



[www.ashevilleskiclub.com](http://www.ashevilleskiclub.com)

## THE ASHEVILLE AVALANCHE

### THE NEWSLETTER OF THE ASHEVILLE SKI CLUB

March 2018

#### President's Message

Greetings,

As spring rolls in we reflect on the past few months of winter. Asheville Ski Club has enjoyed ideal ski conditions locally, trips that range from the American West to the Italian Dolomites and we celebrate another successful year with our award winning race team.

Before moving forward in the president's message I would like to offer my condolences to the family of Maria Noakes. Maria's life was taken by the waters of the Cheoah River on March 3, 2018. Maria was not only an accomplished paddler but also was a racer in the ASC program.

Over 50 members from our club recently participated in two ASC trips. Jeff Kenrick led a European trip to Val Gardena & Venice Italy from January 26<sup>th</sup> to February 6<sup>th</sup>. The group enjoyed world class skiing and sightseeing. The second club trip was to Park City, Utah led by Wayne Bailey from February 24<sup>th</sup> to March 3<sup>rd</sup>. Members also enjoyed fantastic ski conditions at Park City, Canyons Resort and Deer Valley. Thanks to Jeff and Wayne for organizing and leading these trips.

Jeff, Wayne, Paul Dobson and Jan Van Dine are planning the 2018-2019 club trips. Please send them a text or email and express your skiing interest for next season.

At the March 13<sup>th</sup> meeting we will take nominations for 2018-2019 executive and board positions. Open offices are secretary, treasurer, vice president and one board position. Please submit nominations to Wayne Bailey [bailey642@hotmail.com](mailto:bailey642@hotmail.com) or present at the March 13<sup>th</sup> meeting. Elections will be held at the April meeting.

Racing conditions were great before early spring conditions canceled two races and the Crescent Cup competition at Silver Creek / Snow Shoe. Our Asheville team finished in first place in the Crescent Western Division after the last race at Canaan Valley. Season race statistics are being calculated to determine individual awards. A review and awards will be presented at the April meeting.

*Bill Melton*    [skibill@charter.net](mailto:skibill@charter.net)



## **NEXT MEETING**

**Date: TUESDAY March 13th, 2018**

**Location: The Twisted Laurel Downtown**

**Time: Socializing 6:30 pm**

**Meeting/Announcements at 7:00 pm**



[www.ashevilleskiclub.com](http://www.ashevilleskiclub.com)



ASC March meeting will be held at The Twisted Laurel, 130 College Street in downtown Asheville. Important ASC officer nominations meeting.

### **CONTENTS**

ASC Avalanche Newsletter Editor's Notes - page 3

ASC Leadership Contacts - page 4

Membership Application Form - page 5

Membership Memo - page 6

March Member Focus, Peter Lourekas - page 7

Meeting notes - page 8

ASC Member Business Cards & Skis for sale - page 9

Yahoo Activity Group for ASC Members - page 9

Report on January 25 Movie Showing - page 10

Report on Jan 26-Feb 6 ASC Val Gardena trip - pages 11-13

Report on Feb 26-Mar 3 Park City trip - pages 14-16

Report on Nicola Rountree-Williams success - pages 17-19

April 26-28, 2018 CSC Spring Convention at Myrtle Beach

Visit [ashevilleskiclub.com](http://ashevilleskiclub.com), go to CSC link to get details and download forms to register for convention and golf.

June 24-July 15 ASC Mt. Hood Race Camp - page 20,21

2017-2018 Ski Trips Summary & Updates - page 22

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

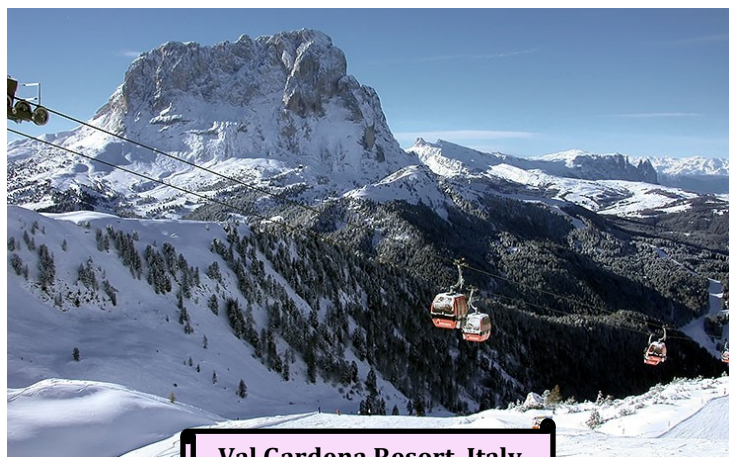
Gary Swinea [gswinea@yahoo.com](mailto:gswinea@yahoo.com)

## Newsletter Editor's Notes

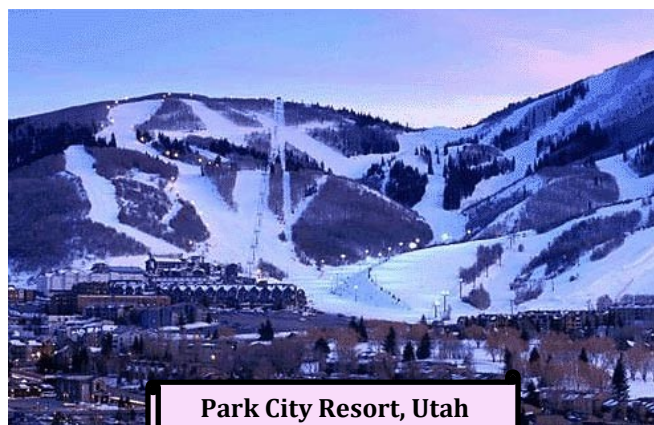
Well, folks, you are in for a big treat in this month's Asheville Avalanche newsletter. We have two, yes two ski trip reports for you! The exotic Val Gardena/Venice Italy trip and the Park City/Canyons/Deer Valley trip report. Both were outstanding trips and are great examples of the wonderful benefits bestowed upon those intelligent people who join the Asheville Ski Club. Be sure to read all the details and drool over the pictures in these reports. The Val Gardena report can be found on pages 11-13 and the Park City report is on pages 14-16.



Tom Bushar,  
Asheville Avalanche  
Editor



Val Gardena Resort, Italy



Park City Resort, Utah

## Special Reminder

Please keep Jim Baker in your thoughts as the surgery on his kneecap requires 6 months to heal. He and his wife Jan have expressed their appreciation for the card sent by the ASC members wishing him well.

## Some Other Reminders

- If you are a new member come see Jeff Kenrick, Bill Melton or Tom Bushar at any ASC meeting to have your picture taken. We would like 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.
- Check out the ASC Facebook page and give us a "like."
- If you have something that's "fit to print" in the Avalanche, you can email me directly at [tbushar@gmail.com](mailto: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

<b>President</b>	Bill Melton	<a href="mailto:skibill@charter.net">skibill@charter.net</a>	828-243-4366
<b>Vice President/Pres Elect</b>	Wayne Bailey	<a href="mailto:wayne_bailey642@hotmail.com">wayne_bailey642@hotmail.com</a>	828-275-4566
<b>Past President</b>	Jeff Kenrick	<a href="mailto:jphenrick@aol.com">jphenrick@aol.com</a>	828-246-3035
<b>Treasurer</b>	John Michael Kledis	<a href="mailto:johnmichaelk@gmail.com">johnmichaelk@gmail.com</a>	828-242-6971
<b>Secretary</b>	Donald Hummel	<a href="mailto:dhummel@waynesvillenc.gov">dhummel@waynesvillenc.gov</a>	828-734-8424

### BOARD MEMBERS

<b>Chairman</b>	Erik Sandstedt	<a href="mailto:seasonscatering@charter.net">seasonscatering@charter.net</a>	828-654-9432
<b>Members</b>	Paul Dobson	<a href="mailto:paultdobson@gmail.com">paultdobson@gmail.com</a>	828-775-5132
	James Baker	<a href="mailto:james_baker100@att.net">james_baker100@att.net</a>	978-855-9335
	Margaret Crum	<a href="mailto:mcrum211@charter.net">mcrum211@charter.net</a>	828-280-5239
	Doug MacMillan	<a href="mailto:dpmacmillan@earthlink.net">dpmacmillan@earthlink.net</a>	828-545-9951

### ACTIVITY DIRECTORS

<b>Newsletter</b>	Tom Bushar	<a href="mailto:tbushar@gmail.com">tbushar@gmail.com</a>	828-254-4108
<b>Membership</b>	Debbie Melton	<a href="mailto:Ashskiclub@gmail.com">Ashskiclub@gmail.com</a>	828-674-9323
<b>Publicity</b>	to be determined		
<b>Socials</b>	to be determined		

<b>Club Trips Chair</b>	Jeff Kenrick	<a href="mailto:jphenrick@aol.com">jphenrick@aol.com</a>	828-246-3035
<b>Club Trips Leaders</b>	Jan Van Dine	<a href="mailto:janvandine@gmail.com">janvandine@gmail.com</a>	828-275-4327
	Gina Alberti	<a href="mailto:ginamariesheville@gmail.com">ginamariesheville@gmail.com</a>	828-808-2843
	Joe Lackey	<a href="mailto:jlackeyalpine@gmail.com">jlackeyalpine@gmail.com</a>	704-236-8340

### RACING

<b>Race Director</b>	Erik Sandstedt	<a href="mailto:sweski@gmail.com">sweski@gmail.com</a>	828-242-1540
<b>Junior Race Captain</b>	Doug MacMillan	<a href="mailto:dpmacmillan@earthlink.net">dpmacmillan@earthlink.net</a>	828-545-9951
<b>Special Olympics</b>	Sam Lloyd	<a href="mailto:zlloyd@windstream.net">zlloyd@windstream.net</a>	864-384-4546
<b>Webmaster</b>	Alex Wang	<a href="mailto:Alex.wang298@gmail.com">Alex.wang298@gmail.com</a>	828-246-1160

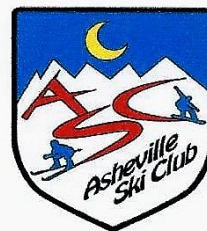
<b>Crescent Rep</b>	Paul Dobson	<a href="mailto:paultdobson@gmail.com">paultdobson@gmail.com</a>	828-775-5132
<b>Crescent Rep</b>	Bill Melton	<a href="mailto:skibill@charter.net">skibill@charter.net</a>	828-243-4366
<b>Crescent Past Pres</b>	Margaret Crum	<a href="mailto:mcrum211@charter.net">mcrum211@charter.net</a>	828-280-5239
<b>Crescent Trips:</b>	Margaret Crum	<a href="mailto:mcrum211@charter.net">mcrum211@charter.net</a>	828-280-5239
	Donald Hummel	<a href="mailto:dhummel@waynesvillenc.gov">dhummel@waynesvillenc.gov</a>	828-734-8424



## Asheville Ski Club

### Membership Application

[www.ashevilleskiclub.com](http://www.ashevilleskiclub.com); [ashskiclub@gmail.com](mailto: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>	<b>Total</b>

#### 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**

**Total for the year – 308 members**

**Thank you for renewing your membership and a big thanks to all of the new members who joined this year. We're an active club with activities happening throughout the year. Check the newsletter and Facebook for upcoming events that may be of interest to you.**

**Share the good news from our club with your friends and family.**

**All are welcome to join the fun.**

**Debbie Melton, Membership Chair**

### **Welcome new members:**

Liisa Andreassen & John Godts Justin Dewaider Karen Koenig Joe, Kathryn, Ben & Gregor Scott
--

### **Asheville Ski Club's newest and youngest member:**

**Gwendolyn Chloe Crum: Feb.2, 2018: 7lbs. 14 oz; 20.5 inches**



**Kate, Andy, James, Emma and Gwendolyn Crum**



**Proud grandmother – Margaret Crum**

## **March Member Focus—Peter Lourekas**

My wife Elaine and I have been living in Asheville for almost five years. We are both retired now. I am a relatively new member of the ski club, having joined in January 2017. I am really glad I joined as I have been able to go skiing at Beech or Sugar with other club members during last season and the current season.



Peter at Sugar Mountain

My first ski adventure happened when I was at college in Virginia in 1973. A student from Maine convinced me to go with him to try a new resort nearby. He skied the Blacks while I took the total beginners' lesson on the bunny slope. I tried a Green and then my friend suggested I try a more "challenging" trail. I became that guy who snowplows from one side of the trail straight to the other side all the way down the trail. I hated it and didn't give skiing another thought until Elaine and I moved from downtown Manhattan (where we were artists) to Westport, CT with our twin girls. (Elaine and I worked at home, so home could be anywhere.)

Friends told us to drive up to Vermont and take several days of lessons, which we did in February of 2005 at Stratton Mt. I was 53 years old and not sure I could do it, but the instructors were great and I became hooked. Thank you shaped skis; couldn't have done it without you.

Elaine dropped out the 2<sup>nd</sup> year so we started our dad-and-daughter ski outings in VT. We fell in love with Sugarbush (and Pico) and skied them every chance we had. (They also had Waffle Huts at the base of the mountain—an absolute requirement of any ski resort for my then teenage daughters.) Great snow at the end of February motivated me to improve my skill level to handle wider skis and more difficult trails.



Peter with daughter Simona at Mt Snow

My best skiing experience happened this past March of 2017. Daughter Simona and I went to Mt Snow in VT during her spring break from grad school. Our first encounter with Mt Snow's trails was on the morning of a blizzard. The mid-mountain trails had a few inches of fresh snow and so-so visibility, but at the summit it was a whiteout with strong winds. Luckily we found a Blue trail and skied down to the base.

They had to close the mountain that day, but the storm delivered 25+ inches of snow and the next three days were fantastic skiing. I demoed wider skis and ended up buying my first pair of skis (Rossignol Experience).

By the time you read this, I will have been on my first club trip, the Park City trip. It will be my first time skiing out West and I am sure it's going to be a great experience.



## **February 13, 2018 meeting**

In February we met at the Twisted Laurel. Jeff reviewed the Val Gardena trip including a slide show. Doug McMillian and Erik Sandstedt spoke about our very successful ASC racing program.

Jeff asked the members present to be thinking about 2018-2019 trips and let him know about any particular interest.



## **March 13, 2018 meeting**

Again we will meet at the Twisted Laurel. Nominations will be taken for President Elect, Treasurer, Secretary and one board position (three year term).

Elections will be at the April 10th meeting. Terms begin on June 1st.





## 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](mailto:tbushar@gmail.com).



## Salomon QST Lux 92 Womens Skis 2018



## Skis For Sale

**BRAND NEW - 2018 Salomon QST Lux 92 Women's Ski 161cm for sale**

**Asking \$400 or best offer**

**All-Mountain Ski**

**Contact Ron Shulby [828 777 9511](tel:8287779511)**

## 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](https://groups.yahoo.com/neo/groups/ASCskis/info).

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

## **Movie Showing - *Same Difference*** **By Legs of Steel**

The North American premiere of *Same Difference* from the Austrian production company Legs of Steel was shown at the Orange Peel on January 25. Prior to the film, a raffle was held to benefit the Asheville Ski Club Ski Team. It was a great success raising over \$500. Thank you to everyone who attended, helped with the event, and especially all of our sponsors.

### **National Sponsors**

Audi of Asheville - gift bag of Audi swag

Red Bull Empire Distributors - chalkboard. Red Bull beverages

### **Local Sponsors**

Custom Shot Skis - K2 shotski. Salomon shotski

Ski Country Sports - 2 chances to win 1 of 2 prize packages. Gift certificate, water bottle, hat.

Honey Creek Pottery - Handcrafted coffee mug, egg tray, bowl, and necklace.

Pilot Cove - Enjoy a free night when you book two or more. T-shirts, koozies, water bottles

Green Man Brewery - Gift basket of Green Man swag

Eagles Nest Outfitters - ENO hammock

Astral Designs - 2 chances to win 1 gift certificate for a free pair of shoes

Cataloochee Ski Area - 4 chances to win 1 of 4 unlimited season passes for the 2018/19 ski season.



## **Asheville Ski Club Trip-Italy 2018**

### **Selva di Val Gardena/Venice**

Selva, described as a lovely village at the end of the Gardena Valley, lies below the majestic Sella Massif and directly on the legendary "Sellaronda" ski tour. It welcomes visitors with a captivating combination of sporting challenges and leisure activities.

There is always something to do on a holiday in Selva Val Gardena, from wonderful skiing with the plus of "ski in – ski out", an enjoyable hike and breath-taking rock- and ice-climbing to a cozy drink in an alpine hut or a fun get-together in an après-ski bar. You certainly won't have time to get bored on a trip to Selva Val Gardena. Very true.

Carnevale is one of the biggest celebrations in Italy. No other place on earth does it like Venice. We experienced this wonderful city at its most festive and colorful time of the year. Awesome....

It isn't often that a trip with such high expectations exceeds those expectations. That was the case for this trip. The folks that enjoyed this trip were treated to a fantastic hotel in Selva with food that was a culinary treat day after day. The snow conditions were solid with ideal temperatures and plentiful sunshine. A guided tour was available every day for a bargain price of 10 euros. Just to give you an idea, the Monday tour took us around the Sellaronda with a side trip to the Marmolada.

The Marmolada glacier is certainly one of the most majestic mountains to admire. It is 10,725 feet high and has eternal snow; it is also called the "Queen of the Dolomites". From the top of Punta Rocca to Malga Ciapela every skier can enjoy 7.5 miles of slope. Just one day of a different tour offered Monday through Friday for our club members. This particular tour was spectacular with over 27 miles skied. We were thankful that the hotel had a nice spa area for us to enjoy and more importantly, to recover.

Skiing was great with endless possibilities. The Dolomiti Superski pass offers 741 miles of trails with over 450 lifts. Enough said, the skiing pictures will hopefully tell more of the story (next two pages).

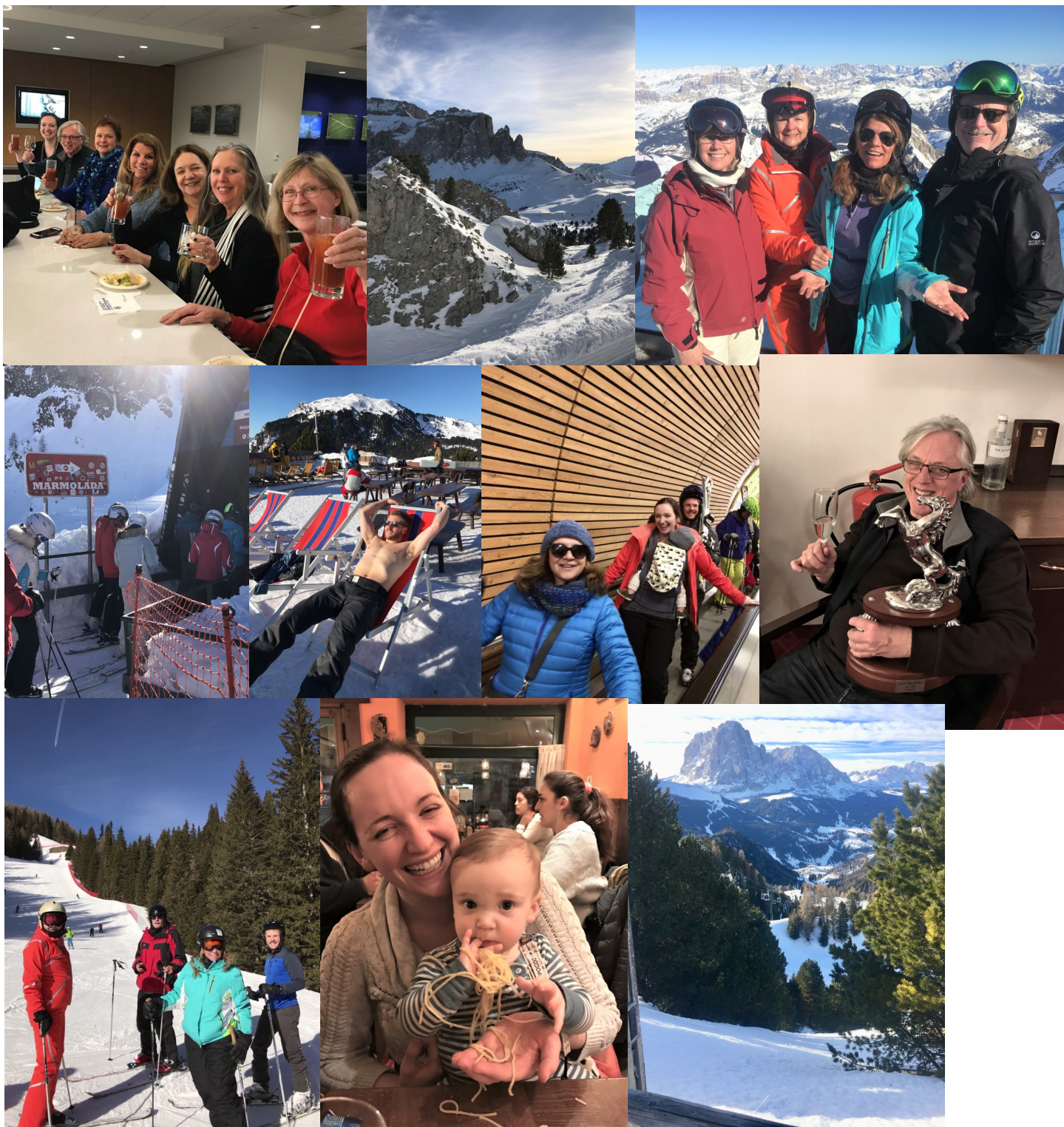
Venice is a treat anyway, adding Carnevale makes it double bucket list worthy. The weather was perfect. A hotel on the Grand Canal and no particular agenda for the group presented a wonderful opportunity to enjoy this picturesque city in a leisurely fashion. The costumes worn by many were unbelievable and often extremely entertaining. Multiply the number of pictures included with this newsletter by a several thousand and you will begin to get the idea of the festive atmosphere during Carneval.

Finally, the food, the drink and the shopping. World class would come to mind. Surprisingly, the prices both in Selva and Venice were reasonable. I think I speak for many of us when I say this is a trip that I would do again in the future.



Jeff Kenrick





**We know you are just itching to see more pictures, so look at the next page!**



## Even More Pictures



**CIAO BELLA!**



## ASC Park City, UT February 24-March 3, 2018

Our hats off to Wayne Bailey for putting together a great trip to Park City. He even arranged a couple of timely snow falls just prior to our arrival following a relatively sparse early snow season. Thanks go out to all who were part of the planning for this trip, including our Park City Pizza Party hosts and Clean the Refrigerator Party hosts.

One impressive aspect of Park City is its sheer size, especially with Canyons as an integral part. There is terrain for everyone from easy greens to double black diamond chutes through the trees. With 28 ASC members participating, there were reports of great skiing just about everywhere. Some members upgraded their skills by taking lessons. We had some strong winds late in the week, but the temperature was perfect for skiing all week long.



Those who purchased the day at Deer Valley were not disappointed. Great runs and no lift lines. The statues of moose and whimsical bears along Last Chance trail were especially entertaining. A stop for drinks at the fabulous Stein Erickson Lodge was a perfect finish for that day!



The only wrinkles were United Airlines' delayed luggage on the trip in and cancellation of the Chicago to Asheville return leg. Even those challenges were handled with aplomb by the hearty ASC skiers. We can report that the bar and the rooms of the Hyatt Regency were outstanding.

Take a look at the pictures here and next page and feel the great vibes.





**ASC Park City, UT February 24-March 3, 2018 (continued)**





## Yet, Even More Pictures!





## **NEWS FLASH!!!**

**Former Asheville Ski Club racer Nicola Rountree-Williams won the 2018 OPA Cup GS race in Europe, which is a race of the top U16s in Europe. Her first non-NASTAR race was a Crescent race at Sugar many years ago...**

**Here are some pictures with more details on following 2 pages.**

**Thanks!**

**Elizabeth Rountree**



CONTACT:  
(828) 817-5200  
[rw@lostboulder.com](mailto:rw@lostboulder.com)

## **Rountree-Williams Takes 1st Place at OPA Cup in Liechtenstein**

- International race brings world's best junior ski racers together -

February 9, 2018 (Malbun, Liechtenstein) — Nicola Rountree-Williams, a 15 year-old athlete from Edwards, CO and Tryon, NC and representing the USA, won the 2018 OPA Cup (Organisation des Pays Alpines) women's giant slalom alpine ski race at Malbun, Liechtenstein.

The OPA Cup, formerly known as The 7 Nations Cup, is the premier international U16 (under 16 years of age) alpine ski competition and includes the top men and women U16s from the Alpine countries of Europe. The US Ski Team attends with the USA's top U16 athletes as an invited guest. The OPA Cup includes one Giant Slalom (GS) race day, a fast but relatively tight course type, and one Slalom (SL) race day, a tight and technical course type.

After the first GS run, Rountree-Williams held 5th place behind Michelle Valentini of Italy in the lead. Rountree-Williams took the top spot with a solid second run edging out Delia Durrer of Switzerland to win by 06/100ths. Caitlin MacFarlane, of France, placed third at 24/100ths off the pace. Rountree-Williams did not finish (DNF) in the SL race.

"It was one of the most difficult hills I've ever raced on.", Rountree-Williams said. "I had a solid first GS run but knew I really had to go for it on the 2nd run to make the podium. The second GS course was a little more open and I just let my skis go and it paid off.", she said. "I didn't finish my SL race but I'm making nice progress in attacking slalom runs and creating more speed. My homework and challenge is to learn how to maintain that speed over the full course and hold on to the finish.", she added.

"This win validates the hard work that Nicola has put in over the last 12 months.", said Nicola's coach, Shaun Goodwin, a former US Ski Team women's coach. He added, "Ski racing is defined by its adversity and challenge. In the last year, Nicola has really embraced the challenges that lie in front of her. She has displayed great tolerance and focus in the face of the adversity that comes with progress in this sport. This confirms for her a great message; that if you focus on the process, results will come. I think that's a great message for athletes everywhere."

Rountree-Williams qualified to represent the USA through the US Ski Team sponsored National Performance Series (NPS) Program. The NPS Program seeks to grow and support American junior alpine ski athletes by bringing the top U16 alpine men and women from all regions of the US together periodically to train and compete. Performing well gives athletes the opportunity to represent the USA in international competition.

This season, NPS athletes attended a week-long training camp at Copper Mountain, Colorado and second camp with 2 slalom and 2 giant slalom time trials at Burke Mountain, Vermont. At Burke, Rountree-Williams achieved two 4th places in slalom and a 1st and a 2nd place in giant slalom giving her highest cumulative points among the 25 U16 women and earning her a spot on the 2018 OPA Cup Team. Five other women and six men from around the country also qualified.

Rountree-Williams heads back to Europe in April to compete in the 16th International Silvretta Schuler Cup Ski Race in Samnaun, Switzerland where she will likely compete against some of the same athletes again.

For more information, contact (828) 817-5200 or email [rw@lostboulder.com](mailto:rw@lostboulder.com).

## **Biography - Nicola Rountree-Williams**

Nicola grew up on a horse farm in Tryon, North Carolina and attended Tryon Elementary School. Her early competition experiences were show jumping and cross country equestrian events in and around Tryon. Her family made annual week-long visits to ski resorts in Colorado and Utah each year for family vacations. It was on one of these vacations that she first raced on a NASTAR amateur ski racing course and was hooked. The challenge of trying to shave a fraction of a second off her time was addictive.

In 2011, Nicola joined the Beech Mountain Ski Team (Banner Elk, NC) where she raced in the local High Country Junior Race Series and won the 2011 / 2012 series for 9 and 10 year olds.

After meeting ski racing Olympians Mikaela Shiffrin and Lindsey Vonn, both residents of the Vail Valley, and being inspired by their racing careers, at the age of 10 Nicola decided she wanted to train at the program where these amazing athletes had trained. She tried out for the Ski and Snowboard Club Vail (SSCV) U12, meaning under 12 years of age, full time program. But, after an on-snow training session and participation in a Vail Cup local race where she finished well off the pace, she was not accepted into the program. It was recommended that she try again in the future after gaining more experience.

For the 2012 season, with the goal of increasing time on snow, Nicola's family signed her up for a team in Virginia with a longer season and a larger program, and they began driving 6 hours north each weekend to Wintergreen, Virginia. A Tryon Elementary School student at the time, she also raced and trained during the week with the Polk County High School team at Cataloochee Ski Area near Asheville, NC to gain more time on snow. After a successful season in her first year of racing and training, Rountree-Williams again tried out for Ski and Snowboard Club Vail and was accepted to their full-time program. Her parents and sister moved their primary residence to Vail, Colorado where she skied with SSCV for two seasons.

For the 2015 / 2016 season as a second year U14, Nicola moved with her family to Luzern, Switzerland where she joined the Champions Team at Austria Racing Camps near Innsbruck, Austria and the Horw Ski Team near Luzern, Switzerland. While living in Europe she trained on the Swiss and Austrian glaciers in the summer and at Khutai, Tyrol during the racing season. She competed in Austria and Switzerland placing on several podiums and becoming comfortable with international competition. Under the guidance of her Austrian coach, Nicola thrived in the more demanding European training environment.

She returned to the US to compete in the U14 Championships where she placed 3rd. To finish her season, and after many years of competing at the NASTAR Championships, she finally won her NASTAR Platinum Division, the highest and fastest level, and was the fastest female from all age groups in the overall "NASTAR Race of Champions", which draws hundreds of racers from across the USA.

For the 2016 / 2017 season her family relocated back to the Vail Valley. Nicola competed in the 2016 / 2017 US Ski Team sponsored National Performance Series (NPS) where her results did not qualify her for the 2017 OPA Cup. She was disappointed in her performance and decided to work even harder, focusing on her skiing and physical and mental fitness. She qualified to represent the USA at the 2017 Whistler Cup (BC, Canada) where she finished 19th in Super G (SG), a faster and more open course, and 15th in Giant Slalom (GS), a fast but tighter course, as a first-year U16. In January, 2018, as a second year U16, she placed 4th twice in slalom (SL), a tight and technical course type, and placed 1st and 2nd in GS at the US Ski Team NPS time trials at Burke Mountain Academy (Burke, VT), achieving the highest points of all female athletes. This qualified her to represent the USA at the 2018 OPA Cup (Malbun, Liechtenstein), the premier U16 competition in Europe, where she won the OPA Cup GS race in February, 2018.

Nicola trains with her coach, Shaun Goodwin, a former US Ski Team Women's Coach and a member of USSA coaches education staff, who travels from the Denver area to train with her at SSCV's Golden Peak Competition Arena, or wherever they can find snow. On average Nicola trains just under 200 days per year on snow. After five years of homeschooling, Nicola now attends Vail Mountain School (Vail, CO).



## **ASC Mount Hood Race Camp**

**Sun, Jun 24, 2018, 7:00 PM –**

**Sun, Jul 15, 2018, 10:00 PM**

**Hey folks!**

**Hope you're surviving racing season!  
Registration is now open 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 Sickle Young. We are working to confirm fabulous Coach Ericka as well, and will be 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](mailto: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](http://www.ascrdt.com).**

**Next page of newsletter shows the flyer.**

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

**Stephanie Carson**


[HOME](#)
[MT. HOOD TRAINING PROGRAM](#)
[ASHEVILLE SKI TEAM](#)
[CONTACT](#)

In its second year, the Mt. Hood Summer Training Program organized by the Asheville Ski Club Racing and Development Team and supported by the Asheville Ski Club aims to foster and build on the tremendous racing talent we have in the region.

Interested? Sign up so we can add you to our distribution list.

[Subscribe Now](#)

In our 2017 Inaugural year, we trained more than 40 athletes at Timberline Lodge in Oregon, under the guidance of expert coaches, with activities coordinated by parent volunteers, that included rock climbing, white water rafting, mountain biking, hiking, swimming and more.



Beyond summer training, we offer training and racing opportunities to capitalize on the fact that some of the south's best skiing is found in our backyard.

Our goal is to provide year-long training opportunities for racers in the region to ensure they are prepared to compete on the regional and national level at SARA, USSA, Nastar and Crescent Race Events.



We are a parent-led volunteer organization and welcome your support and feedback as we develop this institution for our talented youth.



## 2017-2018 Ski Season - WOW!!



### Trip Updates:

CSC 34th Steamboat Race/Ski/Ride Camp December 2-9, 2017

**34 ASC participants. See January Avalanche for trip report.**

ASC/CSC Mammoth Mountain, CA January 13-20, 2018

**See trip report in February edition of the Avalanche.**

ASC Val-Gardena, Italy January 26-February 6, 2018

**See trip report in this edition of the Avalanche.**

ASC Park City, UT February 24-March 3, 2018

**See trip report in this edition of the Avalanche.**

ASC/CSC Killington, VT March 18-23, 2018

**See trip report in next edition of the Avalanche**

Note: For information and applications for ASC or CSC ski trips go to [ashevilleskiiclub.com](http://ashevilleskiiclub.com) and click on the word Trips for ASC trips or the CSC logo for CSC trips.

