THE LIFT TICKET

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Fun time … and the Ice Hogs WON!

Next game let's all wear our club shirts $25

Check out more information and photos at

SkiRockford.org

The Changing Season:

As we get started with 2019, along with the rest of the Club's Board members, I hope you and your family/friends had a great Christmas and a safe and enjoyable New Years celebration! It always seems that the holidays get here faster and faster each year! But it is nice to spend time with those we care for along with remembering those friends we said goodbye to over the past year.

Make sure you check out the Trips section this month. Unfortunately, we've had to cancel one of the club trips! Though we've just started the winter season let's start looking forward to those ski outings wherever they may take us. Enjoy the mountains and great times you can experience on ski outings.

Let's see what type of Social gathering Steve has been able to put together to start out this year. But as we mentioned before, if you know of a local place that you think would make a good club outing, let Steve or one of know about it. Your ideas are appreciated in promoting activities for the club and its members.

As we go into January and a new year many of us also make those annual "*New Year's Resolutions*" that we swear we are going to stay true to this year! Well, let me suggest one for you….."This year I'm going to become more active in our ski club"! This can mean that you will come to a few monthly meetings, or attend a social event, get on board for a ski trip, or even volunteer to become a board member. See how this can benefit you and possibly others! Give it some thought and hope to see you in the future.

January leaves us only a few months until we will be holding our board elections. I want to acknowledge those that have been working this past season for your club! This current group has been working hard to set socials, membership gathering, trips and coming up with ideas to get members recognized when on the slopes. Take time to say thanks to them for their time and work to your club. ***Give strong consideration to get involved and join the board! You can be part of the building for future activities and the growth of YOUR club***. Any of your current board members would help to explain what their job is or to give you any insight on how you can help.

This is the time to introduce potential new members to your club so bring your friends with you when coming out to enjoy your RVSA events.

Happy Holidays and the best for the coming year……

Greg Kaski, RVSA President

Sun Peaks Resort

Kamloops, British Columbia, Canada
Trip Captain: Ron Foran
Saturday, February 2, 2019 to Friday, February 8, 2019

Come experience Canadian winter at its finest! This will be RVSA's first trip to Canada's second-largest ski resort: 4270 acres of inbound skiing and riding with 2894 feet of vertical drop in the beautiful mountains of the interior of British Columbia, away from the fog of the coastal mountains! 135 alpine trails include a 10 acre terrain park and 17 glades, and are served by 13 lifts. There are also 23.6 miles of Nordic skiing trails, all covered by an average of 19.7 feet of snow per year. There is truly something for everyone, including a wide range of non-skiing activities at the resort. Our Air Canada flight from O'Hare is scheduled to leave at 5 PM for Vancouver and then we take a short flight to Kamloops. Bus transportation will take us to the 4-star ski-in/ski-out Sun Peaks Grand Hotel with its complimentary ski storage, in-house mountain-view pool, terrace with three hot tubs, health club with a gym and sauna, on-site grocery store, boutiques, restaurants and night club. Each hotel room holds two adults. Breakfast has been arranged for our first morning at the hotel, since we will be getting in too late for grocery shopping. A four-day lift ticket is included with the standard price, and an extra day can be purchased if desired. Or go tubing, snowshoeing, snowmobiling, ice fishing, ice skating or ride in a horse-drawn sleigh! On Friday morning, our bus will return us to the Kamloops Airport for our flights to Vancouver and then Chicago, where we are scheduled to arrive at 4:12 PM. You will then have the weekend to recover and brag to your friends about your trip!

Continued on the following page…

Sun Peaks Resort continued…

Kamloops, British Columbia, Canada
Trip Captain: Ron Foran
Saturday, Feb. 2, 2019 to Friday, Feb. 8, 2019

Price: $1575.00 with a 4-day Adult lift pass
$1540.00 with a 4-day Senior (65 years and older) lift pass.
$1375.00 without any lift pass.
~~24~~ *11 spaces available*. Other lift pass options MAY be available.

A VALID PASSPORT IS REQUIRED FOR TRAVEL

Deposits: At sign-up or by 9/15/2018 — $100.00 (non-refundable)
2nd Payment due by 10/15/2018 — $500.00
3rd Payment due by 11/15/2018 — $500.00
4th Payment due by 12/15/2018 — Final/Full payment

Make cheques out to "RVSA" Payments can be mailed to Ron Foran, 1204 National Avenue, Rockford, IL 61103 or brought to a regular ski club meeting.

Ron's E-mail: ronaldforan53@gmail.com

TRIPS

Whitecap Mountain, Upper Wisconsin (cancelled)

As the season began, I was hoping to be get everyone started with a good weekend outing but unfortunately due to a low sign-up along with other CMSC activities I had to close out the Whitecap outing. It seems that our January schedules have become more crowded and you can only be in one place at a time!

I plan to send out and email survey to see your thoughts or suggestions are regarding specifically our "Weekend UP trips". Let me hear from you so we can make either better choices or look at better dates to schedule trips.

Remember also: Anytime you're out on the slop, why not get some pictures! It's always great to show off you having a good time….*where ever there is*? If you get those *Kodak moments* make sure Emily gets them for publication into your club Lift Ticket!

Happy Holidays and hope to see you at one of our next meeting, thanks for your participation….

Greg Kaski, Trips Coordinator Team Member.

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

We have a price for air for the (Chicago Metropolitan Ski Council) Spring Fling 2019 trip to Breckenridge. The trip runs from Saturday, April 6th to Thursday, April 11th.

The trip price is $705 plus $295 for main cabin on American Airlines out of O'Hare.

Southwest air out of Midway may be available. If it comes in lower, we will use Southwest since they allow 2 free checked bags while American charges $120 r/t for 2 checked bags.

Larry Douglas
CMSC Spring Fling Chair

Get your club shirt
before the first trip!
$25

Check out more information
and photos at
SkiRockford.org

Hello Friends!

I hope you have found your way out to the hills at least once this season. It might be some fickle weather here in the state line but that doesn't mean we can't have some fun.

Our December outing was a blast. A dozen of us went to the Rockford Ice Hogs game and watched them beat the Grand Rapids Griffins. You should have been there (See photo on page 3)!

To celebrate the New Year we are going to try a new place: Hairy Cow Brewing Company. Opened in Late December 2018 Hairy Cow is the first and only brew pub in Ogle County. Put it on your calendar for Friday 1/18/2019. We'll meet there; 450 E. Blackhawk Dr, Byron, IL, at 6 pm for some fine refreshments and brick oven pizza. https://www.facebook.com/Hairycowbrewing/

See you there! Stephen Strombeck

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.

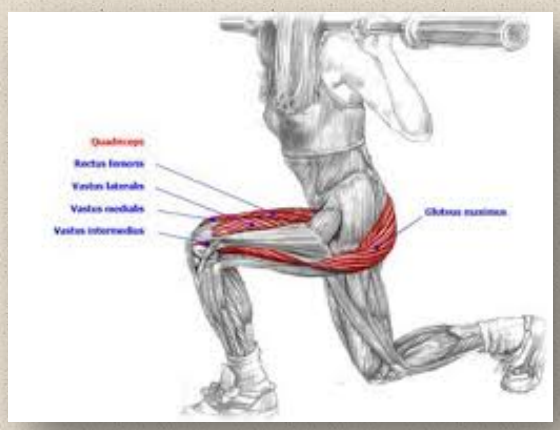
Top tip: Try to land as softly as you can on your feet.

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 probably worked all those muscles when skiing at Chestnut in December when he took this picture.

A beautiful day to warm up those ski legs before the first trip!

Start the new year fresh: Get involved…

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.

RVSA Executive Board

President: **Greg Kaski** 815-275-0085, gkaski_271@comcast.net

Chairman: open

Vice President**: Ray Baker** 815-823-3660

Trips Coordinator: open

Secretary: **Lars Freeman** 815-282-6219, LFREEM@ATT.com

Membership: **Janiece Gehrke** 815-222-6688,

janiecegehrke@gmail.com

Publicity: **Dennis Schneider** 815-978-3039

Treasurer: **Ron Foran** 815-962-9924

Social Director: **Steve Strombeck** 815-260-4094

stephen.strombeck@gmail.com

Ski Master: **Doug Pampe** 815-874-8937

Ways & Means: **Dan McIlvanie** 815-449-2045

Lift Ticket Editor: **Emily Gayle** gayles61107@yahoo.com

Mark Your Calendars:

Tuesday, January 8th, 7:30PM (2nd Tuesday of every month) – Club meeting at Thunder Bay Grille .

Friday, January 18 – 6:00PM Happy Hour at the Hairy Cow., 450 E. Blackhawk, Byron

JANUARY BIRTHDAYS

Sharon Fritts 1
Laurie Eisenbise 2
Derek Sheedy 6
George Fritts 7
Carson Andrew 10
Suzanne Bumbard 16
Joe Shireman 28

RVSA MEMBERSHIP FORM

Please keep your payments and updates coming in! Renewals for Individuals are $20 and couples are $35. If you have had a lapse in membership, your dues would be $25 for an individual and $45 for a couple.

NAME: 1 _____ Birthdate: Month _____ Day_____
First Last

NAME: 2 _____ Birthdate: Month _____ Day_____
First Last

Address _____
Street City STATE Zip

PHONE #1 (_____) _____ PHONE #2 (_____) _____

E-MAIL #1 _____ E-MAIL #2
_____

MEMBERSHIP: **NEW / DELINQUENT MEMBER: Individual - $25 Couple - $45**
(please circle one) **RENEWAL: Individual - $20 Couple - $35**
Please mail my receipt to me: **YES / NO**

Make checks payable to **RVSA** Payment is accepted at monthly meetings or mail to:
Janiece Gehrke 810 Paris Ave. Rockford, IL 61107 janiecegehrke@gmail.com
RECEIPT #_____ CASH / CHECK #_____

For Sale, Swap or Giveaway

Welcome to the new Sale, Swap or Giveaway page!

Any club member interested in advertising your wares in the Lift Ticket, please send the information to Emily:
gayles61107@yahoo.com

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