

**Spartanburg  
ski and  
outing  
club**

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**October 2010**

<http://www.spartanburgskiclub.org>

## President's Message

Greetings all !!

October brings cooler weather and after an unusually hot summer we look forward to more comfortable temperatures. Check this newsletter for our fall activities.

It's time to renew our club membership and a great time to sign up new members. Please be on the lookout for people you think would enjoy our club and invite them to a meeting or one of our activities.

Spartanburg can be proud of its local brew. R J Rockers compares well with microbrews from other parts of U S. Come out and sample some at our October meeting. Don't forget to invite a prospective member.

Mark

## Roan Mountain Weekend

It's not too soon to be thinking about reserving a cabin in Roan Mountain State Park for our annual ski/fun weekend. We have 10 cabins reserved for the weekend of February 4-7,2011, and Taylor can tell you that a cabin may be booked for longer, if you wish.

Prices have stayed the same this year: \$200 for the entire cabin, or \$80 reserves the bedroom and \$60 for each of the two loft beds. All cabins have 2 bathrooms with the exception of the handicapped cabin, with one. Linens are provided. One big rule: no pets!

Enjoy skiing, hiking, or just plain relaxing in the NC/ Tennessee Mountains, and don't forget the Saturday night party in one of the cabins. The Club will provide beer and snacks.

There will be a sign up sheet at our next meeting at RJ Rockers, Or contact Carol at mmccall1@windstream.net



**Ron Scott**  
*Race Director*  
**H 919/362-5689**  
**Rscott013nc.rr.com**

### **2010/2011 CSC/Subaru Race**

December 4-11	2010	<i>Steamboat Race Camp Call Sports Am.Tours 800 876 8551</i>
December call	2010	<i>Killington Race Camp Call P.J. @ 800 432 0100</i>
December 5	2010	<i>CSC Development Training at Appalachian 8:45</i>
December 10-12	2010	<i>Sugar Mt. Race Camp Call Kim Jöchl 828 898 4521 x224</i>
January	2011	<i>Timberline, WV Call John Lutz 304 866 4801 Multi. Session</i>
January 23	2011	<i>CSC Development Training at Appalachian</i>

#### **Race Format - Two runs of Slalom on Saturdays and two runs of Giant Slalom on Sundays**

<b>December 18 &amp; 19, 2010</b>	<b>Appalachian, NC Race</b>	<b>9:30</b>
<b>January 7, 8, &amp; 9, 2011</b>	<b>7<sup>th</sup> Gate Training at App.</b>	<b>2-4 &amp; 6:30-8:30</b>
	<b>8<sup>th</sup> SL at Sugar Mt.</b>	<b><u>9:00</u></b>
	<b>9<sup>th</sup> GS at Sugar Mt.</b>	<b><u>9:00</u></b>
January 15-22, 2011	Crescent Ski Council Ski Week	
<b>January 29 &amp; 30, 2011</b>	<b>Appalachian Mt., NC Race</b>	<b>9:30</b>
<b>February 7, 2011</b>	<b>Cupp Run Challenge at Snowshoe, WV</b>	
<b>February 12 &amp; 13, 2011</b>	<b>Beech Mt., NC Race</b>	<b>9:30</b>
<b>February 26 &amp; 27, 2011</b>	<b>Sugar Mt., NC</b>	<b><u>9:00</u></b>
<b>March 6, 2011</b>	<b>Dick Trundy/Sugar Cup GS Sugar Mt.</b>	<b>9:00</b>
<b>March 4, 5, &amp; 6, 2011</b>	<b><u>Crescent Cup</u>, SilverCreek, WV</b>	<b>9:30</b>
<b>March 5 &amp; 6, 2011</b>	<b>Governor's Cup Race at Timberline, WV</b>	
	kathysaumure@cs.com	
<b>March 24-27, 2011</b>	<b>NASTAR Finals Winter Park, CO</b>	<b>Rich Mead</b>

**DEC. 4-11, 2010** CSC Racing's 27<sup>th</sup> RACE CAMP @ STEAMBOAT-START PLANNING NOW!

## **SCHEDULE of CURRENT and/or UPCOMING EVENTS**

*Mark Your Calendars !*

### **December**

18 Saturday

Christmas Party

4~11

CSC Steamboat Springs > July Newsletter

### **January 2011**

15~~22

CSC Ski Trip ~ Taos, NM > July Newsletter

### **February 2011**

4~~6

Roan Mountain Weekend > page 2

### **March 2011**

15~~22

CSC Ski Trip ~ Ogden, UT > earlier Newsletters

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## **LAKE LURE, NC HISTORIC BOAT CRUISE**

As we head into October we also head into North Carolina for our lovely fall tour of "THE" Lake at Lake Lure, NC. We did this tour about 5 years ago and it was truly worth the short drive. The leaves are just beginning to turn at this time and the lake is beautiful. The history of building this lake and what lies beneath is quite a story to hear. If you are on the reservation list, we will meet at the marina at the north end of Lake Lure, near the visitors' center on the right. If you go into Chimney Rock you have gone too far. Our cruise is at 4:00 PM, so please be there NO later than 3:45. We should be finished by 6 PM and those that wish to go as a group, we will head on to a restaurant for dinner. Or if you'd rather, you may dine on your own at one of the many quaint restaurants in the mountain and lake area. Remember, you must pay me no later than the October 7th meeting. It's still \$11.00 per person, and if you bring a cooler, please keep it small.

Conni Harrell 592-3405

## **Abridged CSC President's Message**

Greetings!

Just got back from a trip to Steamboat and their Wine Festival. It was so nice to get away from the heat and humidity that I didn't want to come back to NC. Can you believe it was in the 40's at night and 70's during the day? Lots of improvements at the base are taking place for the coming ski season! Also ran into Patrick Rothe of Telluride. He is so excited about CSC returning in 2012. Here's the update for August:

### **TRIPS**

**Telluride** was an overwhelming choice for **January 2012 Ski Week**, and RFP's will go out in November to the eligible tour operators

### **RACING**

The race dates with Beech Mountain have been finalized. Crescent will be racing at Beech Mountain February 12 and 13, 2011.

John has reported that 120 Crescent members have signed-up for the CSC Steamboat Race and Ski Camp. At this time last year we had 138 signed-up.

Ron, David Lippucci, and Chuck Corey are working on sponsorship for this coming race season. Ron is also talking with local ski resorts to set-up training days for Crescent racers and want-to-be Crescent racers.

Thank you for allowing me to serve as your president.

Margaret P. Crum

President

Crescent Ski Council

5 Sandon Circle

Asheville, NC 2880

[mcrum211@charter.net](mailto:mcrum211@charter.net)

# October Mini-Social

The next mini-social is on Wednesday, October 13 at 6:30. We've been there when it was under a different name. Now it's *Sahara Spartanburg*, 8161 West Abernathy Highway, same as Highway 29 (864) 574-8788. They advertise their establishment as a "Mediterranean Grill" and are close to *Target*. You can check out their website: <saharaspartanburg.com> Contact me at <patricia159@windstream.net> or call me at home (864) 472-2253 to confirm. There will also be a sign-up sheet at the October 7th meeting at *RJ Rockers*.

Pat Lee

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## Membership News

If you have not renewed your membership for the coming year you will soon be a former member. You still have time to renew without a penalty. Don't miss out on all the all the coming events for the new season. If you have lost your renewal form let me know and I will get you a new form or come to the next membership meeting and I will help you with the renewal.

### Birthdays

**The following members have birthdays in Otober. Happy Birthday to:**

Bob Butscher	October 29th
Tom Hambel	October 26th
George McBride	October 19th
Jan Sarratt	October 3rd

**Have a wonderful day !!!**

*Ted*

## **Tell a Buddy To D.R.I.N.K.!**

Used with permission from Bridger Bowl's Web Site  
Bridger Bowl Ski Hydration Study in Bozeman, Montana  
<http://www.bridgerbowl.com/extras/hydration/>

Most skiers are inadequately hydrating.

### **Did you know that...**

**On** cold days you lose most of your fluids through respiration?

Altitude is a thirst suppressant as well as an appetite suppressant?

Elevations above 6,000 feet cause you to exhale and perspire twice as much moisture as you do at sea level?

You can lose between a half to one quart of fluid per hour of skiing lift-served terrain?

After just 2,5 hours of skiing without taking in fluids, you will likely be irreversibly dehydrated for the remainder of the day? Not even after drinking 32 ounces of fluids consumed at lunch.

After two hours of not replenishing lost fluids while skiing, your energy output will begin to significantly decrease, even if you started your day adequately hydrated?

Beverages containing alcohol and caffeine actually rob the body of water?

Cold weather causes diuresis-increased need to urinate?

Sport drinks help you absorb and retain more water than drinking plain water alone and you will need to urinate less?

### **Tell a Buddy To D.R.I.N.K.!**

**Don't** ski without a water bottle.

**Rehydrate** a few ounces on each lift ride.

**Intake** 24 fl. ounces every 3 hours of skiing.

**Never** wait to drink until you feel thirsty.

**Know** and avoid diuretics.

### **If you're dehydrated ...**

**You** can't drink a lot of water and become rehydrated in a short amount of time!

**Your** metabolism will slow down up to 3%.

**You** will get colder easier and you'll be more susceptible to frost bite.

**Water** can act like a diuretic if you wait to rehydrate during lunch on a ski day.

**You** will experience increased fatigue and you are more susceptible to injury.

**You** will have significantly more muscle stress compared to your skiing partner who has been hydrating with a sport drink.

**Recommendations for proper hydration:**

Avoid hydrating with just diuretics in the morning. Drink at least 20 ounces of fluids before coffee and limit your coffee or tea on ski day mornings.

Sport drinks provide the best source of hydration while on the slopes. A sport drink will replace electrolytes, sodium (salt) and some have carbohydrates and proteins for more energy. Sport drinks help you absorb more water and you will need to urinate less than when drinking water.

Try to consume at least 24 ounces of water or sport drink (a few sips at a time) for every three hours of skiing/riding.

Refrain from consuming caffeine and alcohol during your ski day. Wait until the end of the day and after you have properly hydrated with non-diuretics.

< Courtesy of the NATIONAL SKI CLUB NEWSLETTER May/June 2010 >

## ONE-TIME LOCATION CHANGE FOR OCTOBER

Our next meeting is taking us temporarily “off-location”. We are meeting at RJ Rockers Taproom and Micro-Brewery for a tour and tasting on October 7. Our tour of the brewery will begin at 7:30 PM, earlier if we need to do two groups. We can begin congregating at 7:00 like always, and we will have our meeting after the tour is over. Then, sample time!!!!

There is a slight hitch. In order to participate in the tasting, there will be a \$5.00 fee. This will cover a one pint glass of one of their beers, and four smaller samples of their brews. RJ Rockers has won awards for their brews, so it should be a great experience for you beer lovers out there. If you are a non-beer drinker you can still participate in the tour without sampling the brewery results.

If you haven't already signed-up or paid, please contact me to get your name on the list. I need a close approximate head count. It's OK to come at the last minute, but I'd really like a pretty close head count by Tuesday the 5<sup>th</sup>. The \$5.00 can be given to me before the tour begins.

See you there. Where? At the point Daniel Morgan Ave. crosses Main Street, where Salvation Army used to be located. Caddy corner to the Herald-Journal offices.

Jan Sarratt  
489-1606      sarrattjp@yahoo.com



## SKI MOVIES

The Charlotte Ski Bees will be hosting a stop on the 1st annual Ski Channel Film Tour at the US National Whitewater Center on Saturday, November 6, 2010.

There will be two films: "The Story" is a full-length film featuring ski celebrities such as Bode Miller and Lindsay Vonn. The second, shorter film, is a documentary on the late Shane McConkey, star of many extreme skiing movies. Shane was tragically killed in 2009 in a skiing accident in the Dolomites.

For more information, contact Pat Harvey at: [pharvey@uscar.com](mailto:pharvey@uscar.com)



**THANKS VOLUNTEERS!!!**

Many, many thank to all of you who volunteered for Music on Main, especially to those of you who worked *both* dates this year. And to those who always stay and help with the clean up (as this too is part of our responsibility), please note it did NOT go unnoticed. I truly appreciate all of you who did your part and pitched in again, and to those of you who were newbies. Thank you again for a wonderful year with Music on Main, and for helping to make my job easier.

Conni Harrell  
Fundraising Chairperson

# BOARD OF DIRECTORS 2010/2011

<u>POSITION</u>	<u>NAME</u>	<u>HOME PHONE</u>	<u>E-MAIL</u>
PRESIDENT	Mark McCall	(828)859 5500	mmccall1@windstream.net
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VICE PRESIDENT	Conni Harrell	592 3405	tedcancom@wmconnect.com
TREASURER	Ted Mueller	592 3405	tedcancom@wmconnect.com
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MEMBERSHIP	Ted Mueller	592 3405	tedcancom@wmconnect.com
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FUNDRAISING	....see Mark McCall....		
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<i>*Web Site*</i>	<i>Taylor Bomar</i>	<i>576 3776</i>	<i>spartanburgskiclub@att.net</i>

## SUBARU VIP DISCOUNT PROGRAM

Subaru is a proud sponsor of the Crescent Ski Council (CSC) Racing program. Part of their sponsorship package this year included the VIP Discount Program for all CSC members. Qualifying members of a CSC club can purchase or lease a new Subaru at 2% below dealer cost minus any incentives which are currently being offered. To qualify you must have been a member of Spartanburg Ski and Outing Club [or other CSC club] for at least 6 months. If you are interested please notify Sam Linder of your intent to participate. Subaru will mail you the VIP information, which will include information about local dealers participating in the program. Once you have received the information you can go to a local dealer, pick out the Subaru you want, and the dealer will pull the invoice and let the purchaser know if there are any current incentives. Please take advantage of this benefit that Crescent Racing, through Ron Scott, has secured for all CSC clubs.

## **CLUB MEETINGS**

The Spartanburg Ski & Outing Club normally meets the first Thursday of each month at 7:00PM. We are located at the Chapman Cultural Center (West Wing) on East St. John Street in Spartanburg on the first floor. During the months of June, July and August, meetings are held, more informally, at different sites and times, therefore it is necessary to consult the club website or a current newsletter for time and location. April's meeting is held at the Piedmont Club.

This club does **not** provide alcoholic beverages at membership meetings, but members are allowed to bring their own (BYOB) choices of beer or wine. Over indulgence is not condoned under any circumstances. Cups, ice and some soft drink beverages are provided. Thank you.

### **Become a Member**

A copy of our membership application is located at the following web address:  
**<http://www.spartanburgskiclub.org/membership/ssocappl.doc>**



**SPARTANBURG SKI and OUTING CLUB**  
**P.O. Box 2864**  
**Spartanburg, SC 29304**