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In This Issue:

An Appeal to the Membership

Snowshoe Trip Report

Tom's Advice on Testing Skis

Leonard's Advice on Ski Bases Olympic Recap

Cover by Judy Liberman (snowshoe 2018)

Fellow members of the Peninsula Ski Club:

April 12th is the annual business meeting of our club. During the formal portion of the meeting, the membership will vote for four new members of the Board of Directors as well as several bylaws amendments.

Our bylaws require the Board to present a slate of nominees at the March 8 meeting. **So far, no members have stepped forward to be nominated.** Everyone that we have approached about serving has declined.

We, the Board, are very concerned about this situation. We love our club, we love to ski with you and we conduct club business with great enthusiasm. Most of us have voluntarily assumed a second or even a third term, and several Board members serve the club in other capacities as well. In case you did not realize it, three of the four people departing the board have served four or six years. The bylaws require them to step aside. For this coming board year of 2018-2019, as well as the 2019-2020 year, we must have more members step up and serve on the Board.

It's also important to note that three of the four directors leaving their positions – president, vice president, and secretary – are officers required by Virginia corporation law, though the four new directors will not necessarily fill any of those positions. At the April business meeting, the club membership will elect directors. The new Board of Directors then elects the president and vice president and appoints the other officers and committee chairs.

Our club, which has been such an important part of our lives, needs you! In order to maintain the quality of our club and to conduct its business, **it is essential that at least four members step forward.** Please contact any member of the Board ASAP before the March meeting (remember, some of us might be away skiing).

Sincerely,

The Board of Directors of the Peninsula Ski Club of Virginia, Inc.

Steve Liberman

Mahyar Malekpour

Sonny Short

Judy Liberman

Tom Crockett

Cathy Margiotta

Dorrie Thompson

Bill Capron

Jeannette Carter

PSC APRIL 2017-MAY 2018 BOARD OF DIRECTORS

Position	Member	Email
President	Steve Liberman	pres@peninsulaskiclub.com
VP & Program Chair	Mahyar Malekpour	vp@peninsulaskiclub.com
Secretary	Judy Liberman	sec@peninsulaskiclub.com
Treasurer	Sonny Short	treas@peninsulaskiclub.com
Membership Chair	Bill Capron	membership@peninsulaskiclub.com
Non-skiing Activities Chair	Dorrie Thompson	activities@peninsulaskiclub.com
Skiing Activities Chair	Tom Crockett	skiing@peninsulaskiclub.com
Ski News Editor	Cathy Margiotta	newsletter@peninsulaskiclub.com
Assistant Programs Chair	Don Krause	
At Large	Jeannette Carter	
	Quorum = 6 board members	
Publicity Chair	Vacant	
BRSC Rep	Sonny Short	brscrep@peninsulaskiclub.com
Webmaster	Tom Crockett	webmaster@peninsulaskiclub.com
Communications Chair	Tom Crockett	
Audit Chair	Dorrie Thompson	
Logo-wear	Lynn DeGregorio	

ABOUT OUR MEETINGS

We meet on the **2nd Thursday** of each month from September to May.

TIME: 7-7:45 PM SOCIAL with a complimentary snack of pizza and non-alcoholic beverage. Other menu items plus beer or wine are available for your purchase.

7:45-9 PM MEETING with Program and Door Prizes

\$25 PSC gift certificate and other great stuff!

LOCATION: ANNA'S PIZZA near Langley, at 2845 N. Armistead Ave, Hampton, VA.

March Meeting

 8 March 

The Appliachian Trail

Guest Speakers: Debbie Economos & Jim Newman

NON-MEMBERS AND GUESTS MAY ATTEND ONE MEETING*. Invite people that are interested in our club activities and the monthly program. Sign in guest, give them a red name tag, and introduce them to other club members and our activities.

WEAR A NAME TAG. Help other members get to know each other. Be sure to notice guests in red-lettered name tags and make them welcome.

MEETING PROGRAMS/TOPICS & SPEAKERS: We welcome suggestions for topics as well as volunteers to give programs. Please give your ideas to the Vice-President/Programs Chair. Program presenters receive a one-year membership in the club after signing the membership form with indemnity statement.

CLUB MEMBERSHIP YEAR BEGINS 1 MAY. You must be a member to sign up for a ski trip.

**December meeting is the holiday party for members only.*

Snowshoe Mountain Trip February 2018 (Feb.5, Monday – Feb. 9, Friday)

by **Kathie Jenkins**

Having heard reports of the Snowshoe trip at previous ski club meetings I decided that this was the year to go. It had snowed in WV the day before our drive there and **Susan Crockett**, our trip captain, was updating us on weather and road conditions. It turned out that the roads were in good shape with only a few icy spots on shaded road areas. Since there are several routes to the resort, road conditions were dependent, I'm sure, on which route one drove to get the resort. I can say with certainty that I am not a fan of the curvy mountain roads at all. So, getting to Snowshoe was memorable for me. Everyone, all 26 of us, arrived safely and met Susan (and Tom) at the Top of the World lounge.

As members arrived some gathered and had drinks as we got our room keys and lift tickets. Later we then found our way to the Mountain Lodge, unpacked the car and found the rooms. It was nice that everyone's rooms (except **Dave Perry**, **Danny Taylor** and **Leonard Creduer** who signed up for the trip later) were close together on the third floor of the lodge. Being in such close proximity to each other, several club members even kept their condo doors open at times. This encouraged club members to drop in and hang out for a while. As we settled in, some decided to eat in, while others ventured over to the Village area to eat. There are plenty places to eat and drink in the Village as well as some places to shop if you have the time.

We awakened to good ski conditions on Tuesday. It was my first time at the resort and my first time on skis this year and I must say I really enjoyed this mountain. It seems there is something for everyone, from lessons to black trails! It was nice to welcome **Sharon and Boyd Nix** to this ski club trip. They have rejoined the PSC after having relocated to the area. Since Boyd had not skied in a while he took a lesson. The green and then blues trails were ideal for me. **Rusty Jenkins** skied with me and it was nice to have the company of Dave and **Harlan Thatcher**. In the afternoon **Dorrie Thompson** and **Mary DeGrouche** joined us as their ski buddy, Susan, went in to prepare for the wine and cheese party. **Don and Beverly Rainey**, **Dick Foard**, and **Becky Lazos** skied blues in the morning then headed over to Silver Creek for the afternoon. Kudos to Becky who can now say she skied a black diamond. **Fred Roybal**, easily recognizable with the viking headgear, took off skiing with **Danny** and friends.

Other club members of course went right to the black trails and from what I heard had a good ski day. **Cathy Margiotta** reported that they thought the snow was really great. They did Cupp Run and Shay's Revenge on Tuesday afternoon and reported that the snow was ideal for carving. A group that included **Jeannette Carter**, **Tom Crockett**, **Cindy Hall**, **John Schmerfeld**, **Steve Liberman**, Sharon and Boyd, Leonard, Cathy, and Danny went to the western territory of the mountain. And as we all skied, we might catch a glimpse of **Paul James** or **Agnes Evans**, confident and independent skiers, along the way.



Snowshoe Mountain Trip February 2018 continued

That evening we met for the wine and cheese party in the Crocketts' room and the Libermans' and Roybals' room. Susan, along with non-skiers **Judy Liberman** and **Dianne Roybal** really outdid themselves as there was so many different appetizers (cheese crackers, meatballs, veggies, dips, etc) and plenty of drinks. In fact, there were so many goodies including homemade brownies and baklava that for many of us there was no need to venture out for dinner. This was an enjoyable evening as stories flowed and we all got to know each other a little bit better. Even ancestry information was shared and Fred informed us that he learned he has a native American heritage. He might have to add feathers to his ski headgear with or without the Viking horns!

As part of the evening, 8 or 9 of us played Left-Right-Center, a really fun dice game. Who knew that three one-dollar bills per person could bring so much laughter and enjoyment to a crowd gathered around a table in the hallway? Congratulations to the big winners, Judy and Susan.

We awoke to rain on Wednesday with disappointment as Tuesday had been such a fun ski day. As we drank coffee and lingered, Tom called letting us know Leonard was going to hold a ski repair clinic.

Many ventured to the Crockett's room where Leonard filled in and waxed skis. There was much discussion about just the right way to wax skis (I just say, "my skis need to be checked out" and it happens.) A group of us played and learned new card games in the afternoon to pass the time. The rain stopped



before 2pm so Cathy and Steve went out to ski. They took a few runs on the bumps at Sawmill. Interesting consistency they said! And, I think I remember seeing Agnes heading to the slopes that afternoon as well. A brave move!

That evening the group ate at the Appalachia Kitchen at a nearby Inn. The room had a nice ambience and there was a good selection of meals. A special thanks to Diana for the entertainment after dinner. It is really nice to have people in the club think of fun things to do in addition to skiing!

While we were all a little concerned about snow conditions on Thursday, we found them to be very good. Morning skiing at Snowshoe found well-groomed slopes.

After lunch, a group headed over to Silver Creek which I found out opens at 12 noon and stays open for night skiing. Others had been there on Tuesday but this was my first time there, and it was wonderful. It is just a very short bus ride there. The trails were pretty wide, well-groomed and almost empty, my kind of skiing! After a few short runs Danny used his Go Pro to tape each of us skiing a short distance down the slope. Susan has shared the video with the participants. I have yet to view mine, call me chicken. I don't think I am ready for self-evaluation; the day was fun I really don't want to spoil the memories.

Snowshoe Mountain Trip February 2018 continued



Thursday evening was Pot Luck night for those that wanted to attend. I am not sure but I think everyone dropped in. And again, there was so much food! Since it was a Thursday night and there was a club meeting back home we had an impromptu club meeting (and even some pizza thanks to Harlan).

While some stayed to ski Friday (to make up for Wednesday) most left for the trip home. Again, via those mountain roads. I am sure glad there is not much traffic on them as there needs to be room for those 18 wheelers coming toward you as you make your way around the curve. Yikes!!!!

The Snowshoe trip is a great fun club trip. It is relatively close to home and the mountain has something for everyone. It has nice trails and provides a great opportunity to just ski as well as practice and improve ski skills in the company of welcoming and generous ski club members.

A special thanks to Susan (and Tom) for organizing the trip. It is a trip I will do again and I hope to have more time to ski new trails, get to know more club members and explore the village.



The February Meeting at Anna's

Charlie Davidson's slide presentation of he and Betty's road trip to Alaska was awe-inspiring. Our recently purchased projector and screen helped show the vivid colors of the great pictures. You could hear "Wow!", "Awe!", "Ooh!" from the audience captivated by the beauty of Alaska and the great photography of Betty and Charlie, who by the way are celebrating their 35th anniversary together. Way to go! Pictures of the mountains, lakes, wildlife, and especially the eagles were stuff of postcards (remember those 4x6 cards we used to send via snail mail?) and calendars (thank God they are still in circulation). If Alaska was not on your bucket list, after seeing these photos, it will be. Each photo more inspiring than the other. Except for one. It was a photo of the official state bird of Alaska, willow ptarmigan, which I am sure is a very fine and beautiful nice bird, but from where I was standing, that picture looked like it was a chicken.



REDUCING EXPOSED ROCK DAMAGE TO SKI BOTTOMS AND EDGES

As you have no doubt noticed, there are often exposed rocks on the slopes, particularly early in the ski season, even out West, as was the case of this year's trip to Snowmass.

Obviously if you see rocks well down the slope you will steer your way around them. However, there are times when you suddenly are about to go over them with no advanced warning. In such cases there is a simple technique you can quickly use to avoid or reduce rock damage to your ski bottoms and edges.

When suddenly confronted with a rock you usually don't have time to lower yourself and then push off to jump over the rock, which is the commonly used up-unweighting. A quicker technique that will work better is called quick down-unweighting. This is simply done by quickly pulling your feet up and then extending them downhill of the rock. You will momentarily not feel gravity's pull against your ski bottoms as they are pulled upward. Your skis will follow the trajectory of an artificial bump created by the lifting of your feet. With luck your skis will pass across, but above, the exposed rock with no damage. If you don't completely avoid contact, you will at least reduce contact pressure and thus reduce the damage. You should practice this a few times on imaginary rocks to make it part of your skiing repertoire. This will quicken your reaction time and thus be more effective in reducing rock damage.

Leonard Credeur

The Fall Line

I hope you all know that I don't really look like the picture in the photo on this page. But **Mahyar Malekpour**, who wrote the blurb in this issue about the February meeting mentioned the willow ptarmigan in his write-up, so I couldn't resist. And yes, they do look like chickens . . . sorta.

I hope you got to read my blog on how **Bill Koch** changed the sport of alpine skiing. If you did, I want to point out just how prescient I am to have written about this topic.

In my blog, I mentioned that Bill Koch was the only American to win an Olympic medal in cross-country skiing (silver), a feat he accomplished in 1976.



I also mentioned **Marit Bjoergen**, the Norwegian woman who had won the most Olympic medals. At the time I wrote my blog in January, she had won 10. After Pyeongchang, she now has 15, which makes her the athlete with the most ever winter Olympic medals.

Two American women came through for the home team and won our first ever nordic gold medal, which they won in the sprint relay,. It's the first ever medal period by American women in the nordic events. Congratulations **Kikkan Randall** and **Jessica Diggins!**

American results in the alpine events proved that the vaunted threesome of **Mikaela Shiffrin**, **Ted Ligety**, and **Lindsey Vonn** are really just human after all. With many events weather-delayed, Shiffrin and Vonn made decisions to optimize their chances and were not able to compete in the all the events that they had planned on. Nonetheless, Shiffrin took home two medals, a gold in GS and a silver in the combined, while Vonn took a bronze in the downhill.

But wait! There's more! Nine other skiers and snowboarders took home 10 additional medals for the USA:

David Wise	Gold	Men's Ski Halfpipe
Alex Ferreira	Silver	Men's Ski Halfpipe
Nock Goepper	Silver	Men's Ski Slopestyle
Brita Sigourney	Bronze	Ladies' Ski Halfpipe
Shaun White	Gold	Men's Halfpipe
Redmond Gerard	Gold	Men's Slopestyle
Chloe Kim	Gold	Ladies' Halfpipe
Jamie Anderson	Gold	Ladies's Slopestyle
	Silver	Ladies' Big Air
Arielle Gold	Bronze	Ladies' Halfpipe

Cathy Margiotta

fyi, the ptarmigan photo is copyrighted 2005 by Derek Ramsay, obtained by me from Wikipedia.



Ski Trippin'

March '18

Why You Should Demo Skis: A personal history

When Susan and I joined PSC in 2013, I was skiing on a pair of Dynastar Outlands that she bought for me as a Christmas present in the mid-1990's. These were of the new (at the time) parabolic design and were a dramatic improvement over my original straight skis: nimble, easy to flex, and I could turn them with just the slightest pressure from my big toe. I dearly loved these narrow-waisted (65 mm) skis, skiing on them all over the east and carting them along on our first western trip to Jackson Hole and our first European trip to Engelberg.

While my Outlands generally did great on smooth groomers, they did have some limitations: the tails tended to get hung up in loose and heavy snow, you could catch an edge fairly easily if you didn't keep them parallel, and in powder they had sort of "negative float"—sinking right to the bottom—a feature which became particularly evident in knee-deep powder at Jackson Hole. Various club members were urging me to upgrade to newer skis, so on our 2014 club trip to Mount Snow, I spent an afternoon trying out some Nordica Transfires and Firearrows. The Transfires were specifically recommended to me, and I could ski on them just fine, but they were heavier and took more effort than my trusty Dynastars. The Firearrows were a little better, but still didn't seem like an improvement over my old skis, so why spend the money?

The next year we went to Telluride with the club (our second western outing), and I realized that if we were going to be doing this sort of thing regularly, I had better find some skis that could handle deeper snow. I demoed two pairs of all-mountain skis there, Nordica NRGY 90's and another very similar ski whose brand I have forgotten. I spent a full day on the Nordicas, and they were good; superior, in fact, to my beloved Dynastars. I pushed the NRGY 90's as hard as I dared on some of the groomed runs, skiing faster than I probably should have, and they were very stable, though a bit chattery on hard snow. The other (forgettable) skis had almost identical specs to the NRGY 90's (length, width, sidecut, tip & tail rocker), but they were a completely different experience. On groomed snow they had a tendency to wander off in random directions and after half a day I couldn't wait to get off of them and back on to my Dynastars.



So after demoing four pairs of skis over two seasons, I found only one (the NRGY 90) that I felt was an improvement over my old skis, so I bought them. I have not been disappointed. With every passing season, skiing widely varying conditions in both the east and the west, I learn more about what they can (and cannot) do. They are extremely stable, I have never caught an edge, they turn easily, carve acceptably, and float reasonably well, all of which have given me the confidence to carry a lot more speed, go off-piste occasionally, and feel less apprehensive on steeper pitches. But being all-mountain skis, they are generalists rather than specialists, so they necessarily entail a few compromises. They're light and flexible, so the tips get a little bouncy on firm groomers, and on icy steps I have to really lean on my downhill ski to make sure the edge holds.



Since buying the NRGY 90's, I've been carrying my old Dynastars along occasionally as an alternative for use on groomed-snow days, but I have gradually realized that the technique required for those older skis differs somewhat from the skills I've been trying to acquire for newer designs. And if I start getting into this ski racing thing, all-mountain skis are clearly not the optimal choice for speed and carvability. So I'm thinking about retiring the Dynastars and adding a pair of modern carving skis to complement my Nordicas.

With that in mind, I went back through the gear issues of SKI magazine for the past couple of years and picked out a few things that sounded like they might be suitable to my style of skiing. On our recent club trip to Snowshoe, I took my list to the demo shop and talked things over with their resident expert. The shop only had one of three skis I wanted to try, but recommended some alternatives. I spent a day trying out three different skis on hard, smooth snow, beginning with the one that the guy in the shop thought I would find too stiff (HEAD Supershape i.Titan). I latched in and started out gingerly on a green trail, followed by a couple of blues, then headed for the black end of the mountain to get a better sense of what the ski could do. It was good, and the longer I rode it and the harder I pushed it, the better it felt.

After about 90 minutes I went in and swapped out the HEADs for a pair of Salomon XDR 80 Ti's. These were more flexible, with a bit less sidecut, and they were fast. So fast, in fact, that I had to really pay attention to keep them from running away from me. They were great fun for screaming down moderate pitches, but harder to control overall, and didn't hold an edge all that well on the steps.

For my third and final ski of the day, I had saved what I expected to be the best of the bunch, the highly-rated Völkl RTM 84's. I had previously talked to a couple of people who owned these skis and they just raved about them. The design is a bit unconventional: thick in the middle and thinner on the edges. I found them easier to ski than the Salomons, and when another skier cut me off, I had to go sailing up a snowy embankment littered with foot-high fir trees to avoid a collision. It felt like the RTM's did that maneuver all by themselves (self-driving skis!) and they stayed on top of the deeper snow, living up to their reputation for versatility beyond carving. But after three hours or so on hard-packed blues and blacks, I failed to see what all the buzz was about. They carved well enough and were stable and pretty fast, but didn't

seem like enough of an improvement over my NRGY 90's to give them further consideration, particularly in light of the hefty price tag. At the end of the day, I concluded that the skis I expected to be the least suitable were my clear favorite, and the ones I expected to really excel were just kind of OK.

So here's my take home message from ski demos: (1) skis with similar specs designed for similar purposes can perform very differently; (2) your individual biomechanics, skiing style, and personal preferences count for a lot more than reviews and recommendations; and (3) when you're considering new skis, the modest expense for a day or two of demos will pay big dividends in assuring that you end up with a ski that works well for you.

With these considerations in mind, here are my completely subjective reviews from my Snowshoe demo day. Your experience may differ!

HEAD Supershape i.Titan – 133-80-111 x 170L

Excellent edge grip on hard snow and steep pitches; stable and easy to control; carved big wide arcs with ease. The longer I rode them and the harder I pushed them, the better they felt. Of the three carving skis I tried, these were the stiffest and had the most sidecut.

Salomon XDR 80 Ti – 126-80-109 x 169L

A softer, more flexible ski. Very fast on moderate-to-steep pitches, but less so on the flats. Harder to set and hold an edge on icy steps. I had to stay forward and pay attention on these skis or they would run off and leave me. I had the sense that if I spent much time on these skis I would of necessity become a better skier, but overall they seemed like too much work to ride all day and didn't provide the dependable edging I was looking for.

Vöikl RTM 84 UVO – 131-84-112 x 172L

With a rather unusual central ridge design and an innovative vibration damper, these skis were stable and edgy (I caught an edge on the very first turn I made). They provided solid tip-to-tail contact with the snow, and they seemed to live up to their reputation for versatility, although I didn't have the variety of conditions available to really test that. They carved and held an edge better than the XDRs but not as well as the i.Titans. It took me awhile to decide how I felt about these skis, but overall I concluded they weren't as much fun as either the i.Titans or my Nordica NRGY 90's.

There are still a couple more skis in this category I would like to try, and if I can find them at a demo shop on the upcoming Stowe trip, I'll give them a shot before making a final decision.

On a closing note, I've had a *great* time skiing with PSC friends this season, and I'm looking forward to doing a little bit more of it before I switch to summer mode. Happy skiing everybody!

-Tom



Stowe, Vermont



March 4–9, 2018 – Sunday through Friday



Blue Ridge Ski Council Winterfest – Peninsula Ski Club joins forces with Richmond Ski Club and other BRSC clubs to bring you a fun-packed trip to one of New England’s premier resorts, at an outstanding price.

Stowe Mountain Resort – Located on Vermont’s highest peak, Stowe is known for some of the best facilities and longest trails in New England, with mountain zones for every level of skier. A high speed gondola runs to the summit for **2360 vertical feet** of skiing and snowboarding. 485 acres, 83% snowmaking. View facilities, trail map & mountain zones, and much more on the resort website: <http://www.stowe.com>

Attention Epic Pass holders: Stowe is now part of Vail Resorts.

Trails: 116 total – **19 green / 68 blue / 29 black**, including 6 glades & 3 terrain parks.

Lifts: 1 Inter-Mountain Gondola, 1 high-speed Gondola (base to summit), 4 Quads, 2 Triples, 2 doubles, 2 surface lifts

Estimated Price: \$ 836.00 pp double occupancy

Trip price includes:

- Round trip BRSC motor coach **to/from Richmond area or northern Virginia** (deduct \$201 for PYOT)
- 5 nights lodging at Commodores Inn, double occupancy w/2 Queens or 1 King
- Free resort/town shuttle every 20-30 minutes
- 4 day lift ticket (Monday–Thursday) — optional 5th day (Friday) at group rate (PYOT only)
- Daily hot breakfast buffet
- Ski / snowboard racing and awards
- BRSC Parties: *Mon* - welcome reception / *Wed* - après ski reception / *Thurs* - farewell reception
- Indoor heated pool & hot tub

Options:

- > *Provide your own transportation:* deduct \$201
- > *Non-skier or Epic Pass holder:* deduct \$139
- > *Single supplement:* add \$196
- > *5th day lift ticket:* add \$31

Sign-up deadline: *Extended to Feb. 20, 2018*

Payment schedule: Nov. 9 - \$275, Dec. 14 - \$275, Jan. 20 - balance due

Refund cut-off date: Jan. 20, 2018 (lift refund only) – **\$200 deposit is non-refundable; lodging refunds not guaranteed!**

PSC Trip Captain: Tom Crockett, (804) 693-6381, stowe18@peninsulaskiclub.com

Resort info: www.Stowe.com www.CommodoresInn.com

TO RESERVE YOUR SPACE: Sign up online at peninsulaskiclub.com or submit check payable to *Peninsula Ski Club* to:

Stowe 2018, c/o Tom Crockett, 5619 Dogwood Forest Drive, Gloucester, VA 23061

*You must be a member of the Peninsula Ski Club or another BRSC-affiliated club to register for this trip.
Please review complete ski trip policies on our website before making payment.*

