

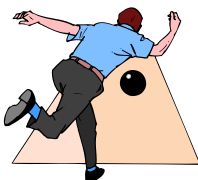
SPARTANBURG SKI & OUTING CLUB



Nov. 4th: Club Meeting at the Arts Center
Pivitol Therapy Presentation
Performance & Injury Prevention



Nov. 10th: Mini-Social at Shogun

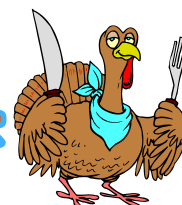


Nov. 20th: Bowling & Dinner Outing



**VETERANS
DAY**

NOVEMBER 2004



<http://www.spartanburgskiclub.org>

From Barbara

Thank you, Bryan. The meeting at Alpine in October featured wonderful wines and cheeses and was well attended. Mike and I were unable to attend Games and Stone Soup, but we heard glowing reports. Thanks, David and Sandra, for hosting.

The program at the Membership Meeting November 4th features conditioning to get in shape for skiing (and other physical activity) and the latest in therapy for our aches and pains. There will also be details about the Aspen trip the club will auction at the December meeting.

Alison has our mini-social scheduled for Shogun on the 10th, and we'll have bowling and dining on the 20th. Let Alison know if you can participate so she can make arrangements for you.

Here's hoping there will be skiing in North Carolina by Thanksgiving. Our racers are getting geared up for another great year. Details are elsewhere in the newsletter. By the way, those race trips are not just for racers. Any of us can tag along for the same low rates!

Don't forget our Christmas bash on December 18th! See you at the Arts Center!



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“Performance and Prevention” November Meeting Program

You certainly don't want to miss our program this month. Burton Johnson, former head athletic trainer with the US Women's Olympic team, and currently with Pivotal Therapy in association with the Steadman Hawkins Clinic will be our speaker. The Steadman Hawkins Clinic, originally of Vail, CO and now also of Spartanburg, is the preeminent Orthopedic clinic among professional athletes of most major sports and the US Ski Team. Pivotal Therapy has been the rehabilitative force for these athletes to regain their abilities and performance.

Burton will be guiding us through some exercises and other ways we can not only improve our ski performance, but also can prevent injuries. He will discuss how our body works as a “system”, how to improve the efficiency of the body's movement, and how knee injuries are often related to dysfunction in the trunk and hip flexors. **Dress comfortably** and come prepared for one of the club's best programs.

Enjoy!

Bryan Bobo



WEDNESDAY, NOVEMBER 10
6:30 PM
SHOGUN JAPANESE STEAK HOUSE &
SUSHI BAR



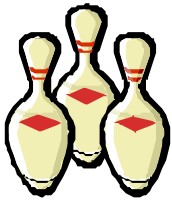
Join us Wednesday evening for some fine Japanese cuisine prepared right at your table. Shogun is located on Greenville Highway, Hwy 29 (near the Target store).

Sign ups at the November meeting. Please let me know if you are planning to attend no later than Monday, November 8.

See you there!

Alison

Next month ... Christmas Party!



Time for all the club's bowlers to make their strikes,
spares or gutter shots!

We will have a bowling party followed by dinner at a
nearby restaurant at the Shamrock Bowling Lanes on
Blackstock Road on Saturday, November 20 beginning at 4:00 pm.

If you wish to bowl, please sign up at the November meeting or
let me know by Friday evening, November 19th. The
participants will decide teams & game rules.



Good exercise, lots of laughs & great food are bound to
make this event a fun way to spend your day ...
don't miss out!

Alison



From: mark mcall [mmccall1@alltel.net]
Sent: Friday, October 22, 2004 08:19 PM
To: Taylor Bomar
Subject: West Virginia Race Weekends Not Just For Racers

crescent ski council has once again scheduled three great ski weekends in west
virginia for 2004-05, and encourages ALL club members to sign up. there are
discounted lift tickets, group rates for rooms, and saturday night parties where
tons of great prizes are given away to all participants, including trips to some
of the biggest ski areas in the US and Canada. you may enjoy skiing on your own,
or come cheer for your favorite racer! dates and places are:
Snowshoe/Silver Creek, W VA, Jan 6-9, 2005; Timberline, WVa, Feb 24-27;
Snowshoe/Silver Creek, Mar 11-13, 2005. for more info contact carol mcall
(828) 859-5500 or mmccall1@alltel.net

Membership News

This is another reminder for members who have not renewed their memberships for the coming year. Officially membership expires at the end of September. If you wait too long you will have to pay a new membership fee that is higher than your renewal fee. Don't miss out on the fun for next year. ***Renew now.***

Barb



Spartanburg Ski & Outing Club Christmas Bash
Saturday, December 18

5:30 pm . . . until

Joy Bobo has graciously offered to host our Christmas party at her home this year. The menu will be heavy hors d'oeuvres & cocktail delights. We also will have our Chinese Auction where you never know until the last draw what gift you may go home with.



The cost for this gala is only \$8.00 per person or \$15 per couple (don't worry singles, we'll all be each others dates!) This is a wonderful way to end our year and I hope our turnout will be as grand as it has been in the past. More details next month, but signups are available now. Payment in advance would be appreciated. Thanks.

Alison

Roan Mountain State Park
Friday to Sunday
February 4, 2005-February 6, 2005

Our annual Roan Mountain weekend is set for two nights as outlined above. We have ten cabins reserved in the new section. These cabins have one bedroom and a divided loft with two double beds.

The cost for lodging for the two nights is \$190 for an entire cabin or \$33 for each "pillow". The occupancy is six persons per cabin based on two persons per bed.

Our annual club race is scheduled for Saturday of this weekend at Sugar Mountain. Mark McCall will provide further details.

Roan Mountain requires cancellation of any cabins forty-five days before arrival. Because of this we must have full payment by December 15, 2004.

Please put this on your calendar and sign up early.

Any questions, please contact me.

Mike Rogers
(H) 864-578-0618
(W) 864-848-6514
E-Mail kwizen@msn.com

Birthdays for November:

11/6	Barbara Rogers
11/5	Wanda Meadows
11/10	Carol McCall
11/1	Max Clary
11/18	Bryan Bobo
11/19	Chad Brendle
11/24	Janet Cann
11/20	Cherylyn Cobb
11/13	Keith Ball
11/20	Barbara Henning

WANNA' GO TO ASPEN WITHOUT SPENDING A LOT OF MONEY?

The club has **five nights' lodging** in downtown Aspen at The Independence Square "Aspen's Lodge on the Mall" **AND two four-day lift tickets** to be awarded to the lucky ski club member with the highest bid at the December 2nd membership meeting. The lift tickets are interchangeable for Snowmass, Aspen Mountain, Buttermilk, or Aspen Highlands. More details at the November meeting.

Fair warning! You and your buddy should start pooling your resources in anticipation of the bidding. This would be a great use for those frequent flier miles!



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Spartanburg Ski Club Western Trip
Big Sky, Montana
January 22-January 29, 2005

Join us for our annual adventure to the western Mountains, this year to a favorite, Big Sky, Montana. We will be flying out of Greenville/Spartanburg Airport on Saturday morning, January 22nd and returning Saturday night January 29th.

We will arrive in Bozeman and take the charter bus for the short ride to Big Sky. Our accommodations for seven nights are at Bighorn Condominiums in Big Sky. These units are well appointed 3BR/3BA that will accommodate six persons. Depending on the location of the individual units, they are 50 to 500 yards to a surface lift to get you up the mountain. All but the very novice skier will be able to ski back to your accommodations. It is an easy walk to the base of Big Sky for the restaurants and shopping.

One unit has its own hot tub. We were unable to secure a second hot tub unit due to the owner is occupying that week. The only hot tub unit is taken. Hot tubs at the Huntley Lodge are available for our use. There are two price structures for hot tub and non hot tub units:

Units with hot tubs	\$1,215
Units without hot tubs	\$1,150
Land Only hot tub units	\$ 760
Land only without hot tubs	\$ 695

Land only packages includes ground transfers to and from Bozeman to Big Sky. The flight you arrange must closely coincide with the group air schedule.

The first twelve to sign up for the hot tub units will get priority for these units. This cannot be 100% guaranteed because of rooming considerations. I would suggest that if possible each person obtain a roommate and note this on the trip application.

The price of the trip includes **six days lift tickets**. Also included is transport of your luggage to and from your lodging at Big Sky. We will also have a mountain picnic and a get together to include a meal one evening.

Optional activities will include a foray into Yellowstone National Park by Snowmobile and a Club race. More details to follow on these activities.

We have expanded the trip since the 30 available spaces were taken. We now have 5 spaces available. If you do wish to go I encourage you to sign up soon.

This is going to be a great trip and I feel a true value. Please sign up early. You will receive an application by mail and E-mail. Please note it should be returned to LTA Travel.

Ron Scott
Race Director
Sponsorship Director
H 919/362-5689
ronski@att.net

2004/2005 Crescent Ski Council Race Schedule

December 4-11, 2004	<i>Steamboat Race Camp Call L.T.A 704 655 7487</i>
December 6-10, 2004	<i>Killington Race Camp Call 802 422 6797 800 432 0100 x6132</i>
December 12, 2004	<i>CSC Development Training at Appalachian 8:45</i>
December 10-12, 2004	<i>Sugar Mt. Race Camp Call Kim Jöchl 828 898 4521 x224</i>
January 23, 2005	<i>CSC Development Training at Hawksnest 8:45</i>

Race Format - Two runs of Slalom on Saturdays and two runs of Giant Slalom on Sundays

December 18 & 19, 2004	Appalachian, NC Race	9:30
January 7, 8, & 9, 2005	SilverCreek, WV Race	9:30
January 15 – 22, 2005	Crescent Ski Council Ski Week/TELLURIDE	
January 29 - 30, 2005	Beech Mt., NC Race	9:30
Feb. 6 & Feb. 7, 2005	Cupp Run Challenge at Snowshoe, WV	
February 12 & 13, 2005	Sugar Mt., NC Race	9:00
February 25 - 27, 2005	Timberline, WV	9:30
March 5, 2005	Dick Trundy/Sugar Cup GS Sugar Mt.	9:00
March 11, 12, & 13, 2005	Crescent Cup, SilverCreek, WV	9:30
March, 24 – 27 2005	NASTAR Finals Park City	Rich Mead

DEC. 4-11, 2004 CSC 21st RACE CAMP @ STEAMBOAT- START PLANNING NOW!

NORTH CAROLINA RACE WEEKENDS

RACE DATES: December 18th -19th, 2004-Appalachian
January 29th -30th, 2005-Beech
February 12th -13th, 2005-Sugar

LODGING: **Individuals are to make reservations “on their own”.** Due to the lack of individuals utilizing the CSC hotel block of rooms, we will no longer be making those arrangements. The following is a list of suggestions for lodging in the Boone area.

Quality Inn Appalachian Conference Center
949 Blowing Rock Rd.
Boone, NC 28607
828 262-0020

Hampton Inn
1075 Hwy 105
Boone, NC 28607
828 264-0077

Comfort Suites
1184 NC Hwy 105
Boone, NC 28607
828 268-0099

Foscoe Realty (condos)
www.foscoerentals.com

Smoketree Lodge
www.smoketree-lodge.com

Remember each of the above has different cancellation policies; keep this in mind when making your reservations.

LIFT TICKETS: Please purchase your lift tickets through Crescent at the mountain the mornings of the races. **CASH ONLY!!**

NOTE: Board meeting TBA. Time TBA. All clubs should plan to have their two representatives present.

Timberline 2005

WEEKEND DATES: February 24th-27th, 2005
RACE DATES: February 26th and 27th, 2005
RACE LOCATION: Timberline, West Virginia

COORDINATOR: Emily Wilson
3701-7M Cotswold Terrace
Greensboro, NC 27410
Home: (336) 545-0844 before 9 PM
Fax: (336) 832-7475 (with cover letter)
Email: ewil@mindspring.com

LODGING: Timberline (condos: 2 BR/2 BTH: **Bedding info is not available**)
HC 70, Box 573
Davis, WV, 26260
800 633-6682

LODGING DATES: Thursday through Saturday nights, February 24th-26th, 2005 **Three night packages only, the only changes to the overall package will be the deduction of LT for non skiers**

INCLUDED IN PRICE: Lodging for three nights, taxes, **Three-day lift ticket (Fri/Sat/Sun)**, party Sat night with DJ, beverages, and appetizers, door prizes, Sat and Sun breakfast buffet, Sat night dinner, welcome reception on Friday night, 2 Nastar runs on Friday, late check out on Sun, night skiing

TBA: 2-5PM on Sat and Sun, for race results

PRICING: **Limited Condos available: first come first serve**
There will not be any substitutions or adjustments to the trip

Number in condo	Price per person
1	\$ 867.00
2	\$ 525.00
3	\$ 411.00
4	\$ 354.00
5	\$ 320.00
6	\$ 297.00

CHECK-IN: **TBA** CHECK-OUT: **TBA**

DEADLINES: Confirmation form: November 12th, 2004
Deposit (50%) due: November 12th, 2004
Balance due: January 7th, 2005
Rooming list due: January 14th, 2005
Rooming changes due: February 11th, 2005

Note: A \$10.00 fee will be assessed for EACH missed deadline.

Non skier deducts \$60.00

Junior rates for 3 nights (children under 12-may sleep on couch/floor if ok with everyone in the unit): \$TBA

CANCELLATION POLICY: You may cancel up **November 12th, 2004** and receive a full refund. Any rooms not guaranteed with a deposit are subject to cancellation on **November 12th, 2004**. Any rooms cancelled after **November 12th, 2004** will be subject to a 100% penalty if the resort cannot resell the units. If the race is cancelled due to not enough snow, you will receive a full refund. The Race Committee will make this decision no later than noon on Tuesday preceding the Saturday race.

NOTE Due to costs involved there will not be any Trip Leader compensation.

Silvercreek II-2005

WEEKEND DATES: March 11th-13th, 2005
 RACE DATES: March 12th and 13th, 2005
 RACE LOCATION: Silvercreek, West Virginia

COORDINATOR: Emily Wilson
 3701-7M Cotswold Terrace
 Greensboro, NC 27410
 Home: (336) 545-0844 before 9 PM, fax 336 832-7475 (inc cover sheet)
 Email: ewil@mindspring.com

LODGING: Silvercreek Resort (condos)
 10 Snowshoe Dr
 Snowshoe, WV, 26209
 304 572-1000

LODGING DATES: Thursday through Saturday nights, March 3rd-6th, 2005
 Two/three night packages available

INCLUDED IN PRICE: Lodging for two or three nights, taxes
Two/three day lift ticket (Sat/Sun or Fri/Sat/Sun)
 Sat night party with DJ, complimentary hors d'oeuvres and snacks, limited beer,
 wine, and soft drinks

Mezzanine Room: 2-5PM on Sat and Sun for race results

PRICING:

UNIT TYPE	OCCUPANCY	2 NIGHTS(FRI-SAT)		3 NIGHTS(THURS-SAT)	
		\$	\$	\$	\$
STUDIO EFF	1	\$	357	\$	501
	2	\$	224	\$	314
	3	\$	180	\$	251
1 BR	1	\$	527	\$	736
	2	\$	309	\$	431
	3	\$	236	\$	329
1BR/LOFT	4	\$	200	\$	279
	1	\$	638	\$	902
	2	\$	365	\$	514
	3	\$	273	\$	385
	4	\$	228	\$	320
	5	\$	200	\$	281
2 BR	6	\$	182	\$	255
	2	\$	384	\$	540
	3	\$	287	\$	402
	4	\$	238	\$	333
	5	\$	208	\$	291
	6	\$	189	\$	264
3 BR	7	\$	175	\$	244
	3	\$	388	\$	561
	4	\$	313	\$	452
	5	\$	269	\$	387
	6	\$	239	\$	343
	7	\$	218	\$	312
4 BR	8	\$	202	\$	289
	4	xxxxxx		\$	531
	5	xxxxxx		\$	450

	6	xxxxxx	\$ 396
	7	xxxxxx	\$ 358
	8	xxxxxx	\$ 329
	9	xxxxxx	\$ 306
	10	xxxxxx	\$ 288
3 BR-penthouse	3	xxxxxx	\$ 600
	4	xxxxxx	\$ 481
	5	xxxxxx	\$ 410
	6	xxxxxx	\$ 363
	7	xxxxxx	\$ 329
	8	xxxxxx	\$ 304
	9	xxxxxx	\$ 284
	10	xxxxxx	\$ 268

During the weekend Silvercreek is offering CSC 2 hour group lessons for \$TBA this is TBA off their usual price. Show your CSC LT at Silvercreek ski school for the discount.

On Friday gates will be set up from TBA. The cost is app. \$TBA to run them as much as you want. For TBA you can run the gates and attend a race clinic. Cost and waiver to be paid and signed at the top of the course.

CHECK-IN:	after 5 PM	CHECK-OUT: 11:00 am Sunday
DEADLINES:	Confirmation form:	November 25 th , 2005
	Deposit (50%) due:	November 25 th , 2005
	Balance due:	January 28 th , 2005
	Rooming list due:	February 11 th , 2005
	Rooming changes due:	February 25 th , 2005

Note: A \$10.00 fee will be assessed for EACH missed deadline.

Non skier for a 2 night stay deducts \$70.00, for a three night stay deduct \$105.00

Student LT: 2 day \$64.00 3 day: \$96.00

Off site party: \$15.00

Junior rates for 2 and 3 nights (children under 12-may sleep on couch/floor if ok with everyone in the unit): \$48.00/72.00, respectively.

If they actually want a bed subtract \$22.00/33.00 from the package price, respectively.

CANCELLATION POLICY: You may cancel up November 25th, 2004 and receive a full refund. Any rooms not guaranteed with a deposit are subject to cancellation on November 25th, 2004. Any rooms cancelled after November 25th, 2004 will be subject to a 100% penalty if the resort cannot resell the units. If the race is cancelled due to not enough snow, you will receive a full refund. The Race Committee will make this decision no later than noon on Tuesday preceding the Saturday race.

NOTE In hopes to increase participation from clubs we have continued to budget into the cost of the trip a ½ reimbursement for a (1) trip leader per club per 25 respective club members paid. This is based on double occupancy for 2 nights and includes lift ticket. Reimbursements will be issued after the trip-no exceptions. Reimbursements will be issued to the trip leader with the checks made out to the respective club to be distributed per club policy.

DEADLINES FOR 2004-2005 CRESCENT RACE/SKI WEEKENDS

Again, this year clubs will be assessed a \$10.00 fee for EACH missed deadline. These club deadlines are set as close to resort deadlines as possible to allow you as much time as contracts allow Crescent. We continue to receive payments late and are left no choice in charging late fees.

Below is a list of deadlines you are expected to meet. Each club has the potential for \$50.00 in late fees for each WV weekend. Envelopes/e-mails will be kept on file to verify postmark dates. If there are questions the club Trip Leader should contact the Crescent Trip Leader.

TRIP	INFORMATION DUE	DUE DATE
SILVERCREEK I	CONFIRMATION FORM	OCTOBER 1 ST , 2004
SILVERCREEK I	50 % DEPOSIT	OCTOBER 1 ST , 2004
Timberline	Confirmation form	October 20 th , 2004
Timberline	50 % deposit	October 20 th , 2004
Silvercreek II	Confirmation form	November 25 th , 2004
Silvercreek II	50 % deposit	November 25 th , 2004
SILVERCREEK I	BALANCE	NOVEMBER 29 TH , 2004
SILVERCREEK I	ROOM LIST	DECEMBER 9 TH , 2004
SILVERCREEK I	ROOM CHANGES	DECEMBER 24 TH , 2004
Timberline	Balance	January 7 th , 2005
Timberline	Room list	January 14 th , 2005
Silvercreek II	Balance	January 28 th , 2005
Silvercreek II	Room list	February 11 th , 2005
Timberline	Room changes	February 11 th , 2005
Silvercreek II	Room changes	February 25 th , 2005

SC I: CANCELLATION POLICY: You may cancel up **October 1st, 2004** and receive a full refund. Any rooms not guaranteed with a deposit are subject to cancellation on **October 1st, 2004**. Any rooms cancelled after **October 1st, 2004** will be subject to a 100% penalty if the resort cannot resell the units. If the race is cancelled due to not enough snow, you will receive a full refund. The Race Committee will make this decision no later than noon on Tuesday preceding the Saturday race.

Timberline: CANCELLATION POLICY: You may cancel up **October 30th, 2004** and receive a full refund. Any rooms not guaranteed with a deposit are subject to cancellation on **October 30th, 2004**. Any rooms cancelled after **October 30th, 2004** will be subject to a 100% penalty if the resort cannot resell the units. If the race is cancelled due to not enough snow, you will receive a full refund. The Race Committee will make this decision no later than noon on Tuesday preceding the Saturday race.

SC II: CANCELLATION POLICY: You may cancel up **November 25th, 2004** and receive a full refund. Any rooms not guaranteed with a deposit are subject to cancellation on **November 25th, 2004**. Any rooms cancelled after **November 25th, 2004** will be subject to a 100% penalty if the resort cannot resell the units. If the race is cancelled due to not enough snow, you will receive a full refund. The Race Committee will make this decision no later than noon on Tuesday preceding the Saturday race.

SPARTANBURG SKI & OUTING CLUB

BOARD OF DIRECTORS

2004-2005

POSITION	NAME	HOME PHONE	E-MAIL
PRESIDENT	Barbara Rogers	578-0618	kwizen@msn.com
PAST PRESIDENT	Del Haynes	592-0047	delhaynes@msn.com
VICE PRESIDENT	Margaret Fennessy	576-2359	bobfennessy@charter.net
TREASURER	Roger Meadows	587-7019	rwmeadows@aol.com
SECRETARY	Vilma Voll	574-1589	rvvoll@aol.com
MEMBERSHIP	Barbara Henning	578-8113	barbhenning@cs.com
PUBLICATIONS	Taylor Bomar	576-3776	taylor.bomar@worldnet.att.net
PROGRAMS	Bryan Bobo	486-8900	siesystems@sunaccess.net
OVERNIGHT TRIPS	Mike Rogers	578-0618	kwizen@msn.com
RACING	Mark & Carol McCall	828-859-5500	mmccall1@alltel.net
SPECIAL PROJECTS	Sandra Alvarez	433-0653	sthreepines@aol.com
ACTIVITIES	Alison Kimball	814-5372	akimball@bellsouth.net
FUNDRAISING	Bob Fennessy	576-2359	bobfennessy@charter.net



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REMINDERS

The Skiliner (Crescent's newsletter) may be downloaded in ".PDF" (Adobe Acrobat) format from Crescent's Web site at <http://www.rtpnet.org/crescent/skiliner.html>. (You may also need to download the Adobe Acrobat reader program so you can view the newsletter.)

Any Spartanburg Ski Club member may submit items for publication in the newsletter. Publication deadlines can be found on the pullout calendar included in the newsletter each month. Call Taylor for information on how to submit your newsletter item.

Also, don't forget - the club has a "tent" available for rent. It is an 18 X 20 tent, and it is easy to assemble. We also have 4 tables that can be rented with or without the tent. We have the makings for that special occasion and it is all very reasonably priced! Tent rental is \$ 25. Tables can be rented for \$5 per table. Remember; don't have a party without the comfort of shade. Your guests will appreciate it and so will the club! For rentals of either tent or tables contact Joy Bobo.

SPARTANBURG SKI & OUTING CLUB
PO BOX 2864
SPARTANBURG, SC 29304

