

# THE GREAT SCHUSS

LEXINGTON SKI & SPORTS CLUB

September, 2017

**Members Meeting**

**September 5, 2017**

**At Roosters**

124 Marketplace Dr., Lexington

(Off Man of War, just west of  
Nicholasville Rd.)

**PROGRAM:**

**Common Snow Sport Injuries and  
How to Prevent Them**

Presented by:

Ryan Shelton, DPT, OCS, Cert. MDT  
and

Jonathan Harney, PT, DPT, OCS

Social time—**AND TRIP SIGNUPS**—will  
begin at 6:00 p.m.

*Food, beer and wine are available for  
purchase.*

Meeting starts at 7:00 p.m.



# 2017 – 2018

## PROGRAMS

### September 5, 2017

We are excited to have Ryan and Jonathan, physical therapists with Drayer Physical Therapy Institute, a national provider of outpatient physical therapy services, as guest speakers. With a sports-medicine mindset, Drayer therapists utilize active treatment regimens focusing on exercise and manual treatment based therapy.

The presentation will include instruction in pre-season preventive exercises, warm-up exercises and post-season training. Sport-specific exercises will be demonstrated and the therapists will be available to answer your questions. Hand-outs and giveaways will be available for all who attend!!

Don't miss out on this opportunity to start preparing for ski season with a sport specific fitness program! Members and non-members are always welcome!

### Upcoming Programs

**Watch for the following exciting programs currently being developed for 2017-2018!!!!**

- ✚ Presentations by representatives from Canaan and Timberline ski resorts on the latest news for the 2017-2018 ski season. LSSC custom logo options for all your clothing & gear along with other embroidery designs available from [EmbroidMe of Lexington](#).
- ✚ Presentations by representatives from Perfect North and Paoli ski resorts on the latest news for the 2017-2018 ski season. Ski swap.
- ✚ Heli-skiing
- ✚ Skiing in the Olympics
- ✚ Investing your money
- ✚ Horse race handicapping

*News from the Executive Vice President*

The Western trips for the 2017-2018 ski season have now been set by the board of the LSSC. The trips and dates are as follows:

Salt Lake City, Utah; December 28, 2017 – January 2, 2018

Steamboat Springs, Colorado; January 27, 2017 - February 3, 2018;

Sun Valley, Idaho; March 4-11, 2018.

International Trip: Granada/Sierra Nevada, Spain, with an optional post-trip to Barcelona; March 10-23, 2018.

If you are interested in being a trip leader for Salt Lake City, please fill out a Trip Leader Application Form and email me a scanned copy at [hglauert@uky.edu](mailto:hglauert@uky.edu)

The form can be found at this website: <http://www.lexskisports.org/member-documents> .

# 2017-2018 SKI SEASON!!



**SALT LAKE CITY, UTAH**  
**DECEMBER 28, 2017 – JANUARY 2, 2018**



**STEAMBOAT SPRINGS, CO**  
**JANUARY 27, 2018 – FEBRUARY 3, 2018**



**SUN VALLEY, IDAHO**  
**MARCH 4 – 11, 2018**



**GRANADA/SIERRA NEVADA, SPAIN**  
**MARCH 10 – 23, 2018**



See attached trip fliers for more information on the trips.



# SALT LAKE CITY, UTAH

DEC. 28, 2017  
TO  
JAN. 2, 2018

**\$1449.00 PP**  
(double occupancy)

## LODGING - CRYSTAL INN

We will be staying at the three star Crystal Inn in down town SLC (230 West 500 South). The Crystal Inn features:

- ✓ a free hot breakfast buffet each morning,
- ✓ free wireless inter- net access throughout the hotel,
- ✓ free airport shuttle and free parking,
- ✓ a mini-fridge, micro- wave, hair dryer and coffee maker in all rooms, and
- ✓ hot tub and indoor swimming pool.

**FOR NON-SKIERS** The hotel is just one mile from Historic Temple Square. Enjoy the unlimited shopping you'll find at the City Creek Center, the Gateway and Trolley Square mall. Explore your ancestry at the world's largest genealogical center, the Family History Library.

## PAYMENT SCHEDULE

	CASH - CHECK	PAYPAL
August	\$100	100
September	\$500	516
October	\$500	516
November	\$349	360

## FLIGHT DETAILS

28 Dec Delta #1208 Cincinnati to Salt Lake City 8:30 am – 10:14 am

2 January Delta #1208 Salt Lake City to Cincinnati 5:05 pm – 10:28 pm

## TRIP INCLUDES

- ✓ RT airfare from Cincinnati to Salt Lake City non-stop
- ✓ 5 nights lodging at the Crystal Inn
- ✓ 4 day Adult Ski Salt Lake lift pass good at Snowbird, Alta, Brighton and Solitude including public ski bus access
- ✓ Rental mid-size SUV with unlimited mileage & ski racks (4 persons per vehicle). Car tax, airport fees, optional car insurance and gas NOT included
- ✓ All current air and lodging taxes

## SKI AREAS

There are multiple ski areas near Salt Lake City (14) including:

- ✓ Alta
- ✓ Snowbird
- ✓ Solitude
- ✓ Park City
- ✓ Deer Valley
- ✓ Powder Mountain
- ✓ Snowbasin
- ✓ Brighton

FOR MORE INFORMATION CONTACT: Howard Glauert @ [hglauert@uky.edu](mailto:hglauert@uky.edu)



## OVSC/LSSC Trip to Steamboat Springs

January 27 – February 3, 2018

(Saturday – Saturday)



### Why Steamboat?

- Nearly 3,000 skiable acres with 165 trails and 18 lifts
- Wide variety of beginner, intermediate and expert terrain all over the mountain
- Low altitude! Base of the mountain is 6,900ft and the top is 10,500ft
- Wide open cruising groomers, steep and deep and legendary tree skiing
- 17 bars & restaurants in the base village to enjoy plus another 100+ in downtown Steamboat Springs. Just 2 miles from the base of the mountain
- Free and easy transportation all over town
- Meet & ski with our favorite Olympian Billy Kidd
- Ride the new Outlaw Mountain Coaster
- Enjoy a fabulous dining experience at the top of the gondola at Western BBQ
- Champagne Powder Snow

## **Mountain Stats**

- Base Elevation 6,900
- Summit/Mt. Werner 10,568ft
- Vertical Rise – 3,668 ft
- 2,965 Acres with 165 Trails
- 14% beginner,42% intermediate, 44% advanced
- Longest run 3 miles
- Mavericks Superpipe for the Freeriders dreams
- Annual Snow fall - 349 inches
- Lift System – Uphill Capacity 41,026 per hour

## **Trip Includes**

- 7 Nights Lodging
- Roundtrip Airfare
- 5 Day Lift Ticket
- Ground Transportation
- Welcome Reception
- Lunch on the Mountain (1 day)
- Après Ski Party
- Farwell Dinner

## **Trip Costs**

<b>Payment Schedule</b>	<b>Check</b>	<b>PayPal</b>
August	\$100	\$100
September	\$400	\$413
October	\$400	\$413
November	\$400	\$413
December	\$149	\$154
<b>Total</b>	<b>\$1,449</b>	<b>\$1,493</b>

**Contact:** Terry L Carrico, [TerryLCarrico@hotmail.com](mailto:TerryLCarrico@hotmail.com), 1-859-527-9924



*Activities to enjoy beside skiing or riding: Nordic Skiing, Sleigh Rides, Ice Skating, Tubing, Dog Sledding, Horseback Riding, Sleigh Ride Dinners, Shopping, Art Galleries, Day Spas, Winter Fly Fishing, as well as.....*

**Strawberry Park Hot Springs** - Just outside of Steamboat Springs nestled alongside Hot Springs Creek lies one of the most spectacular mineral springs in the world. Imagine relaxing in 104-degree mineral water while Steamboat's famous Champagne Powder gently collects in the surrounding forest.



**Snowshoe Tours** - Snowshoes allow you to get to areas even the most experienced skier cannot reach. Enjoy the outdoors Steamboat Springs has to offer on snowshoes. Choose a guided tour or explore on your own.



**Snowmobile Tours** – Need to give your legs a break? Want to see the back country? Come out for a 2, 4 or 6-hour snowmobiling tour. Rabbit Ears Pass is just down the road and operates at above 10,000 ft. This area is one of the top ten snowmobiling terrains in the country.



**Hot Air Balloon Rides** – Cross this off your bucket list. Enjoy a hot air balloon ride with Wild West and Pegasus Balloon Adventures. After the ride, celebrate with a traditional Champagne toast and a personalized flight certificate. Enjoy the ride!



# OVSC/LSSC Trip to Sun Valley, ID

Mar. 4-11, 2018

(Sunday—Sunday)



## Sun Valley Fun Facts

- Inventions: World's First Chairlift, First Aluminum Ski Poles, Double-lens Goggle
- Largest Automated Snowmaking System in the world
- Receives Sunshine 300+ days a year
- Uphill Lift Capacity 29,717 per hour—but only 2,900 skiers on average per day—no lift lines!
- "How to Marry a Millionaire" filmed here in 1953 with Marilyn Monroe, Betty Grable, and Lauren Bacall
- Skiable Area 2,154 acres—121 Runs—Longest Run 3 miles—36% Easiest, 42% More Difficult, 20% Most Difficult, 2% Expert Only
- Summit Elevation: Bald Mountain 9,150', Dollar Mountain 6,638'
- Swimming and Soaking in Two Glass-enclosed heated pools

Payment Schedule		<b>Package includes:</b> <ul style="list-style-type: none"><li>• RT Airfare between Cincinnati airport (CVG) and Sun Valley on United Airlines</li><li>• Ground transfers</li><li>• 7 nights lodging at the Sun Valley Inn<ul style="list-style-type: none"><li>• Deluxe Rooms</li><li>• 2 people per room</li></ul></li><li>• 5 day lift ticket</li><li>• OVSC goodies<ul style="list-style-type: none"><li>• Welcome reception</li><li>• Mountain Lunch</li><li>• Après Ski Party</li><li>• Awards Dinner</li></ul></li></ul>
August	\$100	
September	\$400*	
October	\$400*	
November	\$400*	
December	\$400*	
January	\$299*	
<b>Total Cost</b>	<b>\$1,999*</b>	
<b>*If paying by PayPal, there will be an additional fee of approximately 3%.</b>		

For more information contact: Ray Clark, rayclark138@aol.com, 859-552-5920

## Granada and Sierra Nevada in Brief.....

Granada's dramatic alpine backdrop is the Sierra Nevada range, which extends about 75km from west to east and into [Almería](#) province. Its wild snow-capped peaks include the highest point in mainland [Spain](#), while the lower reaches of the range, known as Las Alpujarras (sometimes just La Alpujarra), are dotted with tiny scenic villages. From July to early September, the higher elevations offer wonderful multiday trekking and day hikes. Outside of this period, there's risk of seriously inclement weather, but the lower Alpujarras are always welcoming, with most snow melting away by May.

The 862-sq-km Parque Nacional Sierra Nevada, Spain's largest national park, is home to 2100 of Spain's 7000 plant species, among them unique types of crocus, narcissus, thistle, clover, poppy and gentian. Andalucía's largest ibex population (about 5000) is here, too, frolicking above 2800m. Surrounding the national park at lower altitudes is the Parque Natural Sierra Nevada, with a lesser degree of protection.

Along the southern edge of the protected area, Las Alpujarras is a 70km-long jumble of valleys along the southern flank of the Sierra Nevada. It is a beautiful, diverse and even slightly strange place. Its landscape of arid slopes, deep crags and egg-white villages look as if they were spilled onto the mountainside, the towns on the mountain's lower belts simmer with spiritual seekers, long-term travelers and rat-race dropouts, while the higher villages have a disorienting timelessness.

Even the most-visited Alpujarran towns are appealing, as the villages' Berber-style flat-roofed houses and the winding lanes between them look out on hillsides that have been carefully terraced and irrigated since the earliest Moorish times. With well-trod footpaths connecting each settlement, it's a delightful area to explore on foot.

Torremolinos is a Mediterranean resort town on southern Spain's Costa del Sol, known for its sandy beaches such as El Bajondillo and La Carihuella. Nightlife, dining and shopping are centered on Calle San Miguel. Away from the beachfront and its high-rise hotels are several golf courses and amusement parks, as well as pockets of traditional Andalusian culture such as the village of El Calvario.

# SIERRA NEVADA / GRANADA and TORREMOLINOS, SPAIN March 10 – 19, 2018

There are few places in the world where you can ski in the morning then head to the coast for a swim in the afternoon, but the proximity of **Sierra Nevada** to the Med allows this. Don't be fooled into thinking that the skiing will be second rate either. 21 lifts serve 107 km of piste at the Sierra Nevada but it can get busy at the weekends with bottlenecks at the lifts. The pistes lend themselves to the intermediate but there is ample off-piste skiing for the advanced riders. Off the pistes, there are some good restaurants and lively bars. If you get bored or the snow is not as good in the Sierra Nevada, just head for a beach! A halfpipe was added to the snowpark Sulayr in 2011 (165m long and 6m high). It is the biggest in Spain. The snow junior world championship was celebrated in this park. It is the longest Slopestyle line in Europe with over 77 different obstacles and up 46 possible in any one run!

The Snowboard and Freestyle World Championships 2017 were hosted here in March.

### *What's Included ...*

- Round Trip air from Lexington to Malaga
- Transfers between Malaga and Granada by coach with English-speaking Assistant
- 5 nights accommodations in Granada at the 4-star Hotel Carmen
- Dinner for 4 nights at the Hotel Carmen
- 3 days of transfers between Granada and Sierra Nevada
- Breakfast Daily at the hotel in Granada
- Welcome Orientation at hotel in Granada
- Hospitality Desk nightly in hotels
- Gala Party in Granada – dinner and entertainment
- Transfers between Granada and Torremolinos
- 3 nights accommodations at the 4-star Melia Costa del Sol Hotel in Torremolinos
- Breakfast Buffet Daily at Melia Costa del Sol Hotel
- Local Taxes
- Current Air Taxes and fuel charges
- Passport Cases and Luggage Tags



Pricing is only **\$2,199** 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
- Ice Climbing
- Cross-country skiing
- Paragliding and hang-gliding
- Sledding
- Ski Mountaineering
- Excursions and Snowshoeing
- Swimming
- Snow tubing
- Snowshoeing
- Winter hiking

## Sierra Nevada Ski Area

- 3931 ft Vertical Drop
- 2100 m Resort Altitude
- 10827 top lift (Veleta peak)

**Six Ski Areas** – Veteta, Laguna De Las Yeguas, Borreguiles, Lomar de Dilar, Rio Monavhil, Parador

## Features of the Area

- 106.8 km of pistes (19 green, 41 blue, 50 red, 7 black)
- 124 runs
- 1 terrain parks
- 1 Halfpipe
- 380 acres of skiable terrain
- 35% snowmaking
- night skiing
- longest run “El Aguila” – 6.253 kms
- 21 lifts and cable cars
  - 2 gondolas
  - 14 chairlifts
  - 1 T-bar drag lift
  - 4 conveyer belts
- Lift capacity 48,176 per hour
- Cross Country 5.8 km circuit
- Snow making – 350 canons and 725 hydrants over 35 km of piste on 44 runs



As one of Europe's highest resorts it is very snowsure and typically has a long season. Traditionally the season starts around the end of November running through to the first week of May. The longest season on record was the winter of 2008/9 which ran from the 15th November 2008 until the 17th May 2009. Sierra Nevada literally means "Snowy Mountain Range" and it includes some of the highest peaks in Europe, not to mention the highest concentration of peaks over 3,000m in the country. The Mulhacen at 3,482m is the Iberian Peninsula's highest. The ski terrain is majestically overlooked by the jagged glacier-formed Veleta peak at 3,398m, Spain's third highest after Aneto (3,404m) in the Pyrenees. Due to the altitude, the ski slopes are above the tree line and generally take the form of ski fields rather than narrow prepared tracks - something that favours the more nervous skier in particular as well as generally giving a sense of confidence all round, especially for off piste fanatics! The Sierra Nevada ski resort offers its visitors a wide and ever expanding range of facilities as well as a ski terrain to suit skiers and boarders of all standards.

Pricing is only \$2,199 for 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



**Barcelona** is the capital city of the [autonomous community of Catalonia](#) in the [Kingdom of Spain](#), as well as the country's [second most populous municipality](#), with a population of 1.6 million within city limits.<sup>[2]</sup> Its [urban area](#) extends beyond the administrative city limits with a population of around 4.7 million people,<sup>[5]</sup> being the [sixth-most populous urban area](#) in the [European Union](#) after [Paris](#), [London](#), [Madrid](#), the [Ruhr area](#) and [Milan](#). It is the largest metropolis on the [Mediterranean Sea](#), located on the coast between the mouths of the rivers [Llobregat](#) and [Besòs](#), and bounded to the west by the [Serra de Collserola](#) mountain range, the tallest peak of which is 512 metres (1,680 [feet](#)) high.

Founded as a Roman city, in the Middle Ages Barcelona became the capital of the [County of Barcelona](#). After merging with the [Kingdom of Aragon](#), Barcelona continued to be an important city in the [Crown of Aragon](#) as an economic and administrative centre of this Crown and the capital of the [Principality of Catalonia](#). Barcelona has a rich cultural heritage and is today an important cultural centre and a major tourist destination. Particularly renowned are the architectural works of [Antoni Gaudí](#) and [Lluís Domènech i Montaner](#), which have been designated UNESCO [World Heritage Sites](#). The headquarters of the [Union for the Mediterranean](#) is located in Barcelona. The city is known for hosting the [1992 Summer Olympics](#) as well as world-class [conferences and expositions](#) and also many [international sport tournaments](#).

Barcelona is one of the world's leading tourist, economic, trade fair and cultural centres, and its influence in commerce, education, entertainment, media, fashion, science, and the arts all contribute to its status as one of the [world's major global cities](#). It is a major cultural and economic centre in [southwestern Europe](#), 24th in the world (before [Zürich](#), after [Frankfurt](#)) and a financial centre. In 2008 it was the [fourth most economically powerful city by GDP](#) in the European Union and 35th in the world. Now it is leading Spain in both [employment rate](#) and GDP per capita change. In 2009 the city was ranked Europe's third and one of the world's most successful as a city brand. In the same year the city was ranked Europe's fourth best city for business and fastest improving European city, with growth improved by 17% per year, and the city has been experiencing strong and renewed growth for the past three years. Since 2011 Barcelona has been a leading [smart city](#) in Europe Barcelona is a [transport hub](#), with the [Port of Barcelona](#) being one of Europe's principal seaports and busiest European passenger port, an international airport, [Barcelona–El Prat Airport](#), which handles over 40 million passengers per year, an [extensive motorway network](#), and a [high-speed rail](#) line with a link to France and the rest of Europe.

*from Wikipedia*

**Only \$839 - Contact trip leader Janet Graham Jones at 859.420.5016 or [jgones@uky.edu](mailto:jgones@uky.edu)**

# BARCELONA

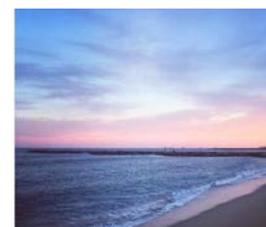
.....with **LSSC and OVSC**

March 19 – 23, 2018

Continue your time in Spain with a stay in one of Europe's most fascinating cities! There's a guided city tour to get you started, then time to explore on your own!

Price includes:

- Second class rail from Malaga to Barcelona
- Bus transfer from Barcelona train station and return to Barcelona Airport
- 4 nights accommodations at the 4 star Avenida Palace Hotel
- Breakfast daily
- 1/2 day city tour of Barcelona
- Local taxes
- Luggage van to transport 1 large suitcase per person from Hotel Melia Costa Del Sol to Avenida Palace



# MEMBERSHIP



## TIME TO JOIN OR RENEW YOUR MEMBERSHIP IN LSSC

Join or renew by visiting the LSSC web site or attending the September 5 member meeting.

Dues are \$40.00 per year and may be paid online or by check.

Please be sure to ***sign the member waiver*** located on the back of the 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).



# IN THE NEWS

We've received positive feedback regarding our new business cards. We would appreciate your help in distributing/posting our card. You can pick up a few at our club meetings. If you are unable to make it to a meeting, but would like some to distribute, or if you know of places we can post our business card, please drop an email to [TerryLCarrico@hotmail.com](mailto:TerryLCarrico@hotmail.com).



We have expanded our use of social media and online calendars to promote our club meetings, ski trips and other events.

We can be found at the following calendar/event sites: Herald-Leader LexGo, Tops in Lex, WKYT, WLEX, Eventbrite, J&H Outdoor, Richmond Register, Woodford County Events, Jessamine Journal, The State Journal (Frankfort), KYMonthly, Kentucky Living, EventsNearHere, Eventful, Events.org, and Paris Community.

In addition to our Facebook page, we can also be found at the following Facebook group sites: Danville Social Scene, Frankfort/Franklin County Community Network, Advertise to Madison Co Residents, Lawrenceburg KY Community Network, Get Active Kentucky, and Things To Do in/around Lexington KY

If you know of other calendar/event sites, Facebook group sites, or any other avenues to share our events, please email [TerryLCarrico@hotmail.com](mailto:TerryLCarrico@hotmail.com).

Do you have a question, comment or concern, but are unsure who to contact? If so, send an email to [info@lexskisports.org](mailto:info@lexskisports.org). We will make every effort to provide a response within 48 hours.

**SOCIAL**

**September 15, 2018**

**Lakeside Live**

161 Lexington Green Circle

Lexington, KY 40503

**The Lauren Mink Band**

**Arrive at 6:30 p.m.**

**Music starts at 7 p.m.**

**Weather permitting we will gather on the patio so we recommend you bring a lawn chair. If the weather looks unfavorable, we will try to get a table at Jax Restaurant.**

**Lakeside Live is a premier music venue at The Mall at Lexington Green. Enjoy lakeside ambiance, amazing food, and a free outdoor concert!**

**<http://www.lexgreenlakeside.com/>**

**Hop on Tilly the Trolley for free transportation from the upper parking lot 5-11 p.m. - just look for the RR crossing signs OR take advantage of the free valet parking by the Mall at Lexington Green and Don Jacobs.**

# BOARD NOTES



The next board meeting will be held September 13, 2017. 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 2017-18

PRESIDENT - DAN GEIGER <a href="mailto:dangeiger17@gmail.com">dangeiger17@gmail.com</a>	MEMBERSHIP-CECILE MCKINNEY <a href="mailto:cilkyus@yahoo.com">cilkyus@yahoo.com</a>
PAST PRESIDENT - JANET GRAHAM JONES <a href="mailto:jgones@uky.edu">jgones@uky.edu</a>	WEB MASTER-DAVID MORRISON <a href="mailto:davidaaronmorrison@gmail.com">davidaaronmorrison@gmail.com</a>
SECRETARY- - JANET GRAHAM JONES <a href="mailto:jgones@uky.edu">jgones@uky.edu</a>	NEWSLETTER- ANNETTE RIEHLE <a href="mailto:newsletter@lexskisports.org">newsletter@lexskisports.org</a>
EXEC VP-HOWARD GLAUERT <a href="mailto:hglauert@uky.edu">hglauert@uky.edu</a>	RACING-DIANNA MILLER <a href="mailto:hagski@aol.com">hagski@aol.com</a>
TREASURER-CHARLIE LISLE <a href="mailto:clisle1512@aol.com">clisle1512@aol.com</a>	PRESIDENT-ELECT- JERRY ANDERSON <a href="mailto:jerryjalaw@aol.com">jerryjalaw@aol.com</a>
SOCIAL – TARA KEEGAN <a href="mailto:Tarak828@hotmail.com">Tarak828@hotmail.com</a>	Marketing & Publicity Director - TERRY CARRICO <a href="mailto:terrylcarrico@hotmail.com">terrylcarrico@hotmail.com</a>



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

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



<http://www.ovsc.org>

LSSC website: [www.lexskisports.org](http://www.lexskisports.org)

LSSC Meetup:

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



<http://skifederation.org>