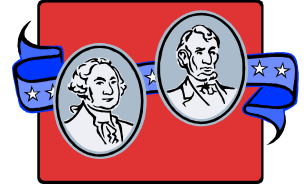




# SNOW NEWS



The FaGowee International, Sacramento Chapter

*February 2007*



## SUPER BOWL PARTY



*SUNDAY, FEB 4<sup>TH</sup> AT 1:30PM*

**GAME STARTS AT 3:30PM**

**BRING A SIDE DISH OR APPITIZER TO SHARE  
BYOB**

**RSVP SO THEY CAN GET A HEAD COUNT**



**DAVID & DANIELLE'S**

**2050 Sheffield Drive**

**El Dorado Hills**

**916-939-0580**



### *THE GREAT FAGOWEE 'UNSNOWSHOE TRIP'*

*Lauri Thompson*

Five brave FaGowees headed up the mountain to snowshoe in the High Sierra on a cold wintry day. Guess what!!! Though it started out cold it wasn't nor was it very wintry. We didn't even use snowshoes. The snow was hard enough that we made our way to Castle Pass, just below Castle Peak, using just our snow boots. For those who wimped out, you missed a great day. After hiking we met at Madigan's on the west side of Truckee for a great dinner of pulled pork and pot roast. I highly recommend that place.

We'll do this again in April when the wimps won't be so afraid of the cold.



### *Congratulations*

to **MARK HADLEY** who received  
**GOLD** for the **S2 GS** at  
**NORTHSTAR** on **JAN 21ST**.

# Board Members    *PREZ SAYS...*

## PRESIDENT

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721-0892

president@sacramentofagoweews.org

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## HISTORIAN

BOB McDONALD  
817-4277

## DISCOUNT SKI TICKETS

ROB RICE  
984-1567

rob@ricero.com

As we enter the second month of the New Year, Christmas is only 327 shopping days away. But before that day comes, we have a lot of interesting events planned for your enjoyment.

Winter is here and that means many weekends on the slopes this ski season for those of you who are brave enough to go out into the cold and weather the elements. (Personally, I'd rather sit by a warm cozy fire with hot buttered rum instead of sliding down a hill on two sticks.)

When winter turns into spring and summer, we have several day trips and overnight outings as well as parties and our monthly "Wilson's Walk". These events are planned and put together for your enjoyment. This is your club and you should take every possible advantage of the things we have to offer. Keep reading your newsletters for details on the various events as they approach.

Andrea Woelfle has offered to take the helm of writing articles for the newsletter and keeping you abreast of our Race team results, so if you have any questions or have anything positive to offer, please contact her and let her know. I can't thank you enough Andrea. I really appreciate your offer and your efforts.

Stay safe, keep warm and dry, and don't forget to express your love and respect to your Valentine.

## READ YOUR NEWSLETTER

*Jim*

### **PICTURES WANTED!!!**

*Bob McDonald*

Winter has arrived and so has the opportunity for pictures! Take pictures of any FaGoweews having fun so I can include them in our photo albums. The albums are brought to each and every FaGowee function with the photos of our past events, and I depend on you, the general membership, to supply those photos for the albums. So...get those pictures taken so I can add them to our archives.

For the sake of ease in creating and displaying the photo pages, I'd prefer the prints to be 4"x 6" in size. Also, I would like them in groups of 6 so that they will take up a whole page in the album.

If you have any questions, or photos you'd like to part with, please contact me at 817-4277.



# Special Announcements



## *Welcome New Member!!!*

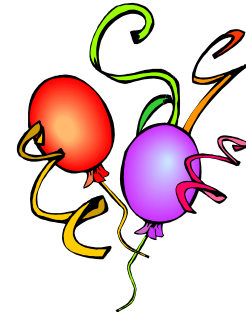
We would like to welcome *Sandy Campbell & Rick Ryan*  
to the Sacramento FaGowees!

*We hope to see them at all the meetings and gatherings!*

### Birthdays

- 7 Cheryl Canipe
- 12 Debbie Benson
- 17 Karen Orcutt
- 20 Richard Parsons

*Belated Birthday wish to Rick Ryan  
January 11th*



### **UPDATE YOUR EMAIL**

I am having several emails returned as incorrect.  
If you want email updates about club events  
please send me YOUR email address.  
Lauri Thompson @ lnthom10@pacbell.net



## **34th Annual Eppie's Great Race**

**Saturday, July 21, 2007**

**WHAT:** This year's 34th annual Eppie's Great Race—the World's Oldest Triathlon. Both teams and/or individuals can compete in divisions from "Junior," to "Iron Person," 70 years and older. Continuing in 2007 is the "Kids' Duathlon, a 2.5 mile run, and a 6 mile bike ride; where children can train with their families, and compete in their own race. Great Race participants run, bike and paddle kayaks on a racecourse located on and alongside the American River Bike Trail. Race event volunteers, event sponsors and potential exhibitors, as well as race participants, are encouraged to check [www.thegreatrace.org](http://www.thegreatrace.org), to sign up for this year's event or receive more information.

**WHEN:** Saturday, July 21, 2007

**START TIMES:**  
7:58 a.m. - Adaptive Divisions.  
8:00 a.m. - Iron persons & all other teams.

**WHERE:** American River Parkway, Rancho Cordova and Sacramento.

- Begins at William Pond Recreation Area: Directions to William Pond Recreation Area: From Hwy. 50 exit Watt Avenue North, turn right on Fair Oaks Blvd., and then right on Arden Way to the park. From Business 80 (Capital City Freeway), exit Arden Way East and stay on Arden Way to the park.
- Run to Bike transition: East end of the Guy West Bridge off University Ave., across from CSUS.
- Bike to Boat transition: Lower Sunrise Parking Lot and Footbridge. Hwy. 50 East; Exit Sunrise north (left over the freeway); Right on S. Bridge Dr. (toward American River Raft Rentals; if you cross Sunrise Bridge you've gone too far); Go past American River Raft Rentals; Left at intersection—about ½ mile to the parking lot.

**WHY:** The Great Race has been implemented each year as a fundraising event benefiting programs for the Sacramento County Therapeutic Recreation Services (SCTRS) that support mentally- and physically-challenged people. One hundred percent of The Great Race entry fees are donated to support SCTRS. To date, The Great Race has raised more than \$707,800 for SCTRS and now accounts for over 20 percent of the program's overall budget.

### **FURTHER INFO:**

For more information check the web site at: [www.thegreatrace.org](http://www.thegreatrace.org) or call (916) 381-0255.

## Race Corner *It's time now to get ready for race season! Start those squats and crunches now!*

### FAGOWEE RACE AND/ OR RECREATIONAL SKI DAY

The last race was at Northstar on January 6, 2007. It was a Giant Slalom and **Dick Taylor** took the gold in the S-6 class. Congratulations, Dick!

We are planning a great day at Homewood on March 11. It will be a Giant Slalom and will be a special day for all of you who have wanted to race or who don't really want to race, but will try it out because they do want to have fun with fellow FaGowees (and skiers from other race teams) and don't know what to do. Don't forget, you race at your own pace and compete with others at your same ski level. **We also welcome those of you who say to racing, "NO!" but do want to ski with everyone.** We will meet in the cafeteria in the **South** Lodge (the old Tahoe Bowl entrance) between 7:30 and 8:30 a.m. If you know you will be late, call Andrea Woelfle, cell phone 508-4254 or Lee Johnson 967-5903 and we will arrange to meet up with you. First time Sierra League racers can race FREE! Lift tickets are discounted and everyone will get group rates that morning. In addition we want to invite all ex-racers to try a comeback. You may also qualify as a first time racer and race free. After the race is over we will meet in the lodge to share ski stories, drink good drinks, and talk about the race you almost won. Come out and join us and have a good time.

For last minute information on the race call Jo Simpson at (775) 787-7556 or call the hotline (John and Nancy Manter) at (775)831-6667 in the early morning to make sure it hasn't been cancelled because of weather or snow conditions.

### WHERE TO REGISTER IN PERSON FOR THE RACES

#### Northstar

Register at Timbercreek restaurant at the entrance to the Village.

#### Homewood

Register in the bar at the South Lodge (formerly Tahoe Ski Bowl). This is about ½ mile down the road from the main parking lot.

#### Diamond Peak

Register in the bar upstairs in the main lodge.

#### Alpine Meadows

Register in the main cafeteria next to the stairs that go down to the special tickets office.

#### Heavenly

Registration is in the Cal Bar in the main California Lower Lodge, upstairs by the cafeteria. FWRA: from 7 to 9 AM

### NON-RACERS SKI CHEAPER!

Racers get discount prices on lift tickets on race days - usually about \$8-\$12. Non-racers get the same price! Just show up where racers register between 7:30 and 8:30 (see schedules and registration locations in this issue) and you'll get the same price!

### SAVE MONEY

Hey gang, it's not too late to get a race pass for all 8 races! The 2 races in December were re-scheduled for January. Go the Sacramento FaGowees Race Team page [www.sacramentofagowees.org/RaceTeam.htm](http://www.sacramentofagowees.org/RaceTeam.htm) for mailing address and release forms to download and mail. Then contact Andrea Woelfle at [andreafoew@sbcglobal.net](mailto:andreafoew@sbcglobal.net) or call her at 487-9052 to arrange for a \$25 FaGowee rebate.

### *Sierra League Race Schedule*

<u>When</u>	<u>Where</u>	<u>What</u>
Saturday January 27- Saturday, February 3, 2007	Steamboat	FWSA Ski Week
Saturday, March 3, 2007	Northstar	SG Clinic
Sunday, March 4, 2007	Northstar	SG #4
Saturday, March 10, 2007	Homewood	SL #5
Sunday, March 11, 2007	Homewood	GS #6

### *SL Race Training*

This is fantastic ski training for all levels of skiers, sign up now!!  
**SLALOM RACE TRAINING DAY**  
**SUNDAY, FEB 18th, 2006**  
**BOREAL main lodge 2nd flr 9am.**  
 cost \$15; lift \$35  
 Please pre-register!  
 Call Paul Laudenschlager  
 530-582-9593

## TRIPS, TRIPS & MORE TRIPS

September 14, 2007

15 or 21 day China/Tibet (SEE PAGE 7)  
ChinaNorm or Mary Azevedo  
925-944-9816

### *Activity Director Corner*

*Lauri Thompson*  
*916-987-1817*

#### **EMAIL UPDATES**

Club emails is now the responsibly of the activity director. Please send all future requests for email distributions to the activity director. I am in the process of updating my email address for the club. To expedite this process, if you want to receive the updates please send me your email address to lmthom10@pacbell.net or activitydir@sacramentofagowees.org. Thank you Norm for going above and beyond for so long.

#### **FUTURE EVENTS**

**BEACH BLANKET BABYLON** in San Francisco in the spring. I may turn it into a weekend event by combining it with hiking the coast, Angel Island or seeing the Mountain Play at Mount Tam. Email me your thoughts. Details will be in later newsletters.

### SOCIAL CORNER

#### **HAVE SOMETHING FUN YOU LIKE TO DO?**

Make it a club event and contact me to schedule a date. I would love to have one event a month. Lauri

- Feb 7 Superbowl Party @ 1:30 pm ~ David & Danielle's Residence (See Front Page)**  
2050 Sheffield Drive, El Dorado Hills ~ 939-0580
- Feb 27 Board Meeting @ 6:00 pm**
- Feb 27 Social Meeting @ 7:00 pm**
- March 27 Board Meeting @ 6:00 pm**
- March 27 Social Meeting @ 7:00 pm**
- July 21 Eppie's Great Race ~ Rancho Cordova, Sacramento ~ 381-0255 (See Page 3)**

#### **FaGOWEE FUNCTION OR EVENT SIGN-UP LATE FEES**

(Approved and Adopted at the Executive Board Meeting on July 11, 2006)

#### **SIGN-UP LATE FEES:**

On each and every advertised FaGowee club event published in the Snow News newsletter, a sign-up due date will be listed as well as the member and non-member prices to attend that function or event. Any person who signs up and submits their payment for attendance after that published due date will be assessed a 50% late fee penalty. In addition, any person who does not sign up at all to attend a function or event and just shows up at the door will be assessed a 100% late fee penalty (payable in full at that time) before being allowed admittance to that function or event.

#### **FaGOWEE EVENT / TRIP REFUND POLICY**

Revised, Approved and Adopted at the Executive Board Meeting, October 8, 2003

1. The following Refund Policy applies to any Club event for which a fee is charged.
2. You will automatically receive a 100% refund for any trip or event cancelled by the Club.
3. If you cancel and someone takes your place from the waiting list, you will receive a refund of the amount you paid, less a cancellation fee. The cancellation fee will be \$10.00 or 10% of the event/trip fee- whichever is more, unless a specific cancellation fee is advertised for the event/trip.
4. If you cancel and there is no waiting list, or no one on the list takes your place, you will receive a refund of the amount you paid less a cancellation fee and less any expenses that the Club incurs due to your cancellation.
5. If you arrange for someone not on the waiting list to take your place, you will be responsible for full payment to the Club plus any transfer fees or costs the Club incurs because of the change. Other money transactions are between you and your replacement. You must provide that replacement with a note for the trip leader or you must confirm the replacement directly with the trip leader prior to the event/trip. The person who submits payment must request all refunds from the Executive Board in writing within 60 days after the completion of the event/trip. The Executive Board will review the final financial report from the event/trip and may approve refunds in accordance with this refund policy.
6. Any member may appeal to the Executive Board for refunds greater than provided by this policy if special circumstances warrant.
7. There will be no refund for events that are designated as "Fund Raisers" unless they are cancelled or rescheduled by the Club.

## KEEP UP WITH THE SIERRA LEAGUE AT THEIR WEBSITE

<http://www.sierraleague.com/home.jsp>

CHECK OUT THEIR TRAVEL PAGE THAT HAS BEEN  
UPDATED WITH NEW TRIPS LIKE THIS ONE!!

### ***FWSA is offering a 15 or 21 day China/Tibet September 14th, 2007***

**Lhasa, Tibet & China** - When we heard that the first passenger train from Beijing to Lhasa Tibet opened in July 2006, we wanted to be one of the first tour groups to take the trip. So we have arranged an adventure trip to China including the train trip to Tibet starting on September 14, 2007. The train ride from Beijing to Lhasa takes 48 hours and is 2,500 miles long with terrain over 13,000 feet above sea level. Oxygen supplies are provided in the railcar. What an experience this will be for FWSA adventurers. We have excursion options in Beijing and Shanghai for those who took the previous FWSA China trip with exciting alternative places to visit.

We take participants based on first deposit in, first signed up.  
Send a \$200 deposit now if you're interested in this trip.

#### ***Contact:***

Norm or Mary Azevedo  
V.P. International Travel  
Far West Ski Association (FWSA)  
925-944-9816

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#### NEED ADVERTISING SPACE? WANT TO SELL SOMETHING?

If you have something to sell or if you want to advertise your business,  
you can now place your personal advertisement in the Snow News,  
each ad will be as follows:

<u>AD SPACE SIZE</u>	<u>MEMBER</u>	<u>NON-MEMBER</u>
<i>Business Card Size (2-1/8" H x 3-1/2" W)</i>	\$5.00/MONTH	\$10.00/MONTH
<i>1/4 Page Size (4" H x 3-1/4" W)</i>	\$10.00/MONTH	\$15.00/MONTH
<i>1/2 Page Size (4" H x 6-1/2" W)</i>	\$15.00/MONTH	\$20.00/MONTH

#### The Usual Small Print:

1. Personal ads will be published one-time per month for the above indicated prices. Please include your payment along with your ad, and mail it to the FaGowee post office box.
2. Your ad and payment MUST be received at the FaGowee post office on or before the 10th of the month to be included in the following month's newsletter.
3. The Publications Editor has the right to refuse any advertisement that may be deemed inappropriate.

# February 2007

## February Events

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 President's Day	20	21	22	23	24
25	26	27 Board & Social Meeting	28			

2/4 - Superbowl Party @ 1:30 p

2/27 - Board Meeting@ 6 p  
TBA

2/27 - Social Meeting@ 7 p  
TBA

**JOIN US FOR THE NEXT SOCIAL MEETING!!!**

February 27th @ 7:00 pm

# March 2007

## March Events

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11 Daylight Saving Time Begins	12	13	14	15	16	17 St. Patrick's Day
18	19	20	21	22	23	24
25	26	27 Board & Social Meeting	28	29	31	

2/27 - Board Meeting@ 6 p  
TBA

2/27 - Social Meeting@ 7 p  
TBA

Sacramento Branch  
FaGowee International  
P.O. Box 15058  
Sacramento, CA 95851

*ADDRESS CORRECTION REQUESTED*

**EMAIL:**

sacramentofagowees@sacramentofagowees.org  
OR  
skifagowee@earthlink.net

**WEBSITE:**

[www.sacramentofagowees.org](http://www.sacramentofagowees.org)

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**UPCOMING EVENTS:**

***SUPERBOWL PARTY***

**FEBRUARY 4, 2007**

**1:30 PM WITH GAME START AT 3:30 PM**

**SEE FRONT PAGE FOR MORE DETAILS**

MANY THANKS FROM THE EDITOR TO ALL THE CONTRIBUTING EDITORS:  
PRESIDENT JIM VAN RIPER, KAREN FOUNTAINE, NORMAN BENEDICT,  
BOB McDONALD, LAURI THOMPSON & ANDREA WOELFLE