

# LEBANON N

## Ski + Sport Club

a publication of the Lebanon Ski & Sport Club, Inc. ❄️ [www.lebanonskiclub.com](http://www.lebanonskiclub.com) ❄️ February 2021

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### President's Message

As I write this letter, it is super cold and blustery outside. The only good thing about the cold, is that it can bring snow – whether directly from Mother Nature or the snow guns. And that snow, is what always gets me and likely most of you through the frigid cold. So everyone place those spoons under your pillows and wear your pj's inside out! We want a lot of snow this month for those of us heading to Killington on February 7 and Winter Park on February 27! Safe travels and skiing, all! Also, thank you in advance to our trip leaders, Karen & Jane! It definitely has been a challenging year planning these trips and they both have done a wonderful job. We won't be meeting in person on February 9 due to the Killington trip and Covid so please feel free to reach out with ideas for club gatherings for spring and summer as they are quickly approaching too! Excited to finally see at least some of you out on the slopes this month! Enjoy the cold and the SNOW!

~Heidi

**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: To Be Determined

**The February club meeting is cancelled due to Covid restaurant restrictions. Also, many club members will be Killington that week. Status of meetings for the remainder of this season to be determined as Covid mandates!**



## **KILLINGTON, VERMONT**

**FEBRUARY 7-12, 2021**

### **UPDATES**

I am hoping that those going on the trip to Killington are excited about getting out there to ski. Here are a few things to expect when you get there.

#### **CHAIRLIFTS & GONDOLAS**

The chairlifts and gondolas will be loaded in a way that allows for physical distancing. On all lifts, guests skiing and riding with their traveling party will be able to fill the chair or cabin up to 100% capacity; no other guests may join a traveling party. Single skiers and riders will ride by themselves on double chairs and triple chairs or with one other single on quads, the six-pack or gondolas. Singles may not choose to ride by themselves on these lifts. Masks covering the nose and mouth are required at all times in lift lines and while loading, riding and unloading lifts.

Physical distancing in lift queues occurs organically due to the length of skis and snowboards and guests will notice additional spacing measures, including extended maze designs, more lateral spacing and increased signage, to further ensure a consistent flow of appropriately spaced traffic.

#### **LIFT TICKETS**

Killington and Pico are now using RFID technology instead of paper lift tickets and scanners. There are no perforated barcodes to save as proof if a lift ticket is lost. ALL GUESTS should take a photo with their phone of the 20-digit number on the back of the RFID card. There is NO re-issuing of lift tickets, but the code could help you!

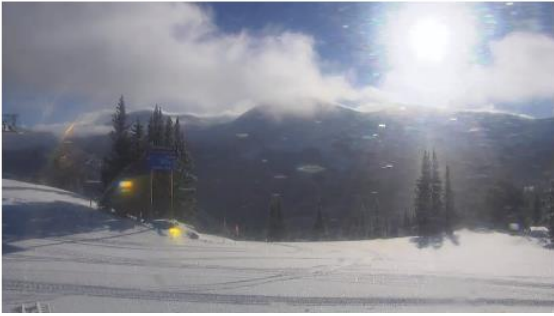
The Grand Hotel will have ski check but are NOT taking the boots. I will be receiving the tickets and will let everyone know my room number for pick up. I have been told that the restaurant is open for reservations. Some of the area restaurants are open by reservation only and some have take out and will deliver. Everyone should be able to pre-register prior to arriving. (more information to follow).

I know everyone has practiced forever with social distancing and wearing masks. Just remember to be safe and have a great time. The snow is waiting!!!!

Trip Leader - [Karen Wampler \(terlab05@aol.com\)](mailto:terlab05@aol.com)

Hello Winter Park travelers. Less than a month to go! **Winter Park** RESORT 

From the Top of Lunch Rock



**CURRENT CONDITIONS:** The snow has finally dumped in Grand County. 142/156 of trails and 19/23 lifts are open. Currently the Cirque and Eagle Wind are pending - you didn't want to do Black Tree Skiing or Chutes anyway, did you? Another month will likely improve this scenario. [Get email updates.](#) TRAIL MAP [LINK IS HERE](#)

**AIR TRAVEL:** Southwest Air notes on their website that there are no restrictions for travel to Colorado. When returning to Pennsylvania, travelers should be ready to either show documentation of a valid negative COVID-19 test taken within the 72 hours prior to arrival in Pennsylvania, or if waiting for test results or have not been tested, agree to quarantine for 10 days once arrival in Pennsylvania, or until receipt of a negative test result, whichever comes first. The airlines will not be looking at the documentation. Source: [Pennsylvania Department of Health](#)

**PRE-TRIP MEETING:** We will have a ZOOM meeting to review travel plans and answer your questions. Our trip agent from Sports America (Jessica) and our Winter Park host (Rachel) will join us on the video-call. We have scheduled this **for Monday February 15th at 7pm.** I will email the link again and record the session in case you cannot attend. The full link is: <https://us02web.zoom.us/j/3439353040> Meeting ID: 343 935 3040

**TRAVEL & LODGING:** Upon arriving in Denver, our bus will transport us for the 90 mile trip to Winter Park. We will stop for groceries and libations. You will check in either using a code at your condo door, or by picking up keys from a lock box in the lobby. We will each be receiving text concierge instructions to our cell phones. Sorry, there will be no luggage portage due to COVID restrictions. Our group condos are in the Slope-side building where the ski storage on 2<sup>nd</sup> floor goes right out onto the path down to the gondola. Our condos are on first and third floors. Yes, there is an elevator, and stairs by the ski storage, and coin laundry on each floor. Covered parking is available for a fee.

**DINING & SHOPPING:** If you anticipate wanting to [dine out](#) at the mountain or in town, or to [partake in activities](#), it is NOT TOO SOON to make reservations. Many restaurants will also deliver to your condo. For shopping and dining in town see: [Town of Winter Park & nearby Fraser](#) For the Menu Guide: <https://guestguidepublications.com/travel-guide-book/grand-county-menu-guide/>

**LOCAL SHUTTLE:** Get around Winter Park on the free community shuttle, with "The Liff"! Check out the schedule and pickup locations, as well as downloading the RideHop App. <https://www.winterparkresort.com/PLAN-YOUR-TRIP/GETTING-HERE/LOCAL-SHUTTLE>

I will be sending cell phone #s for the group, so you can add them to your phone. If you do NOT wish to have your cell phone listed, please let me know by February 12th. Please bring along your **yellow club bandana**. Any questions, please call, text, or email. [janemmms@gmail.com](mailto:janemmms@gmail.com) 717-507-0186



## Ski Season Prep At Home Workout

As a follow-up from our December Zoom workout session, below is the workout that personal trainer Bri Price shared with us. It is a timed 30 seconds on, 30 seconds off per exercise full body workout aimed at the core, legs, and heart rate spikes. The workout can be modified for all skill levels, the number of rounds through the set, and the time can also be adjusted such as 40 seconds on/20 seconds off. The underlined exercise is the more advanced move within each set.

1. Squats or Squat Jumps
2. Plank on Elbows or Push Up Plank
3. 6 Inches or Flutter Kick 6 Inches
  - a. To complete 6 inches: lay on your back with your hands/arms at your side, then extend your legs straight out and hold them 6 inches off the ground.
4. Split Squats or Split Squat Jumps
  - a. To complete a split squat: from a standing position, take a long step forwards as if performing a lunge. The heel of your back foot should be raised. Keeping your torso straight, lower slowly until your back knee almost touches the floor, then push back up.
5. Hip Extensions
  - a. There are multiple forms of hip extensions. You can do them standing or laying on your side. You can also add a band around your ankles to work the muscles more.
6. Plank Jack
  - a. Start in a plank position, jump your feet out slightly wider than hip-distance apart. Jump them back together and repeat the exercise.
7. Walking Lunges
  - a. You can add weights to make them more intense!
8. Pushups
9. Bicycle Crunches
10. Burpees or Upper Plank alternating bringing knees to chest.
  - a. A burpee is a push up followed by a squat jump.



## Places Skied this Winter

Join the Facebook conversation and share with everyone where you have skied so far this winter on the *Lebanon Ski & Sports Club* group page! If nothing else, the PA winter has been treating us pretty well so far this ski season. Fellow club members have made trips to Blue Mountain, Elk, Jack Frost, Camelback, Montage, Ski Roundtop, Windham, and Holiday Valley.

Feel free to post on the Facebook group page (<https://www.facebook.com/groups/75372740352>) or send an email to the Board if you are heading to the slopes and don't mind if other Club members meet you there! Soon we will be able to add Killington and Winter Park to the list. Happy Skiing Everyone !

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**2021 Day of Caring: Save the Date!**

*Day of*  
**CARING**

**Saturday, April 17, 2021**

While some things may be a little different this year for Day of Caring, we're excited to join our friends and neighbors for this one-day event to improve Lebanon County together. More info coming soon!

## Membership / Release of Liability Form

### MEMBERSHIP YEAR 2020 / 2021

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 & SPORT CLUB (LSSCI) - TRIP/EVENT REGISTRATION FORM 2020/2021**

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

- A. Everyone participating in Club trips must be a current member of the LSSCI INITIAL \_\_\_\_\_
- 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 involving overnight stays, payment, or common transportation, 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 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. INITIAL \_\_\_\_\_
- 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. When it is **beyond the Club's control** ( ie, weather, airlines, etc.) any cost incurred will be the responsibility of the participant, not the Club. INITIAL \_\_\_\_\_

**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. INITIAL \_\_\_\_\_

**TRIP REGISTRATION FORM** Please use this form for Club trips as noted. Attach a check made payable to the **Lebanon Ski & Sport Club** for your deposit/payment and either mail or give it to the trip leader at the club meeting.

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

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

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

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

Address: \_\_\_\_\_

Email Name 1 \_\_\_\_\_ E-Mail Name 2 \_\_\_\_\_

Phone Name 1 \_\_\_\_\_ Phone Name 2 \_\_\_\_\_

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. \_\_\_\_\_ Deposit Amount \$ \_\_\_\_\_ Date \_\_\_\_\_

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

**Month Day Year**

**Month Day Year**

PARTICIPANT SIGNATURES Name 1 \_\_\_\_\_ Name 2 \_\_\_\_\_

Circle one: I/We wish to fly with the Club on their air package (if provided.)  I/We will arrange our own flights.
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## **Calendar at a Glance**

**February 7 – 12, 2021 – Killington, Vermont**

**February 9, 2021 – Club meeting CANCELLED due to COVID and Killingt看 trip**

**February 27 to March 6 – Winter Park, Colorado**

**March 9, 2021 – Club meeting (Status of this meeting to be determined)**

**April 13, 2021 – Club meeting (Status of this meeting to be determined)**

**April 17, 2021 – United Way Day of Caring – Details to follow**

**Other activities to be announced**

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