

# LEBANON N

Ski + Sport Club

a publication of the Lebanon Ski & Sport Club, Inc. ❄️ [www.lebanonskiclub.com](http://www.lebanonskiclub.com) ❄️ October 2018

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## President's Message

Thanks to almost 50 folks who attended the September picnic on the patio. It was great to see everyone and kick off the season. A big shout out for the tasty desserts! Thanks to all who shared.

A great program is planned for our October meeting at 7:30 pm Tuesday October 9<sup>th</sup> at Heiseys Diner. We are grateful to have use of this unique space in the Lebanon area!

As noted on the Facebook feed there are some additional ski swaps if you are looking to get or get rid of gear. If you do have items to consign, you must contact the shops prior to the date so see their websites.

Mountainside Oct 6 & 7:

[www.mountainsideski-sports.com/](http://www.mountainsideski-sports.com/)

Roundtop Nov 3 & 4:

<https://www.skiroundtop.com/home>

*President's Message – continued on  
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**Meetings of the Lebanon Ski & Sport Club  
are held at 7:30 p.m. on the SECOND TUESDAY  
of the Month - September through April  
at Heisey's Diner  
Route 72 North, Lebanon, PA 17042**

**New Members are always  
welcome!**

**NEXT MEETING –  
Tuesday, October 9th  
Heisey's Diner**

**Meeting @ 7:30 pm**

## PRESIDENT'S MESSAGE – continued from page 1

Okay, now let's get in ski shape! Here are 5 moves you can do at home – pssst - check with your doc before starting any exercise program.

1. Squats. Your thighs (quads) are probably the hardest working muscles when you are skiing. ...Squats build strength in your legs.

2. Squat Jump... helps to develop explosiveness in the quads and glutes. This will come in handy when it comes to turning on the slopes.

3. Wall squats. ... absolutely brilliant for building endurance which will help to prevent the burning feeling in your legs on long, tough runs.

4. Lunges. ... for strength and



additional balance, too.

5. The Plank: A strong core is the let's get plankin!

foundation of a fit, strong ski body. So

See the correct maneuvers at

<https://www.redbull.com/gb-en/ski-exercises>

Whoo Hoo! See you at the meeting –  
Jane



## WINE WEEKEND TO SENECA!

I am so sorry to have to tell you the Wine Weekend to Seneca, New York is cancelled due to the inability to fill the bus, not only from our Club, but also the tour group's inability to sell enough seats to fill a bus. I would like to thank all of you for signing up for the trip. All money will be refunded. Thanks again!

Karen.



## HIKE !!!!

Hey, don't be sad, even though we aren't going to Seneca, NY, we're going on another hike with Fred!

**Date:** October 21<sup>st</sup>      **Time:** Meet at 12:30 at Stoney Valley

**Place:** Stoney Valley, hike on the upper trail and return on the lower trail. Park at left side parking lot at trail bed in valley [same place as the bike trip we did before] and then we'll shuttle up to the trail head [same as bike trip] due to limited parking. Afterwards beer and brew at Moose's LZ!    Leader – FRED SCHAEFFER – [gretna01@comcast.net](mailto:gretna01@comcast.net), 717-964-2100 (home)



**KILLINGTON VT. – WELCOME to the BEAST**  
**January 16- 18, 2019**

**Nicknamed The Beast for its 1,509 skiable acres and expansive network of distinct base areas.**

**Party Bus to Killington Mountain on Wednesday January 16-18. Leaving Wednesday morning and arriving early in Killington on Wednesday at approximately 4:30 P.M. and departing Killington after a day of skiing on Friday at approximately 4:30 P.M.**

**Bus departs on Wednesday, January 16, 2019, at 9:00 A.M.  
from Sunset Outlet, 1650 North Seventh Street, Lebanon PA**

**Two days skiing and two nights lodging at the mountain.**

**Accommodations:**

**Killington Grand Resort Hotel- <http://www.killington.com/site>**

- Killington's only full-service mountainside hotel features convenient ski-bridge access to the slopes
- Recognized by Trip Advisor with a Certificate of Excellence for achieving outstanding reviews

**IN-ROOM AMENITIES**

All rooms at the Grand are equipped to make your stay as comfortable as possible, and include the following features:

- Bathroom amenities
- Fresh linens and daily maid service
- TV and DVD players
- Telephone service with voice messaging
- Iron & ironing board
- In-room coffee

**Studios offer fully-equipped kitchenettes with the following:**

- Refrigerator and freezer
- Oven and stove
- Dishwasher and soap
- Microwave
- Essential pots, pans, glassware, dinnerware and utensils

Your Lodging Choices: Hotel Room with 2 queen beds - **\$400**  
Studio for 2 people with 1 Queen Murphy bed - **\$380**  
Studio for 4 people with 1 Queen Murphy and 1 Queen Sofa Bed - **\$390**

Trip leader: Deb Bemederfer  
103 Hillside Street  
Lebanon, PA 17042  
717-272-6842 – H / 717-769-7473 - C  
E:mail – [reeseski76@aol.com](mailto:reeseski76@aol.com)

If you are not able to come to the meeting, please mail your payments to me at the above address.  
Cross country prices will be posted at a later date.  
Ages 7-18 and 65-79 get a \$5 price reduction if downhill skiing!

## **KILLINGTON –HOME OF THE SIX MOUNTAINS!**

Killington Resort's six peaks and 4,241' elevation offer 3,000' of vertical drop, exceptional views and ample opportunities for outdoor adventure with the longest on-snow season in the East.



**Killington is heralded as one of the East Coast's best ski destinations.**

- Killington Peak summit sits at 4,241 ft. with a base elevation of 1,165 ft.
- The mountain is home to an extensive trail system that spans six mountains, plus sister resort, Pico Mountain that's just a 5-mile shuttle ride away.

<http://www.killington.com/>

**More detail to follow.**

**ACCEPTING \$100 DEPOSIT NOW !**

**TRIP MUST BE PAID IN FULL BY DECEMBER 11, 2018**



## Membership / Release of Liability Form

### MEMBERSHIP YEAR 2018 / 2019

All trip participants must be current LSSCI  
members

Membership begins April 1 and expires Mar 31st

Membership Type:     New Member     Renewal  
  
 Family - \$20.00     Individual - \$15.00

Bring to Membership Meeting or Mail to:  
Deb Binkley, 2566 State Rte 72 Jonestown PA 17038

Name First: \_\_\_\_\_ Last: \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell \_\_\_\_\_

Email address: \_\_\_\_\_

List names of family members and ages here, if applying for Family Membership: Payment record: Check # \_\_\_\_\_ membership date:

#### Release of Liability

**The Lebanon Ski & Sports Club Inc. (LSSCI) reserves** the right to make changes including, but not limited to price, time, departure point, lodging, air flights, etc., where such changes are in the best interest of LSSCI or are compelled by circumstances beyond LSSCI's control. Neither LSSCI nor its board members, trip leaders or other representatives assume any obligation or responsibility for any matters not within their control.

**I acknowledge** that skiing & boarding and other physical activities are hazardous activities and I have made a voluntary choice to participate in those activities despite the risks that they present. In consideration of my being permitted to participate in Club events, I agree to assume any and all risks of injury or death which might be associated with or result from my participating in this event.

**I understand** that this is a Release of Liability, which will legally prevent me or any other person from filing suit or making any other legal claim for damages against the *Lebanon Ski & Sport Club, Inc.* in the event of my death or any injury to me. I, nevertheless, enter into this agreement freely and voluntary and agree that it is binding upon me, my heirs, assignees and legal representatives.

**I agree** as an individual or on behalf of family, to abide by the provisions and conditions in the trip Agreement and Terms or any other trip material, including information appearing in the *Lebanon Ski & Sport Club, Inc.* newsletter which information shall be part of the agreement.

**I agree** as an individual or on behalf of family or those under 18 years of age, to abide by the provisions and conditions in the trip Agreement and Terms

**I agree** to make schedule payments when due. If I make late payments, make changes or withdraw from the trip, I agree to pay shift, late or cancellation fees as specified in the trip material.

***I, the undersigned, have read, understand and will abide by all statements, rules and regulations in the Application.***

**Print Name** \_\_\_\_\_

**Date** \_\_\_\_\_ **Signature(s)** \_\_\_\_\_

# LEBANON SKI CLUB - TRIP/EVENT REGISTRATION FORM 2018/2019

## 1. TRIP/EVENT SIGN-UP AND PAYMENT

- A. Everyone participating in Club trips must be a member of the **Lebanon Ski and Sport Club, Inc.**, unless otherwise designated.
- B. Everyone participating in club trips must be at least 18 years of age, unless accompanied by a Parent/Legal Guardian.
- C. Registration for all club trips or events must include this registration form and the initial deposit. Deposits shall be made by check made payable to the **Lebanon Ski and Sport Club, Inc.**
- D. Everyone under 21 years of age must abide by all state laws governing alcoholic beverage consumption. Any individual under 21 years of age who consumes alcoholic beverages or any club member, who furnishes any individual under the age of 21 with alcoholic beverages, shall be prohibited from participating in any additional club trips. In addition, the Board may expel said individual(s) for violations of this policy.
- E. Trips will be filled as follows:
  - 1. Registrations will be accepted in the order they are received. Deposits, (**checks only**) and registration forms are to be given to the trip leader assigned to that trip. Trip Leader addresses will be listed in the monthly newsletter.
  - 2. The initial deposit amount and the schedule for the remaining payments will be stated in the official trip announcement. Payment schedules will also be listed in the monthly newsletter.
  - 3. The club makes reasonable efforts to pair members to fill rooms to meet the occupancy rate. However, due to the variety of room configurations, parties signing up for trips with less than required occupancy may incur additional charges to cover room costs not otherwise covered.
- F. **Lebanon Ski & Sports Club Inc. (LSSCI) reserves** the right to make any changes including, but not limited to: price, time, departure point, lodging, air flights, trip cancellations where such changes are in the best interest of *LSSCI* or are compelled by circumstances beyond *LSSCI's* control.

**2. Participant Cancellation:** Cancellation with full refund will be made if the vacancy created is filled at the time of the event. It is the responsibility of the participants to find a replacement, not the trip leader. If the vacancy is not filled, refunds will be made only for the portion of the deposit not required to cover fixed, non-refundable expenses incurred by the club. Cancellations fees will be determined on a trip-by-trip basis. Any trip refund is provided after the trip.

**TRIP REGISTRATION FORM** Please use this form when signing up for any Overnight Club trip. Attach a check made payable to the **Lebanon Ski Club** for your deposit/payment and either mail or give it to the trip leader at the club meeting.

**Save the above sheet for trip guidelines!**

✂.....clip here.....✂

Trip/Event \_\_\_\_\_ Trip Leader \_\_\_\_\_

Name 1: \_\_\_\_\_

**(Provide name EXACTLY as it appears on your legal travel document, Drivers' License, etc.)**

Name 2: \_\_\_\_\_

**(Provide name EXACTLY as it appears on your legal travel document, Driver's License, etc)**

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_ E-Mail \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

Name of person you wish to room with \_\_\_\_\_

**ROOM REQUESTS:** Requests for specific room assignments should be specified on the application form.

Although every effort will be made to honor each request, we cannot guarantee them due to lodging configurations.

Check No. \_\_\_\_\_ Amount \$ \_\_\_\_\_

Name 1: Birth date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Name 2: Birth date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Month Day Year**

**Month Day Year**

## **Calendar at a Glance**

**October 7 – Atlantic City, New Jersey bus trip**

**October 9 - (Tuesday) LSSC Meeting**

**October 21 – Hike at Stoney Valley**

**November 13 – (Tuesday) LSSC Meeting**

**December 11 - (Tuesday) LSSC Meeting**

**January 8, 2019 - (Tuesday) LSSC Meeting**

**January 16-18, 2019 – Killington, Vermont**

**February 9 – 16, 2019 – Aspen-Snowmass**

**March 2 – 9, 2019 – Whitefish, Montana**

**March 12, 2019 - (Tuesday) LSSC Meeting**

**April 9, 2019 - (Tuesday) LSSC Meeting**

***Members are encouraged to  
suggest and/or plan activities !!***

***See you at the meeting – October 9<sup>th</sup>***