



www.ashevilleskiclub.com

THE ASHEVILLE AVALANCHE

THE NEWSLETTER OF THE ASHEVILLE SKI CLUB

June 2018

President's Message

Greetings,

I'm looking forward to serving as your newly elected President for the 2018-2019 year and working with the Board of Directors and the Executive Committee.

Bill Melton, past President has done an outstanding job as President for the last two years. Someone should buy him an adult beverage. Thanks Bill for your past, current and future leadership. With your leadership, we have had the opportunity to see good growth in the club, thanks to you and other hard working people.



Our outgoing Treasurer, John Michael Kledis has been a great steward of the club's finances. He's filed our non-profit taxes and balanced our books for the last several years. Thank you John for serving. Kay Haskell has been elected to stand on John Michael Kledis' shoulders and take the club to the next level. Kay is rather new to the club. We were condo mates in Park City. When you get a chance, introduce yourself and say Hello.

Our outgoing Past President, Jeff Kenrick will be coming off the Executive Committee, but will stay on as the Club's Trip Leader. He goes over and beyond the call of duty in making sure we have the finest, low cost but high quality trips. Thanks Jeff for serving on the Executive Committee over the last half dozen years.

Donald Hummel has been elected to continue his work as Secretary. I'm not sure where he finds the time and energy to do this job and his 8 am to 8 pm job, but he does. Thank you Donald for your service. I look forward to working with you this coming year.

(continued next page)

President's Message (continued)

Ron Shulby was elected Vice President/President Elect. Ron has been down this road before and it's a pleasure to have him back on the Executive Committee once again. Ron, I'll be calling on you lots this year. If you see me scratching my head, ask me if you can help. LOL, I will need all the help I can get.

Our trips were rolled out June 1st, so make sure you sign up soon and sign up often. This is a great opportunity for you to network and get to know other members. Thanks to Jeff for coordinating these trips and our Trip Leaders for leading them.

Make sure you check 'em out in this newsletter that awesome Tom sends out every month. Thanks Tom for keeping us between the lines and on time.

George Washington said "Associate yourself with men (and women) of good quality if you esteem your own reputation; for 'tis better to be alone than in bad company." In the coming year, I choose to associate myself with each and every one of you, people of good quality, and did I say fun too? :-)

Regards,

Wayne Bailey [**wayne_bailey642@hotmail.com**](mailto:wayne_bailey642@hotmail.com)

NEXT MEETING

Date: TUESDAY June 12, 2018

Location: Post 25 in Arden

Time: Socializing 6:00 pm

Meeting/Announcements at 7:00 pm



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ASC June meeting will be held at Post 25, 2155 Hendersonville Road, Arden NC. The Community Table is reserved for us.

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Mountain Biking at Bent Creek - Every Wednesday at 5:30pm.
Meet at Ledford parking lot.

Gary Swinea gswinea@yahoo.com

Newsletter Editor's Notes

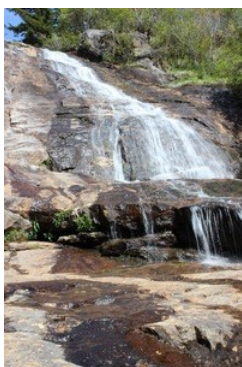
Now that the ski season is behind us I decided to change the editor's picture to something more seasonal. I thought you might enjoy this picture of me from the summer of 1967. Actually, as you might have guessed, this is not from 1967 but from a neighborhood party last year celebrating the 50th anniversary of the Haight-Ashbury Summer of Love. To tell the truth, in 1967 I was an officer in the US Navy, about as far removed as possible from a tripped-out hippie.

As an extra bonus this month, I have something important to share with you. I happened upon this video from 1984 with Johnny Carson interviewing the incomparable Tim Conway. The whole video is worth watching, but I especially enjoyed Tim's skiing stories! Copy this link to your browser and enjoy!!

<https://www.youtube.com/watch?v=6efjXwa8Fyg>



Tom Bushar,
Asheville Avalanche
Editor



Now let's talk about hiking! Yes folks, I will lead another hike this year and I hope we will have even more people sign up than last year's hike to Hemphill Bald. This time it is Graveyard Fields, a 7-mile hike with 1,300 feet elevation in Pisgah National Forest. Right now I'm planning on Saturday, June 30th for the hike. I will send a detailed email with meeting place, driving directions and trail map. I will also provide tips for proper preparation. Let's all keep the ski legs in shape with a good intermediate hike.

One more thing: Be sure to read the CSC President's Update in this edition of the Avalanche. It is Pat Harvey's last Update as she turns over the reins to the new slate of officers. Thank you Pat for your service, and thanks as well to our own Margaret Crum for her service with Crescent Ski Council.

Some Other Reminders

- **THIS JUST IN!!** We are looking for someone to be our Social Media Volunteer. Please contact Wayne Bailey or Ron Shulby if you want to put your hat in the ring.
- If you are a new member please try to get another member to take your picture at any ASC meeting and email it to me at tbushar@gmail.com or to Debbie Melton at Ashskiclub@gmail.com. We try to feature new member names and pictures in the Avalanche so folks can get to know you.
- Find out what's going on throughout the skiing world by visiting the website: <http://skifederation.org> and scroll down to tab called Fed News Beat.
- If you have something that's "fit to print" in the Avalanche, you can email me directly at tbushar@gmail.com with your story and pictures. Your story does not need to be written in final form. I generally edit, elaborate and embellish as necessary to generate interest.

ASHEVILLE SKI CLUB LEADERSHIP CONTACTS

EXECUTIVE OFFICERS

President	Wayne Bailey	wayne_bailey642@hotmail.com	828-275-4566
Vice President/Pres Elect	Ron Shulby	ronshulby@gmail.com	828-777-9511
Past President	Bill Melton	skibill@charter.net	828-243-4366
Treasurer	Kay Haskell	Haskellkm@gmail.com	610-613-4858
Secretary	Donald Hummel	dhummel@waynesvillenc.gov	828-734-8424

BOARD MEMBERS

Chairman	Erik Sandstedt	seasonscatering@charter.net	828-654-9432
Members	John Sherman	jstrailrunner@gmail.com	828-279-3298
	James Baker	james_baker100@att.net	978-855-9335
	Margaret Crum	mcrum211@charter.net	828-280-5239
	Doug MacMillan	dpmacmillan@earthlink.net	828-545-9951

ACTIVITY DIRECTORS

Newsletter	Tom Bushar	tbushar@gmail.com	828-254-4108
Membership	James Baker	james_baker100@att.net	978-855-9335
Publicity	to be determined		
Socials	to be determined		

Club Trips Chair	Jeff Kenrick	jirkenrick@aol.com	828-246-3035
Club Trips Leaders	Jan Van Dine	janvandine@gmail.com	828-275-4327
	Greg Caspers	ggcaspera@gmail.com	970-445-7041
	Paul Dobson	paultdobson@gmail.com	828-775-5132

RACING

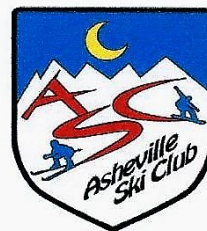
Race Director	Erik Sandstedt	sweski@gmail.com	828-242-1540
Junior Race Captain	Doug MacMillan	dpmacmillan@earthlink.net	828-545-9951
Special Olympics	Sam Lloyd	zlloyd@windstream.net	864-384-4546
Webmaster	Alex Wang	Alex.wang298@gmail.com	828-246-1160

Crescent Rep	Paul Dobson	paultdobson@gmail.com	828-775-5132
Crescent Rep	Bill Melton	skibill@charter.net	828-243-4366
Crescent Trips:	Margaret Crum	mcrum211@charter.net	828-280-5239
	Donald Hummel	dhummel@waynesvillenc.gov	828-734-8424

Asheville Ski Club

Membership Application

www.ashevilleskiclub.com; ashskiclub@gmail.com



Mail to:

Membership
Asheville Ski Club
P.O. Box 211
Asheville, NC 28802

Membership Type & fees:

\$ _____	Single \$35
\$ _____	Family \$60
\$ _____	Junior \$15 (under 18 not part of a family membership)
\$ _____	Racer fee \$35 per racer
<u>\$ _____</u>	Total

Payment method:

☐ Cash
☐ Check

Last Name _____ First Name _____

Last Name - spouse _____ First Name _____

Address _____ City _____ State _____ Zip Code _____

Primary contact: Home phone _____ Cell Phone _____

Primary email address _____

Spouse contact: Home phone _____ Cell Phone _____

Spouse email address _____

Children names (if members) _____

Do you understand and agree that the information given here will be shared in the Asheville Ski Club Directory? ☐ yes ☐ no

I am interested in the following activities:

☐ day ski trips, ☐ long distance trips, ☐ racing, ☐ learn to ski programs, ☐ hiking, ☐ bicycling, ☐ camping

Other _____

Long distance resort/ski town trip request(s): _____

Waiver

By signing this Application for membership in the WNC Skiing and Outing Club, I agree and understand that the Club is a voluntary organization, composed of and run by volunteers. I also understand that the Officers and the members have no professional or special training in conducting Club activities and do not hold themselves out as having such. I acknowledge that the skiing and outdoor sports have certain innate dangers and I understand these risks. I hereby release the Asheville Ski Club and the WNC Skiing and Outing Club, Inc. from any and all liability for any injury that I, or any member of my family, may incur as a result of participating in any Club activities, including economic loss. I understand and agree that the information given here is truthful and honest to the best of my knowledge and will be shared in the Club Directory.

Signature: _____ Date: _____

Signature (spouse if also joining): _____ Date: _____

Guardian (if child is under 18 years old): _____ Date: _____

Membership Memo

What a fast three years to serve as the Asheville Ski Club membership chair. It's been a privilege to serve our club and meet a lot of fantastic skiers, boarders and non-skiers. The club continues to attract more and more members each year. Today we have 315 members.

Jim Baker will be the membership chair beginning June 1. Jim is one of our five board members and loves to ski. He and his wife Janice enjoy ASC trips, socials, and other club activities.

Show Jim your support by renewing your membership again this year. Dues are renewable by September 1st.

Thanks to all for supporting the Asheville Ski Club and its mission. I Look forward to seeing you this summer.

Debbie Melton

News Flash!! Special Member Update

You might remember the article that appeared in the March 2018 ASC Avalanche where we reported that ASC member Nicola Rountree-Williams had taken 1st place at the OPA GS Cup Race in Liechtenstein. Well, her mother Elizabeth has just advised us that Nicola has **MADE THE U.S. SKI TEAM AT AGE 15!!!!**

Elizabeth thanked the ASC for encouraging her and letting her race.

Congratulations, Nicola!!



Member Focus - Erik Sandstedt

I was born and grew up in a small town called Saffle in Sweden. After graduating from Culinary school and Military service I worked 9 years in different ski resorts in Sweden, Norway and US as a chef and ski instructor. In summers I worked as a chef on a cargo ship traveling around Europe. My passion for skiing/racing started early in life and I was an active ski racer for many years as I grew up, and it is still my favorite activity.

I became a level 3 certified ski instructor in April 1996 in a ski resort called Fjater vallen, about 5 hours north of the arctic circle, the very top of Sweden. We got so much snow that week that the lifts were completely buried under snow. We had to be pulled up by snow cats to be able to finish our certification.

I met my wife Caroline, originally from Louisiana in Vail, CO where I was a ski instructor during the 1988/99 season. We got married in Sweden and moved permanently to Asheville and USA in year 2000. We have 3 children, Jack, 18, a senior at TC Robinson who will attend and play soccer for MIT. Michael is 16 and a Freshman at TC and a ski racer, Mia who is 10 and a 4th grader who loves soccer and skiing. I am now the prepared food manager for Earth Fare and my wife Caroline is running a daycare.

After Caroline told me Asheville had a ski club I went to a meeting in 2009 but told her I was not sure this is for me, with a bunch of “older” people who talked about trips and biking and who knows what. I did not see any kids at the meeting and very few people talked to me, but later I met Bill Melton and he convinced me to join the club and the race team in fall 2009.



Erik with Ingemar Stenmark in 1995 in Sweden

I have not missed many races since then and became a passionate club member, board member and chair. I have been race director the last two years. I took an active roll in the club hoping I could bring more kids and families into the club. In the last few years with great supporting members, leaders and dedicated parents I think we have created a “buzz” that goes far outside Asheville. The race team grew from around 30 racers to almost 70 in the last few years and I am hoping we can continue on this path and that ASC will continue to grow and stay active for many years ahead.



Erik in 2018 Cup Run

May Meeting held at Twisted Laurel



New officers and board members were announced at the May meeting.

June Meeting to be held at Post 25

Our Tuesday, June 12th meeting is at Post 25, 2155 Hendersonville Road in Arden. They will be ready for us at 6:00 pm and the Community Table is reserved. Come and enjoy as our new officers take over.



Message from Pat Harvey, Crescent Ski Council

Hi everyone. Hope you've gotten over the withdrawal of the ski/board season. I know lots of the Clubs have some fun summer events coming up over the next several months. Trips are starting to roll out. Just a reminder that the Crescent trips to Steamboat and Crested Butte roll out for registration on June 1st. The first 70 signups for Steamboat will get \$60 off the trip cost. Last year these sold out within about 6 hours so set your alarms for 3 AM EDT and 2 AM CDT and sign up quickly to get the discount.

This will be my last Update as Crescent President. Diane will be taking over starting with the June update. I've enjoyed the time I've spent as Council President and the total of 11 years as an officer of Crescent (Secretary and then Vice President before taking over as President 4 years ago. As you all know, Crescent is the best and so are all of its Clubs and members. I'll be moving into the position of Past President on June 1st. Any ideas or suggestions and of course volunteers are always welcome to help with the Council, please send to Diane Andrews, President effective June 1st. I know Diane will be doing an amazing job as President of Crescent.

Please note that I have a new email address that can be used starting June 1st. Update your contacts for me to crescentpastpres@gmail.com. The crescentskipresident@gmail.com address will remain open so if you or your members forget to send emails to me at the new address, no worries. I'll receive them in both addresses.

See my latest CSC President's Update on the following pages.
Thanks and I hope everyone has a wonderful summer.

Pat

Patricia ("Pat") Harvey
President
Crescent Ski Council
www.crescentcouncil.org
Email: crescentskipresident@gmail.com
Mobile: (704) 451-2664



www.crescentskicouncil.org

PRESIDENT'S UPDATE –May 2018

Congratulations to the Crescent officers for the 2018/19 year who were elected at the Spring Convention:

President – Diane Andrews (Augusta)
Vice President – Mary Anne Koltowich (Knoxville)
Treasurer – Marge Lafferty (Palmetto)
Secretary – Sandy McQuain (Kanawha)

The new officers will take office effective June 1, 2018. If you are interested in getting involved on any of the Committees, please contact Diane Andrews at cscpresident2018@gmail.com.

This will be my last President's Update. Diane Andrews will be taking over as Crescent President on June 1st. Diane will be taking over the Updates starting with June 2018.

I want to thank everyone for all the support you've given me during the 4 years I've been President of Crescent Ski Council. I hope I've helped to make a difference to a Council that is one of the best in the country. I couldn't have done it without all of you!!

PLEASE NOTE: Effective June 1, 2018, I will be using crescentpastpres@gmail.com as my email address. for Crescent Ski Council. Please update your contact information for me.

PAST PRESIDENT (Margaret Crum)

I would like to thank everyone for all the support that you have shown me over the past 4 years serving as your Past President. I will not disappear from CSC and look forward to seeing everyone at Fall Conference, Ski Weeks and Spring Convention.

Margaret P. Crum
Past President
Crescent Ski Council
www.crescentskicouncil.org
Email: mcrum211@charter.net
Home: 828-255-8196
Cell: 828-280-5239

CRESCENT TRIPS (Lisa Beregi)

Steamboat - December 1-8, 2018:

All registrations are online. Remember early bird is set at 70 spots going on sale June 1st for \$1120. Regular price is \$1180. The early bird spots sell-out within hours so mark your calendars for June 1st at Midnight (PDT) which is 3 AM EDT. The trip price does not include air or transfers.

Crested Butte – January 12-19, 2019:

Crested Butte is our 50th Anniversary Ski Week January 12-19, 2018. The Powerpoint was sent to all club Trip Leaders to share with members and they can contact SAT to get club specific flyers and reservation forms. Registrations open on June 1st.

The Trip Committee voted to do a Spain trip March 2020. Let your members know to keep this in their minds as they plan for 2020. It will be a sightseeing with ski option trip, so something for everyone!

Sara Clemons at Sports America also forwarded the below links on the EPIC Passes being offered for active and retired military (and dependents) for \$99 and the discounted pass offered to any vet! **These cannot be purchased through SAT, so share with your clubs. The Military Passes are only good at Vail resorts, not partners, so they would not be valid at Crested Butte, Telluride or A-Basin.** Please read all the FAQs associated with each type of pass.

<https://www.epicpass.com/pass-results/military.aspx>

<https://www.epicpass.com/info/military-faqs.aspx>

If you have any questions regarding trips, please contact Lisa Beregi, CSC Trip Chair, at drlab88@aol.com

RECIPROCAL MEMBERSHIPS FOR TRIPS

We know that some of the Clubs have trips during the off-season months and the 2018/19 trips have begun rolling out. Reminder, Crescent doesn't mandate that member Clubs offer reciprocity on Club trips, but we do recommend that our member Clubs allow members of other Crescent Clubs to participate in their trips and offer a reciprocal membership to the member of another Crescent Club to participate on trips offered by member Clubs. The suggested wording is as follows:

Reciprocal membership is available to persons twenty-one (21) years of age and older who are currently a member in good standing in a Crescent Ski Council Club other than [name of Club]. The reciprocal member shall not be entitled to vote. If a Crescent member in good standing participates in a [name of Club] hosted activity, that person will be charged a \$1.00 membership fee and become a [name of Club] guest member during the activity.

We hope that Clubs will open their trips to other Crescent Club members without the necessity for the member to become a full member of that Club.

CONVENTIONS (Michelle Shuford)

Thank you to everyone who attended and made it a GREAT 2018 Spring Convention. All Tournament, Costume, and Video Competition Winners (including the videos themselves) can be seen on the Crescent website under Conventions. (Thanks to Sue Chadwick for getting those up so quickly!)

A big shift is coming this Fall ... we plan to move the Trade Show component to Fall Conference in Gatlinburg this Oct 26-28th. This is being done so at the request of the vendors. So, mark your calendars. Hotel info and Conference Registration Info will be out soon but if you want to go ahead and book your rooms, you can do so by contacting the Glenstone Lodge in Gatlinburg. (www.glenstonelodge.com) Reminder: For Fall Conference, you book your own rooms thru the hotel and register your warm attending bodies with us.

This upcoming season marks Crescent Ski Council's 50th Anniversary so plan on some fun trips down memory lane! With that said, we want to commemorate this landmark year with as many memories as possible at the 2018 Spring Convention. We want memorabilia and idea's to make this one something special. Please reach out to Pat Harvey (crescentpastpres@gmail.com) and the Carol and Mark McCall from Spartanburg (mmccall1@windstream.net) with your ideas! The McCall's have been members of Crescent since its beginning in 1969! We will also be hosting a Black Tie/Cocktail Dress Formal for the Saturday night Theme so get your bling on and prepare to dress up for the party.

Let's make this a year to remember...before we all get too old and forget! LOL

Michelle Shuford
CSC Convention Chair
skibumlong@aol.com

RACING (Ron Scott)

The dates for the 2018-2019 Crescent Racing program have been submitted to the selected ski resorts. I am waiting on final confirmation from Sugar Mountain.

Once again, I would like to recognize the Asheville Ski Club for the innovative and enthusiastic kid's ski racing program they have ignited. Their kid's racing program has sparked interested from parents and kids not only from their club members but in the Asheville area. The program is set-up to accommodate training and racing during the winter months. In the summer, the Asheville club has organized their own kid's race camp at Mt. Hood, Oregon. It is the club members who are facilitating the entire program.

As a racing program for the Crescent Ski Council, we strive to promote youth development, friendships, friendly competition, team unity and sportsmanship. The Crescent Racing program is for all of Crescent, young, old, single, married. All are welcome to help us continue to keep Crescent Racing the top club racing program in the nation.

If you have a question concerning Crescent Racing, please contact Ron Scott, Crescent Race Director, at rscott013@nc.rr.com.

CSC MEMBER PERK – POINT 6 SOCKS

Please share the 25% off Point 6 sock, Crescent Ski Council discount with all your club members and friends. Point 6 Sock Company donated one pair of Point 6 socks to each Race Camp participant this year at Steamboat. Now, Point 6 socks is offering all Crescent members and their friends a 25% discount on Point 6 socks. All one needs to do is use the code “CSC” and receive a 25% discount off internet orders, www.point6.com. For all internet orders over \$50 free shipping is offered. This offer is extended to all CSC members and their friends, so spread the word. Point 6 Sock Company was started by Peter Duke who founded Smartwool Sock Company. The quality, comfort, and fit of Point 6 socks are better than what one experienced from other wool socks.

MEMBER SERVICES (Ken Lumsden)

Reminder to make sure to send your Officer/Director/BOD/Rep updates to Bruce McMurray, Database Coordinator, at snowdawgasoc@bellsouth.net. We know some of the Clubs have elections this time of year so please help us keep the Club database up-to-date. Include name, mailing address, phone numbers (home, work, mobile), email address and Board position(s). Thanks.

SOCIAL MEDIA (Pat Harvey)

Crescent is on Facebook, Twitter and Instagram. If you’re following us, you know we regularly post lots of information from resorts and report ski industry news from all over the country and we post pictures from all of the Crescent trips and events. You can tag us at “Crescentski” on any posts on Facebook, Twitter or Instagram. Spread the word to your members!!

Crescent Racing (“Crescentskiracing”) is also on Facebook. Thanks to everyone who posts information and pictures on the CSC Racing page. We are still looking for volunteer racers who would like to help us set up Twitter and Instagram for Racing. If interested, please contact Pat Harvey.

Any questions, ideas or suggestions regarding Social Media, please contact Crescent’s Social Media Chair, Pat Harvey, at crescentpastpres@gmail.com (note new email address effective June 1st). Make sure to spread the word on Crescent’s Social Media pages to your Club members and friends.

NATIONAL SKI COUNCIL FEDERATION

Crescent is a Charter Member of the **National Ski Council Federation (“NSCF”)**. There are 29 Member Councils in NSCF across the US. As a member of Crescent Ski Council, you are also a member of the NSCF. Lisa Beregi, CSC Trips Chair, is also current President of NSCF. Pat Harvey is NSCF’s Social Media Chair. NSCF has some excellent benefits and discounts available and more are being added regularly. Please visit the website, www.skifederation.org, for member only benefits.

The NSCF site allows you to search for all benefits by category allowing you to find what you’re looking for much faster. You’ll need to register on NSCF’s website but once you’re signed up, you can take

advantage of all the benefits that are available. Please spread the word to your Club members. Make sure to take advantage of the many benefits that are available to all of you through NSCF.

Make sure also to like and follow the National Ski Council Federation on Facebook, Instagram and Twitter. Spread the word on NSCF's Social Media pages to your Club members. Tag NSCF @natlskifed and spread the word on the Federation and its Facebook page.

LAST BUT NOT LEAST

Please pass along the monthly President's Updates to your members, include them in your Club newsletters and/or place them on your Club's web site. Let's keep our members informed! If you don't publish a newsletter, direct your members to Crescent's website, www.crescentsskicouncil.org. The Crescent President's Updates are posted there each month. If your Club sends electronic newsletters and emails to your members, please add me to your e-list and also add Diane Andrews, incoming CSC President (cscpresident2018@gmail.com)!! I again want to give a super big thanks to all the Clubs who send me their newsletters and updates and share our social media posts!!

Keep the ideas coming to keep Crescent the **BEST** Council in the country!! New volunteers are always welcome!! Please send Diane Andrews, President-Elect (cscpresident2018@gmail.com), your suggestions and recommendations. Reminder that we'd love to have more of our members involved. Contact Diane if you're interested and to learn more.

Thanks again for all of your support not only to me but to all of Crescent Officers and Committee Chairs. I hope everyone has a wonderful summer.

Patricia ("Pat") Harvey, President

Crescent Ski Council
www.crescentsskicouncil.org
5836 Crossing King Drive
Charlotte, NC 28212
Phone: (704) 451-2664
Email: crescentsskipresident@gmail.com

Ski Safety and Helmet Use

In the early 1970s, fewer people hit the slopes every year and yet the incident of ski injuries was about 50 percent higher than it is today. Experts attribute the decline in injuries, particularly serious ones, to improvements in ski safety equipment as well as increased helmet use by skiers of all ages.

According to recent studies, wearing a helmet minimizes or even eliminates your risks of suffering minor injuries and decreases your chances of a skull fracture or other serious head injury by 30 or more percent.

The Popularity of Skiing and Decline of Ski Injuries

More than 51 million people visit ski areas and resorts in the United States each year according to the National Ski Areas Association (NSAA). With the astounding popularity of skiing in contemporary American culture, it should come as no surprise that accidents happen. After all, every sport or hobby comes with a certain degree of risk, and the slopes can be a dangerous place if you're not properly outfitted for ski safety.

At today's resorts and ski areas, accidents occur at a rate of about two per every 1,000 visits. These estimates, published by the NSAA, account for all injuries, including minor and severe.

Although annual accident totals haven't declined, the number of severe injuries and fatalities has dropped sharply over the last several decades. Experts at John's Hopkins University, among others, attribute the decrease in serious injuries to a number of factors, including increased skier awareness, better equipment, and how often participants of all ages now wear helmets when skiing and snowboarding.

Helmets and Other Safety Precautions

Serious injuries among skiers and snowboarders happen at a rate of about 45 per year, and about 41 people die annually from skiing and snowboarding related accidents. These figures may seem daunting at first, but the National Safety Council (NSC) and the Insurance Information Institute put skiing and snowboarding risks into perspective by comparing these winter sports with other hobbies and everyday activities.

For example, more than 3,000 people die every year from accidental falls, while more than 50,000 bike riders suffer injuries annually. These kinds of comparisons illustrate the relatively low risks skiers and snowboarders face.

(continued next page)

Ski Safety (Continued)

Skiers and snowboarders can take additional precautions to lessen their chances of injury even further. [Wearing a helmet](#) is among the most beneficial and simple of precautions. Helmets are widely available for skiers of all ages and even the least expensive helmet is designed to prevent injuries at speeds of up to 12 miles per hour. High velocity skiing may require a pricier helmet, but the additional expense is worth it when considering added safety.

Ski safety experts, like [Dr. Jasper Shealy](#), professor emeritus at John's Hopkins, caution skiers and snowboarders to study their craft and remain alert at all times. Taking skiing classes as a novice can add to on-slope safety in the long run. Being aware of one's surrounding and not taking undue risks is a big part of ski safety as well.

In fact, serious skiing accidents and fatalities are the most likely to occur among risk-takers. These individuals, [according to Dr. Shealy](#), are typically younger men who throw caution to the wind in nearly all aspects of their lives. These same people are also the most likely to suffer serious injuries in other activities, including everything from crossing the street to driving a car to riding a bike. In other words, a skier's own level of caution when visiting a ski area influences his or her injury risks.

In Conclusion

Just as a driver can't eliminate all crash risks, even the most cautious skier cannot avoid all falls, collisions, or other accidents. Wearing a helmet abates your risks, if you are ever involved in a skiing accident, so most skiers look at helmets as an affordable form of insurance.

Other factors that influence your safety on the slopes include the use of good quality ski equipment, getting [appropriate ski training](#), and ensuring you exercise proper caution otherwise. When you combine these strategies with a good helmet, you significantly increase your chances of enjoying a vacation or weekend getaway injury free, no matter how many times you visit ski areas every year.

This article was created by www.personalinjury-law.com, an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only. It's always up to you if you wish to wear a helmet, but just remember that you could save lives if you choose to do so!

Member Business Cards

How about letting Asheville Ski Club help you advertise your business? Or maybe you would just like to let your fellow members know what you do for a living. We welcome you to share your business card by having it published in the Asheville Avalanche monthly newsletter. Just send a copy of your card to Tom Bushar at tbushar@gmail.com.



Local ASC Yahoo Group

Be sure to catch all the opportunities for joining other ASC members in local group activities. You can tie in with other members that might be skiing, hiking, tubing or camping together beyond planned ASC events. Just go to the following website: groups.yahoo.com/neo/groups/ASCskis/info.

You can join in the general group and join the conversations and plans.

Saturday June 9 Asheville Half Marathon and 10K

Saturday, June 9th, there is a need for volunteer Water Station and Race Marshals for the Asheville Half Marathon and 10K. <http://www.ashevillehalfmarathon.com/>

Contact Wayne Bailey 828-775-4566 wayne_bailey642@hotmail.com

You will pick-up your shirt and race SWAG at the Hilton Garden Inn 309 College Street at the corner of College and MLK downtown Asheville on Friday, June 8th. from 9 am - 6 pm.

You will be given an assignment and location from Wayne Bailey or the race organizer prior to the event. We will meet ahead of time and hand out high visible traffic vest. No traffic directing will be required, just directing runners at intersections. Asheville Police will be on scene for traffic directing. At the end of the race, you will need to bring me the traffic vest back. We will set up a meeting point.

Who's in? Bring your kids to help hand out water and significant others. Only adults will be selected as Marshals. make it a family fun day.

When you sign up, let me know if you have a preference to volunteer as a Marshal or at a Water Station

ASC Social Media Volunteer Needed

THIS JUST IN!! We are looking for someone to be our ASC Social Media Volunteer. Please contact Wayne Bailey or Ron Shulby if you want to put your hat in the ring.

ASC Mount Hood Race Camp

Sun, Jun 24, 2018, 7:00 PM –

Sun, Jul 15, 2018, 10:00 PM

Hey folks!

This is just a reminder that it's not too late to sign up for the ASC Racing & Development Camp on Mt. Hood.

The racing lane is reserved, Nanitch Lodge is reserved and staff is being hired.

Brenda Barbour-Mulcahy is returning as camp director, along with Coaches Sara Beekman and Thea Van Sickie Young. We are also adding a few other coaches to the roster.

We are taking applications for 4 parent volunteers each week, as well as Counselors in Training. All documents can be found on the website.



We're also looking for sponsors of the camp - whose logo would appear on materials such as sweatshirts and other swag.

Please email me at stephaniecarson123@gmail.com if you have any questions.

You can also contact Joe Lackey or Ken Porter-Shirley.

Here is the link to registration payment:

<https://www.eventbrite.com/e/asheville-ski-club-racing-development-camp-tickets-38148935493>

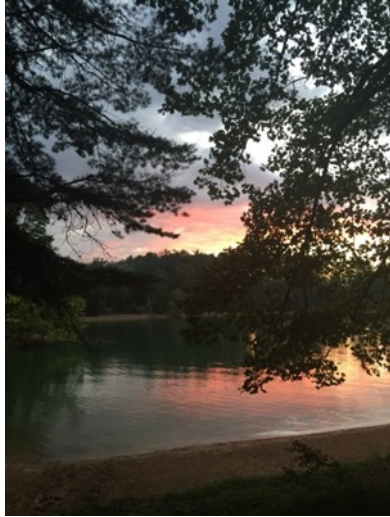
The following link takes you to the website home page:

www.ascrdt.com.

Thanks again and we look forward to another fabulous and memorable summer!

Stephanie Carson

South Holston Lake Annual Campout
Aug. 16-18, 2018



Here we go again...

It gets a little better every year and this will be no exception! Join us for a fun filled weekend as we merge with the East Tennessee club on beautiful South Holston Lake.

South Holston Lake offers the beauty of the South along with the ability to have some fun in the sun! It's known for its smallmouth bass fishing, unspoiled scenery, waterfront restaurants and water activities.

We have a limited number of spots so do not delay. Cost is \$75 per person and covers most meals and the camping site. We also give the East Tennessee folks money for gas (House boat, jet skis and pontoon boats). Only 5 people per camp site with a maximum of two cars, please consider carpooling.

Contact Jeff Kenrick
jphenrick@aol.com



NASTAR NATIONALS RETURN TO SQUAW VALLEY | ALPINE MEADOWS

OLYMPIC VALLEY, Calif. (May 31, 2018) – U.S. Ski & Snowboard announced today that the Liberty Mutual Insurance NASTAR National Championships will return to Squaw Valley Alpine Meadows April 3-7, 2019. With U.S. Alpine Championships and Noram Finals wrapping up in March, the early April dates will allow for maximum attendance from U.S. Ski Team members and ideal timing for good snow cover at Squaw Valley.

The passion and dedication of the NASTAR community was on full display at last year's Nationals at Squaw Valley, complimented by steep, fast courses, celebrity pacesetter appearances from the likes of Daron Rahlves and Marco Sullivan and a wide range of entertainment options at the resort and beyond.

"Squaw Valley showed such dedication to putting on a great event for our racers last year, said Director of NASTAR Bill Madsen. "We are excited to bring the Liberty Mutual Insurance NASTAR National Championships back to Squaw Valley and once again provide the NASTAR nation with the opportunity to experience western spring skiing in all of its glory."

Squaw Valley sees an average of six feet of snow in the month of March, making early April a prime time for a racing event. In addition to great skiing conditions, the Tahoe area has plenty of activities for the NASTAR individual and family alike. Squaw Valley offers activities like snow tubing, mini-snowmobiling and a free Olympic Museum accessed by the scenic Aerial Tram to High Camp at 8,200 feet. The stunning blue water of Lake Tahoe is just a 10 minute drive from the resort. The North Lake Tahoe and Truckee areas have a diverse range of dining options, museums, activities, events and nightlife.

"Everyone at Squaw Valley | Alpine Meadows is looking forward to hosting our second year of NASTAR Nationals," said James Clifford, Squaw Valley events services manager. "We saw a record-breaking year in participation in the NASTAR race course at the resort, which tells us that interest in our region is growing rapidly. The season-long course is a fun, easy way for skiers and riders of all ability levels to try out racing. The stoke level of the NASTAR athletes is something that brings amazing energy to both of our mountains and we can't wait to entertain these passionate racers for yet another year."

NASTAR participants qualify for the championships by earning a top ten national ranking or a top five state ranking within their age, gender and ability group by February 19, 2019. Racers can also qualify by earning a top ranking at their favorite resort or at the Regional Championships. In addition to the Alpine Ski division, the NASTAR National Championships will also host snowboard, telemark and physically challenged disciplines. Just a 45-minute drive from the Reno-Tahoe International (RNO) airport via all-weather Interstate 80, Squaw Valley Alpine Meadows can be easily reached on nonstop flights daily from 20 U.S. cities including Atlanta, Chicago, Dallas, Los Angeles, Minneapolis, New York and more. For more information, visit nastar.com.

[Click here for photos and b-roll of 2017 NASTAR National Championships*](#)

**Courtesy Squaw Valley Alpine Meadows, for editorial use only*

TRIPS TRIPS TRIPS 2018-2019 TRIPS TRIPS TRIPS

Trips go on sale June 1st



December 1-8th 35th Annual Crescent Ski Council Race/Ski/Ride Camp.
Email contact: Margaret (mcrum@charter.net)
Early bird first 70 people sign-up discount \$60 (usually lasts about 24 hours)

(IKON PASS)



January 12th-19th - Crescent Ski Council trip
Email Contact: Greg (ggcaspers@gmail.com)

(EPIC PASS)



January 26-Feb. 2nd Club Trip
Email contact: Jeff (jpkenrick@aol.com)

(IKON PASS)



February 16th-23rd Club Trip
Email Contact: Paul (paultdobson@gmail.com)

(MOUNTAIN COLLECTIVE PASS)



March 23-31 International Club Trip (not including time required going to and returning from LAX)
Email Contact: Jan (janvandine@gmail.com)

(EPIC PASS)



TBD-End of Season Crescent Ski Council Race Finals- All Welcome
Email Contact: Jeff (jpkenrick@aol.com)
Sign-up deadline Jan. 10th

(IKON PASS)

See posters on following pages

Steamboat 35th Annual **Race/Ski/Ride Camp**

December 1-8, 2018



TRIP INCLUDES:



7 Nights Lodging

The Lodge at Steamboat



6 Day Lift Pass

Kids Ski Free (12 & Under) when parents purchase ticket



5 Day Lesson Package



Group Events

Welcome Reception, Western BBQ Dinner, Apres Parties
3 Mountain Lunches, Awards Banquet w/door prizes

**STARTING AT
\$1120 per person**



Exclusive Discounts

Great deals on equipment rental, airport transfers & more



Sign up at www.sportsamerica.com/csctrips
Questions: email csc@sportsamerica.com

CRESCENT
SKI COUNCIL
Since 1959


CRESTED BUTTE
MOUNTAIN RESORT
COLORADO



The Plaza Condominiums



CRESCENT SKI WEEK 2019!!

January 12-19, 2019

- 7 nights at The Plaza (2/3bdrm condos) or The Grand Lodge (studios)
- 5 day lift pass valid at Crested Butte. 3/4/6 day options
- Ground Transportation to Crested Butte
- Social Activities include Welcome Reception, Apres Ski Parties, Trip Dinner, souvenir and more!
- Group rate discounts on equipment rentals
- **OPTIONAL:** Group air to Montrose (\$614, limited space)
- **OPTIONAL:** Travel Protection plan available

For more
information:

Greg Caspers:
970-443-7041
ggcaspers@gmail.com

BASE GROUND PACKAGE
ONLY **\$1065** per person



Register online: <http://csc CrestedButte.sat.tours>
www.ashevilleskiclub.com



Steamboat®

JAN 26-FEB 2, 2019



Package:

Complete Package Includes:

\$1,627 pp

- 7 Nights at *The Lodge At Steamboat*: \$754.00
- R/T Air into Hayden: \$570.00
- Transfers with grocery stop
- 5 Day Lift Ticket: \$303.00
- \$50 food credit will be in the form of (5) \$10 lunch vouchers (*group must purchase 25 - 5Day Lift Tickets*)
- Group Activities

**Pricing & schedules subject to change.*

For Details Contact:

Jeff Kenrick

jeffcre@exitrealtyvistas.com



IKON
PASS



<https://www.winterskiandsport.com/shop>

TAOS



A WEEK IN TAOS, NEW MEXICO

February 16-23, 2019

- 7 nights lodging at The Inn at Snakedance
2bed/2bath deluxe condos
- 5 day lift pass. Senior and other pass lengths available
- Group ground transportation
- Welcome Reception, souvenir vest,
baggage handling and more!
- Discounted ski week lesson program available
- OPTIONAL: Group air to Albuquerque
- OPTIONAL: Travel Protection plan available

For more
information:

Paul Dobson:
828-775-5132
pauldobson@gmail.com

BASE GROUND PACKAGE
ONLY **\$1331** per
person



Register online: http://asc_taos.sat.tours
www.asheilleskiclub.com



Asheville Ski & Outing Club presents **JAPAN** *March 23-31, 2019*

\$2260* includes: (*based on the Yen@110)

- Air from Los Angeles to Narita, Japan
- Meet/greet with local guide at Narita
- Transfers from Narita to Hakuba on private motor coach with English speaking guide
- 5 nights accommodations at the 4 star Hotel Mominoko
- Breakfast buffet daily
- Dinner at the hotel for 2 evenings (First and last nights)
- Luggage transfer between Hakuba and Tokyo Airport (2 bags per person)
- Transfers between Hakuba and Nagano via private coach
- Meet local assistant at Nagano Station to board train to Tokyo
- Transfer between Nagano and Tokyo via bullet train
- Meet at Tokyo Station with local guide for City tour of Tokyo, ending at Tokyo hotel
- 2 nights accommodations at the 4 star Shinagawa Prince Hotel
- Breakfast buffet daily in Tokyo
- Transfer between Tokyo and Narita Airport via private coach. All Local taxes
- All air taxes (subject to change until tickets are issued)

FLIGHT SCHEDULE on ANA: Subject to schedule changes

23 Mar	NH 175	LAX/NRT	11:20AM—3:20PM
31 Mar	NH 176	NRT/LAX	4:05PM —9:50AM

Contact: janvandine@gmail.com