

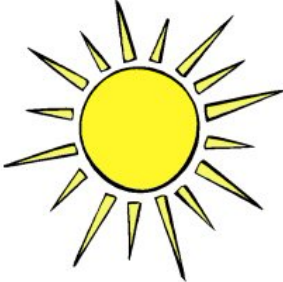


FIRST TRACKS

July/August 2009

www.greensboroskiandoutingclub.org

Vol. XXVII No.3



**Wednesday,
July 8th**



Membership Meeting

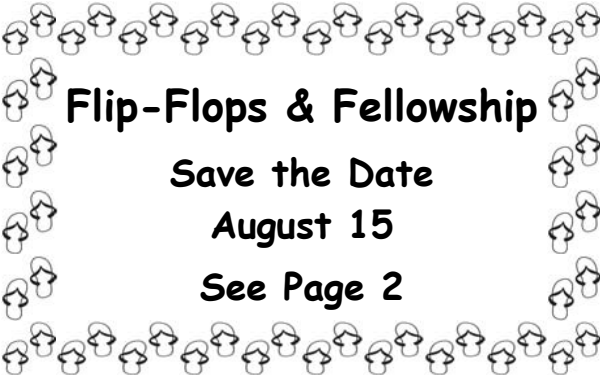
Moose Lodge on New Garden

Starting at 7:30 PM, business at 8

Event Planning Discussions

Free to members, \$5 for guests

(the guest fee can be applied to annual membership dues, so join!)



Flip-Flops & Fellowship

**Save the Date
August 15
See Page 2**



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COED TRIATHLON RELAY(s)

Can you swim, bicycle, run ?? If so, consider joining in on an recreational Triad relay exercise. Meet new people, start your weekend off early, get more fit, cheer your teammates.

See Page 5 for more information or contact Hal Boyle or David Lippucci.



GSOC Calendar

July

8 - Membership meeting at the Moose Lodge on New Garden. Ted Freedman from the Soaring Society will be the guest speaker.

14 - Co-ed Volleyball at Hal's Lake Front - 5:30pm

15 - Golf - Ironplay Golf Course on Lake Brandt Road - 6:00 pm. Contact Cecil Buchanan for info.

25 - Triathlon in Burlington- Contact Hal Boyle or David Lippucci for details.

28 - Co-ed Volleyball at Hal's Lake Front - 5:30pm

August

6 - Triathlon at Winston Salem- Contact Hal Boyle or David Lippucci for details.

8 - Tubing on Dan River - Meet at Wal-Mart on Battleground - 8:45am. Reserve your tubes by July 23rd.

11 - Co-ed Volleyball at Hal's Lake Front - 5:30pm

12 Membership meeting - at the Moose Lodge on New Garden.

15 -Flip-Flops & Fellowship-At Hal's lake front. Watch your email for details.

19 - Golf - Ironplay Golf Course on Lake Brandt Road - 6:00 pm

25 - Co-ed Volleyball at Hal's Lake Front - 5:30pm

28 - Triathlon at Lake Lure- Contact Hal Boyle or David Lippucci for details.

Be sure not to miss the July 8 membership meeting. We need your input for future events!



The GSOC currently has 206 memberships (households). That includes 275 adults and 46 children.

WELCOME NEW & RENEWING MEMBERS

Teri Orsini

Fran Egloff

Sue Cardwell

Randal Von Seggern

Jan Lhotsky

Andrew Zachar

Kelly Livengood

Scott Jackson

Jayne Sommer

Jim Corkhill

Carol Owens



Wanna keep up with the latest?...

Go to the ning site To sign up or for more details at

www.gsoskiandouting.ning.com



GSOC News Update Policy

To receive the GSOC newsletter or regular email "GSOC news updates" which provide hints and reminders of current GSOC events your GSOC membership must be current.

Stay current so we can keep you informed!



SAVE DA DATE

"Flip-Flops & Fellowship" August 15...

Hosted at a local your GSOC Vol-bonds...if a band (likely), there will for members & a tion for each

POSTPONED

Look for more info at a later date

guest. Look for more information soon from our bouncing, net hugging, competitive-but-fun sand lizards (i.e., GSOC V-V's)... simply save da date (8/15)! pond venue by leyball Vaga-is provided be a nominal fee higher contribu-non-member

Come On Out!! - Golf Season is Here!

Golf Season is Here!! Have you ever tried golf? Try something fun – first timers are welcome! Join us for an enjoyable evening of golf every third Wednesday of the month through the summer and fall. We will be playing at the Ironplay course in Summerfield. We will meet at 6 pm.

Location: Ironplay Golf Course
6261 Lake Brandt Road,
Summerfield (336) 644-7991
Directions: Take Lawndale north to Lake Brandt Road, go past Hwy 150, course is on the left.



Time: 6 pm.

Cost: 9 holes: Seniors (55+) \$7, others \$9 Note that the cost does not include food or drinks.

Date: Mark your calendar for every third Wednesday. Contact: Cecil Buchanan (288-3780) for more information.

Saturday, August 8 - Dan River Tubing

Join us for a refreshing day on the Dan River near Hanging Rock State Park. Meet in the Wal-Mart parking lot on Battleground Ave. at 8:45 AM. We will depart at 9:00. The cost will be about \$9 per tube. We will collect your tube money before we leave. The trip will last about 3 hours.

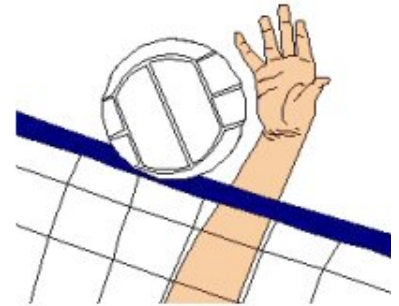


Bring a picnic lunch and plan to enjoy your lunch on the river. Don't forget to bring a cooler, refreshments, a change of clothes, sunscreen & rope to tie the tubes together. There is a place to change & shower. Tube requests due by July 23. Call 282-8345 and leave a message or email frangator@bellsouth.net.

For more GSCO events, visit www.gski.org.

GSOC Co-Ed Volleyball

Members are invited to GSOC's
2nd Annual Summer Volleyball Extravaganza



WHAT: GSOC Co-Ed Volleyball

WHERE: Hal's Backyard Beach on Belews Lake
347 Lake Point Lane, Belews Creek, NC

WHEN: Tuesdays at 5:30pm – 7/14, 7/28, 8/11, 8/25

FOOD: Pizza will be ordered for dinner. We ask that you contribute \$5 per person if you would like to eat

DRINKS: Bring your own beverages

If you haven't been to Hal's backyard beach, you're in for a treat! It is the ultimate in relaxation... lounge chairs, hammocks, water, floats, tiki umbrellas, and of course... volleyball in the sand! Wear your play clothes or bathing suit (the water is always wet) and come ready to have some fun in the sun(set)! You may play as many games as you'd like or simply cheer the others on... either way, just come to relax and enjoy the evening.

Directions:

From Hwy. 68 North, once in Stokesdale turn left at stoplight onto Hwy. 158 West (gas station on left) or from Hwy. 220 North, take Hwy. 158 West and once in Stokesdale at stoplight, continue straight on Hwy. 158 West (gas station on left).

Once on 158 West in Stokesdale, go to next stoplight continue straight (Bi-Rite grocery store will be on your right) and road will become Hwy. 65. Go about 3 miles and after you see the Forsyth/Guilford County line sign, turn right onto Cook Farm Road. Turn right on Blue Water Drive, then right on Lake Point Lane. At 2nd keypad at gate, press 015 and it will ring Hal's house and we will open the gate for you. Continue straight and around to the right of circle until it comes to an end... you will see the brick columns into Hal's driveway... 347 Lake Point Lane. Just walk on down to the sand and we'll see you there!



Please contact Karen Dexter at 336.508.4856 or kdexter@earthlink.net if you have any questions.

COED TRIATHALON RELAY RESULTS

(So Far.....2009)



Mucho "applause" to all of the GSOC members who have jumped right in throughout the Triad (& beyond) this year to help get our GSOC name "published" as the very fun, diverse, & athletic club that we are (i.e., "we do more than just drink") @ each of the following previous venues:

6/07 @ Tanglewood, Clemmons 36° NorthTriathlon.com
2nd Place Finish (of 17 Relay Entries)

4/18 @ Belews Lake, NC SetupEvents.com
1st, 2nd, 3rd & 7th Place Finishes (of 10 Relay Entries)

4/04 @ Valdese, NC SetupEvents.com
3rd, 4th & 8th Place Finishes (of 9 Relay Entries)

Our individual "split" (& transition) times can all be found online @ the respective websites listed above (i.e., for SetUpEvents go to their "TrySports/Developmental" series). GSOC members who have participated so far include Tim Burrick, Janet Geismer, Andre Bass, Tim Giff, Valarie Giff, Hal Boyle, David Lippucci, Linda Fields, Kimber Johnson. We have also included friends & family to "fill-in" for a missing bike/swim/run from time-to-time....& then there were/are the loyal GSOC cheerleaders!

If you wish to be added to our growing list of weekend-warriors, contact either David Lippucci or Hal Boyle. Our upcoming GSOC coed-relay entries include:
7/25 @ Lake Cammack in Burlington (Buckner Mission Man)
8/28 @ Lake Lure, North Carolina (SetUpEvents)
9/20 @ Tanglewood Park, Clemmons (Angels Race)

Individual entry costs go to a charity (i.e., tax deductible) & range from \$30-\$60 each, depending on how soon (or late). each relay is added/registered (the total cost of the relay divided by 3). This usually includes a commemorative T-Shirt, a commemorative pair of running socks, a commemorative swim-cap, pizza &/or sub-sandwiches (i.e., lunch), water bottles, soft drinks, chips, healthy fruit, & some vendor giveaways. In the last race they also threw in a commemorative towel & a couple kegs of Foothill beer!! And if you should be on a relay that gets 1st, 2nd, or 3rd then be prepared for a podium picture & yet another nifty "prize" (championship T-Shirt or a new folding chair or an engraved mug or a solid-gold plastic trophy, etc)....but we all do it all for the team's fellowship & fun too (& the exercise & thundering applause). All ages (& shapes) are welcome.



Happy Campers back from Grayson Highlands

Grayson Highlands was exceptionally beautiful with the rhododendrons in full bloom. Most of our group arrived Friday night, set up camp and joined our fearless leaders Jan & Suzanne around the campfire. Our hike Saturday left from Massey Gap and followed the AT and Rhododendron Trail over rugged rocky terrain & wind-swept areas. We were rewarded with panoramic vistas of distant mountain ridges and stunning oceans of rhododendrons. Once on Wilbur Ridge, we were greeted by the wild horses. Many ponies with attitude nuzzled up looking for handouts. A few adventurous trailblazers, Terry Beck, Tim Giff & Harmonica Hal led the group down Spring Trail, Crest Trail and Cabin Creek Trail back to camp.

Once back at camp everyone prepared for our group cookout. Sue and Doris outdid themselves once again (as did everyone) in sharing gourmet delights that would rival any 5-star camp-out. The evening ended with star-gazing, salamander searching and s'mores around the campfire. It doesn't get much better than this!





**Seventh Annual
Copper Mountain, Co.
Ski Trip
February 7 - 12 , 2010**

- **5 nights Lodging - Mountain plaza Condos**
These are 2 bedroom 3 bath condos barely 50's yards from the American Eagle Lift
- **4 days of Beeline lift tickets:** the Beeline ticket allows prompt access to all Copper Mt. Resort lifts.
- **Luxury bus – Denver to Copper & Return**
Your bags will be handled by Copper Mt. staff to and from your condos.
- **At least three parties with Food and Drinks**

All for just \$570 - Land Only

Club air is still being negotiated

Reserve your rooming assignment by mailing your trip application and \$100 deposit to:

**George Nauman
PO box 10175
Greensboro, NC 27404**

For more information call or email George at 336-693-5979
naumangl@triad.rr.com

For a trip application - http://www.gsoski.org/ski_trips.htm

GREENSBORO SKI & OUTING CLUB

Trip Application



Trip Destination: *Copper Mt. Feb 7 / Feb 12, 2010* Trip sign up # _____

Name: _____ Member Number: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Ph #: _____ cell Ph#: _____ E-Mail _____

Trip Options:

Full Package Land Package **LAND PRICE \$ 570** Payment amount attached: \$ _____

Roommate/Lodging Mate(s):

Please assign _____ as my roommate/lodge mate(s). Trip leader, please assign a roommate/lodging mate(s) for me: Male Female Non-Smoker

Emergency information:

Name _____ Phone: _____

grant permission for Trip Leader to authorize emergency care for me if the need arises and the emergency contact person cannot be reached and will hold Trip Leader harmless from any damages resulting from such care.

Participation: All event participants must be a member in good standing of The Greensboro Ski & Outing Club or of the Crescent Ski council, or an additional Non-Member charge.

Cancellation Policy: If I cancel participation in this event, for any reason, I will be charged a cancellation fee described below, plus any unrecoverable amounts paid on my behalf for transportation, lodging or any other related expense. Failure to make payments according to payment schedules may result in cancellation of my participation on the trip, with forfeiture of amounts paid to cancellation date. I acknowledge receipt of the cancellation and payment schedules for this event.

Trip cost	\$ 99. Or less	\$ 10. Cancellation fee
Trip cost	\$ 100. To \$ 400.	\$ 25. Cancellation fee
Trip cost	over \$ 400.	\$ 50. Cancellation fee

Release of Liability and Hold Harmless Agreement

I understand that the Greensboro Ski & Outing Club (GSOC) is a voluntary association operated by volunteer Officers, Board of Directors, and Trip Leaders who have no special or professional training in the leadership and organization of Trip as defined in Terms and Conditions. I release GSOC, its Officers, Board of Directors, and Trip Leaders and members from, and agree to hold them harmless from, any liability in connection with this trip. I agree for myself, my heirs, executors and administrators to waive any claims or rights against them and not to pursue any legal action against them, for any harm, loss, personal injury whether mental or physical, or death suffered by me in connection with this trip, including, without limitation, all transportation, accommodation, skiing sport, social, or other activity. I acknowledge on behalf of myself and all minors represented herein and for whom I am responsible, that participation in this trip may be potentially dangerous. I know that there are risks and dangers involved, and I hereby assume all risks, known and unknown, of participation.

I have read and understand this Agreement, Cancellation Policy, the Terms and Conditions, Trip Description and all other applicable rules of GSOC, and agree to abide by their respective provisions. I will abide by the current GSOC alcohol policy stated in the Membership Portion of the GSOC membership directory. I am signing this document granting this release and am participating in this trip voluntarily.

Applicant/ Guardian Signature: _____