



The Skier

Newsletter of the Winston-Salem Ski and Outing Club

January 2010

Winston Salem Athletic Club Thursday, January 21st, 7:00pm

Join WSSOC at the Winston Salem Athletic Club for the January club meeting. Dan Hurley will be available to give our members a tour, talk about the facility, and possibly provide some advice and instruction on keeping fit during the winter months. This may also be an opportunity for skiers and snowboarders to get some tips on staying in top condition for the season.

We look forward to seeing you!



Inside this issue:

January Activities	2
President's Point	2
Calendar	3
Dressing for Winter Activities	4
Race Team Calendar	5
Crescent Ski Council Sponsors	6
Park City 2010 Ski Trip	7

Tumblebees Climbing Gym Saturday, January 23rd, 5:00pm

Winter is upon us so let's get vertical. The club is planning an outing to Tumblebees, an indoor rock climbing gym. They have a rock climbing wall for every level, so bring the entire family. Tumblebees is conveniently located in Greensboro. We suggest you wear loose-fitting clothing. The cost is \$15/person and includes special climbing shoes. We will start at 5pm with a short safety course. We can climb until we get tired or they close the joint!



If you have any questions please feel free to drop me a line, john@wssoc.org.

President's Point:



Happy New Year! I hope everyone had enjoyable and safe holidays, which maybe included some wished-for gifts. I was excited to receive books on fitness for triathlon training, a hand-made head band that covers my bike helmet straps to keep my ears warm, and a gift certificate to Fleet Feet Sports. What a wonderful way to start a new year! I'm ready for all the activities 2010 might send my way.

What sort of new year plans do you have? Are there any events we can include on the WSSOC calendar that you might be hoping for? How can we help you meet some of your resolutions? Just email any Board member or skier@wssoc.org and we can try to get some of those events planned. We look forward to hearing your ideas.

Enjoy these first few weeks of 2010.

-Sam

Bike the Lights at Tanglewood Park Tuesday, January 5th, 6:15pm

This annual event, presented by the park and the National MS Society, is a unique way to experience the wonderful holiday light display at Tanglewood. The course will be closed to cars so riders can take their time to enjoy the 4-mile loop.

Meet Leanne Marshall at the Harris-Teeter across from the park at 6:15 on Tuesday evening. The cost is \$3 per rider. Helmets are required. Headlights and taillights are recommended. Be sure to dress for the weather and temperature.



Leanne has suggested Brick Oven Pizza in Clemmons for dinner after the ride.

RH Barringer Distributing Co.



CALENDAR

January

Date	Day	Time	Event	Meeting Place	Leader
5	Tues	6:15pm	Bike the Lights-Tanglewood	Harris-Teeter across from the park	Leanne Marshall
6	Wed	7:00pm	Board Meeting	Big Shotz, Stratford Rd	Sam Pearce
8	Fri	2-4, 6:30-8:30	Gate Training	Appalachian Ski Mountain	Ken Lumsden
9-10	Sat-Sun	9:00am	CSC Race	Sugar Mountain	Ken Lumsden
21	Thurs	7:00pm	Club Meeting	Winston-Salem Athletic Club, 199 Executive Park Blvd.	Sam Pearce
23	Sat	5:00pm	Indoor Rock Climbing	Tumblebees; 6904 Downwind John Davis Rd, off Friendly Avenue, GSO	
29	Fri	6:00pm	Last Friday Social	Senior Bravo's, Marshall St.	Marc Pearce
30-31	Sat-Sun	9:30am	CSC Race	Appalachian Ski Mountain	Ken Lumsden

February

Date	Day	Time	Event	Meeting Place	Leader
1	Mon		Cupp Run Challenge	Snowshoe, WV	
3	Wed	7:00pm	Board Meeting	Big Shotz, Stratford Rd	Sam Pearce
6-7	Sat-Sun	9:30am	CSC Race	Beech Mountain, NC	Ken Lumsden
6-13	Sat-Sat		WSSOC ski vacation	Park City, UT	Ken Lumsden
18	Thurs	7:00pm	Club Meeting	Cycletherapy, 1347 Lewisville -Clemmons Rd.	Sam Pearce
20-21	Sat-Sun	9:00am	CSC Race	Sugar Mountain, NC	Ken Lumsden
26	Fri	6:00pm	Last Friday Social	Diamondback Grill	Marc Pearce

March

Date	Day	Time	Event	Meeting Place	Leader
3	Wed	7:00pm	Board Meeting	Big Shotz, Stratford Rd	Sam Pearce
5-7	Sat-Sun	9:30am	CSC Race	Silvercreek, WV	Ken Lumsden
18	Thurs	7:00pm	Club Meeting	Fleet Feet, Reynolda Rd	Sam Pearce
25-28	Thu-Sun		Nastar Finals	Winter Park, CO	Rich Mead
26	Fri	6:00pm	Last Friday Social	Rec Billiards, 4th Street	Marc Pearce

Upcoming Events

Workout Wear for Outdoor Winter Fitness Activities

Dressing for outdoor winter workouts will vary according to where you live and what the day's weather holds. The first thing you need to do, especially in colder climates, is to check the weather before you get ready. Will there be precipitation, and what type? What temperatures are forecasted and what is the current temperature? Now that you're armed with that information, you can make smart dressing decisions.

Appropriate winter workout wear requires layering in order to stay comfortable in a variety of weather conditions. It also makes sense to layer since your body will be changing during the workout. You may start out cold, and then begin to sweat. At cooldown time, you may get chilly again, so layering is essential to accommodate all the changes that will surely take place. You should try to keep your clothing as lightweight as possible for freedom of movement.

The Inner Layer

There are three basic layers to consider when dressing for winter exercise in colder climates. Let's discuss the layer closest to your body first. This should be a lightweight, moisture wicking layer of clothing. Don't choose cotton, because when you sweat it will hold the moisture close to your skin and the wet clothing will cool off, making you very cold. Polypropylene is a good choice for the inner layer. It not only wicks moisture away from your body, but dries quickly as well. Some polypropylenes can actually serve as thermal underwear and [fleece](#) in one. This can be a good thing, but for more layering options, try a lighter, thinner inner layer, such as silk or Capilene. "Under Armor" Cold Gear has become very popular.

The Middle And Outer Layers

The middle layer is what I call the fleece layer. Fleece keeps you warm and dries fast. Microfleece jackets are a good choice. It should be waterproof. Fleece pants are also available, but depending on the type of winter activity you are dressing for, they may not be necessary. Over the fleece layer add a windproof, waterproof layer for keeping out the water and elements. A waterproof wind suit works well. For colder conditions, an insulated outer layer is best.

Dressing for outdoor winter workouts will vary according to the activity as well as your local weather. Walkers that stick to the streets will have different needs than skiers or hikers, so you'll need to take these factors into consideration when planning what to wear.

Other Items

Cold ears can ruin any workout, so go for warm fleece earbands. Polar fleece hats are a great choice. On the hands, silk glove liners can be layered under gloves or [mittens](#) to provide extra warmth. While mittens are actually considered to be warmer than [gloves](#), they do restrict your movement, so it's an individual call. If you'll be walking or running on snow or ice, you will want to invest in a pair of strap-on cleats or treads such as Stabilicers, [Yaktrax](#), or Ice Walkers.

—Angela Atkinson, Editor, www.brighthub.com

Upcoming Events

Ron Scott, Race Director
H 919/362-5689

Rscott013nc.rr.com

2009/2010 CSC/Subaru Race & Terrain Park Competition Schedule

December 5-12	2009	<i>Steamboat Race Camp Call Sports Am.Tours 800 876 8551</i>
December call	2009	<i>Killington Race Camp Call P.J. @ 800 432 0100</i>
December 6	2009	<i>CSC Development Training at Appalachian 8:45</i>
December 11-13	2009	<i>Sugar Mt. Race Camp Call Kim Jöchl 828 898 4521 x224</i>
January	2010	<i>Timberline, WV Call John Lutz 304 866 4801 Multi. Session</i>
January 24,	2010	<i>CSC Development Training at Appalachian</i>

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

December 19& 20, 2009	Appalachian, NC Race	9:30
January 8,9, & 10 ,2010	8th Gate Training at App.2-4 & 6:30-8:30	
	9th SL at Sugar Mt.	9:00
	10th GS at Sugar Mt.	9:00
January 16-23, 2010	Crescent Ski Council Ski Week	
January 30 – 31, 2010	Appalachian Mt., NC Race	9:30
February 1, 2010	Cupp Run Challenge at Snowshoe, WV	
February 6 & 7, 2010	Beech Mt., NC Race	9:30
February 20 & 21, 2010	Sugar Mt., NC	9:00
March 7, 2010	Dick Trundy/Sugar Cup GS Sugar Mt. 9:00	
March 5, 6, & 7, 2010	<u>Crescent Cup, SilverCreek, WV</u>	9:30
March 5-7, 2010	Governor's Cup Race at Timberline, WV kathysaumure@cs.com	
March 25 - 28, 2010	NASTAR Finals	Rich Mead



SUBARU VIP PROGRAM FOR LEASE OR PURCHASE OPEN TO W-SSOC MEMBERS

Subaru is a proud sponsor of the Crescent Ski Council (CSC) Racing program and includes the VIP Discount Program for all CSC members (you don't need to be a member of your club's racing team to participate). Qualifying members of a CSC club can purchase or lease a new Subaru at 2% below dealer cost and receive credit for any incentives which are currently being offered. To qualify, you must have been a member of the Winston-Salem Ski & Outing Club (or other Authorized club of CSC) for at least six (6) months.

If interested, please notify Ken Lumsden (W-SSOC Racing Team Director) at <ken@wssoc.org> of your desire to participate and provide your contact information (full name, phone number, mailing address, email address) and the name of the Subaru dealership from which you will make your purchase. Ken will forward your contact information and Subaru will mail the VIP information to you. Upon receipt of the VIP packet, you can go to the selected dealer to pick out the Subaru that you want. The dealer will pull the invoice and let the purchaser know if there are any current incentives. Please take advantage of this wonderful benefit the Crescent Racing has secured for all CSC clubs.

CSC/SUBARU RACE SERIES SPONSORS OF THE MONTH

The following businesses have donated merchandise and/or certificates to the Crescent Ski Council. Their merchandise and certificates will be used as prizes to the top three finishers in each flight of the CSC Race Series. Please support these establishments and product lines at every possible opportunity.

Think. Feel. Drive.™



W-SSOC Park City'10!

WSSOC's 2010 Park City trip is currently FULL! We have inquired about additional condos but at press time to not have anything confirmed. If you are interested in getting on the waiting list please contact Ken@wssoc.org or Leanne@wssoc.org as soon as possible.

\$1,213 pp includes

- Round Trip Air on Delta from GSO
- Ground transfers
- 7 nights lodging, double occupancy, with 6 people per condo in 3BR/2.5B condos*
- 5 lift tickets: 2-Park City, 2-Deer Valley, 1-Canyons
- W-SSOC Parties and Administration

For Terms and Conditions, and Cancellation policy, contact Leanne Marshall leanne@wssoc.org or Ken Lumsden ken@wssoc.org.



Recycled Outdoor Gear opens in the West End Neighborhood

-From Smitty's Notes

For the outdoor enthusiast, Recycled Outdoor Gear has just opened in the West End neighborhood. They are the Foothills' newest outdoor/adventure gear consignment store. Recycled Outdoor Gear carries new and slightly used equipment for everyone from newcomers to the adventure enthusiast in an effort to make enjoying the outdoors fun and affordable.

Items include kayaks, canoes, camping equipment, bikes, fly fishing, climbing gear, clothing for adults and kids, outdoor gear for dogs, reading material and tons of accessories/sidelines. They are located at 480 West End Blvd next to Mock Orange Bikes. Hours: Tuesday - Friday 10:00 a.m.- 6:00 p.m. Saturday 10:00 a.m.- 5:00 p.m. Telephone: 714-0323.

For more information visit www.recycledoutdoorgear.com.



**Recycled
Outdoor
Gear**



The Winston-Salem Ski & Outing Club
 PO Box 24304
 Winston-Salem, NC.
 27114-4304

www.wssoc.org

Address Service Requested
 Return Postage Guaranteed

WHO TO CONTACT

BOARD of DIRECTORS

President	Sam Pearce	President@wssoc.org
VP Outings/Calendar	Mike Shipko	Outings@wssoc.org
VP Membership	Leanne Marshall	Membership@wssoc.org
VP PR/Meetings	Marc Pearce	Marc@wssoc.org
Treasurer	Pat Lumsden	Treasurer@wssoc.org
Secretary	Janet Orlando	Secretay@wssoc.org
Board Members	Lynn Furner	
	John Davis	
	Mark Stewart	
	Ken Lumsden	

COORDINATORS

Skier Editor	Sam Pearce	Skier@wssoc.org
Webmaster	Marc Pearce	Webmaster@wssoc.org
Ski Vacations	Leanne Marshall	SkiVac@wssoc.org
Racing Team	Ken Lumsden	Racing@wssoc.org
Weekend Trips	Cathie Mulgrew	Weekends@wssoc.org
Crescent Representatives	Ken Lumsden	Ken@wssoc.org
	Karen Vohs	Karen@wssoc.org

www.WSSOC.org

Change of Address Info

Submit changes of address to Leanne Marshall (Membership@wssoc.org) or mail them to the address below. That way you keep your monthly Skier coming and won't miss a thing!

Suggestions, Ideas & Comments

Please feel free to send an email to any of the Board members or send by mail to:
 WSSOC
 PO Box 24304
 Winston-Salem, NC 27114-4304

Editor's Note

The WSSOC policy is to provide factual articles concerning upcoming and past outings of interest to the general membership. Due to the time necessary to publish the newsletter, it is requested that all copies be typed, neatly printed, and/or emailed (skier@wssoc.org) by the 15th of each month for publication in the next months issue. Articles WILL NOT be accepted after the 15th. The editor(s) reserve the right to refuse, edit or cut submissions as necessary to ensure quality.

WSSOC Bylaws

Copies of the Bylaws of the Winston-Salem Ski and Outing Club are available to members by contacting the Membership VP.