

THE LIFT TICKET

Happy
Valentine's
Day!



Mary, Mark, Lars and the gang in Italy – WOW! See page 10

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Index

Social Page 2, 7, 13
President's Message Page 3
Trips Page 4 –6
Ski Master workout Page 8 – 10

Board Contact Info Page 11
Calendar Page 12
Membership form Page 12
For Sale or Swap Page 13

January Happy Hour at the Hairy Cow Brewing Company in Byron



A message from the President:

As it gets closer to RVSA's March elections, we are looking for members to join in for Board of Director's positions. I want to thank all our current board members for stepping up and filling in with other board obligations as well as their own positions. Their actions are greatly appreciated. When there are people working together it makes the job seem easier and that goes for the running of ***your*** club. Email election reminders will be sent out and if you have question regarding any positions please talk to one of us.

Give some thought to getting involved. Join in and be part of the building for future activities and the growth of YOUR club.

Talk with any of the current board members about what they do or they could give you some insight on how you can help.

If you don't already have Feb 14th highlighted then this is your activity event reminder. Just a thoughtful act says thanks to that special someone! Enjoy Valentine's day.....

Also a reminder for our monthly club meeting or any of our social activities this is the time to introduce potential new members to ***your*** club. Bring your friends with you when coming out to enjoy the RVSA events.

The best..... Greg Kaski, RVSA President

Trips

As we get into February our club trips have been filled, completed or unfortunately, as with Whitecap, canceled. I do want to thank those that had signed on but there was not enough interest for that weekender. Too many other activities were going on at the same time! As they say, there's always next year so let's see how events go and get a weekend trip to go.

Make sure you check to see what Ron and his troop of skiers have to report from their Sun Peak BC trip. This outing will be a new ski pin for us to put on our "*where in the world have I skied*" map!

For next ski season if you have an idea for a week/weekend trip that you think the club would be interested in going then let's hear from you. Over the past seasons we have shifted from where one individual did all trip planning to where multiple members worked on individual trips. Be assured that we have many members who have filled trip leader spots and could give you some insight on what it takes. Talk with someone for more info!

Thanks again.

Greg Kaski, Trips Coordinator Team Member.

gkaski_271@comcast.net

Sun Peaks Resort

Kamloops, British Columbia, Canada

Trip Captain: Ron Foran

Saturday, February 2, 2019 to Friday, February 8, 2019



Wishing you were here! (We are!)

The RUSA crew at Sun Peaks February 2 – 8, 2019

**CMSC Spring Fling
Breckenridge – Saturday
April 6th to Thursday, April 11th**



The Spring Fling trip still has some openings and the cost is \$995 for air, ground transportation, 5 nights lodging and 4 days of skiing. Get additional information and sign-up forms at on their website skicmsc.com under CMSC Events / Spring Fling.

Fire damages Whitecap Mountain Ski Resort in Iron County (Wisconsin) – No people were hurt...

ANDERSON – A ski lodge in Iron County was damaged after a fire broke out Friday evening, although no one was injured and the resort remains open Saturday.

(Wausau Daily Herald)

Get your club shirt
for \$25

Check out more information and photos at

SkiRockford.org



Social!

Hello Friends!

How about the weather this week? It's almost as crazy as a trip from the peak at Whistler all the way to the base. Sub-zero blizzard to bluebird skies to rain. You never know what you're going to get.

Thank you to all of you who ventured down to the Hairy Cow Brewing Company in Byron last month for our happy hour there. It may have been hard to find at night in the snow but I think we might give them another visit this summer when the beer garden is open and the sun is out.

Let's try something different for February: RVSA is having a happy hour brunch at The Norwegian. Join us at **The Norwegian; 1402 N Main St, Rockford, IL 61103 on Saturday February 23rd at 9:30 am.** I have a reservation for 15 there. If you are planning on coming please let me know so I can make sure there is room for everyone!

<https://thenorwegian.com>

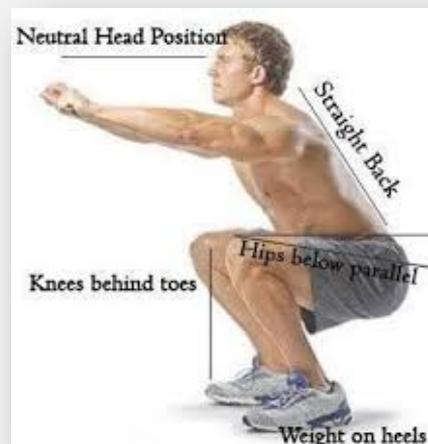
5 Ski Exercises you can do at Home – by Redbull.com

1. Squats

Your thighs (quads) are probably the hardest working muscles when you are skiing. Squats are one of the best, not to mention easiest ways of building strength in your legs.

- Stand with your legs shoulder width apart.
- Push your hips back.
- Bend your knees until your thighs are parallel to the floor.
- If your knees are in front of your toes, you are doing it wrong – push those hips back a little more to remedy this.
- Stand back up and repeat.
- Try to do three to four sets of 20, giving yourself a 60-second rest between sets.

Top tip: If you want to make this a little harder, do the exact same motion but with a weight in each hand.



2. Squat Jump

Take the squat to the next level with a squat jump. Not only will this exercise continue to strengthen your legs, it will also help to develop explosiveness in the quads and glutes. This will come in handy when it comes to turning on the slopes.

- Start with your feet shoulder-width apart.
- Squat down so your thighs are parallel to the floor, then jump high in the air.
- Try to do four sets of four with a short break to catch your breath between each set.

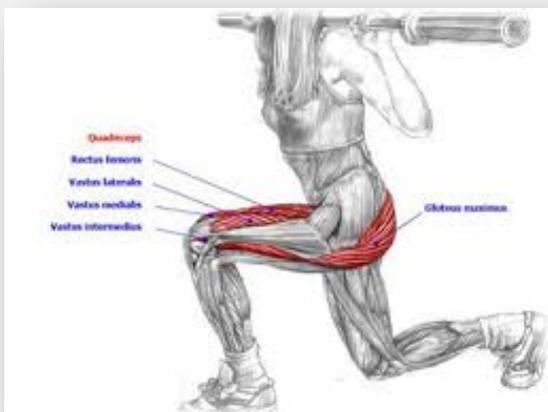
Top tip: Try to land as softly as you can on your feet.

3. Wall squats

Sticking on the squat theme, wall squats are absolutely brilliant for building endurance which will help to prevent the burning feeling in your legs on long, tough runs.

- Find a nice clear wall,
- Stand with your back resting against the wall.
- Move down into your squat position.
- Hold the position for as long as you can handle it!
- Try to repeat two to four times with a short break in between each go.

Top tip: Really push your back and bum against the wall for best results.



4. Lunges

Lunges are great not only for strength but for balance too.

- Start with your feet together.
- Step one leg forward and bend down so the front leg forms a right angle. Your back leg should be almost touching the floor.
- Try to do 20 repetitions four times with a short rest in between each set.

Top tip: Keep your upper body straight, with your shoulders back and relaxed and chin up. Try to keep your core engaged at all times.

5. The Plank

A strong core is the foundation of a fit, strong body. You use your core muscles around your lower back and abs a lot more than you would think when skiing, especially when you are turning or taking on more technical terrain.

- Lie flat on the floor.
- Rest your elbows in the floor, push up your hips and rest only on your elbows and toes.
- Hold the position for 60 seconds.
- Repeat the exercise on either side. Lift yourself onto one elbow and the side of your foot to work your oblique muscles.

Top tip: Do not let your hips dip. Your body should form a relatively straight line when in the air.



Doug skiing at Chestnut in December

How can I meet people who ski?

If you have questions on what a position does, please contact Greg.
Many hands make light work and new voices are so refreshing.
The time is now for you to step forward. Thank you.
Contact: Greg Kaski, President (815) 275-0085.

RUSA Executive Board

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More photos from
Mary's trip to Italy
in January!



For Sale, Swap or Giveaway

For sale: Volkl P30s 193 length. Salomon bindings. Great deal at \$100.00

Contact Patty by text or by leaving a message
at: 815- 519-9218

