



LEWIS SKI CLUB

NEWSLETTER

FEBRUARY 2019

Prez Sez: *Get out and Ski!!!!*

We are looking at some really awesome ski weather - take advantage of it! When it is cold, do dress appropriately and take breaks if necessary. The one-day trips seem to be lacking some sign-ups; don't wait, don't hesitate, we will potentially have to cancel trips that don't have the minimum registrations necessary.

(T. Palisin)

NEXT MEETING: February 5th

The next general membership meeting is Tuesday, February 5th at the Donauschwaben German Club (7370 Columbia Road) in Olmsted Township). Social Hour at 5pm. Followed by the meeting at 6pm.



Always a favorite, this meeting will feature our annual Chili Cookoff! Bring your best recipe to share before the meeting, and then taste all of them and vote for your favorite. The winning cook will receive that special feeling that can only come from eating a lot of chili, and a note of acknowledgement in the next newsletter!

Progressive Dinner and Brewery Hop!

Join fellow Lewis members Friday, February 22 for a Progressive Dinner and Brewery Hop in Cleveland's east side...



Meet for appetizers at [The Jolly Scholar](#) (website link) at the Case Western Reserve University at 5:30pm (see that website for location and menu). For dinner we will move on to the [Boss Dog](#) next to the Cedar Lee Theatre. I spoke with staff members at the Winter Beerfest and they are excited to have us. Lastly, we will venture to the [Bottle House](#) also in Cleveland Heights.

Please RSVP if you are coming (see the separate website page ([Brew Hop](#)) for e-mail address).

(J. Neumann)

Trip Reports

(NOTE: The Friday, February 1st Holiday Valley 2 trip was canceled due to insufficient registrations)

Alpine Update



Just a quick reminder that our two remaining Friday day-trips are on line and waiting for you to join us! Go to our [Trips Page](#) and sign up now!

Now a plea from your Alpine VP: "If I had a Helmet..."

Parents everywhere are putting helmets on their children when riding a bike or skateboard. Adults make decisions to wear or not wear helmets when riding motorcycles depending on the state laws where you live. But what about a helmet when skiing or snowboarding?

Studies show that wearing a helmet reduces the risk of serious head injury as much as 60%. In a ten-year period, from 2003 to 2010, the use of helmets on the slopes increased from 25% to 70%. This did not affect the number of head injuries in total, but the severity of injuries has decreased by use of a helmet.

So, the question remains, should helmets always be worn when skiing/snowboarding? Physicians who responded answered with an overwhelming 88% in favor of the use of helmets on the slopes. The other 12% believe it is an individual's choice.

My favorite reasons for not wearing a helmet:

- "I am an expert skier/boarder"
- "I NEVER fall"
- "I can't feel the wind in my hair"
- "I like this hat with the pom-poms"
- "I have a very hard head"

Please consider getting a helmet if you don't currently own one. Another statistic I found interesting is that it's usually the older male who doesn't wear a helmet on the slopes.

(K. Hulick)

Nordic Skiing Update



First, no snow, and then a blizzard! Hopefully, third time's a charm. Here we go - please plan to join us for our next cross-country skiing outing. All events are weather permitting, of course.

Please call K. McGinnis ([club contacts](#)) to let her know if you plan to be there for this outing!

SUNDAY, FEBRUARY 17th (alternate date Feb 24th) ROCKY RIVER BIG MET GOLF COURSE

We will meet at the main building 11 am. Ski Rentals are available for \$12/first hr. and \$5 extra hr. Rates are \$8/first hr. and \$3 extra hr. for those 12 or under. Skiers are asked to use groomed and marked courses. A 4-inch snow base is needed. Can reach Big Met at 440/331-1070. For cross country ski conditions, call 216/635-3270.

ADDITIONAL NORDIC OPPORTUNITY (through Cleveland Metroparks Outdoor Recreation)

Friday, March 8th to Sunday, March 10th, Allegany State Park Cross-country Ski Trip. The trip leaves at 2pm on that Friday 8th and returns at 10pm on Sunday the 10th. The cost for this trip is \$175-195, and there is a mandatory pre-trip meeting at 6-9pm on Tuesday, March 5th at Bedford Reservation.

If you have any questions for this non-club trip, call the Metroparks Outdoor Recreation directly (216-341-1704) or visit [Allegany XC Weekend](#).

(K. McGinnis)

Race Team Report



(Lewis Race Team Members Bruce Frankenfield, Elise Allen, Broc Brenner, Edie Brenner, Renee Schwartz, & Tom Keller)

Team point totals through four races held so far this season are shown below. As a Team, we're hanging in there at 5th place in Division 2.

<u>Division</u>	<u>Club</u>	<u>Total Points</u>	<u>Swain I SL</u>	<u>Swain I GS</u>	<u>Holiday Valley SL</u>	<u>Holiday Valley GS</u>
II	Nasa Lewis	194	30	48	56	60

Individual Results are looking really good, as shown below:

<u>Class</u>	<u>Name</u>	<u>Class Place</u>	<u>Class Points</u>	<u>Swain SL Place</u>	<u>Swain GS Place</u>	<u>HV SL Place</u>	<u>HV GS Place</u>
AAVM	Keller, Tom	4	39	3	6	1	6
AVW	Schwartz, Renee	2	37	2	3	1	DQ
AVW	Benner, Edie	3	36	5	4	3	4
BBVM	Frankenfield, Bruce	10	3			DQ	10
BVW	Allen, Elise	7	12			7	7
CCSB	Keller, Tom	1	27		2		1
CCSB	Frankenfield, Bruce	3	10				3
SBQ	Benner, Broc	0	0				0
SSV	Lesinski, Don	4	30	DNS	3	3	3

KEY: SL = Slalom; GS = Giant Slalom; DQ = disqualification (e.g., missed a gate); HV = Holiday Valley; DNS = Did Not Start

Broc Benner has joined the team this year and qualified into CCSB, and we are expecting another qualifier at Snow Trails this weekend, Mary Findley. Welcome to the Team, Broc and Mary! Another Club member, Wendy Hess, decided to give the Wednesday Night Series a try as well. Unfortunately, the conditions for her first race were somewhat challenging, and led to a season-ending injury (ouch!) for Wendy. We wish her a speedy and complete recovery, and we hope to see her on the race courses next year.

Next races are February 2nd, at Snow Trails, and Feb 3rd, at Boston Mills. Registration is from 8-9am both days in the main lodges, and first race is at 10am. Hope to see many Club members out there this weekend! Visit the [CMSC Racing](#) webpage for more information on the CMSC Racing Series.

(M. Hyatt)