

MIDLAND SKI CLUB NEWS

SEPTEMBER 2015

Autumn Socials

We've got some great social events coming up over the next few months:

Victoria Crampton: Marathon de Sables

On Wednesday 14th October, Victoria Crampton (now SnowSport England Communications Officer) will be talking to us about the "Marathon De Sables" - a gruelling 156 mile challenge across the Sahara Desert - allegedly the 'toughest footrace on earth' in April 2015.

"With nothing but rolling sand dunes for miles around. When you plough your feet through the sand, a fine dust kicks up. You can't feel the sweat dripping down your face

because it's evaporating in the baking heat. Your lungs feel parched. The temperature is over 50 degrees. Part of your brain is screaming at you to stop, right now, to drop out of the race, but the other part of your brain is stronger. The other part of your brain knows that when you complete the final stage of the Marathon des Sables, you will have run the equivalent of 6 regular marathons.

"It's a race against yourself, a constant mental battle and the ultimate test of endurance."

The longest single stage was **57** miles.

Dave Roberts: Avalanches and how to Avoid them

On 28th October, David Roberts will talk on "Avalanches and how to Avoid them". Some members will already know David as he led some of the MSC skiing trips to South America. David started skiing when he was 7, and raced on dry slopes through to his university days. He has worked as a Ski Instructor in Verbier for 4 seasons now. He has

BASI Level 4 European Mountain Safety, and he teaches his Instructor colleagues on mountain safety. In addition to trips around the Alps, he has been on expeditions to Norway, Eastern Europe, the Himalayas, Russia, Bolivia, Greenland and Patagonia, plus first descents in Chile and Argentina.

Both the above events will be held at Hollyfields Social and Conference Centre in Woodacre Road, Erdington - just 5 minutes off the M6, meeting from 7.30pm for a prompt 8pm start.

50th Anniversary Christmas Curry

Then on Saturday 14th November we are once again celebrating 50 years of Midland Ski Club, but this time going for a curry! Newer members might not understand the historic connection, but for many years MSC training sessions at Telford and Ackers were regularly followed by a curry.

We're going to Imlees in Moseley (www.imlees.com), eating around 7.30pm. Imlees is on the main Alcester Road right in the centre of Moseley. Those who wish can meet up

in the The Prince of Wales or The Fighting Cocks (opposite) or one of the other seven pubs catering to a range of tastes within staggering distance.

Phil Deller has stated that at some personal sacrifice he is prepared interpret the nuances of the Moseley drinking scene for those interested through the medium of a walking tour. Full details and how to book will be in the October newsletter.



Tamworth Disabled Skiers

The Tamworth Disabled Skiers group is on the lookout for volunteers who are able to devote one Thursday afternoon a month to helping out at Tamworth Snowdome.

You need to be a competent skier but not a coach. You will be skiing with one of the disabled skiers, either by leading a standing skier, or helping out with one of the sit skiers. There is no commitment to helping out at every session. A number of MSC members help or have helped in the past and they all say it is hard work but great fun!

More information from Gerry Elgy, gerry@elgy.org.uk

Winter Race Series

Following its successful introduction last year, the MSC winter race series will run at Ackers on Friday every four weeks from November. Dates are 13th Nov, 11th Dec, 8th Jan and 5th February. Entry forms will be available shortly.

Membership Renewals

Within the next few weeks you should get in the post a Membership Renewal form. Please check your details on this, sign the declaration and return the form as soon as you can. You are reminded that if your membership renewal is outstanding after 1st October then you are not covered by liability insurance.

If everything on the form is correct, you can also renew online at midlandski.uk/renewal.



CLUB HOLIDAY 2016: Courchevel - 27th Feb to 5th Mar 2016

The 2016 Club holiday s to the chic French resort of Courchevel 1850, staying at the Chalet Hotel Les Anemones. In response to several requests we are going a week earlier than usual. This Inghams chalet hotel is a short walk to the centre of the resort and just 30 metres from La Croisette with a good range of lifts up above 1850. You can ski back to the hotel. You can find details in the Inghams brochure or on their website.

Courchevel gives access to the three valleys ski area including Meribel, Val Thorens, and Les Menuires

We are flying from Birmingham to Chambéry. Flight times are provisionally:
27 February ST3994 depart Birmingham at 1320 to arrive Chambéry at 16.15

05 March ST3995 depart Chambéry 11.30 to arrive Birmingham at 12.30

If you would like to fly from **another regional airport** please let me know as soon as you can. Belfast supplement is £59. Newcastle, Stanstead and Bristol supplements are the same as Birmingham £39.

If you would like to take the **train** please get in touch. There is no supplement for a standard seat without meals but standard premier including meals is an extra £100 upwards depending on when we book.

I have tried to keep costs down and this is one of the lower cost options for 2016. The base cost of the holiday is £775. A deposit of £150 per person is payable on booking, with the final balance will be due at the end of November

The cost of area lift passes is Adult £209 and Senior £199

But it looks as though those over 75 will get a free lift pass. These will be arranged in resort.

If you have not joined a club holiday before now please be reassured that we do all we can to make sure you are included, that you have a group to ski with and that you're not left alone wondering who to talk to. There's sometimes a drinks party before the evening meal, and generally as much après ski as you can cope with.

Please contact me for more information at diana.horth@ntlworld.com or 01889 800706 or 07806 777049.



The holiday is sold under the terms and conditions of Hotelplan Ltd (Inghams) and full details can be found in their ski brochure 2015/16

CLUB HOLIDAY 2016 - BOOKING FORM

To: Diana Horth, 23 Lockside View, Rugeley, Staffs WS15 1NJ

Please book me ___ place(s) on the club holiday to Courchevel from 27th Feb - 5th Mar 2016. I enclose a cheque payable to Midland Ski Club for £150 per person as a NON-REFUNDABLE deposit and I undertake to pay the balance at the end of November 2015.

I have a current (or will obtain) European Health Insurance Card - do check the expiry date. I have a full passport valid for the dates concerned.

Name(s) (as per passport) _____

Nationality _____

Passport number _____

Passport date of issue & date of expiry _____

Issuing office _____

Country of residence _____

Date of birth _____

Contact Address: _____

Phone & email: _____

Ski carriage? £35 yes/no number of ski bags _____

Lift Pass Adult (£209) _____ Senior (£199) _____

Ski Hire Excellence (£79) _____ Performance (£68) _____ Evolution (£57) _____ Economy (£44) _____

Helmet hire (£19) _____ Boots? *Please contact me for details*

Special Dietary needs _____

I would like to share with _____

Family Training Week Dec2015/Jan 2016 and the **Additional Training Week** Jan 2016

The Family Training Week is back!

It's in Pila, Italy, with from coaching from Monday 28th December 2016 for the week.

And there is an option of **the additional training week** starting Monday 4th January, before the usual annual Early Winter Training Week.

- Travel out on 26th or 27th December.
- Family coaching Week 28th Dec to 1st Jan (with an option for 2nd Jan too).
- Travel back (or out!) on 2nd/3rd Jan.
- Additional Training Week: 4th to 9th Jan.
- 10th to 17th Jan Early Winter Training Week

Where is Pila? Pila is in the Aosta Valley in north-west Italy, about half an hour south of the Mont Blanc tunnel. Resort altitude is 1800m with access to 70km of pistes from 1765-2700m. We know Pila well as it's been used for the last 3 years for the Early Winter Training Week.

To keep costs down and for maximum flexibility, this trip is on an "Organise Yourself Basis", i.e. you need to organise your own transport, accommodation, food, lift pass, insurance, equipment hire etc. This applies to both **Family training week** and **Additional Training Week**

NB: The Fully organised Early Winter Training Week is fully booked

Coaching: Coaching cost is £140 per person per week. The coaching period is Monday 28th December 2015 to Friday 1st January 2016, with optional Saturday 2nd January 2016. Coaching on the family training week (unless the group decides other wise) will be mainly aimed at the children

whilst still coaching adults and parents.

Coaches are yet to be finalised, Roger Cromblehome is already confirmed, booked up, flights and accommodation ready and is raring to go. Rob Weeks should also be coaching and other coaches will be brought in depending on the numbers.

Accommodation: From discussions with people so far, most people are staying in the town of Aosta, as am I, 1km from Gondola up to Pila. There is of course plenty of accommodation in the resort, apartments to hotels, but it is much more expensive (it is New Year week). Gerdaz at the mid-station half way up gondola system also has some accommodation.

Meeting up: The gondola opens at 8.00am and closes at 17.00am with a journey time of 20 minutes. We'll meet either at 8.15am at the bottom gondola station in Aosta, aiming to leave by 8.30, or else at the top gondola station at 9:00am (or at the Yeti bar just across the piste from the gondola station if weather is bad).

Booking and more info: Please book using the form below. For more details and information on accommodation options please see midlandski.uk/FTW2016.pdf on the MSC website.



FAMILY/ADDITIONAL TRAINING WEEK - BOOKING FORM

To: Roger Crombleholme, 7, St. Modwena Way, Penkridge, Staffordshire ST19 5ST

Which week: **Family Training Week** - Pila, Italy - Mon 28-Dec-15 to Sat 02-Jan-16 **Y/N**

Additional Training Week - Pila, Italy - Mon 04-Jan-16 to Sat 09-Jan-16 **Y/N**

Names	Age	M/F	Coaching
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please detail on a separate sheet the skiing standard and experience of each named participant.

I enclose a cheque payable to **Midland Ski Club** for £140 per person per week, total: £ _____

I understand that I need to organise my own travel, accommodation, transport, equipment, appropriate travel, medical and skiing insurance for on-piste, off-piste and gate training.

Contact name: _____ Signed: _____

Address: _____

Phone & email: _____

Tignes Studio Apartments - December

We have 3 timeshare studio apartments over 2 weeks in early December in Tignes, Val Claret (France). This year they are for Sat 28 Nov - 5 Dec, and Sat 5 Dec - Sat 12 Dec 2015. We are looking to fill them soon, while flights to Geneva are still cheap.

Costs per apartment:

- £270 for 28 Nov - 5 Dec

- £310 for 5 Dec - 12 Dec

Or £550 for the 2 weeks

It's up to you how many people in the apartment, up to the maximum of 4 people.

For the last 3 out of 4 years at this time there has been excellent snow cover to the resort, but there is always snow higher up on the glacier. Even last year when the snow was the worst for 30 years and was limited to the Grande Motte (glacier) section, we still had mainly good snow, we could always ski to the bottom, and still got off piste skiing in.

Transfers to the resort are easy: We go on the public transport coach direct from Geneva airport to Val Claret (it only stops about 3 times en route to Val Claret, you book online a month before travel). You can also book shared minibus transfers online or drive.

Apartment Details: Our 3 studio apartments are next door to each other on the first floor of the Inter Residences block. Each apartment can sleep four people max: 2 single settees in the lounge, (which can be put together to make a double bed) and, separated by a door, in the corridor are 2 wide and solid bunk beds, so they sleep up to 3 easily, but 4 if you are very organised! The bathroom is off the corridor. Bed linen and towels are provided. They are in good condition, modern, and pleasantly furnished, cooking is fine, and there's a dishwasher. Reception staff are helpful and speak excellent English. There is a free welcome drink on the Sunday evening. There's a free

pool for the block plus 2 small saunas; the ski lockers are in a warm area and the free ski bus stops are nearby; up to the Val Claret ski lifts and down to Tignes Le Lac, lifts and Lavachet, or it's about 400 m walk along the flat road to the Val Claret ski lifts. There is a 100 euros damage deposit to be paid on arrival, which is returned when the apt has been checked on departure morning.

To book an apt we ask for a deposit paid to us of £100 per apt week to secure it, (once paid, if you cancel, we can only return the deposit if you or we can rebook it to someone else), the balance to be paid by 15 September.

You can always travel out or back any day in the week, (we are going out on Sunday 29th Nov), but the apt cost will be the same.

For any more details or to book contact Catherine Frankenburg (cfrankenburg@hotmail.com)

HIGH ALTITUDE WEEKEND 2-4 OCTOBER 2015

This year we have booked Hartington Hall YHA for our weekend of walking and dining. Log fires and oak panelling all make this 17th century manor house perfect for weekend breaks in Derbyshire. The hostel is in a lovely, unspoilt area.

There will be arranged and led walks on Saturday and Sunday for those that wish but this is a fantastic area for cycling, walking and sightseeing if you want to do your own thing. So don't feel you have to join the walks.

Address: Hall Bank, Hartington, Buxton Derbyshire SK17 0AT
<http://www.yha.org.uk/hostel/hartington-hall>

This year rather than self cater the communal meal on Saturday we propose to dine in at the YHA.

If this does not appeal you will be able to use the self catering kitchen but you would eat apart from the group.

On Friday members can either self cater, eat in the YHA restaurant (counted as half board) or at a local pub.

There are a few options for you to consider when booking your place but we have to give approximately 3 months notice if we wish to go half board and dine in. This means a cut off date of end June. Deposits of £25 per person on booking with the final balance due 1 August.

Book using the form below or online at midlandski.uk/ebooking

HIGH ALTITUDE WEEKEND 2nd-4th October

To: Diana Horth 23 Lockside View, Rugeley WS15 1NJ

Please reserve places as below for the High Altitude Training Weekend.

	Fri 2nd	Sat 3rd	Total
Bed only - £23			
Bed & Breakfast - £24.50			
Half Board - £32.50			
		Total Due	

I enclose a deposit cheque for £25 per person payable to *Midland Ski Club*

Name(s) _____

Phone _____

Email _____

Or book online at midlandski.uk/ebooking

You can pay by cheque as above or make a direct transfer to the Midland Ski Club account at sort code 08-92-99 a/c 65362479 reference HATW2015 and advise me that you have made the transfer.

Roller skiing in the Goyt Valley

Early in August the Nordic section took a day trip to the Goyt Valley in Derbyshire early one Sunday morning. We met up with Ros, Allison and Ruth from the Manchester club who showed us the route.

The hill climbing was a great success last week. Fortunately the weather behaved itself, it didn't rain and wasn't too hot.

We did three hill climbs which in retrospect seem slightly insane!):

Hill 1: Distance = 2.5km, vertical climb = 150m

Hill 2: Distance = 2.5km, vertical climb = 195m

Hill 3 - Distance = 6km, vertical climb = 205m

Extra special thanks to Ruth for the blueberry and lemon cake afterwards!

The location was here <https://goo.gl/maps/Wp520> and it's a perfect spot for more sensible pursuits like walking or cycling as well. The road running parallel to the reservoir is close to cars on Sunday afternoons which is great.

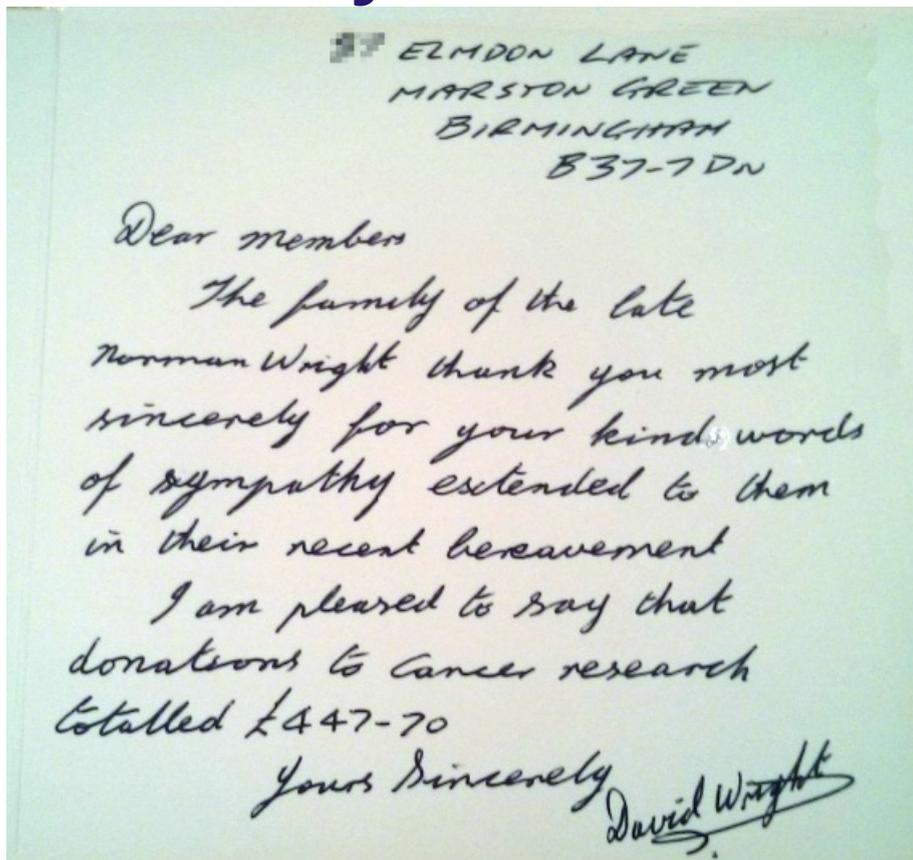
One word of warning if you're thinking of cycling there, don't go along in your old MSC t-shirt and scruffy shorts.

There's a serious dress code - matching lycra tops and bottoms are de rigeur - and definitely forget it if your bike costs less than 4 figures

Ackers Open Day

Ackers Adventure will be holding an open day on 18th October as part of the "30 days or snow" promotion. Members are asked to come along to see the various activities that Ackers offers, and it is hoped that some demonstration races will be put on too.

Norman Wright



Gloucester Summer Race League

Two MSC teams took part in the fourth GSRL in August in beautiful summer sunshine.

The racing saw many 20+ point scores in the A team, and the best team score of this year of 191.

We are still lying in 4th place overall but crept up 1 point on the W Counties team - I'm sure we can get past them!

Midland A were 5th on the day but only 1 point shy of W Counties and Exeter in joint 3rd place. Gloucester A won the day on 206 points.

Midland B held its position in 12th but well ahead of the lower teams.

Welcome to two new (to GSRL) racers, Thomas Jinks and David Beech, we trust you enjoyed the day and will come back for more next time!

In the morning, there were some good age group positions: Roger was 1st in O40, and we showed our strength in depth in U14, with Matthew 2nd, Macaulay 3rd and Lauren in 4th. Adam came 4th in U9.

Roger was 13th overall and Matthew came in at 17th.

In the afternoon, Adam, Beau and Lily won all 3 duals.

Those who scored 20 points or more were Adam, Macaulay, Lauren, Matthew, James, Roger and John. Top scorer of the day was Adam with a storming 26 points, and just behind were Roger and Macaulay on 25 each.

Well done to all racers! As usual, full results can be found at <http://midlandski.uk/raceresults.php>

Gerry.

Coaching Fee Changes

It is now **four years** since MSC contracted with Ackers for the rental of slope for three evenings a week. This was a big financial commitment for the club which all at the time accepted came with a degree of risk. For members, this meant that by paying a fixed amount each month for which they can ski at Ackers on any of the three nights, including coaching on those sessions for which they are eligible.

Over half of regular skiers now use this arrangement which has meant we have been able to keep the price of this to members unchanged throughout this period. However increasing costs means that the price has now to be increased.

From 1st July 2015, coaching will be £40 per individual member per month, paid in advance by standing order. For those who pay per session, then session prices remain at £15, except for Friday sessions which start up to 7pm which remain at £10.

For those paying monthly, please contact your bank and adjust your standing order.

Vineyard Tour and Wine Tasting - in the Midlands!

On an early August evening, when the sun was shining brightly, a group of 28 MSC members went on a tour around Buzzards Valley vineyard, near Tamworth. We met in the bar area and it was a very good start to the evening Tour to sample a glass of the vineyard's own wine whilst waiting for the latecomers to finally arrive. The tour leader then ensured we all had a glass of the first taster - one of their reds - to try (was it just me who'd forgotten the name of the wine straight away?).

We then strolled down to inspect the vines, across the previously ploughed grass verges, with our glasses in hands. Our guide for the evening,



interestingly named Indie Jones, told us the history of how the family business had started, how to keep vines trimmed, and many other interesting facts about machinery, vines, grapes, harvesting and blending tastes. Apparently there is wine production in Scotland, so Tamworth is certainly not too far north (well, in normal summers anyway) to produce a good harvest.

The evening quickly progressed from warm sunshine to a heavy downpour, so we very speedily adjourned to the indoor area where the vats of wine were maturing. The processes were outlined, the technicalities of fermentation and the machines for bottling and labelling were all explained, but as we were somewhat wet, we were growing hungry.

Happily we returned to the restaurant for our dinners. Two further glasses of their wines followed. I think we had another red glass, followed by a glass of white. There were certainly no spittoons for us to follow normal wine tasting procedures, so maybe the alcohol took its toll on my memory for

names? The noise of our conversations all around the room told me we were all enjoying the evening, catching up with friends, and meeting new members.

The evening ended with a video talk with more details of harvesting, the tonnage of their best harvest (clearly this wintery August will not compete with their previous bumper harvest), and the pro's and con's of using screw tops or corks. We made our way out through their well-stocked Gift Shop, where amongst the produce on sale were samples of black cheeses and balsamic vinegars to taste, as well as their range of wines and other tempting goodies to purchase if desired. All in all, despite the wonderful British weather, we had a stimulating and enjoyable evening out.



Telford/CESA Schools Race

The Telford CESA Schools Race will take place on Friday 9th October at Telford Ski Centre.

The schools race aims to encourage young skiers to represent their school and try skiing as a competitive sport, as well as a holiday, school trip or recreational activity. This is a popular annual event, which usually attracts over 150 entrants. Anyone who lives in, or attends a school in, the CESA region is eligible to enter. No previous competition experience is necessary, but competitors must be able to use the lift and ski in control from the top of the slope. We wish to encourage team entries, as this means those new to ski racing will be able to join their more able fellow pupils. We also recognise that schools may not be able to find enough competitors to form teams at all age groups. Team competitors are automatically entered in the individual event - FREE. An individual's time will be used in both the team and individual events - there is no need to ski twice.

Full details and entry form at midlandski.uk/CESASchools2015.pdf

Diary

Tuesdays @ 6.00pm: Young Racer Development Coaching

Tuesdays @ 7.30pm: Race Development Coaching

Thursdays @ 6.00pm: Young Racer Performance Coaching

Thursdays @ 7.30pm: Race Performance Training

Fridays @ 6/6.30/7.30pm: Skier Improvement Coaching

Fridays @ 7.30pm Adult Recreational Coaching

Coaching contacts:

Roger Crombleholme 07736 821147 Guy Hornsby 07768 253515

19th Sept: Gloucester Summer Race League Also 17th Oct
Gerry Elgy, 07476 078895

2nd-4th Oct: High Altitude Training Weekend
Hartington, Peak District - Diana Horth, 01889 800706

9th Oct: CESA/Telford Schools Race
Telford Ski Centre - midlandski.uk/CESASchools2015.pdf

14th Oct: Social - Marathon de Sables
Hollyfieds, Erdington - Catherine Frankenberg 07739 460950

28th Oct: Social - Avalanches and how to Avoid them
Hollyfieds, Erdington - Catherine Frankenberg 07739 460950

13th Nov: Winter Race League, Ackers
Also 11th Dec, 8th Jan, 5th Feb.

14th Nov: 50th Anniv Christmas Curry
Imlees, Moseley - Catherine Frankenberg 07739 460950