

50+ Ski Club

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Ski Club Meeting

Our next meeting will be on February 20 at 7:30 PM at the Syosset-Woodbury Community Center.

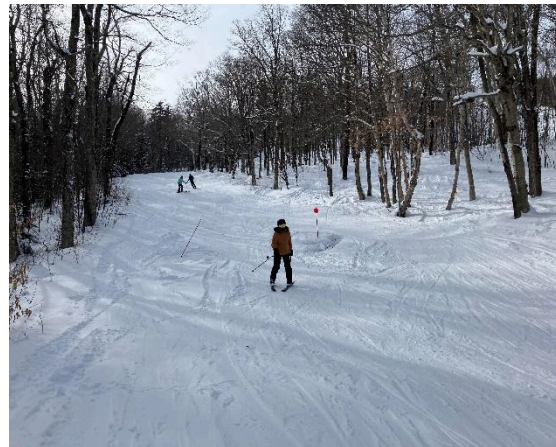
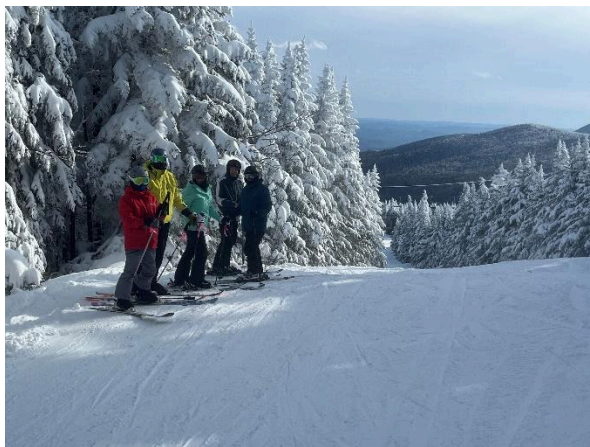
Midweek Skiing

We've gotten two good days of midweek skiing so far, skiing Catamount and Belleayre. Conditions have been pretty good in both areas. We carpool from Christopher Morley Park, just north of exit 38, Searingtown Road, of the LIE. in time to leave at 6:30. If you'd like to join us please email Gary at gss12@optonline.net.

Mt. Snow Trip

Mother nature hit us again with temperatures in single digits, but the low winds and bright sunshine made it more comfortable. Happily, the bubble chair was running. The Canyon, Long John, Cascade, and Little Dipper

runs were very enjoyable, and we even tackled some blacks on the North Face. While some icy spots developed in the afternoons, overall snow coverage was good. The ladies cooked up some delicious dinners for us at their condo. Still more trips coming up this season. Contact Gary (day trips) or Kathy (multi-day trips) if you are interested.

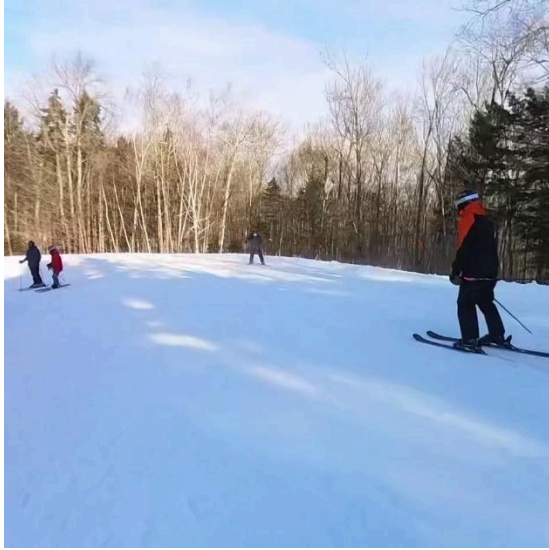


Okemo Mountain Trip

A few club members skied at Okemo Mountain in early January. The high winds and cold temperatures, as well as the icy sections presented some challenging conditions, but we persevered. Okemo has several fun ski runs throughout. Unfortunately, the bubble chairs weren't running due to the windy conditions, so we had to take two slow chairs to get to the top. Our hand and foot warmers were working overtime. One evening, we

enjoyed a great meal at Killarney's, an Irish pub in Ludlow. No question, this is a mountain to come back to!





Upcoming trips

Attitash February 9-14

Several of us are staying at a Condo, The Inn & More. We then can ski Attitash or Wildcat with our Epic Pass, Bretton Woods or Loon are not on Epic Pass. Please let Kathy (516 317-0238) know if you are going and she will put you on the group text to let everyone

know when and where we will meet for skiing, lunch, happy hour etc.

Stowe March 2-7

Several of us are staying at the Commodore Inn where we stayed last year. Everyone will make their own reservations that you would be able to cancel up to the day before we arrive. You pay when you get there and if you have a roommate you can split charges on credit cards. There is a pool and several hot tubs, light breakfast, and a shuttle to Stowe that stops in front of the hotel. There is also a lobby with a huge fireplace where we have happy hour everyday. Five nights for 2 people is about \$875 for 5 nights and 4 nights for 2 people is about \$700. Please let Kathy (516 317-0238) know if you are going and she will put you on the group text to let everyone know when and where we will meet for skiing, lunch, happy hour etc.

Stowe March 16-21

We have not made reservations for this trip but we will when we know that there still will be snow.

Guest Speakers

We are looking for guest speakers to talk to our club on topics relating to skiing, bicycling, or other health and wellness matters. If you know someone who is interested in speaking to us, please let us know. Contact either Gary Schorr, or the general email address: fiftyplusski@outlook.com

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Boston Run Show and Boston Outdoor Expo

A celebration of running, adventure, and the great outdoors. The show opens its doors, March 1-2 at the Boston Convention & Exhibition Center. Club members are invited to enjoy a weekend of great deals on gear and outdoor sports inspiration.

- Shop over 200 brands and get your hands on new gear.
- Hear Boston running legends Des Linden, Meb Keflezighi, trail running heroes, Lazarus Lake, Dylan Bowman and more. Meet outdoor legends like Alpinist Conrad Anker, ALONE's Jessie Krebs, bushcraft expert Tim Swanson, and Para climber Kareemah Batts.
- Test your skills on the new climbing wall, pump track, and trail running zone.
- Book races in the Race Village, get your gait analysis and shoes fitted, donate pre-loved running shoes to Soles4Souls.

Free tickets are currently available to attend the expo. Go to: <https://thebostonrunshow.seetickets.com> to book tickets. Use code COMMUNITY at the checkout.

SeniorsSkiing.com

This month's edition includes articles on:

- Tips For Elder Cross Country Skiers
- Skiing With Bilateral Knee Replacement Surgery
- My Biggest Fear on the Slopes
- Is A Custom Ski Right for You?

Visit www.seniorsskiing.com for these and other articles of interest to senior skiers.

Vermont Adaptive Ski & Sports

Join in on the adventures today as a volunteer. Vermont Adaptive succeeds because of the dedication of more than 400 highly trained volunteer

instructors. They are searching for energetic, dedicated individuals who have a passion for sports and want to share that passion with others.

Vermont Adaptive is a nationally recognized organization that empowers people of all abilities through inclusive sports and recreational programming regardless of ability to pay. In addition to sports, year-round programming options integrate environmental, holistic wellness, and competitive training philosophies for people of all ages with cognitive, developmental, physical and emotional disabilities.

Visit <https://www.vermontadaptive.org> for more information.

Lake Placid Celebrates 45th Anniversary of the 1980 Winter Olympic Games

The New York State Olympic Regional Development Authority announces a line-up of events celebrating the 45th anniversary of the 1980 Winter Olympic Games, a milestone that holds deep significance for the community and sports history. Through March 8, 2025, Olympic Authority venues, the Village of Lake Placid, and the Lake Placid Olympic Museum are hosting a range of activities, events, and commemorations that honor the iconic moments and remarkable achievements that have shaped this winter sports haven. For more information on event dates, activities, and ticketing, visit: www.lakeplacidolympiccenter.com

Articles for This Newsletter

Do you have an interesting story or news you want to share with the club? Send it to us at: fiftypluysski@outlook.com.