

# The Lift Ticket

## January Date Reminders

**Fri; 5th:** Happy Hour  
Tilley's Pizza House,  
Beloit

**Mon; 15th:**  
Board Meeting  
6:30 pm  
General meeting  
7:30 pm

# 2024

HAPPY NEW YEAR



[SkiRockford.com](http://SkiRockford.com)

January 2024  
Volume: 53  
Number: 9

# The Snow Board

RVSkiAssoc@gmail.com

Chairperson: Greg Kaski

President: **Open**

Vice President: **Open**

Secretary: [secretary.skirockford@gmail.com](mailto:secretary.skirockford@gmail.com)

Emily Gayle

Trips: [trips.skirfd@mail.com](mailto:trips.skirfd@mail.com)

Ken Richardson

Asst. Trips: [trips.skirfd@mail.com](mailto:trips.skirfd@mail.com)

Janet Buchanan

Treasurer: [treasurer.skirockford@gmail.com](mailto:treasurer.skirockford@gmail.com)

Ron Foran

Membership: [membership.skirfd@mail.com](mailto:membership.skirfd@mail.com)

Dennis Schneider, Jeff Buchanan

Merchandise & Property Director:

[waysnmeans.skirfd@mail.com](mailto:waysnmeans.skirfd@mail.com)

Mary Babb, Laurie Eisenbise

Social: [socialski.skirfd@mail.com](mailto:socialski.skirfd@mail.com)

Patty Zahn, Chris Wonderlick

Ski Master: [skimaster.skirfd@mail.com](mailto:skimaster.skirfd@mail.com)

Lars Freeman

Publicity/Web Maintenance: **Open**

Lift Ticket Editor: [liftticket.skirfd@gmail.com](mailto:liftticket.skirfd@gmail.com)

Greg Kaski



## **January Birthdate's**

2nd - Laurel Eisenbise

10th - Ken Richardson

28th - Joe Shireman

**Rock Valley Ski Association**  
S K I , S N O W B O A R D & S O C I A L C L U B

Email: [membership.skirfd@mail.com](mailto:membership.skirfd@mail.com)

[trips.skirfd@mail.com](mailto:trips.skirfd@mail.com)

Website: [www.skirockford.com](http://www.skirockford.com)



## Chair Notes....



Happy Holidays!! Well we are off and running into a new year and a new ski season. 2023 didn't give us much hope for a "White Christmas" but let's see if things can improve soon so we will be able to get to those local ski areas and start having some fun! I'm hoping everyone had a good New Year's celebration and was able to share it with friends and family.

Getting into January we have only a few months until we will be holding our board elections. I want to say "Thanks" to all the current board members for their time and contributions they've made for this past season. ***At this time start thinking how you could get involved with your club board!! Be part of the future growth of YOUR club.*** Any of your current board members would help explain what their job is or to give you insight on how you can help.

Reminder that this is the time to introduce potential new members to your club. Bring your friends with you when coming out to enjoy your RVSA events.

Enjoy the changing season.....

Greg Kaski, RVSA Chairperson.

Club Meeting **Monday January 15th,**  
at the **American Legion Post 1207,**  
1011 South Alpine Road, Rockford.  
Board meeting - 6:30 pm  
General meeting - 7:30 pm

## Hello RVSA,

Hope that all the Christmas spirits (past, present, future and liquid) were good to you this Christmas season. Unfortunately, we did not have a white Christmas so that we could try out our new ski equipment. Or even our old and well used equipment. It looks like all the mid-west resorts are closed until the temperatures drop.

When the temperature drops and the snow falls, we will have to send out emails and text messages to let everyone know that out-and-about. The bigger the group, the more fun you will have. When you think about a group, think about our new members that have joined the club. A special thanks to Charlie and Jennifer Fritts and Ken Richardson for getting many of the new members into the club. Let's welcome these new members:

Zoe Doll  
Laura Hamlink  
William Jiang  
Richard Jardine  
Scott Lienbenberg  
Robert Moreco  
Hayden Pilsner  
Daniel Riggs  
Winston Roe  
Henry Roe  
Eric Stenglein.

Many of them have been skiing for years. Lots of new stories to be told and told again. New Year is coming. I wish you the best in the future.

Be good and be safe,  
Dennis , Membership Director

---

### **RVSA MEMBERSHIP FORM – Due NOW. Please Print or fill out on the website.**

Please keep your payments and updates coming in! Renewals for Individuals are \$20 and couples are \$35. If you have had a lapse in membership, your dues would be \$25 for an individual and \$45 for a couple.

NAME: 1 \_\_\_\_\_ Birthdate: Month \_\_\_\_\_ Day \_\_\_\_\_

NAME: 2 \_\_\_\_\_ Birthdate: Month \_\_\_\_\_ Day \_\_\_\_\_

Address \_\_\_\_\_

Street City, State Zip

CELL #1 ( \_\_\_\_\_ ) \_\_\_\_\_ CELL #2 ( \_\_\_\_\_ ) \_\_\_\_\_

EMAIL #1 \_\_\_\_\_ EMAIL #2 \_\_\_\_\_

**MEMBERSHIP:** (please select one) **RENEWAL:** Individual - \$20; Couple - \$35  
**NEW / DELINQUENT MEMBER:** Individual - \$25; Couple - \$45

Please mail my receipt to me: **YES / NO**

**Make checks payable to RVSA** Payment is accepted at monthly meetings or mail to: Dennis Schneider, PO Box 166, Byron, IL 61010

RECEIPT# \_\_\_\_\_ CASH / CHECK # \_\_\_\_\_

## The "2nd Chance" Sales



Men's K2 BFC120 Ski Boots, good condition, boot's shell and cuff capable of being heat-molded for comfort. men's 10-10 ½; mondo (cm) 28/28.5. \$100. Interested call Greg (815) 275-0085



Men's Atomic Hawx 90 with dynashape atomic silver liner with memory foam can be molded. Size 315 mm - mondo 28/28.5 men's 10-10 1/2. Very good clean condition, non smoking home. Text or call Jeff at 815-979-7017 for inquiry. \$100.

Do you have some ski equipment/accessories that could use a new owner? Send a brief description, contact info, price, (*optional a picture*) to [RVSkiAssoc@gmail.com](mailto:RVSkiAssoc@gmail.com)

Hello RVSA members,

Your co-officer's for Merchandise (Ways and Means) , Mary Babb and Laurie Eisenbise are asking that if you are interested in ordering or purchasing any shirts, sweatshirts, cozies, leg bands, luggage tags, masks, etc.- please let either of them know.

Send your email to Ways & Means: [waysnmeans.skirfd@mail.com](mailto:waysnmeans.skirfd@mail.com)

*Patty & Chris, "What's happening for January"??*

Social Time  
& MORE

Plan for our January 2024 Happy Hour:

Friday Night Happy Hour at:

TILLEY'S PIZZA HOUSE

900 4th St. BELOIT, WI, 53511

FRIDAY JANUARY 5<sup>th</sup> @ 5:30 pm

Reservations will be made so please:

RSVP TO:

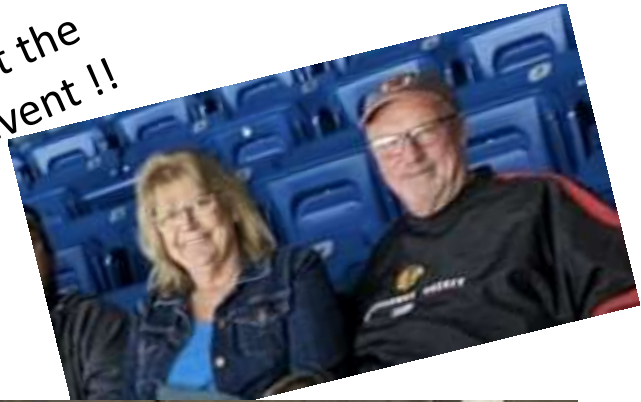
[Socialski.skirfd@mail.com](mailto:Socialski.skirfd@mail.com)

Thanks

Chris and Patty



What you missed at the December RVSA event !!



RVSA had a great time at the hockey game!

The Ice Hogs weren't as lucky!!!



# Improving your Health! Ideas & suggestions...

Lars Freeman, Ski Master

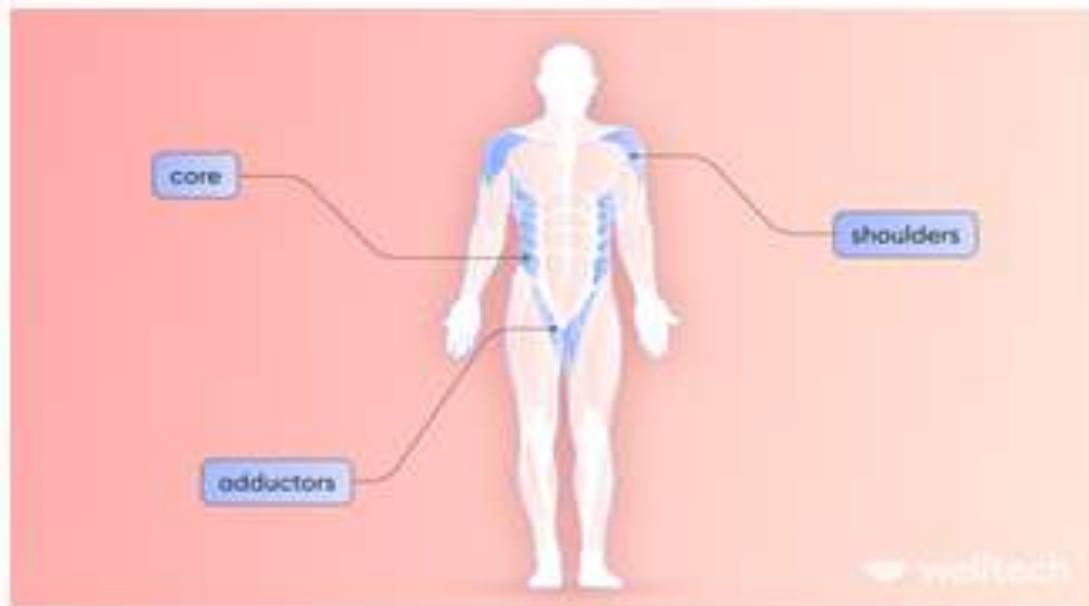
## Section 1 of 2

Want to add a challenge that works best for a strong core and toned inner thighs?

The Copenhagen plank (aka Copenhagen adductor plank due to its target muscles) is mainly used to strengthen the groin and hip muscles. It is also great for improving core strength and stability, especially in the obliques.

### Muscles Copenhagen plank works

As the muscles worked in the Copenhagen plank are mainly those in the inner thigh area.



However, it can also be used as a full body conditioning exercise, as it also requires the engagement of the core and, to some extent, the shoulders and back. By working mainly on the groin muscles in our legs, the Copenhagen side plank benefits the hips and adductors by making them stronger and decreasing the risk of strains and injuries.

### Copenhagen side plank: technique, tips, and progressions

The Copenhagen plank hold is the main variation used in rehab programs targeting the groin muscles. However, there are many ways the exercise difficulty level can be scaled up or down depending on your abilities.

### How to do a Copenhagen plank hold

As the Copenhagen plank aims to strengthen the hips, it would be ideal to start by performing some *hip mobility exercises* to warm the muscles up and improve the range of motion.

- Put yourself in a side plank position perpendicular to a bench or suitable support (i.e. chair)
- With your bottom arm fully extended, place the top leg on the bench or chair, using the internal part of your foot to support the hold
- Extend out the bottom leg while keeping it off the floor.
- Hold this position for a minimum of 15 seconds, 3-4 times on each side



# Improving your Health! Ideas & suggestions...

## Section 2 of 2

Lars Freeman, Ski Master

Below are 4 variations that can be performed depending on your strength and discomfort levels (1 hardest, 4 easiest):



1) *Copenhagen side plank*



2) *Copenhagen plank on the forearm*



3) *Knee-assisted Copenhagen plank*



4) *Bent-knee Copenhagen*

### Final words

The Copenhagen plank is a very technical, yet very effective, exercise. In essence:

- Copenhagen planks are mainly aimed at improving strength in your hip and groin muscles, known as adductors; however, they also work the core and more specifically, the obliques.
- They are mainly included in rehab programs for athletes who have suffered an injury in the groin area, but they are often also found in strength programs.
- It is suggested that you perform hip mobility exercises to warm up the muscles before doing a Copenhagen side plank.
- It can be regressed or progressed, which makes it perfect for any skill level.
- To hold the correct position and avoid losing your balance, tense your whole body along with the adductors.

All in all, this is a great exercise that can provide excellent results and help prevent injuries in the groin area; therefore, it makes a great addition to any resistance training or conditioning program for anyone aiming to improve their inner thigh strength.

# SKI AND RIDE WITH RVSA IN SNOWBIRD, UTAH!



**RVSA Sponsored**

**Only 11 SPOTS still AVAILABLE... CONTACT Ken Richardson**

**MARCH 23 - MARCH 30, 2023**

**\$2,350**

\*Early bird pricing \$2,250 until Sept. 1, 2023



## SKI AND SNOWBOARD

- 5 day lift ticket with 6th day free
- IKON destination
  - \$514 resort credit with IKON pass



## THE CLIFF LODGE

- 7 Nights
- Ski in/out
- Double occupancy
- Optional spa-level upgrade
- Welcome breakfast included



## TRANSPORTATION

- Round trip airfare from ORD to SLC
- Round trip ground transportation



Contact our trip director Ken Richardson with questions!

 815-985-7194

 [skirockford.com](http://skirockford.com)

 [kenrichardson53@live.com](mailto:kenrichardson53@live.com)

RVSA Sponsored

# SKI & RIDE WITH RVSA IN JACKSON HOLE, WY

MARCH 3 - 10, 2024

\$2,200\*



\*Price subject to change based upon options

**SOLD OUT!**



### TRANSPORTATION

- Round Trip Air Transport via United
  - ORD to JAC
- Ground Transport



### ON THE MOUNTAIN

- 3, 4, 5, & 6 day lift options
  - Senior rates available
- IKON Destination
- Optional Snow King or Grand Targhee Day
  - Additional Fee



### LODGING

- 49er inn and suites
- Daily continental breakfast
- Room upgrades available

PLEASE CONTACT OUR TRIP DIRECTOR KEN RICHARDSON WITH QUESTIONS!



# Pay with Zelle®

A fast, safe and easy way to pay an eligible business.

## How do I pay with Zelle®?

- 1 Access Zelle®** — Enroll your email address or U.S. mobile number through your banking app.
- 2 Find the business you want to pay** — Enter the preferred email address or U.S. mobile number of the business<sup>1</sup>.
- 3 Choose the amount** — Enter the amount you'd like to send. The business gets a notification letting them know you sent them a payment. If they're already enrolled with Zelle®, they'll typically receive your payment in minutes.

## Send payment to:

**[treasurer.skirockford@gmail.com](mailto:treasurer.skirockford@gmail.com)**

Note: With Zelle®, money moves directly from one bank account to another, so you should only send payments to businesses you trust. Also, always ensure you've used the correct email address or U.S. mobile number when sending payments.