



The Spirit

Spring, 2010

of the United States Adaptive Recreation Center

Volunteer of the Year: Andy Templeton

Andy Templeton is a veteran of 15 winters and countless special events with the USARC. He is one of the many gifted volunteers and photographers who give of their time and talent to improve and promote USARC programs. He has added to his artistic and altruistic contributions with the physical effort of riding one of the Peak to Peak Pedals. We hope you enjoy learning about him as much as we have.

The Spirit (TS): How long have you been a photographer? What got you started?

Andy Templeton (AT): Years ago I was ski bumming at Heavenly Valley and having a good old time as most ski bums do.

(see VOY on pg. 5)

Is it over yet?

Bear Mountain opened before Halloween and as this issue goes to press in wintry weather, the resorts have only just finally closed, making it the longest season on record for this vicinity. "El Nino" must also be Spanish for "state of emergency", since the two terms became virtually interchangeable after Governor Schwarzenegger's declaration following the huge January blizzard.

Roadways were closed, then re-opened only to locals, and when people ultimately did make it into Big Bear they found snow banks eight to ten feet tall blocking their driveways! Once they were in their homes, many had to resort to candles and flashlights due to the countless power outages from downed trees.

(see Is it over? on pg. 7)



Andy celebrates nearing the top of a climb during P2P13.



Who wouldn't smile when the sun finally came out? Sam and Diane do just that.

Paralympics-bound?

The Learn-to-Race and skill development camp had at least three connections to the 2010 Winter Paralympic games this season. First of all, it had to be moved up two weeks due to scheduling conflicts with various qualifying events for the Paralympics. Secondly, the coaches who came out from Winter Park included Paralympic veterans: Scott Olson, and retired US Disabled Ski Team member Roger Lee (who learned to mono-ski with USARC.)



Freddy emerges from a white-out to dive into a turn.

However, unlike the much-publicized below-average snowfall in British Columbia, Canada, Bear Mountain had been slammed by ol' man winter, and this weekend was no exception. Of course, that's par for the course whenever Scott Olson comes to town!

(see Race on pg. 4)

Participant Profile: Jared Wareham



Jared "vogue-ing" for the camera between runs.

Jared has been coming to USARC for 6 years, participating in both the summer and Winter Programs. His Mom, Dorothy drives him up from Yucaipa every chance they get. Jared enjoys all sorts of sports and activities

The Spirit (TS): How did you get involved with USARC?

Jared Wareham (JW): I came up with Poss-Abilities with Willie Stewart in 2006. The first time I just walked around in my boots on the snow, but the second time I came up Willie yelled, "Go Jared Go!" At first I had to hang on to someone's hand to make me feel better, but now that I have been skiing for 6 years, I can do it all by myself!

(see Jared on pg. 4)

A Note from the Executive Director

Dear USARC Friends,

If you will permit, I'd like to share with you what I had to say to our volunteers after this recent winter. In addition to summing up their importance in the success of the USARC, it also pertains to the rest of you who play a role in helping the USARC achieve its mission...

According to **Horace**: Adversity has the effect of eliciting talents, which in prosperous circumstances would have lain dormant.



Tom Peirce
Exec. Director

So I spent a recent week at the Paralympics up in Vancouver and Whistler, British Columbia. While I was at this grand spectacle spanning two communities and many continents, with its massive budget and tens of thousands of volunteers, it gave me a new perspective on how I characterize what it is that we, and specifically you, achieve here every day.

Among the events I attended was the slalom event for physically disabled stand-up skiers. There were 3-trackers and 2-trackers from Europe, Asia and the US all ripping up the course, laying down these amazingly precise and quick turns and times on a seriously icy pitch. When the lone 4-tracker, a guy from New Zealand, hit that last gnarly slope he promptly lost his edge and slid off the course on his hip. Regardless of national allegiances, the crowd let out this huge groan of disappointment, which quickly became a goose-bump-raising and deafening cheer as he labored back to his feet and finished the course.

William A. Ward said: Adversity causes some men to break, others to break records.

I started to reflect on the times when I am presenting to an organization or giving an interview or just chatting with a group. I realize that, in trying to convey the significance of our collective accomplishments, I end up compartmentalizing those achievements by simply saying that miracles happen every day on these slopes. I think I use that word because it's kind of a nice, concise, touchy-feely catchword that captures the profound change we facilitate in the lives of our clients.



The author at Medals Plaza in Whistler, Canada.

However, the definition of "miracle" by Webster and other sources typically includes terms such as "divinity" and "unexplained" and "supernatural". While I have no objection to using those particular appellations for how things may manifest themselves in our lives, I personally tend to view things from an evidentiary and practical perspective.

You see, what I witnessed in Canada was not without explanation or rationale. Rather, it was a moving and marvelous culmination of the countless hours and days and years of dedication and devotion to overcome adversity by not just the athlete, but also by all those who stood behind him or her. These men and women were not Paralympians by birth; at some point they had to learn how to become an adaptive skier, at some point they had to learn their respective adaptive techniques, and if my networking up there proved anything, it was that at some point during that learning process they were taught, motivated, inspired, encouraged and learned to overcome adversity by a volunteer like you. The change you facilitate is magnificent.

So, will we, will YOU, produce a Paralympian? Maybe. Do miracles really happen here? Maybe they do. If so, I know for a fact just who the miracle workers are.

I'll leave you with one last quote, which came from a guest speaker I heard in Vancouver, a former Paralympian named **Bonnie St. John**. She said, "It's not how often you fall, it's how quickly you get up." Now call it a coincidence, or call it a miracle if you must, but that Kiwi 4-tracker is named Adam Hall, and he won the gold medal.

Thank you for all you do.



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A Parrothead (*not* El Niño) Winter!

It doesn't really matter what the event is. Be it Volunteer Training, the Volunteer Party, the Learn-to-Race Camp or the ACRE Ski-Day, the common denominator over the years has been inclement weather. Thus, when the forecast for the 2010 Ski-A-Thon predicted snow, it was accepted with the usual "oh well, what did you expect" resignation, and when the sun rose into a crisp blue sky, everybody knew it was only temporary.

People busied themselves with the necessary preparations, and as the Ski-A-Thon participants excitedly checked in, the weather no longer mattered. There were teams of four and various individuals. There were long-time supporters and first-time enthusiasts. There were sponsors and USARC board members and regular program participants in bi-skis and mono-skis, or using tip connectors and outriggers. One and all, they bundled up for the coming storm and hit the slopes.

As afternoon rolled around, the sun still shone brightly on skiing and snowboarding Ski-A-Thon-ers! Soon the chairlifts stopped, and then there was just après-ski music, food, laughter, raffles, auctions and awards. Claiming the top fundraiser title for another year, and three of the last four, was the indomitable Michelle Jameson, whose sunny excitement mirrored the day's weather.



Michelle hoists the Top Fundraiser plaque yet again!

As a fitting allegory to the storm that wasn't, the top fundraising group was the always faithful Parrotheads. This dominant group of program supporters could justifiably look outside at the remains of the beautiful day that had been, and ask (in reference to their former challengers,) "El Niño? We don't see no stinking El Niño!"

Full Lake + Summer Sun = Participants & Vols Wanted

With all the runoff from the winter snows, Big Bear Lake will be near capacity, as will the schedule of activities on the lake offered by the USARC. Even though additional session dates have been added to accommodate the ever-increasing interest in these fun and exciting programs, the sessions will sell out quickly. Check the calendar on page 8 to see which session(s) will work for you.



Captain Tom sheeted in. Arrrgh!

Participants aren't the only ones wanted. There is always a need for amazing volunteers, for whom free training is scheduled on June 26 at the B's Backyard BBQ marina. Water sports experience is not necessary, just the ability to help at two day sessions and two overnight sessions. Details and other requirements are available at the USARC.

The programs enable participants to experience multiple lake activities, such as kayaking along the shore sightseeing and bird watching, or fishing for hefty rainbow trout to cook on the campfire! Then there are the high speed thrills of riding a Kawasaki Jet Ski out in the open waters, or carving up morning glass behind the ski boat. Don't forget sailing; relaxing or exciting depending on the winds!

Participants aren't the only ones wanted. There is always a need for amazing volunteers, for whom free training is scheduled on June 26 at the B's Backyard BBQ marina. Water sports

So please consider this a friendly reminder that reservations will be accepted as of 9:00 AM on Tuesday, May 11. Remember to have a first choice and second choice in mind when you call, after which we'll see you on the water!

USARC 2009 In-kind Donors

The USARC is grateful to the following In-kind (products or services for which the law permits a tax deduction) donors from 1/1/09 to 12/31/09. Please contact USARC regarding omissions.

- | | |
|-----------------------------------|-------------------------|
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Jared (cont. from pg. 1)

TS: How does skiing make you feel?

JW: Skiing makes me feel like I overcame a huge fear. I talk to my mom all the way down the hill now about my day and how excited I was to go skiing. (Skiing with USARC has also helped Jared's vocabulary, Mom Dorothy says. He now says words like courage.) "I have Courage", Jared repeated. Skiing also gives me independence in the community as well as on the mountain.



Jared hugs his beloved new skis.

300 archers, and I am the only Special Olympian. I won 2nd place in the Men's division! I also play tennis twice a week and swim. I even earned my lifeguard certification from the Red Cross last summer. (His mother points out that Jared also loves the piano. He takes lessons and plays in church and recitals.)

TS: Wow, you're busy. Any brothers or sisters?

JW: 2 sisters. I call them "Pipsqueaks" but my older Sister is Rachelle, she is an EMT and my confidante and advisor. I also have a younger sister, Lori-Joy; she's competitive and makes me work.

TS: What about pets?

JW: None in the house, but the hummingbirds make nests by the front and back doors, so those are my pets.

TS: That's very cool. What are your Summer plans?

JW: Oooohhh. Summer is fun, it's my favorite season. I like to feed the ducks off the dock when I am waiting for my turn to go Jet Skiing or water skiing (with USARC.) I like to water ski but I don't like when the water splashes in my face, but Jet Skiing is fun too!

TS: You got new skis this year, what do you think about that?

JW: I LOVE THEM!!!

TS: Besides skiing, what are your other favorite sports?

JW: I am involved in Archery. I take weekly lessons and practice everyday in my backyard. I've been to four state tournaments with

Race (cont. from pg. 1)

The upside to that equation is much like eastern skiers who learn and train on icy slopes, those who train in other adverse conditions (ie - rain, snow, wind, cold) just end up being that much better when the slopes are ideal.



Blizzard-schmizzard! Steven demonstrates a singular focus.

Such was the case for camp participants Freddy Carrillo, Hermes Castro, Danny Rossi, Richard Kanzler, and Steven Hoffman. Despite the inclement conditions, each of these athletes

was ready to go promptly at 8:00 AM, and spent the days honing their skills through a variety of exercises and drills. By the time they got down to running gates, the visibility on Silver Mountain was so poor that nobody could blame them for wanting to stop. Still, they persevered, and with Scott and Roger's mentoring, they were laying down beautiful



Matt, Sara, Ralph Dan and Mark stand behind coach Scott, Freddy, Steven, Hemes, Danny and coach Roger (L-R.)

arcing tracks five inches deep as they carved their way down the course!

Still, even the most die-hard skier values a nice après-ski, so everyone was happy to head down to the warmth of the La Montaña restaurant for food, awards and camaraderie.

So, what's the last connection to the Paralympics? Well, U.S. Olympic Committee is looking toward programs like the USARC to begin grooming the next wave of potential Paralympic athletes for glory at the games in Sochi, Russia in 2014. Hopefully you can participate and make that a reality, as an athlete, volunteer or sponsor!



He may be retired from the U.S. Ski Team, but Roger can still show the race-campers how it should be done.

VOY (cont. from pg. 1)

Then I got to thinking maybe there were other options to life than standing in the snow loading chairs. I had a camera and liked to take pictures so I started taking classes at a two-year college. Three or more years later I graduated with some knowledge and an idea of the type of photography I enjoyed. I went on to CSUF for a 4-year degree in communications and started working from there.



Andy's maturity shows behind the camera or on the slopes, but during the Peak to Peak Pedal, his inner child surfaces.

TS: So how did your 15 years with the USARC begin?

AT: I was at a party and there was some guy talking about this ski school he volunteered at. I was paying more attention to the girl he was with until he got to the part about free skiing. Then I started to listen to what he had to say about the then-California Adaptive Ski School and the cool people there. Matt Fukushima has been a great friend ever since. In fact we often drive up together and try to volunteer on the same days. And the girl that was with him at the party; I married her about five years ago.

TS: Do you remember your first lesson?

AT: I am not sure if it was my first but it was close to it. It was a bad day. I was secondary on a bi-ski lesson and maybe was trying too hard. I crashed the guy when I was giving a full assist, and then I screwed up a couple of chairlift loads and even lost one of my skis while loading. The student asked for a different instructor at lunch and I didn't blame him one bit.

TS: Well you've come a long way since then. Is there any particular lesson that impacted you?

AT: I remember a really little girl getting a full assist in a bi-ski. I could have loaded her myself all day long no problem. A storm had visited the day before and the snow was excellent. We were all over the mountain, in the half pipe just having all kinds of fun. Around 2 PM I asked her what she wanted to do next, the half pipe again or maybe just an easy cruise? She got kind of quiet and looked down and whispered that she really just wanted to make a snowman. Guess what we did for the rest of the day? Sometimes it is not just about skiing.

TS: If you were a tree what one would you be and why?

AT: If I were to be a tree I would want to be a California Coastal Redwood. They don't get cut down too often and are near wineries.

TS: Since you are among the few who have both ridden and volunteered the Peak to Peak Pedal, what do you prefer?

AT: As I have been quoted saying, it is much easier being a rider than a volunteer on Peak to Peak. You are treated like a rock star. People bring you great food and drinks. Your bike is worked on while you rest. The support on the road is fantastic, and of course there is Rusty's! I enjoy doing the photography thing but look forward to riding again. I am lousy at fundraising. Maybe I could put a little jar inside the ski school with my face on it and get donations that way!

TS: What was your most memorable peak to peak moment?

AT: My P2P riding experience provides me with a lot of grins even after a couple of years. One that stands out is pedaling into what seemed like a 50+ mph headwind and with 30 miles left to go. I thought I was bringing up the rear of the pack and ready to say something like FORGET THIS! I decided to "sag" the rest of the way at the first opportunity, so I pull over the side of the road to wait for a support vehicle. Well I was not the last one out after all. Theresa peddles up and informs me in no uncertain terms that I would be riding the rest of the way that day, if for no other purpose than just to keep her company, which I did.

TS: Not that you're a paparazzi, but any brushes with a celebrity?

AT: I got to photograph Hugh Hefner in the playroom of his mansion. He was nice but his monkey tried to bite me.



Whatever the tool, skis or camera, Andy is a craftsman who delivers quality.

Riding 335 Miles Backwards

Okay, well they didn't exactly ride in reverse, but it probably made you wonder for a minute! Regardless, the participants in the 15th Annual Peak to Peak Pedal know what this means. Virtually every year of this annual fundraising adventure, the route has traveled from Big Bear to Mammoth. In early October, 2009 however, in response to demand from a majority of the riders, the course of the ride linked those two particular locales by traveling from north to south.



Kathy trades Mammoth's flanks for a nice long downhill just ahead.



This shot of Frank pretty well sums up the purpose of the Peak to Peak Pedal and the USARC.

that by a wonderful one-mile vertical descent to Bishop and any pains that were felt were mostly in the forearms from braking!

The opposite-direction route offered many new twists and turns, and not just on the asphalt. For example, it was quite enjoyable to begin the first day around midday, especially considering how the recent and copious snows sheathing Mammoth's slopes lent a distinctively frigid edge to the morning air. Follow



It's hard to know what feels better, warm sun on one's skin or cool water on one's backside.

The fast riders actually wanted, on the first day, to continue riding onward to Diaz Lake (the second night's location.) However, Rusty's saloon and Diane's cooking were more than enough for them to stay put. Besides, with the relatively flat and windless ride on day two, most riders arrived early, affording a leisurely, warm afternoon sitting under sun-dappled oak trees drinking frosty beverages or wading in the cool shallows of the lake.



The few moments you regard this photo of Ken is more than his fellow P2P-ers ever see of him!

From there it was another day of mostly down, down, down into the high desert environs of Ridgecrest, and that's where three days of steady elevation loss basically came to an end. The next, penultimate, day dawned with a couple of long, steady "warm-up" climbs, followed by endless flats with only eerie Joshua trees and low-flying fighter planes as company before one last climb into Barstow.



Tom is an accountant and can appreciate numbers, as in "17 percent grade."

No matter how wonderful the food and support of the volunteers, life dictates that four days of downhills and wonderful weather requires some sort of reconciliation, and riding into the Big Bear valley up the "back side" of Highway 18 is just such a squaring of accounts.

Whether they hammered out the entire grueling climb or just a part of it, every rider earned their stripes on the final day. In spite of that, the prevailing sentiment is for sweet P2P16 to do a reprise. Stay tuned, get on that bike, and start training!



The last stop for a group of deservedly proud, and tired riders.

Our congratulations and deepest thanks to these wonderful volunteers, each of whom fulfilled a commitment to teach six days this winter and, in turn, ensured the fulfillment of the USARC mission.

Scott Adler
JOHN ALDERETE
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 Paul Zamoyta

CAPS = 20 years or more / * = 15+ years / ** = 10+ years / * = 5+ years / Underline = 10+ days / **Bold** = PSIA Certified**

Is it Over? (cont.)

Imagine that, they actually had to read books for entertainment! Right about the time grocery stores and gas stations began to run out of supplies the roads reopened and the winter sports enthusiasts who flooded in were comparing the epic powder conditions to Utah and Colorado.

Count among that number the USARC volunteers who braved the conditions to provide an outstanding experience for each participant they instructed. Young and old, or beginner to advanced, everyone had a dream come true on the fairytale, winter wonderland slopes this season. Although a week-plus of lessons were lost due to the weather, the massive amount of snow meant reliable conditions for the remainder of the year, including February's Learn to Race clinic and March's Ski-A-Thon.

New volunteers (rookies) proved their dedication by logging over 300 combined days of teaching, with Charles Stapleton earning rookie of the year honors, and there are not enough superlatives to characterize the



No, Fred, Kevin, Roger and Tina are not black-clad Ninjas, just three wonderful volunteers and a happy bi-skier!

devotion of the veteran volunteers with some 900 combined seasons of service to the USARC. Kudos also to those who undertook the Professional Ski Instructors of America's (PSIA) In-House Certification, which proved a welcome change from the dreaded traditional exam format. Among those attaining Level 1 certification were volunteers Valerie Baggett, Rod Rice, Harry Pearce, Matt Fukushima, Kim Meares and Andy Templeton, as well as staffers Matt Kolodziejczyk and Debra Carl ("Intern's" real name). Volunteer Fred Liebel and USARC staffer Jeff Palmer achieved the coveted silver Level 2 pin.



Danny follows Samantha as he teaches her to ski. Or is he just drafting her?

Be it weather related chagrin, which ultimately begat grins and certification pins, there are many legacies from the epic winter of 2010. One of them is the rapidly filling Big Bear Lake, and the USARC summer sessions coming soon, for which reservations will begin on May 11th at 9 a.m. That should answer the question; it's not over yet!



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Internet Edition

Volunteer Raft Trip - June 11, 12, & 13

Robert Allen, former USARC Volunteer of the Year, is hosting a rafting trip for USARC volunteers (and potential volunteers) on the Kern River, which should be fully flowing this year. This is **NOT** a USARC event, but Robert donates all proceeds (\$65, or \$25 for those under 13) to the USARC.



Robert provides life jackets, helmets, rafts, paddles, and some wet-suits. Breakfast will be provided on Saturday and Sunday, as well as dinner on Saturday night. Spaces fill up quickly so interested volunteers should contact Robert promptly at allen6441@sbcglobal.net.

LANCE ARMSTRONG

will be rolling into Big Bear when the AMGEN Tour of California comes to town on May 21. The USARC will be beneficiary of an incredible VIP Package Auction. Check it out at www.bigbearspecials.com/wordpress



VOLUNTEERS NEEDED!



What: Far West Ski Assoc. Convention
 When: Friday, June 11
 Where: Palm Springs Renaissance Esmeralda Resort & Spa
 Why: To be Bid Runners at Silent Auction Proceeds go to USARC
 Who: Contact Sara @ 909-584-0269
 Other: Room discount (quantity limited)

Please Shop for USARC

YOU need to buy groceries, and most of the major chains have a rewards program that not only saves you money, but results in a contribution to the USARC (or you can select USARC along with another charity!) **THERE IS NO COST TO YOU!**



If you use the internet, and/or patronize any of the companies listed above (and there are **MANY** more,) please take just a few minutes to follow through on the step by step instructions posted at http://www.usarc.org/files/Shopping_Support.pdf.

The contributions from the merchants will really add up, but **EVERYBODY** has to join in! Please take a few moments to do it, and tell your family, friends and co-workers to sign up too. **Call the USARC (909.584.0269) if you need any assistance.**

Thank you, it really helps!

Big Bear Real Estate Buyers/Sellers

Will Rahill, USARC staffer, is also a realtor for Keller-Williams of Big Bear. He'll donate 10% of his commission to USARC if a lead comes from a USARC affiliate. If you have any leads please contact him at 909.645.1949, usarc@willrahill.com, or check him out at www.SearchBigBearRealEstate.com



What's up at the USARC?

- May**
- 11 Summer Reservations begin at 9:00 AM
- June**
- 11-13 Volunteer Kern River Trip (Not USARC Event)
- 26 Volunteer Training (Big Bear)
- July**
- 7,8 Waterski Day Sessions
- 14,15 Waterski Day Sessions
- 21,22 Waterski Day Sessions
- 25-27 Overnight Session #1
- 28-30 Overnight Session #2
- August**
- 4,5 Waterski Day Sessions
- 9 Volunteer Training (Long Beach)
- 10-13 Land Meets Sea Sports Camp (Long Beach)
- 18,19 Waterski Day Sessions
- 22-24 Overnight Session #3
- 25-27 Overnight Session #4
- 28 Summer Volunteer Party
- September**
- 1,2 Waterski Day Sessions
- October**
- 6-10 16th Annual Peak to Peak Pedal (P2P16)