CHRISTOPHER P. GODEK, MD

1430 Hooper Avenue Suite 200A

Toms River, NJ 08756

732-281-1988

ADDRESS



<u>PERSONAL</u>	Date of Birth: Place of Birth:	September 6, 1966 Ludlow, Massachusetts
	Married: Wife: Son: Son:	May 20, 1995 Kristen L. Godek Maxwell A. Godek Alexander H. Godek
<u>EDUCATION</u>	1984-1988	SYRACUSE UNIVERSITY L.C. Smith College of Engineering B.S. Bioengineering Magna cum laude
	June 1988- June 1989	SUNY HEALTH SCIENCE CENTER Infectious Disease Section Research Fellow
	1989-1994	BOSTON UNIVERSITY School of Medicine Doctorate in Medicine <i>Alpha Omega Alpha</i>
	June 1991- June 1992	HARVARD MEDICAL SCHOOL Department of Cellular and Molecular Physiology Research Fellow
<u>RESIDENCY</u>	1994-2000	UNIVERSITY OF PENNSYLVANIA Department of Surgery Division of Plastic Surgery Combined General Surgery-Plastic Surgery Residency
	1994-2000	THE CHILDREN'S HOSPITAL OF PHILADELPHIA Department of Surgery Division of Plastic Surgery <i>Combined General Surgery-Plastic Surgery Residency</i>
<u>CERTIFICATION</u>	1996 2001	National Board of Medical Examiners (430590) American Board of Plastic Surgery (6194)

2001 American Board of Plastic Surgery (6194)
2002 Fellow of the American College of Surgeons (03073029)

2010 Re-certification American Board of Plastic Surgery (6194)
--

PROFESSIONAL		
OFFICES	2003-Present	Medical Director of Personal Enhancement Center
<u>OTTICES</u>	2005-1105011	Medical Director of Bella Derma Medi Spa
	2004 2006	
	2004-2006	NESPS Scientific Program Committee
	2005-2006	NJ Society of Plastic Surgeons – Historian
	2007-2008	NJ Society of Plastic Surgeons – Treasurer
	2007	NESPS Scientific Program Chairman, Bermuda
	2008-2009	NJ Society of Plastic Surgeons – Secretary
	2009-2010	NESPS Membership Committee
	2009-2010	NJ Society of Plastic Surgeons – Vice President
	2010-Present	Board of Directors at Toms River Surgery Center
	2011-2012	NJ Society of Plastic Surgeons – President
	2012-Present	Board of Directors SurgiCare of Freehold
APPOINTMENTS	1986-1987	Assistant Instructor, Department of Bioengineering
	1,00 1,0,	Syracuse University
	1991-1992	Teaching Fellow, Department of Physiology
	1771-1772	Harvard Medical School
	1994-2000	Assistant Instructor, Department of Surgery
	1774-2000	University of Pennsylvania School of Medicine
	2000-2006	Monmouth Medical Center Cleft Palate Unit
	2000-2000 2000-Present	Monmouth Medical Center
	2000-Present	Community Medical Center
	2000-Present	CentraState Medical Center
	2000-Present	Riverview Medical Center
	2000-2002	Kinball Medical Center
	2000-2002 2000-Present	Jersey Shore University Medical Center – Full Attending
	2000-Present	Ocean Medical Center
	2000-Present	
LICENSURE	1994-Present	Pennsylvania State Medical License (MD 062554-L)
	2000-Present	New Jersey State Medical License (MA 71024)
	2000-1103011	New Jersey State Medical Electise (NMT / 1024)
<u>HONORS</u>	1985	Eagle Scout
	1987	Who's Who Among Students in American Colleges and Universities
	1097	Morse Dellplain Academic Scholarship Award
	1987 1987	
		Tau Beta Pi Engineering Honor Society
	1988 1988	Carl L. Bausch Academic Scholarship Award
	1988	Phi Kappa Phi Academic Honor Society
	1988	Bioengineering Founder's Award for the Top Graduating Bioengineer
	1989	Veterans Administration Performance Award
	1994	Who's Who Among Students in American Colleges and
		Universities
	1994	Anne and David Mishel Research Award
	1994	Association for Academic Surgery Research Award
	1994	Alpha Omega Alpha
	2000	Robert H. Ivy Society - 1 st Place Basic Science
	2000	Senior Residents Conference - Best Pediatric Paper
	2000	NESPS-Resident Award
	2006	NJ Savvy Living, February – Top NJ Beauty Doctors
	2008	NJ Savvy Living, February – Top NJ Beauty Doctors
	2010- Present	Inside Jersey – Top Doctors

	2010- Present 2010-2011 2010- Present 2010- Present 2010- Present 2015	Guide to America's Top Physicians Biltmore Who's Who Honors Patients' Choice Award Castle Connolly Top Doctor NJ Top Doctors NJSPS Best Clinical Paper
<u>MEMBERSHIPS</u>	1985-1988 1987-1989 1989-1993 1989-1993 1991-1993 1994-2005 1997-2005 1989- Present 1997- Present 2000- Present 2000- Present 2003- Present 2005- Present	Institute of Electrical and Electronic Engineers American Society for Microbiology American Medical Student Association Massachusetts Medical Society American Society for Cell Biology Association for Academic Surgery Robert H. Ivy Society American Medical Association Northeastern Society of Plastic Surgeons American Society of Plastic Surgeons New Jersey Society of Plastic Surgeons New Jersey State Medical Society Ocean County Medical Society American Society for Aesthetic Plastic Surgery
<u>COURSES</u>	1997 1998 1998 1999 2005	AO/ASIF Philadelphia Maxillofacial Course <i>Lipostructure</i> TM - Sydney Coleman, MD, New York, NY <i>BoneSource</i> TM for Cranial Defects, Philadelphia, PA <i>MACROPORE</i> TM Absorbable Plating System, Philadelphia, PA Rhinoplasty Jefferson Medical College, Philadelphia, PA
MEETINGS	1992 1993 1998 1998 1999 1999 2000 2000 2000 2000 2000 2000	American Society for Cell Biology, Denver, CO American Society for Cell Biology, Boston, MA NESPS, Newport, RI ASPRS, Boston, MA NESPS, Burlington, VT ASPRS, New Orleans, LA Giants in Plastic Surgery, New York, NY Robert H. Ivy Society, Philadelphia, PA Senior Residents Meeting, Gainesville, FL Plastic Surgery Research Council, Seattle, WA NESPS, Montreal, Canada ASPRS, Los Angeles, CA The First Penn Plastic Surgery Reunion and Ivy Lectureship, Philadelphia, PA New Jersey Chapter, ACS, 49 th Annual Clinical Meeting, Princeton, NJ NESPS, Philadelphia, PA (17) New Jersey Chapter, ACS, 50 th Annual Clinical Meeting, Princeton, NJ (17) Botulin Toxin Therapeutic Use Comm. Med. Center (1) Medical Staff Management/ Comm. Med. Center (1) Reg. Cleft Plate Team Meeting / Monmouth Med. Center (27) Annual Spring Meeting NESPS Academy of Med. (3) NESPS, Bermuda (17) 51 st Annual Meeting / NJ Chap. ACS (7) New Techniques in PR Surgery/Community Med. Center (1) Update on Controversies in Adjuvant Therapy of Ear Med. Center Ocean County (1.5)

2003	Trauma Case Presentation M & M Jersey Shore Medical
	Center (1)
2003	ASAPS Annual Meeting (34)
2003	20 th Annual Meeting NESPS/NESPS (17)
2003	Aesthetic Surgery of Aging Face Meeting (25)
2004	ASPS National Meeting, Philadelphia (21)
2004	NJSPS Annual Spring Meeting (3)
2004	Perspectives & Advances in Plastic Surgery /PSEF (17.5)
2004	Renewed Advanced Concepts in Rhinoplasty / ASPS (2)
2004	NESPS, Naples, FL (17)
2005	Rhinoplasty 2005 / Univ. TN. (14)
2005	In Service Exam /PSEF (30)
2006	Baker / Gordon Symposium on Cosmetic Surgery, Miami Fl.(17.5)
2006	Section of Plastic Surgery /Meridian Health OM (2)
2006	Perspectives and Advances in Plastic Surgery/ PSEF (17.5)
2006	Practice & Management and Marketing /PSEF (2)
2006	NJSPS Annual Spring Meeting/St Barnabas MC (3)
2006	NESPS, Boston, MA (17)
2007	NESPS,NY,NY (7) Blepharoplasty
2007	Perspectives & Advances in Plastic Surgery, Vail, CO (19.5)
2007	ASAPS National Conference New York, NY
2007	NJSPS Annual Spring Meeting (3)
2007	NESPS, Bermuda (17)
2007	ASPS National Meeting, Baltimore, MD (21)
2008	NESPS, New York, NY(6)Mastopexy
2008	Perspectives & Advances in Plastic Surgery, Vail, CO (19.5)
2008	NJSPS Annual Spring Meeting (3.5)
2008	NESPS, 25 th Annual, Phil, PA (14.25)
2008	ASPS National Meeting, Chicago, IL
2009	NESPS, New York, NY (6) Rhinoplasty
2009	NJSPS Annual Spring Meeting
2009	ASAPS National Conference, Las Vegas, NV
2009	Cultural Competency Educational Activity (7) Internet
2009	Aesthetic Plastic Surgery – The Next Generation, NY (21)
2010	NJSPS Annual Spring Meeting
2010	ASAPS National Conference, Washington, DC
2010	ASPS Plastic Surgery 2010, Toronto, Canada (12.75)
2010	ASPS Hot Topics in Plastic Surgery (5)
2010	American Board of Plastic Surgery MOC Credit (25)
2010	NJ Chapter American College of Surgeons, Iselin, NJ (7.5)
2011	NJSPS Annual Spring Meeting
2011	ASAPS National Conference, Boston, MA (25)
2011	ASPS Plastic Surgery 2011, Denver, CO
2011	NESPS, 28 th Annual Meeting, Amelia Island, FL (18.75)
2011	NJ Chapter American College of Surgeons, Iselin, NJ (7.5)
2011	The Cutting Edge Aesthetic Surg Symposium, NY (23)
2011	ASPS New Liposuction Technology-Does it work?
2012	NJSPS Annual Spring Meeting (4.5)
2012	NJSPS Annual Meeting St. Joseph's Regional Medical Center
	(4.5)
2012	Aesthetic Plastic Surgery/Anti-Aging Medicine The Next
-	Generation/ USF Health (20.5)
2012	The Cutting Edge: Advanced sculpting of the Nose, An
	International Interdisciplinary Rhinoplasty
	Symposium/ASAPS (27)
2012	ASPS Conrad Hotel, NY
2012	
2013	The Aesthetic Meeting/ASAPS
2013	NJSPS Annual Spring Meeting (4.5)

	2013	ASPS Plastic Surgery 2013 THE MEETING (26.25)
	2013	ASPS HydraSolve Lipoplasty Utilizing Tissue Liquefaction
		Technology
	2013	ASPS Hot Topics in Plastic Surgery (5)
	2013	The Cutting Edge Aesthetic Surgery Symposium, NY (25.75)
	2014	NJSPS Annual Spring Meeting (4.5)
	2014	Allergan Ascent Meeting
	2014	HydraSolve Lipoplasty and Autologous Fat Transfer
	2014	Rhinoplasty Mastery: Refined Primary Surgery and Cogent
		Secondary Techniques/ASPS (8)
	2014	ASPS Hot Topics in Plastic Surgery (5)
	2014	ASPS Plastic Surgery 2014 (12.75)
	2015	IMCAS World Congress 2015, Paris France (20)
	2015	Lipoplasty and Autologous Fat Transfer Utilizing Tissue
		Liquefaction Technology, UPenn 10th Annual Whitaker
		Lectureship Penn, Philadelphia, PA
	2015	ASPS Plastic Surgery 2015 THE MEETING (22)
	2015	NYC The Cutting Edge (22)
	2016	Interactive Advisory Forum on Autologous Fat Transfer in
		Breast Reconstruction, Pentagon City, Arlington, VA
	2016	WE Forum A Women's Health and Wellness Conference
	_010	Long Branch, NJ
	2016	NESPS Baltimore, MD
<u>RESEARCH</u>	1986-1987	The Light Collecting Mechanism of <i>Limulus Polyphemus</i> Institute for Sensory Research, Syracuse, NY
	1986-1989	Nicotinamide Analogs against Haemophilus influenzae SUNY Health Science Center, Syracuse, NY
	1990-1991	Tracking Molecular Motions with Laser Tweezers Boston University School of Medicine
	1991-1993	Understanding Neuronal Transport Mechanisms Harvard Medical School
	1997-2000	Autologous Fat Transplantation University of Pennsylvania School of Medicine
<u>GRANTS</u>	1998	Purified Preadipocytes for Soft-Tissue Augmentation - Investigator Plastic Surgery Educational Foundation (\$5,000)
	2000	Preadipocytes as a Source for Mesenchymal Stem Cells – Co- Sponsor Aesthetic Surgery Education and Research Foundation (\$5,000)
	2001	Analysis of Growth Factors Responsible for Adipocyte Growth –Co- Sponsor Aesthetic Surgery Education and Research Foundation (\$8,677)

ARTICLES
 1. Godek, C.P. and Cynamon, M.H. In Vitro Evaluation of Nicotinamide Riboside Analogs against Haemophilus influenzae. (1990) Antimicrobial Agents and Chemotherapy 34, 1473-1479.

- McAneny, D.B., Godek, C.P., Scott, E.T., LaMorte, W.W. and Beazley, R.M. Risks of Synchronous Gastrointestinal or Biliary Surgery with Splenectomy for Hematologic Disease. (1996) Archives of Surgery 131, 372-376.
- Muresan, V., Godek, C.P., Reese, T.S. and Schnapp, B.J. Plus-end Motors Override Minus-end Motors during Transport of Squid Axon Vesicles on Microtubules. (1996) *Journal of Cell Biology* 135(2), 383-397.
- Godek, C.P., Bucky, L.P., Glatt, B.S., Glat, P., Sarwer, D.B., Bartlett, S.P. and Whitaker, L.A. Endoscopic Versus Open Coronal Forehead Surgery: Surgeon Preference and Patient Satisfaction. (1999) *Plastic Surgery Forum XXII*, 182-184.
- Godek, C.P., Weinzweig, J. and Bartlett, S.P. Lip Reconstruction Following Mohs' Surgery: The Role for Composite Resection and Primary Closure. (2000) Plastic and Reconstructive Surgery 106(4), 798-804.
- Elkwood, A., Matarasso, A., Rankin, M., Elkowitz, M. and Godek, C.P. National Plastic Surgery Survey: Brow Lifting Techniques and Complications. (2001) *Plastic and Reconstructive Surgery* 108(7), 2143-2150.
- Godek, C.P., C.N. Baran, S. Celebioglu, O. Sensoz, B. Civelek, T. Ortak, L. Bucky The Behavior of Fat Grafts in Recipient Areas with Enhanced Vascularity *Plastic & Reconstructive Surgery* 109 (5):1652 April 15, 2002.
- 8. Hoy, E.A., Godek, C.P. Total Nasal Reconstruction Using Distraction Osteogenesis *Plastic and Reconstructive Surgery* 126: 285-287, 2010.
- **ABSTRACTS** 1. Godek, C.P. and Cynamon, M.H. Nicotinamide Riboside Analogs as Probes of the NAD Pathway in *Haemophilus influenzae* type b. (1989) *ICAAC*, Houston, TX.
 - Schnapp, B.J., Block, S.M., Goldstein, L.S.B., Stewart, R.J. and Godek, C.P. Can a Single Kinesin Head Drive Microtubule Movement? (1991) *Biophysical J.*, 59.
 - 3. Godek, C.P., Block, S.M. and Schnapp, B.J. Tracking Bead Movement Driven by Single Kinesin Molecules. (1991) *Journal of Cell Biology* 115(3), 390a.
 - 4. Godek, C.P. and Schnapp, B.J. Characterization of Anterograde and Retrograde Vesicle Populations in Squid Axons. (1992) *Journal of Cell Biology* 145(5).
 - McAneny, D.B., Godek, C.P., LaMorte, W.W. and Beazley R.M. Synchronous GI/Biliary Surgery Increases the Risk of Abdominal Abscess after Splenectomy for Hematologic Disease. (1995) *The New England Surgical Society*.
 - 6. Godek, C.P., Nance, M.L. and Reilly, P.M. Impact of Human Blood on pH of Gastric Aspirates in the ICU. (1996) *The American J. of Gastroenterology* 91(9), 1912.
 - Muresan, V., Godek, C.P., Reese, T.S., Schnapp, B.J. Plus-End Motors Override Minus-End Motors During Transport of Squid Axon Vesicles on Microtubules. (1996) *Journal of Cell Biology* 135(2), 383-97.
 - McAneny, D., Godek, C.P., Scott, T.E., LaMore, W.W., and Beazley, R.M. Risks of Synchronous Gastrointestinal or Biliary Surgery with Splenectomy For Hematologic Disease. (1996) *Archives of Surgery*
 - 9. Cech, A.C., Xu, J., Godek, C.P., Chang, B. and Bucky, L.P. Heat Shock Proteins Prevent Ischemia-Reperfusion Injury. (1997) *Robert H. Ivy Society Meeting*

- Taylor, J.R., Bucky, L.P., Larossa, D., Low, D.W., Godek, C.P., Hamilton, R., and Bartlett, S.P. Nasal Reconstruction Following Mohs' Surgery: Outcomes and Patient Satisfaction. (1998) NESPS, Newport, RI.
- Godek, C.P., Bucky, L.P., Glatt, B.S., Glat, P., Sarwer, D.B., Bartlett, S.P. and Whitaker, L.A. Endoscopic Versus Open Coronal Forehead Surgery: Surgeon Preference and Patient Satisfaction. (1998) NESPS, Newport, RI.
- Godek, C.P., Weinzweig, J. and Bartlett, S.P. Lip Reconstruction Following Mohs' Surgery: The Role for Composite Resection and Primary Closure. (1999) NESPS, Burlington, VT.
- Godek, C.P., Bucky, L.P., Glatt, B.S., Glat, P., Sarwer, D.B., Bartlett, S.P. and Whitaker, L.A. Endoscopic Versus Open Coronal Forehead Surgery: Surgeon Preference and Patient Satisfaction. (1999) ASPRS, New Orleans, LA.
- Godek, C.P., Tuma, G.A., Hubert, D.M., Zhang, P. and Bucky, L.P. The Use of Preadipocytes for Soft-Tissue Augmentation: A Volumetric and Histologic Analysis. (2000) *Robert H. Ivy Society*, Philadelphia, PA.
- 15. Hubert, D.M., Godek, C.P., Tuma, G.A., Gordon, A.R. and Bucky, L.P. A Quantitative Analysis of Growth Factors Responsible for Adipocyte Proliferation: A Study Comparing Human Lipomas to Normal Fat. (2000) *Robert H. Ivy Society*, Philadelphia, PA.
- Godek, C.P., LaRossa, D. and O'Neill, J.A. Tissue Expansion in Conjoined Twin Separation: An Institutional Experience. (2000) *Plastic Surgery Senior Residents Meeting*, Gainesville, FL.
- Godek, C.P., Tuma, G.A., Hubert, D.M., Zhang, P. and Bucky, L.P. The Use of Preadipocytes for Soft-Tissue Augmentation: A Volumetric and Histologic Analysis. (2000) *Plastic Surgery Research Council*, Seattle, WA.
- Hubert, D.M., Godek, C.P., Tuma, G.A., Gordon, A.R. and Bucky, L.P. A Quantitative Analysis of Growth Factors Responsible for Adipocyte Proliferation: A Study Comparing Human Lipomas to Normal Fat. (2000) *Plastic Surgery Research Council*, Seattle, WA.
- Tuma, G.A., Krupnick, A.S., Godek, C.P., Adzick, N.S., Flake, A.W. and Bucky, L.P. The Relationship Between Human Preadipocytes and Mesenchymal Stem Cells. (2000) *Plastic Surgery Research Council*, Seattle, WA.
- Godek, C.P., Jeffrey Weinzweig., and Bartlett, Scott P. Lip Reconstruction following Mohs' Surgery: The Role for Composite Resection and Primary Closure. (2000) Northeastern Society of Plastic Surgeons Meeting, Burlington, VT.
- Borab, Z., Godek, C.P. Liposuction and Autologous Fat Transfer Using Tissue Liquefaction Technology (2015) New Jersey Society of Plastic Surgeons Meeting, New Brunswick, NJ.
- **LECTURES** 1. Understanding the Bacterial Metabolism of *Haemophilus influenzae* April 10, 1988 - *SUNY*, Syracuse, NY
 - 2. Reconstitution of Fast Axonal Transport from Purified Components November 18, 1992 – *American Society for Cell Biology*, Denver, CO

 Post-Mastectomy Breast Reconstruction January 10, 1994 – UPENN, Surgery Grand Rounds
 Anticoagulation and Hypercoaguable States November 14, 1995 – UPENN, Surgery Grand Rounds
 Nutrition in the Surgical Patient May 8, 1996 – UPENN, Surgery Grand Rounds
 Autologous Fat Transplantation: Biology and Controversies July 23, 1997 – UPENN, Plastic Surgery Grand Rounds
 TRAM Flap Delay: Anatomy, Indications and Results October 10, 1997 – UPENN, Plastic Surgery Grand Rounds
 The Management of Complex, Intra-articular Distal Radius Fractures February 17, 1998 – UPENN, Plastic Surgery Grand Rounds
 Endoscopic Approach to Cosmetic Forehead Surgery July 22, 1998 – UPENN, Plastic Surgery Grand Rounds
 Recent Advances in Melanoma Therapy December 9, 1998 – UPENN, Plastic Surgery Grand Rounds
 Applied Anatomy and Biomechanics of the Facial Skeleton Management of Orbital Fractures May 19, 1999 – Leibinger Course in Maxillofacial Fixation, Krakow, Poland
 Rare Craniofacial Clefts: Classification and Management July 29, 1999 – UPENN, Plastic Surgery Grand Rounds
 Basic Fat Biology and Clinical Applications February 10, 2000 – UPENN, Plastic Surgery Grand Rounds
 Management of the Medial Canthus May 9, 2000 – UPENN, Trauma Conference
15. Pediatric Plastic Surgery January 29, 2004 – Jersey Shore University Medical Center
 Total Nasal Reconstruction Utilizing Distraction Osteogenesis May 20, 2006 – UPENN, Plastic Surgery Whitaker Lectureship
 The "Vac" – To Use or Not To Use March 17, 2007 – ASPS/PSEF Perspectives & Advances in Plastic Surgery
 Open Tip Rhinoplasty: Indications and Technical Refinements March 18, 2007 – ASPS/PSEF Perspectives & Advances in Plastic Surgery
 Non-Invasive Facial Rejuvenation March 16, 2008 – ASPS/PSEF Perspectives & Advances in Plastic Surgery
 Rhinoplasty March 16, 2008 – ASPS/PSEF Perspectives & Advances in Plastic Surgery
 Advances in Abdominal Contouring March 16, 2008 – ASPS/PSEF Perspectives & Advances in Plastic Surgery

- 22. Taking Control of the Nasal Tip March 7, 2009 – Northeastern Society of Plastic Surgeons, NY, NY
- 23. Plastic Surgery Emergencies April 4, 2009 – NJ Society of Plastic Surgeons, NJ
- 24. Management of the Nasal Tip December 4, 2010 – NJ Chapter American College of Surgeons
- 25. Plastic Surgery in an Ambulatory Surgical Setting April 6, 2011 – Toms River Surgery Center
- 26. Hydra Solve Lipoplasty, Review and Clinical Results September 23, 2011 – ASPS, Denver, CO
- New Liposuction Technology: Does It Work? October 20, 2011 – Northeastern Society of Plastic Surgeons, Amelia Island, FL
- Aesthetic Plastic Surgery/Anti-Aging Medicine Tissue Liquefaction Technology with HydraSolve Liposuction July 20, 2012 - Conrad, NY
- 29. HydraSolve Lipoplasty Utilizing Tissue Liquefaction Technology October 11, 2013 - ASPS San Diego, CA
- HydraSolve Lipoplasty and Autologous Fat Transfer September 14, 2014 - New York City
- Tissue Liquefaction Lipoplasty (Hydra Solve) January 31, 2015 - IMCAS World Congress, Paris, France
- 32. Lipoplasty and Autologous Fat Transfer Utilizing Tissue Liquefaction Technology June 13, 2015 UPENN, 10th Annual Whitaker Lectureship Penn
- Autologous Fat Transfer in Breast Reconstruction (HydraSolve) February 28, 2016 - Pentagon City, Arlington, VA
- 34. Plastic Surgery: The Panel of Experts Topic: HydraSolve April 20,2016 - Long Branch, NJ
- **TRAVEL**Polish American Children's Hospital, Krakow, Poland
May 14, 1999 May 22, 1999, Congenital Craniofacial Anomalies
- **INTERESTS** Skiing, Mountain Biking, Golfing, Hiking and Paddle Surfing