



*ski meeting

JANUARY 12, 1976 MONDAY — 7:30 P.M.
Sonny Look's Sir Loin
Restaurant
So. Loop West & So. Main

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Bob Olsen HEAD OF THE LIFTLINE

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VOLUME 8, NUMBER 9 JANUARY 1976

activities & programs

JANUARY MEETING White Elephant Sale, Telluride Movie, JANUARY 12 Beginner Skiers, Christi & Parallel Turn Movies, Ski Boot Demonstration by J. Rich (after Meeting)

FEBRUARY MEETINGCoors' Beer Movie, "Skiing FEBRUARY 9 American Style", Demonstration of Bindings, Boots & Skis (After Meeting)

MARCH MEETING......Canadian Movie, Home Movies

APRIL MEETING.... Member Talent & Skit Night - 1776-1996 of SCSC, Summer Style Show

Plus WEEKLY SKATING GET-TOGETHERS - "Wear Your SCSC Pin"

NOTE:

SITZMARKE CONTRIBUTORS

- (1) Articles must be typewrittendouble spaced.
- (2) Generally, pictures should accompany written article; however, if not possible, may be turned in approximately 7-10 days after copy.
- (3) Pictures should be in black and white.
- (4) Pictures must be identified on the back. If the persons in the picture are not identified, the picture, as good as it might be, will not be used.

MEMBERSHIP CARDS

As you may have noticed, membership cards are being mailed inside the Sitzmarke. You should receive your card in the Sitzmarke issue the month after you submit your application. If you have not received your card, please contact:

Sy Liebergot - Ph. 869-0291

- SITZMARKE DEADLINES -

- January 14, 1976
- February 13, 1976
- March 12, 1976
- April 16, 1976

toll free

Phone number to check Rocky Mountain ski conditions: 1—800-243-5250.

MEMBERSHIP

End of Month - December 1975

Singles.									835
Married									366
									1,201

head of the lift line



By Bob Olsen

I am overjoyed to report that we have finally LICKED THE NOISE PROBLEM at our meetings. The combination of a powerful public address system and the division of the room into two sections at the

December meeting allowed the speakers to be heard, and the talkers to talk with a minimum of conflict. Someone made the observation that the sound system was so effective that he could carry on his conversation without missing what the speaker was saying.

We missed reporting on the visit of Rocky Mountain Division President Lou Bowlds in our last Sitzmarke. Lou's film and talk at the November meeting reaffirmed the interest of the RMD in serving the flatland skier. The efforts of RMD on behalf of skiers everywhere have been detailed in earlier issues. Your executive committee would like to know what you feel a national or regional ski association can do for you. In return, you can volunteer your efforts, especially in writing articles, to help USSA and RMD. The cost to join RMD is minimal and that \$5 cost may be refunded if you ski in Colorado or Mexico on non-holiday periods. Sign up at the monthly meeting or pretrip party.

Can we thank Ed Taylor's efforts as Safety Co-ordinator for an injury free Thanksgiving trip to Utah? Only time will tell as the season progresses. Let us all make this the best and safest ski season ever.

had a ski injury lately?

In the next few weeks a Space City Ski Club questionaire will be mailed to all members and past members on record as injury victims. Even though it may bring back uncomfortable memories, please cooperate with us, as we attempt to disclose any reason or contributing factor to any ski injury, by completing this questionaire (with any other information that you may wish to add) and mailing it to:

> SPACE CITY SKI CLUB P. O. Box 22567 Houston, Texas 77027 Attention: Injury Report

Each future injury will be accompanied by a request for a completed questionaire. This is to initiate a new SCSC policy with hope that its analysis will lead to a reduced accident frequency.

Also, if you are a new member of Space City and have been unfortunate on a trip with another group, and wish to help other skiers pinpoint problem areas by volunteering information about your experience, call Ed Taylor at (home) 782-2508 or (office) 226-6650 and he will gratefully mail you a questionaire.





No Advance Reservations Required

BRING YOUR EXCESS SKI ITEMS -BOOTS, SKIS, SKI WEAR

BUY - SELL - BARGAIN OR TRADE



december meeting volunteers

by Sy Liebergot

Hi! Everybody,

It's time once again to report on our monthly madness called the GENERAL MEETING. 418 of you were processed into the meeting smoothly by Donna Berglund, Donna Lindsey, Susan Cotellesse, Wayne Ahrens, Chuck Dutton, Craig Shirk, Priscilla Volgman, Leona Allen, Sue Smith, Marilyn "Sue" Smith, Sandra Harris, Phyllis Coram and my Number One, Mary Riley.

And if that's not enough, our welcoming committee, called the Lift Liners create another small crowd when listed together: Bill Chalmers, Warren Cross, Margaret

Fraser, Diane and Pat McLaughlin, Dan Sebesta, Jini Blalock, Donna Hahus, Adrianne Lewis, Helen McAdam, John Sim's and the dreaded "Easy" Thayer.

The business part of the meeting permitted a demonstration on how an extremely adequate audio system can transform the most timid voice into a lion's roar. The roar is being perfected by audio specialists, Ernie Howerton and Ray Coker.

Drink tickets sold by Linda Crawford, Harriet Waldvogel, Ron Hartberger, Peggy Widaman, all led by Jane Gustafson, allowed our members to better withstand the powerful speakers and the sober subject of the program.

The program, a continuation of Ed Taylor's Ski Safety Instruction, concentrated on the medical

aspects of ski injuries. It involved a movie (projected by Locked In Sports' Ruth Roy) and a question and answer period fielded by a panel of our doctor members consisting of Drs. Mike Kelly, Warren Cross, Ernie Howerton, and Jean Liles. Lighting was by Ken Cary.

Also, J. Rich Sports provided a dozen left ski boots and three right-handed men to discuss boot design. They (the men) were Bill Pennington, Bruce Bowen and David Farrell.

Penultimately, the RMD table was manned (personed?) by Harry Gaston and Bob Marwin.

Last, but not least were Jane McCormick and Catherine Porter selling pins, patch, decals and shirt transfers.

Thank you, all you volunteers!



Club Purgatory's warm, congenial atmosphere will make you feel at home. Gather around our cozy fireplaces. Whether you come to dance, have cocktails, or enjoy the game room, you'll be among friends. Happy Hour is 5:00 to 8:00 p.m. Monday thru Friday with 2 for 1 drinks and complimentary hors d'oeuvres. Hungry? Club Purgatory's Hot Sandwiches really hit the spot for lunch or anytime during club hours 11:00 a.m. to 2:00 a.m.

Come to Club Purgatory in the corner of Westheimer Plaza (between Chimney Rock and Fountainview) and join your friends.

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A week of great spring skiing between March 27 and April 17...from \$99* (includes 7 nights lodging/6 days lift ticket). For information,

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*Per person based on quad condo or lodge occupancy. Air fare is additional.

CONTINENTAL AIRLINES

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Please send me more information on your Spring White Sale.

Name_

Address_

City____

___State__

____Zip__

Phone_____

My Travel Agent is

We really move our tail for you.

CONTINENTAL AIRLINES

The Proud Bird with the Golden Tail.

snowless ski school

From 8:05 to 10:15 p.m. on the Monday before the Salt Lake Trip left, thirty-nine beginning and used-to-be beginning Space City Skiers got more than their money's worth. Ed Williams conducted the Snowless Ski School superbly with spellbinding instruction and demonstration. It was obvious that Ed had given quite a bit of his personal time in preparing his lesson plan, and those who signed up but did not attend missed more than can be described.

Ed began with a silent instructional movie on beginning skiing. Then he passed out photocopies of your right or left ski with all of the parts labeled. From that he went into a Ski Glossary to help us Houstonians with the slope vernacular. With skies and boots in hand, he progressed from just what a ski is into a sequence that imparted

about three times the knowledge that the first day of skiing for the beginner brings.

He discussed the equipment and the proper method to put it on and how to adjust it. Before too long, he had half of the class wearing skis and boots. Thanks to J. Rich Sports, Ltd. which lent the Space City Ski Club 14 pair of skis and boots just to make our Snowless Ski School realistic. Next, Ed had the entire class walking around in skis and boots and side stepping up and down our no longer "suicide" demonstration ramp that was first seen at our November meeting.

Following that, Ed side stepped up the ramp several times himself to demonstrate what the snowplow run and turns would look like. Also he demonstrated and instructed some intermediate level techniques such as proper body twist and ski

TWO HOURS and TEN MINUTES
by Ed Taylor

weighting and unweighting for parallel turns.

For closing, he let his students in on some of his physical fitness routines. Unbelieveable!

Double thanks to Wayne Cook who built the demonstration ramp. Twice, once at the meeting and then again at the Snowless Ski School. And for sure, double thanks to Janet Pickell who woke me from my slumber at work one day before the ski school to remind me that there was a movie to be shown and for lending her super 8 projector and screen. Thanks to Jack Rich for providing the 14 pairs of skis and boots and two of his men, David Farrell and Bruce Bowen to aid Ed in his equipment familiarization portion and for making sure the boots fit safely into each pair of ski bindings. Thanks to Ed's daughter, Mary Williams. Finally, thanks again to Ed for a superb job!



ski injuries

by Ed Taylor

The December meeting's program was another phase of our effort to reduce Space City's accident frequency by presenting skiing realistically and showing how you may have an injury producing accident. Needless to say, the program was not presented to frighten skiing fledglings, but to depict what may lie ahead and the reason for concern about physical preparation, skiing level and equipment condition.

This year, the Space City Ski Club has taken steps to reduce the probability of a special study team having to record our falls and injuries, such as the team which we saw in the December meeting's film that made the hidden camera B&W movies of the 2,100 falls and the four excruciating, injury producing falls.

All of this PHYSICAL FIT-NESS that we have twice covered in our meetings and twice attempted in SPOTTS PARK was the second step. The first was realizing that we have to prepare ourselves for skiing just like any athlete participating in his sport. The SNOWLESS SKI SCHOOL was another. The EOUIP-MENT FAMILIARIZATION AND DEMONSTRATION SERIES that we are having run for us before or after the meetings (Bindings in November, Boots in December, Skis in January and all three working together in February) and some real SKI INSTRUCTION MOVIES are vet to come.

The importance of each of us insuring that our equipment is properly adjusted before we make that day's first run along with some other basic rules for you to follow cannot be over emphasized.

- (1) DO NOT SKI WHEN TIRED OR EXHAUSTED.
- (2) DO NOT TRY TO SKI WITH YOUR FRIENDS WHO MAY BE MORE ADVANCED THAN YOU. (3) DO NOT SKI THE MOST DIFFICULT RUN THAT YOU HAVE ATTEMPTED AS THE LAST RUN OF THE DAY.

We also recommend that IT IS BETTER TO RENT YOUR EQUIP-MENT IN HOUSTON: Both LOCK-ED IN SPORTS' and J. RICH SPORTS' Ski Shops are staffed by factory trained men and equipped with sophisticated machines to properly set your ski's bindings for you and your boots. Not to mention that they are Houstonians and Space City Ski Club members renting to Ski Club members.

Finally, TAKE LESSONS! Snow skiing is different from water skiing. Learn it from a snow skiing instructor.

Get Prepared - Shape Up - Ski Conscientiously - Ski Hard - Ski Safely - Love It!

number ONE on westheimer



The ski trips ... 1975-1976 ski season

By Bob Allgeier

Once again, this column will serve as a forum to laud the enthusiasm of this year's membership. As of the close of business at the December 8 meeting, a startling 82% of the available trips to the mountains are sold out! As most of you know, this season started out with a resounding clash of overcrowding in September and has set records ever since. One wonders how many of us would ski this season if we didn't have an economic recession to slow us down.

Again, it is very gratifying to see this response and again, thanks for your support. You have all made this Club a source of pride and a greater source of fun and good fellowship. Especially on the hill.

But on to the reporting — elsewhere in this issue, Lee Grona will tell you how she and her unruffled

assistant, Ron Free led 72 skiers to Salt Lake City and partook of a blizzard, at least several small glasses of wine, powder snow up to their waists, terrific accommodations (for a grateful change - we're going back there!), a couple of long waits, and the fabled runs of Snowbird, Alta, and Park City. Mores the pity we couldn't all go but don't forget an opportunity comes up next month if you haven't signed up. That's Bobbet's and Ed's adventure to Telluride. As of this writing, she and the Mt. Hood trip still have a few places.

Due to the terrific response mentioned earlier, a problem for your officers was posed for the first time. It went something like "If you are supposed to promote skiing, why are you going to leave all those folks at home after the existing trips are full?" Really, SCSC'ers shouldn't have to settle for second best, so two additional trips will be run and in different ways, they're both zingers.

The first one will be an economy trip to Taos, N.M. on March 10, 1976. One busload of skiers will depart in the afternoon, travel all night and hit the hill before noon on Thursday, March 11, 1976. Lodging is tentative at this time, but it looks like 3 to a bath. Hope not, but it sometimes happens when we really want to go somewhere at the last minute.

The second trip to be added is called the Spring White Sale and is to Steamboat on April 3-10, 1976. This is a special deal and is being partially subsidized by the lodge operators, one of which is where we're staying and is new to SCSC. We will be staying in sumptuous splendor at Steamboat Village Inn and you will be amazed at the low, lifts included, price.

January 9-18

\$308 w/lift tickets

breckenridge crested butte

ANN CORNISH, Chm. 661-4593 JOHN GABLE, Asst. 226-2573

January 11-18

\$287

w/lift tickets

texas ski week crested butte

BILL BROOKS, Chm. 226-2762 SUSAN REHDER, Asst. 522-2268

January 24-31

\$275

aspen charter

Traditional

MARILYN GELLER, Chm. . . 622-3652 JOHN SCAHILL, Asst. 333-2447 February 1-8

\$331

mount hood

Night Skiing

JIM BENEFIELD, Chm. 461-6855 MARTHA HUEBEL, Asst. . . . 522-4922

February 13-18

\$223

telluride

Washington's Birthday

BOBBET CROSS, Chm. 729-4163 ED EVOLA, Asst. 627-1940



February 27-March 6

\$318

park city

Powder Snow and More

FINN RUNFALO, Chm.... 785-2904 LINDA MacFARLAND, Asst.. 665-7088 **April 13-18**

\$231

vail / easter

JOE COTRONE, Chm. 682-5372 PAT BLAIR, Asst. 526-4587 ALL TRIP PRICES SUBJECT TO CHANGES WITHOUT NOTICE!



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March 20-27

\$289

aspen

spirit of 76

BOB NEIMAN, Chm. 782-6813 JOYCE SERANT, Asst. 783-6918

March 27-April 3

\$369

banff

Glamour

DALE ALLBRITTON, Chm. . 781-9479 SANDY SHIRES, Asst..... 785-9993



ADDITIONAL TRIPS



taos, n.m.

March 10 Economy Bus Trip



April 3-10 Spring White Sale

Exact dates, prices and trip chairpersons to be announced later. Green

EASIEST (Beginner)

Blue

MORE DIFFICULT (Intermediate)



MOST DIFFICULT (Expert)



CLOSED Avalanche Danger



PHONE



SKI PATROL

Right: Left to right, Bob Sheridan, Patty Free, Milton Howe, Ron Free, Miles Anderson and Rick Flammer at lunch. Below: Top to bottom, Jon Williams, leaving Park City Ticket Office. Nancy Parker, John Scahill and Bob Marwin tasting Ron Free's hot spiced wine. Ann Renstra and Charles Smith at the first cocktail party.









by Lee Grona

Seventy-one skiers prayed for snow in Utah, and it snowed, and it Snowed and it SNOWED, seven feet in all during the time Space City was there.

The trip left Houston on Wednesday, November 26 only one hour late. The ticket agent is still trying to figure out why Bob Neiman needed two boarding passes. The accommodations and the staff of Rodeway Inn of Salt Lake were swell. Thursday, 9:00 a.m. we left for Alta and Snowbird and found twenty-nine inches of new snow when we got there. No rock skiing this year! Those skiers who had never skied much powder before found out there was a lot to learn. That evening at the "Party that almosť wasn't", because Layna Adams locked up all the liquor and lost the key (she finally jimmied the lock), it was discovered that SCSC skiers had left items on the bus that returned early from the mountain. Jerry Boldra was missing three pairs of shoes??? and his skis??? What did he do on the mountain? Miles Anderson also showed up sans shoes, but they were on the bus too. It was noted that girls turned up the lost shoes for these two guys!

Friday morning everyone woke to more snow. At Alta the lifts opened late and closed about an hour later. Those who tried to

ski found 40-60 mph winds and a total white out. We were in a blizzard. The slope refunded the lift tickets and the buses tried to leave. Would you believe a three hour bus trip to go twenty-eight miles? Bob Olsen saved the day for many by putting the "closed for the winter" restroom back into operation. Greg Thompson, Tom Mercer and Robert Copple managed to get snowed in a bar halfway between Alta and Snowbird, a Space City dream come true, because the bus was forced to leave them there! On the way down, bus no. 2 picked up seventeen kids who were stranded on the mountain and gave them a ride to their hotel. While the last bus was struggling down the mountain, Ron Free was making hot spiced wine for the second party. We understand that the kitchen help at the hotel wasn't the same after sampling and tasting until it was Just Right. The wine was swell, Ron, and ready just in time for the last bus riders to walk in and enjoy. Later that evening Vic and Miriam Peterson, Penny Chancey, Les Bennett, Ron and Patti Free, Ed Taylor, etc. were seen enjoying a superb Italian dinner in an old church.

Saturday morning when the buses arrived at Park City, everyone was told "Frostbite warnings are out." You could tell, too because Jim Plummer, Ed Taylor and John Scahill sported 3 foot icicles on their respective moustaches.

thanksgiving trip-utah

The high temperature for the day was zero at the BOTTOM of the mountain. It was impossible to recognize fellow Space City skiers the way everyone was bundled up. There were, however, a few noteable exceptions. Who could miss Ed Williams suede and fur hat, or Layna Adams red nose mitten? Yes, a REAL nose mitten. Michele Hughen was a standout with her black, yellow and blue bottom, to her ski outfit, that is. You couldn't miss Ron Free by his style of skiing. He called it RONFREE style. Those in the immediate vicinity called it 'out-of-control with poles flailing!' Eddie Hebert, after only three days, was skiing intermediate slopes with a flair. Call him The Flash. Milton Howe and Sherri Prewitt could be identified because he was always telling her it was easier than it looked, and she looked rather skeptical. Roger Williams was Space City's one-legged skier, he lost the other ski somewhere on the mountain. One couldn't miss Rick Flammer in his \$6 bargain wild ski pants, although he almost missed the bus going back. He claimed he was in the store buying bread and cheese! Bob Sheridan's Bi-centennial outfit should be preserved for President Ford to wear skiing! If you happened to see a very large tan and white plaid poncho, chances are Nancy Parker was huddled within.

Sunday dawned beautifully with blue skies and sun as well as several inches of new snow. The majority of the Space City crew voted to return to Park City, with loud vocals by Bob Marwin for a "really early" bus. The crowds thinned at noon and we had a full day of great skiing. The buses took us to the hotel to change clothes (Charles Sanderson couldn't seem to tell the girls change room from the boys) and then to the airport where the usual wait began. Bridge games, sleeping, drinking warm Coors, and finally a pool to determine out exact departure time helped to pass the hours. Darolyn Butler arranged with the pilot to announce the exact time of "lift off" to determine the winner. We finally got off at 11:58, three hours late, and the big winner was Les Bennett with 11:55 p.m. Just don't ask Miles Anderson to do a snow dance, you will get seven feet in no time.

A special thank you to Miles Anderson and Patti Free who helped with all the parties, to Mike Gay for lending us his car, and to Penny Chancey and Gordon Walker for minding the luggage from hotel to airport on the return trip. And THANK YOU to all the participants who helped make this the best trip ever!

Below: Dr. Gordon Walker, Greg Thompson, and Joseph Potvin loading the bus. Left to right: Miles Anderson, Lee Grona, Bob Sheridan and Les Bennett. Bottom left: Roger Williams leaving a typical Utah convenience center. Bottom right: SCSC'ers wait for the plane home to Houston.









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JANE McCORMICK and CATHERINE PORTER at the Pins, Patches, Decals Table at the December Meeting.

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Aspen/Snowmass Ski Spree. \$231*6 days/7 nights.

These are slopes for beginners and champions alike. Our price includes Houston-Denver round-trip airfare on any of Texas International's four daily non-stops (with no extra luggage charge for equipment). You get 7 nights lodging at a choice of hotels. And 6 days' skiing at any of 4 world-famous Aspen ski areas; Aspen Mountain, Aspen Highlands, Buttermilk/Tiehack, and Snowmass. Ground transportation between your lodge and all four Aspen ski areas is free.

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This six-day tour includes round-trip airfare, airport transfers, and five nights' hotel accommodations in downtown Mexico City. During your stay you'll learn why Mexico City is often called the "Paris of North America" as you enjoy many historical and cultural splendors on a half-day city tour which includes visits to Zocalo, the National Palace, Metropolitan Cathedral and world-famous Chapultepec Park and Castle. And, of course, you'll have plenty of free time for shopping and sightseeing on your own.

For tour reservations, call your travel agent today. Or call Texas International at 224-6833.

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*Prices are based upon double occupancy in hotels and a group of 10 traveling together, and are higher for individual travelers. Package does not include transportation between Denver and Aspen. All prices subject to change without notice. **Total package based upon Thursday departures. Add \$10.00 for Friday, Saturday or Sunday departures. Prices based upon double occupancy in standard hotels; package does not include \$3.00 U.S. departure tax, \$4.00 Mexico departure tax. All prices are subject to change without notice. Reservations must be made and tickets purchased at least 7 days prior to departure date. Tours not valid during certain periods. Consult your travel agent or Texas International for details.

markemaker

by Ann Cornish



FINN RUNFALO

People oriented and hard working - that's FINN RUNFALO. Lengthy tenure as a director and service on various Houston Exxon Employee Club committees paid off for Finn when he was elected president of the Houston Exxon Employee Club by a landslide vote in 1971. Finn, a supervisor in general services at Exxon Production Research Company, was a familiar name to voters because he had previously served four years as a club director, three years each as director co-ordinator and membership chairman, and eleven years on the picnic committee.

Finn is also credited as being one of the organizers of the Exxon Singles Club and has served as its president for the past three years. The Exxon Singles Club makes trips similar to many of our SCSC treks (Lafayette Horse Races, Hilltop Herb Farm, Padre Island, etc.) In the past six months, Finn has gone on one-half dozen of these side trips sponsored by either Space City or the Exxon group. "It's a great way to meet many interesting people" says Finn. Next year he will relinquish his presidency to our Club's Vice President of Programs, Layna Adams. He says it will be a pleasure to watch the Exxon Singles Club continue growing under her direction.

The first time Finn ever skied was at Snowmass with the Exxon

Club. He says he remembers he and other first timers going out to the ski school and the ski instructor saying "All right, you Texans. Take off some of those clothes so you can ski!" They were so bundled up sweat was rolling off their brow! His second ski trip was Space City's most unforgettable Vail trip. That was in '72 when a blizzard closed Loveland Pass. The group, led by Jimmy St. Clair, left Vail at ten o' clock in the morning and reached the pass by one o'clock. Traffic was bumper to bumper. The bus inched along in a tedious nerve wracking fashion, but Finn says they had a ball. One girl got off the bus and was running alongside it scooping up snow so she could build a snow man inside the bus! Finn claims that she wasn't drunk. It was just that she was from Florida and went "bananas" over snow. Anyway, after 12 hours on the bus, our fighting 86 arrived in Denver aboard the very last vehicle to get through the Pass before it was closed completely.

Other areas Finn has skied include Steamboat Springs (three times) and, of course, Park City which is the trip he will lead this February. His favorite of all ski trips, however, was the second time he went to Vail for the first Texas Ski Week. Finn was the first Race Chairman of the Texas Ski Council and also served as race co-ordinator for SCSC. That was the year Space City won the silver cup. Fifty-two out of a trip of eighty-eight participated and really racked up some points. Our Club also had the top three women racers. Finn is already planning to ski Texas Ski Week next year.

In his spare time, Finn enjoys playing tennis. In fact, you may have noticed the tennis roster he put together for the Sitzmarke - 50 names and growing. He also enjoys playing poker, golfing, deer hunting, and reading. Recently he bought a ten-speed bike and intends to make the Space City bike trip this spring. In the past Finn always followed in his pick-up truck picking up stragglers. Fair and faint heart, take heed. You'll not have Finn to bail you out anymore! He'll be peddling along right with you!



swap shop

FOR SALE: Men's Hanson Team Boots. New - never waxed. No. 3 Shell - fits 8 - 9½. Cost \$205. will sell for \$150. Call Roy Caviness at 622-8377 (home) or 237-9175 (office).

FOR SALE: 1 pair of men's Hanke Ski Boots (plastic). Size 10½ Buckle Boots (Red). Used three times - \$50.00. One pair of men's over-pants (33-36 large size). Navy blue with red and white zippers up the side of each leg. Worn twice - \$20.00. Call H. D. Carpenter, III at 495-6305 (home) or 623-0300, ext. 322 (office).

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Eatzmarke Eatzmarke

By Bob Neiman





For those of you lucky enough to be going on the Aspen Traditional Trip, the following comments by Marilyn Geller should be helpful in deciding where you want to spend your money agres ski.

The Crystal Palace has a choice of four entrees. The waiters and waitresses do a complete show which is a musical spoof. The place is fairly expensive. Andre's has super brunch and is very good for dinner. The Golden Horn is expensive but excellent. Reservations are required at both the Golden Horn and the Crystal Palace. The Shaft is inexpensive, has excellent barbeque and no reservations are required. Galena Street East is a good steak house with moderate prices and no reservations are required. Alice's Alley is one of the many pizza places. The Village Pantry is unbelievable for a hardy lumberjack type breakfast. The Chart House is another Victoria Station type restaurant with good 'food. Shannon's Galley is an expensive French restaurant; reservations are required. Check Don Giovanni's for a full seven course meal with a different menu each day of the week. Crepe lovers try the Magic Pan. Little Annie's Eating House is a place for a fast inexpensive dinner with the barbeque chicken recommended. The Great Gorge has 'two for one' meals at various times during the week. The Steak Pit will be two blocks from where Space City skiers will be staying. The Steak Pit is recommended for king crab legs, steak and has a good salad bar.

Ken Cary likes the Copper Kettle at Aspen, which he decribes as hard to get into and expensive. However, each night they have a different national menu. Ken also likes the Shaft and the Magic Pan. As you have probably surmised, Aspen is a gourmet's delight. However, if you have any problems finding a good place to eat, check with Jim Plummer or Bob Olsen as they have both been to Aspen many times and will be glad to recommend a good place to eat.

Bars - If you had rather drink than eat, the Space Lodge at Aspen Highlands has a band with dancing apres ski. At Snowmass, the place to drink and dance is at the top of the first lift. Watch out coming down afterwards.

Mt. Hood

MT. HOOD

According to Jim Benefield, there is only one place to eat at Mt. Hood. Benefield's trip will be staying at the Timberline Lodge which is 4½ miles from the nearest civilization. I'm not sure whether you eat the bears or the bears eat you! However, there are two spots on the access road to the mountain where beer, pretzels and drinks are available. At the Timberline Lodge you will find the Blue Ox Bar, Ram's Head Bar, plus two restaurants - one is for intimate dining while the second restaurant is a family style affair.

Here is wishing Aspen and Mt. Hood skiers good snow, good skiing and good eating.

Next month: Telluride and Park City.

to fall rafe

Any person who claims that he's never taken a fall is: 1) not telling the truth, 2) not really putting any challenge into his skiing. Bear in mind that spills happen to every skier from the novice to the expert. The are just as embarrassing to the great as they are to the rest of usand they can be just as dangerous.

One thing is different: pros and highly conditioned racers are physically stronger and therefore more responsive than the recreational skiers. So, the answer is that when you know you are going to fall - fall. Don't fight it when you have begun to lose your balance. Melt into the snow as softly and compactly as you can. By resisting, you exert muscle effort to overcome the impending disaster. Your body becomes contorted to regain balance. If the fall comes at this point, you are in no condition to prepare yourself for the impact and you risk one of those falls called 'egg-beaters" or "cart-wheels". In short, you may wish you had gone down at the first opportunity, rather than prolong and possibly intensify the agony.

An appropriate axiom is "Those best able to recover from trouble are seldom in it." A time proven method of falling is to collect yourself into a compact ball. Tuck in elbows, hands and draw your knees up close. Be sure that knees, boots and skis are as close together as possible. Never sit back on the tails of your skis, for they will keep running after you fall. In unity there is sometimes another chance.

january

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