

SKI LETTER
December 6, 1965

HOUSTON, TEXAS

DECEMBER MEETING Monday, December 13, Hotel America Ballroom, Bar open at 7 pm, program begins 8:15. Buzz Bainbridge of the Aspen Skiing Corporation will show and narrate a brand new film on Aspen and the soon to be opened Snowmass ski area which is located behind Aspen Mountain.

HURRY!! SIGN UP FOR ASPEN The Aspen trip is quickly filling up. Nearly 60 persons have reserved seats on our fast chartered Constellation. Capacity is 103 and we have room in the Continental Inn for about 90. The dates again are Feb 5-13. We fly to Grand Junction and have buses to take us to Aspen. Total travel time is a short 7 hours. We arrive Saturday afternoon, Feb 5 in plenty of time to rent equipment and become oriented with relation to the Red Onion, ski school meeting place, and the Crystal Palace. Ski 7 full days on the best slopes in America. Buttermilk area is fabulous for beginners. Did you know that 60 of our Aspenites last year were beginners? Wine and cheese parties on the slopes, races and trophies, and a mid-week dinner are yours just for fun.

Transportation round trip	\$92.60
4 or 6 person room (7 nites, ea person)	44.10
3 persons	51.45
2 persons	66.15
Deposit due now to reserve room and transportation	50.00
Balance due January 15	

Your deposit can be refunded before January 1 with no penalty, however, after that date refunds will be made only if someone else takes your place.

Mike Boylan is chairman of this trip. See him at the meeting or call him at home, HO5-8494 for reservations and information. Equipment can be reserved for you for an additional \$10.00 deposit which is applied toward the rental cost. Due to the crowds expected in Aspen we recommend reservation. We need height, weight, and shoe size and your money.

NEW YEAR'S TRIP DEC 29 - JAN 2 At present this trip is full, however, the waiting list is short so call Barbara Ford, CA5-5501, if you are interested. This is a bus trip to Ruidoso, New Mexico.

OTHER TRIPS Tentative plans call for a trip to Ruidoso, Jan 21-Jan 23, and Mar 4-5. Sign up for these trips now.

The Easter weekend trip to Vail by chartered plane is filling up. This trip Apr 8-10, is made available to us by Tennwood Tours. Call Mr. Alan Dabney at CA9-3126 for complete information. We can tell you more about it at the meeting.

CLUB PINS Our distinctive club pins will be on sale at the meeting for their \$3.50 cost. This will be your last chance to get one before your holiday ski trip.

ICE SKATING We've had two great skating parties at Winterland skating rink, Richmond at Kirby. The next party is set for Thursday, Dec 16, 9-12pm. Hot wine and cheese and crackers will be served. Special reduced club rate is \$1.00 for admission and skate rental. Over 100 members and guests came out last Thursday night.

MEMBERSHIP AND INFORMATION Membership is still open to anyone interested in skiing and other sports. Applicants must be recommended by a member. Dues are \$5.00 for a single person and \$7.00 for a couple or family. For information call:

Tom Cronin	President	CA4-7661	MO6-3383
Rolfe Beaudry	Vice-Pres	CA8-8221	SU2-4748
Ginger Johnson	Secretary	CA1-4067	MO7-8673

Other approximate expenses in Aspen: (for the week)

Equipment rental	\$25
Lift tickets	\$35 beginners - \$48 all tows
Ski school classes	\$20 three days
Food and drink	\$6-?? per day
Clothing	????

Space City Ski Club
Houston, Texas

PRE-SKIING CONDITIONING

None of us city dwellers should rush out and start skiing without preparing for this unusual physical exercise. Skiers incur many injuries because they are not in good condition and tire easily.

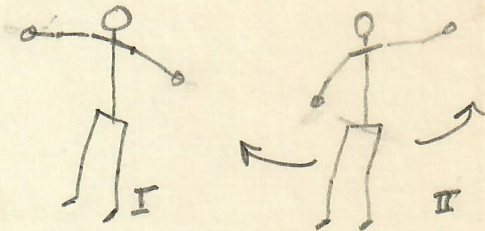
The simplest amount of extra effort can go a long way towards getting you ready. Leave your car in the ~~garage~~ carport and walk whenever possible. Walk up and down stairs instead of taking the elevator. (You don't have to walk up all twenty flights, just get off on fifteen and walk the rest of the way.)

All this exercise will tire you a little, but keep extending your workouts by doing a little more each day to build up your endurance. Practice breathing deeply; the air is a little thinner in Aspen.

The following exercises represent a minimum workout to condition muscles you'll use skiing. Perform the exercises regularly each day. With such a short time remaining before the trip you should be extra diligent. For the first three days perform each exercise 5 times, then add one repetition a day up to a maximum of 20.

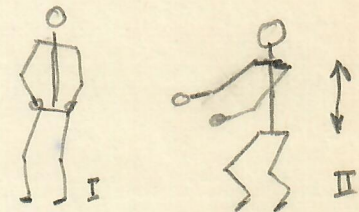
THE TWIST

Stand with feet shoulder width apart, arms out to each side. Slowly swing arms and shoulders back to left and then to right. Repeat. Allow hips and legs to turn but don't move feet.



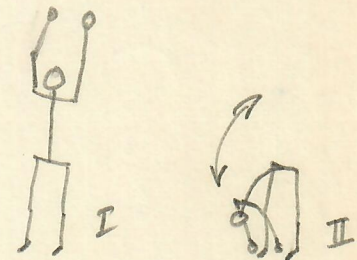
KNEE BEND

Stand with feet shoulder width apart, hands on hips. Slowly squat by bending the knees, balancing by extending your arms in front of you. Return to the standing position. Repeat. Start out with a half-squat only, then more deeply as you become stronger.



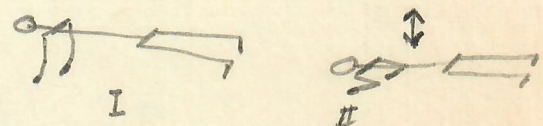
BEND AND REACH

This is the old "touch your toes" but start with your arms stretched high over your head. Bend from the waist, keeping the knees straight, then reach high again. This will be a good loosening up exercise to use in Aspen.



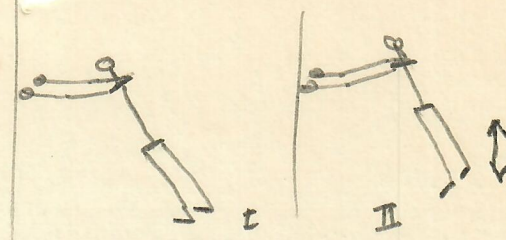
PUSHUP

Support yourself on hands and toes, then keeping back straight, body to floor by bending arms, then push up to starting position. Girls can start out by resting knees on floor.



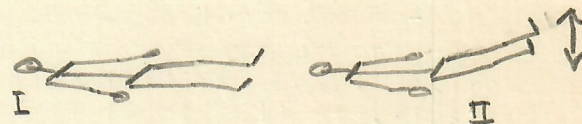
ANKLE BENDER

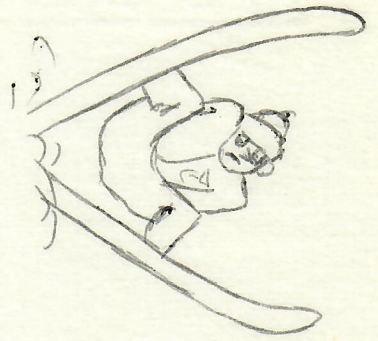
Rest hands on the wall and stand with feet well away from wall but flat on floor. Then rise up on toes and lower to starting position. Repeat. This is especially good for ~~the~~ girls who wear high heeled shoes.



LEG LIFT

Lie on the floor, then keeping legs straight, lift feet off floor about two feet, hold, then lower to floor. Repeat.





PRE-NEW YEAR'S SKI TRIP PARTY

Say, Skiers! Believe it or not we'll be on the slopes in less than four weeks; so we're going to have a little party to get things going. The crucial data is as follows:

Date: Sunday, December 11
Time: 7:00 PM
Place: La Fin Club
Address: 2920 Kirby Drive

The party will give everyone a chance to see who is going on the trip and to get acquainted. It will also give us a chance to get things done like roommate assignments, ski rental reservations(if you haven't already completed one), and all the other vital information about departure time, return time, etc.; so it's very important to be there if at all possible. Remember too, that the balance of the cost for the trip is due no later than December 15th; and in case you've forgotten, the cost is as follows:

Bus: \$74.50

Plane: \$129.50

See you at the party!!!!!!

DON HOLLOWAY

P.S. If you have a guitar, bring it along.

SPACE CITY SKI CLUB
Houston, Texas

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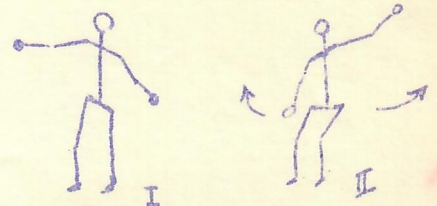
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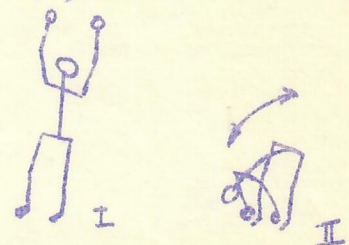
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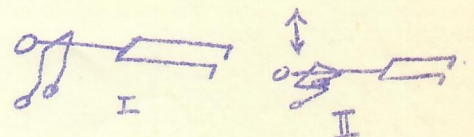
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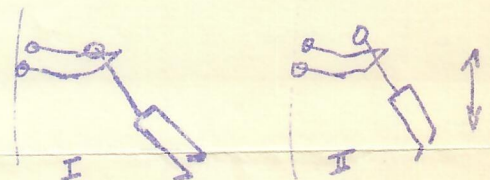
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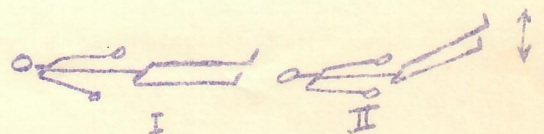
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1-21-65