

SEPTEMBER  
2012



Volume 41, No. 9

PUBLISHED BY THE TULSA SKI CLUB

# Sign-up Picnic

Sunday, Sept. 23

PLEASE NOTE DATE CHANGE

1:00-4:00pm

Adkar Shrine Center  
2808 S. Sheridan Road



## TRIPS THIS SEASON:

Wolf Creek .....	December 26-31
Steamboat Springs .....	January 17-22
Snowmass .....	January 22-28
Winter Park .....	February 14-19
Jackson Hole .....	February 20-26
Taos.....	February 28-March 4
Keystone .....	March 16-21
Aleyska, Alaska .....	March 27-April 2

Join in the fun as we try out this new location! We'll have hotdogs and side dishes galore and beer/pop to wet our whistles. All Ski Trips for the upcoming year will have information displayed to help you decide which trip(s) you want on your "must go" list this year. We have an exciting roster of trips to choose from!

Make a plan to save money - sign up for a trip before October 9 and you save \$25. It's like getting free money! Last year with the \$25 trip incentive two trips SOLD OUT by the deadline, and most of the other trips we had were 50% SOLD OUT. **Don't delay!**

Come to the picnic to assure your spot on a trip AND to save money AND to socialize with other members! Get to know someone new!

# President's Column

By Janice Hiatt



## "Looking Back"

I enjoyed the lift ride even on my first ski trip. Yes, I was nervous about getting off the lift and trying to ski, but I really enjoyed the winter scenery and opportunity to watch other skiers. A lift ride or video of a lift ride is a great way for me to relax and relieve stress. I also enjoy looking back up the hill to view the terrain I managed to ski. Looking back at where we have been gives us perspective on a future path. The same thing is true for our club as we move into the future. Join us in embracing the new things we are trying such as our change of venue for the picnic.

We are compiling past financial information for an

audit committee to review. Please contact me if you would like to serve on this committee or would like to suggest someone with business, financial, or accounting experience.

Now is a great time to invite your family, friends, and acquaintances to the Membership/Sign-Up Picnic. The new location has more room, and families are encouraged to bring their children. Please copy the pages in this newsletter advertising the picnic and the trips; post on bulletin boards at your place of employment, clubs or exercise facilities, or your place of worship. Please check and get permission to post these items and thank you for helping publicize our trips.



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[www.tulsaskiclub.com](http://www.tulsaskiclub.com)  
[www.facebook.com/TulsaSkiClub](http://www.facebook.com/TulsaSkiClub)

## 2012-2013 OFFICERS

- President ..... Janice Hiatt
- 1st Vice President,  
General Trip Chair ..... Terry Gordon
- 2nd Vice President,  
Summer Trip Chair ..... Brett Shelton
- Treasurer, Record & Budget ..... Vacant
- Secretary-Communication ..... Jene Harmon

## BOARD OF DIRECTORS

- Membership Chair ..... Jay Menger
- Social Chair ..... Toni Hatfield
- Race Chair ..... Tom Buder
- Hospitality ..... Lou Moser
- Lift Line Editor ..... JoAnn Huber
- Trip Administrator ..... Ruth Obermark
- Immediate Past President ..... Vacant

## **LIFT LINE COPY DEADLINE** **The 15th of each month.**

**Please send all your copy and photos  
for the *Lift Line* to (BOTH people below):**

**JoAnn Huber** joannhuber@aol.com  
**Debbie Gowriluk** Gowriluk@cox.net

*(Articles should be sent as an **attachment** to emails.)*

# Membership Report

By Jay Menger, Membership Chair

Like many organizations the Ski Club is having to tighten its belt to keep our finances in balance. Our online newsletter is one way we are saving money; mailing the newsletter simply became cost prohibitive. With postage being so high, we also did not mail out reminders to pay membership dues. **Have you remembered to**

**send in your dues?** We'd love to have everyone current. Support YOUR club!

If you need a renewal form — just call or email me (918-697-2635 or [jmenger@tulsarealtors.com](mailto:jmenger@tulsarealtors.com)). And, if you have new information or corrections for the TSC directory, please send that info to me, too!



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Audiologist



Pinehurst Building  
3227 East 31st Street, Suite 102 749-7711  
Tulsa, OK 74105-2443 [www.hearOK.com](http://www.hearOK.com)

## Drillers Outing

The Party Platform is booked for TSC for September 6th. We can only take 25 total in the space, so please let Toni Hatfield know at [thookhatfield@gmail.com](mailto:thookhatfield@gmail.com) if you would like to attend this fun social time with your TSC Friends. The cost for this is \$30 per person.



September 6  
with TSC

## Dine Down the Right Field Line



# TSC Friday Evening Summer Social Gathering



First Friday concert at the Gardens of LaFortune located at 51st and Hudson.

This is a free concert open to the public from 7:00 - 9:00 p.m. Everyone is welcome! This is a family-friendly event. They sell pizza for \$2 per slice, and popcorn is 50 cents per bag, or bring your own picnic and alcoholic beverage. There are also raffle tickets for great prizes!

Bring a lawn chair or blanket and enjoy an evening of music in an outdoor setting. Bring a Frisbee, soccer ball, or bubbles, and enjoy the perfectly manicured crochet lawn. Lots of room to spread out. Join us and look for the TSC Banner!

- September 7, Wanda Watson- blues and rock (looks and sounds like Janis Joplin)



Any questions, please contact Toni Hatfield, TSC Social Chair ([thookhatfield@gmail.com](mailto:thookhatfield@gmail.com)), or Janice Hiatt, TSC President ([jkhiatt2@juno.com](mailto:jkhiatt2@juno.com)).

## Thursday Night Concerts

9/27 and 10/11 Thursday night concerts at Shops of Seville (101st and Yale)

2011 BEST NEW PIZZA IN TULSA!  
- TULSA WORLD

THANK YOU TULSA SKI CLUB!

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# Tulsa Ski Club 2012-2013 Winter Trip List

Trip #	Days	Ski Days	Dates	Lodging	Rooming	Price	Trip Captains	Bus/ Fly Out
<b>Christmas Break- Wolf Creek</b>								
1	Wed Mon	4	12/26/2012 12/31/2012	Pagosa Springs Oak Ridge Lodge	Dbl Occ. Extra Person	\$420 \$267	Jay Menger	1 bus
LIFT TICKETS: \$54/DAY ADULT, \$29/DAY CHILD 6-12. RENTAL: \$14/DAY ADULT, \$11/DAY CHILD.								
<b>MLK Weekend - Steamboat Springs</b>								
2	Thur Tue	4	1/17/2013 1/22/2013	Steamboat Spgs. Ski Time Square	Dbl Occ. Extra Person	\$459 \$276	Dan Rutledge	1 bus
LIFT TICKETS: \$62/DAY ADULT, \$62/DAY TEEN, \$54/DAY CHILD. RENTAL: \$14/DAY ADULT, \$11/DAY CHILD.								
<b>Flatlands - Snowmass</b>								
3	Tue Mon	5	1/22/2013 1/28/2013	Terrace House	Dbl Occ. Extra Person	\$750 \$360	Dana Gray Stacy Huckaby	2 buses
TWO DINNERS PROVIDED. ALL PRICES INCLUDE THE FLATLAND ACTIVITES. EARLY CHECK-IN/LATE CHECK-OUT ON AVAILABILITY.								
<b>President's Weekend - Winter Park</b>								
4	Thur Tue	4	2/14/2013 2/19/2013	Winter Park Beaver Village	Dbl Occ. Extra person	\$429 \$240	Terry Gordon Jene Harmon	2 buses
LIFT TICKETS: \$59/DAY ADULT, \$50/DAY TEEN, \$35/DAY CHILD, UNDER 5 FREE. RENTAL: \$20/DAY ADULT & CHILD. EARLY CHECK-IN/LATE CHECK-OUT.								
<b>Jackson Hole</b>								
5*	Wed Tue	5	2/20/2013 2/26/2013	Teton Village	Dbl Occ. Extra person	\$1173 \$624	Phil Willfong	Fly-out
FLIGHT INCLUDED. *TRANSFER PRICE HAS BEEN ESTIMATED AND COULD HAVE A MINOR INCREASE.								
<b>Taos</b>								
6	Thur Mon	3	2/28/2013 3/4/2013	Taos Kachina Lodge	Dbl Occ. Extra Person	\$345 \$246	Don Woolsey	1 bus
BREAKFAST BUFFET INCLUDED.								
<b>Spring break - Keystone</b>								
7	Sun Thur	4	3/16/2013 3/21/2013	Keystone Evergreen @ Forest	Dbl Occ. Extra Person	\$449 \$275	Ted Curato	1 bus
LIFT TICKETS: \$84/DAY ADULT & TEEN, \$46/DAY CHILD. ****INCLUDES NIGHT SKIING. STAYING AT THE RESORT-SHUTTLE EVERY 15 MINUTES TO THE BASE AREA (5 MINUTE RIDE).								
<b>Aleyska, Alaska</b>								
8	Wed Tue	5	3/27/2013 4/2/2013	Hotel Aleyska	Dbl Occ. Extra Person	TBA TBA	Kelley Phillips	Fly-Out
FLIGHT IS NOT INCLUDED WITH THE TRIP PRICE. YOU MUST BOOK YOUR OWN FLIGHT.								

These prices are in effect until Tuesday, October 9, 2012; all prices increase by \$25 after this date. There will be no exceptions to this policy.

# Skiing Exercises

## Strength Training for Better Skiing; Exercises for Building Skiing Fitness

By Tom Buder

Skiing, especially downhill skiing, may be highly dependent on strong leg muscles, but overall conditioning builds a routine that burns calories, increases metabolism and can target muscles important for skiing but not usually concentrated on. For example, the inner and outer thigh muscles don't get a lot of work hiking or biking. However, building and strengthening these muscles is important because they surround and stabilize the very, very important knee joint.

The most efficient and thorough strength workout is on Nautilus type exercise machines. "Nautilus" has become a generic term for any brand of exercise machine that isolates individual muscle groups. These machines are usually grouped so that moving from one machine to the next is a progression, or circuit of working related muscle groups.

These circuit machines have become very popular, and you will surely find them if you belong to a YMCA or most any modern health or fitness club. At first the machines may seem a little complicated or torturous

looking, but be assured after a short while you will get the hang of bouncing from machine to machine for a some good strength training.

### A Typical Circuit

Generically speaking, a circuit may typically be set up to work muscles in the following sequence:

- Leg muscles – A leg press for upper quads, a leg extension for lower quads, a leg curl for hamstrings, a calf press and hopefully a machine that works the inside and outside thigh muscles.
- Upper body muscles – A rowing or pulling motion for upper back, a chest muscle press and/or pull down.
- Arm muscles – Curls for biceps, reverse curls for triceps, and a flying motion for pecs and rear deltoids.
- Core muscles – An abdominal resistance and lower back resistance.

There should be, on average, a circuit of 12 to 15 machines, and if you go efficiently through the routine, doing 10 to 12

repetitions, you will spend about 45 minutes to an hour for a good workout.

### Strength Training = Weight Control

It may not sound logical, but it is a fact that a strength training routine will help maintain your desired weight and pants size. Using the circuit machines to keep strong somehow kicks in a faster metabolism that can burn calories for a long time after a workout. So, when you are pumping iron (in moderation), and it is 90 degrees outside, think snow.

### Strength Training Tips

- Ask for a demonstration. Every facility has a trained staff so be sure to ask for a Certified Trainer to demonstrate each machine in the circuit and watch you do

a few repetitions to be sure you are doing the exercise correctly and getting the most out of each machine.

- Don't overdo it. You certainly don't need to bench press or leg press 5 times your weight for better skiing. Don't push yourself to the point of risking an injury.
- Warm up first. Do some gentle stretching to start, then maybe add 10 minutes or so of a cardio exercise to raise the heart rate and break a little sweat. Elliptical or stair machines can be an alternative to treadmills and saves the knees.

Keep a record. Many facilities provide a file with sheets listing all the machines that you can use as a log. Again, don't overdue it, but if you progress comfortably with weight increases, you can see it is all worthwhile.



# SUMMER TRIP: Czech Republic, Austria, 14 or 15 days, Last week in April, first week in May 2013

Trip will be guided by "native son" George; he will take you off the beaten "tourist trails" and show you places rarely seen by others.

1. Guided tour of Prague: Old Town, Charles Bridge, Prikopy. Evening in famous beer hall "U Fleku" with music: 2 nights
2. Kutna Hora cathedral, ossuary, Konopiste Castle: 1 night
3. Moravia: winery, towns Brno and Litomyšl, Lednice Castle; dinner in wine cellar with music: 2 nights
4. Trip to Vienna: Hofburg, Schönbrunn Palace, St. Stephen's Cathedral: 1 night
5. South Bohemia: Ceske Budejovice (Budweiser), C. Krumlov, Hluboka Castle, dinner with music: 2 nights
6. Pilsner: American Memorial, dinner in famous Pilsner Brewery, Karlovy Vary hot springs: 2 nights
7. Back to Prague via: Temelin, Orlik and Zvíkov Castles. Another tour of Prague: Prague Castle, Lesser Town, St. Vitus Cathedral: 2 nights

Price includes:

- Air fare
- All travel by small bus (bus for 19 people; the trip will open only for 15 people for extra comfort.)
- Lodging
- Daily breakfast
- 2 dinners; Welcome and Farewell
- 1 music evening in southern Bohemia
- 1 wine tasting in winery in southern Moravia

Some cover charges to castles

Cost: \$3,198.00 (per person, double occupancy – tentative)

Other costs: Lunch: around \$5, good dinner \$10, beer (that is GOOD beer) \$2, bottle of wine \$6, etc.

Exchange rate is around 20 Kc (korunas) for \$1

Prices in Prague are higher, prices elsewhere are low.

Travel time: 2 days: 1 day there, 1 day back.



# CLUB CALENDAR

## NO September General Meeting

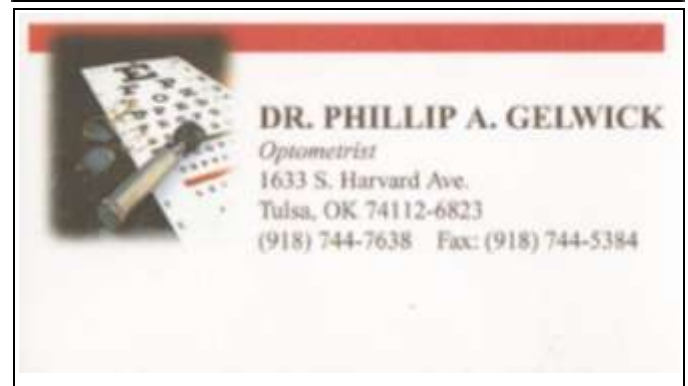
Sept. (Labor Day)	Backpacking / Fishing in Colorado
September 7	First Fridays at LaFortune
September 23	Sign-up Picnic
September 27	Thursday Night Concerts at Shops of Seville (101st and Yale)
Friday, Sept. 21 6:00pm	SNO at the Home of JoAnn Huber and Ken Gowriluk, 4710 S. Columbia Place, Tulsa (pool will be open and children are invited)

### Upcoming Activities:

October 11	Thursday Night Concerts at Shops of Seville (101st and Yale)
December 7	Holiday Party
December 26-31	Wolf Creek Ski Trip
January 17-22	Steamboat Springs Ski Trip
January 22-28	Snowmass Ski Trip
February 14-19	Winter Park Ski Trip
February 20-26	Jackson Hole Ski Trip
Feb. 28-Mar. 4	Taos Ski Trip
March 16-21	Keystone Ski Trip
Mar. 27-Apr. 2	Aleyska, Alaska Ski Trip

## TSC Offers Free Business Card Ad Space to TSC Members

Are you a Ski Club member? Do you want to let others know your business??? Well not necessarily your personal business... well, maybe that too! Seriously, a new service of the Ski Club is available to you. Members may now place a business card ad in our online newsletter free of charge. So email us a copy of your card and let other members know your business!! [gowriluk@cox.com](mailto:gowriluk@cox.com) and [joannhuber@aol.com](mailto:joannhuber@aol.com). If you don't have access to a digital version of your business card, you may also mail one of your business cards to Debbie Gowriluk, 3702 W. Twin Oaks Place, Broken Arrow, OK 74011.





# Labor Day Backpack Trip

Note: This is not a Tulsa Ski Club sponsored trip, but it is one that members are welcome to go on.

Backpackers,

Let's beat this Tulsa heat in Colorado over Labor Day weekend. If you have been reading the Lift Line you already know the Tulsa Ski Club is bringing back the Labor Day Backpacking trip this year as a drive-up trip. The upside is it's free; the downside is you have to get yourself there. We are going to Mt. Zirkel Wilderness, to the Gilpen Lake and Gold Creek Lake areas.

Why Mt. Zirkel? It's a relatively easy hike in and out, elevation gain is only 2400 feet; spread the loop **hike over three days, and it's** only an average 3 miles per day. This is within range of a day hike to the Bear Lakes, to summit Mt. Zirkel, hikes through the forests, or a long scenic hike along the continental divide. Those of you who have been there before know there are plenty of hungry trout in these lakes, even more in beaver

ponds along the creeks, and lots of wildlife like moose and elk. This is one of the most scenic areas of all we have visited on these trips, and it's close to Steamboat Springs for those who would rather day hike some of the other scenic trails in the area.

Trailhead elevation is 8400 feet, and the highest point over the pass near Gilpen lake is 10,828 feet. Total distance for the Gilpen Lake/Gold Creek Lake loop

is 10.5 mi. We'll all meet for breakfast in Steamboat Springs, hit the fly shops on an as needed basis, then hit the trail Saturday morning September 1. We'll leave for Tulsa Tuesday the fourth. Please let me know if you're planning to go, if you need a ride or you're a driver with room for passengers.

For more information, call or email me at [bpearson2@cablone.net](mailto:bpearson2@cablone.net).

*SKIER'S NIGHT OUT at*

*the home of JoAnn Huber and Ken Gowriluk*

4710 S. Columbia Place  
Tulsa, Oklahoma  
Friday, September 21  
6:00p.m.

BYOL and a snack to share. Other food surprises await you!

Children are invited and are encouraged to join us. The pool is open and available for all takers.

Let's socialize and enjoy a cool Fall evening.

Note: SNO location is listed on the [TulsaSkiClub.com](http://TulsaSkiClub.com) website.