



Volume LXI, Issue 7

Trail Sweepings

The Newsletter of the
Trailsweepers Snow and Sports Club, Inc.

November 2009

www.trailsweepers.org

Sam's Point Hike

Sunday Nov. 1st

Rescheduled Date



A day long 10 mile moderate hike with some difficult spots. Last three miles are actually a flat carriage road back. The hike will take you through the **Sam's Point Preserve**, owned by the Nature Conservancy. You will scramble through the Ice Caves, the cold air in the crevasses gets trapped, keeping the inside cool enough for snow to stay through July. Along the way you will get views of High Point Monument in NJ, the Hudson Valley, the Rondout Valley, the Verkeerderkill Falls and the Old Berry Picker Shacks. Fall colors should be at their peak. Bring hat, gloves, lunch, power bar snacks and plenty of water.

No excuse to be late, you just slept another hour with the time change. Meet at the **Park and Ride** area by the Kingston Thruway circle at 8:45AM to set up carpool (50 miles roundtrip, \$7 fee per car). Motorcade **leaves** at 9AM.

Or join us at Sam's Point Trailhead at 9:45AM. If you chose this option, call my cell (527-5381) that morning to let me know people are there. Heavy or steady rain postpones to Sunday. If in doubt, call me.

Daniel Desmedt daniel@desmedt.net
Home: 331-3552 Cell: 527-5381

Core Conditioning for Skiers

Special Program at November 5th Meeting

Thomas LaFera of the Mid-Hudson Athletic Club will present a talk on core conditioning for skiers. He is a personal trainer at MAC as well as a skier, and accomplished cyclist. Tom will be teaching a class at MAC on pre-conditioning for skiing.

He will demonstrate and recommend specific exercises which target muscle groups needed for skiing focusing on core conditioning.



Zumba Class by Lisa Glick

Special Program at November 12th Meeting

Zumba - a cardio movement exercise class that feels like a party. Aerobics using multicultural music, including Latin, hip hop, African and Mideastern music. Can be done low or high impact, appropriate for men and woman all fitness levels, no dance experience necessary. Wear comfortable clothing you can exercise in.



Lisa Glick - Lisa is a certified Zumba instructor. She has been teaching Zumba at local gyms for the last 2 years. She is a fitness enthusiast and a slow long distance runner, known to talk through all her miles. For her day job she is a middle school vocal music teacher. She has a background in theater and also sings professionally.

Sugarloaf Mtn. Hike.

Sunday Nov. 8th



The hike will start from the Mink Hollow Road parking access. This is an 8 mile roundtrip hike with an approximate overall elevation gain of 2300' with the last mile climbing 1000' to the top (3800'). Please be comfortable with this type of hike before deciding to do it. Be sure to dress appropriately based on the weather of the day. Steady rain cancels and there is no rain date. If in doubt, call me by 8:30.

This hike will take ~4.5 hrs. roundtrip. We will meet at 8:45 and carpool from the Kingston rotary parking area to the trailhead for those that wish to do so. We will try to start the hike no later than 9:30. For those that wish to go directly to the trailhead, take Rt. 212 to Lake Hill and turn onto Mink Hollow Road (right turn if you're coming from Bearsville/Woodstock). Follow road, to the end to the parking area (~2.85 miles).

Bill Harper
845-331-2825
kuaiboy47@earthlink.net



TSSC Slate

Officers 2009 - 2010

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John Brooks 336-8446

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Peter Tannenbaum(11) 691-5766

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Steve Wingard (11) 532-7459

Dale Ziegenfelder(10) 657-6312

Committees

Membership

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Meeting Programs & 50/50

Josh Schulman 516-603-5195

NJ Ski Council

Jim Culla 358-5765

Discount Lift Tickets

John Brooks 336-8446

Ski Racing

Jim Tomassetti 331-2324

Fall Hikes

Ellen Berlin 658-8606

Bicycling

Jim Tomassetti 331-2324

Trailsweepings (Newsletter)

Daniel Desmedt 331-3552

editor@trailsweepers.org

TSSC Web Page:

www.trailsweepers.org

Social Events

Holiday Party

Yvonne Baker 331-1068

Fall Kickoff Party

Janet Mihm 246-1742

Spring Banquet

Dale Ziegenfelder 657-6312

Lunch in Downsville By Kayak John

Sept. 26, was the day of the motorcycle trip; 15 people showed up on 12 bikes! We all met at the Thruway Circle Diner to have some fun on the steel steeds.

The goal was to go for lunch at the Schoolhouse Inn located in Downsville somewhere in Delaware County.

We started with sunshine and what looked like a promising, beautiful day. We decided to take the "long way"; see some sights, enjoy the minor back roads—Platte Clove Rd, Rt. 23A, County Rt. 42 in Lexington, Rt. 28, and finally Rt. 30 in Delaware County. Going up Platte Clove Rd. was a challenge for some riders. The road meanders up the side of a ravine stretching from West Saugerties to Tannersville providing many twists and turns. The road is all paved now so it is not as bad as it once was. Many people have run, bicycled, driven, and motorcycled it!!! It commands respect no matter what form of movement is chosen. At this time the clouds appeared, the sun disappeared, and a chill fell over us making the trip rather cold. We did a pit stop at Hunter Mt. Ski Lodge in order for us to use the facilities and to don additional clothing. There was a mountain bike competition going at the same time.



After about 100 miles, we finally made it to the sleepy town of Downsville, the western side of Pepacton Reservoir--our original destination. The body of water and its surrounding hills made it a wonderful sight to see—somewhat similar to Ashokan Reservoir. The leaves were starting to turn in many places making it a beautiful trip throughout.

Downsville has at least two gas stations, some stores, and a beautiful inn right in the middle of the town. The inn was a union free school built in 1904! Al-

President's Column



A reminder that there are three meetings this month: 11/5, 12 and 19. There are few hikes left this month, so get out there and keep those legs in shape for skiing. The season should start soon. Thanks to Ellen for organizing the hikes again this year. A big thanks to Josh for organizing the program last meeting on skydiving, an interesting presentation. Also a thanks to Marla for the upcoming program on Zumba class as Special Program November 12th meeting. That should be fun. Rudy has his Killington trip in December. If interested please sign up early with Rudy.

Kevin

president@trailsweepers.org

though it no longer is a school, the interior of the building reminded one that there were classrooms in existence at one time. Today, there are many stuffed animals hanging from the walls. There was even a full sized musk ox, bear, several wild turkeys and many more exotic wonderful animals. If you are a hunter, this is a place where you might go to have a great lunch and see many stuffed creatures on display. It has a warm, homey feeling!

After warming up with soup, coffee, and various entrées, we enjoyed the camaraderie of the 15 people that were there. Most participants were from the Trailsweepers, however, there were also several non-members. The people were: Pat M., Dave K., Mark N. and Sharon N., Mark C., Patrick C., Mark B., Steve F., Michelle M., Yvonne B., Ryan V. and Jenn C., Nancy M. and Rick F. and Kayak J.

(Continued on page 3)

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The return trip was more direct; we cut out the long run. As a result, it was only about 70 miles back to Kingston. We logged about 180 miles altogether with a mixed representation of brand name motorcycles. Although it was cold and cloudy most of the day, we all enjoyed the trip!!!

Many thanks to all those who ventured out! Also a special thanks to Sharon N. who acted as the "official" photographer taking many shots of the inn as well as several of the many natural wonders along the way!

Kayak John

Discount Tickets

Tickets are ordered monthly from the New Jersey Ski Council. Tickets must be paid for by the last TSSC meeting of each month.

We get the tickets at the NJSC meeting on the 2nd Monday of the month and they will be available for you at the next TSSC meeting after that. In a hurry? Tickets can be FedEx'ed to us for an additional \$15 per order.

These are vouchers that are converted into tickets at the mountain's ticket windows. Following areas are available:

Ascутney	Mount	Stowe
Bromley	Snow	Stratton
Gore	Okemo	Sugarbush
Jay Peak	Pico	Whiteface

You may be asked to show your TSSC Membership Card in order to use these vouchers.

Belleayre, Windham and Plattekill give discounts for your membership card with the NJSC sticker on the back. Hunter and Killington have their own discount programs.

Email jlbrooks@ulster.net, or see John at the meetings or call 336-8446 for prices and availability.

Hudson Valley Ski Club presents



BRECKENRIDGE, COLORADO

January 23-30, 2010

Price: \$1,208

This trip includes:

- Air from Newark
- 7 nights lodging at the Great Divide Lodge – Hotel double occupancy
- 5 of 6 day lift pass good at Breckenridge, Arapaho Basin and Keystone with free transportation. Add a sixth day of skiing for \$44. Lift pass may be used for up to two days at Vail or Beaver Creek, however, transportation costs are additional.
- Baggage handling at hotel
- Round trip ground transfers in Colorado
- Round trip ground transfers in NY/NJ
- Après ski party hosted by Vail Resorts

The **Victorian mining town of Breckenridge** is located in the heart of the Colorado Rockies and is home to diverse assortments of ski runs for skiers and snowboarders of all levels. Sixteen interconnected ski lifts and four high-speed lifts combine to ensure you'll spend more time on the slopes and less time in lift lines. Breckenridge Ski Resort also features a celebrated snowboard park that offers activities for boarders of all skill levels.

The **Great Divide Lodge** is located 50 yards from the base of Breckenridge Ski Resort's Peak 9 and two blocks from Main Street. Hotel amenities include concierge service, complimentary ski storage, hot tubs, pool, sun deck and exercise room. Room amenities include mini-refrigerator and coffee maker. There is a restaurant and bar on premise.

Payment Schedule: \$200 due June, July, August, September, October with the final balance due November. Make all checks payable to "HVSC Trips" and note "Breckenridge 2010" in the memo area. Please note that the trip price is a "package" and cannot be sold as "land only".

Pre-trip (medical) trip cancellation and trip interruption insurance coverage is available and strongly encouraged. Minimum cancellation penalty is \$100.

For additional information, contact trip leader:

Mike Harellick

183 Millers Lane, Kingston, NY 12401

845 339-4894 HVSCnews@HudsonValleySkiClub.org



Killington Weekend

December 11-13, 2009

Staying at the Northstar Lodge (on Killington's Access Road)



Heated outdoor pool, saunas, restaurant, fireplace lounges.

Two day-lift tickets and two nights lodging

Wine & cheese party Friday night 8:30 PM)

Double \$240 . per person

Seniors: 65+ \$215, 70+ \$206.

Triple \$205. per person

Young Adults (13-18) \$12 less than adults

Quad \$190 . per person

Children 12 & under \$90.00 in same room with two adults (max. 2 kids)

Options: lessons, equipment, Junior tickets

Trip deposit & sign up: \$110

Balance due November 1, 2009.

Cancellation Date 11/1/09

Trip leaders: Rudy Firmbach & Ann Vandersea (845-384-6499)

Killington Mid-Week

January 10-15, 2010

Staying at the Northstar Lodge (on Killington's Access Road)

Heated outdoor pool, saunas, restaurant, fireplace lounges

Five day-lift tickets and five nights lodging.

Wine & cheese party Sunday night.

Pizza Tuesday night, dinner Thursday night.

Double \$540 per person

Seniors: 65+ \$530 70+ \$485

Triple \$500 per person

Young Adults (13-18) \$10 less than adults

Quad \$470 per person

Deposit & sign up: \$190

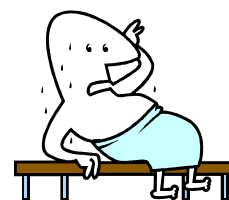
Second pmt \$190 by December 15, 2009

Balance due December 31, 2009

Cancellation December 15, 2009

Options: lessons, junior tickets, 3 and 4 day options

Trip leader: Rudy Firmbach (845-384-6499)



STOWE 2010

March 5th – 7th

At the Grey Fox Inn & Resort

990 Mountain Road, Stowe, Vermont 05672
802-253-8921/ 800-544-8454

Your trip will include:

2 nights lodging Double:\$315 pp
2 "World's most decadent breakfast" Triple: \$288 pp
Full buffet dinner Saturday night Quad: \$265 pp
2 Day lift ticket to Stowe
TGIF Welcome party Friday night with Food, Wine and Beer

This is a great group trip. We are nestled up in the Vermont Mountains with some of the toughest steep trails in the east and lots of cruising laid-back trails. If X-country skiing is your pleasure, Mt. Mansfield has some of the best trails in the east not to be missed.



Lets start Friday evening with a great welcome party hosted by Janet and Frank, great food and spirits. Saturday and Sunday with a full sit down breakfast, including those Delicious Dutch Pancakes. Saturday after skiing, we get together

for dinner in the Grey Fox Restaurant. Evenings, we can enjoy our indoor heated pool, Sauna and Hot tub to soothe our aching muscles or relax and enjoy a cocktail at our in-house bar by a roaring fireplace. Historic New England's quaint, small town streets with over 100 unique shops to explore is another venture to consider.



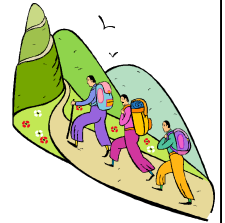
Sign up now and reserve your room at Stowe!
Deposit: \$100.00 at sign-up
Balance Due February 12th, 2010

For info:
Call Frank Rauschendorfer
Home# 845-246-1742
Cell# 201-615-2806
e-mail frauschendorfer@ups.com
28 Mauro Court
Saugerties, NY 12477



Final hike on Twin Mountain and Closing Party

Saturday November 15th



The final hike of the season heads up Twin Mountain. From the Prediger Road parking area via the Jimmy Dolan Notch. Hikers will meet in Saugerties in the MacDonald's parking lot at 9AM.

Twin Mtn. is a favorite... it has two summits and both offer wonderful views. The final ascent to the true summit at 3650' yields a 640 foot elevation gain from the Jimmy Dolan Notch. Woo Hoo!!! This is a strenuous hike but fun...we don't have to break the sound barrier. Furthermore, after the hike we intend to party hearty.

So, come on out and share the adventure...all level hikers will be accommodated.

For info, call Ellen Berlin at 658-8606.



Folk singing

Friday, Nov. 13th, 7PM

Folk singing was a frequent activity in our club for many years in the 70's and 80's so in honor of the 60th anniversary of our club we are having a special folk sing-along.

It will be held at Dale and Diana Ziegenfelders' at 7PM All are welcome. Bring your voices and any musical instruments. Also bring an appetizer, dessert or beverage to share. The address is 85 Highrocks Rd. Glenford. Glenford is a few miles off of Rt 28 just past Woodstock. Call for directions 657-6312

Ski House Rooms

By Okemo / Mt Snow / Stratton

Rooms available in group ski house.
\$40 per person per night.
Contact Rudy Kopecky
kopecky@verizon.net
914-762-2745





Trailsweepers Snow and Sports Club, Inc.

www.trailsweepers.org

Membership Application

(Check One) New Member Renewal

Name (1) _____

Name (2) _____

Mailing Address _____

Telephone# _____

E-Mail Address (1) _____

E-Mail Address (2) _____

(Check One)

Renewal prior to Oct 1st: Single Membership (\$23)

Couple/Family Membership (\$33)

After Oct 1st: Single Membership (\$25)

Couple/Family Membership (\$35)

Children (dependent children under 18 are automatically included as junior members). Please list name(s) and birth date(s) below:

Name _____ Birth date _____

Name _____ Birth date _____

Please check the outdoor activities in which you are interested:

Downhill Alpine Skiing Snowboarding Backpacking Windsurfing

Cross Country Skiing Ice Climbing Kayak/Canoeing Hiking

Ski Racing Telemark Rock Climbing Back Country Skiing

Road Biking Camping Skating Snowshoeing

Mountain Biking Running Other: _____

Mail the check (payable to TSSC, Inc.) and the completed form to:

TSSC Membership

P.O. Box 3061

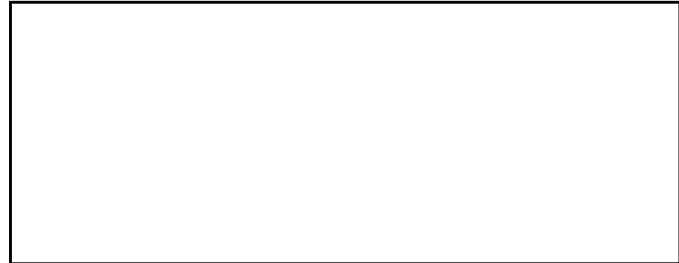
Kingston NY 12402-3061

More info on our website at www.trailsweepers.org



TSSC, Inc.
PO Box 3061
Kingston, NY 12402-3061

First Class Mail



Happy Hour

A few times a month, the club members meet at an area bar or eatery. Join us for a couple of hours of libation and friendly conversation.



November

- 6 **Little Italy**, Kingston
- 20 **Happy Hour venue changed to: Christiana's (formerly Guido's), 812 Ulster Avenue, Kingston.**

December

- 4 **Woodstock Lodge**, 20 Country Club Lane
- 18 **Ugly Gus**, Kingston

January

- 15 **Rosita's** on Waterfront

Contact Dave Cardall 336-8876 for suggestions

Check for last minute changes on our Website at trailsweepers.org

50/50 Raffle



Current jackpot: **\$30**
(estimate)

The price for raffle tickets is \$1 each or 3 for \$2. At the end of the meeting, two tickets will be drawn. The holder of each drawn ticket gets to pick one card from a deck of playing cards. If one picks the Ace of Spades, that player wins the 50/50 jackpot. If not, the picked cards are discarded and the unclaimed jackpot is held over to the next meeting.

At each meeting, as the jackpot grows, the deck of cards shrinks until the Ace of Spades is pulled and we have a winner.

Upcoming Events

Check up to date events calendar on our Website at trailsweepers.org



Regular Meetings:

On 2nd and 4th Thursday of the month at 7:30pm at the Bridgewater Bar & Grill, on Abeel Street in Kingston.

November

- 1 Hike Sam's Point (rescheduled date)
- 5 Meeting at 7:30 with **Core Conditioning for Skiers**
- 8 Hike Sugarloaf Mountain
- 12 Meeting at 7:30 with **Zumba Class**
- 14 Last hike and pizza party (rain Date on Sunday)
- 19 Meeting at 7:30

December

- 3 Meeting at 7:30
- 10 Meeting at 7:30
- 11-13 Killington Weekend trip
- 17 Meeting at 7:30