



Vicki Leonardo <vickileonardo@gmail.com>

OCTOBER NEWSLETTER DRAFT

2 messages

Austin Skiers <admin@austinskiers.org>
Reply-To: Vicki Leonardo <vickileonardo@gmail.com>
To: Vicki Leonardo <vickileonardo@gmail.com>

Wed, Oct 2, 2013 at 9:54 PM

**October Newsletter - 2013**

Monthly Membership Meeting
6:30 PM - 9:00 PM
Tuesday, October 8th



2438 W Anderson Lane
Austin, TX 78757
(512) 467-2782

[MAP](#)**PLEASE WEAR YOUR NAME BADGE!**

Sun and Ski Sports gives Austin Skiers and Boarders a 10% discount on non-sale items any time you come into the store.

Be sure and let them know you appreciate their support of our club and let them know what you're looking for. They'll be glad to help.

Check out their Hot Deals, weekly specials and gear guides at <http://www.sunandski.com>.

How About Those Legs?

Ski season is fast approaching, so here is my annual reminder for getting

Ski Ready Legs

15 Ball Wall Squats

10 Single-Leg Squats
(each leg)

15 Lunge w/ rotation
(each leg)

15 Step Downs (each leg)

15 Donky Kick Crossover
(each leg)

Repeat circuit 2-3 times

#fitfluential

lovelifesurf.com

in shape and staying safe on the slopes. These exercises from lovelifesurf.com were written by a surfing lover who knows about building up leg strength.

Add these to your routine, or just do them by themselves, two or more times a week BEFORE your trip. You will have a much better time on the slopes and afterwards if you prepare in advance.

FORWARD THE NEWSLETTER TO YOUR FRIENDS

THEY CAN SIGN UP FOR THEIR OWN COPY [HERE](#)

An Austin Skiers Special Event..

Join your friends for a "FUN"
time at
~ **WURSTFEST** ~

**Friday, November 1,
2013**

Opening Ceremonies!

2:30 pm ~ Load the bus

4:30 ~ Arrive Wurstfest

5:00 ~ Opening Ceremony

8:00 pm ~ Depart for Austin

RSVP to Helga Ausman at

cavu11@gmail.com

512-431-6920



35.00 - est cost.

Payable in advance

Includes bus, tip, taxes & entrance fee!

The pickup & drop off location is Starbucks,
corner of Great Hills Trail & Jollyville Road,
in the back on the far end on Great Hills
Trail.

WHAT'S HAPPENING

October



October Newsletter - 2013

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