

Peninsula Ski Club's Newsletter



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STRATTON MTN BIG SKY Liquid Snow How To Bump PHOTOS
LASTLY

Cover Photo: American Lady on a Zinnia by Tom Crockett



Selfie by Terrie Lewin at the Norfolk Botanical Gardens. That's Mary Crozier on her right and our prez on her left.

The President's Message

When I turned up at a PSC meeting in 2011, I met all kinds of people who like to ski, including people who have steered this club for nearly 57 years, through decades of changes in the ski industry! The mission: steeper thrills, new slopes, new frontiers, new gear, new technology...the invention of snowboarding, the helmet trend, possibly the GO PRO as an everyday accessory? To elaborate further: first tracks, unbelievable natural treasures, beautiful mountain ranges; and scary rides up steep slopes on flimsy chair lifts with persons of questionable ability. We observe and learn from others, sharpen our skills, and challenge each other to follow new trails. Then comes spring, summer, fall, and all the planning comes together to open a new seasons of travel and adventure.

Meanwhile: kayaking, paddle boarding, hiking, bowling, tennis, art exhibits, theater, with people you have skied besides, foryears.

Hope to see you around this summer.

Dorrie, PSC Pres

PS: Renew memberships, sign up for the early discount on trips, and gain another \$25.00 for signing up a new membership: Coming in first: Fred Roybal (4 new members/\$ 100.00 and counting).

PSC'S SKI SCHEDULE FOR 2022-2023

JANUARY

SUN Jan 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
New Year's Day	Charlotte McCarter Condo at Stratton					
	New Year's Day (su)					
8	9	10	11	12	13	14
		Whitefish, MT - Mogul				
15	16	17	18	19	20	21
Whitefish, MT - Mogul		Martin Luther King				
22	23	24	25	26	27	28
Stratton Mtn, VT - PSC					Crested Butte, CO - BRSC	
29	30	31	Feb 1	2	3	4
Crested Butte, CO - BRSC			First Day of Black t		Big Sky - PSC	

LEGEND:

BLUE: CHARLOTTE MCCARTER

RED: MOGUL SKI CLUB

GREEN: PSC

YELLOW: BLUE RIDGE SKI COUNCIL

FEBRUARY

SUN 29	MON 30	TUE 31	WED Feb 1	THU 2	FRI 3	SAT 4
Crested Butte, CO - BRSC			First Day of Black t		Big Sky - PSC	
5	6	7	8	9	10	11
Big Sky - PSC						
12	13	14	15	16	17	18
Sunday River - Mogul					Valentine's Day	
19	20	21	22	23	24	25
	Presidents' Day	McCarter Condo at Mt Tremblant				
26	27	28	Mar 1	2	3	4
		First Day of Women				

NOTE:

CHARLOTTE WILL HAVE A CONDO NEAR MT TREMBLANT IN LATE FEBRUARY, DATES TBD, AND A CONDO IN DILLION, CO AT THE END OF JANUARY. PLEASE CONTACT HER IN INTERESTED IN SHARING HER ACCOMMODATIONS.

MARCH

SUN 26	MON 27	TUE 28	WED Mar 1	THU 2	FRI 3	SAT 4
			First Day of Women			
5	6	7	8	9	10	11
Whiteface, NY - BRSC						Club Med Val D'Iser
12	13	14	15	16	17	18
Club Med Val D'Iser - BRSC						
Daylight Saving Tin				St. Patrick's Day		
19	20	21	22	23	24	25
Club Med Val D'Iser						
26	27	28	29	30	31	Apr 1

Dear PSC skiers and non-skiers,

Stratton Mountain is for Skiers and Non-Skiers alike. Established in 1961, Stratton offers many activities for non-skiers such as snow-shoeing, ice skating, cross-country skiing (and lessons), moonlight snowshoe treks, Winter Fat Tire Biking, snowmobiling under the stars and more. Check out the [Stratton Mountain Resort website \(winter activities\)](#).

WELCOME TO STRATTON MOUNTAIN RESORT

SUNDAY JANUARY 22 - FRIDAY JANUARY 27, 2023

Stratton Mountain provides skiing and boarding for all levels with nearly 100 trails and several terrain parks. At 3875 ft, Stratton is the highest mountain in southern Vermont. It has 670 skiable acres, longest trail is 3 miles, vertical drop is 2000+, 4 high speed sixes, 1 high speed quad, doubles and other lifts. Stratton is part of the Alterra mountain resorts family and on the IKON pass system.

Vermont snow falls consistently on the many acres of Upper and Lower Mountain skiable terrain, ranging from wide-open groomers to glades and challenging steeps, making great variety for skiers of any level. Navigate the mountain via the advanced lift network and the Stratton Mobile Ski app on Google Play or the Apple Store. Established in 1961, Stratton Mountain is located in the southcentral Vermont, south of Burlington VT (airport) and west of Manchester NH (airport).

MOUNTAIN STATS:

- 40% BEGINNER, 35% INTERMEDIATE, 25% ADVANCED
- 670 SKIABLE ACRES, 100 NAMED RUNS, 11 LIFTS

The Black Bear Lodge (hotel):

- Complimentary shuttle to village and lifts
- 5 minute walk to the lifts
- Indoor hot tub and sauna
- Table 43.1 restaurant – open for dinners
- Continental Breakfast (juice tea coffee, muffins, bagels, pastry)
- And lots more. Check <https://www.stratton.com> for more details

WELCOME TO BIG SKY RESORT

4-11 FEBRUARY 2023

Wide-open spaces meet dramatic peaks and create unique, world-class skiing experiences. Northern Rocky Mountain snow falls consistently on 5,850 acres of skiable terrain, ranging from wide-open groomers to dynamic glades and challenging steeps, making for unmatched variety for skiers of any level. 300 degrees and 4,350 vertical feet of skiing off of Lone Peak means you'll never ski the same line twice. Offering more than an acre per skier on average, Big Sky provides serious elbow room. Navigate the mountain via the most technologically advanced lift network in North America – from Ramcharger 8's heated seats and weatherproof bubbles to Swift Current 6's unprecedented speed as the fastest chairlift in North America. With four bubble chairlifts in total, warm-up breaks and cross-mountain traverses don't have to interrupt your day. Established in 1973, Big Sky Resort is located in the Northern Rockies of southwest Montana between Bozeman, Montana, and Yellowstone National Park.

MOUNTAIN STATS:

- 22% BEGINNER 25% INTERMEDIATE 35% ADVANCED 18% MOST ADVANCED
- 5850 SKIABLE ACRES 300 NAMED RUNS. 39 LIFTS
- Elevation at the SUMMIT is 11,166 feet. The VILLAGE sits at 7,500 feet.

It's not just for skiers! Yellowstone National Park is nearby. Snowmobile, snowshoe, sleigh rides, dog sled rides, fly fishing, horseback riding, zip line and more are available. See the Big Sky Resort Vacation Planner on the PSC website. (Located under Documents, click on Trip Events and Flyers, click on 2023)

The Huntley Hotel:

- 2 minute walk to the lift
- Complimentary ski valet
- Free ski delivery from Big Sky Sports Rental
- Outdoor pools and hot tubs
- Restaurants on site
- And lots more. Check www.bigskyresort.com for more details

STANDARD PACKAGE- \$1996 est

- Round trip transportation: air from Norfolk, VA to Bozeman, MT
ground transportation from Bozeman to Big Sky
- 7 nights double occupancy hotel rooms in the Huntley Lodge
- Optional mountain view room is \$43/person (only 7 rooms available)
- Large daily buffet breakfast
- 1 group dinner

LIFT TICKETS:

- Flex 5+ is a 5 day pass. Available only on <https://shop.bigskyresort.com/s/group-season-passes/>
*Current pricing only good until **Aug 31, 2022** then pricing will increase periodically until this pass availability disappears. It is nonrefundable. Please read all the restrictions on the pass.*
80+yo \$228 // 65-79yo \$498 // 26-64yo \$519 // 18-25yo \$436
Flex 3+ is a 3 day pass only available on <https://shop.bigskyresort.com/s/group-season-passes/>
Same restrictions as listed above for Flex 5+.
80+yo \$197 // 65-79yo \$353 // 25-64yo \$384 // 18-25yo \$322
- Group rates: \$172/1 day/15-69yo // \$143/1 day/70+
\$344/2 day/ 15-69yo // \$341/2 day/70+
Contact trip captain to purchase 1 or 2 day lift tickets.
- IKON pass can be used (See AVAILABLE DISCOUNTS below for IKON pricing through ski.com)
IKON Base Pass \$869 / IKON 4 day \$449 / IKON 3 day \$369 / IKON 2 day \$269 (as of 15 May 2022)
Prices will periodically continue to increase.

Happy Summer Everyone,

The summer is here, it's hot, and waterskiing season is upon us! The liquid snow group will be carving turns on the upper Chickahominy. This year the PSC is the proud owner of a slalom ski course. We plan to install just down river of Colonial Harbor Marina and ski the course on select weekday evenings. This section of river is ideal for water skiing and contains many ski enthusiasts that frequent that spot. We hope to gain increased interest in using and maintaining the course thereby attracting more folks into the liquid snow branch of PSC.

Additionally, we have connected with the nearby VA Beach Adaptive Watersports. This nearby club helps disabled enthusiasts enjoy time on the water with the use of specialized "sit skis." Another USA Water Ski and Wake Sport affiliated club, they can offer a lot of experience and certified drivers to help us get on our feet (or skis).

We had a PSC family water ski day on 25 June. We were at the Colonial Harbor Marina located at 14910 Marina Rd, Lanexa, VA 23089.

Having your own boat is not required to enjoy the fun, but please let us know if you can bring one. We have beginner skis, kid's trainer skis, wake boards, tubes, and high-performance slalom skis. There will be something for everyone.

These past couple of years have brought about several unique challenges for many of us, but we're back now and ready to get wet!

Stay tuned for another PSC Liquid Snow event in September!

Tom Ivanco waterski@peninsulaskiclub.com



Above: Photo by Tom Ivanco

Left: Photo of Rick Irby by Dorrie Thompson



One of my best ski buddies confessed to me that when he gets on an easy slope or a cat track, he just relaxes and lets his mind wander. Besides telling him he shouldn't do that just on principle, I know that his relaxed attitude is the exact opposite of what I need to do to succeed in bumps.

If I want to ski bumps, I need a mental and physical focus in order to ski them with competence. So what follows is how I help myself make it through the ultimate skier's challenge. Basically, I divide the challenge into two parts: techniques and tactics.

First, I mentally review the variety of techniques I can use in the bumps:

Skid drift twist knees up knees down hop lead with the inside knee
poke (the top of the bump with your pole) and turn tip knees into the bump

Then I practice these skills on a groomed slope or easy bumps. Practice allows these skills to become muscle memory. Practice makes sure you have nimble feet and quicker reactions because that's where the success in the bumps comes from.

When I'm confident I can do these skills, I next consider the tactics of skiing a bump run:

Practice on the small bumps first.

Stop a few turns above the bumps, choose your path, and establish confidence before you get into the thick of the run.

Start slow and build rhythm not speed.

HOW TO BUMP

Ski the tops of the bumps where the snow is.

Ski in the shade if it's warm out, or in the sun if it's cold.

Ski up the back or side of a bump to control your speed

Don't look at your feet. Look three bumps ahead to constantly adjust your technique.

A funny thing happens when you make a plan to practice and then ski that plan in the bumps: you actually get more competent, have more fun, and then you get to boast about how you rocked that run.



ABOVE: AMARYLLIS (DICK FOARD)



TOP RIGHT: WINTER PARK (DORRIE)

MIDDLE: LAST MINUTE AT SNOWSHOE
(DORRIE)



BIOTTOM RIGHT: FREEZING AT THE TOP
OF JAY PEAK (DICK FOARD)

BELOW: FIRST ON SNOW FOR 2022.
TAKEN BY SOME UNKNOWN PERSON
ROPED INTO THE JOB BY STEVE



Lastly,

An apology from the editor for being late with this. My old publishing software decided it didn't want to work with my new mac laptop. After trying unsuccessfully to put up with it, I decided I needed new software. And then there was the learning curve . . .

Hope you enjoy this issue and thanks to those who submitted articles and photos.

Cathy Margiotta

From Joe Graves, a former member:

I pre-ordered my new skis last fall, the Elan Ripstick 96 Black Edition 172cm. The Ripsticks are unique in that they use the Elan amphibio design: the inner edge is longer than the outer rockered edge allowing for better grip in turns while making turn initiation easier. They are left/right dedicated of course. I went for the Black Edition as they are a bit stiffer and more suited to my love for speed. I also acquired the Tecnica Mach 1 MV 110 boots. These are very lightweight, a bit stiff (so I can get the most out of my skis), and very warm although I do use Hotronics heaters. They are also designed to be easily customized for a perfect fit. I upgraded my goggles to Glade Quads (shopglade.com) which are photochromic, i.e. they change darkness with conditions. Best goggles I've ever owned and reasonably priced. Finally, I bought a Columbia Powder 8's jacket, which is very warm, lightweight, has a sleeve pocket for RFID lift passes and is reasonably priced. I am super happy with all my new gear. (PS ask Terry and Bill Lewin how their son-in-law Stephen liked the regular Ripsticks and his new Powder 8's jacket)

Regards, Joe aka joeygoesfast.com

