



The Upper Cape Ski & Sports Club
PO Box 2123
Teaticket, MA 02536



THE AVALANCHE

Volume 8, Issue 7

March 2006

NEXT MEETING:

- Thursday
- March 2, 2006
- 7:30 p.m.
- Jillian's Restaurant
- Rte 151
North Falmouth,
MA

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MARCH MADNESS!

Fifty-one bucks for a day trip!

Yes, that's right, all the day trips for the rest of the year are only \$51. That's almost like getting paid to ski. We're going all out in March. Because so far our winter season hasn't turned out like anyone planned, and we want to make it up to you!

I swear, Mother Nature has to be going through a mid-life crisis, because this year's weather is all mixed up. First it's cold, then it's warm, throw in a blizzard, and now it's 50°. Unfortunately it has taken a toll on our trips. We haven't had many members sign up and we've had to cancel over half the trips so far. We're looking forward to a snowy March (historically a fact), as long as Mom doesn't have any more hot flashes!

So, this means it's now your turn. **We need member activity**, and we need it now. It's not a real good outlook for the club if we keep up this pace. We are in need of some fresh ideas for our club and are very flexible with trying something new. So bring your ideas to the next meeting.

Speaking of new, this spring we could be hanging from the rafters...sort of. We've found the largest **indoor rock climbing** facility in the world, and it's in New Bedford. We'll be setting a date to go and will notify you in the next newsletter. Expect to have a swinging good time!

Get pumped, get ready, we're going to the **Killington Triathlon**. Three legs of true athletic competition: ski/snowboarding, mountain biking, and cross-country running. We've got members doing all three legs (downright inspirational) and invite the rest of you lazy bums to take the challenge and come up with teams. We'll be talking about this more at the next meeting.

And who said we have to sit home and wait for the daffodils to come up on the bike path. Did you know that **Adventure Isle Amusement Center** in Bourne has indoor roller skating and roller blading rink. Why wait till the good weather to start your exercise program.

We invite you to participate at our next meeting. Tell your friends and have them join us on **Thursday, March 2nd, 7:30 pm** at **Jillian's Restaurant in North Falmouth**.

Tom Peterson, President



2006 Trip Schedule



Day/Week	Date	Place	Rte 3 Pick up	X Country	Cost	Trip Leader	Bus Departs
Wednesday	Mar 1	Mad River Glen, VT			\$51	Sharon Grace	4:30 AM
Sunday	Mar 5	Stratton, VT			\$51	Tom Burt	5:00 AM
Sunday	Mar 12	Sunday River, ME		X	\$51	Tom Burt	4:30 AM
Wednesday	Mar 15	Wildcat, NH		X	\$51	Sharon Grace	5:00 AM
Wednesday	Mar 22	Cannon, NH			\$51	Tom Peterson	5:00 AM
Saturday	May 13	Killington Triathlon				Sharon Grace	

Non-Members are always welcome, but subject to a \$15.00 surcharge.

Trip Leaders:

Sharon Grace 15 Horseshoe Lane N. Falmouth MA 02556 (508) 548-3639	Tom Burt 46 Thom Avenue Bourne MA 02532 (508) 566-0095	Tom Peterson 18 Raffi Ave. E. Falmouth MA 02536 (508) 540-4205
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Trip Application for 2005-2006 Season

Name: _____ Roommate: _____

MAILING Address: _____ Member: Yes No

City & State: _____ Zip: _____

Phone (Home): _____ (Work): _____

Email address: _____

Trip desired _____ Date: _____

Downhill Cross Country Snowboard

YOU MUST FILL IN ALL BLANKS. I HAVE READ AND AGREE TO THE LIABILITY POLICY AND WAIVE ALL LIABILITY.

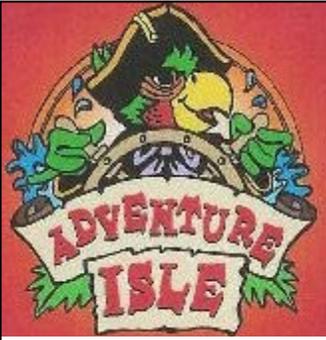
Signed _____ Date _____

LIABILITY POLICY: Participants acknowledge that there are inherent risks in skiing, whitewater rafting, and other sports, and agree to hold harmless the Upper Cape Ski & Sport Club, it's officers, directors, and agents, from any claims whatsoever resulting from participation in any club related activity. The Upper Cape Ski & Sport Club acts solely as agent carrying out services and assumes no responsibility for injury, loss, or damage to persons or property, not for faults or defaults of companies or those carrying out services; nor accident, injuries, delays, cancellations, changes due to weather, baggage, lodging, insufficient participation, or reasons beyond the control of the Upper Cape Ski & Sport Club.

Make all checks payable to: **Upper Cape Ski & Sport Club**

Mail directly to the trip leader. **Do not send cash !!!!** Amount enclosed \$ _____

All deposits are subject to our deposit policy which is published in our newsletter and on our website.



Adventure Isle Amusement Center Bourne, MA

- New 24,452 sq. ft. building open year-round
- 40-seat restaurant
- Indoor attractions: roller skating, bumper cars, laser tag, arcade games
- Outdoor attractions: miniature golf, go-karts, moon bounces, slide, bumper boats

Adventure Isle Amusement Center has undergone some major renovations this year. We're sure you've seen their new building on MacArthur's Blvd. (Rte 28), but have you been inside yet? They pride themselves on being Cape Cod's only Roller Skating and Roller Blading indoor floor. They also have a Bumper Car Dodge'em Ride and Lazer Runner's Lazer Tag game.

This provides us with a great opportunity! And the price is right!! If you arrive after 4:00 pm, you get in for \$11.95. This is called the Ultimate Ride Pass and is available for unlimited skating, skate rental (unless you have your own), bumper cars, lazer tag, free zone arcade, moon bounce and power wheels kiddie ride.

What are we waiting for? This is the perfect way to start our roller blading fun. They're open Sunday-Thursday until 7:00 pm, Friday & Saturday until 9:00 pm. Almost sounds like there's a party in the making.

We will be announcing a club trip to Adventure Isle shortly!



Ever consider.....

Indoor Rock Climbing

Yet another dimension to our club, one we've never experienced before. Walls are usually used to hold up a roof. But in this case we're going to climb them. Join us as we journey to one of the largest rock climbing facilities in the world.

Carabiner's Indoor Climbing is located just a short drive from Cape Cod in neighboring New Bedford. Plans are to go there in mid-April.

There are three main types of indoor climbing:

Top-Rope Climbing – The rope is looped over a belay bar at the top of the climb, and as the climber climbs, a certified belayer (the safety person anchored to the floor) takes up the slack. When the climber reaches the top or finished climbing, the belayer lowers the climber to the floor.

Lead Climbing – This is a more advanced level of climbing. The climber brings their own rope with them (per inspection by Carabiner's). You clip into "quick-draws" (hanging carabiners) spaced at even intervals. Unlike top-roping, where the belayer takes in slack, the lead belayer lets out slack as the climber climbs. If the climber falls during the climb, he will fall twice the distance to the last carabiner he clipped into. This can be quite dramatic and requires special training. Lead climbers and lead belayers must pass Carabiner's belay test and be lead-certified in order to lead climb at Carabiner's.

Bouldering – Bouldering is climbing without a rope at a height of no more than a few feet off the ground, horizontally or in a specially designed bouldering cave with a thick mat for cushioning falls. Many expert climbers prefer bouldering to practice difficult moves and sequences. Bouldering does not require a harness or rope.

For new climbers Carabiner's offers an Intro to Climbing Course, and also group rates. We're excited about this new adventure and hope you'll join us. We'll let you know when.

Are you ready for a *CHALLENGE*?
16th Annual Killington Triathlon
May 13, 2006

The Killington Triathlon has become a traditional event for saying goodbye to skiing and riding for the season and welcoming the onset of summer activities such as mountain biking, running, hiking and golf. The Triathlon will feature a ski/snowboard leg followed by a mountain bike leg and conclude with a cross country run.

Prizes will be given to the top three finishers in each age category, both males, females, and each team category. The top three finishers overall will receive medals.

- 1st Leg - The ski/snowboard leg will consist of a non-gated course on Superstar. The length will be determined by how much snow is left on Superstar on May 13th. Competitors will start one at a time every 30 seconds. There will be a multiplier to weight the time of this leg to keep it proportional to the other two legs.
- 2nd Leg - The second leg of the race will be the mountain bike section. This portion will consist of two laps around a course that is approx. 2.5 miles in length, making the total length about five miles.
- 3rd Leg - The final leg will be a cross country run on a 2.5 mile course.

Teams are encouraged to participate in the event. Three person teams are the traditional team but allowed are two person teams with one person doing two legs of the event. Two person teams will compete against the three person teams.

Divisions:

Individual (Male & Female): 10-15 years, 16-20 years, 21-35 years, 36-49 years, 50+ years

Relay Teams (Male & Female)

Youth Teams: 10 – 17 years

Senior Teams: 18+ years

Mixed age teams will compete in the senior division.

Mixed gender teams will compete in the male division

Two person teams will compete against three person teams.

The Upper Cape Ski & Sports Club

Editor: 508-548-0071
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FIRST CLASS MAIL



There's no news like snow news!