

# Snow Tracks



The GPAS Adaptive Snowsports Newsletter  
Volume 2, Issue 5 – End of Season/Spring 2009

## Mission of Greek Peak Adaptive Snowsports

*To provide snowsports experiences and skill development for people with disabilities utilizing the safest and most effective adaptive equipment and qualified/trained volunteer staff in a supportive and positive learning atmosphere*

## Congratulations to GPAS 2009 Award Winners

- Bob Burden Memorial Award – Dick Wierman
- Stephen Mehal Award – Dominic Calleo
- Volunteer Award – Cheryl Naslund, Suzanne Bruetsch



Rosemary Wierman accepts for Dick



Dominic Calleo



Suzanne Bruetsch



Cheryl Naslund

# 1st Annual Snow Fever 5K Run, Walk and Roll



## Mark Your Calendars! The First Annual Snow Fever 5K Run, Walk and Roll

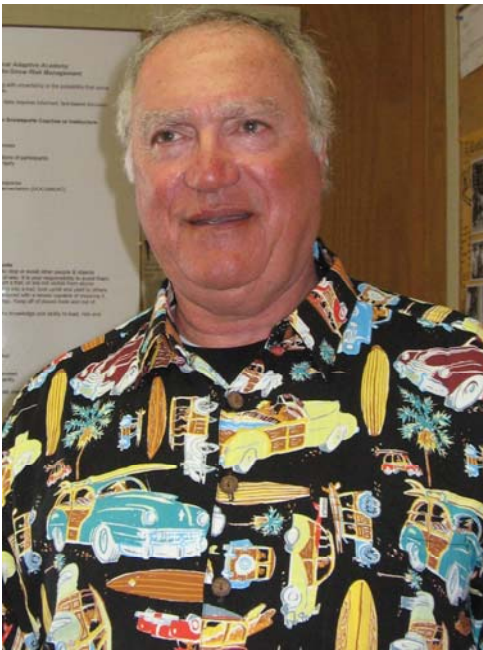
The Snow Fever Fun Run, Walk and Roll will take place Sunday, September 27, 2009 in Binghamton. Be a part of this inaugural event to raise money for GPAS, to see old friends, to be healthy, and to help make history!!! See the attached flyer and registration form. See you there!!

## Tentative Dates for 2010

Snow Fever 5k Run, Walk and Roll	September 27, 2009
Greek Peak Ski and Board Swap	October 31-November 1, November 7-8, 2009
General Membership Meeting	November 8, 2009
Dry Land Clinics	TBA
On Snow Clinics	December 12-13 and December 19-20, 2009
Saturday Program Starts	January 2, 2010
Sunday Program Starts	January 3, 2010
Winter Challenge	Last week of January, 2010 – watch for dates
Season Ends	March 14, 2010

## Thank You to .....

- Many thanks to Rosemary Wierman for once again taking charge of GPAS program jackets and for arranging for her employer, Bates Troy Laundry and Cleaners, to clean, at no charge, our jackets which are loaned out by the day.
- Many thanks to Beth Hickey and family for taking a leadership role in organizing the GPAS end of season picnic!



## Volunteer Responsibilities

GPAS volunteers will:

- Accept only assignments for which they have the skills and preparation;
- Arrange a method of contacting the participant's responsible adult should there be an emergency or the lesson ends early;
- Gather the available information about the participant's skiing and health;
- Determine who will be the lead instructor when there is more than one volunteer involved;
- Regularly check with the participant for discomfort or fatigue during a session;
- Not take a participant onto a black diamond trail without prior approval of a program administrator;
- Know, follow, and teach the Skier's Responsibility Code;
- Act to stop and/or report immediately any action which is detrimental to the program or its members;
- At no time be alone in an enclosed area with a participant;
- Not leave a participant until the responsible adult or a program administrator can take over;
- Fill out the progress report at the end of the lesson;
- Fill out an accident report should there be an injury;
- Keep their skiing equipment in good working order.

## Feedback from SUNY Cortland Students



The most significant thing I learned from this class is given the opportunity anyone can achieve great things. It doesn't matter if you have a disability or not because it focuses on the abilities of the individual, which is the most important part. I will put the information I learned in this class to good use now and in the future.

This has been one of the most interesting and rewarding experiences I have had in my life. I plan on continuing with the program for the rest of this year and the next year.

I have never been thrown into a situation like this or worked with people with disabilities. I learned so many amazing things, witnessed extraordinary equipment being used, and met the most wonderful people. I can't wait to volunteer next year. Thank you so much for such an eye opening experience.

I would not change anything about this class. I feel it is very well run and Greek Peak does a fantastic job of providing services and equipment for those who may not get many opportunities to try something like this. Learning to mono-ski was a very cool experience and it should definitely stay in the curriculum.

I gained a lot from this class. I learned about different disabilities and people with them. I learned that even though people have disabilities, they can do things I would never have imagined I could even do. I learned how to be a good teacher, how to be patient, and how to have fun on the mountain. I gained a great deal of knowledge about adaptive sports and how they are such great opportunities for those with disabilities.

It's hard to pick out one thing from this class that was the most significant thing I learned because I felt like I was learning new great things every time I came to the Adaptive Greek Peak Snowsports. This class added to my appreciation that everyone is different and with adaptations there are so many opportunities for people with disabilities to participate in activities they enjoy.

## GPAS Building Gets New Roof

This summer, the GP Adaptive Building will get a long overdue new roof. The new roof will keep our building in good shape for years to come.



## Welcome New Board Members!

- Robyn King
- Mark Friebe

## Your GPAS Board:

James Cappellett, President	<a href="mailto:jmccappellett@yahoo.com">jmccappellett@yahoo.com</a>	Lynn Anderson	<a href="mailto:andersonL@cortland.edu">andersonL@cortland.edu</a>
Peggy Andersen, Vice President	<a href="mailto:peggy@graphics.cornell.edu">peggy@graphics.cornell.edu</a>	Richard Anechiarico	<a href="mailto:rlaraa@att.net">rlaraa@att.net</a>
Randy Lacey, Vice President	<a href="mailto:DRL4@cornell.edu">DRL4@cornell.edu</a>	Pat Crowley	<a href="mailto:pvcasailor@aol.com">pvcasailor@aol.com</a>
Jeanne Mack, Treasurer	<a href="mailto:mackjeanne@yahoo.com">mackjeanne@yahoo.com</a>	Mark Friebe	<a href="mailto:mcfriebe@gmail.com">mcfriebe@gmail.com</a>
Ken Maxwell, Secretary	<a href="mailto:Kmax1232@yahoo.com">Kmax1232@yahoo.com</a>	Robyn King	<a href="mailto:robynking@roadrunner.com">robynking@roadrunner.com</a>
		Gregg Macey	<a href="mailto:Penboy123@aol.com">Penboy123@aol.com</a>

This newsletter is available in alternate formats by contacting Lynn Anderson at [lynn.anderson@cortland.edu](mailto:lynn.anderson@cortland.edu).



# 1st Annual Snow Fever 5K Run, Walk and Roll

Where: Otsiningo Park, Bevier St., Binghamton, NY  
 When: Sunday, September 27, 2009 Start time: 10:00 AM  
 Description: Course starts and finishes at the old Rest Area Pavilion; the entire 5K course is within the boundaries of Otsiningo Park  
 Entry Fee: \$18.00 in advance with shirt, \$12 in advance without shirt, \$20.00 on race day  
 Registration: Postmarked by 9/21/09, or on race day from 8:00 – 9:30 AM  
 Mail to: Kristy Zuber, P.O. Box 96, Maine, NY 13802  
 Awards: Prizes awarded to:
 

- top 3 men and women
- top 3 wheelchair participants
- top 3 GPAS participants
- top 3 GPAS volunteers
- top 2 in each age group for male and female  
 14 and under, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, and 60 and over  
 (SORRY – NO DUPLICATE AWARDS)

 Contact: Kristy Zuber at [mathisfun2@aol.com](mailto:mathisfun2@aol.com) for more info (please include “GPAS 5K” in the subject line)

Tear off below dotted line and mail with payment to Kristy Zuber, P.O. Box 96, Maine, NY 13802

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY/STATE/ZIP: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_  
 Gender: Male \_\_\_\_\_ Female \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age on race day: \_\_\_\_\_  
 GPAS Participant? \_\_\_\_\_ GPAS Volunteer? \_\_\_\_\_  
 Runner \_\_\_\_\_ Walker \_\_\_\_\_ Wheelchair \_\_\_\_\_  
 Amount enclosed: \$ \_\_\_\_\_  
 T-Shirt size: \_\_\_NO SHIRT \_\_\_S \_\_\_M \_\_\_L \_\_\_XL  
 (T-shirts are only guaranteed for entries postmarked by 9/21/09.)

Waiver – I know that participating in this race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of weather, and conditions of the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race organizers, the Triple Cities Runners Club, Greek Peak Adaptive Sports, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: \_\_\_\_\_  
 Parent/guardian: \_\_\_\_\_  
 (if under age 18)  
 Date: \_\_\_\_\_

**Make checks payable to “Greek Peak Adaptive Sports” (GPAS)  
 Mail to: Kristy Zuber, P.O. Box 96, Maine, NY 13802**