



## THE NH SKI CLUB NEWSLETTER

Vol.19, Issue 2 October 2021

*We don't just ski!*

### President's Message by Kevin Reigstad



I just got my first Epic Pass text snow alert of the season! The picture is of a dusting of snow under a lift line at Park City, and a link to 20% savings on lodging. Of course, an ad. With this chill in the air, I felt myself transported to the top of that lift while outside tonight for a walk, imagining every person, car, and tree an obstacle. I'm getting mentally prepared. I mentioned it last month. Now it's really time to start getting into tip top skier shape. Can one do too many air squats and lunges?

If you skied Okemo, Stowe, Mount Snow, Attitash, Wildcat, Sunapee and Crotched last year, you likely had to make reservations just to ski and dining options were limited. On September 20th, Vail Resorts (Epic Pass Mountains) released their updated rules for 2021-2022:

<https://www.vail.com/>

[explore-the-resort/about-the-resort/winter-experience.aspx](https://www.vail.com/explore-the-resort/about-the-resort/winter-experience.aspx). Some

rules have been relaxed. Others are more stringent. Cool, no more daily

mountain reservations, all lifts and gondolas will be loaded at normal capacity, and dining reservations can be made the day before. But, beware face coverings are required for all indoor areas and buses, and you must show proof of vaccination to dine at all indoor quick-serve cafeteria-style restaurants (not full-service restaurants and bars). All mountain employees are required to be vaccinated, be screened daily, and wear face coverings while indoors. All transactions will be cashless. Maybe most important, it's to be determined if we'll still be required to boot-up at our cars. While I'm proud of my repurposed floor rug to be my tailgate changing pad, this day skier fun feature can be rolled back up and stored until mud season (aka nixed). As you know, we've been holding our Monthly Meetings over Zoom since April 2020. Too long. While they've been well attended and meet our basic needs, I know they're not what you or I want and don't serve most of you, both long-time members and those just giving us a try. Because of this, the Board of Directors have decided we will hold our 13 October meeting in-person at The Back Yard Brewery. The announcement is in your email inbox. Tell me: be @TBYB or on Zoom.

## Important Notices

The October club meeting will be held on October 13 at 7:00pm at The BackYard Brewery and also on Zoom. Please register on the club website [here](#) to get the Zoom link. We will change this meeting if The BackYard Brewery, New Hampshire or Federal COVID guidance changes. Stay tuned.

## Club Calendar

Oct 13 October 2021 Monthly Meeting (at Back Yard Brewery and Zoom)

Nov 10 Club Meeting (TBA)

## News and Events

### Cape Cod Weekend Getaway

Cindy Jenson

24 tripsters joined us at the Blue Rock Resort in South Yarmouth, MA. Some lucky people started on Thursday with golf and biking. The rest joined on Friday. We had golfers, bikers and independents that day. We had a happy hour that was basically dinner for most of us. We celebrated Fred Myhaver and Robert LaChance's 85th birthdays. Saturday was kayaking, golf, beach time and other independent activities. A number of us went out for dinner at the Skipper Restaurant. Sunday started out rainy but cleared by 10am. There was one solo biker and some golfers. Everyone else headed home. Looking forward to next year!



## Membership News

October 31, 2021 is the date that your 2021 NHSC Membership expires.

Renew for 11/1/2022 - your membership on the NHSC website [NHSkiClub.Org](http://NHSkiClub.Org) The fast and easy way to renew! In renewing your membership, please update your profile if you have any changes in your: address, name, email, landline and/or cell phone number(s).

Once you put in your facial identifying photo, your photo ID is on your membership card. Choose rounded or square corners, then print your own card. Card stock recommended..., or just use your phone to pull up your NHSC membership card for discounts with membership verification.

Snail mail checks will still be received for membership renewal. \$35.00 Individual memberships only. Mail check, made payable to: NH Ski Club, with any update information: address, name, email, landline and/or cell phone number to: NH Ski Club c/o Nancy Keenom Caron 1465 Hooksett Road Unit #1016 Hooksett, NH 03106-1821.

A friendly reminder to members signing up for Ski Trips - You need a 2022 membership in order to go on the trip! *Do not* include membership payment with trip payments.

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## Gunstock Ski Racing

**Kathy Jacobs**

Interested in night skiing? Want to have fun and be active 1 night a week during the winter? The gate crashers are looking to expand. We had so much fun last year even during the Pandemic, safe indoor dining and tail gate dining and a fire pit. There seems to be more interest in joining us. Please Email me, [kjhall91513@gmail.com](mailto:kjhall91513@gmail.com). if you are interested in being on the ski team. I can set up 2 teams. No prior race experience, we just race for fun, the ability to ski after work and camaraderie.

Here is what I have from Gunstock at this time:

- We are offering two options for racing this year: Wednesdays & Thursdays from 5 to 7:45. Starting Wednesday, January 19, 2022 (I am only going to set up teams for Thursday.)
- This is your chance to compete with coworkers, friends, and other race enthusiasts in an 8 week series! We compete on the Ramrod Race trail. We will have 15 teams each night with 10 racers. When you sign up you pick the day you race. Registration coming soon.
- We will have an après party each race night at the new Stockade Restaurant, ski-in access from the slopes with discount drinks and appetizers for racers. Each week will have a sponsor and Gunstock will have a raffle that includes logo'd beanies, buffs and t-shirts/sweatshirts.
- Brand new this year is a Race League Vest. Your team may purchase a customized Gunstock Race League vest with your team/company logo and Gunstock. (Price and more details coming soon)
- Each participant will receive a race bib (that you keep after the season).
- End of the season awards for Top Team, Top Male, Top Female.
- \$1,500 per team, doesn't include cost of Team Vest (\$150- same as last year.)

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## Ski Season Training

**Cindy Jenson**

Ski season is almost here! Hence, the following list of exercises to get you prepared:

1. Visit your local butcher and pay \$30 to sit in the walk-in freezer for a half an hour. Afterwards, burn two \$50 dollar bills to warm up.
2. Soak your gloves and store them in the freezer after every use.
3. Fasten a small, wide rubber band around the top half of your head before you go to bed each night.

4. If you wear glasses, begin wearing them with glue smeared on the lenses.
5. Throw away a hundred dollar bill-now.
6. Find the nearest ice rink and walk across the ice 20 times in your ski boots carrying two pairs of skis, accessory bag and poles. Pretend you are looking for your car. Sporadically drop things.
7. Place a small but angular pebble in your shoes, line them with crushed ice, and then tighten a C-clamp around your toes.
8. Buy a new pair of gloves and immediately throw one away.
9. Secure one of your ankles to a bedpost and ask a friend to run into you at high speed.
10. Go to McDonald's and insist on paying \$8.50 for a hamburger. Be sure you are in the longest line.
11. Clip a lift ticket to the zipper of your jacket and ride a motorcycle fast enough to make the ticket lacerate your face.
12. Drive slowly for five hours - anywhere - as long as it's in a snowstorm and you're following an 18 wheeler.
13. Fill a blender with ice, hit the pulse button and let the spray blast your face. Leave the ice on your face until it melts. Let it drip into your clothes.
14. Dress up in as many clothes as you can and then proceed to take them off because you have to go to the bathroom.
15. Slam your thumb in a car door. Don't go see a doctor.
16. Repeat all of the above every Saturday and Sunday until it's time for the real thing!

**On a more serious note,** I did this routine last year and had one of my best ski seasons ever. It doesn't require a gym and it's easy to do at home.

<https://theskimonster.com/blog/posts/ski-workouts-a-proper-strength-training-routine/>

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## 2022 Ski Trips

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### Jay Peak Trip Leader: Jake Hall

Jan 9th 2022 – Jan 14th 2022

We are excited to announce the return of the annual Jay Peak Ski Trip for the 2022 season! The trip will consist of a 5 night ski and stay package at Jay Peak in an on-mountain Slopeside or Golf-Mountain Condo. The trip includes a Jay Peak Seasons Pass for the remainder of the 2022 season. The package also includes a welcome party, evening socials, and access to the mountain that traditionally gets the most annual snowfall on the East coast. Off-mountain activities include: indoor water park, spa, ice arena, climbing gym, movie theater, snowshoeing, nordic skiing and fat bike trails.

Trip price includes:

- 5 nights lodging (Sun-Thurs.) in a 4-person, 2-bedroom condo.
- Slopeside condos are 2-bedroom, 1 full bathroom. Golf condos are 2 bedroom, 2 bathrooms.
- Jay Peak Seasons Pass (with no blackout dates) good for the remainder of the 2022 ski season
- Events during the week include:
  - Jay Peak Resort Welcome Party
  - Trivia night
  - Club pizza night
  - Potluck night

Slopeside Condo - \$690.00 pp      Golf & Mountain Cottage - \$520.00 pp

In the past, Jay Peak offered complimentary lift tickets on the day of arrival. This will no longer be offered in the 2022 season. If an entire unit wants to arrive early on Sunday and ski, they can purchase discounted tickets at the rate of \$27.25 per person.

Deposit of \$330.00 due by Sept. 30th Balance due by Nov 26th  
Make checks payable to NH Ski Club. Mail with completed form to: Jake Hall 113 Cottage Road, Windham,  
ME 04062 Cell # 207-835-9192 [halljdo@gmail.com](mailto:halljdo@gmail.com)

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## Snowbird Utah

Saturday 2/12/2022 - Saturday 2/19/2022

**Trip Leaders: Nancy KC and Patty Norton**

*Price is \$2299*

**TRIP IS SOLD OUT BUT WAITLIST IS AVAILABLE.**

Snowbird is a skier's paradise, offering a wide variety of terrain, from long rolling cruising runs to wide bowls and narrow chutes. Boasting 140 trails over 2,500 acres, designated as 27% beginner, 38% intermediate, and 35% advanced/expert – the mountain offers great and vast terrain for any ability. Snowbird averages approximately 500 inches of low-density, “dry” Utah powder annually. There are 18 lifts including the 125-person tram that covers 2,900 vertical feet in approximately 7 minutes. We will be staying at the Cliff Lodge, a DELUXE, full service, SKI-IN/SKI-OUT hotel offering a wide range of amenities including a rooftop spa, Jacuzzi, two outdoor heated pools, 4 hot tubs, and numerous restaurants, lounges & retail shops, including a ski shop with rentals onsite. Another great feature is the assigned ski lockers with boot dryers and plenty of space to stow your gear.

Trip Includes:

- R/T Flights – Boston to Salt Lake City, Deluxe airport transfers – SLC to Snowbird, including Bus Driver Tips
- Lodging – 7 Nights Cliff Lodge
- Lift Tickets – 6 day Snowbird lift tickets\*
- Ikon pass holders receive a \$399 resort credit for purchases in restaurants/stores
- Fabulous daily Full Hot Breakfast Buffet – Allowing daily social time and ability to connect with ski buddies to plan the day
- Welcome Party hosted by Snowbird
- Pre-Trip Social – Meet & Greet hosted by Nancy KC & Patty
- Multiple Group Social events including food
- Guided Mountain Orientation Tour
- “Powder Perks” discount for special offers in restaurants stores, ski school, and 20% discount on Rental Equipment

\* Participants can optionally upgrade their ski pass on a day-by-day basis to include an Alta/Snowbird pass for \$59/day or can upgrade to a Snowboard/Alta 6-day combination ticket for \$210.

Alta – one of the top ski resorts for deep powder skiing is a powder skier's heaven. If Powder isn't your thing, Alta also offers snowboard-free beginner and intermediate cruisers.

For more information contact Nancy KC [kcaronn@yahoo.com](mailto:kcaronn@yahoo.com) and Patty Norton [Npatty@aol.com](mailto:Npatty@aol.com)

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## **Heavenly Valley South Lake Tahoe    February 26 - March 5, 2022**

**Trip Leader: Troy Schwotzer**

**\$2,195 per person**

### **Price Includes:**

7 nights lodging at Lake Tahoe Resort Hotel - double occupancy

- 2 room hotel suite, 2 queen or king bed, living room with sofa, dining table and kitchenette with microwave and mini fridge. No stove. I have reserved rooms for 38 people.
- 25 yards from gondola
- Pool, hot tub, bar, restaurant
- Hot buffet breakfast each morning
- Discount drinks in bar each day from 4-6
- Taxes, porter fees, ground transfers from Reno
- Welcome party with 2 drinks and snacks
- 5 day lift ticket (4 DAYS HEAVENLY-1 DAY KIRKWOOD)
- 1 day with private shuttle to Kirkwood Resort
- Bus driver gratuities and 2 parties

Deduct \$540.00 if you purchase full EPIC Pass which would be \$1655 for trip

Deduct +\$60.00 if you purchase full EPIC Pass from Travel Agent which would be \$1,595 for trip

Deduct \$198.00 if you purchase **5 day** EPIC Pass from Travel Agent - \$1,997.00 total for trip

### **Mountain Stats:**

#### **Heavenly Valley**

4,800 acres

3,500 vertical

24 lifts including tram and gondola, 110 trails, bowls, 2 canyons

8% BEGINNER-62% INTERMEDIATE 25% ADVANCED-5% EXPERT

#### **Kirkwood:**

2,300 acres -2,000 vertical -86 trails -15 lifts

12% BEGINNER-30% INTERMEDIATE-38 % ADVANCED-20% EXPERT

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## **Smugglers' Notch Ski and Brewfest**

**March 25-27, 2022**

**Trip Leader: Nancy Harlow**

**\$295. per person**

Ski 78 trails across 3 interconnected mountains on North Vermont's Biggest Vertical Rise, 2610 Feet plus acres of woods between trails. Entry to Brewfest Saturday night - Music, munchies, prizes, and samples of some of Vermont's outstanding Micro Brews! Enjoy an indoor pool, hot tub, ice skating, tubing Hill and access to FUNZONE 2.0

## **Trip Price includes:**

- ❖ 2 Night Lodging in 2 bedroom slope side condos with fully equipped kitchen, large living/dining area, fireplace and cable TV (4 people per condo)
- ❖ 3 Night option \$395.00 pp if arriving Thursday night.
- ❖ 3 Day Lift Ticket- Friday, Saturday, Sunday
- ❖ 2 Buffet Breakfasts
- ❖ Meet and Greet Friday Night
- ❖ Brewfest Entry Saturday Night

Non- skiers can deduct \$40 on 2 night stay/\$60 on 3 night stay

Note: You must MAIL your application with the deposit to Nancy Harlow to complete your reservation. Please indicate if you are adding the 3 night option and if you are a non-skier. If you are staying 3 nights your roommate must be doing so as well.

Deposit of \$150 due by Nov, 15, 2021 Balance due Feb. 15, 2022

Click here for [Link to Smugglers Trip Application](#)

Cancellation and refund policy: There are no refunds for the trip except if you find a replacement, then you will be reimbursed upon request. For more information see the cancellation/refund policy on our website.

Questions: Nancy Harlow nancyeharlow@gmail.com 862-209-0535

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**Officers and Board Members June 2021-2023**  
**PO Box 6072, Manchester, NH 03101**  
**email: [info@nhsclub.org](mailto:info@nhsclub.org)**

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