

Kris' Kolumn

"Happy New Year" is important, but more salient seems to be "resolutions." For me, trying to do the exercise thing all year, I might venture to make a resolution to make running, swimming, skiing, and bicycling (and all the rest) a more-regular part of my life in 2015... and going forward.

This ties in nicely with **Ken's Komments on physical conditioning and participation**., and combining these during many LBSC events!

While Our Members love to celebrate, it is evident that we love to work hard, too. This is emblematic of **Shep and the Telluride Trip**, **Craig and his draw** for groups and racing, **Roberto's Zesty Weekend Trips**, **Ziba and her pennies**, **Sarah and Ken and their columns** (pumping up readership?!), and **Ying's blasts** into the electronic world.

While central Colorado and Southern California are reaping this week's benefits from Mother Nature, **Mammoth continues to add up the inches** – every week.

As you enjoy another New Year's Eve and Day, please entertain one little notion: succession planning for Your Club. More than one Board Member has indicated that it's time to step down. 3 Years ago, the plan was for this Club to fold. The May Dinner/Dance was to be its last, as no one had stepped forward for Secretary or President. Dedication of current Board Members has helped to raise our membership to 65, the highest since 200?.

As we struggle to accept the electronic age, we hope to grow larger. We shall grow and see Our 78th year, if we find faces to fill slots on the Board. Most presidents serve 2 years. This is my 3rd year and some Board Members have served longer! We have found a few ideas that we can pass along, but we need Members to step forward.

For those of you who like Your Club, skiing, wine tasting, and more, maybe you could make it **Your New Year's Resolution to step up**. I can guarantee that current Board Members will greatly assist anyone who steps forward.

Cheers! Kris

Monthly Meeting

January 7th @ 7:00PM

Ecco's Pizza
2123 Bellflower Blvd.
Long Beach, CA 90815
(562) 597-3357

FREEPIZZA!



Bring friends, coworkers, family members, boarders & skiers.

Everyone is welcome!

About LBSC:

The Long Beach Ski Club is a friendly community of adults involved in skiing, boarding and year round recreational social activities.

Long Beach Ski Club contact info



Give them out to friends and people you meet. If you want some mailed to you drop Craig a line at: membership@longbeachskiclub.org

The Ski Breeze is a monthly publication for the Long Beach Ski Club, published since 1938. The Ski Breeze is a controlled circulation publication distributed to active/currently paid and subscription only members of the Long Beach Ski Club.

Email submissions to:

or e-mail: vinaliuflaia@amail.com by the 20th.

BOARD OF DIRECTORS

President

Kris Flaig

president@longbeachskiclub.org

V.P. of Week Trips

Robert (Shep) Shepard weektrips@longbeachskiclub.org

V.P. of Weekend Trips

Roberto Tovar

weekendtrips@longbeachskiclub.org

V.P. of Competition

Craig Gibson

racing@longbeachskiclub.org

Social & Public Relations

Lance Liebl (562) 221-8475

Treasurer

Ziba Gibson

Ziba.Gibson@gmail.com

Secretary

Sarah Pool

secretary@longbeachskiclub.org

Ways & Means

(open)

L.A. Council Rep

(open)

Membership

Craig Gibson

membership@longbeachskiclub.org

Ski Breeze Editor

Ying Liu

YingLiuFlaig@gmail.com

Webmaster

David Pattison

webmaster@longbeachskiclub.org

Week Trip With Shep

By Bob & Tara Shepard

TELLURIDE SKI TRIP is FULL.



Currently the Telluride Ski Trip is **completely full**, and all of the members on the trip have mailed in their final payments.

They should all be **getting their ski equipment in good shape**, and also their bodies in great shape for the wonderful week of skiing next February.

In early January, the Telluride Trip Itinerary will be Emailed to all members on the trip.

After the ski trip there will be a **photo party later** in May 2015, **take a lot of photos** or videos, location, time and place TBD.

Start planning ahead, because the four clubs on this trip are working very hard to make this trip one to remember during the ski week in Telluride, Colorado. All of the

members on this trip will be in one of the best Cowboy Ski towns in the USA, with wonderful skiing opportunities and very good restaurants to be enjoyed during the ski week. You can even set up a day of horseback riding during your week, and a visit to the Telluride Ski Museum.

Bob "Shep" Shepard shepdesignmarketing@verizon.net



Ziba's Gold

By Ziba Gibson

Editor's Note: Ziba is very busy doing some accounting for the big guy up north, so we'll have to wish her well for the season and hope that she'll come up for a breath now and then, like at the Holiday Party this Saturday, December 6th!



Sarah Sez ...



Here it is: 2015. Where did the time go? I had a terrific year and there's so much to remember. Some of the highlights of my year were: hiking in the Muir Woods, receiving an unexpected fall floral arrangement, sharing the first snowfall in Mammoth with a good friend, tailgating for Thanksgiving at the Univesity of Texas football game, and receiving special homemade Christmas cookies. With Instagram and Facebook, scrapbooking is slowly dying, so here's a good idea: A fun project for 2015 that just takes a few minutes to start. All you need is a big, clean glass jar and some small slips of paper. Label the jar "Good Things 2015" and place it where it can be seen. The idea behind this simple jar is to jot down good things as they happen to you throughout the year.

That perfect run down Mambo at Mammoth, that phone call that made your day, that delicious meal, that visit with a special friend, that compliment at work... Friends and family can also grab a scrap of paper and add to the jar. This is a easy way to remember to celebrate the little things and remember the good things in your year.

Now imagine, it's **New Year's Eve 2015.** Celebrate by opening the jar, pouring out all the little slips of paper full of memories and sharing them just before midnight. This can also be a great thing to do when you're feeling a little down any time during the year. Remember to breathe deeply... inhale blessings and exhale gratitude. Make 2015 a year to celebrate the good things in your life. I'm wishing you a fantastic year ahead!

Weekend Trips with Roberto

By Roberto Tovar



The December Mammoth trip was a success. Club members on the trip included Barbara Ellner, the "Prez," Kris Flaig, and myself. The winds were howling on the drive up 395, with highload warnings posted all the way to Bishop. Friday dawned with a light and steady snowfall, which lasted all day, with a moderate wind blowing! Saturday dawned with blue bird skies Mammoth is famous for, a terrific day of skiing.

At the Club dinner that night, the Prez celebrated my birthday with a wonderful chocolate cake. Club guests included Mike

Zullo and Craig Gibson. Sunday's weather was unsettled, with stronger winds and dark clouds hovering over the top, a portent of more snow for the coming week.

I hope you can join me for the **next Mammoth weekend, January 8th through the 11th, 2015**. See you on the slopes. The **schedule for the Mammoth weekend ski trips** for the 2014 - 2015 ski season is as follows:

Dec 11 - 14, 2014

Jan 8 - 11, 2015

Feb 19 - 22, 2015

Mar 5 - 8, 2015

Mar 26 - 29, 2015

Apr 9 - 12, 2015

The cost is still \$200 for the three-day weekend. The trips are still drive-ups; assistance with car pools will be provided if needed.

Included in the package are a condo accommodations, a pasta dinner is provided on Saturday night and help is available to obtain lower priced lift passes if you do not have a season pass.

Please be advised, you must be a member of the ski club to go on these weekend trips.

PS: Be advised that **Mammoth Mountain bought Snow Summit and Bear Mountain** in our local mountains. Any one with a MVP pass or the new **California 4-pass**, can ski free locally.

If any one is interested in **skiing mid-week**, we might be interested in running day trips up to Big Bear.

Get Loose with Lance

By Lance Liebl



December's Xmas Party at Bob Miller's home was a fantastic success, as in the past. Over 25 club members attended. I had a prospective new member as my guest. Her name is Antonia and is a lifetime skier born in Bulgaria. Hopefully, she will join in January after she returns from visiting her son and grandchildren, who live in Oregon.

Jan Patten decorated Bob's home, which made the Xmas gathering very festive. Kris Flaig's baking was a special event. His breads and fruit cake were enjoyed by all. All the food brought by members was also special.

For January we will have a **wine tasting at Bistro St. Germain** located in downtown Seal Beach. The date of this event will be **Saturday**, **January 17th at 5:00 pm**. Watch for flyer for address. Club has reserved a long table in the center of the restaurant. **Craig Gibson** helped me select this venue.

Don't forget to celebrate **my birthday, New Years Eve**. Happy New Year to all the club members!

(ed note: that's his birthday!)









WINE TASTING BISTRO ST GERMAIN

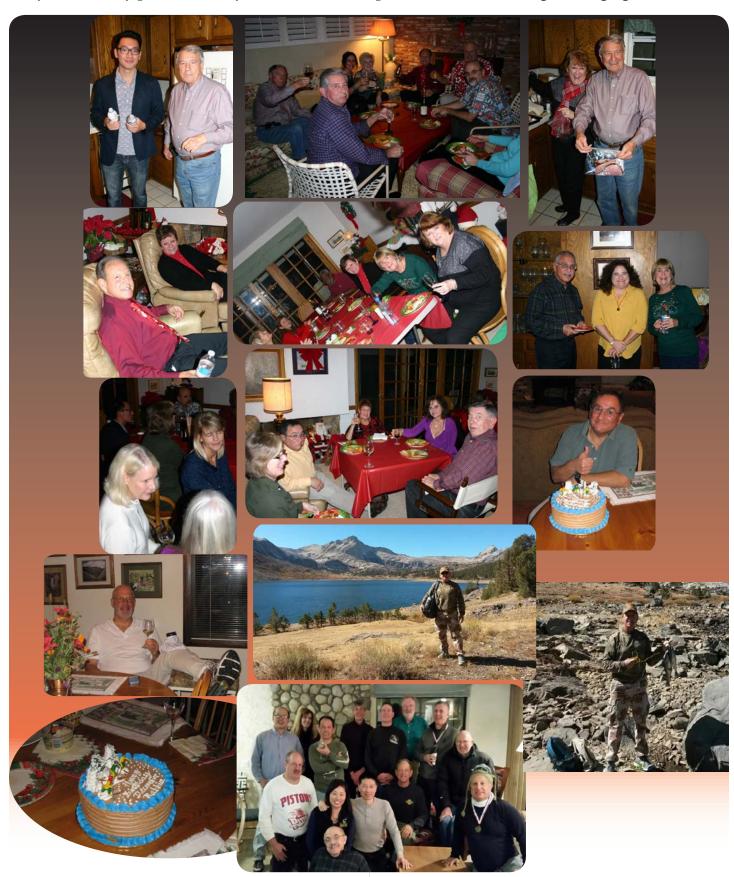
302 Main Street Seal Beach, CA 90740

January 17, 2015, Saturday 5 PM – whenever

Great French cheese and wine flights! See you there! (562) 430-3200 www.bistrostgermain.com
Call Lance (562) 221-8475 if you have any questions.

Club Members in the News!

If you have any pictures that you'd like to share, please email me at YingLiuFlaig@gmail.com



Craig's Crag ... Racing & Membership, cont.



By Craig Gibson

Hello and welcome to Craig's Crag, your go-to resource for club news, hot tub etiquette, investment advice, and wine reviews. In this installment I will focus on Club news. In keeping with twelve days of Christmas theme, here are my top dozen LBSC December highlights in chronologic order:

#12 <u>LBSC Christmas Party</u> Thank you Lance for purchasing too much ham. I had ham sandwiches for a week. **Thank you Bob for hosting** the event. Everyone had a great time.

#11 We are growing! Our membership now numbers 65, which is more than our maximum of 62 last year.

#10 Kris Flaig is skiing again! I had the pleasure of having him show me a previously unknown powder run on the face of chair 11. **Glad to have you back**Mr. President!



Our President, Kris Flaig, celebrating his return to the slopes followed by his fellow LBSC VP Membership/Competition, Craig Gibson.

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Craig's Crag ... Racing & Membership, cont.

By Craig Gibson

#9 <u>ULLR 1 Was Postponed</u> I hate to admit it, but **I was relieved**. The thought of jumping into a racecourse on the first day of the new season was not appealing at all. **ULLR giant slalom and slalom are scheduled for the weekend of January 10**. Details regarding registration and schedule will be forthcoming in a future email blast.

#8 Roberto's Club Dinner Chef Tovar once again hosted dinner with an Italian flair complemented by a beautiful Sancerre. The food and wine inspired a lively political discussion (argument?). Even though Mike Zullo, Kris Flaig, and Barbara Ellner all come from different political planets, political differences were set aside when Roberto's birthday cake was served.

#7 <u>LA Council Ski Week</u> This is the default highlight of my ski season. It was wonderful to **join 92 other ski enthusiasts** that shared the common goal of improving skiing skills and having a great time doing it.

#6 <u>Mammoth IPA 395</u> This seemed to be the **favorite beverage of the LA Council** crowd. It is a **locally brewed double IPA** infused with sage and juniper berries. It's an awesome quaff.

#5 <u>Date Night at Campo</u> On Monday, December 15, the much lauded Campo restaurant had what they called "date night". They offered a deal stating that, if you brought a date, you could get **two meals for the price of one**. Four shameless heterosexual male LBSC members took advantage of the deal and went as two couples. I assume that they all had a very gay time.

#4 <u>LBSC/LA Council Ad Hoc Potluck Dinner</u> On Wednesday, December 17, the Long Beach contingent of LA Council Ski Week congregated for food and **camaraderie at my humble abode**. A **special thank you goes to Karen Chou** for rehabilitating my blackened flaming garlic bread.

#3 Mammoth Night of Lights What a spectacular show!

#2 <u>Schat's Pinto Bean Bread</u> On my way home, I always stop at Schat's Bakery. This high protein, low glycemic bread, seemed so weird that I had to try it. It's delicious! I highly recommend it.

Craig's Crag ... Racing & Membership, cont.

By Craig Gibson



Standing: John, Ken, Marlene, Julie, Steve C.,Roger, Alan

Seated: Steve B., Karen, Hsin, Mike, Craig, Ray

Bottom: Art

#1 <u>Snow</u> So far, <u>Mammoth</u> has received **77"** of snow this year. That's a lot better than the 44" we had last year at this time. Let's hope for more.

That's it for now.... Happy New Year!

P.S. Upcoming race related events at Mammoth. Please note that **Roberto Tovar** has scheduled our weekend trips to coincide with almost all of these dates:

Monday-Friday, January 5-9, 2015
Friday, January 9, 2015
Saturday, January 10, 2015
Saturday, January 10?, 2015
Friday, February 20, 2015
Saturday, February 21, 2015
Friday, March 6, 2015
Saturday, March 7, 2015
Sunday, March 8, 2015
Saturday, March 28, 2015
Sunday, March 29, 2015

ROKKA Ski and Race Week
ROKKA SL Clinic 1:00-3:00
ROKKA and ULLR SL
ROKKA and ULLR GS
ROKKA GS Clinic 1:00-3:00
ROKKA and ULLR GS
ROKKA GS/SL Clinic 1:00-3:00
S. California Championships GS
S. California Championships SL
Far West Association Finals SL
Far West Association Finals GS

KEN'S KOMMENTS

By Ken Gregg

Here's hoping that you all had a **wonderful Christmas holiday** and that you received all the **new ski/boarding gear** that you asked Santa for. It was nice to see Mammoth get some nice **snow dumps during the month of December**, and I know you are all hoping that this will be just the start for this season. Hopefully, some of you were able to get up and enjoy the snow in December. But, as for yours truly, my 1st trip will not be until the weekend of January 9th through the 11th. Excitement and anticipation abound!

- 1. Physical conditioning please keep your workout routine going. Even though the primary purpose of this column to help get ready for and to enjoy the ski season, a consistent workout routine is will also help support you through the remainder of life's gives & takes. OH, don't forget the post-ski hot tub soak. It will help sooth some of those hard earned aches & pains.
- 2. Equipment I'll assume that by now you have taken care to have your old (& new) ski gear checked. An item that has not been mentioned previously is your vehicle. Not a bad time to check to make sure your oil change is up to date. Also, if you haven't done so, it is good time to have those windshield wipers replaced. Please make sure that you have a set of chains for your vehicle, that they properly fit your tires; and, if you haven't already done so, now would be a good time to practice, once or twice, putting them on. It is also not a bad idea to throw in a couple of extra blankets, bottles of water and some energy bars. One last suggestion is please make sure your cell phone is charged before leave and that you have a cell phone charger that works in your vehicle.
- 3. Participation Please plan on attending our monthly General Membership Meetings on the 1st Wednesday of each month for some free pizza @ Ecco's Pizza. Our Club's 2nd ski trip to Mammoth is coming up real soon, the 8th 11th of January (please see Roberto's article for details). Also, please see Craig's article for participating for the LBSC race team.



December Birthdays

Sandy Jensen	January 7
Mark Fell	January 9
Barbara Reum	January 12
Hsin Chau	January 16
David Brewer	January 21
Tara Shepard	January 25
Marietta Malan	January 26

Ed Note: **Mammoth** is holding its own! A few dumps, including one during our December Weekend Trip, plus continued regular snow. But how long can this last ?? Dunno.

Telluride started with 3 feet before and 1 foot after Thanksgiving. Central Colorado Rockies are getting good snow, Telluride benefitting a little.

Recently, the local mountains (i.e., Mountain High & Bear Mountain) got some decent snow and cold weather. Can you say: "Local Week Day Skiing?"

Find out more at SnoCountry.org!

CLASSIFIED ADS

YOUR AD HERE

Are there some things you want to
Buy, Sell, Trade, or Give Away?
Golf Clubs, Bicycles, Camera, TV, Electronics, Furniture, Etc.?
Cleaning out the Garage?
Remodeling the House?
Have a Property or a Timeshare to rent out?
Having a Garage Sale?
Selling a Car?

-HAVE IT POSTED HERE-

ONLY \$1 A LINE & PICTURES ARE *FREE*HAVE YOUR AD IN BY THE 18th OF THE MONTH
TO GET IT IN THE NEXT MONTH'S SKI BREEZE

Calendar of Events

				2045		
		JANU	JARY	2015		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				New Year's		
				Day		
4	5	6	7 ROKKA	8 MINI	9 SKI CAMP	10
			General Meeting at	MEEKEND	МАММОТН	CLUB
			Ecco's Pizza 7	WELKLIND	1-3pm ROKKA	ROKKA, ULLR
			PM	TRIP	SL CLINIC	SLALOM
11	12	13	14	15	16	17wine tasting
			Board Meeting			Bistro
CONDO			4644 Katella Ave. Los Alamitos 7pm			St Germain
4.0	10	.	-			
18	19	20	21	22	23	24
	Martin Luther					
	King, Jr. Day					
25	26	27	28	29	30	31
						LEAVE FOR
						TELLURIDE
		FFRR	UARY	201		
CHNDAY						CATUDDAY
SUNDAY 1 TELLURIDE	MONDAY 2 TELLURIDE	TUESDAY 3 TELLURIDE	WEDNESDAY 4 TELLURIDE	THURSDAY 5 TELLURIDE	FRIDAY 6 TELLURIDE	SATURDAY 7
			General Meeting			DETURN FROM
			POSTPONED			RETURN FROM TELLURIDE
			1 WEEK			TELLORIDE
8	9	10	11	12	13	14
			General Meeting at			Valentine's
			Ecco's Pizza 7			
			PM			Day
15	16	17	18	19	20	21
	PRESIDENTS'		Board Meeting	WEEKEND	MAMMOTH	CLUB
	DAY		4644 Katella Ave. Los Alamitos 7pm	TRIP	1-3pm ROKKA GS CLINIC	ROKKA, ULLR GS
22	23	24	25	26	27	28
	T.					
CONDO						No Leap
						Year



Long Beach Ski Club

Membership Application and Waiver June 1, 2014 – May 31, 2015

	New Member Renewing Member	Member Since	Sex M F	-	_ (year for child)
			complete this Applicat		
Nan	ne:			_	
				Apt.:	
City	:		State:	Zip:	
Ema	nil (required):				
		Person to be notif	ied in case of emergency		
Nan	ne:		Relationship:		
Pho	ne(s):				
Spo	use's/couple's Name:				
I agi	ree to comply with the cl	ub's By-laws and wai	vers:		
Signature of Applicant:					
J					
	Dues Dues	7 1 056.00	Mail Application to		Date Rec'd
Coı	Single: \$40.00 (apples can attach their application)	Couples: \$56.00 ons and waivers together.	Long Beach Ski Club, In c/o	c.	/
		_	PO Box 15291		Cash Check #
Α	application is not valid waiver is complete		Long Beach, CA 90815		CHCCK #

Long Beach Ski Club Inc.

PLEASE READ AND BE CERTAIN YOU UNDERSTAND THE IMPLICATIONS OF SIGNING

RELEASE OF LIABILITY, WAVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

I	do hereby affirm and acknowledge that I have been
fully informed of the inherent hazards and risks associated	with Winter Sports Activities, including travel to and
from winter designations. I fully understand that these ris	sks can lead to severe injury and even loss of life. I
further understand that:	

- 1. Risk of injury from the activity and equipment utilized is significant including the potential for broken bones, severe injuries to the head, neck, and back or other bodily injuries that may result in permanent disability and death.
- 2. Possible equipment failure and/or malfunction or misuse of my own or others' equipment.
- 3. I AGREE THAT I WILL WEAR APPROVED PROTECTIVE GEAR AS DECREED BY THE GOVERNING BODY OF THE SPORT I AM PARTICIPATING IN. However, protective gear cannot guarantee the participant's safety. I further agree that no helmet can protect the wearer against all potential head injuries or prevent injury to the wearers face, neck or spinal cord. Failure to wear a helmet may result in denial of any claim(s) against the Long Beach Ski Club Inc. and its insurance provider.
- 4. Variation and/or steepness of terrain, variation or changes in surfaces including but not limited to snow surfaces, ice, bare spots, rocks, stumps, debris, cliffs, trees, fences, posts, trees, light poles, signs, buildings, roads, walkways, ramps, rails, stairs, pyramids, manual pads, bowls, half-pipes, jumps, padded and non-padded barriers, other persons, and other natural and man-made hazards.
- 5. My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, weather, riding surfaces or other obstacles.
- 6. Exposure to the elements and temperature extremes may result in frostnip, frostbite, heat exhaustion, heat stroke, sunburn, hypothermia and dehydration.
- 7. Dangers associated with exposure to natural elements include but are not limited to avalanche, rock fall, inclement weather, thunder and lightning, severe and or varies wind, temperature and other weather conditions.

I understand the description of these risks is not complete and unknown or unanticipated risks may result in injury, illness, or death. Nevertheless, I wish to proceed and I freely accept and expressly assume all risk, dangers, and hazards that may arise from such activities which could result in personal injury, loss of life and property damage to me.

Long Beach Ski Club Inc.

PLEASE READ AND BE CERTAIN YOU UNDERSTAND THE IMPLICATIONS OF SIGNING

RELEASE OF LIABILITY, WAVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of being allowed to participate in Long Beach Ski Club activities, I hereby agree as follows:

- 8. To waive and release any and all claims based upon negligence, active or passive with the exception of intentional, wanton or willful misconduct that I may have in the future against Long Beach Ski Club Inc., their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the Long Bea Ski Club Inc. or otherwise.
- 9. By executing this document, I agree to hold Long Beach Ski Club Inc. harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of my engaging in the above activities.
- 10. By entering into this agreement, I am not relying on any oral or written representation or statements made by the Long Beach Ski Club Inc., other than what is set forth in this agreement. I further agree that this Agreement shall be governed by and interpreted in accordance with the laws of the State of California, United States of America.
- 11. If any provision, section, subsection, clause or phrase of this release is found to be unenforceable or invalid, that portion shall be severed from this contract. The remainder of this contract will then be construed as though the unenforceable portion had never been contained in this document.

I hereby declare that I am of legal age and am competent to sign this Agreement or, if not, that my parent or legal guardian shall sign on my behalf, and that my parent or legal guardian is in complete understanding and concurrence with this agreement.

I HAVE READ THIS AGREEMENT, I UNDERSTAND IT, AND AGREE TO BE BOUND BY IT.

Signature of Participant	Date		
Signature of Parent or Guardian if Participant is a	Minor, and by their signature they, on my behalf release all		
claims that both they and I have.	Date		



LONG BEACH SKI CLUB 2014-15 MAMMOTH WEEKEND TRIP APPLICATION

NAME _			
CITY: _		STATE ZIP C	ODE
		EMAIL	
Please cor	mplete a separate application for	each trip. Please check the date of trip you wis	h to attend:
	December 11-14, 2014	*three day weekend Thurs-Sun	\$ 200.00
	January 8-11, 2015	*three day weekend Thurs-Sun	\$ 200.00
	February 19-22, 2015	*three day weekend Thurs-Sun	\$ 200.00
	March 5-8, 2015	*three day weekend Thurs-Sun	\$ 200.00
	March 26-29, 2015	*three day weekend Thurs-Sun	\$ 200.00
	April 9-12, 2015	*three day weekend Thurs-Sun	\$ 200.00
*	indicates trips where Ullr league	e races occur	
N	Make payments to Long Beach Sl	ki Club	
Are you How ma		iver? YES NO NO left ski/boother with sk	oard gear?
		ay trips on Thursday. All trips return Sunday. All roviding for their own lift ticket.	trips are car pool drive ups. Each
		ng Beach Ski Club members and their guest. Pr must be signed and returned with this signup sh	
Signature		Date	
	ANCELLATION POLICY sary for you to cancel your trip for	or any reason, the following refund policy will a	apply:
 A res If a r 	fund will be issued if all spaces of	Beach Ski Club will suffer financial loss. on the trip have been sold and your cancelled sp d will be deducted from the refund.	ace has been filled and paid for in full
CONTA	ACT:	SIGN UP:	

SIGN UP:

Mail payment & application to: Roberto Tovar 1339 Park Ave., Long Beach CA 90804

At any club meeting, event **OR**

For this and other club information visit our website at: www.longbeachskiclub.org

Roberto Tovar, VP of Weekend Trips rtovar562@verizon.net

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from	winter designations. I fully understand that these risks can lead to severe injury and even loss of life. I further
unde	rstand that:

- 1. Risk of injury from the activity and equipment utilized is significant including the potential for broken bones, severe injuries to the head, neck, and back or other bodily injuries that my result in permanent disability and death.
- 2. Possible equipment failure and/or malfunction or misuse of my own or others' equipment.
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- 5. My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, weather, riding surfaces or other obstacles.
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- 8. To waive and release any and all claims based upon negligence, active or passive with the exception of intentional, wanton or willful misconduct that I may have in the future against Long Beach Ski Club Inc., their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the Long Beach Ski Club Inc. or otherwise.
- 9. By executing this document, I agree to hold Long Beach Ski Club Inc. harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of my engaging in the above activities.

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I HAVE READ THIS AGREEMENT, I UNDERSTAND IT, AND I AGREE TO BE BOUND BY IT.

Signature of Participant	Date
Signature of Parent or Guardian If Participant Is a Minor, and by their	signature they, on my behalf release all claims
that both they and I have.	Date