

the **Lifeline**

Newsletter of the Champaign Ski Club
Vol. 33 - No. 9 - February 2004

Prime Time:

We're at the height of the ski season and some great skiing has been had. And chances are, if you have not already been on one of the January trips, you'll be hitting one of the three remaining trips any minute now. In addition to skiing our butts off, the trips are a huge amount of fun. You develop a bond with fellow ski club members that's enjoyable and fun. Relaxation takes over, worries are left behind and all we need to be concerned with is what to wear, what run to ski, or where to party.

Read and enjoy the article about the New Year's Trip. It gives you a chance to capture some of the fun and excitement of the trip. Invariable the trip write-ups are loaded with inside jokes, which stir up memories and hint at the good times had on the trips. One person who was there will die laughing and the next person who wasn't thinks

"whatever." But when you're on the inside, all the jokes are just a riot and remind you of the value of this club. People who don't ski sometimes think of it as a stupid sport—you ride up the hill or mountain, then go down—what's the big deal? But we know it's a big deal. The world goes away for a little while and exhilaration and freedom and speed and nature are all that matters. *Lifeline* wishes you all a fantastic second half of the season. Go burn up the slopes. Happy trails to you!

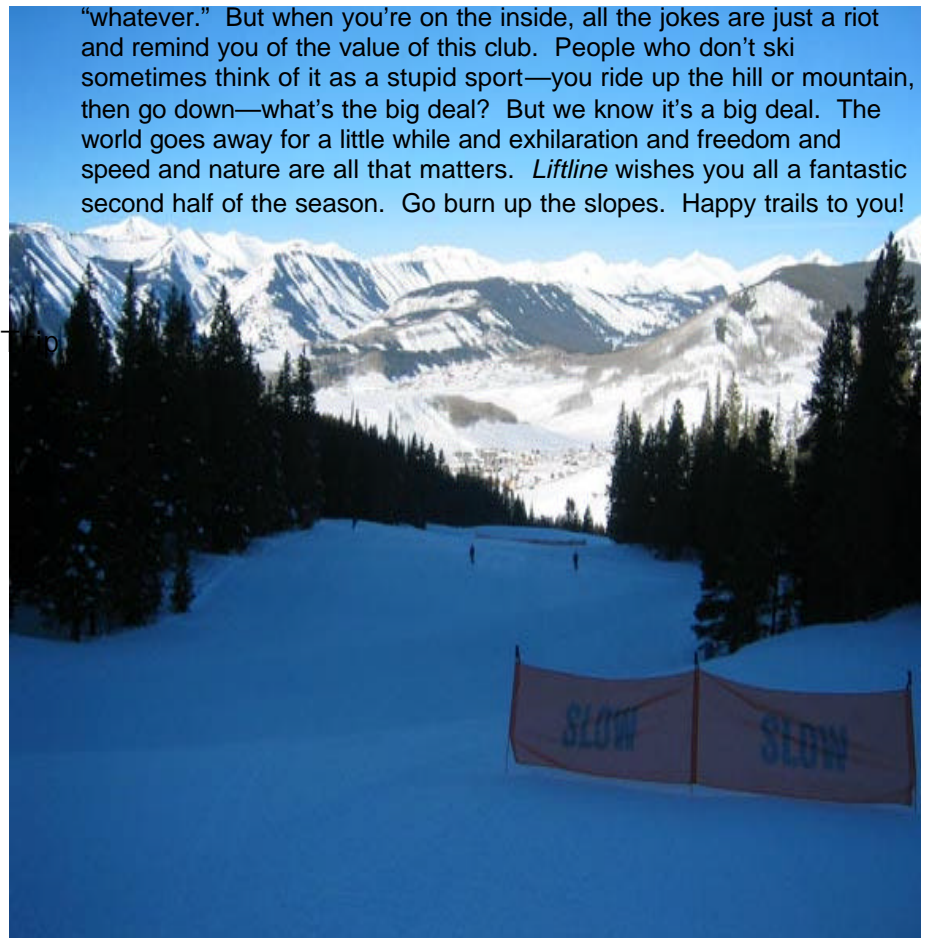
What's Happening . . .

February

- 6 First Friday Happy Hour
Rocks—6:00 pm
- 10 Ski Club Board Meet
Ned Kelly's—7:00 pm
- 13-16 President's Weekend Ski Trip
Searchmont—Canada
- 17 General Meeting
Ned Kelly's—7:00 pm
- 20-28 Mexico Beach Trip
Puerto Vallarta

March

- 5 First Friday Happy Hour
02 Main—Champaign
- 6-7 Weekend Ski Trip
Cascade/Devilshead
- 9 Ski Club Board Meet
Ned Kelly's—7:00 pm
- 20-27 Spring Break Ski Trip
Breckenridge, CO



Crested Butte - Jan. 04

Have you Subscribed yet?

- To receive your copy of the Liftline by parcel post you need to subscribe now.
- \$10.00 per year covers the costs of printing and postage.
- Fill out the following form and mail to Liftline editor.

Liftline Mailing Subscription

Name _____

Address _____

Sent \$10.00: payable to Champaign Ski Club
To: *Joyce Goggin*
the Liftline
2009 Boudreau Dr.
Urbana, IL 61801

HAPPY HOUR

friday – february 6
ROCKS – 6:00 pm
25 e. springfield, ch.


Ski Club Board

By Eileen Coleman, secretary

Minutes of the Jan. 13, 2004 meeting: It was decided to hold the February board meeting at Ned Kelly's, as they offer a private, quiet space with good food. And Terry Klintworth, vice president, arranged to hold the February General Meeting in the same location. The speaker for the meeting will be Jerri Wilkerson. Trip treasurer, Milt Forsberg reported that the New Year's trip account is closed out. The Crested Butte trip leaves Friday with 45 people on the trip. Searchmont needs 9 more sign-ups or it may be in jeopardy of being cancelled. Puerta Vallarta has 24 signed up. The Cascade trip for March 6 and 7 has not attracted many skiers and may have to be cancelled. We are hoping for last minute sign-ups. If anyone is interested in cross country skiing (whenever we get snow) e-mail or phone Mike Metz, summer trip coordinator, about your interest and he can put together a day of skiing. Denny Coleman, past president, is looking for members interested in serving on the ski club board. Anyone interested should contact him with your interest or suggestions. The First Friday Happy Hour in February will be at Rocks Bar (formerly Central Tap.) From now on, the Liftline will be digital only and a single page flyer will be sent by snail mail with a calendar of coming events only. Remaining notes and articles will be in the full Liftline to be downloaded or subscribed to by members. Membership is now at 204 adults and 74 children reported membership chairman, Margaret Krause, with 17 new members. The directory will be out before the next Board meeting. Randy Haydel, race coordinator, will report race results in the newsletter. The New Year's trip had 98 people participate in NASTAR. The next race for the race team is at Marquette, MI. CSC is meeting two other clubs to go up on the bus. Dawn Davis, webmaster, says that the old Prairienet account is now shut off. Ski Council of Illinois, runs trips similar to ours, combining central Illinois cities. Milt Forsberg, our representative, asked if we would volunteer to run one of those trips. We will be holding the next board meeting February 10, at Ned Kelly's Steakhouse.

Looking Ahead . . .

March 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 FFHH 02 Main	6 Cascade
7 Trip	8	9 Board Mtg.	10	11	12	13
14	15	16	17	18	19	20 Brecken- Ridge
21 Ski Trip	22	23	24	25	26	27
28	29	30	31			



First Friday Happy Hour March 5

6:00 or whenever

02 Main – Champaign

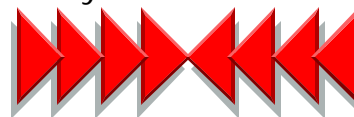


Time is Running out

If you want to go to Cascade/Devilshead
March 6 & 7, for only \$180.00
And have lots of fun on the slopes and off,
Contact Todd Mowry — 398 2209

*Cascade/ Devilshead is only a
5 or 6 hour drive, so you can ski lots
without lots of travel time.
Todd says it gives you the highest ski time
per bus time ratio. He offers a
"Money back Guarantee"
So call him NOW . . .*

February General Meeting



Tuesday - February 17

Ned Kelly's Steakhouse
Upstairs
1601 N. Cunningham—Urbana

6:30 Social
7:00 Meeting

Speaker is Club Member
Jerri Wilkerson
Who will give a presentation on
Hypnosis

Remaining Trips . . .

Trip Dates	Destination	# SPOT	SIGNED UP	TRIP LEADER	CONTACT #
Feb. 13-16	Searchmont, Canada	42	15	Bob Olson	356 0454 bobolson@uiuc.edu
Feb. 21-28	Puerto Vallarta Mexico	26	24	Joe & Sheryl Debarr	359 3837 debarr_s@yahoo.com
March 6-7	Cascade/ Devilshead	42	12	Todd Mowry	398 2209
March 20-27	Breckenridge CO	42	42	Dana Clary	446 3966

SEARCHMONT

Canada

February 13-16
\$345.00

- Motorcoach trip
- 3 nights lodging
- 3 days lift tickets
- Pizza Party
- Ski Searchmont 2 days
- Ski Nubs Nob. 1 day

Trip Leader-Bob Olson
2206 Brownstone Ct.
Champaign 61822
356 0454

March 6 & 7

Cascade Devilshead

\$ 180 Adults
\$115. Kids under 12

- Leave early Sat
- Ski Cascade
- Hotel with Water Park
- Pizza Party
- Sunday Load and Ski DevilsHead

Trip Leader-Todd Mowry
398 2209

WILDCOUNTRY RENTAL RATES				
Ski Trip	Dates	Shaped Ski Pkg.	Demo Pkg.	Demo W/o Boots
Searchmont	Feb. 13-16	\$ 60.	\$ 75.	\$ 45.
Cascade Devilshead	March 6-7	\$ 44.	\$ 55.	\$ 35.
Breckenridge	March 20-27	\$ 100.	\$ 125.	\$ 75.

Altitude Sickness

You've come to the mountains to ski, anxious to get on the slopes. But you do not feel good—you have a nagging headache, a little nauseated with shortness of breath and you are having trouble sleeping. What is going on? The altitude is probably affecting you. A lack of oxygen in the thin mountain air can affect anyone regardless of age or physical condition. Most people are affected within the first three days. But you can help by drinking plenty of fluids, avoiding alcoholic beverages, sleeping pills, or narcotics. Do not over-do on your first day or two. Or spend a day at 5,000ft. before hitting the 10,000ft. slopes. Generally the symptoms go away by the fourth day. But if symptoms are more severe it is wise to see a doctor.

www.champaignskiclub.org

Racer Roundup

by Randy Haydell

The ski season is in full swing and the race team has been hard at it, bringing home the medals. The team has been on 2 race trips thus far and the results are to the right. The stars so far are Derek Nagy and Mark Monin. Derek started in D men and in 3 races got bumped up to C men and he won his first race there and garnered 2 more strikes. He's on the way to the B class. Mark has entered 2 races and won them both. Both Derek and Mark are looking real good.

On the New Years trip we had 4 club races with 98 participants, several new to racing. Top skiers each day were Kyle Nagy, Mark Monin, and Derek Nagy in that order.

Even though Mark and Derek are racing well, they could not top Kyle. But look out Kyle – your little brother is coming after you. The top women racer each day was Kathy Schumacher.

The next race trip is Jan. 30-Feb. 1 at Marquette Mt. MI. If anyone is interested in racing and taking the next step up from NASTAR, please call me. The trips are fun and we try to make it as economical as possible.

SKI FAST

Randy-Race Coordinator

CMSC Alpine Race Schedule				
Location	Date	Day	Time	Race
Wilmot, WI	Feb. 7	Sat.	11:00 am	Slalom
	Feb. 8	Sun.	11:00 am	GS
Wilmot, WI	Feb.21	Sat.	11:00 am	Slalom
	Feb. 22	Sun.	11:00 am	GS
Chestnut, IL	Feb. 28	Sat.	11:00 am	Slalom
	Feb. 29	Sun.	10:00 am	GS

Time-saving ways to warmup:

1. While brushing your teeth, balance on one foot.
2. Stand up to put on your socks.
3. Walk briskly from the lodge to the slopes.
4. Carry your equipment.
5. Inside the lodge, walk the stairs a few times.
6. Sitting down, flex and extend your legs at the knees to warm up your thighs.
7. Flex and extend your ankles inside your boots.
8. Swing one leg gently back and forth at the hip.
9. Sit and stand several times.
10. Whirlpool spas do not physiologically prepare the body for responsive movement, however there is no harm in this if the goal is to stretch after skiing.

Did you Know:

Apples, not caffeine, are more efficient at waking you up in the morning.

You burn more calories sleeping than you do watching television.

Ski Brule, Michigan

Dec. 13 – GS Results

Class	Name	Place
A men	Peter Haydel	5 th
Vet B men	Jon Wegman	5 th
	Todd Mowry	6 th
C men	Scott Dahman	1 st
Vet C men	Mark Monin	1 st
D men	Derek Nagy	2 nd
Vet D men	Neill Wilkins	1 st
	Mike Sargent	2 nd
D women	Judy Nagy	1 st
	Judy Haydel	2 nd
	Kim Mowry	4 th

Dec. 14 – Slalom Results

A men	Peter Haydel	7 th
Vet B men	Jon Wegman	5 th
C men	Scott Dahman	5 th
Vet C men	Mark Monin	1 st
D men	Derek Nagy	2 nd
Vet D men	Neill Wilkins	1 st
	Mike Sargent	2 nd
D women	Judy Haydel	2 nd
	Judy Nagy	3 rd
	Kim Mowry	4 th

Wilmot, Wisconsin

Jan. 10 – Slalom Results

Vet B men	Todd Mowry	8 th
D men	Derek Nagy	1 st
	Bob Morris	8 th
Vet D men	Randy Haydel	2 nd
	Neill Wilkins	4 th
	Mike Sargent	6 th
D women	Sam Mowry	2 nd
	Judy Nagy	4 th
	Kim Mowry	8 th

Jan. 11 – GS Results

Vet B men	Todd Mowry	12 th
C men	Derek Nagy	1 st
D men	Bob Morris	8 th
Vet D men	Randy Haydel	3 rd
	Neill Wilkins	6 th
	Mike Sargent	7 th
D women	Judy Nagy	2 nd
	Kim Mowry	6 th

New Year's 2004

— UP Michigan

By Steve Maloney

On Wednesday, 31 DEC 04, 40 skiers gathered at Wildcountry for a trip north. The weather wasn't skiable, but it's not like there are hills in Champaign, so snow is kind of useless here anyway.

In addition to the usual libation and munchies, an innovation for bus trips was introduced. Instead of movies, I put together a couple of quizzes for which

prizes were awarded. They were short, only eight or nine questions each, and mostly centered on the ski club (i.e., who is the President, who is longest in the club, ...). However, I didn't want to make it too easy, so I included a couple of questions from a Mensa quiz I found on the Net. Prizes were awarded to the first two entrants with all answers correct, or to the two top scorers. Nobody got all the answers correct on the first quiz, and the two with the highest scores were **Sam Mowry** (who finished first) and **Kathy Shoemaker** (who finished 14th). **But Kathy cheated!** At least she admitted it. There were five people tied for the next place, so I had Kathy pick a name out of a hat, and she first picked **Geoff Mowry, who was sitting next to Kathy, and also cheated** (but he's not very good at cheating – he had a lower score than Kathy). Next she picked **Dan Smith**, who had played fair, and we had our second prize winner for the quiz. So the trip was off to a good start.

The second evening dinner was “on your own”, and the motorcoach operator volunteered to drive anyone interested into town for dinner. **Eileen Coleman** asked if there would be beer on the bus, and several people behind her said “Well, that's a stupid question”. And it's not like Eileen actually drinks much beer anyway.

The first two days of the trip were fairly warm, but the snow conditions were pretty good. We had good participation for the NASTAR, with a few first timers. I didn't do very well, and **Kathy Shoemaker** beat **Randy Haydel**, so Randy wasn't too happy either. Randy did a



great job organizing the NASTAR and presenting medals, with a little help from his friends – more on that later.

We had several new members, **Jim and Linda Ayers**, **Mark and Renee Freundt**, and **Greg and Lynn Crawford**, on the trip. I cornered **Greg and Lynn** at Blackjack on the second day, to take them around the mountain a bit. Lynn went down the bottom part of the black run on the front side, so I suggested we try the rest of the mountain. Everything went well (well,



except for a fall I took) until I took her back down a narrow blue. I hope she won't hold that against me.

On the third night it rained – **in the U.P. in January**. Then the temperature dove well below freezing, so I was a little leery about the conditions for the third day. But I would like to say that Powderhorn did a great job in grooming the slopes, although the parking lots were downright dangerous with ice. We had a wine and cheese party at the upper hut, and members of the Bloomington-Normal ski club joined us. Some people had a better party than others. And they didn't invite me!



When leaving the party, several unnamed members (whose initials may be **G.M., E.C. and R.H.**) had a challenge remaining vertical. One fellow fell twice just trying to get off the deck. A lady fell backward off her skis, before she even moved. And I understand that the ski patrol offered several others a ride down on the snowmobile after they kicked them out of the hut at the end of the day.

The NASTAR announcements were very interesting that night. **Randy Haydel** had a hard time reading, so **Keith Nagy** "helped out". At this point, Randy was willing to

say anything, so Keith told him to say that **Judy Nagy's** handicap was 34D. I didn't quite understand, because there are no D's in NASTAR, except as in DQ. Later that night, **Randy** couldn't remember whether he had put his skis on the bus (among other things).

The last day, we had a little new snow, and it was less windy, and for awhile it was sunny. I have this theory about ski trips which says that if the last day is sunny and the conditions are good, it is a successful trip because the last day is what will be remembered. And to top it off, we were about the only people on the hill. Indianhead is a great place to ski when you can slide right up to a chair and get on (except the time I fell flat on my face).



We had an easier NASTAR, and **Betsy Smith** and **Sue Finkenbiner** got their first medals. Several others ran their first NASTAR. And most importantly, **Tommy Rohl** and I won the Tobblerone.



All in all, it was a pretty good trip. One sour note was **Kim Mowry** taking a bad fall, and then getting a ride on the sled back up to first aid. I was sitting in the upstairs bar (which no longer serves anything) when **Keith Nagy** came in and told me. You have to understand that Keith has told a few tales, so I'm looking at **Judy Nagy** to see if she cracks a smile, because I didn't believe Keith at first. Finally, I believed him and went to the ski patrol headquarters. By then, **Kim** was looking OK. Next time, she will probably be a little more careful on the jumps.

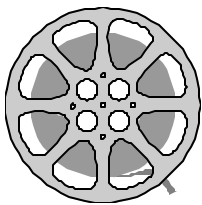
THE BACK PAGE

"Telluride Mountain Filmfestival Tour"

March 15, 2004, 7:00 pm

Savoy 16 Theater – Tickets \$10.00

Champaign Surplus is again sponsoring, for the 7th year in a row, this collection of outdoor films. There are several on skiing to interest our members. Proceeds are donated to the Campership Program, BSA



Is a Ski Helmet Right for You . . .

Skiing and snowboarding are great fun in the winter, but anyone who participates knows that winter sports are not risk-free. Injuries have declined in the past decade, thanks to advances in equipment. However, 5 to 10 percent of all ski injuries involves the head, and blows to the noggin are among the most devastating and lethal ski accidents.

It used to be hardly anyone wore helmets on the slopes, but sales have gone up in the last few years. More and more people are realizing the advantage of wearing a helmet. It has been determined that helmets could protect against 44 percent of head injuries among all skiers and boarders.

Several companies make high-quality helmets for skiing. Most helmets are made of a polycarbonate shell, a foam liner and a "comfort liner" made of wicking fabrics to keep you from getting too warm. Prices vary tremendously. Higher prices don't necessarily mean more protection, just more design, graphics or features. To ensure that the helmet has been tested to provide adequate protection, look for the SNELL RS-98 or ASTM F2040 sticker on the inside. Try on several brands. Make sure that the one you purchase fits snugly, but isn't uncomfortable. And don't use it as an excuse to ski beyond your abilities. The skier's responsibility code is still the best way to prevent injuries.

BOARD MEMBERS

President	<i>Mike Henry</i>	586 1773	mndhenry@yahoo.com
Vice President	<i>Terry Klintworth</i>	359 8665	
Secretary	<i>Eileen Coleman</i>	352 8011	ecoleman@insightbb.com
Treasurer	<i>Mike Sargent</i>	367 5925	msargent@isgs.uiuc.edu
Past President	<i>Dennis Coleman</i>	352 8011	coleman@isotechlabs.com
Trip Coordinator	<i>Phil Johnson</i>	469 7018	pjinvest@prodigy.net
Trip Treasurer	<i>Milt Forsberg</i>	352 5075	miltf@uiuc.edu
Membership	<i>Margaret Krause Wayne Pickens</i>	896 2305	mlkrause@uiuc.edu Pick47@aol.com
Newsletter	<i>Joyce Goggin</i>	369 0711	Jeg218@aol.com
Social	<i>Linda Bauer</i>	356 1378	Bauer2@uiuc.edu
Race Coordinator	<i>Randy Haydel</i>	352 7254	haydelju@insightbb.com
Publicity	<i>Chris Whippo</i>	352 7263	whippo@uiuc.edu
Webmaster	<i>Dawn Davis</i>	352 5888	dmdavis@uiuc.edu
CMSC Rep.	<i>Judy Haydel</i>	352 7254	haydelju@insightbb.com
Summer Trips	<i>Mike Metz</i>	367 2541	nowmptrips@sbcglobal.net



The Champaign Ski Club, Inc.

PO Box 3724 – Champaign, IL 61826-3727

