

THE GREAT SCHUSS

LEXINGTON SKI & SPORTS CLUB



Newsletter: October, 2019

Club Meeting: October 1

AT Roosters

124 Marketplace Dr.

Lexington

(off Man of War, just west of Nicholasville
rd.)

PROGRAM

Strategies to Prepare for Ski Season
and Effectively Reduce Risk for
Injury

Presented By:

Ryan Shelton, DPT, OCS, Cert. MDT
Philanthro PT

2019 PROGRAMS

October 1, 2019

Back by popular demand! Ryan returns to provide practical hints to assist in physical preparation for snow skiing and boarding as well as injury prevention. Ryan's presentation includes pre-season preventive exercises, warm-up exercises and post-season training. Sport-specific exercises will be demonstrated and he will be available to answer your questions. Don't miss this instructive and enjoyable presentation!!!

UPCOMING PROGRAMS

Watch for the following exciting programs currently being developed for 2019-2020!!!!

- ✚ Presentations by representatives from Perfect North and Paoli ski resorts on the latest news for the 2019-2020 ski season.
- ✚ LSSC custom logo options for all your clothing & gear along with other
- ✚ embroidery designs available from [EmbroidMe of Lexington.](#)
- ✚ An Engineer Explains – So We Non-Engineers Can Understand – the Science of Skis.

SOCIAL

OKTOBERFEST 2019



Restaurant & Bier Stube

Time to get those Lederhosen out of the closet!!

Join the LSSC for German food and the music of "Polka Tuba Quartet".

at Marikka's

DATE: Friday - September 27, 2019

TIME: 6:30 p. m.

**LOCATION: Marikka's Bier Stube
411 Southland Drive
Lexington, KY 40503**

Marikka's is a German restaurant, bar, brewery, and volleyball complex located on Southland Dr, in Lexington, Kentucky.
Kentucky's largest beer selection.

<http://marikkaslex.com>

Don't miss this always popular event!!

NEWS FROM THE EXECUTIVE VICE PRESIDENT

2019-2020 SKI SEASON!!!



PARK CITY/SUNDANCE, UTAH



RED MOUNTAIN, BC



**CRANS
MONTANA
SWITZERLAND**



**SNOWSHOE,
WV**

The OVSC Western trips for the 2019-2020 ski season have now been set by the board of the LSSC. For trip details attend the August club meeting and check the club web page.

The trips and dates are as follows:

Western Trips:

Red Mountain, BC Jan. 25 – Feb. 1, 2020

Zermatt (Park City), Utah. Feb 22-29, 2020

Local Trips:

Snowshoe, WV. Dec. 29, 2019 – Jan. 2, 2020

Snowshoe, WV. Feb 9-12, 2020

Day Trips:

Perfect North. TBD

International Trip:

Crans Montana, Switzerland

**SEE TRIP DETAILS AND
CONTACT INFORMATION
IN TRIP FLIERS**



NEW PRICE



RED MOUNTAIN

RED Mountain is the last great, unspoiled resort. Located in Rossland, BC, along the famous "Powder Highway," RED delivers 3,850 acres of pristine skiing unfettered by overdevelopment. Back in 2013-14, nearly 1,000 acres of mostly-intermediate terrain were added on Grey Mountain – an entirely new peak. With 300"/7.6m of annual snowfall, wide-open groomed runs, epic vertical (2,919ft/890m!), in-bounds cat-skiing, 360 degree descents off select peaks, a rich tradition, and the best tree runs in BC, come and enjoy fresh turns that you don't have to fight for.

Additionally, we will spend one day at Whitewater. Located just outside Nelson BC, on BC's famous Powder Highway, Whitewater Ski Resort is renowned for receiving over 40 feet of light, dry powder snow every season.

PAYMENT SCHEDULE

	Cash - Check	PayPal - Cr Card
August	\$100	\$100
September	\$450	\$465
October	\$450	\$465
November	\$450	\$465
December	\$199	\$204

FLIGHT DETAILS--Southwest Airlines*

WN4676 25JAN SDF-PHX 935A - 1140A
 WN3043 25JAN PHX-GEG 110P - 255P
 WN2853 01FEB GEG-DEN 130P - 440P
 WN4102 01FEB DEN-SDF 605P - 1030P

***Free Bags**

Jan 25, 2020
to
Feb 1, 2020

Standard Package

\$1,649

Per person, double occupancy

SKI AREAS

Red Mountain
(4 days)

Whitewater
(1 day)

OVSC-Sponsored trip includes:

Round-trip airfare from Louisville to Spokane, WA
 Ground transportation from Spokane to Red
 7 nights lodging
 5-day lift ticket pass
 Welcome reception
 Apres-ski event
 Farewell party

Options

- No Air – Subtract \$499
- Single Supplement – Add \$675
- No Lift Ticket – Subtract \$297 (reduction to remove a 5-day lift ticket from the Standard Package for ages 18-64)

Other Lift Ticket Options/Adjustments (1)

Age Range	5-12	13-64	65+
No Lift Ticket	\$0	\$0	\$0
3 of 7 Day Lift Ticket	\$125	\$183	\$152
4 of 7 Day Lift Ticket	\$150	\$240	\$185
5 of 7 Day Lift Ticket	\$175	\$297 (2)	\$223
6 of 10 Day Lift Ticket	\$200	\$352	\$300

(1) All pricing includes 1-day at Whitewater

(2) Included in the Standard Package

Lodging Information

Lodging at Slalom Creek Condominiums – 2BR/2BA (ski in/ski out)

Miscellaneous Information

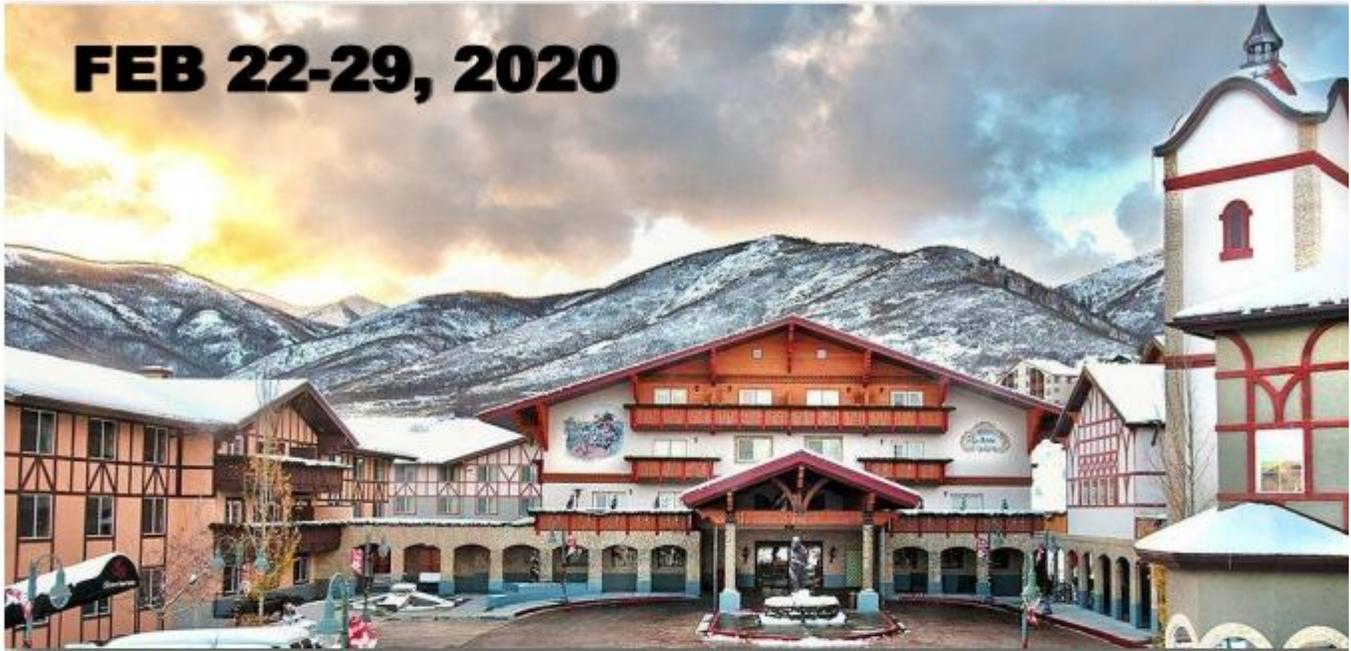
- Trail maps with detailed mountain information will be available at our club meetings.



Sign-up at <https://www.lexskisports.org/trips> or at one of our club meetings.
For inquiries, please email Howard P Glauert at hglauert@uky.edu, or call/text 1-859-576-4929.

Park City / Sundance

FEB 22-29, 2020



INCLUDES:

R/T Non-stop, Cincinnati to Salt Lake City
2 bed/2 bath Condo – 4 guest per unit
1 day lift ticket at Sundance
Transfers from SLC to Resort with grocery stop
Daily shuttles to Park City & Deer Valley
Daily Breakfast Buffet
Blue trails ski tour on Sun. and Wild West ski tour Mon.

Zermatt Resort and Spa, Midway UT

At the center of 6 major ski areas, it's the best in the west!
Check out the backcountry guided tour, skiing all 6 areas in one day. Something for everyone: tubing, heli-skiing, cat-skiing, cross country, snowmobiles, dog sledding. Just 10min. to Heber City where you'll find a scenic train ride, whisky tours, shopping and many restaurants.

\$1,599 pp

Many be slightly less based on final airfare.

Contact:

Tammy Johnson

502.542.3127

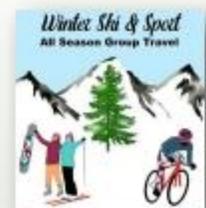
tjohnson@ablecare.tv

sundance
RESORT

epic 
PARK CITY



**DEER VALLEY
RESORT**



Purchase your Epic and Ikon
Passes thru

www.winterskandsport.com

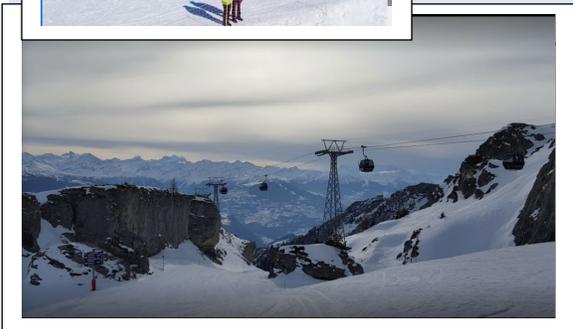
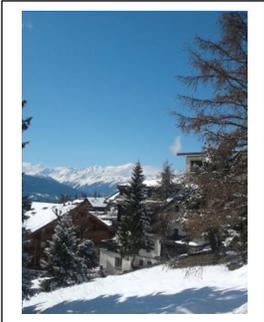
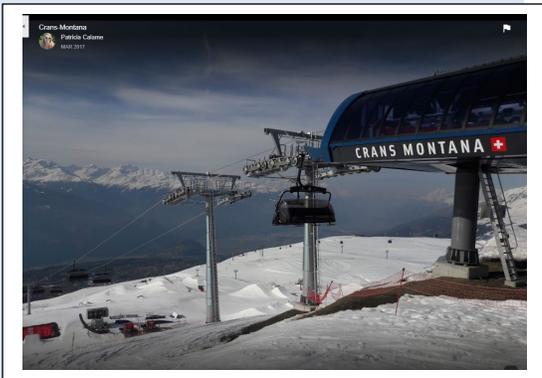
For special deals and rebates

Options

- No Air – Subtract \$556
- Single Supplement – Add \$644
- No Lift Ticket – Subtract \$93 (reduction to remove a 1-day lift ticket for Sundance)
- Additional discounted lift tickets to Park City Mountain, Deer Valley, and the Cottonwood Canyon resorts will be available

PAYMENT SCHEDULE		
	Cash - Check	PayPal - Cr Card
August	\$100	\$100
September	\$400	\$415
October	\$400	\$415
November	\$400	\$415
December	\$299	\$304

While skiing in Crans-Montana you have an impressive view of the Matterhorn and the Mont Blanc! The Swiss ski resort is situated at 1,500 to 3,000 meters above sea level and provides a variety of slopes of all difficulty levels. In addition to the slopes, snowboarders in Crans-Montana Aminona might like to try out the snow park. Moreover, a ski holiday in Aminoa offers a wide network of winter hiking trails. There are also many kilometers of cross country ski runs in the region under which the high altitude cross country course at the Plaine-Morte glacier that even allows skiing in summer.



CRANS-MONTANA and ZURICH, SWITZERLAND

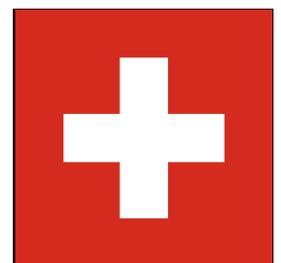
March 7 – 15, 2020

In Crans-Montana you can take advantage of sophisticated tourism infrastructure, unlimited shopping opportunities and the outstanding entertainment and leisure options. This town in the Valais Alps is surrounded by glorious nature and imposing 4,000-m-high peaks. Visit the fascinating Plaine-Morte glacier plateau and participate in numerous traditional and new outdoor activities and first-class cultural events. The selection of sports and leisure options is superb, with lots to offer kids and families, as well, earning Crans-Montana the “Families welcome” badge. An extremely diverse offering of entertainment and culture awaits you in Crans-Montana, no matter the season.

The surrounding area offers fantastic conditions for adventurous and (high) Alpine sporting fun: Crans-Montana is a paradise for all types of snow sports. The Crans-Montana-Aminona ski area awaits you with 140 km of pistes, paths for snowshoeing, sledding routes, cross-country ski trails, snowparks and much more.

What's Included ...

- Round trip air transportation between Lexington and Zurich via Delta Airlines.
- Transfers between Zurich - Crans-Montana – Zurich by coach with English-speaking Assistant
- 5 nights accommodations in Crans-Montana at the 3-star Hotel Valaisia
- Dinner daily, some three course menu, some buffet
- Breakfast Daily at the hotel in Crans-Montana
- Welcome drink and Orientation at hotel in Crans-Montana
- Complimentary use of the hotel indoor wellness center, including pool, hot tub, and fitness room
- Transfers between Crans-Montana and Zurich in private motor coach
- 2 nights accommodations at the 4-star Swissotel in Zurich
- Breakfast Buffet – one of the best ever! - daily at Swissotel
- Local Taxes
- Current Air Taxes of \$130 and fuel charges of \$250 – subject to change



Pricing is only **\$2,496** for all this! Remember that pricing is not final until ticketing due to fluctuations in currency rates and airline surcharges/taxes.

Details.....

Just some of the Winter Activities available.....

- Ski and Snowboard
- Heli-skiing and boarding
- Cross-country skiing
- Paragliding and hang-gliding
- Night Skiing
- Ski Touring
- Excursions and Snowshoeing
- Swimming
- Snowshoeing
- Winter hiking

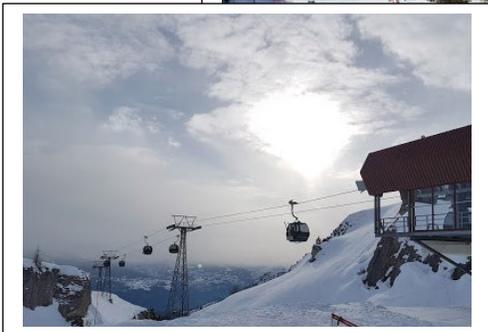
Crans-Montana Ski Area

- 4921 ft Vertical Drop
- 4921 ft Resort Altitude
- 9841 ft summit)

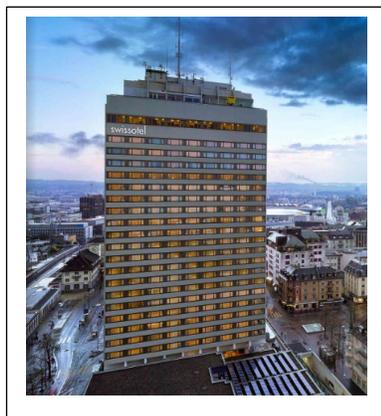
Four Ski Areas – Cry d’Er, Glacier area, Nature area, Arnouva

Features of the Area

- 140 km ski slope
- Several World Cup tracks (FIS)
- 61 ski slopes for each level
- 15 ski mountaineering trails
- The best snowpark in French-speaking Switzerland
- The one and only 22" superpipe in French-speaking Switzerland
- More than 40 restaurants on the ski area
- Crazy après-ski at Cry d’Er Club d’Altitude
- 1 club at the top of the slopes
- Modern ski lifts
- 65 ha of mechanical snowmaking slopes
- An igloo village on the Plaine Morte glacier
- An 8 km long slope from the glacier to the village
- 4 adapted areas: the family area, the fun area, the glacier area, and the nature area



Zurich



Pricing is only \$2,496 9for all this!
Remember that pricing is not final until ticketing due to fluctuations in currency rates and airline surcharges/taxes. Contact trip leader Janet Graham Jones – 859.420.5016 or jgjones@uky.edu



CRANS MONTANA  *Absolutely*



GERMANY EXTENSION

March 15 – 23, 2020

If booked as an extension after Crans-Montana:

\$1729 p.p. Double

If booked as a Stand-Alone Package: March 12 – 23:

\$1999 p.p. Double **

**** Includes the 2 nights in Zurich with Crans Group but no airfare**

Included features:

- 3 nights at the Holiday Inn Munich City Center
- 2 nights at the Hotel Europa in Bamberg
- 3 nights at the Hotel Amedia in Berlin
- Breakfast daily
- 1 Dinner in Munich at the Holiday Inn. March 15th
- 1 Dinner in local restaurant in Berlin. March 22nd
- All tours and transfers as indicated below in the itinerary
- All local taxes

Included Tours:

- Neuschwanstein Castle & Entrance Fee enroute from Zurich
- City Tour of Munich includomg. Nymphenburg and Amalienburg Castles
- City Tour to Salzburg
- City Tour of Nuremberg
- City Tour of Bamberg
- City Tour of Leipzig
- City Tour of Berlin includomg Spreewald boat trip
- City tour of Potsdam including Castle Sans Souci

Your Itinerary includes:

- March 15:** **Swissotel Zurich - Neuschwanstein - Munich**
Entrance into Neuschwanstein Castle with reservation
You will visit Neuschwanstein Castle, the most famous of the castles of Ludwig II and one of the most visited sights in Germany. The Neuschwanstein Castle is above Hohenschwangau near Füssen in the southeastern Allgäu in Bavaria. The castle was built in 1869 for the Bavarian King Ludwig II as an idealized idea of a knight's castle from the Middle Ages.
- March 16:** **Coach for full day guided city tour of Munich**
Your guide who will meet you at an agreed place is going to show you the most beautiful sights of Munich.
Duration: approx. 8 hours
Entrance to the castle Nymphenburg+Amalienburg
You will visit the Nymphenburg baroque castle and the Amalienburg Castle built by Francois de Cuvilliés in
- March 17:** **Coach for Half Day Guided city tour of Salzburg**
Your guide who will meet you at an agreed place is going to show you the most beautiful sights of Salzburg such as the famous Getreidegasse, Mozart & market square etc. at the agreed place.
- March 18:** **Munich - Nürnberg - Bamberg**
Your guide will pick you up at the hotel in Munich for the transfer to Bamberg. Along the way you will stop and see the most beautiful sights of Nürnberg.
- Match 19:** **Coach for Guided city tour of Bamberg**
Your guide will meet the group at the hotel for the city tour of Bamberg and Umgebung
- March 20:** **Bamberg - Leipzig - Berlin**
Enjoy your Guide for the whole day including a guided city tour of Leipzig 2 h
Your guide will show you the most beautiful sights of Leipzig before continuing to your final hotel destination in Berlin.
- March 21:** **Coach for the full day guided city tour of Berlin**
Your guide who will meet you at an agreed place is going to show you the most beautiful sights of Berlin, including a boat trip through the "Spreewald" in Berlin
- March 22:** **Coach for the full day excursion Potsdam, including Guided city tour**
Your guide will meet you at the hotel in the morning and show you the most beautiful sights of Potsdam, including a guided visit of Castle Sanssouci. Duration: Full day.
Sanssouci park encompasses 290 hectares and is an ensemble of castles and gardens which began in the 18th century under Frederick II the Great. You will visit the park and one of the castles
- March 23:** **Depart Berlin**
Your guide will meet the group at the hotel for the transfer to Berlin airport.

2019 - 2020 Lexington Ski & Sports Club Snowshoe Mountain Trips



Snowshoe is an “Island in the sky”, with the resort located at the top of the mountain! It’s known for its balanced mix of beginner, intermediate, and advanced ski runs, along with terrain parks for riders of all abilities. In summer 2018, they put nearly \$4 million toward upgrades to their snowmaking and grooming technology. This allows them to open significantly more trails by early December and maintain a high-quality snow surface throughout ski season. With a summit elevation of 4,848’, Snowshoe has some of the best snow in the region.



New Years! - December 29, 2019 - Jan 2, 2020 (4 nights)

- **Standard Package \$399** via check, per person, double occupancy, per room.
- Price based on 12 people (3 - 2/BR condos). Registration deadline: Dec 3, 2019

February 9 - 12, 2019 Trip (3 nights)

- **Standard Package \$269** via check, per person, double occupancy, per room.
- Price based on 16 people (4 - 2/BR condos) Registration deadline: January 7, 2020

Both Trips

- These trips will likely sell out!
- Transportation by personal auto or carpools.
- Lift tickets (not included) are good at Snowshoe, Silver Creek and Western Territory (please see “Lift Tickets” section below)
- An ICON Pass is valid at all of Snowshoe’s ski areas
- Trip leader intends to offer/suggest some optional après-ski activities, TBA.
- A free shuttle (modified for skiers/snowboarders) runs every 20-30 mins. Stops are located across the resort/mountain (including Silver Creek).



Payment Schedule

- **NYE Trip**

Deposit: Check - \$150, PayPal - \$155

December 3 (Club meeting), Check - \$249, PayPal - \$257

(Estimated cost based on standard package)

- **Feb 9 Mid-Week Trip**

Deposit: Check - \$100, PayPal - \$105

January 7 (Club meeting): Check - \$169, PayPal - \$175

(Estimated cost based on standard package)

All trip members must complete a Trip Application, Membership Application and (if not already paid) pay appropriate club membership dues.

Lodging

- **NYE: Silver Creek Lodge**

This lodge is just steps from the Silver Creek ski area, which provides great trails, and night skiing. Lodge amenities include an indoor/outdoor swimming pool, indoor/outdoor hot tubs, sauna, fitness room, dining options, stores and a ski/snowboard rental shop.



- **Feb 9 Trip: Rimfire Lodge**

In the heart of the Village at Snowshoe, these units give you access to all the shops & restaurants as well as Ballhooter Lift and the basin ski area. Western vistas or plaza views with a fitness room, outdoor hot tub, sauna, ski lockers and underground parking. Approximate distance to slopes: 25 YARDS



Lift Tickets



Lift tickets are not being offered by the club, because they can be purchased at a **SIGNIFICANT** discount in advance directly from Snowshoe. The best value is buying a three (or four) day advance lift ticket.

Advance tickets are sold on a “tiered” basis, meaning when the current tier of tickets are sold, the next tier is offered at an increased price. Advance tickets must be purchased at least 72 hours in advance, are non-refundable, non-transferable, and are valid for only the date(s) purchased!

Lift tickets rates for: Dec 30 – Jan 1 (as of 9/12/19):

3-day Advance: \$172 (plus tax).

3-day Walk-up: \$285.60 (plus tax). Single-day Walk-up: \$119 (plus tax).

Lift ticket rates for: Feb 10 – 12 (as of 9/12/19):

3 day Advance: \$114 (plus tax).

3-day walk-up: \$189.60 (plus tax). Single-day walk-up: \$79 (plus tax)

To buy an advance lift ticket, please visit the URL below, click “Buy now”, and select your ticket(s). Note: Make sure you select the first day you want to ski, which may not necessarily be the first day of the trip.

<https://www.snowshoemtn.com/plan-your-trip/tickets-and-passes/lift-tickets>



Trip Leader: Chris Ping

For additional information or questions please contact Chris at localactivity@lexskisports.org, or call/text: 859-200-1681

Images obtained from: <https://www.snowshoemtn.com/>

October Happy Hour

Date: October, TBA

Time: 6:30 p.m.

The 21C Museum Hotel



Located at:

167 W Main Street Lexington, KY 40507

Enjoy a unique cocktail in the lounge and contemporary art in the gallery while visiting in this beautiful historic hotel. (food is available for purchase from the lounge)

MEMBERSHIP



IT'S TIME TO JOIN OR RENEW YOUR MEMBERSHIP IN LSSC !!!

Remember: You must complete a membership application if you plan to go on a LSSC ski trip (except one day trips).

Join or renew an LSSC web site by visiting the LSSC website or attending the October 1 club meeting.

Dues are \$40.00 per year and may be paid online or by check (fee is refunded one time for *NEW* members going on a qualifying LSSC trip).

Please be sure to ***sign the member waiver*** – it is ***required*** to process an application.



Completed applications can be returned to Cecile McKinney (membership chairperson) at the meeting or mailed to the club's P.O. Box (see website).



BOARD NOTES



The next board meeting will be held October 9, 2019. Members may attend any meeting of the board by notifying any board member in advance. Contact a board member for the meeting location if you would like to attend.

LSSC Officers and Directors 2019-20

PRESIDENT - - JANET GRAHAM JONES jgjones@uky.edu	MEMBERSHIP-CECILE MCKINNEY cilkyus@yahoo.com
PAST PRESIDENT – Jerry Anderson	WEB MASTER-DAVID MORRISON davidaaronmorrison@gmail.com
SECRETARY- Aggie Waninger secretary@lexskisports.org	NEWSLETTER- ANNETTE RIEHLE newsletter@lexskisports.org
EXEC VP-HOWARD GLAUERT hglauert@uky.edu	RACING-DIANNA MILLER hagski@aol.com
TREASURER- CHARLIE LISLE clisle1512@aol.com	PRESIDENT-ELECT- - CHARLIE LISLE clisle1512@aol.com
SOCIAL – TARA KEEGAN Tarak828@hotmail.com	Marketing & Publicity Director - OPEN
	LOCAL TRIP DIRECTOR- Chris Ping localactivity@lexskisports.org



<https://www.facebook.com/LexSkiSports/>

<https://www.facebook.com/groups/528526410566966/>



<http://www.ovsc.org>

LSSC website: www.lexskisports.org

LSSC Meetup:

<https://www.meetup.com/Lexington-Ski-and-Snowboard-Meetup/> ?



<http://skifederation.org>