



# The Liftline

Newsletter of the Champaign Ski Club

Vol. 34 No. 11 April 2005

## April

- 1 First Friday Happy Hour
- 10 Iroquois River canoe trip
- 16 Big Pine Creek canoe trip
- 22 End of Season Awards Party
- 29 Shawnee Weekend

## May

- 6 First Friday Happy Hour
- 7 Sugar Creek canoe trip
- 13 Upper Iowa River canoe trip
- 22 Mazon River canoe trip

## Welcome new members

The following people have joined the Champaign Ski Club:

Brandy Becker, Champaign  
Mark Broeren, Aurora, Colorado  
Amy Livingston, Champaign  
Brian and Barbara Minsker and sons  
Andrew and Patrick, Champaign  
Cathy Shotts, Casey  
Wayne Johnson, Paxton  
Rudi Mortimer, Urbana

## What's new . . .

By the time you read this, the club's ski season will be over. The last trip reports, on Copper and Big White, will be in the next issue.

To celebrate another great season, we're having our End of Season Awards Party. What kind of awards will be bestowed? All sorts, and who knows, you might even get one. It is also the time to thank this season's hard working board members and to introduce and elect next season's board. It's also a good time to discuss what you'd like to see next season, including where you'd like to ski. Mainly, it's a time to party! Of course, food and drink will be on hand, but we're also featuring a renowned oldies band, Jim Easter and the Artistics, who will play rock and roll from the 1950s and 60s for our listening and dancing pleasure. So come on out to the V.F.W. Hall in Champaign to unwind and share pictures from ski trips. See page 11 for details.

Inside is an article on bootfitting (who needs a bootfitter, anyway?) and on one of the country's most recognized masters of the art, Jeff Bergeron.

Race coordinator Scott Dahman reports on the season's last race, and Mike Metz introduces some of the upcoming summer trips he's organizing. Get ready to canoe, everyone!

Shawnee Weekend is coming up. Enjoy beautiful southern Illinois in the early spring. If you think Illinois looks like Champaign, you'll get your socks knocked off by the bluff, rock formations, hills, and forests of Shawnee National Forest.

This First Friday Happy Hour for this month will be at the Olive Garden in Champaign—a nice way to end the week and start the weekend. ♦♦

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# The case for boot fitting

## The sure road to happy feet

by Judy Tolliver

*I have been through the boot buying and fitting process twice in the past five years and have seen three different boot fitters. When I ski, I don't want to think about my boots. I don't want them to be hurting my feet or hindering my performance. If my feet are happy, chances are greater that I am happy. Let me make the case for boot fitting.*



*Boot fitter Jeff Bergeron pounds on a liner tongue to soften it. It would eventually soften on its own during use, but this accelerates the process making the boot more comfortable right away. Why would you want to wait?*

AFTER A DAY OF SKIING DO YOU HAVE A SORE SPOT on that one part of your foot? Or, after lesson upon lesson, are you beginning to wonder why you still feel your skis are uncontrollable in certain situations? Before cursing the body you were born with and condemning yourself to further suffering, for heaven's sake, see a boot fitter.

Boot fitters aren't just for expert skiers with high-end boots—less than ten percent of people have feet that optimally fit in ski boots off the shelf. If you are not one of the lucky few, you may find yourself with boots that are loose enough to be comfortable, but your feet and skis be swim every which way when you ski. To compensate, you may be ratcheting them so tightly as to constrict blood flow, causing pain and cold feet.

### *It's not just for comfort*

Although vitally important, it is not just comfort that is important in a well-fitted boot. The boot is what ultimately transfers your brain's desires to the edges of your skis. Whether your skis are responsive as you turn or whether your joints are stressed out after a day's skiing probably has everything to do with whether your feet are correctly positioned under your knees as you ski, and that is one of the main functions of your boot. Other functions are to keep your feet warm and protected.

If your particular body and movement patterns don't match up well with your equipment, and especially with your boots, you are forced to adapt your skiing technique. Next thing you know, you have developed a bad habit, such as turning better one way than the other or adopting an unnatural stance (being in the back seat, for instance). You must be comfortable, and your skis must track flat and straight when you're skiing in a neutral stance.

### *Your skiing—it might not be you*

If you're not skiing the way you think you should, give yourself a break and don't blame yourself for your flawed technique. It might be your equipment, and the best place to start looking for the culprit is your feet.

Discomforts due to improper or ill-fitting boots range from cold feet and cramping, to very localized, tender spots or even something akin to electrical shock on the front of the shins. After the skier describes the symptoms, the boot fitter will round up the usual suspects. On the boot side: too big, too small, too stiff, too soft, wrong shape, etc. On the body side, the boot fitter must examine things that affect biomechanics as well as comfort: ankle bone, instep, shin bone, calf muscle, toes, heel, arch, any irregularities like flat feet, high arches, or bone spurs, stance (knock knees, bow legs, too forward, backwards), and balance. Until you ski with your newly fitted boots, you won't know if the fixes worked.

### *Where to find a good boot fitter*

The best way to find a good boot fitter is word of mouth. Ask local skiers and patrollers about who is good in their area. Read bulletin boards on the web. Remember that with most things, experience counts for a lot.

In choosing a boot fitter, you can pick one who acts as a consultant or you can pick one who also sells boots. You can make a case for either.

The independent boot fitter is free to suggest the right boot for you regardless of brand. It's up to you to find a good deal and buy the boots. The boot fitter can then modify the boots to fit your feet for a price. You are also tied to a particular location the boot fitter works out of. For instance, if your boot fitter works out of Breckenridge, and if you're skiing at Park City when you notice a problem, you're stuck. You may even have to see another boot fitter if the problem is severe.

Alternatively, you can deal with a high-end boot shop that is good at fitting. Here you are tied to the line of boots they offer and are likely to pay inflated prices, but the fitting charges are included as are later modifications. Some of these are chains, like Surefoot, which are found in most major ski areas. Once your boots are registered in their database, you can go into any of their locations and get your liner pounded out over that corn. The choice is yours.

### *Visit your boot fitter before you buy*

The less you have to do to a boot, the better. That is why it is important to consult with your boot fitter before you purchase your boots. He or she can evaluate things like the shape of your foot, your leg,



*On the 2002 ski club trip to Panorama, British Columbia, a group of us bought boots fitted by Billy Stewart. Clockwise from the bottom are Don Kennen, Judy Tolliver, Mel Ehrhardt, Charlotte Brownfield, Linda Bauer, and Billy, who still fits boots at Panorama.*



*Liner, shell, and footbed—the holy trinity of a ski boot*

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## Women's boots

Are they really different than men's?

Women are not small men, but unfortunately, this obvious fact is lost among overwhelmingly male, European boot designers. Although the situation has improved greatly in recent years, the industry has simply not invested in the women's market. Women have shorter legs, weigh less, and have a lower center of gravity than men, but boot manufacturers continue to produce slightly modified men's boots as a nod to women skiers. Practically all women's boots have identical shells as men's. The liners are cut lower to relieve pressure on the calf muscle, they are narrower in the foot for a better fit, and they are more flexible. But chances are, even with a women's boot, you will have to undergo further modifications for an optimum fit. And men, if you have a narrow foot or your calf muscle is lower on your leg than most men, you might consider trying a women's boot.



*A custom footbed supports your foot perfectly. When you get new boots, you can sometimes use the custom footbed from your old boots, making the investment a total no-brainer.*

your stance, your skiing ability, your balance, the kind of skiing you like to do, and recommend the best boot for you. Each brand of boot has a different general shape, and performance characteristics vary by model. If the shape of the appropriate boot closely matches your shape, you're gold. Boot fitters, more than anyone else, pay close attention to what's on the market.

Although you want a boot that can grow with you as your skiing improves, you want to be completely honest about your abilities with your boot fitter. If you get a boot that is too stiff for you (requiring more aggressiveness and strength than you can currently muster), you won't be able to transfer energy to the ski quickly enough to achieve optimum performance. On the other hand, if you get one that is too soft, you will experience the opposite effect. In general, if you are going to ski mostly powder, you will want a softer boot than if you are going to ski mostly hardpack. Most of us will want a boot that is somewhere in between.

## Your new boots

So you and your boot fitter have decided which boot is best suited for you. Now you must purchase them in the proper shell size, which is mega important. If it's too big, the boot will never perform well. If it's slightly small, and the adjacent size won't work, it may be possible to make adjustments that will work for you. Add the liner, and the boot should feel tight. After skiing in it for a while, the liner will pack out for a snug but comfortable fit.

A good boot fitter, like a good doctor, will take the most conservative approach first. After all, once material is removed, it is practically impossible to put back. Hence, a good boot fitting may take several visits. Things change the more you ski in a boot, and your problem areas will likely not manifest themselves right off the bat.

After you have purchased the right boot, first things first: Your boot fitter will make you a custom footbed. To ski properly, your foot has to be well-seated inside the boot. There can be no play between the foot and the boot, especially in the heel. You don't want it to lift or you won't be able to control your ski. A good fit starts with a custom footbed, which your boot fitter will make for you, by heating it up and molding one to the shape of your foot. If you don't have a custom footbed, and therefore the sole of your boot is practically flat, you will have to clamp your buckles down tightly for your feet to be firmly seated inside your boots. If do this, you will essentially flatten your poor feet, risking damage to your arches and impeding your blood circulation. Your very own footbeds will give you the proper arch support you need and eliminate the need to choke your feet.

Once your footbed is made, your boot fitter will make necessary modifications to the shell and liner, by grinding or by heating and stretching, insertion or removal of various wedges or pads, canting (usually done by tilting the cuff of the boot toward the inside or

outside so that the sole of the boot is flat when you are in a neutral stance), flex, forward lean, and other alignment adjustments to get you skiing to your full potential. When you are properly aligned, your legs, knees, and feet will be in a balanced, neutral position over your skis. You are not going to know how successful you and your boot fitter have been until you've skied on the boot. In fact, a boot fitter expects multiple visits from a client. It is simply impossible to simulate skiing in the confines of a limited time in a warm shop.

### *Pay attention*

Feet change over time. The boots you have today might not be perfect tomorrow. Same with boots. Your liner will eventually pack out (compress) over time, resulting in a fit that's too loose. As ski technology changes, so does boot technology. For instance, if you are skiing on the same boots that you used with your old straight skis, and you have switched to shaped skis, you need to update your boots so they will work well with your skis. Everything you ski with is part of a system. When the system is awry, it's time to see your boot fitter. ♦♦

### **Boot tips**

Wear high-quality ski socks, and make sure they're not too thick.

Do not let your long underwear intrude into your boots—hike them up.

Buckle your boots snugly so no one part of the boot, and therefore no one part of you, receives an inordinate amount of stress when flexed.

Make sure you dry the inside of your boots and store them properly after skiing.

Do not walk around on pavement in your boots. The soles will wear out quickly and result in a poor fit with your bindings.

## A simple example of a fix

Here are my feet (*left*). It doesn't take a particularly astute observer to notice that I have a bunion, a bony protrusion of the big-toe joint, on my left foot. No way will any pair of good ski boots accommodate for this deformity out of the box. Only a boot whose shell is too large for my foot and whose liner is too mushy to hold my foot in place would feel even remotely comfortable, and if I went with such a boot, I wouldn't be able to control my skis, and I would suffer. However, a bunion problem is very simple for a boot fitter to fix. He or she does so by some combination of pounding the lining to make it softer, cutting a hole in the lining at the site of the bunion to relieve the pressure, and either melting and stretching or grinding the plastic inside the shell to accommodate the volume of the bunion. You can see where the liner material has been cut and thinned (*center*). Also visible is a trace of the makeup the boot fitter used to mark the spot. Because my shell is transparent, you can see the grind marks left from where the boot fitter ground the shell from the inside to make room for the bunion (*right*).



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## Skier profile

# Jeff Bergeron, boot fitter

by Judy Tolliver

*When I was in the market for some new boots, fellow ski club member Don Kennen suggested I talk to Jeff Bergeron, a boot fitter in Breckenridge, before I made my purchase. Little did I know that I would be talking to a man renowned for his boot fitting as well as his persona. If you talk with any accomplished skier in Summit County—patrollers, racers, vendors, other boot fitters—chances are if they don't know him, they have at least heard about him. I ended out visiting his shop three times for that perfect fit. Although extremely busy—his answering machine was full every time we were in the shop—I got a peek into his profession while he tended to me as if my comfort was the most important thing in the world. My next ski trip confirmed the superb job he did, and the time (and money) spent with him was well worth the effort.*

ACCORDING TO A COACH WHO WORKS WITH THE AUSTRIAN SKI TEAM and with Fischer Austria, Jeff Bergeron is one of the world's top five boot fitters. He is a former champion ski racer, ski instructor, and has been featured in *Skiing* and *Inside Tracks*. His boot fitting business in Breckenridge, Boot Fixation, established in 1987, has received the Skier Services Gold Star Award for Service Excellence, and he is now writing a book, due out this fall, which he predicts will change the way advanced skiing is taught in this country.

### Boot Fixation

is the perfect name for Jeff Bergeron's shop, as he has a boot fixation himself. "I have a problem with names and faces," he admits, "but I can recognize someone by their feet and boots immediately." This natural tendency confirms that he is in the right line of work.

Boot Fixation, is located inside Norway Haus, 127 South Main, in the heart of downtown Breckenridge, Colorado. He can be reached at 970.453.8546 or 970.389.3899.

It was Bergeron's own feet that got him started in the business of boot fitting. He had a lot of major alignment issues with ski boots, stemming from the fact that his feet were extremely narrow—size 12AA. He sought the advice of boot fitting experts around the country and wound up studying under them. Indeed, his advice for aspiring boot fitters is to learn by apprenticing under the best.

Many ski instructors are former racers, but Bergeron went the other way, taking up ski racing after moving from the east coast to the Rockies as a ski instructor. Racing magnifies every aspect of a skier's technique. "It makes you a better skier because it forces you to use proper technique," he said. Even so, Bergeron believes that the majority of skiing issues centers on equipment. As an accomplished racer, the advantage Bergeron has over other boot fitters is that his skiing technique is spot on. This makes it possible to better test and assess the performance of the myriad of boots and alignment setups on the market. And his reputation has earned him industry access to boots that haven't hit the shelves yet.

Bergeron quit racing while he was ahead, after becoming the dominant adult racer in Summit County, claiming that racing was getting too dangerous—odd coming from a high-performance car enthusiast and hockey player. Clearly buried under his calm demeanor is a speed junkie.

Bergeron compares the boot fitting process to car wheel alignment, in which everything has to be working together for the car to track straight and true when driving. "So much is going on with each foot," he said. "If any of the parameters are off, they must be modified. You have to get it so you can ski with a relaxed and natural technique. If you are out of balance, your body will compensate, which can be fatiguing." These parameters are fit, flex, and proper alignment.

Because Bergeron doesn't sell boots himself, he can remain vendor neutral when recommending boots to his clients. He also maintains a good camaraderie with other top boot fitters, who all know or know of each other. Each has their own toolbox of fixes borne from years of experience, a creative mind, and well-honed hand-skills. Bergeron sometimes takes what one might consider a radical approach to a problem. For instance, when he unhesitatingly sliced into my liner with a knife, I was initially horrified. "What is he doing to my poor boots?" What I should have been asking instead was, "What are my boots doing to my poor feet?" and trusting him to take care of it. The before and after speaks for itself.

If there's one thing that irks a boot fitter like Bergeron, it seems to be that he knows that so many of the problems he sees could have been prevented, sometimes easily, if he had been consulted earlier. Nowhere is this more apparent than when it comes to purchasing the boot. Not only is he aware of which companies are producing good boots at a given time (right now, he likes Nordica, Technica, and Salomon), but he is also familiar with the shape and characteristics of the various models. Armed with this knowledge, and what he gains by examining your body and listening to you, he can recommend the ideal match. However, far too many times, a customer will come in, boots in hand, and he has to force the issue by making them work. Same with identifying problem areas before they get out of hand. In my own case, a tender spot developed on the front of my shins and got worse before I could get back to his shop. By that time, it was too late. My legs needed time, which I refused to give them, to heal. But the fact that I could ski the next day, after seeing him, when I couldn't ski more than half a run the day before, was something akin to a miracle. He managed to salvage the last day of a week-long trip. It was like this: "Doctor, I'm in pain but I want to finish the game. Please, make it so I can!" Why was I in pain? Because I waited too long for a return visit, and he knew it and let me know he knew it (a certain *Seinfeld* character, who makes a mean Mulligatawny soup, comes to mind.)

Once Bergeron becomes your boot fitter, you have entered into a *de facto* pact. An illustration of his commitment to help his clients enjoy their skiing: When I reached the pain threshold mentioned above, I called him by cell phone from the hill. With almost no notice, he cut short a visit to a trade show that was happening at Copper to come to my rescue and make me comfortable. It was a major inconvenience for him and distracted him from evaluating next year's boots. In fact, the job took more than three hours from his day, including travel back to his shop, and it also took him away from other clients who he wanted to evaluate at the show. And he charged me a price that I could afford. To say he is thorough and accommodating is an understatement. I doubt there are many boot guys who would have made the same effort. He later told me that he was glad he made the effort because I was suffering and the work he did made a big difference. This is the kind of boot fitter worth driving many miles for and that you can have for life. ♦♦



*Jeff Bergeron takes a low tech approach to softening a stiff liner tongue*

# La Crosse: Le Grande Finale

by Scott Dahman



Twelve Champaign racers made the trip north to La Crosse, Wisconsin, for the final CMSC race of the 2004–05 season, February 26–27. As usual, John Wegman and I headed up for the Friday clinic. We seem to be the only ones dedicated (or perhaps insane, obsessed, and addicted) enough to seize the extra day of practice each weekend. Others joining us for the races included the Haydels—Randy, Judy, Chris, and Peter—Judy and Derek Nagy, Todd and Kim Mowry, Mark Monnin, and Neill Wilkins. La Crosse lodging was tight for the weekend, so the group had to spread out, but we managed to find each other at the hill when it mattered.

The La Crosse coach set a grueling 47-gate slalom course on Saturday, which is certainly among the longest we have seen at CMSC. The opening sequence was a bit narrow, but presented a steady, moderate pitch and even cadence between turns. The mid-section was very flat, making it essential to build speed in the opening and ride a clean edge throughout. The home stretch began with a moderate, but icy headwall leading to a long run-out for the finish line. It was one race that I won't soon forget, as it brought my first DNF (Did Not Finish) in more than three years of CMSC racing. I can now "feel your pain" when misfortune strikes. Mostly, that means I can feel Todd "DiNF" Mowry's pain.



Mark Monnin at the start house

Saturday was full of clear skies and sunshine, but Sunday morning brought the threat of rain dampening the fourth consecutive GS race. It remained overcast most of the day, but fortunately the precipitation was limited and mostly of the crystal variety. Derek "Mute" Nagy, who was mostly his usual reserved self on Saturday, started on a kick of throwing snow. This went on for several runs. After being the target of a few consecutive volleys, mama Nagy told him to act his age. Sorry, Judy—he was.

Derek wrote another chapter in his rivalry with Eric Carl, the overall points leader in the B Men class, with whom he is closely matched. Derek seized the upper hand by just two hundredths of a second in slalom, and then threw down two solid GS runs to sweep the weekend. Most of the club did not stick around for awards,

opting instead to get a jump on the ride home. So I accepted Derek's silver medal and acted his age, crossing my eyes and sticking my tongue out at his nemesis. The last laugh belonged, however, to Eric, as he edged out Derek for the overall season title. Derek has a promising future as an amateur ski racer as he will only get stronger and better as he matures physically. (Judy is hoping he'll mature in other areas as well.) Hopefully he'll get good enough next year to make some room for me in the B class.

Judy Haydel showed some solid improvements early in the season, sporting new skis, but a series of frustrating finishes down the stretch has prompted her to talk of retirement from racing. Maybe Judy is confused. When one retires from a career, one is supposed to do more fun things—not retire from them as well!

Reflecting on the year, most Champaign racers made some improvements and are skiing with more confidence. Sam, Randy, and I made the jump to new classes. Neill is outskiing blind people with startling consistency. Our points leaders and MVPs, Mark Monnin and Judy Nagy, are poised for major breakthroughs. History shows that those who win their classes don't stay put for long, but it is tempting to wonder if they aren't sandbagging for the gold. (Hey, whatever works!) Putting the disappointment of my DNF in perspective, it will only fuel my motivation to practice and race harder next year. That is what racing is all about—having fun, improving your skiing, and elevating your game to the next level.

Until next year,

Ski Fast! ♦♦



Slalom course at LaCrosse

## La Crosse race results

### Saturday SL

Judy Nagy, 1st D Women  
 Kim Mowry, 5th D Women  
 Judy Haydel, DNF D Women  
 Peter Haydel, 4th A Men  
 Derek Nagy, 3rd B Men  
 Scott Dahman, DNF B Men  
 John Wegman, 5th Vet B Men  
 Todd Mowry, DNF Vet B Men  
 Mark Monnin, 1st Vet C Men  
 Randy Haydel, 3rd Vet C Men  
 Neill Wilkins, 3rd Vet D Men

### Sunday GS

Kim Mowry, 1st D Women  
 Judy Nagy, 3rd D Women  
 Judy Haydel, 5th D Women  
 Peter Haydel, 5th A Men  
 Derek Nagy, 2nd B Men  
 Scott Dahman, 5th B Men  
 John Wegman, 4th Vet B Men  
 Todd Mowry, 6th Vet B Men  
 Mark Monnin, 2nd Vet C Men  
 Randy Haydel, 3rd Vet C Men  
 Neill Wilkins, 2nd Vet D Men  
 Chris Haydel, 5th Snowboarder

## CMSC overall standings

### Champaign Ski Club, 4th of 18 clubs

Sam Mowry, 8th C Women, 9th D Women  
 Judy Nagy, 1st D Women  
 Kim Mowry, 2nd D Women  
 Judy Haydel, 6th D Women  
 Peter Haydel, 4th A Men, 13th Snowboarder  
 Derek Nagy, 2nd B Men  
 Scott Dahman, 13th B Men, 4th C Men  
 Todd Mowry, 6th Vet B Men  
 John Wegman, 7th Vet B Men  
 Mark Monnin, 1st Vet C Men  
 Randy Haydel, 7th Vet C Men, 7th Vet D Men  
 Neill Wilkins, 5th Vet D Men  
 Mike Sargent, 6th Vet D Men  
 Dave Kuehl, 8th Vet D Men  
 Chris Haydel, 7th Snowboarder

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## Summer trips

# Shawnee Weekend coming up

## Canoe season around the corner

Our summer trips coordinator Mike Metz is already planning another summer of adventure with trips to many of the Midwest's hidden treasures. He has linked up with the Mackinaw Canoe Club to offer some really great canoe trips, most of which are tried and true, and some of which are exciting new opportunities to explore our waterways. Last fall, we took a wonderful camping trip to Shawnee National Forest. This time, we're going to enjoy the splendors of this beautiful part of southern Illinois in the springtime, when nature will be busting at the seams. The camping and hiking are wonderful, and sharing it with your ski club companions makes it all the more special.

Shawnee Weekend is three days long, from Friday, April 29, through Sunday, May 1. Contact Mike, who will give you all the details you'll need to join us.

Canoe trips will begin at 10 am in the mornings. Don't have a canoe or kayak? No problem. Mike and others have extras that they're happy to share, and trip members can get you started if you are new to plying the waters. There are also extra life preservers. Most of these outings are suitable for children, and sometimes even dogs.

Stay tuned. More trips on water or land—by bike, blade, or foot—are in the works. If you haven't gone on a summer trip, what are you waiting for?

Send email to Mike at his new email address, [nowimptrips@insightbb.com](mailto:nowimptrips@insightbb.com) for information on summer trips or to get on the summer trips email list. ♦♦

### Upcoming canoe trips

April 10	Iroquois River, Kentwood, Indiana
April 16	Big Pine Creek, Attica, Indiana
May 7–8	Sugar Creek, Shades Park, Indiana
May 13–15	Upper Iowa River, Iowa
May 22	Mazon River, Morris, Illinois
June 18	Big Bureau Creek, Princeton, Illinois



*Sheryl and Joe DeBarr on last fall's Shawnee trip*



*Tyler and Ashley Ricketts kayak on Big Pine Creek last spring*

# YEAR END AWARDS PARTY



**Friday  
April 22**  
V.F.W. Hall  
609 Edgebrook Drive  
Champaign



*6 pm*  
Social time  
with appetizers and drinks.  
Order dinner from the kitchen.

*7 pm*  
Meeting starts with awards and  
election of new board members

*8 pm*  
Live Entertainment!  
Featuring nationally recognized '50s  
and '60s rock and roll band

**JIM EASTER  
& THE ARTISTICS**

*Dance the night away*  
until 11 pm anyway, with good friends

*You may be getting an award*  
and don't even know it

*Bring your trip pictures*

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The V.F.W. Hall is near where the old KMart used to be. From Prospect Avenue, take Bloomington Road east. Turn left on Hagan Street, then right on Edgebrook. There is plenty of parking on the street, in the lot west of the building, and across the street in the lot for city employees.

# Not-So-Surprise *Birthday* Party



*for Mike  
Metz and  
others  
who  
turned  
50 since  
June 2004*

**Friday  
June 3**

Urbana Civic Center  
108 Water Street

Party from 7 pm  
until midnight

Featuring country music by

*Cattle Bandits*

plus entertainment for the kids

RSVP and questions:  
Call Kelli Morris, 217.898.1847

# Club calendar

## *First Friday Happy Hours*

- Fri Apr 1 6 pm at Olive Garden, 30 E. Anthony Dr., Champaign, 351.6339
- Fri May 6 6 pm at Tracks, the new restaurant in the old train station (formerly City of New Orleans), just north of University Ave. on Market St.
- Fri Jun 17 6 pm at El Toro II, 1805 S. Neil St., Champaign, 378.7807. *Note:* This is not the first Friday because of the No-So-Surprise Party on Jun 3.
- Fri Jul 1 6 pm at Rocks, 25 E. Springfield, Champaign, just east of the railroad tracks

## *Parties*

- Fri Apr 22 End of Season Awards Party, Champaign
- Fri Jun 3 Not-So-Surprise Party for Mike Metz and others who have turned 50 since June 2004. (see p. 12)

## *Summer trips*

Contact Mike Metz for details (see board list on right)

- Sat Apr 10 Canoe trip—the first of the season—Iroquois River, Kentwood, Ind. (near Watseka). 10 am.
- Sat Apr 16 Canoe trip—Mike's favorite—Big Pine Creek. Near Attica, Ind. 10 am.
- Fri Apr 29–  
Sun May 1 Shawnee Weekend—*The* camping trip of the year! Shawnee National Forest, southern Illinois.
- Sat May 7–  
Sun May 8 Canoe trip, Sugar Creek. Near Shades State Park, Ind. Campout, possibly Friday, definitely Saturday.
- Fri May 13–  
Sun May 15 Canoe trip, Upper Iowa River, Iowa. Five hours away. Details pending.
- Sun May 22 Canoe trip, Mazon River, near Morris, Ill. A great trip for kids—you can find fossils!
- Sat Jun 18 Canoe trip, Big Bureau Creek, near Princeton, Ill. Camp at Illini State Park on the Illinois River (Mike's favorite camping trip).

## CHAMPAIGN SKI CLUB BOARD OF DIRECTORS

2004–5

Sheryl DeBarr • President  
359.3837, debarr\_s@yahoo.com

Terry Klintworth • Vice-President  
359.8665

Gayle Jannusch • Secretary  
469.8919, jannusch@soltec.net

Greg Crawford • General Treasurer  
762.7848, foothill@prairieinet.net

Milt Forsberg • Trip Treasurer  
and SKI Representative  
352.5075, miltf@uiuc.edu

Phil Johnson • Winter Trip Coordinator  
469.7018, lindaphil.johnson@insightbb.com

Mike Metz • Summer Trip Coordinator  
367.2541, nowimptrips@insightbb.com

Mike Henry • Past President  
586.1773, mndhenry@yahoo.com

Judy Haydel • Social Chair  
and CMSC Representative  
352.7254, haydelju@insightbb.com

Judy Tolliver • Newsletter Editor  
328.6304, tolliver@uiuc.edu

Neill Wilkins • Publicity  
352.8640, nwilkins@pdnt.com

Joyce Goggin • Membership  
369.0711, jeg218@aol.com

Scott Dahman • Race Coordinator  
469.8823, dahman@ieee.org

Dawn Davis • Web Master  
352.5888, dmdavis@uiuc.edu

The board meets at 7 pm the Tuesday following the second Monday of every month at The Bread Company in Urbana. All are welcome.



DAVID MORSE

Copper Mountain, Colorado

# The Back Page

I devoted so much space to boot fitting because I believe in skiing in total comfort—from head to toe. The holy grail is a completely custom-made boot, including the shell. But until then, we must rely on what good boot fitters can do with what they have to work with. I am now completely happy with my new boots. They are dreamy. I'm also happy to report that I love skiing with my new helmet.

—*Judy Tolliver, Editor*  
*tolliver@uiuc.edu*



The Champaign Ski Club, Inc.  
PO Box 3724  
Champaign, IL 61826-3724