The Newsletter of the
ACE Ski & Board Club

Volume 20 Issue 4
February 2010

ACE Ski & Board News

General Membership Meeting February 11

View from Okemo, Vermont, by Mary Mattock

LOCATION The General Meeting of the ACE Ski and Board Club will be **February 11** at the Franco-American Club in Westford, MA. Doors open at 6:30. Meeting starts at 7:00.

Meeting Highlights: 2010 marks the 30th anniversary of what started as the Digital Ski Club. Come tomorrow night with remembrances of the old days. Wear old shirts with Club insignia; bring hats that were given out on certain trips over the years. Anyone have one of the old purple pens?
Lots of door prizes, especially lift tickets! This is your chance ...

Bring some non-perishable food items for a food pantry and get an extra door prize ticket!
Bring a complete meal, for example, spaghetti and sauce.

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Important ACE Club Dates 2009–10

General Meetings	Board Meetings	EICSL Races
September 23	September 16	January 9
October 27	October 13	January 30
December 17	December 10	February 13
February 11	February 9	March 6

Meeting Location

The general meeting on February 11 will be at the

Franco-American Club in Westford

55 West Prescott Street
Westford, MA 01886
(978) 692-7013 - Lounge

Directions from Westford Center:

Take Main Street to Forge Village Road, to Pine Street. Go 2.2 miles to a stop sign (it's a straight run from the center of town to the stop sign!).

Go right at the stop sign, and go down the hill to the railroad tracks. There is a stop light that might be flashing yellow (a couple hundred yards), then go left over the railroad tracks, and the Franco-American Club is 4-tenths of a mile on the left across from the baseball fields. If you pass the VFW, you have gone too far!

From Route 495/ Rt. 119:
Take exit 31 (Rt. 119) toward Groton, MA. Turn right on Beaver Brook Road. Turn left on Rt. 225. Go 1.1 mile. The Franco-American Club is on the left after the ball field sign.

ACE Club Officers

Jonathan Levy	President
Robin Temple Smith	Vice-president and secretary
Jean O'Donnell	Membership
Dana Blanchard	Treasurer
Rob and Ilene Titus	Benefits co-chairs
Dee McMaster Elaine Lussier	EICSL reps
Gerry Welch	Racing chair
Bill Tarkulich	Meetings, website
Beatrice Chaney	Newsletter editor

New Race Chair

The Club extends a hearty Thanks! to Bill Ralph for his many years of service as Race Chair. Bill stepped up when Tom Sherman retired and moved out of the area. Bill continued to serve, even when he and his family moved to Maine. The Club owes him a debt of gratitude.

It is with great pleasure that I announce Gerry Welch, a longtime racer, as the Club's new Race Chair. He has some difficult boots to fill.

Gerry is stepping up to help his Club. How about you? We have a number of Board positions unfilled, which do not require a great deal of time. Will you step up to help your Club?

Jon Levy

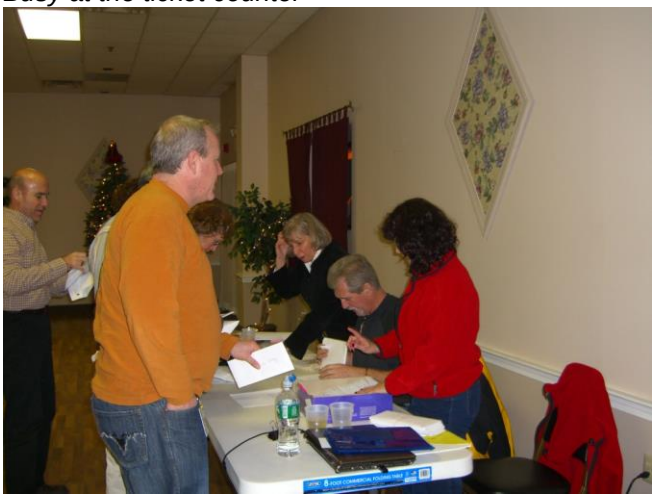
Benefits Committee Update

Ticket Sales: Commencing on December 22, 2009, the Benefits Committee has been conducting an ongoing discount tickets email sale. This sale will continue at the February 11, 2010 meeting and by email until all tickets are sold out. There are no restrictions on the number of tickets you may purchase. Your 2009-2010 membership must be paid in order to purchase tickets. Tickets will be given away as door prizes at the upcoming meeting.

Century Pass Incentive: The ACE Ski and Board Club sponsors a GPS Club group at Wachusett Mountain. Based on the number of qualified purchasers who join the group, the Club receives a free incentive. This year, the Club received a Bronze Century Pass & 3 Peat Card. At the December 17, 2009 meeting, this incentive was raffled off and won by John Sweeney. To be included in the raffle, one must have been a 2009-2010 ACE Ski and Board Club member and have purchased an incentive eligible pass from Wachusett Mountain.

Rob and Ilene Titus, Benefits Co-Chairs

Busy at the ticket counter



The toys collected at the December 17 meeting were taken to the Toys for Tots drop off at Toys R Us in Nashua.

Thanks to all of those who brought toys!

Recap of December's General Meeting

The December 17 meeting was very well attended; ACE members filled the halls of the Franco-American Club in Westford, as everybody came to pick up their tickets!

Dan O'Rourke of NRG BAR in Southboro, MA gave a lively and informative presentation on nutrition and healthy eating:
What you eat affects how you feel, including your performance on the slopes. His advice: be aware of what you put in your body, read the labels, inform yourself!
Ingredients to avoid, among others:

- High-fructose corn syrup
- Trans fats (hydrogenated fats)
- Sodas, including and especially diet sodas!

Further, be aware of potential effects of excessive amounts of soy, as well as ultra-pasteurized milk. Don't count calories so much as where the calories come from.
Dan's products from NRG BARS, available at local bike shops and sport shops, contain "nothing you can't pronounce". For more information, see his website: http://nrg-bar.com/aboutus.htm

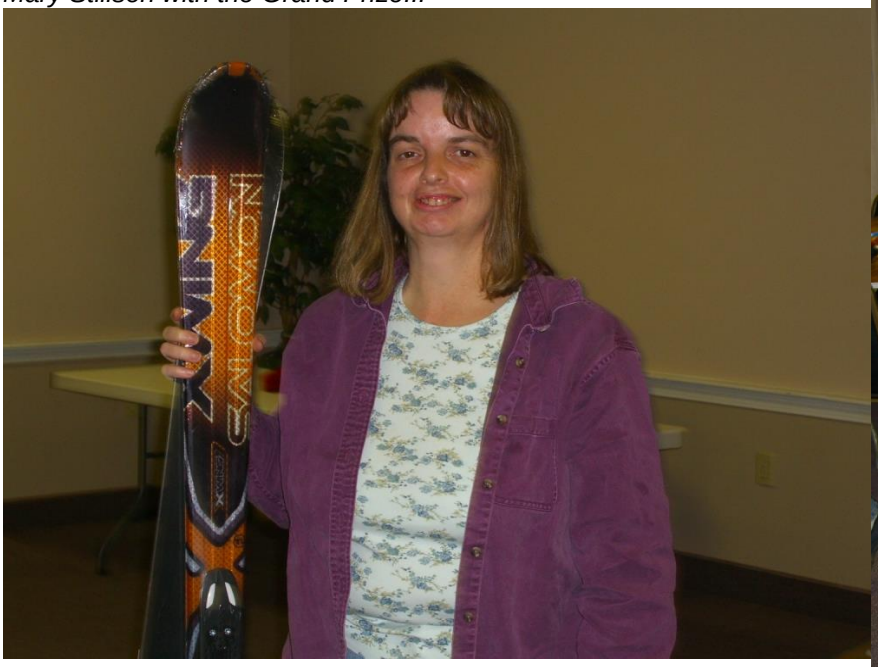
Dan O'Rourke

Marcia Ruklic beaming in her new jacket

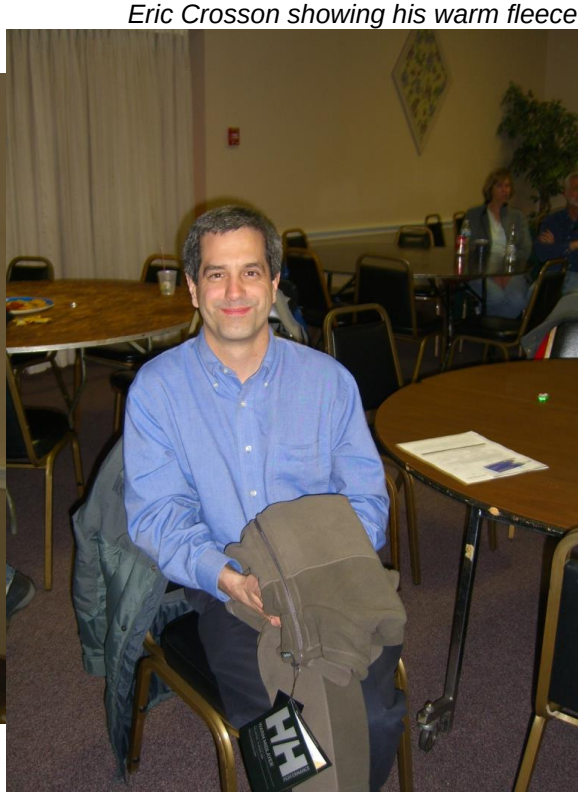
December Door Prize Winners

Box of Power Bars	Mike Mokrzycki
Gloves	George Coolidge & Carlos Herpin
Under Armor	Roxane Arey & Vince Mattock
Loon Lift Tickets	Mike Mullins
Socks	Elaine Lussier
3 Mountain Pass	John Kramarczyk & Joan Willett
Ascutney Lift Tickets	Ken Kozik
Sunapee Lift Tickets	Beatrice Chaney
Smugglers Notch Lift Tickets	Robin Smith
Killington Lift Tickets	Betty Ann Tyson
Fleece	Eric Crosson
Jacket	Marcia Ruklic
Goggles	Vince Mattock
Skull liner	Steve Rooney

Mary Stillson with the Grand Prize!!!



Eric Crosson showing his warm fleece



Greg Ruklic

Robin Smith and Gerry Welch

The membership table: Chris Gerber and Jean O'Donnell

Jim and Artemis Twohig and Betty Ann Tyson

Dee McMaster and Dan O'Rourke

Recent Member Activities

First Race Day at Bretton Woods

By Robin Smith

January 9th was the 1st Qualifier for 2010 EICSL Racing at Bretton Woods.
The night before, it snowed in Franconia Notch and at Bretton Woods. We had about 8 inches of new, fluffy powder. It made for a great first run. We had about 75 racers for the first race which meant we were finished before noon time. The mountain race group also did a great job at getting the course set and ready on time. After the race we all had a chance to go in search of the powder, which was found off the black diamond trails on the west side. Bretton Woods does have some nice cruisers and with the new snow the afternoon when by quickly. In the afternoon we found some untracked powder in the glades and took a few runs to complete the day.

Members, send us your stories!

Beatrice Chaney
bchaney@iname.com

Old Meets New

On a recent day at Sunday River, Maine, Betty Ann Tyson was there to capture how 'Old meets New':

A week-end in Vermont

A few of us, Mary Mattock, Ilene Titus, BettyAnn Tyson, Jean O'Donnell and Beatrice Chaney, spent a wonderful week-end with ideal conditions at Okemo and Bromley, followed by x-country skiing in the woods near the lovely town of Londonderry, VT.

History of the Club

- 25+ years old – the former Digital Ski Club
- Members are adult fans of skiing and snow boarding in the greater New England area including some former Digital, Compaq, Intel, Cabletron, and Hewlett Packard employees
- An original EICSL club (Eastern Inter Club Ski League)

What ACE Ski & Board Club Does …

- Encourages camaraderie and enjoyment of skiing
- Encourages and promotes an active recreational race program
- Provides availability of reasonably priced tickets
- Encourages participation in skiing in new and exotic places
- Promotes a greater knowledge of ski/board techniques, ski resorts, and technical knowledge of skiing and boarding

Benefits of Membership

- Bimonthly newsletter
- Free classified ads
- Discount lift tickets
- Social meetings with presentations on aspects of skiing and boarding
- Active race program at: the White Mountains
- Occasional ski trips to the west or Europe and to Northern New England or
- Member organized day trips to New Hampshire / Vermont
- Some shop discounts
- Cross-country skiing outings
- Summer activities: of cycling, hiking, and camping trips
- Yahoo!Groups distribution list: AceSkiandBoardClub@yahoogroups.com
- Optional EICSL membership
- Opportunities for family member racing

If you haven't yet joined or renewed your membership, please fill out the **2009 – 2010 Membership Form** at the end of this newsletter (also found on the ACE Ski and Board Club website) and return it along with your membership fee to either the membership table at the next meeting or to the club mailbox:

ACE Ski and Board Club Membership
Attn: Jean O'Donnell
22 Palermo Street
Westford, MA 01886

For details of our winter trips, tickets, EICSL, racing, meeting, and membership, look at the club website:

www.Aceskiandboardclub.org

Jean O'Donnell, Membership Chair
ACE Ski and Board Club
wienerin1900@yahoo.com

YAHOO! GROUPS

The club uses a Yahoo list distribution as our means of communicating with members. It is necessary that you are on the list to hear about the benefits that the club offers. But you can also communicate with each other. You can ask if others want to organize a last-minute ski trip, find some extra ski tickets, or pass on tickets that you cannot use.

It's very easy; all you have to do is send email to:

ACESkiandBoardClub-Subscribe@yahoogroups.com

Or go to our website www.AceSkiandBoardClub.org . At the bottom of the home page, type in your email address.

Go one step further and create a YahooGroup UserProfile by going to www.YahooGroups.com and clicking on "click here to register". With a YahooGroups Profile you'll be able to post photographs of your latest ski trip and view other members' photographs and documents, like the membership form. We are also using the YahooGroups Calendar to send out reminders to members about upcoming meetings and trips. Can you help? We need a person to be responsible in keeping the calendar up to date.

Once you have a YahooGroups Profile, you can also choose how you receive the email sent out. You can choose to get each individual email as it is sent out or as a daily digest of all the email from that day.

Our club's General YahooGroups is Private and not listed in the YahooGroups directory. Membership is restricted—all members must be approved. Any member can send out a message, but all messages are approved before they are released. The club Archives are for members only; Email attachments are allowed but are not stored.

Group Email Addresses

Related link: http://www.aceskiandboardclub.org

Post message: AceSkiandBoardClub@yahoogroups.com

Subscribe: AceSkiandBoardClub-subscribe@yahoogroups.com

Unsubscribe: AceSkiandBoardClub-unsubscribe@yahoogroups.com

List owner: AceSkiandBoardClub-owner@yahoogroups.com

Deals, deals, deals …

Check out Bill Tarkulich's latest post on the club's Yahoo Group:

ACE Deals and News, January 2010

(You must be logged into Yahoo to see this post)

Bill is always on the lookout for the best deals on lift tickets, local events, as well as tips on all sorts of things like interesting web sites, updates on the Olympics, etc…

If you haven't already done so, one more reason to sign up for the club's Yahoo Group!

Recreational Racing – 2009–10

While we are proud of our many wins, the club racing program is designed for skiers of *all* experience and ability levels. In addition to highly skilled competitors, each season we attract many entry-level and first-time racers. Our program is designed for FUN. We think that having a goodtime, in a friendly environment, will help you in improving your skiing.

The club offers these programs:

• EICSL's White Mountain Racing

• Team Racing (Nashoba and Wachusett)

• USSA Masters

The September 2009 newsletter has details on each program. A new race format now breaks up men and women racers into the following age groups: junior (18 and under), senior (19-49), and veteran (50 and older for women, 55 and older for men) .

The EICSL races are on Saturdays, with the championship race in early March:

Qualifier 3 – **February 13, Sunday River**
Championship Race – **March 6, Shawnee Peak**
(Juniors invited to participate)

You must be an ACE club member and an EICSL member to participate in the EICSL races.

EICSL News

The ACE Ski and Board Club is one of the 23-member clubs of EICSL **(**Eastern Inter-Club Ski League). Members of our club can join EICSL for an $8 fee, which entitles ACE members to all the benefits available to EICSL members.

As an EICSL member, you can go on their ski trips, purchase EICSL's discount ski tickets, get merchant discounts, participate in the EICSL race program, get discount ski tickets at the mountain where the EICSL race is held on the day of the race, book inexpensive lodging at a club house, and attend club parties.

Visit www.eicsl.org for more information.

Here are some highlights from the recent EICSL meeting, attended by our representative Elaine Lussier:

- EICSL just added two more discounts vendors! Members must present EICSL Card to merchants to obtain discounts.

- **3rd Qualifier Race is February 13, 2010 at Sunday River**. Race starts @ 10:00am. Any EICSL member can purchase a **Discounted ticket for $50.00** Time Only: 8 TO 9:30 2ND Floor Barker Lodge. EICSL Card must be presented.

Race Training at Wildcat

Race training will be available each Friday of the race weekends: Feb. 12th, March 5th. All abilities are welcome. At least two instructors and a race course will be set up on one of the slopes off the Bobcat lift. Cost is $50 (Bobcat lift only), or $35 with season pass/ticket. All mountain access (i.e., Quad) price is $70. Training starts at 10:00 a.m. Go to the Wildcat Lodge with EICSL ID or guest pass and ask for the EICSL race training. To help gauge numbers, please RSVP to John Calladine at jcpc@comcast.net

Ski Clinics at Blue Hills – Are You Interested?
I'm exploring the possibility of clinics for EICSL members and guests at 6:30 p.m. on Wednesday nights at Blue Hills in Milton, MA. I've proposed to the ski school management having 2-4 groups of different ability levels, but need feedback from EICSL members. Is this something you'd be interested in doing? I don't have a price yet, as it would depend on the numbers. Lessons could range from never skied to expert, based on demand. Contact Clark Linehan, info@eicsl.org if you'd be interested.

Wildcat Tavern Friday Night Discounts.
5:00 p.m. to 9:00 p.m. Gourmet Pizza 50% off, $3 beer, $4 wine. Pub Specials after 9 p.m. (ask your server) Requires showing your EICSL ID to hostess.

Get The Word Out About EICSL – When riding on the chairlift with a stranger, ask them if know about your club and Eastern Inter-Club Ski League (EICSL) located in the North Conway area. All ski clubs of EICSL are looking for new members. Prospective members can get information about all clubs when they fill out the membership inquiry form on the EICSL web site. Their inquiry will be emailed to all ski clubs. Don't forget to mention, the basic selling points of why our ski clubs were founded are inexpensive lodging, discount tickets, low cost ski trips and fun people to ski & board with. Also, we are skiers and riders that do fun things all year around especially during the wintertime. Tips to pass on - when doing a Google search, enter your Ski club's name or EICSL or Directory of NH Ski Clubs or get free business card for your club at this web site www.vistaprint.com to pass out. Finding new members is an all year round event!
Comments, contact Ace at marketing@eicsl.org.

EICSL Trip

Breckenridge • Keystone • Arapahoe Basin
February 23–March 2, 2010

Includes airfare, transfers, and 5-day lift ticket, which includes up to 3 days' use at Vail and Beaver Creek. Includes continental breakfast for hotel property only.

Hotel: $1520, Condo: $1485 based on PayPal payment $45 discount if paid by check, non-skiers deduct $200, Non-EICSL members add $50.

More trip Information: www.eicsl.org/eicsl-trip.html
Contact Clark Linehan, trip@eicsl.org
P: 781.562.0032

WHITE MOUNTAIN RACING/EICSL Race Application / Team Racing Free Agent Form – 2009/2010

Participant Must Be a Member of the ACE Ski and Board Club
Note: If this application is being submitted for multiple programs, copy the completed form and send to each program coordinator.

[ ] WHITE MOUNTAIN RACING

Submit application to Bill Ralph – 119 Berryfield Road., Yarmouth, ME 04096. Include $20.00 check for WHITE MOUNTAIN RACING race fee (made payable to ACE Ski and Board Club); a $1.00 refreshment fee will be collected later. This race fee is in addition to the $8.00 EICSL membership fee on the Club Membership Application. Cut-off date is November 30th, for EICSL or WHITE MOUNTAIN RACING racers. A Release Form (available from Bill Ralph) must also be completed, signed, and submitted with this application.
Note: Racers submitting applications after November 30, 2009 must pay an additional $5.00 to participate in the first race in early January 2010.

Team Racing Free Agent

Electronic submittal preferred (on-line application form available from Bill Ralph (wralph@maine.rr.com)
[ ] Nashoba Valley or [ ] Wachusett Mt.
Submit application to Bill Ralph, wralph@maine.rr.com or call (207–377–9295) if U.S. mail address is necessary. Cut-off date is November 30, 2009.

Racer Information

Name: _____ Home Phone: (____)_____

Work Phone: (____)_____

Email:_____

Home Address:_____

City: _____ State: _____ ZIP: _____

Date of Birth: _____ Age: _____ Sex: _____Male _____Female ____

Describe Previous Racing Experience and/or Current Skiing Ability

(Not Necessary if Recent ACE EICSL/WHITE MOUNTAIN RACING Racer):

_____

_____

Typical NASTAR Handicap: _____ Best Recent NASTAR Handicap: _____