



Slopes & Trails

March 2008 www.buckridgeskiclub.org

Club News & Notes

Progress is slowly being made to get a private e-mail discussion group, or listserv, up and running for club members. You can use it to get last-minute updates on club-related activities, request info on current conditions, create a car-pool for a trip, or anything else pertinent to club activities. The Slopes and Trails only comes out once a month, and even our Web site only gets updated every several weeks, so nothing is as timely as a message posted to the listserv.

To join the mailing list, just send an e-mail with (sign me up) as the subject to: Buckridge-subscribe@yahoogroups.com. Be sure to include your First and Last Name in the message text area so that the Group Moderator can verify you as a current member of the ski club. You will receive a message back containing information on how to use the list. You can also do this by visiting the Buck Ridge web site (www.buckridgeskiclub.org), click the membership button, and follow the link to the listserv. You will also find answers to common questions and information about usage policy there.

Once you are subscribed, to send a message to members using the listserv all you have to do is send an email to: Buckridge@yahoogroups.com. By signing onto the yahoo group page (<http://sports.groups.yahoo.com/group/buckridge/>) you can also set your individual preferences, review old messages, and retrieve posted files. To change your e-mail address on the group, you need to unsubscribe from your old address (send an e-mail to Buckridge-unsubscribe@yahoogroups.com and subscribe from your new address (following instructions above).

Folks who want to get the Slopes & Trails electronically should sign up at their earliest convenience, as notices about newsletter availability will eventually be going out via the mailing list. We also plan to email invitations to members who have not yet signed on at some point in the future.

Any questions regarding the Listserv should be directed to Michael Fernandez at amf22000@yahoo.com.

New Members

Please welcome the following new members:

Carl & Michelle Nunn Jr.

208 Willow Drive, Warminster, PA 18974
Family members Heather (87), Alicia (89), Ryan (91), & Melissa (92) Act: ski, hike, bike
H: 215-674-8303 / W: 267-614-7656
eMail: cannun@aol.com

Herb & Ariel Holyst

602 Yale Avenue; Morton, PA 19070
Family member Emma (96); Act: ski, XC
H: 610-328-3026
eMail: herb.holyst@verizon.net

Genevieve Fernandez

26 Julia Street, Malden, MA 02148
H: 856-217-9598; Act: XC, Snowboard
eMail: genevieve.fernandez@starwoodhotels.com

Jerry & Lorraine Lydon

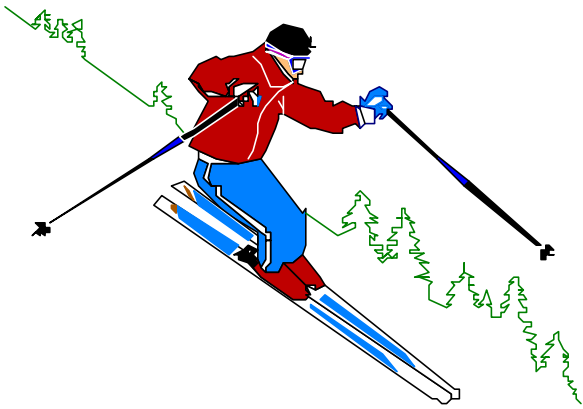
762 Grant Road, Mount Laurel, NJ 08054
H: 856-778-4767 / C: 609-922-9916
Act: Ski, XC, hike, bike
eMail: jerryL50@verizon.net

George Abersold

4 Rutgers Road, Cherry Hill, NJ 08034
H: 856-667-6307 / C: 609-828-1153
Act: Ski, hike, bike, sail
eMail: gabersold@comcast.net

Upcoming Programs

- March— Joan Strachota will present a program on her summer trip to Antarctica
- April—Canoeing
- May— Ski Wrapup/Hiking the Grand Canyon



The deadline for articles for the Slopes and Trails is the 15th of the month. Send submissions to:

Michael Fernandez
1118 Kings Highway
Swedesboro, NJ 08085
Phone: 856-467-5189
Email: amf72@verizon.net

If you would like a copy of the monthly newsletter, please contact Bill Raney at 610-293-9571 to be placed on the mailing list, or check the web site.

OFFICERS OF THE BUCK RIDGE SKI CLUB

President	Mel Stiles	856-478-4621 stilesmj@verizon.net
Vice-President	Dave Singer	856-424-5618 dsinger26@comcast.net
Secretary	Pat Beccia	610-664-9506
Treasurer	Terri Walklett	610-876-1728

COMMITTEE CHAIRS

Activities Chair	Marge Tarte	610-874-3162
Biking Chair	Susan Hearn	215-386-8008 SLHearn@aol.com
Canoe Chair	Dan Jones	856-429-1585 Paddlerjones@aol.com
Hiking Chair	Jim Calkins	610-558-6862 Jbcalkins@verizon.net
Lodge Chair	Mel Stiles	856-478-4621
Program Chair	<i>vacant</i>	
Ski Chair	Dan Aronson	215-643-7252 d.l.aronson@att.net

WOODBRIIDGE LODGE

Permanent Reservation Chair

Joan Strachota 610-872-6459
jstrachota@comcast.net

Lodge Telephone Number 802-464-6591

Only if you have been repeatedly unsuccessful contacting the reservation chair for a key may you call the following people:
Judie Sheffer 610-461-1848
Glenn Weisel 215-822-9459
Eliot Woodbridge 609-921-3229

MEMBERSHIP

BRSC is an outdoor club for people of all ages who enjoy companionship in outdoor activities.

For a membership application and procedure for joining, contact:

Mary Ann Popma, Membership Chair
1037 Warren Road, West Chester, PA 19382
email: mapopma@verizon.net
610-692-5928

Annual Dues: \$20 Individual / \$23 Family

CHANGE OF ADDRESS

If you are moving or changing your email address and want to keep *Slopes & Trails* in your mailbox or inbox, please notify:

Merle Roemer
4 Anser Lane
Lewes, DE 19958

E-mail: mroemer@reading.org

REGULAR MEETINGS ARE THE SECOND WEDNESDAY OF THE MONTH, 8 pm AT SPRINGFIELD MASONIC HALL ON RT 320, SPRINGFIELD (DELAWARE CO.) PA. NO MEETING IN JUNE, JULY, OR AUGUST.

ACTIVITIES & TRIPS

SKIING

TRIP UPDATES:

Ski season is winding down—the last scheduled trip is Hunt for Snow II on March 21-23. Despite a weather pattern characterized by freezing rain and warmth followed with sub-freezing temps, downhill areas have done some amazing grooming to keep the slopes in good shape.

And although this years season may be drawing to a close, its never too early to look ahead to next season. The EPSC Winter Carnival will be held at Killington in January, and the club's western trip will probably be to Whitefish (formerly known as Big Mountain) in north-western Montana in March.

DISCOUNT LIFT TICKETS:

Remember to take your membership card in order to get group rate tickets at **Mount Snow**. Group tickets may only be purchased at the Group Sales Office in the Sundance base lodge. Folks traveling further north than the lodge in Vermont may want to take advantage of **Stowe Ski Council Days**. The last series scheduled for this year is March 19 thru 23, 2008. All ski club councils and members with a club ID card are eligible to purchase discounted lift tickets. Prices area as follows:

Adult Lift Tickets (13-64 yrs old):
1-day=\$38; 2-day=\$64; 3-day=\$90

Child/Senior Lift Tickets (6-12 & 65+):
1-day=\$21; 2-day=\$27; 3-day=\$37

You must bring your current season ski club card and a photo ID to get your discounted vouchers!

Members who purchased discount lift ticket vouchers from EPSC and have any that were not used and are eligible for a refund are reminded they have until April 1 to return them.

Eastern Pennsylvania Ski Council

Council News

If you will be flying for a ski trip next year, plan on it being more expensive. United Airlines, which is a major carrier for ski trips, has announced plans to charge baggage fees for any more than one checked bag. Second bags will be charged a \$25 fee, and additional bags even more; they may consider a ski and boot bag as 2 pieces, rather than the one that is now standard. You can read specific details at www.united.com/baggage. EPSC has initiated a letter writing campaign to urge other airlines not to adopt this policy, although Spirit Airlines has announced plans to charge for all checked baggage.

HIKING

SHORT HIKES START ON MARCH 19



The Wednesday short hikes will start again on March 19. The meeting place is still the Value City parking lot at Routes 320 and 420 in Springfield, just a few blocks up Woodland Avenue from the Club meeting place and near Exit 5 of the I-476 Blue Route. We leave promptly at 9:30. Bring your lunch and wear comfortable shoes and socks. Sneakers are not suitable for many of the trails. If you have questions, please call Jim Calkins at 610-558-6862. Here's the spring schedule.

March 19	White Clay Creek Trail (in PA)
March 26	Bonner Park - Call George Wiedersum, 610-358-5891 for this hike
April 2	Wissahickon - Call George Wiedersum, 610-358-5891 for this hike
April 9	Myrick Preserve
April 16	White Clay Creek Park (in Delaware)
April 23	Marsh Creek State Park
April 30	Brandywine State Park
May 7	Darlington Trail
May 14	Jenkins Arboretum/Valley Forge
May 21	Smedley Park/Blue Route Trail
May 28	Ridley Creek Park

BOATING

Rolling sessions with PCC continue thru April 13. Contact Rosemary Rau (215-743-6938) for details, or check the PCC website: www.philacano.org/rolling_info.html.



BIKING

The start of the spring hikes means biking will be getting underway. The club is once again running a trip to the Kent County Spring Fling, sponsored by the Baltimore Bicycle Club. See pages 4 and 5 for registration form and details. The club often reserves a block of rooms, but space fills fast. Contact MaryAnn Thomas with any questions ASAP.

**Mail-in Registration – 26th annual Kent County Spring Fling
May 23-26, 2008**

NEW FOR 2008 – ONLINE REGISTRATION go to: www.baltobikeclub.org
Registration and **signed release** required for each participant. **No registrations** after May 10.

1st Name (for nametag): _____ Last Name: _____
 Street: _____ Apartment: _____
 City: _____ State: _____ Zip Code: _____
 Home Phone: (_____) _____ - _____ E-mail: _____
 Emergency contact: _____ Phone: (_____) _____ - _____
 Age - circle one: (0-3) (4-10) (11-20) (21-30) (31-45) (46-65) (over 65) Gender - circle one: (Male) (Female)
 Bicycle Type - circle one: Tandem / Recumbent Single
 Roommate: (double rooms) _____
 Suitemates: (for Western Shore/Harford only) _____
 Club/Group Affiliation (I would like to be near these people): _____
 Special Requirements: _____

I can drive SAG wagon duty one day I can help with registration 2 or 3 hours on Friday

Registration Options: <u>underline</u> your choice and enter the cost	Cost	My Costs
BBC Member: standard lodging \$277 / no lodging \$235	\$277/235	
non-BBC Member: standard lodging \$289 / no lodging \$248	\$289/248	
youth 11-16	\$205	
child 4-10 sleeping: on the floor \$90 / on a bed \$115	\$90/115	
child 3 & under sleeping: on the floor no charge / on a bed \$25	\$0/25	
late registration fee (AFTER APRIL 15th)	\$30	
single room supplement if you choose to room alone (standard dorms only)	\$30	
lowered bed (available in Caroline and Queen Annes only) check box	\$0	check here <input type="checkbox"/>
Western Shore suite supplement per person (see Lodging Options)	\$56	
Harford Hall suite supplement per person (see Lodging Options)	\$56	
Friday night buffet dinner: adults \$18 / age 11-16 \$15 / age 4-10 \$9 (6pm – 8pm)	\$18/15/9	
26th anniversary KCSF T-Shirt (Note: all T-shirts are short sleeve adult size) Circle choice: S M L XL XXL	\$14	
Total for registration check (payable to BBC)	\$Total	

KEY GUARANTEE. Your signature below (required) is a guarantee that you agree to pay the BBC \$25 for each key received and not returned by checkout (NO LATER THAN 4 PM MONDAY).

_____ **sign above**

_____ **date**

CANCELLATION POLICY: Refund requests must be in writing. The following fees apply:
 \$30 prior to May 1st; \$50 May 1st through May 10; **no refunds after May 10**; \$40 charge for checks returned by the bank for any reason. Refund checks will be mailed by the BBC Treasurer after the event.

**Make check payable to BBC and mail with application to:
 KCSF 2008; 10517 Virginia Avenue; Cockeysville, MD 21030
 You will receive mailed confirmation**

BICYCLE HELMETS MUST BE WORN AT ALL BBC RIDES & EVENTS

BALTIMORE BICYCLING CLUB, INC. ("BBC")

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in the BBC sponsored Bicycling Activity ("Activity") listed below, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such "Activity". I further acknowledge that the "Activity" will be conducted over public roads and facilities open to the public during the "Activity" and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the "Activity".

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these "Risks" and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the "Activity", the condition in which the "Activity" takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH "RISKS" AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the "Activity".

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the BBC, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the "Activity" takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the "Releasees", I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE "RELEASEES" from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Name Of Activity: _____

Participant's Signature (only if age 18 or over) Participant's Printed Name Date

Street Address City State Zip Phone

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING "ACTIVITIES" AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED TO PARTICIPATE IN SUCH "ACTIVITY". I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE "RELEASEES" FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE "RELEASEES" NAMED ABOVE, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent / Guardian Signature (if participant under age 18) Parent / Guardian Printed Name Date

Street Address City State Zip Phone

EPSC Winter Carnival Breckenridge Colorado

This year's western trip was the EPSC Winter Carnival at Breckenridge, Colorado. Unlike last year's trip to Alyeska, travel arrangements for this trip went off rather smoothly.

We were blessed with some exceptional weather. Blue sky days alternated with light snowfalls to keep things fresh. Although the upper mountain experienced some high winds and poor visibility a couple of days, the lower mountain always seemed to offer good skiing.



Mysterious Buck Ridge Pirate

The welcome party had a pirate theme. There was one strange, vaguely threatening character who persisted in hanging about the Buck Ridge tables despite efforts to run him off. Fortunately, he disappeared later in the evening and was not seen again!

Trip participants could also ski at Keystone and Vail on the same lift ticket. While I can't vouch for Keystone, I think folks at Vail all had a perfect

day. It was my first time there, and I was impressed by a) the size of the place and b) the price of on-mountain food—both defy imagination! The group I was with spent most of the day skiing Blue Sky Basin, where we had several close encounters with tree wells. These can be a real hazard in the back-country or on un-groomed areas inbounds. For more information, here's an interesting link to these hazards:

www.treewelldeepsnowsafety.com/tree_wells.html

One other hazard some folks had to deal with was the altitude. Mel Stiles presents his experience in handling this in his article about diamox on page 9. And trip participants provide us with their "Parting Thoughts" on page 7.

Winter Carnival Race Results

Buck Ridge fielded three race teams at the Breckenridge NASTAR race. Team South, captain Dan Aronson, placed 11th overall with a combined time of 221.75 seconds. Team West, captain Vic LePage, placed 16th overall with a combined time of 226.69. Team East, captain Rex Miyashiro, placed 20th overall with a combined time of 232.01. Individually, Mel Stiles placed first for the men with a combined time of 48.81, John Hynes placed second with 51.17, and Vic LePage third at 51.56. For the women, Carol Pitts place first at 65.92, Donna LePage second at 66.87, and Marvelene Richards third with 69.62. Congratulations to them all!

Text & photos by Mike Fernandez

TRIP REPORTS

XC Weekend

A group of young & old, including several new members, tried to re-vitalize the Buck Ridge cross country skiing tradition over President's Day weekend at the lodge. Unfortunately, the snow spirits were not co-operative. Rain and freezing temps on Wednesday before the trip conspired to produce an icy crust over what had been stunning powder. Folks who tried snowshoeing were even thwarted by it! But despite this, the lodge spirits were lively the entire weekend.

Not to be deterred, some participants went downhill skiing & snowboarding at Mt Snow and Bromley. Both places had done an excellent job in grooming, and although the cover was chunky in spots it was very skiable. Others went shopping in Brattleboro & Stratton. We finally did get in some XC time at Timber Ridge, a Nordic area across from the Mt Snow entrance road. Although the area is somewhat limited in size, the groomed trails made for good skiing. In retrospect the best "wild" skiing would have been on snowmobile trails, but with the weekend traffic this would not have been a good idea. Timber Ridge also has an interesting xc ski package option—a cross country pass with spa access (pool, hot tub, and sauna) for \$30!

As the trip came to an end, the snow spirits again were vanquished by the evil rain demons. A quick



The joy of cross country—one minute up & the next down!



burst of snow on Sunday afternoon was followed by more freezing rain. Most folks departed on Sunday, but those staying on reported that the parking lot at the lodge was a sheet of ice on Monday morning. We'll have to try another xc weekend next year & hope for better results!

Text & photos by Mike Fernandez

Parting Thoughts on Breckenridge

By trip participants

On our flight from CO at the end of our Breckenridge ski trip last month I thought of a way that I learned from Keith Richards to gain input from everyone on the trip to contribute to an article in Slopes and Trails. Unfortunately we are missing a few people who were not on our flight but I am sure they have similar memories of the trip.

- Mel Stiles

Breckenridge 2008 w/BRSC - please write 2 sentences about your experience with our club at Breck and Vail to be included in an article for Feb/March issue of S&T's.

My first time skiing out West! Best vacation of my life. Improved my skiing dramatically. The landscape was breathtaking and well beyond words. Thanks to all for a brilliant trip! *Michael McCaffrey*

All BRSC members are open and very friendly which makes these trips fantastic! Everyone is interested in helping each other improve their skills: skiing, story telling, fun... *Rex Miyashimo*

As Jethro Tull says, "Nothing is easy", but skiing out west surely reduced the difficulty there. Group camaraderie commenced with eye popping beauty, certainly lent itself to a totally fine experience. *J. Apperone*

One of the best Buck Ridge trips I have ever been on. Great weather, great snow and great people to ski with. *Ann Suratt*

Most skiing I did in the last 3 years. A great race. *George Abersold*

Forever more my knick-name will be "stumpy". What a great week of skiing and what a great group of people to share it with!! *Jerry Lyden*

Our 1st Buck trip as we are new members. Great job arranging the fabulous weather! I (Darcy) in my first race overcoming my fears and loved it. We will see all of you next year at Killington. *Darcy & Don Hamlin*

It was a great trip! Ski free or die! Keep your skis waxed! *Ilya Tomkin*

Dan, Thanks for another great trip. *Paul Natali*

Dan, Mary Lee and I enjoyed everything, but the altitude. Trip went amazingly well. *Mary and Gerald Caggiano*

A great trip—snow, weather and mountain were terrific. A good week of skiing. Good to spend time with our Buck Ridge friends.

Carol and Paul Pitts

Thanks, Dan and Mary Ann—it was an awesome trip! Everyone was friendly. Eastern Ski Council did a great job. O yes---the skiing at Vail (China Bowl) was incredible. *Hanni Frank*

Dan, Best trip in years-- Breckenridge turned out to be a great choice. Thanks for running the trip for Buck Ridge. *Steve Morse*

Laurie Morgan and I took a self walking tour of the old west buildings and their history. Enjoyed the village. We especially enjoyed the ice sculptures at the international sculpture competition and got to talk to too many of the contestants. *Mary Ann Aronson*

I had six days of wonderful skiing with a great group of people. My fondest memories are skiing the Top Bowls, Burn, Devil's Crotch and Psychopath at Breckenridge and China Bowl and Blue Sky Basin at Vail. *Dan Aronson*

Wow—only a week, but so many things to say! Buck Ridge friends, new friends, powder, trees and bumps; smiles, 3 teams racing, first skin-up/ski down in Rockies, smooth travel, great lodging, great food, hot tubs, Vail bowls and Blue Sky Basin, best of all was the Diamox and thanks, Dan once again for a successful trip. *Mel Stiles*

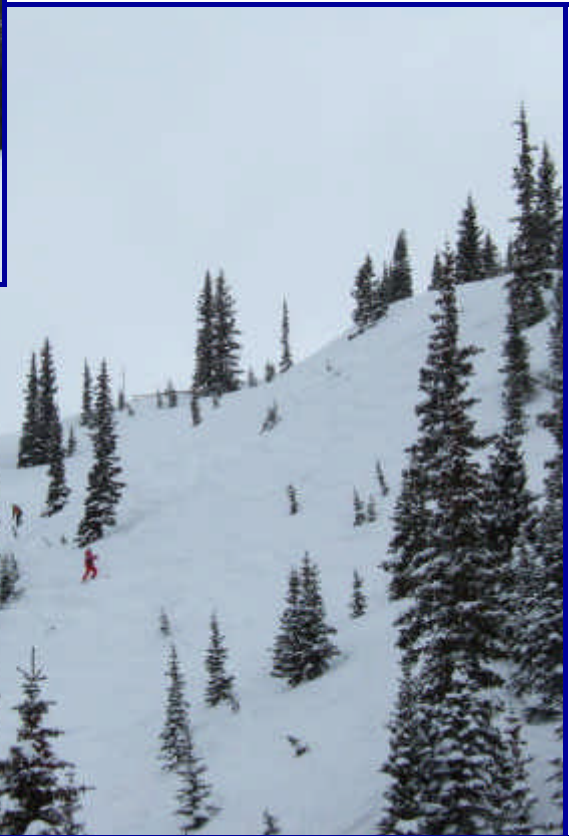
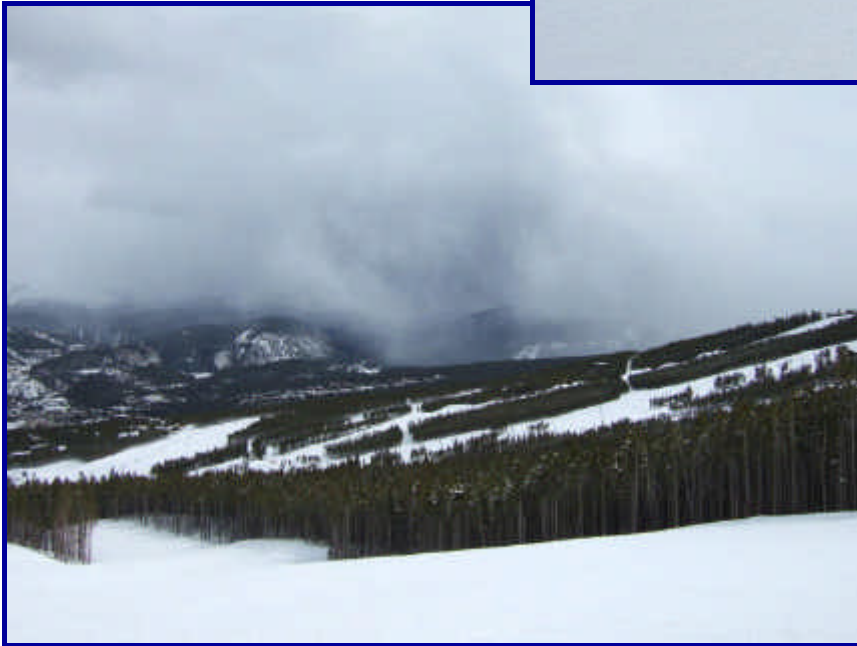
I was not sure about this trip. Breckenridge would not be my first choice, but this one turned out to be one of the best ski trips I ever had. The combination of a few snow flakes, some sunshine, occasional trees and bumps, and most of all the fantastic group of friends made all the difference. This will be a trip to remember. *Edward Sobolewski*

Soft snow, hot tub, and big bowls—what could be better? So what if you could not see some of the time! *Mike Fernandez*

Just plain fabulous is all I can say! *Linda Bailey*

Thanks to all for contributing to this article!





Views of Breckenridge
clockwise from upper left

- Summit of Imperial Express Chairlift—
highest in the country
- Looking down from top of the
Imperial lift
- Wooded steps
- Endless cruising runs

Diamox: A Cure for Altitude Illness?

By Mel Stiles

On our recent ski trip to Breckenridge I decided to take a drug called Diamox (acetazolamide) for prevention of altitude illness and to aide in acclimatizing to the altitude ranges that we would be experiencing all week. I had suffered from altitude illness several years ago at Winter Park which had similar ski and sleep elevations and did not want to repeat that experience. It may help others who experience the effects of altitude illness to know about my experience with the drug.

This experience, in no way is an endorsement by me for anyone else to try this drug. Because this drug is available only by prescription, can produce side effects, drug interactions, and cause allergic reactions, you and your doctor should decide if it would be appropriate for you to use.

The decision to go to my doctor and ask for the drug was mostly the result of information from a book for mountaineers called Altitude Illness: Prevention and Treatment, by Stephen Bezruchka. The drug was also recommended by friends but I was not aware of anyone who had actually used it.

Dosage was two times per day, of 250 mg each, totaling 7 doses, starting the day before the trip and ending 4 days later on Tuesday morning. Side effects were mild but noticeable, brief and only occurred occasionally. I experienced off and on tingling in fingertips, toes, neck and tip of nose but only when awake. Sleeping was better than usual and after stopping was more interrupted. The first signs of the side effects started about 2 hours after starting the drug and lasted through Tuesday, the day after stopping the drug. When I awoke on the third day I had one additional side effect, lasting only a couple of minutes, of a slight degree of trembling in one hand with the tingling mentioned above. One of the really amazing side effects that I think may contribute to acclimatizing is that the drug seemed to slow you down and make you breathe more, especially during any increase in physical activity. The last side effect was really rather interesting in that it caused a little more frequent urination (a diuretic) but that was actually not a problem since knowing this, I drank more and did not seem to have a problem staying hydrated.

Here is the most amazing part - I had absolutely no altitude illness symptoms, either while on the drug or off of it! At Breckenridge we slept higher than 9000 feet above sea level and skied to about 12,800 feet a few times but most of the time we probably averaged living at about 10,000 to 11,000 feet. Because the sleeping and living altitude is relatively high symptoms are very easy to develop. As with any activity, at altitude greater than around 7000 feet, the usual shortness of breath when engaging in physical exertion was present but did not lead to any altitude illness symptoms. Of course having learned my lesson in Winter Park it is prudent to also go slow the first few days to allow time for adjusting to the thin air.

There is one other prevention technique that I followed during the 4 day period that I was taking the Diamox. I followed the recommendations outlined in the trip information sheet that suggested drinking lots of water, and at least one week before the trip (I started about 2 days before the trip) cut back on coffee, tea, soda and alcohol. I have mixed feelings about this advice and believe that it could be influenced by a desire to market the resort. What also bothers me is the next statement that says; "If water becomes the priority bev-

(Continued on page 10)

SKI TRIVIA

From the NSAA (National Ski Areas Association):

Ski Industry Retaining Older Participants

Think the person next to you on the lift chair looks a little grey? You may be right...at least in Vermont!

Among the most prominent trends noted in the 2007 NSAA National Demographic Study is the continued aging of the visitor base, with strong growth in skiers and riders aged 45 and older. The fact that older participants are being retained in the sport in significant numbers is a welcome plus for the industry.

The average age of participants has risen steadily from 33.2 in 1997/98 to 36.6 in 2006/07. Specifically, since 1997/98, the proportion of visitors aged 45 to 54 has increased from 14.0 percent to 19.4 percent; the proportion of visitors aged 55 to 64 has almost doubled from 4.6 percent to 9.4 percent; and the proportion of visitors aged 65 and older has also almost doubled, from 2.4 percent to 4.2 percent. Age differences across different regions of the country are dramatic. The Midwest has the youngest visitor base with a median age of 22, followed by the Southeast at 28, Pacific West at 32, Rocky Mountains at 39 and the Northeast at 40.

Of course, you may not be able to tell because of the head gear...

This year's study also indicates a continued increase in helmet usage. Overall, 40 percent of survey respondents were wearing a helmet when interviewed, up from 38 percent last season and 25 percent in 2002/03.

And some trivial questions...

- Of the 37 states with operating ski areas, which state has the most?
 - Michigan
 - Pennsylvania
 - California
 - New York
 - Wisconsin
- With the demise of the American Ski Company (former owner of Mt Snow), what company owns AND operates the most ski resorts in the US?
 - Alpine Valley
 - Intrawest
 - Peak Resorts

See page 10 for the trivial answers to these pressing questions!

Diamox (Continued from page 9)

erage before and during the trip it will all but eliminate most altitude sickness problems". This statement is very misleading in my opinion and can lead someone to believe that as long as they drink plenty of water they won't get sick. The number one rule that Dr. Bezruchka recommends following is to adjust slowly, allowing extra time at altitude - there is no substitute.

In summary I think to say that any one thing was totally responsible for my success at altitude at Breckenridge would be premature; however the Diamox is definitely an option worth considering especially on trips of this nature where time to get used to the thin air is not within an individuals control and enjoyment of vacation is the priority. A few things I plan to try in the future are scheduling acclimatization time where possible, trying to cut the dose in half as suggested in the book and not eliminating my morning coffee. The coffee, tea and soda elimination theory was not mentioned in the book so I plan to examine that issue a little closer. Please educate yourself on this important matter since as skiers it is critical to our sport that we go up - so we can come down. Enjoy your winter we have a lot more skiing to do!

- Trivial Answers to Trivial Questions**
1. D: New York has 50 ski areas, followed by Michigan with 38 and Wisconsin with 34. California and Pennsylvania are tied at 4th & 5th with 32 each. With 25 ski areas, Vermont is 7th behind Colorado. Maybe its time to look into a MID-western ski trip to Michigan!
 2. A: Alpine Valley Holding Company owns & operates 7 ski areas in Michigan & Wisconsin. Other large "name" companies, such as Peak Resorts, may *operate* more but only *own* 4. Intrawest owns and operates more than Alpine Valley, but they are not all in the US.

BUCK RIDGE SKI SCHEDULE 2007-2008					
Chairman: Dan Aronson – 610-643-1608					
DATE	TRIP NAME	LOCATION	LEADER	* DEPOSITS	GUESTS
Mar 21-23 Fri—Sun	Hunt for Snow II	Vermont Lodge	Dan Aronson 215-643-1608	\$30	\$40
Woodbridge Lodge 2007—2008 Season		Member's Rate:	\$ 15.00 Per Night		
		Guest Rate:	\$ 20.00 Per Night		

*To sign up for ski trips, please send a (signed) release form to the trip leader along with your registration form and deposit for each Buck Ridge ski trip. * NOTE: Above deposits are based on the lodge fee times the maximum number of days in the trip. Please adjust (increase or decrease) deposit to account for the number nights that you will be staying at the lodge. No deposit required for children six years of age and under, but the trip leader needs to know his/her name.*

REGISTRATION FORM	
TRIP NAME:	DATE OF TRIP:
NAME(S):	
ADDRESS:	
TELEPHONE #:	
OPTIONAL: Please indicate your roommate preference(s):	
RELEASE FORM	
<p>In consideration of the benefits derived by me from membership in the Buck Ridge Ski Club and the use of its facilities, I release said club and its members from all responsibility on account of personal injury to me or my minor children, or damage to my personal property which may occur by reason of my/our participation in the activities of the club.</p>	
SIGNATURE(S):	DATE:
SPOUSE (or Guardian) SIGNATURE:	

WOODBIDGE LODGE – RESERVATION FORM

Note: Ski season reservations may only be made after October 1.

WOODBIDGE LODGE USAGE RATES (rev. 7/2004)

Season	Nov 1 – Apr 30	May 1 – Oct 31
Members	\$15.00	\$7.50
Guests	\$20.00	\$10.00

Rates are the same on weekends and weekdays. Children 6 and under are free.

Member's Name	Date: (nights)	COST
1.		
2.		
3.		
4.		
5.		

TOTAL: _____

GUESTS are welcome when accompanied by a member. Maximum three (3) guests per member.
Inviting member is responsible for guests complying with the Lodge rules and regulations.

Guest's Name	Accompanying Member	Dates: (nights)	COST
1.			
2.			
3.			

TOTAL: _____

Name, phone number, or Email where you can be reached:

Make checks payable to BUCK RIDGE SKI CLUB LODGE. Mail reservation form and payment to:

Joan Strachota, 114 Maple Rd, Wallingford, PA 19086

Key Deposit - \$75. Issue a **SEPARATE CHECK** and send with reservation form & payment.

Enclosed is my check for \$75. I understand that this key is due back **within 2 weeks after my planned trip** or my deposit check will be cashed. My check will also be cashed if key is lost in the mail.

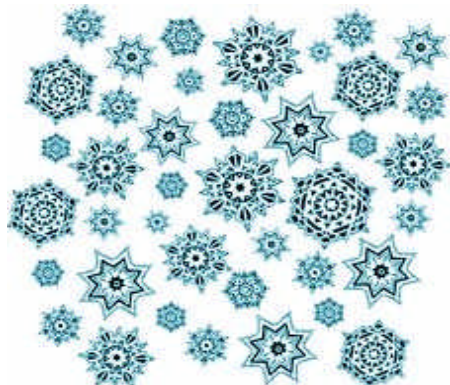
Signed: _____

Any questions, email jstrachota@comcast.net

RESERVATIONS will be CONFIRMED after payment In full is received.

PLEASE USE THIS FORM FOR ALL RESERVATION REQUESTS

Think



Spring??

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Buck Ridge Ski Club

c/o M Fernandez

1118 Kings Hwy, Swedesboro, NJ 08085