

# Flatirons Ski Club

An Outdoor Multi Sports and Group

[www.FlatironsSkiClub.com](http://www.FlatironsSkiClub.com)

Social



March 2024

**NEXT GENERAL MEETING WILL BE MARCH 6TH, 7 PM AT THE UNITARIAN UNIVERSALIST CHURCH OF BOULDER 5001 PENNSYLVANIA AVE, BOULDER, CO 80303**

## Message from the President

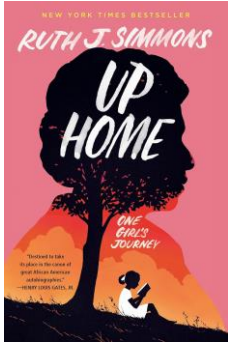
FSC has launched 2024 with lots of fun activities. Members can choose from overnight ski trips, day ski trips, hiking, snowshoeing and lots more. The Book Club met in January and selected a great lineup of books for the year. The FAC meets at 4 pm on Fridays to socialize with friends. You will find more information about FSC activities in this newsletter.

The Nominating Committee is being formed for 2024. The Nominating Committee will be searching for candidates to fill open Board positions. Let me know if you are interested in serving on the Board and/or Nominating Committee. FSC Members will vote on the slate of Board members at the April General Meeting.

**Beth Gafney, President**

## FSC General Meeting program for Wednesday March 6th Rocky Mountain Rescue Group

A representative from Rocky Mountain Rescue Group will speak at the March general meeting about what we can do to avoid situations where they might be called to rescue us. We had some tips from the Copper Mountain personnel, but that pertains to downhill skiing. We hike, snowshoe, do Nordic skiing, camping and other activities in the backcountry. What are common accidents or situations when we need rescuing? How can we prepare ourselves better so we don't need to be rescued? There might be some war stories. Share your concerns and anxieties. RMRG is an all-volunteer organization which does not charge for its service.



## FSC Book Club

- DATE:** Monday, March 11, 2024, Time: 7:00 PM
- HOST:** Linda LaGanga, see FSC roster for address
- LEADER:** Arnie Mullen
- BOOK:** One Girls Journey by Ruth Simmons

Simmons's evocative account of her remarkable trajectory from Jim Crow Texas, where she was the youngest of twelve children in a sharecropping family, to the presidencies of Smith College and Brown University shines with tenderness and dignity."—*The New York Times Book Review*

## Thursday Hikes January 2024

We continue to meet on Thursdays at the Meadows Shopping Center. We meet at 8:45 AM and leave at 9:00 AM. People can carpool from the Meadows Shopping Center, or they can drive by themselves to the trailhead. The Meadows Shopping Center is at the southwest corner of Foothills Highway and Baseline. We usually park close to the Bank and Remax realty building. Just look for people standing by their cars.

The weather is changeable. Be prepared for all types of weather.

Call or email Sue Evans or Louisa Young to let us know if you are planning to hike and to confirm that we will be hiking if the weather forecast is questionable.

## 3rd Thursday Hike

This hike is temporarily suspended; however, a regular Thursday hike replaces it, see above.

### Tuesday Snow Shoeing

We will be going snowshoeing and cc skiing on Tuesdays. We will be going on Tuesday meeting at Foothills Community Park at 800 Cherry Street parking lot at 9 leaving at 9:15. Please let me know if you will be joining us. Bring layers of clothes and lunch and water. We usually get home by early afternoon. We will continue as long as the snow is good. If you have any questions, please let me know. If you are not on the list and want to join let me know.

**Dorothy Cohen, Coordinator**



**Time to think about Spring & Summer Activities.....**

## Moab Trip May 5 to 10, 2024

The ski club will be going to Moab to the Lazy Lizard again this year. We will be in Grandma's and the Watermelon up and downstairs. The cost will be around \$135 for 5 nights. We will have a potluck Monday evening and happy hour nightly. We will be hiking and biking. The full amount will be due at the March 6 General Meeting. If you are looking for a room mate please note on your check.

**Dorothy Cohen, Trip Leader**



**SAVE THE DATE JUNE 8 FOR THE  
FSC SPRING FLING**

**More information in later FSC Newsletters**

# SUMMER WILDFLOWERS in CRESTED BUTTE

2024 Crested Butte Wildflower Trip, Tuesday, July 9 – Friday, July 12, 2023

Linda and Chris Paris will lead a Wildflower Rambles trip to Crested Butte next July 9 – 12, 2023 - 3 nights lodging at the Cristiana Guesthaus on Tuesday, Wednesday, Thursday, checking out Friday morning. Note that this trip is earlier in July than it has been in past years and is now midweek. **Total trip cost has not yet been set. Room rates have not yet been set by the Cristiana. For this trip, there will be a per person double occupancy room rate and a single occupancy per person room rate.** We will be accepting deposits for the trip beginning April 3 and hope to have the trip cost information distributed to members in the April newsletter.

The Cristiana provides breakfast each morning. Provide your own lunch with items brought from home in a small cooler or purchased locally. Dinners will be at local restaurants. The trip cost covers only lodging with breakfast.

The trip leaders will lead a wildflower hike on both Wednesday and Thursday. Participants are welcome to join them or go out on their own. Options for wildflower walks and hikes are numerous, ranging from easy to moderate walks in/near town to strenuous hiking to mountain passes. People going on the trip should be in good physical health and condition. Being vaccinated for COVID, flu and RSV is strongly encouraged.

**A non-refundable deposit of \$75.00 per person is required at the time of sign-up – either at the April meeting or by mail. Sign-up and checks will be accepted at the end of the April 3 FSC Membership Meeting.** Signing up is for those who are ready to commit to go on the trip. If you have interest in going but are not sure, still thinking about it, or your schedule may change, put your name on the waiting list – no deposit is required to join the waiting list. Before you sign up and pay a deposit, be sure you are ready to come on the trip. Our reservations accommodate 26 people: 5 couples (king), 10 persons in 5 queen+double rooms (each with own bed) and 6 single persons (queen). Queen+Double rooms are only for double occupancy - 2 people who are comfortable rooming with each other and mutually agree to do so. Sign up together after you have found your roommate. The trip leaders can suggest people to contact to arrange a roommate if you don't have someone in mind. Finding a roommate is your own responsibility. Questions? Contact Linda and Chris by e-mail/telephone.

Please contact us by e-mail to let us know you have chosen to sign up by mail. We will look out for your check in the mail and inform you when we receive it. **Make out checks to Flatirons Ski Club and put 2024 Wildflower Crested Butte in the note line.** Send deposits and final payments to the Paris' by mail (address available from the membership list). **Full payment is due by Saturday, June 1, 2024.** After that date, unused rooms will be cancelled.

## Welcome to the new FSC members!

The ski season is still in full swing, with mid-week skiing and overnight trips, we have new members who:

- May not know with whom to carpool with to the ski area, hotel, or trailhead.
- Don't know who downhill skis and cross-country skis, and at what level.
- May not be able to come to the monthly meetings to schmooze with us or be expert schmoozers.

Ski trip leaders work hard to organize the trips, and provide information on the resort, but there's only so much they can do to include new members. So, it's up to the rest of us to make new members feel welcome. Here are some things we can all do:

- Email the trip or group list if you can offer a ride.
- During group gatherings, stop the schmoozing momentarily, ask new members to introduce themselves and say what kind of skiing they do.
- If there is a lunch meetup make sure it's announced so everyone knows about it.

I'm still in my first year as a member, and have found a very warm welcome, whether skiing or joining in the club's other activities. Let's keep it up!

**Richard Varey, Downhill & Nordic Ski Chair**

## 2023/24 FSC MID-WEEK SKI SCHEDULE

Monday: Ed Hanson			Thursday: Arnie Mullen		
H: 303-993-4445, C: 303-902-3709			C: 303-859-2549		
Email: ewhfg@cs.com			Email: arniemullen@netscape.net		
<b>MONDAY/TUESDAY (EPIC)</b>			<b>WEDNESDAY/THURSDAY (IKON)</b>		
Date	Area	Carpool Fee	Date	Area	Carpool Fee
			30-Nov	Copper	\$10
4-Dec	Breckenridge	\$10	7-Dec	WP/MJ	\$10
11-Dec	Keystone	\$10	14-Dec	A-Basin	\$10
18-Dec	Beaver Creek + 7:00am	\$15*	21-Dec	Copper	\$10
	+ Lunch at Joe Golden's Condo				
26-Dec	Keystone	\$10	28-Dec	WP/MJ	\$10
2-Jan	Breckenridge (Tuesday)	\$10	4-Jan	Eldora 8:15am	\$5
8-Jan	Vail 7:00am	\$15*	11-Jan	WP/MJ	\$10
16-Jan	Keystone (Tuesday)	\$10	17-Jan	Copper (Wednesday)	\$10
22-Jan	Breckenridge	\$10	25-Jan	WP/MJ	\$10
29-Jan	Keystone	\$10			
			1-Feb	Eldora 8:15	\$5
5-Feb	Breckenridge	\$10	8-Feb	WP/MJ	\$10
12-Feb	Keystone	\$10	14-Feb	Copper (Wednesday)	\$10
20-Feb	Breckenridge	\$10	22-Feb	Eldora 8:15am	\$5
26-Feb	Keystone	\$10	29-Feb	WP/MJ	\$10
4-Mar	Beaver Creek 7:00am	\$15*	7-Mar	WP/MJ	\$10
11-Mar	Vail 7:00am	\$15*	13-Mar	Copper (Wednesday)	\$10
18-Mar	Breckenridge	\$10	21-Mar	WP/MJ	\$10
25-Mar	Keystone	\$10	28-Mar	A-Basin	\$10
1-Apr	Breckenridge	\$10	3-Apr	Copper (Wednesday)	\$10
8-Apr	TBD		11-Apr	WP/MJ	\$10
15-Apr	TBD		18-Apr	TBD	

- An asterisk (\*) indicates that there will be a parking fee in addition to the carpool fee.
- If you are not on Ed and/or Arnie's list of midweek skiers, please let them know of your interest.
- Unless otherwise noted, carpools depart at 7:30 from the Eldorado Park 'n' Ride on the northeast corner of Hwy 93 and Hwy 170 (sometimes called Marshall Rd). **Please arrive ten minutes early to ensure an on-time departure.** Let Ed or Arnie know if you are willing to drive. We can also meet skiers at agreed upon times in the Woolly Mammoth lot in Golden.
- Ski destinations are suggestions only, and may change depending on weather, traffic, ski conditions, or carpool preferences.
- Occasionally, Ed and Arnie may need alternate leaders when they are away on ski trips.
- The club's prevailing health guidelines apply to all activities.
- We typically wear green ribbons on our helmets so it's easy to find each other on the mountain. Let Ed or Arnie know if you need one.

# 2024 FSC Ski Trip Calendar

**\*\*IMPORTANT\*\* Note that total costs shown below are for double occupancy.**

Dates	Destination	Lodging	# of Spaces	Nights	Lift Tix	Total Cost Per Person	Deposit	Balance Due	Trip Leaders
Feb 27- March 1	Fraser/ Winter Park	Fraser House Alpine Center	18	3	Ikon	\$120	\$25	1/16/24	Louisa Young
March 4-8	Aspen/Snow mass	Comfort Inn/Suites (Carbondale)	40	3 or 4	Ikon+	\$310/ \$410	\$100	1/4/24	Richard Varey
March 12- 14	Leadville/Ski Cooper	Silver King Inn	30	2	Misc	\$130	\$30	1/15/24	Ed Gostling

## Suggested Carpool Fees for FSC Overnight Ski Trips 2024

After conferring with trip leaders and the Board, we did not feel it necessary to change the suggested carpool fees for this season's FSC overnight ski trips. These fees are loosely based on gas prices at \$3.50/gallon and a suggested carpool fee of 7 cents/mile, but keep in mind that driving incurs wear and tear on the car and can be stressful for the driver! They are guidelines only, and subject to change if recently volatile gas prices settle at a higher level.

Destination	Round Trip Mileage (from Central Boulder)	Suggested Carpool Fee (7cts/mile)
Crested Butte (Cristiana)	480	\$35
Steamboat	325	\$25
Monarch (Salida)	310	\$25
Snow Mtn Ranch & Fraser	175	\$15
Snowy Range (Centennial)	320	\$25
Aspen (Carbondale)	355	\$30
Ski Cooper (Leadville)	215	\$20

**Notes:**

- The carpool fees above do not include daily driving to the ski areas or restaurants from the lodging. These need to be figured out separately.
- Take into consideration the number of people who are in the car.
- Pricing is ultimately at the discretion of the driver and the type of vehicle in use.
- To avoid misunderstandings, discuss carpool fees prior to your trip departure.

Enjoy the season!  
Richard Varey, Downhill & Nordic Ski Chair

## Ski and Snowboard Safety Tips!

To promote safety on the slopes, here are some suggestions:

- Look around on the slopes continuously. Be aware of others who are approaching. Ski defensively.
- Remember that snowboarders have a blind spot and often don't see other people. Keep lots of space between yourself and other skiers and snowboarders.
- Try not to do wide sweeping turns that others can't anticipate. A straighter line down the mountain with tighter turns at controlled speed is safer and easier for others to avoid.
- In flat light when visibility is not great, the ability to see moguls, bumps, and contours on the slope is better near trees and in glades.
- When skiing near the side of a trail, keep a constant lookout for others suddenly emerging from the trees unannounced.
- When others are coming down behind you, stop and wait for them to go in front to make it easier to see them.
- Don't ski alone in remote areas, trees, etc. Patrollers may have a hard time finding you.
- Don't do that additional last run if you're tired.
- Keep your skis tuned. Powder can turn to hard pack, and you want sharp edges so you can turn and stop quickly and not slide.
- When coming up close on others, call out "on your right" or "on your left", or "behind you" loud enough to be heard over headphones.
- Keep your cell phone charged and turned on for emergencies and to communicate with your companions for meeting at the end of the day.
- Make sure all your companions have your cell phone number. Also, enter the phone number for each area's Ski Patrol.
- If involved in a collision with others, the ski area safety act requires exchanging contact information. Do this even in the event of what you think is a minor collision because an injury can turn out to be worse than initially thought.

If anyone has questions or comments on how to be safer on the slopes, I'd like to hear them. Please email them to me.

Thanks & be safe on the slopes.

Your FSC Safety Chair,

**Arnie Mullen**



# SKI ASPEN/SNOWMASS 2024

## March 4-7 or 8, 2024

This trip is back in 2024, offering great skiing at Aspen, Aspen Highlands, Snowmass, and Buttermilk. We will be lodging at the same hotel in Carbondale as last year.

Lodging: **Comfort Inn & Suites**  
**920 Cowen Dr**  
**Carbondale CO 81623**  
**Phone: (970) 963-8880**

Location: The hotel is in Carbondale, approximately 36 minutes (28mi) from Aspen/Snowmass and 3 1/2 hours from Boulder.

Web: <https://www.choicehotels.com/colorado/carbondale/comfort-inn-hotels/co116>

**Cost: \$310 per person for 3 nights OR \$410 per person for 4 nights**

Ski lift tickets are available online. The IKON Pass is good at all areas as follows: **IKON Base Plus Pass** for 5 days, IKON Pass (full) for 7 days. You must reserve your days in advance with IKON online - it's free. The IKON Base Pass is not valid here, so you must buy the **add-on**.

**Includes:**

- 3 nights OR optional 4th night lodging (2 queen beds per room)
- Each room has a microwave and refrigerator.
- Breakfast bar each morning
- Use of meeting room for club potluck on Monday night
- Drive/carpool to ski areas
- Outdoor fire pit, indoor hot tub & pool
- City Market, shops, and restaurants nearby

Please make checks payable to Flatirons Ski Club and put Aspen/Snowmass and 3 or 4 nights in the memo line.

**Richard Varey, Trip Leader, Downhill & Nordic Ski Chair**

# Leadville Ski Trip

March 12 to 14, 2024

**One Lady's spot is available.**

Trip documentation will be sent soon by Email to all participants of this trip detailing lodging, meals, activities and it also includes a list of trip participants.

## **Downhill - Ski Cooper Lift Tickets:**

Age 75+, No cost for season pass. There is a \$10 RFID card charge at the window. Powder Alliance members get 3 free days here. It is part of Loveland pass benefits. Adults \$95, discounted to \$90 if purchased 2 days before online or at window.

## **Cross Country and Snowshoeing:**

Excellent cross country is nearby (10 miles) at Tennessee Pass Nordic Center. It shares a parking lot with Ski Cooper. Features 25 km of groomed trails. This center has rentals, instruction, and dining. There is a \$25 daily use fee. See link:

<https://www.tennesseepass.com/wp-content/uploads/2020/02/Nordic-Center-Trail-Map-Front-5.pdf>

Further trip Details: The full trip description can be acquired from the FSC October newsletter.

Please contact me with any questions.

**Ed Gostling, Trip Leader**

## **FRIDAY AFTERNOON CLUB**

FAC has been an FSC tradition for many years. Everyone is welcome. We meet at Rincon Cocina Y Tequila starting at 4:00 p.m. every Friday. The restaurant is on Arapahoe just west of the intersection of Folsom and Arapahoe. Hope to see you there.

## March 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 FAC 4:00 PM	2
3	4	5 Snow Shoeing 9:00 AM  <b>Ski</b>	6 <b>FSC General Meeting</b>  <b>Aspen</b>	7 Thursday Hike 8:45 AM  <b>Snowmass</b>	8 FAC 4:00 PM  <b>Trip</b>	9
10	11 Book Club	12 Snow Shoeing 9:00 AM <b>Leadville</b>	13  <b>Ski</b>	14 Thursday Hike 8:45 AM  <b>Trip</b>	15 FAC 4:00 PM	16
17	18 FSC April Newsletter submittals due	19 Snow Shoeing 9:00 AM	20	21 Thursday Hike 8:45 AM	22 FAC 4:00 PM	23
24	25	26 Snow Shoeing 9:00 AM	27	28	29	30
31 <i>Happy Easter!</i>				Thursday Hike 8:45 AM		

### Board Members

President	Beth Gaffney	303.499.6287	<a href="mailto:beth.gaffney.boulder@gmail.com">beth.gaffney.boulder@gmail.com</a>
V. President	Louisa Young	303.886.9080	<a href="mailto:louisamyong@gmail.com">louisamyong@gmail.com</a>
Secretary	OPEN		
Treasurer	Martha Parks	720.384.3582	<a href="mailto:mrpravel6@gmail.com">mrpravel6@gmail.com</a>
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Social Chair	Eleese Miller	303.530.4376	<a href="mailto:dem7340@gmail.com">dem7340@gmail.com</a>
Safety Chair	Arnie Mullen	303.859.2549	<a href="mailto:arniemullen@netscape.net">arniemullen@netscape.net</a>
Downhill & Nordic Ski Chair	Richard Varey	917.340.2843	<a href="mailto:richardvarey6@gmail.com">richardvarey6@gmail.com</a>
Activities	Dorothy Cohen	303.494.0458	<a href="mailto:dorothy_cohen@q.com">dorothy_cohen@q.com</a>

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