



November 2010 Update

www.omahaskiclub.org

Trips Filling Up

January 5-9 – Copper Mountain, Colorado – 1 spot left
January 26-30 - Steamboat, Colorado, Flatland Ski Association – 5 spots left
February 9-13 - Wolf Creek and Purgatory, Colorado – 15 spots left
February 26-March 5 – Telluride, Colorado, CMSC – 4 spots left
March 20-26 – Jackson Hole, Wyoming – 19 spots left
Details on all of the trips are listed on pages 4 through 5 of this newsletter.

December 2nd (Thursday) 7 p.m.

Board Meeting

Two Fine Irishmen, 18101 R Plaza

In the shopping mall SW of 180th and Q St.
All members welcome.

December 7th (Tuesday) 6 p.m.

Christmas Party

Anthony's, 72nd and F St

Rescheduled from the 8th.
Drinks at 6, dinner at 7. Optional gift exchange.
All members welcome.

January 2nd (Sunday) 4 p.m.

Board Meeting

Quaker Steak and Lube

3320 Mid America Drive, Council Bluffs

A little west of I-80, exit 1B.
All members welcome.

January 2nd (Sunday) 5 p.m.

Social Gathering and Copper Mtn Pre-Trip Party

Quaker Steak and Lube

3320 Mid America Drive, Council Bluffs

A little west of I-80, exit 1B.
After the board meeting. Everyone welcome.

January 5-9 (Wednesday-Sunday)

Copper Mtn Trip

See page 4 for details on this trip.

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January 16th (Sunday) 5 p.m.

Social Gathering

Copper Mtn Post-Trip Party

Steamboat Pre-Trip Party

Senor Matias, 90th and Arbor St

A little N of 90th and Center. Everyone welcome.

January 26-30 (Wednesday-Sunday)

Steamboat Trip

See page 4 for details on this trip.

February 6th (Sunday) 4 p.m.

Board Meeting

Tanner's Bar and Grill, 15505 Ruggles St

A little N of 156th and Maple St

All members welcome.

February 6th (Sunday) 5 p.m.

Social Gathering

Steamboat Post-Trip Party

Wolf Creek Pre-Trip Party

Tanner's Bar and Grill, 15505 Ruggles St

A little N of 156th and Maple St,

After the board meeting. Everyone welcome.

February 9-13 (Wednesday-Sunday)

Wolf Creek Trip

See page 4 for details on this trip.

February 20th (Sunday) 5 p.m.

Social Gathering

Wolf Creek Post-Trip Party

Telluride Pre-Trip Party

Bohemian Cafe, 1406 S. 13th St

Near 13th and William St, two blocks south of the main post office.

Everyone welcome.

February 26 to March 5 (Saturday-Saturday)

Telluride Trip

See page 5 for details on this trip.

New and Renewal Members

The Omaha Ski Club welcomes the following new and renewal members:

Ryan Burden
Richard Dyer
Dave Griffith
Dan Kautzmann

COMMITTEES

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Joe Dotzler

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Trips Update

Once again it's snowing, marking the beginning of the 2010-2011 ski season! Many resorts have already opened. I have been getting daily snow reports showing snowfall at many of the resorts. It may prove to be a good year. Do you have your gear ready? Are you in shape? But most of all have you signed up for your favorite trip? If not, *now* is the time to fill out that paperwork.

The Omaha Ski Club has put together 5 great trips this year. Hopefully you can join us on one or more of them. The early trip to **Copper** seems to be popular as it is relatively inexpensive and gives us a chance to get our ski legs in time for the **FSA Steamboat** trip. This trip is also filling fast. There are still spots available, but don't wait too long to sign-up. We will be dropping rooms in mid December.

Telluride has eight people going so far. This is the Chicago Metropolitan Ski Council's week long trip. They have many fun activities, parties and races for those who wish to race. If you wish to sign-up for this trip, contact the trip captain for space availability. Also, those who are signed up, we do have an option of an additional day of skiing for only \$46. Please email Teri if you wish to sign-up for that additional day.

Jackson Hole looks as though it will turn into a drive out trip. We have only 5 signed up for this really reasonably priced trip. If you were thinking about doing this without airfare, contact Phil Bintz as soon as possible.

Another great adventure this year will be to **Wolf Creek and Purgatory** on Durango Mtn. Wolf Creek is a small area with excellent snowfall. The locals favor this mountain. If you want to sign-up for this trip, contact Ben Novograd. There is talk of one extra day for one of the vehicles.

We are forming car pools for driving out to these destinations. If you want to ride with someone, let the trip captain know. If you are driving and want others in your vehicle, contact the trip captain with the date and time you are leaving and also the date and time you are returning. This will help you pair up with others.

I am encouraging all of you to sign-up early. The club puts money on these trips upfront. If we hold rooms past deadlines, the club loses money. If this happens, we can no longer offer good pricing for our trips. If we have little or no participation on the trips we offer, it does not allow us the flexibility of group pricing which also drives the cost of the trips up. Most areas require 20 people to group price. We have been able to keep the costs down by negotiating with our resort contacts when we are close to the required numbers, but I also need your help to support our efforts.

Thanks to all of you who make the Omaha Ski Club successful. We try to offer trips for everyone. It is by your suggestions and pricing that determines where we ski. Let your Board members know where you want to go.

You never know, it may be on the list for the following year.

Got skis, gotta go!!!

Teri Hammon
VP Trips Omaha Ski Club



OMAHA SKI CLUB

2010-2011 TRIPS

COPPER MOUNTAIN

January 5-9, 2011

1 spot left

\$ 225.00 per person without lift tickets Drive-out



Join us as the Omaha Ski Club returns to Copper Mountain Resort, Colorado. Get your ski legs in shape for the Steamboat trip or come to practice. This inexpensive trip is a great way to start the season and relax after the holidays. The trip includes: .

- 4 nights of lodging at the Alpine Inn (hotel rooms with double queen beds) located in Frisco Colorado. Indoor hot tub and pool area
- Continental breakfast daily
- Welcome Party
- Lift-tickets for 4 days of skiing/snowboarding are not included in the cost. If you need lift tickets, discuss options with the trip captain when you sign up and arrangements can be made.

There are also opportunities to take lessons at the resort if needed (not included in trip pricing)

Trip Captain: Dave Burden 712 527-5980 (home), 712 527-0740 (cell) dburd@mchsi.com

Steamboat, CO (Jan 26-30, 2011)

Drive-Out Trip

5 spots left

\$527.00 per person (\$375.00 per person without lift-tickets)



The Omaha Ski Club and the Flatlands Ski Association (FSA) annual FSA Trip will be at Steamboat Springs, Colorado.

The trip includes:

- 4 day lift tickets (Wed 26, Thur 27, Fri 28, Sat 29) If not skiing on 1/26 this can also be used for Sunday 30th. It is a 4 of 5 day lift ticket. Additional days are available if purchased with trip package.
- 4 nights of lodging in 2BD/2BR condos at the Timber Run Condos located on shuttle route near the base. These condos feature wireless internet access, outdoor heated pool and hot tubs, and parking. We will all be located in the same condo complex. (If you plan to arrive a day early, check with the trip leader as we will have one condo available. Additional cost TBA) (Check in @ 4PM check out @ 10 AM. This condo complex has a clubhouse area and front desk staff.)
- FSA Welcome Party
- Awards Banquet on Saturday
- Racing opportunities for anyone who wishes to participate
- Après ski parties

Steamboat Resort has terrain for all levels of skiing/snowboarding. There are also opportunities to take lessons at the resort if needed. (Cost not included in trip pricing)

Trip Captain: Teri Hammon (Home) 402 571-4517 (Cell) 402 680-0971 Email: dragonsrock@cox.net



WOLF CREEK & PURGATORY

February 9-13, 2011

15 spots left

\$380.00 per person Drive-Out



Join us as the Omaha Ski Club for a great adventure to southwestern Colorado. The trip includes:

- Lift-tickets for 3 days of skiing/snowboarding. (2 days at Wolf Creek 2/11 & 2/12, 1 day at Purgatory 2/10)
- 4 nights of lodging at the Oak Ridge Lodge (Deluxe hotel rooms 2 queen beds, Dbl occupancy. Units include refrig, microwave). The hotel is located in the town of Pagosa Springs for greater dining/shopping options in the evening.
- Welcome Party
- A long drive with great ski buddies
- 24 hour hot tub and pool at the hotel
- Daily continental breakfast

There are also opportunities to take lessons at the resort if needed (not included in trip pricing)

Trip Captain: Ben Novograd 402 291-5704(home), 402 212-4274(cell), benjamin.novograd@cox.net



Chicago Week @ Telluride CO February 26-March 5, 2011

4 spots left

\$940.00 per person Drive-out

\$1390.00 per person with R/T Airfare



Join the Omaha Ski Club and the Chicago Metropolitan Ski Council (CMSC) as they host the annual CMSC Week to Telluride, CO. The trip includes:

- Lift-tickets for 5 days of skiing/snowboarding. Optional 6th day ticket available. Cost TBA. Needs to be purchased with package.
- 7 nights of lodging at Etta Place Condos (2 bed/2bath condos) walking distance to the lifts.
- Round trip airfare from Omaha including ground transfers is available with purchase of complete air package.
- Travel Insurance (*optional*)
- Welcome Breakfast
- Welcome Reception
- Après ski parties
- Racing opportunities for all who wish to participate (experience racing without being pressured to win!)
- Mountain Picnic
- Farewell Party

There are also opportunities to take lessons at the resort if needed (not included in trip pricing)

Trip Captain: Teri Hammon 402 571-4517 (home), 402 680-0971(cell), Email: dragonsrock@cox.net

Jackson Hole/Grand Targhee WY

March 20-26, 2011

Fly-Out

19 spots left

\$1150.00 per person



Join us as the Omaha Ski Club returns to Jackson Hole for a fun filled week in this quaint Western town. The trip includes:

- Lift-tickets for 5 days of skiing/snowboarding. (4 days at Jackson Hole, 1 day TRIP to Grand Targhee)
- 6 nights of lodging at the 49er Inn and Suites (standard hotel rooms with 2 queen beds, 2 people per unit). These are located in town for greater dining/shopping options in the evening.
- Round trip airfare from Omaha to JAC-Jackson WY on United Airlines including ground transfers per Chartered Bus
- Travel Insurance (*optional*)
- Daily hot breakfast at the hotel
- Welcome Party
- Free daily ski shuttle transfers to the mountain
- *Optional* payment by credit card for this trip (3% charge will be applied)

There are also opportunities to take lessons at the resort if needed (not included in trip pricing)

Trip Captain: Phil Bintz 712 483-2668 (home), 402 630-4753(cell), Email: pbintz@fmctc.com

Everyone is required to be a member of the Omaha Ski Club. If you are not a member of the club, please fill out a membership application and return it to the address below with your membership fee. New members are WELCOME!

All prices stated above are subject to change or cancellation if participation is not adequate. The Omaha Ski Club is able to offer our members great trips because of the member participation. Please support your Club.

For information on any trip, please contact the trip captain or Teri Hammon Vice President of Trips
Omaha Ski Club (402) 571-4517 vp-trips@omahaskiclub.org

SEND YOUR DEPOSIT AND A COPY OF THE TRIP APPLICATION FOUND ON OUR WEBSITE
WWW.OMAHASKICLUB.ORG TO: OMAHA SKI CLUB TRIPS, P.O. BOX 3104, OMAHA NE 68103-0104

Prepare for the Season

Ever been sore after that first day on the slopes? Many of us feel the pain in our calves, hamstrings and quads while others may feel it in their back or abdominal muscles. A few minutes of exercise each day before hitting the slopes may increase your strength and decrease that feeling of soreness after the first day.

Several exercises are helpful to strengthen the quads. Exercises such as wall sits, squats and lunges accomplish this. There are many variations to these exercises as well.

The hamstrings are also important with the quad dominant sports. The hamstrings need to be strengthened to prevent injury. Leg curls and exercises using a ball are helpful. (Lying on the floor, rest your heels on the ball, knees bent at 90 degrees, then raise your hips pulling your heels towards you.)

Calf raises will help decrease that first day soreness. These can be done anywhere. I usually do them while I am waiting at the gas pump or standing in line at the grocery store. While standing, lift your heels off the floor and then back down. Another version of this to stretch your calves is to stand with the ball of your foot on the edge of a step and do the same motion, up on your toes then down with your heels, below the level of the step, stretching the calves. Do this 15-20 times 2-3 times a day.

Core exercises strengthen the abdomen and back. One exercise that helps with all the core muscles is the plank. Lay on your stomach. Lift your body off the ground onto your elbows and toes. Contract your abdominal muscles and keep your back straight to form a "plank". Hold this position for 30 seconds or more per day.

Increasing your overall fitness is beneficial for skiing as well as for your overall health. Activities such as brisk walking, jogging, hiking, road and mountain biking help you prepare for the season. Remember to stretch before you hit the slopes!

**OMAHA SKI CLUB MEMBERSHIP APPLICATION
JUNE 2010 – MAY 2011**

MEMBERSHIP STATUS: NEW ____ RENEWAL ____
Through September 30, 2010: FAMILY \$25 ____ SINGLE \$22 ____
After September 30, 2010: FAMILY \$30 ____ SINGLE \$27 ____

MEMBER INFORMATION - - - PLEASE PRINT CLEARLY

Name: _____ Spouse: _____

Street Address: _____ City: _____ State: ____ Zip: _____

Home Phone: (____) _____ Alternate Phone: (____) _____

Email Address: _____

Check this box if you are 21 years or older. For family membership, list all dependent minors on back of application.

If new member, how did you hear about the club? _____

Ski/Snowboard destinations you're interested in: _____

Activities you're interested in: Biking____ Bowling____ Dinners____ Other____
(please list)

Other Interests: (please list) _____

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.

SIGNATURE _____ **DATE** _____
(Must be signed and dated)

[OSC USE ONLY] MEMBERSHIP NO. _____ BD. _____ TR. _____ NL. _____

Mail to: Omaha Ski Club, P.O. Box 3104, Omaha, NE 68103-0104



TRIP APPLICATION

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

Trip Destination _____ Trip Dates _____

FIRST NAME _____ M.I. _____ LAST NAME _____ DATE OF BIRTH _____ SEX _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP CODE _____
 HOME PH. _____ WORK PH. _____
 E-MAIL _____ CELL PH. _____

EMERGENCY CONTACT:

Name _____ Relationship _____ 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 bottom 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 _____

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 \$28.00 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). 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).
- 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 7) 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.