invitation for new ski gear to be offered by Ken's Bike and Ski in Davis sometime in November.

This is the best deal in the Bay Area, a chance to meet Industry Reps and get personal advice when buying new skis at an unbeatable price anywhere.

The Editor wants to pass on special thanks to Denise Guaraglia and Bob Burke for providing photos for this edition.

Thanks to all Board members for providing input for your respective areas of responsibilities, events, and actions.

The Keystone Nationals

January 17 - 21, 2007

Keystone, Colorado

Keystone, Colorado

Keystone Resort is comprised of three incredible and unique mountains. Each mountain offers some of the best terrain Colorado has to offer: steeps, bowls, bumps, glades, rails, lights—you name it, Keystone has it. Or skate all day and all evening on the five acre frozen surface that is Keystone Lake, the largest outdoor maintained ice rink in the country.

Inclusions

- _ 4 night lodging at Soda Ridge Condos
- _ 3 days of lift tickets for Keystone Resort
- _ 3 day race program including Qualifying Race, Giant Slalom Race, and Slalom Race
- _ National Ski Council Challenge with prizes and awards including the Keystone Cup
- _ Awards Banquet Dinner
- _ Complimentary welcome party
- _ Complimentary apres-ski party
- _ Complimentary Adventure Passport, good for activities throughout Keystone Resort
- _ 24 hour pager service
- _ On location staffing
- _ All taxes

(Highly discounted clinics are also available.)

\$470 per person

Please inquire with Moguls about competitive airfare and ground transportation options.

For more information, please contact:

Damian D'Apolito damian@moguls.com

800-925-8914, x6106

www.moguls.com

The Keystone Cup

At the Keystone Nationals, there will be three days of racing, with competitions between Ski Councils from across the country in Slalom and Giant Slalom formats for great prizes and bragging rights. Help your Council win the 2nd Annual Keystone Nationals Championship.

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BORMIO, Italy

Mar. 3rd to 11th , 2007 Ski Week

Far West Ski Assoc. goes to Bormio Italy in 2007

The town is old, but its ski facilities thoroughly modern; site of 2005 World Cup Alpine Ski Races; Skiing for every level and lots to do if you don't ski.

To learn more, visit www.ski2italy.com/resorts/bormio

Prices range: \$1,335 (3 star) to \$1,440 (4 star)
For Single Supplement add \$150

Includes:

Round Trip Delta Air (SFO, LAX, others ?) and all Ground Transfers.

7 nights lodging (double occupancy), Buffet Breakfast & Dinner Daily, Welcome Party and more

Bormio Lodging:

- Hotel Funivia (3 star) ski in/out
- Hotel Genzianella (3 star) across street from lift area
- Hotel Baita Dei Pini (4 star) close to town center
- Hotel Posta (4 star) close to town center

Not Included:

- Departure and Immigration taxes of approx: \$80 p. p.
- Fuel Surcharge of approx. \$150 p. p.
- Lift ticket packages will be available later

Florence to Rome Post Trip week info, side trips and more details on Bormio should be available by July 15th.

FWSA is taking \$200 per participant

deposits now. Priority placement will be based on first received post marked mail envelopes. Deposits are fully refundable until August 1, 2006. Make checks out to Far West Ski Association with Bormio noted in the check "for" space. Please include the following with your check: (1) your legal name and address, (2) phone number, (3) email address, and (4) selected lodging.

Send to: Far West Ski Association (FWSA), c/o Norm

Azevedo, 901 Sousa Dr., Walnut Creek, CA 94597-2922

Please send an email to fwsaitravel@sbcglobal.net to confirm that you have sent a check. For information contact Norm Azevedo at 925-944-9816, or email: fwsaitravel@sbcglobal.net

FWSA CST # 2036983-40



10/4/2006

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Bay Area Singles League Presents:
The 32nd Annual Snowball!

A Black Tie (optional) Evening of Dinner & Dance

Crowne Plaza Foster City
1221 Chess Drive, Foster City, CA 94404
Saturday, November 18, 2006
6:00 pm to 12:00 pm



6:00 to 6:45 pm: Socializing and Cocktails in the Hospitality Suite
6:30 to 7:15 pm: Registration, Raffle and **Silent Auction** (winners to be posted during dance breaks)
7:30 pm: Dinner
8:15 pm: Awards – Man and Woman of the Year
8:30 pm to 12:00 pm: Dancing to live music by “the Xecutive Sweet Band”



\$60 through Tuesday November 14, 2006
\$70 after November 14, 2006 and at the Door—
checks please, no credit cards

Rooms available for \$89 at the Hilton Garden Inn one block away at 2000 Bridgepointe Circle. Call the Hilton Garden Inn for room reservations 650-522-9000. Free Crowne Plaza shuttle from hotel to Snowball and back to hotel! Say you're with the Singles League. Rate available only thru November 3rd

Contact your club's Singles League Representative or Karen H. 925-313-9462 for tickets. Also you may contact Kathy S. at 925-855-0458.

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SKI ANDORRA

ANDORRA & BARCELONA
February 15- 24, 2007



INCLUDED IN PACKAGE:

- Round trip air San Francisco to Barcelona via Lufthansa airlines
- Private transfer from airport to Rivolli hotel
- Hotel Rivolli- Standard Room Double Arrive 02/16/07 for 2 nights with breakfast
- Private transfer from Rivolli hotel to Art Hotel
- Art Hotel 4*- Standard Room Double Arrive 02/18/07 for 6 nights with Breakfast buffet and dinner daily
- Private bus From: Art Hotel Andorra To: Barcelona airport
- 4 day round trip transfers to slopes 35 seat bus From: Art Hotel To: Ski Slopes



PACKAGE PRICE PER PERSON: \$1,455

Round trip air - Air line Taxes/Fuel Surcharges: \$300.00 Not included in price and subject to change until time of ticketing.

RIVOLI RAMBLAS **** Superbly located at the Ramblas, close to Plaza Catalunya and situated in a historic Art-Deco building which has been totally modernized. Many theaters, museums, department stores, boutiques and points of interest are within short walking distance. All rooms are equipped with private bath, radio, remote control TV, international and video channels, direct dial telephone, room safe, background music and mini-bar. A small fitness center, fully equipped with spa, sauna and solarium.



WWW.ARTHOTEL.AD

Urban and modern architecture hotel located in the commercial center of Andorra le Vella yet surrounded by a quiet and privileged setting the Central Parc and just 6km from the access to our country's biggest skiing area.

Art hotel brings a new concept to the country: family owned and managed, it is an innovating, comfortable, elegant hotel where service takes center stage



OPTIONAL MADRID EXTENSION: FEBRUARY 24-27, 2007

- Flight from Barcelona to Madrid
- Private round trip transfer from airport to hotel
- Ambassador Hotel- Standard Room Double Arrive 02/24/07 for 3 nights with breakfast
- 1/2 day city Tour of Madrid



Package price per person Double \$537

MADRID HOTEL **** Located in the Historical centre of Madrid, very close to the Opera, Royal Palace, the Senate and Gran Via. It occupies the old Palace of the "Dukes of Granada de Ega", keeping its original structure. The building was constructed with white granite stone from the mountains of Guadarrama, the same material used for the Royal Palace. They are all equipped with satellite channels, piped music, safe and security doors. It has also the restaurant "El Madroño" and the Bar "Entrepatis" with its original Green House terrace.

First per person deposit at sign up \$1000.00

Second per person deposit \$700.00 October 15, 2006

Final payment due 60 days prior to departure December 1, 2006

Prices based on minimum 20 people



For reservation and information **Contact Karen Albrecht**

712 Matsonia Drive • Foster City CA 94404-1308 • Phone 650-614-7625 • Email: iplaythird@yahoo.com

Inskiers Web Site and information:

www.inskiers.com