

**A Club for All Seasons**

**November 2012**

**Vol 38**

**No. 4**

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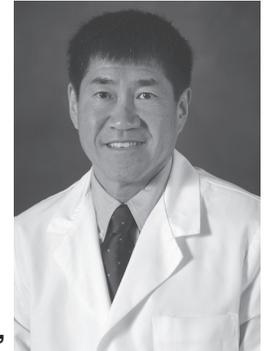
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**Board Meeting**

Nov. 27



**Club Meeting  
Tuesday, November 20, 2012**



## Does your knee really hurt?

**A topic most of us can relate to, being skiers, bikers, hikers and other outdoor sports enthusiasts.**

**Our guest speaker, Dr. Nathan Wei (pronounced "way"), who is a nationally known arthritis expert and consultant. His area of expertise is regenerative medicine for arthritis. Dr. Wei will deliver an entertaining and informative presentation on managing joint pain, regenerative medicine for osteoarthritis and arthritis education. He will discuss ten agonizing knee problems and surefire solutions to erase them!**

**A graduate of Swarthmore College and the Jefferson Medical College, he completed his residency at the University of Michigan in Ann Arbor, Michigan, and his arthritis training at the National Institutes of Health in Bethesda, Maryland.**

**Dr. Wei is a former Clinical Assistant Professor of Medicine at the University of Maryland School of Medicine and a consultant to the National Institutes of Health.**

**[www.arthritistreatmentcenter.com](http://www.arthritistreatmentcenter.com)**



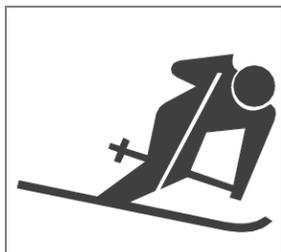
## Message from the President

We had a fantastic October meeting at Tailgaters. For those who missed the presentation, Craig Miller from Ullers Ski and Board Shop gave the membership a pre-view of the new product lines the shop will be offering this year. Terms like "Full Rocker"; "Half Rocker" and "Boot Bellows" (May be that's my term)- were used synonymously with comfort and responsiveness....You can check out the product line at the shop located at 2799 South Queen St/Dallastown.

This month our speaker is Dr. Wei. Dr. Wei will be speaking to the membership about arthritis and pain management. He is a well known practitioner in this area, and I look forward to his presentation.

Opportunities for trip sign ups still exist, so please promote the trips as our pricing is predicated on volume discounting. As a final note, continue to do your part and support our sponsors.

See you in November.  
Free your heel,  
Scott



### **ROOMS WILL BE GIVEN UP.**

By-Laws Amendment- Scott Burford

At the September and October membership meeting, I shared with you the Board's approval to expand the club's Trip Policy. The spirit of the expansion is to promote and increase participation in our trips. The reciprocity concept is not a new idea, but it could play a major role in the sustainability of low-cost; value added features-that our membership have grown to appreciate.

Below is the language that will be read at the November meeting. A vote will be requested.

## **SUN VALLEY FEBRUARY 9 TO 16, 2013 \$1,399.00 PP/DO**

**Sun Valley is a down hill paradise found with more than 3400 vertical feet and over 2000 acres of varied terrain. We will be staying at the Christophe Condos within walking distance to the River Run Plaza (lifts) and downtown.**

**Package Includes:**  
R/T Ground York to BWI - R/T Air via Delta BWI  
to Boise - R/T Boise  
to Resort - 7 nights lodging at the Christophe Condos (2br/2ba) with full kitchen - 5 of 6 day lift tickets (non skier deduct \$300.00)  
7 nights lodging at the Christophe Condos (2br/2ba) with full kitchen  
All current taxes and gratuities on included items.

Make checks payable to **YORK SKI CLUB** & entire payment due at the Nov. meeting or mail to:  
Mary Amsbaugh, 1721 Monterey Ct., Dover, PA. 17315  
Questions:  
Call Mary at: 717 764 6145 or e-mail  
[skicats2@comcast.net](mailto:skicats2@comcast.net)

**NOTE: AFTER NOV 20TH UNFILLED**

### **WINDHAM MOUNTAIN.....January 5-6**

This year's carpool trip is to **Windham Mountain**. Accommodations include lodging Friday and Saturday nights at the Windwood Inn, and skiing Saturday and Sunday. A hearty continental breakfast is included in the stay package along with a two-day lift package. Extended stay options are available for those interested.

A shuttle bus will provide transportation to and from the mountain. The mountain boasts a vertical rise of 1,600 feet with a 2 mile long trail called the Wonderer. In addition to skiing and snowboarding, Windham offers snow tubing, ice skating, XC skiing and snowshoeing.

Windham is once again offering a "Ski Club Card" that entitles you to a lift ticket for \$25 dollars that can be used the Friday before check in.

Trip pricing is \$275 pp double occupancy. As always, arrangements can be made for early arrivals and those wishing to rent equipment. The balance and final payment is due by November 20, 2012. We currently have 11 people signed up to go on this trip.

For more information contact: Tim 717-873-2612

# Club Calendar

## 2012

ESPC Philly Expo.....	Nov 4
YSC Meeting Tailgaters.....	Nov 20
Thanksgiving.....	Nov 22
YSC Meeting Tailgaters.....	Dec 18

## 2013

Windham Car Pool.....	Jan 5 & 6
Blue Mountain .....	Jan 13
YSC Meeting Tailgaters/Subs Side....	Jan 15
Sun Valley-Western Trip.....	Feb 9-16
Gore Mountain Trip.....	March 9-12

## Blue Mountain

January 13, 2013

Blue Mountain is big enough to offer something for everyone.

The Day trip includes the lift ticket and light snacks during the lunch hour. Car pooling is encouraged and a strong attempt to coordinate ridership will occur during the weeks leading up to the trip. Total trip cost is \$55 with a minimum of 15 skiers. If you have any questions, please contact Scott at 717-779-9141 or email: burfordjs@yahoo.com

### **Last Chance—Don't Miss IT!**

Still want to get an Advantage Card or a Season Pass at Pre-Season prices? Then make sure you come to the Nov 20th YSC meeting and see Carla. This will be your final opportunity to purchase pre-season rates for Roundtop, Liberty & Whitetail.

## MORE GORE

**SATURDAY, MARCH 9 THROUGH TUESDAY, MARCH 12, 2013**

The York Ski Club will be skiing MORE days at Gore Mountain, NY than any prior trip to this destination. We will also save you MORE vacation time by leaving a day earlier than our normal bus trip. That's right, we will travel on Saturday and ski Gore on Sunday and Monday. There will be an option to ski or board one MORE half-day on Tuesday before departing for home.

Gore Mountain has slopes for every type of skier or rider. The mountain has 95 slopes, covering over 40 miles and 437 acres of fun. The trail ratings are 13% easiest, 53% more difficult and 34% most difficult. With a peak elevation of 3600', a 2537' vertical drop (6<sup>th</sup> greatest in the East); great snowmaking, 5 terrain parks; and 21 glade areas, this will be an exciting trip.

You will be staying at the upscale and luxurious Copperfield Inn Resort in downtown North Creek, NY. It is the premier resort with an outdoor hot tub and a fitness club on-site. The resort offers shuttle service to all area slopes and has two on-site restaurants, Trapper's Tavern and Lorenzo's. There are other restaurants within walking distance in town.

The cost is \$465 per person/double occupancy. The trip includes all transportation, 3-nights lodging, 2-day lift ticket, taxes and gratuities. There are no meals with this package. Trip application forms are available online at [www.yorkskiclub.org](http://www.yorkskiclub.org) or by contacting Rick Resh (Home Phone No: 717-767-5951). There will be an \$80—\$92 discount for non-skiers and there will be reduced lift pricing for Juniors, Teens and Seniors (70+). Checks should be payable to "York Ski Club" and mailed to Rick Resh at 1360 Briargate Drive, York, PA 17404. No credit cards or pay-pal payments accepted. Final payments are due November 20, 2012. There are no refunds after December 1, 2012, unless we switch to a carpool trip.

Trip price is based upon 32 minimum group size and we'd like to fill the bus. We only have 11 signups through 10/23/12. You do not need to be a member of the York Ski Club to take advantage of this offer as long as you're a member of another club in the Eastern PA Ski Council.

# Think Snow!!

YORK SKI CLUB HOTLINE

[www.yorkskiclub.org](http://www.yorkskiclub.org)

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4370 W Market Street  
York, PA 17408

## Welcome to New Members:

Burt Wolgemuth

## Special Olympics

The York Ski Club and Susquehanna Ski Club will be working together again this year teaching new athletes to ski. We will also work with our "veteran" Special Olympians in improving their skills.

We ski on Thursday nights from January to early March. You choose nights that work with your schedule.

Sign up at the November meeting or contact Deb Angstadt at 755-5876 to assist with this very fulfilling endeavor.



Retro Day at Roundtop

Sunday, March 3, 2013

The Sixth Annual Retro Day celebration will be held on Sunday, March 3, 2012, at Roundtop Mountain Resort. What is Retro Day? If you own straight skis, neon clothing, spandex pants, rear-entry boots or fur skiwear, wear it on the slopes on March 3rd.

We plan to set up grills/tents in the upper parking lot. Bring some beer, wine, food to share. We will begin around noon. If you purchase a lift ticket, the York Ski Club will refund you \$5.00. Hope to see you on the slopes!!

