

TCSC December Snowplow

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Date: Monday, November 28, 2022 at 06:56 PM EST

TCSC Snowplow



December 2022

Happy Snow and Ski Season!



Above: The Dolomites, Italy

It's here! With many resorts already open thanks to mother nature and some human assistance, eager skiers, boarders, and x-country aficionados have been enjoying the white stuff. Jill Darling has been testing the slopes at Big Snow, the indoor resort in New Jersey, and gives it a thumbs up. Time to gear up and enjoy the best winter has to offer.

TCSC has an amazing offering of 9 trips this season including Europe, California, and various resorts in the Northeast. Some of these are already sold out, but spots often open up for those on the waitlist. So, if you initially missed out, get on the waitlist now! More on trips in this newsletter.

Don't miss the December club meeting. There will be plenty of fun and information. Get in the holiday mood by wearing your best ugly sweater and enjoying some sweet and savory snacks. We'll have a cash bar, music, a helpful ski tip to improve your technique, x-country equipment giveaway, holiday door prizes, last chance to purchase the Save Around book for \$20 and our 50/50 raffle in support of Greek Peak Adaptive Snowsports. Skiing is for everyone! If you ordered logo apparel, it will be available for pick up at the meeting as well.

Thank you to the 98 members who voted on the updates to the club's Constitution. The proposals passed.

Update on Cliff Conger: Cliff came home from the hospital in time to celebrate Thanksgiving after his heart transplant. He is recuperating well and thanks everyone for the well wishes and prayers.

Hope to see you at American Legion Post 1645 on Thursday, Dec. 1 at 7 p.m.

Ingrid Jordak
President and Communications Director

Skiers Dine and Dance to Splash

Our dinner dance at Tioga Downs was a rousing success in that was good see one another as TCSCers in a fun setting, get to know each other better, and dance the night away to Splash.

All eight of us thoroughly enjoyed our meals such as fish and chips, salmon, and prime rib. Afterward, we went to the SideShow Lounge to dance to Splash, voted the best band in the Press & Sun-Bulletin for the Southern Tier over 16 years in a row! They really are fantastic! This outing was the perfect venue for a pre ski season gathering.



Denise, Skip, Jill D., Bill & Marie M.,
Bonnie & Emil B., Adam

Hope everyone had a Happy Thanksgiving! We have so much to be thankful for—let's celebrate our friendship with one another and also meet new people and welcome them into our fold.

It's Time to Head for the Slopes!

Most of our big trips are sold out, but there are waitlists for Dolomites, Italy, Mammoth, Calif, and Killington, Vt. Waitlist signups are first come, first served, with no payment required until a spot opens up, so if you want a chance to go, don't hesitate to get on the waitlist!

The following trips are accepting registrations. There is a weeklong u-drive trip to NH in March. Our bus trips are a blast and we will be covering New York state from the Catskills to the Finger Lakes to Western New York. And, for cross country skiers and snowshoers, there is a trip to the Tug Hill. Go to the resort name link to sign up or come to the December meeting or contact one of the trip leaders for more more information.



Day Bus Trip – Friday, Jan. 20, 2023

Includes bus transportation and lift ticket (if needed) to [Windham Mountain](#).

Price: \$40 using Ikon Pass; \$125 with lift ticket

Trip leaders: [Cheri Warne](#), 607-727-9419

[Brenda Nichols](#), 607-760-2160



Join other clubs for
Ski with Heart Day!

Day Bus Trip – Friday, Feb. 17, 2023

Includes bus transportation to [Bristol](#) and lift ticket

Price: \$100

Trip leaders: [Marie Monaco](#), 607-785-0117,

[Susanna Stumpe](#), 607-227-9176



Ski western New
York's snowbelt!

Day Bus Trip – Sunday, Feb. 26, 2023

Includes bus transportation to [Holiday Valley](#) and lift ticket.

Price: \$115

Trip leaders: [Susanna Stumpe](#), 607-227-9176,
[Marie Monaco](#), 607-785-0117



Tug Hill snow is
awesome!

Midweek Trip - Feb. 28 -March 2, 2023

Cross-country ski/snowshoe at Osceola & Winona State Forest in the [Tug Hill](#) region.

Price: \$149 per night plus trail fees

Trip leader: [Carol Brugger](#)



Enjoy spring skiing
in the Northeast!

Mid-Week NH Trip - March 19-24, 2023

Price: \$240 per person for 4- person condo accommodations at [Loon Village](#)

Trip leader: [Mike Reitnauer](#), 607-725-3727

Getting Ready for the Slopes with Rob

“Keep going—you can do this—be proud of yourselves,” urged Rob Burdick, Fitness Range owner and coach to 12 hearty TCSC members who are part of two sets of six ski conditioning classes. TCSC sessions are held inside the American Legion building, 1305 Riverview Dr., Endicott, on the second floor near Endicott High School on Wednesday night from 7 p.m. to 8 p.m. and Friday morning from 10 a.m. to 11 a.m. It’s only \$48 for six classes and they can be taken anytime it fits your schedule. Participants pay for six classes up front and can jump in any time sessions are scheduled, including Rob’s regular class times of M-W-F from 5:30 p.m. to 6:30 p.m. and Saturday at 8:30 a.m. You can even skip a week or two until your six times are complete.

I like the flexibility of being able to go whenever it’s convenient for me, plus the price can’t be beat. Eight dollars a class is phenomenal.

Rob is an upbeat coach and has a variety of circuit training stations through which participants rotate and work out for 50 seconds at a time with brief rests in between. The exercises target arms, legs, and core, with cardio at every other station. The sessions are different every week, which makes the session fun and not boring. Each person challenges themselves and doesn’t have to keep up with anyone else. You work at your own pace.

At the end of the session, Rob does his own challenge that we decide upon for

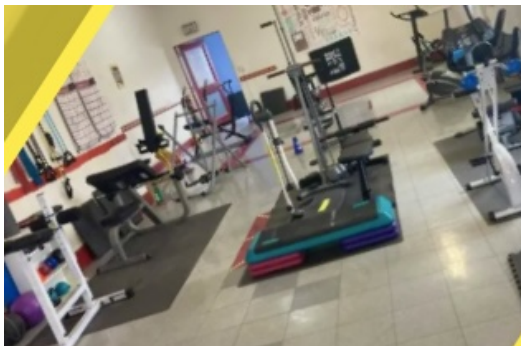
him. For instance, while we did the dreaded wall sits (sit-up-against-the-wall) for 50 seconds, he said that he was going to do the same exercise with 50 lbs. of added weight on his lap. This was after conducting eight classes of kickball throughout the day as a PE teacher at a nearby elementary school!

Our members have thoroughly enjoyed working out under Rob's tutelage and look forward to hearing him as our TCSC general meeting guest speaker in January. As he says, "You don't have to be great to start, but you have to start to be great." We're glad we put in the time to tone up for the ski season and are the better for it.

It's not too late to start. There are TCSC classes left. You can begin at any time and continue with Rob's regular classes. Contact Rob at 607-217-8732 or check out the Facebook page for [The Fitness Range](#).

by Jill Darling

The Fitness Range, Endicott, NY



December Meeting Highlights

- Meet up with all your ski club friends and get in the holiday mood.
 - Improve your skiing with Tim's Tips.
 - Meet and talk to ski trip leaders.
 - Nominations for Board of Directors position accepted.
 - Pick up your logo apparel purchases.
 - Purchase Save Around Books for only \$20 each, a \$5 savings off the cover price.
 - Support Greek Peak Adaptive Snowsports with your 50/50 raffle ticket purchase
 - Door prizes
 - Cross country equipment available for members to take home.
- [Download list of items.](#)



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