



The Snowflake



Newsletter of the Finger Lakes Ski Club Auburn, New York
www.fingerlakeskiclub.com

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Summer's here but the ski club still has plenty of things to do. So check out the event schedule and see what's happening in the next couple of months.

Keep your Newsletter coming !!! If you change your E-mail address please be sure you let us know. Write down the change on your renewal form or E-mail us at flskiclub@yahoo.com

Finger Lakes Ski Club, Inc.
P.O. Box 161
Auburn, NY 13021 - 0161

Officers & Board Members

• President

• 1st Vice President

Carol Pennell 253-2032

• Secretary

Kelly Buck 406-0791

• Newsletter Editor

Bob Sloan 253-6175

• Treasurer

Ed Galka 253-3718

Board Members

Tracy Fitch 253-4157

Bob Trama 252-8324

Bob Pennell 253-2032

Joan Bozogian 253-4157

Midge Fricano 729-0985

Paulette LeFever 246-5053

FLSC Committees

• Cross Country Skiing / Hiking:

Joan & Tracy 253-4157

• Membership:

Kelly Buck 406-0791

• Newsletter:

Bob Sloan 253-6175

• Ski Pass Program:

Kelly Buck 406-0791

• Web Master:

Mike & Linda Tersegno 252-4984

President’s Message – May/June 2011

Another great ski season has ended, and now we look forward to an active, hopefully sunny, summer! My two, one-year terms as president have ended; I will now serve on the board as secretary and membership coordinator, and am looking forward to that change.

The Finger Lakes Ski Club is still without a president for the coming year. This has been quite disheartening to the board, and we are not quite sure what to do about it. If no one is motivated enough to step forward for 8 months, does this signal the beginning of the end for FLSC after 35+ years?

I can say that we are fortunate to have Carol Pennell, as vice president, be willing to serve as interim president, leading our board meetings this summer, until someone offers to take on the role. This will at least continue our work into the fall, allowing us to plan for our big trip next winter (which is a challenge due to high airfare!).

FLSC is looking forward to some fun stuff this summer – hopefully we’ll get enough people interested in a camping and river rafting excursion in August. I’m sure we’ll hit the wineries, outdoor concerts, and bike/hike trails together as well. Check the website regularly for updates; email announcements will continue too.

Enjoy the summer, and thanks for your support during my presidency!

KELLY

Keep checking the Web Site for more updates on our year round activities !

www.fingerlakesclub.com

Next Board Meeting June 28th

SUMMER 2011 ACTIVITIES ~ For Your Calendar



Since we are a winter ski club, we naturally have fewer activities in the warm months. However, we do get together as a club for some fun in the sun! Please join us for any (or all!) of these outings; more will be added regularly (especially hiking and biking) over the summer, so check back often!

Tues., May 24	Board meeting	7:00 pm	Knights of Columbus
Tues., June 28	Board meeting	7:00 pm	Owasco Yacht Club
Sun & Mon, August 7 & 8 (tentative)	Camping and whitewater rafting Camp overnight Sunday on Wellesley Island in the 1000 Islands, then take a whitewater rafting trip down the Black River in Watertown on Monday! Cost = about \$75 for camp site, food, rafting (cookout included afterwards). Carpool up Sunday afternoon and back Monday afternoon after raft trip. <u>Contact Kelly right away if interested: 315-406-0791 or kbuck@unityhouse.com</u>		
Sun., August 14	Auburn's Great Race	all day	Emerson Park
Fri., August 19th	Summer Happy Hour/Dinner	6:00 pm	Cascade Grill
Tues., August 23	Board meeting	7:00 pm	Owasco Yacht Club
Fri., August 26	Auburn Downtown Mile FLSC members volunteer to help direct traffic and runners for an hour; party afterwards at Knights of Columbus	7:00 pm	Dill Street by The Citizen
Tues., Sept. 27	Board meeting	7:00 pm	Knights of Columbus
Tues., Oct. 11	Board meeting First general club meeting	6:15 pm 7:30 pm	Knights of Columbus Knights of Columbus

Other events, including wineries, hiking, farmers markets, and biking, will be added as we move through summer into fall! Check back regularly and please join us!

FLSC Classified Ads

We are including a section in our future newsletters for ads. We thought our members might benefit from a section in the newsletter set aside to advertise things like ski equipment, bike equipment our anything else that would be of interest to our members. The ads would have to be brief and designed to aid club members in selling and buying items that are of interest to our members.

If you would like to place an ad in a future newsletter please contact Bob Sloan at 253-6175

2010-2011 Ski Club Awards

At its annual end-of-year banquet held on April 29, the FLSC board honored and recognized those members whose service to the club went above and beyond last year. Each received a Wegmans gift card. Below is a summary of the awards that were presented. Congratulations to everyone!

Rookie of the Year – Ed Galka

For stepping up and serving as treasurer at the last minute. Ed has been a long-time ski club member, and we are most appreciative of his help in reconciling the books.

Project of the Year – Elk Mountain ski day

Kelly Buck introduced a day trip to Elk Mountain in Pennsylvania, which was well attended and a great outing. She coordinated \$25 lift tickets through the ski shop in Binghamton. We hope to make this an annual event.

Member of the Year – Kathy Graber

Kathy as secretary kept minutes at board meetings and managed the mail, and also served as membership coordinator for several years, at first with long-time member Ginny Androsko. When Ginny stepped down, Kathy took up the reins and managed that cumbersome task on her own.

Pat Glancy Enthusiasm Award – Bob and Carol Pennell

For the first time, this is a team award recognizing Bob and Carol for their never-ending dedication to and involvement in the ski club. Bob was co-planner of the road rally last fall, and is Good Will ambassador on the board. Carol has organized the banquet for several years and has agreed to stay on as the sole vice president this summer, leading us until a president is appointed. Together they bring energy and lots of good ideas and input and activities to FLSC.

Super Skier Award – Dennis Lee (posthumously)

This year, we presented a special, one-time honor – The Super Skier Award – posthumously to Dennis Lee, who passed away in April. Denny was an active long-time ski club member, having joined the club in the late 1980s, and was a sitting board member when we lost him. It was Kathy Graber's good idea to honor Denny's memory in this way, saying "Dennis is the first actively serving board member to pass away. He has served on the board in the past as well as presently, participated in big trips and lots of other club activities, and has also served as the treasurer. Dennis suffered a number of skiing-related injuries, even broke his back in a fall while cross country skiing, but always got 'back on the horse.' He was enthusiastic about the sport in spite of these setbacks and always maintained a positive, cheerful attitude."

Big Trip Survey



The club is looking into three possible western destinations for 2012: Snowmass/ Aspen, Colorado; Big Sky, Montana; and Taos, New Mexico. Not surprisingly, the cost of gas is playing havoc on the price of airfare, bumping our prices up by hundreds of dollars right now. That can always change, and there is also the possibility of something breaking later this summer, which we would then jump on, perhaps to a totally different location altogether.

In the meantime, we want your feedback as we move forward and consider all our options. Please call or email Bob Sloan (253-6175 / bobsloan@verizon.net) or Kelly Buck (406-0791 / kbuck@unityhouse.com) **by the end of June** if you have input or ideas to share, or fill out and put in the mail to PO Box 161, Auburn 13021. Thank you!

Which of the above three locations do you prefer?

Would you consider a trip in January if the cost were significantly lower?

How much would you be willing to pay for a western ski trip this year?

Would you consider a 5-day bus trip to Quebec or Maine instead to avoid the high costs of air travel?

What other ideas do you have for big trips, either this coming year or in the future?

And one more trip-related question:

Would you take advantage of a weekender trip if one was offered? Where would you like to go? How much would you pay?

Thank you for your response! It helps the big trip organizers to know what our members are thinking. Stay tuned for more information as it becomes available...

OFF SEASON EXERCISES FOR THE SLOPES

Top 5 Ski Fitness Exercises To Keep You Skiing All Day Long!

While skiing is a great way to stay in shape in and of itself, it's also a very taxing sport. Because of this, you need to keep yourself in good physical form the more you advance. Using these top ski fitness exercises three times a week, every week, you can make sure that you are ready for whatever the slopes throw your way:

The wall slide is a quick and efficient way to boost your lower body strength and endurance. The wall slide will build up your entire lower body, including your legs, butt, knees, and abdominals, all important to keep yourself injury free while skiing. To perform a wall slide, place your back flat against the wall with your feet directly in front of you. Slide your body down into a sitting position as far as you can go, then bring your body back up. The more strength you build in your lower body, the lower you will be able to drop during this exercise.

The ball crunch is the most effective way to improve your core strength and build up your skiing endurance. Regular crunches do well, but ball crunches put less unnecessary strain on your body, and focus more on your center and abdominals, making it easier to do with better results. For ball crunches, lie facing the ceiling with the ball under your mid-back. Place your arms behind your head, and contract your abs the same way you would with a regular crunch. As you curl, keep the ball in a stable position, then lower your back down again.

Lunges are a pivotal exercise in any training routine, and [your ski fitness routine](#) is no exception. Lunges can build quadriceps, glutes, and the hamstrings with little strain on the rest of the body. These muscles are important for keeping your body steady while skiing. For lunges, stand on a flat surface with your feet shoulder width apart. Take a step forward, and lay your foot flat on the ground. Your knee should be at a perfect 90 degree angle and line up with the front of your toes. Bring yourself back up, and switch legs.

The leg press is one of the most important [ski fitness exercises](#) to add to your routine. Skiing takes a lot out of your body, but your legs take the worst beating. Building up the muscles in your legs will increase your endurance, which in turn will allow you to spend more time on the slopes.

Push up The tried and true method of building upper body endurance, the push up is the best way to get your arms and chest in shape for the slopes. Build up your strength by starting with three sets of ten repetitions, and increase the repetitions as your push ups get easier. Upper body strength is important for handling the poles and navigating your body through the trails, so push ups are crucial to your ski fitness routine.