



March, 2002

Current Events

Feb 28 (Thu)

Ski Cooper Trip leaves

March 12 (Tue)

Board Meeting, McCall Press

3219 Leavenworth 6:00pm

All members welcome.

March 12 (Tue)

Membership meeting, Post-Trip party for Ski Cooper & Pre-Trip party for Summit Co. Old Chicago in the Old Market at 7:30pm

March 15 (Fri)

Summit County Trip leaves

March 24 (Sun)

Membership meeting, Post-Trip Party for Summit Co. and Pre-Trip Party for Snowmass. Senor Matias, 90th & Arbor at 7:00pm

Future Events

April 2 (Tue)

Snowmass Trip leaves

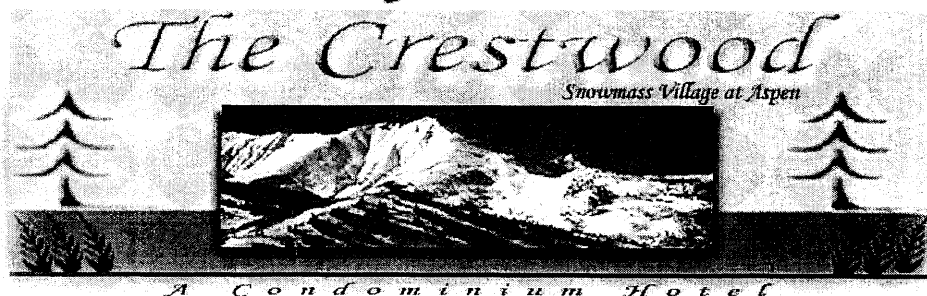
April 9 (Tue)

Board Meeting, McCall Press

3219 Leavenworth 6:00pm

All members welcome.

Aspen & Snowmass



Spectacular Spring Break Trip To Snowmass & Aspen

Imagine endless white slopes, short lift lines and a bubbling hot tub with a cold beer at the end of a great day of skiing. But wait, it gets better. Add to that a mouth watering dinner in Aspen, followed by a stroll around town with your ski buddies. Well, this and more can be yours on our Spring Break trip to Aspen. Yes, scheduled over OPS Spring Break, you can also bring the whole family.

Dates: Bus departs Tuesday evening, April 2 from Omaha. Arrives Snowmass at the Crestwood Condos approximately 7:00 a.m. (changing rooms available there). Lodging is for the nights of April 3, 4, 5, 6. Bus departs Snowmass in afternoon of April 6 and arrives in Omaha approximately 6:00 a.m. the next morning.

Lodging: Lodging is at one of our club's favorite spots, the Crestwood Condo. Spacious two bed, two bath condos with true ski in/ski out service. You can step out of your condo, strap on your skis or snowboard and be on the slopes before the lifts open.

Transportation: Sleeper bus (café style booth seats and tables that fold into bunk beds). After bus fills, drive outs will be accepted, depending upon availability of lodging.

Trip Cost: Ron got us a really special deal on this one. An unbelievably low price of \$425.00 includes transportation, lodging and welcome party. Lift tickets are additional, but we got a great deal on those, too. Full payments are due at this time.

Lift Tickets: With group rates, we will be getting our lift tickets at a low, low price of \$27.00 a day (nearly half price). Tickets are also good at Aspen, Buttermilk and Aspen Highlands.

Other: There will be a catered Welcome Party in the spacious conference room at the Crestwood our first night. An optional trip to Glenwood Springs is in the works for one of the evenings. Glenwood offers great dining, shopping and/or a dip in the soothing hot springs.

Trip Captain: Pat McCall, 345-1881 (H) or 342-8898 (W)

www.OmahaSkiClub.org

STEAMBOAT TRIP REPORT

The Flatland Ski Association recently hosted a fun and memorable trip to Steamboat, currently rated as my favorite place to ski. The trip had 22 participants with 5 being new members just this year. As an exciting part of the Flatlands Trip, 4 out of those 5 new members participated in racing events with two of them winning medals. I'd like to especially congratulate Barb and Craig Larson for winning a 2nd and a 5th place respectively in their classes. They were also chosen to then perform on our Master's team, which finished in 6th place out of 8 teams. Great job to all who participated in the racing and I think we made quite a showing considering that we had 22 people compared to some much larger clubs that brought over 100 people. I'd like to thank Bob Todd and Phil Bintz for coordinating the racing portion of the event and helping everything run smoothly.

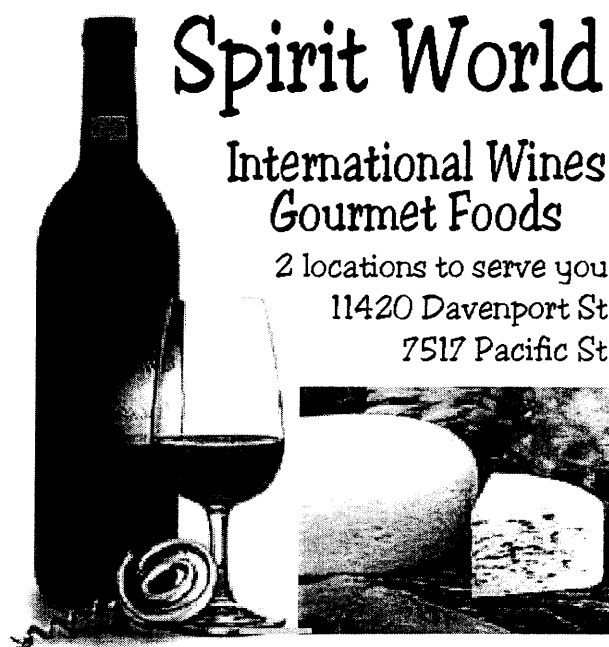
It was also especially gratifying to see the support that two of our other new members were given when nearly the whole ski club showed up to watch Shad Hovey and Mitsuru Yasuda race in the Snowboard Race. I don't think I've ever seen so many cameras in one place shooting a race course. Not only was it exciting to have two snowboarders along this year, it was exciting that both had never raced before but were willing to throw themselves, quite literally, into the challenge.

Thanks everyone for making the extra effort not only to race, but to support the racers and to make a great showing for the Omaha Ski Club, we may have had only 22 people, but we definitely

made our presence known.

The Flatlands trip always follows right on the heels of the USRSA trip, but it was a great show of support for the trip this year to have 22 brave the frigid temperatures of Steamboat. With temperatures some nights getting way below zero, everyone still braved them and skied the powder the first day. More powder was found in the trees, as several experienced the joy of being helped out of interesting spots. Mary Ava described having to dig for her skis and the challenge of trying to get back on her skis when she was in powder up to her knees. And Mitsuru discovered what it was like to be up to his chest in powder, when he took his board off trying to shimmy out of a deep narrow ravine. They say that Steamboat is known for its tree skiing, well we certainly all experienced fun and challenging runs in and through the Aspens and Evergreens because we knew that there was powder hiding in the trees long after the powder had been skied off other places.

Steamboat also had the Olympic Fever, which we were able to experience first-hand. On Friday night Steamboat had a warm sendoff in the cold for their Olympians. Both past and present



Proud supporter of the Omaha Ski Club

Olympians from the Steamboat area were honored in an outdoor celebration Friday night. Of special excitement, Mitsuru will be taking back to Japan with him a poster of Steamboat signed by all the Olympic Freestyle Ski Team, thanks to Marty Sigg's generous efforts, a very cool memento from his year in the U.S.

Other news of excitement was that just when we thought Omaha was getting shut out of the prizes, Sue Wilson won a pair of bindings, and then as luck would have it Jim Wilson, her husband, won a pair of skis. I'll be interested to see how they work out who gets to ski on them and when. Perhaps next year they will have a new race event with tandem skiers on one pair of skis. We could start a new trend. Barb Larson also won a polar fleece vest, but I don't think she'll have to share that one.

I was proud of how the club truly made the new members feel welcome and I want to thank everyone for helping make my trip captain job easy, fun and successful. Everyone really seemed to put in extra effort helping everyone out and taking care of everyone. And the best part, to my knowledge: no injuries....yaaay!...

Anne Marquardt, Trip Captain Steamboat

(left) Lunch break at Steamboat

PRESIDENTS CORNER

Two trips down and three to go. It amazes me how fast the ski season seems to go. The rest of the year feels like we are in slow motion. When you are on a ski trip it feels like you just got there and it is time to go home already. I was glad to get back on my skis again for this year's Steamboat trip. My last time on skis last year was a painful experience. After my bad fall, I was a little apprehensive getting off of the chairlift. But like the saying goes, it is like riding a bicycle or a horse, you just have get back up and do it again. I am glad to say everything is working ok, although my style is a bit off. I didn't know I even had a style, I just point my skis down the hill and turn when I have to. What kind of style is that?

Oh well, the FSA Steamboat trip

was a lot of fun anyway. The skiing was pretty good considering the icy conditions on a lot of the slopes. Some people on the trip raced, and did well, while some of us just went to ski. Everyone had a fun time. The nightly hot tub time was wonderful although we maxed out the hot tub a couple of times. Cookies anyone? Good job Anne, I think everyone enjoyed themselves.

As I am writing this there is a fierce winter storm going on outside. Hopefully Colorado received some snow from this storm as it passed through there. Colorado could use a couple of big snowstorms to help them out. The reports I have seen show ski days are off quite a bit. I am not sure it is the lack of snow as much as the poor economy that is the

problem. With all that has happened from 9/11 to the fall of Enron, I think people are sitting tight for the moment. With the Olympics just starting maybe people will feel a little more like a ski vacation after watching all of the exciting events.

There is still space on the remaining trips although the Cooper trip will be closed shortly. The Summit County trip over St. Patrick's day weekend still has space available. My trip to Snowmass is starting to fill up, space is still available, but don't wait too long. A lot of people have told me they are going but unless I have a check I may not have a spot left for you.

(Continued on back page)

OMAHA SKI CLUB TRIP POLICIES

- 1) Trip captain is the final authority on and during the trip.
- 2) Club members will conduct themselves in a mature manner at all times.
- 3) There will be a \$10.00 charge on any returned check.

TRIP SIGN-UP, DEPOSITS AND PAYMENTS

- 4) Only members in good standing with dues currently paid to the Omaha Ski Club may sign up for a trip. Children under the age of 19 must be accompanied by a parent or guardian on the trip. A trip application for a child under the age of 19 must be signed by a parent or guardian of the child.
- 5) By signing up for a trip a member agrees to pay the Club the full cost of the trip applied for, subject to the provisions for timely cancellation in item 7) below. Each trip will have its own trip deposit and payment schedule to be set by the trip committee. A deposit is required to sign up for a trip. Failure to meet the payment schedule may result in automatic cancellation from the trip subject to the cancellation fee in item 7) below.
- 6) When a trip is full the trip captain will start a waiting list. To be placed on the waiting list a member must fill out and sign a trip application and pay the standard deposit for that trip. Waiting list members must meet the payment schedules when moving to the confirmed lists.

CANCELLATIONS AND REFUNDS

- 7) Unless otherwise listed in individual trip information, cancellations prior to 60 days before the trip departs will

result in a cancellation fee of \$50.00; cancellations less than 60 days before the trip departs will result in a cancellation fee of \$100.00 if the trip goes full, or liability for the full cost of the trip if the trip does not go full. Any cancellation fees or penalties may first be deducted from payments the member made for the trip.

- 8) Transferring from the waiting list on one trip to a confirmed list on another trip will be done with no cancellation fee. Refusal to move from the waiting list to the confirmed list will constitute automatic cancellation subject to the cancellation fee in item 9) above.
- 9) If a trip is cancelled by the club, all money paid to the club by a member for that trip will be refunded.
- 10) All members on the waiting list when the trip departs will receive a full refund.
- 11) No refunds will be made until after the trip returns.

BUS TRIPS

- 12) Smoking on buses is prohibited.
- 13) Any time the bus stops en route to its destination, passengers leaving the bus will do so at their own risk.
- 14) The Omaha Ski Club will not provide alcoholic beverages for any bus trip. If any members wish to consume alcoholic beverages on the trip, they can do so at their own expense, and assume all risks and liabilities associated with such consumption.

OMAHA SKI CLUB MEMBERSHIP APPLICATION

JUNE 2001 - MAY 2002

MEMBERSHIP STATUS: NEW _____ RENEWAL _____ FAMILY \$25 _____ SINGLE \$22 _____

LIST MEMBER INFORMATION - - - PLEASE PRINT CLEARLY

| | FIRST NAME | M.I. | LAST NAME | DATE OF BIRTH | SEX |
|----|------------|-------|-----------|---------------|-------|
| 1. | _____ | _____ | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ | _____ | _____ |
| 6. | _____ | _____ | _____ | _____ | _____ |

ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
HOME PH. _____ WORK PH. _____
email _____ (check this box ☐ if ok to publish e-mail address in club directory)
COMMENTS _____

REFERRED BY _____

NOTE: BY SIGNING THIS APPLICATION I RELIEVE THE OMAHA SKI CLUB, INC. (OSC) OF ANY RESPONSIBILITY FOR ACCIDENT OR INJURY I INCUR WHILE PARTICIPATING IN ANY OSC ACTIVITIES. I ALSO CERTIFY THAT I AM OF LEGAL DRINKING AGE IN THE STATE OF NEBRASKA.

DATE _____ SIGNATURE (MUST BE SIGNED AND DATED) _____
[OSC USE ONLY] MEMBERSHIP NO. _____ BD. _____ TR. _____ NL. _____

TRIP APPLICATION

(Required for each individual on the trip) (PLEASE PRINT LEGIBLY)



Trip Destination _____ Trip Dates _____

| BIRTH | SEX | FIRST NAME | M.I. | LAST NAME | DATE OF |
|-------|-------|------------|-------|-----------|---------|
| _____ | _____ | _____ | _____ | _____ | _____ |

ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
HOME PH. _____ WORK PH. _____
E-MAIL _____ CELL PH. _____
EMERGENCY CONTACT: Name _____ Phone _____

I Prefer to Room With _____ OTHER INFO _____

THE OMAHA SKI CLUB MEMBER SIGNING THIS APPLICATION AGREES AS FOLLOWS:

The member has read the OSC trip policies on the reverse side of this application and understands and agrees to be bound by them as a condition of participation in this trip. The member further agrees that the club, its directors or committee chairmen shall bear no financial responsibility to members in the event of a delayed departure or return of a trip, or for cancellation of a trip except as provided in items 7 through 10 of the trip policies, nor shall they be liable for any bodily injury, property damage, loss of personal property, or death sustained by or caused by any member on a trip. Those individuals causing property damage at the lodges, condos, busses, ski areas, etc. shall bear the full legal and financial responsibility for the damages. It is a condition of membership in the club that any individual shall be deemed to have accepted these responsibilities and limitations of liability as a consideration of joining the club and participating in this trip.

SIGNATURE _____ DATE _____

[osc use only] deposit: amount paid _____ date _____ ck or rcpt no _____



St. Patrick's Day Weekend in Summit County

Join us for an inexpensive yet great skiing and snowboarding trip to Summit County, Colorado where you can ski and board at Breckenridge, A-Basin, Copper Mountain and Keystone. This is a perfect trip for those of all ages, married, singles, and families. For those of you who like to party for St. Patty's day, what better place than Summit County.

Dates: Lodging nights are 15, 16 and 17 of March. Get an extra day of skiing in and stay overnight in Denver on the 14th, ski all day on the 15th.

Lodging: We will be staying at the Alpine Inn in Frisco, Colorado. This is a fairly new hotel, only 7 years old. Rooms have two queen-size beds and a bath. Both a pool and hot tub are easily accessible.

Trip Cost: The fee for this trip covers lodging and ski club administration fees. Your travel expenses, lift tickets, food and incidentals are not covered. Room costs depend on the number of people per room and is dependent on finding others who want the same accommodations. PLEASE NOTE: THE LODGING WE ORIGINALLY BOOKED IS FULL, AND BRIAN IS TRYING TO FIND ADDITIONAL ROOMS. ANY ADDITIONAL LODGING WILL BE ON A SPACE-AVAILABLE, SPACE-FILLED BASIS. WE WILL NOT BOOK ROOMS WE CANNOT FILL. CALL BRIAN TO BE SURE YOU HAVE A SPOT. Below are the approximate room rates we expect to have available, based on a 3-night stay:

| Persons per room | Trip Total |
|------------------|-----------------|
| 2 | \$170.00-180.00 |
| 3 | \$120.00-130.00 |
| 4 | \$90.00-100.00 |

Payment Schedule: Total amount due now.

Lift Tickets: Lift tickets at the four major resorts typically cost \$55-65 a day at the ticket window. Many club members purchase them on the way up at the King Supers Supermarket in Denver. It knocks off about \$5-\$10 per ticket.

Trip Captain: Brian Moore is running this fun trip. He tells us there is (or may be) always room for one more person. Give him a call at 871-4256.

Bahnsen's
SKI & SPORT

**SKI &
SNOWBOARD**



- Equipment
- Clothing
- Rental
- Ski Service
- Hot Wax
- Accessories and more!

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USRSA RACE RESULTS

OMAHA SKI CLUB

INDIVIDUAL RESULTS

Pacesetters Race

| BIB | NAME | Time1 | Time2 | Time3 | Time4 | HDCP1 | HDCP2 | HDCP3 | OLD HDCP4 | NEW HDCP | HDCP |
|-----|------------|-------|-------|-------|-------|-------|-------|-------|--------------|-------------|-------|
| 83 | Marty Sigg | 22.36 | 23.37 | 21.41 | 21.31 | 71.08 | 72.35 | 67.27 | 59.51 | 59.66 | 65.95 |

Qualifier Race by class

| CLASS | BIB | NAME | COUNCIL | CLUB | TIME | HDCP | PLACE | POINTS |
|-----------|-----|-------------------|---------|------|-------|--------|-------|--------|
| 50 - 54 F | 194 | Terri Johnson | FLAT | OMAH | 32.06 | 140.33 | 8 | 1 |
| 45 - 49 F | 141 | Merry Johnson | FLAT | OMAH | 28.17 | 120.25 | 12 | 0 |
| 40 - 44 F | 128 | Ellen Forster | FLAT | OMAH | 40.50 | 216.65 | 8 | 1 |
| 35 - 39 F | 42 | Ann Marquardt | FLAT | OMAH | 28.51 | 113.24 | 3 | 4 |
| 65 - 69 M | 195 | John Porter | FLAT | OMAH | 25.16 | 88.61 | 11 | 8 |
| 60 - 64 M | 165 | Patrick Connely | FLAT | OMAH | 16.68 | 25.04 | 1 | 12 |
| 60 - 64 M | 83 | Marty Sigg | FLAT | OMAH | 23.37 | 72.35 | 7 | 6 |
| 60 - 64 M | 102 | Andrew Rabick | FLAT | OMAH | 26.28 | 93.81 | 10 | 3 |
| 55 - 59 M | 146 | Harvey Sloup | FLAT | OMAH | 27.06 | 111.57 | 16 | 6 |
| 55 - 59 M | 184 | Don Hammond | FLAT | OMAH | 34.92 | 161.77 | 19 | 4 |
| 50 - 54 M | 57 | David Lawler | FLAT | OMAH | 23.61 | 76.59 | 15 | 10 |
| 45 - 49 M | 230 | Mark Storz | FLAT | OMAH | 26.56 | 98.65 | 18 | 8 |
| 45 - 49 M | 104 | Benjamin Novograd | FLAT | OMAH | 27.16 | 100.29 | 19 | 7 |
| 45 - 49 M | 187 | Brian Moore | FLAT | OMAH | 29.01 | 117.47 | 21 | 6 |
| 40 - 44 M | 58 | Phil Bintz | FLAT | OMAH | 20.22 | 51.23 | 6 | 6 |

Slalom Race by class

| CLASS | BIB NAME | LEAG CLUB | TIME1 | TIME2 | HDCP | PLC | PTS | MDL |
|-----------------|-------------------|-----------|-------|-------|--------|-----|-----|-----|
| SKILL 5 OPEN M | 58 Phil Bintz | FLAT OMAH | 51.13 | 52.97 | 77.99 | 1 | 5 | 1 |
| SKILL 7 VET M | 57 David Lawler | FLAT OMAH | 40.25 | 41.94 | 82.04 | 3 | 8 | 3 |
| SKILL 7 LEG M | 83 Marty Sigg | FLAT OMAH | 37.93 | 37.81 | 71.01 | 2 | 9 | 2 |
| SKILL 8 LEG M | 195 John Porter | FLAT OMAH | 24.52 | 25.13 | 99.67 | 1 | 9 | 1 |
| SKILL 9 VET M | 230 Mark Storz | FLAT OMAH | 25.69 | DNS | 109.20 | 3 | 10 | 3 |
| SKILL 9 VET M | 104 Ben Novograd | FLAT OMAH | 26.79 | 27.53 | 118.16 | 7 | 6 | |
| SKILL 9 LEG M | 102 Andrew Rabick | FLAT OMAH | 25.57 | 26.45 | 108.22 | 1 | 10 | 1 |
| SKILL 10 VET M | 187 Brian Moore | FLAT OMAH | 29.30 | 28.66 | 133.39 | 1 | 10 | 1 |
| SKILL 10 VET M | 184 Don Hammond | FLAT OMAH | DSQ | 36.49 | 197.15 | 5 | 2 | 5 |
| SKILL 10 OPEN F | 128 Ellen Forster | FLAT OMAH | 35.71 | 36.73 | 175.75 | 6 | 1 | |

Giant Slalom, by class

| CLASS | BIB NAME | LEAG CLUB | TIME1 | TIME2 | HDCP | PLC | PTS | MDL |
|-----------------|---------------------|-----------|--------|--------|--------|-----|-----|-----|
| SKILL 1 OPEN M | 165 Patrick Connely | FLAT OMAH | 104.21 | 100.62 | 71.74 | 3 | 3 | 3 |
| SKILL 5 OPEN M | 58 Phil Bintz | FLAT OMAH | 92.73 | 92.06 | 57.13 | 1 | 5 | 1 |
| SKILL 7 VET M | 57 David Lawler | FLAT OMAH | 45.62 | 45.21 | 74.69 | 7 | 6 | |
| SKILL 7 LEG M | 83 Marty Sigg | FLAT OMAH | 42.91 | 43.37 | 65.80 | 1 | 10 | 1 |
| SKILL 8 LEG M | 195 John Porter | FLAT OMAH | 24.13 | 24.25 | 90.75 | 3 | 3 | 3 |
| SKILL 9 VET M | 230 Mark Storz | FLAT OMAH | 24.03 | DNS | 89.96 | 1 | 11 | 1 |
| SKILL 9 VET M | 104 Ben Novograd | FLAT OMAH | 26.99 | 26.89 | 112.57 | 7 | 5 | |
| SKILL 9 LEG M | 102 Andrew Rabick | FLAT OMAH | 25.13 | 25.45 | 98.66 | 6 | 2 | |
| SKILL 10 VET M | 187 Brian Moore | FLAT OMAH | 28.93 | 30.09 | 128.70 | 2 | 8 | 2 |
| SKILL 10 VET M | 184 Don Hammond | FLAT OMAH | 30.95 | 29.34 | 131.94 | 3 | 6 | 3 |
| SKILL 10 OPEN F | 42 Anne Marquardt | FLAT OMAH | 28.24 | 28.59 | 121.49 | 2 | 8 | 2 |
| SKILL 10 OPEN F | 128 Ellen Forster | FLAT OMAH | 36.35 | 35.80 | 180.78 | 5 | 2 | 5 |

CONTINUED NEXT PAGE

Wax Race, by medal

| BIB | NAME | COUN CLUB | MPH | MEDAL |
|-----|-----------------|-----------|-----|--------|
| 42 | Ann Marquardt | FLAT OMAH | 38 | Bronze |
| 128 | Ellen Forster | FLAT OMAH | 30 | Bronze |
| 147 | Michael Wehling | FLAT OMAH | 48 | Gold |
| 58 | Phil Bintz | FLAT OMAH | 47 | Gold |
| 150 | Allan Cleveland | FLAT OMAH | 46 | Silver |
| 140 | Andy Bohn | FLAT OMAH | 45 | Silver |
| 148 | Tom Wehling | Open Open | 45 | Silver |
| 230 | Mark Storz | FLAT OMAH | 44 | Silver |
| 83 | Marty Sigg | FLAT OMAH | 44 | Silver |
| 102 | Andrew Rabick | FLAT OMAH | 43 | Bronze |
| 165 | Patrick Connely | FLAT OMAH | 43 | Bronze |
| 104 | Ben Novograd | FLAT OMAH | 41 | Bronze |
| 57 | David Lawler | FLAT OMAH | 41 | Bronze |
| 187 | Brian Moore | FLAT OMAH | 38 | Bronze |
| 184 | Don Hammond | FLAT OMAH | 32 | Bronze |



Team OSC at the awards banquet

Club Results by race**Qualifier****PLACE CLUB POINTS**

| | | |
|----|------------------------|-----|
| 1 | Kansas City | 301 |
| 2 | Wapatules | 266 |
| 3 | Great Lakes | 146 |
| 4 | Vand Bakke | 126 |
| 5 | Omaha | 82 |
| 6 | Gemuettlichen Enzianer | 72 |
| 7 | Pack Rats | 56 |
| 8 | Recreation | 48 |
| 9 | Oakland | 41 |
| 10 | Newport | 31 |
| 11 | Reno, NV | 29 |
| 12 | Las Vegas | 28 |
| 13 | JPL | 25 |
| 14 | Edelweiss | 21 |
| 15 | Sandia | 16 |
| 16 | Blitzsnell | 15 |
| 17 | Antelope Valley | 14 |
| 18 | Huzzah | 9 |
| 19 | Balboa | 2 |

Slalom**PLACE CLUB POINTS**

| | | |
|----|------------------------|-------|
| 1 | Kansas City | 225 |
| 2 | Wapatules | 193.5 |
| 3 | Vand Bakke | 102 |
| 4 | Omaha | 76 |
| 5 | Great Lakes | 69.5 |
| 6 | Gemuettlichen Enzianer | 63 |
| 7 | Recreation | 33 |
| 8 | Newport | 26 |
| 9 | Pack Rats | 25 |
| 10 | Oakland | 16 |
| 11 | Las Vegas | 14 |
| 12 | Antelope Valley | 12 |
| 13 | Reno, NV | 11 |
| 14 | JPL | 9 |
| 14 | Sandia | 9 |
| 16 | Blitzsnell | 7 |
| 17 | Huzzah | 4 |

Giant Slalom**PLACE CLUB POINTS**

| | | |
|----|------------------------|-----|
| 1 | Kansas City | 242 |
| 2 | Wapatules | 182 |
| 3 | Vand Bakke | 94 |
| 4 | Omaha | 69 |
| 5 | Great Lakes | 60 |
| 6 | Gemuettlichen Enzianer | 55 |
| 7 | Recreation | 38 |
| 8 | Pack Rats | 36 |
| 9 | Newport | 25 |
| 10 | Oakland | 19 |
| 11 | Las Vegas | 13 |
| 12 | Sandia | 10 |
| 13 | JPL | 9 |
| 13 | Reno, NV | 9 |
| 15 | Balboa | 7 |
| 16 | Blitzsnell | 6 |
| 17 | Antelope Valley | 3 |

Final Combined Club Results

| PLACE | POINTS | CLUB_NAME | COUNCIL | PLACE | POINTS | CLUB_NAME | COUNCIL |
|-------|--------|------------------------|---------|-------|--------|-----------------|---------|
| 1 | 75 | Kansas City | FLAT | 10 | 13 | Oakland | BAYA |
| 2 | 60 | Wapatules | MILW | 11 | 8 | Las Vegas | INLA |
| 3 | 40 | Vand Bakke | INLA | 12 | 5 | Reno, NV | SIER |
| 4 | 33 | Great Lakes | INDI | 13 | 4 | Antelope Valley | INLA |
| 5 | 29 | Omaha | FLAT | 13 | 4 | Sandia | ROCK |
| 6 | 24 | Gemuettlichen Enzianer | NEWE | 15 | 3 | JPL | INLA |
| 7 | 20 | Recreation | LOSA | 15 | 3 | Blitzsnell | INLA |
| 8 | 18 | Pack Rats | PORT | 17 | 2 | Huzzah | CENT |
| 9 | 15 | Newport | ORAN | 17 | 2 | Balboa | ORAN |

The complete results for this year's USRSA can be found at www.skieursa.com

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OSC Website...www.omahaskiclub.org

Moving?

Tell us before you move--the Post Office will NOT forward the OSC Newsletter because of its 3rd class postage classification. Notify Dave Lawler of changes.

President's Corner (continued)

In this month's Ski Magazine, there is an article about altitude sickness. All of us experience AMS (Acute Mountain Sickness) to some degree on every trip we take to the mountains. Any time you rapidly ascend over 8,000 feet or above your body responds to the decrease of oxygen. This lack of oxygen causes the membranes in the lungs and brain to leak, causing headache, nausea, shortness of breath and sleep disturbance. The good news is that your body will adjust to this condition, the bad news it can take up to a year for this to happen. So what do we do for a short week-long trip. The best remedy is to drink lots of water, before and during your trip, and get lots of rest. I did say water, limit your intake of caffeine and alcohol. Alcohol is a depressant and will slow your breathing, making it harder for your lungs to get enough oxygen. AMS is a mild condition, but you must be aware of more serious conditions such as HAPE (High Altitude Pulmonary Edema) and HACE (High Altitude Cerebral Edema). These two forms of altitude sickness can be fatal if not treated promptly. Although HACE happens more often at altitudes over 10,000 feet, HAPE on the other hand can happen any time. Symptoms for HAPE are the same as for AMS but include a severe cough with frothy pink phlegm. If you or someone in your group develops this you need to seek medical attention immediately. There is no way to tell how bad you will get AMS, every trip will be different. I hope this will help some of you recognize that you are having symptoms of AMS and can take steps to limit its effects. This should make your ski trips more enjoyable. Ski fast but ski safe!

Snow dragons rock!

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