



NOVEMBER/DECEMBER 2021

WWW.SIERRALEAGUE.COM

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RACE SCHEDULE

2021-2022 Regular Season Races

Jan. 22:	Alpine-Palisades	Giant Slalom
Jan. 23:	Alpine-Palisades	Giant Slalom
Feb. 26:	Alpine-Palisades	Slalom
Feb. 27:	Northstar	Giant Slalom
March 12:	Sugar Bowl	Slalom
March 13:	Sugar Bowl	Slalom

Far West Championships

April 9:	Mammoth Mtn	Race Training
April 10:	Mammoth Mtn	SL & GS Races

LEAGUE RACE RESOURCES:

Nan Carnal; Sierra League Race Chair:

nan.sierraleague@gmail.com;

530-550-5228 (h); 510-520-7338 (cell)

John Walsh; Singles League Race Chair:

johnwalsh37@sbcglobal.net; 416-596-7234

Debi Phelps; Open League Director of Racing

openleaguerracing@gmail.com

The Far West Skier's Guide has gone digital.

Access Far West website (www.fwsa.org). From Member Corner dropdown menu, select Publications. From Publications screen, select Far West Skier's Guide. Link for guide will display on right. Access to the guide is also available on the Sierra League website at the bottom of home screen.

The National Ski Council Federation (NSCF) Virtual Silent Auction/Fundraiser is back for 2021. It is live online from Nov. 15 at 12 noon thru Dec. 30 at 5 pm EST. Anyone can bid, so pass info along to club members, friends, family, and beyond. A flyer is located on page 9 of this newsletter. Or access via link below.

<https://www.32auctions.com/NSCFAuction2021>

Updates from VP of Travel/Social—Carlene Boutacoff

Save the Date
Sunday, December 12, 2021



YES!! The Annual Sierra League & Council *Winter Party* is back.

Join your friends, racing buddies, and ski club members for a hearty dinner buffet and fun at La Bamba's Mexican Restaurant in Truckee.

50/50 raffle and other surprises during the evening

When: Sunday, December 12th
4:00 pm Social and no host bar
5:00 pm Dining-Full Buffet Dinner

Where: La Bamba Mexican Restaurant
11760 Donner Pass Rd
Truckee, CA



***Additional parking available across the street at Truckee High School ***

Cost: \$27.00/person
RSVP at cboutacoff@gmail.com
Make checks payable to Sierra League and send to:
Carlene Boutacoff, 110 Wildwood Way, Woodside, CA 94062



Vaccinations are strongly appreciated.



Board Members

President: Jo Simpson
775-787-7556
jo_simpson@sbcglobal.net

Vice President: Corey Doolin
coreydoolin@att.net

Secretary: Pat Ostroff
patpierucci@yahoo.com

Treasurer: Open

Race Chair: Nan Carnal
530-550-5228
nan.sierraleague@gmail.com

VP Travel:
Carlene Boutacoff
(650) 208-4839
cboutacoff@gmail.com

Head Gatekeeper: Mark Ostroff
the_ostroffs@hotmail.com

Newsletter: Beth Perryman
775-322-5805
slabanshee@aol.com

Webmaster: Pavel Bosin
408-685-6470
pavel@bosin.net

President's Message

*By Jo Simpson,
Sierra League & Sierra Council
President*



Hello everyone!

We are off to a good start on skiing with snow already falling and resorts either open or scheduled to soon. We had a fun council barbeque in September with record breaking attendance. Thanks to Carlene Boutacoff for hosting it and to all those who pitched in to make the event successful. We even had musical entertainment thanks to the very talented Paul Vandervoort.

The winter party is back! We are returning to La Bamba in Truckee. See the information elsewhere in this newsletter about how to sign up and pay.

The racing schedule is set with six races. See Nan's article for the schedule.

The National Ski Council Federation's Virtual Silent Auction opens Nov. 15 and there are some great items to bid on. The flyer with details on how to bid is in this newsletter. Check it out!

We held a brief general meeting at the September barbeque and elected officers for the 2021-2022 council year. I am pleased to announce that all our hard working officers are returning. They are listed elsewhere in the newsletter.

May you have a happy and healthy Thanksgiving!!!

See you on the slopes!

Jo

Member Clubs and Contacts

Alpine Ski and Snowboard Club

Las Vegas, NV
www.alpineskiandsnowboardclub.com
Craig Caples, President
alpineskiclub@embarqmail.com

Las Vegas Ski Snowboard & Sports Club

Las Vegas, NV
www.lasvegasskiclub.com
Mark McNeil, President
info@lasvegasskiclub.com; mark42750@cox.net

Reno Ski & Recreation Club

Reno, NV
www.renoskiandrec.com
Dianne Hilliard, President
renoskiandrecreationclub@gmail.com

RU SKI Club

Campbell, CA
Pavel Bosin, President
pavel@bosin.net

Sequoia Ski and Snowboard Club

Visalia, CA
www.sequoiaskiclub.com
Woody Hogan, President
wwhiii@hotmail.com

Sugar Bowl Ski Club

Norden, CA
www.sugarbowlskiclub.com
Dan Gross, President
president@sugarbowlskiclub.com

Tahoe Donner Senior Alpine Ski Club

Truckee, CA
www.tdski.com
Stephen OBrien, President
president@tdski.com

Top Gun Ski Club

Greg Peairs, President
shifty@aol.com

Ski Area Websites:

Alpine Meadows/Squaw Valley: www.palisedestahoe.com

Badger Pass: www.yosemitepark.com/BadgerPass.aspx

Bear Valley Ski: www.bearvalley.com

Boreal: www.rideboreal.com

Ski China Peak: www.skichinapeak.com

Diamond Peak: www.diamondpeak.com

Dodge Ridge: www.dodgeridge.com

Donner Ski Ranch: www.donnerskiranch.com

Granlibakken: www.granlibakken.com

Heavenly Valley: www.skiheavenly.com

Homewood: www.skihomewood.com

June Mountain: www.junemountain.com

Kirkwood: www.kirkwood.com

Las Vegas Ski & Snowboard resort: www.skilasvegas.com

Mammoth Mtn: www.mammothmountain.com

Mountain High Ski: www.mthigh.com

Mt. Baldy: www.skibaldy.com

Mt. Rose: www.skirose.com

Mt. Shasta Ski Park: www.skipark.com

Northstar: www.northstarcalifornia.com

Sierra At Tahoe: www.sierratahoe.com

Snow Summit: www.snowsummit.com

Snow Valley: www.snow-valley.com

Soda Springs: www.skisodasprings.com

Thank you to our sponsors:

Start Haus Ski & Bike Shop

<https://www.starthaus.com>

Tahoe Heartbeat Apparel

<https://tahoeheartbeat.com/>

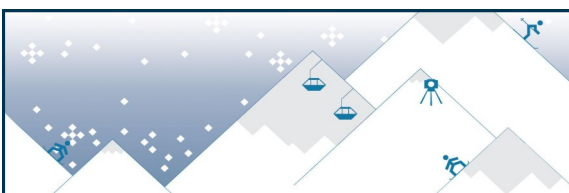
Sports Basement

<https://shop.sportsbasement.com/blogs/stores>

Habervision

<https://www.habervision.com/>

Habervision offers 50% off products



RACING NEWS, w/Nan Carnal, Sierra League Race Director

Ready for ski season? Dreaming of great turns? Speeding down a race course?

Here is a quick overview of our race schedule for 2021-22:

January 22-23: Alpine-Palisades GS races

February 26: Alpine-Palisades SL

February 27: Northstar GS

March 12-13: Sugarbowl SL races

We (race directors for Sierra, Singles and Open Leagues) are still working on the race pass package fee (6 races) and single race fee. Details will be forthcoming as will this year's registration and waiver forms.

Watch for email(s) from the Sierra League. When available, forms will also be posted on our website.

Happy Thanksgiving. See you on the slopes! *Nan*

FRANK APP SCHOLARSHIP

We are pleased to announce the 2021-2022 Frank App Memorial Scholarship winner, Charles Zaretsky, a top scoring athlete in the Far West Ski Association Program.

Charles Zaretsky, age 15 years old, is from Reno. Charles is a 4.0 GPA student doing his studies online with Northstar where his favorite subject is Math. He is also a Boy Scout and participated in 12 service projects involving community improvement.

Charles has played on teams for 7 different sports, but skiing is his main focus. Charles skis for Squaw (now Palisades Tahoe) and is ranked #1 in Downhill, Slalom, and Super G and #3 in GS for his age group in the Far West Division of USSA. He had 3 podiums and 11 top ten finishes last season.



Sierra League and Council Membership Options

Club Membership

There are 8 ski clubs affiliated with Sierra League and Council. Please contact a club near you for membership information. Their contact information is listed at <https://www.sierraleague.com/contact.html>. Several of them have websites updated with activities and member benefits. Contact information is also available on page 3 of this newsletter.

Direct Membership

If you do not belong to an affiliated ski club, you may join Sierra League and Council as a direct member. To coincide with the [Far West Ski Association](#) our annual membership year begins May 1 and ends April 30.

The annual fee is only \$10 for each individual. This allows you all member privileges including:

- Sierra Council [Travel Program](#)
- Sierra League [Race Program](#)
- [Far West Ski Association Member Benefits](#), Services & Discounts
- The [Sierra League and Council Newsletter](#)
- Other events that might be temporarily suspended due to the Covid-19 pandemic. These include the annual Winter Holiday Party and summer barbecue.

Application, Dues and Information

[Application Forms](#) for individuals:

Print out form(s), fill in and sign application forms (and associated waiver) for each individual joining. The form and waiver are available at the league website under "about". The form and waiver are included in this newsletter on the following two pages.

How to submit by mail:

- Write check for \$10 made out to Sierra Ski Council
- Mail both completed form including waiver and check to:

Corey Doolin, membership
PO Box 394
Tahoe City, CA 96145

How to submit online:

- Pay Sierra Direct [Online Membership Dues through PayPal](#)
- Scan completed application and waiver form, attach as a .pdf file and email to: alpinesnow@att.net

Corey Doolin
FWSA Sierra League and Council VP Membership
alpinesnow@att.net

**Sierra League & Council
2021-2022 Membership
Application**

New Member Renewing Member

Name: _____

Address: _____

Phone: (home) _____

(cell) _____

Email: _____

Mark all that you are interested in:

Racing

Travel Program

List Trips: _____

Emergency Contact Information:

Name: _____ Relationship: _____

Phone: (home) _____ (cell) _____
:

I have read and signed the Acknowledgement and Assumption of Risk Agreement.

Signature: _____ Date: _____

Dues: \$10

Completed Application can be emailed to alpinesnow@att.net, and payment through PayPal on the Sierra League and Council website, or:

Mail completed application and waiver, along with personal check, cashier's check, or money order payable to "Sierra League & Council" to:

**Corey Doolin, Membership
P.O. Box 394
Tahoe City, CA 96145**

7/01/2021

**Sierra League & Council Waiver
2021-2022 Membership Year**

**SPORT PARTICIPANT RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT.
Please read and be certain you understand the implications of signing.**

Express Assumption of Risk Associated with Sport, Venue Use and Related Activities.

I, _____ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with all activities of Sierra League & Council including but not limited to alpine skiing, snowboarding, tubing, and tobogganing, and certain additional risks, dangers and hazards including, but not limited to boarding, riding, and disembarking ski lifts, transportation of equipment related to the activities, and traveling to and from activity sites in which I am about to engage. **Inherent hazards and risks include but are not limited to:**

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 wearer's face, neck or spinal cord.
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 frost nip, frost bite, 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 varied wind, temperature and other weather conditions.
8. Accidents or illness occurring in remote places where there are no available medical facilities.
9. Fatigue, exhaustion, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.
10. Impact or collision with other athletes, spectators, facility employees, pedestrians, motor vehicles, and cyclists.

***I understand the description of these risks is not complete and unknown or unanticipated risks may result in injury, illness, or death.**

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in the above described activity(ies) and related activities, I hereby agree, acknowledge and appreciate that:

1. **I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE,** the following named persons or entities, herein referred to as releasees: **Sierra League & Council and their directors and officers, and their successors and assigns.**
2. To release the releasees, 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 releasees or otherwise. By executing this document, I agree to hold the releasees 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.
3. By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this Agreement.
4. This agreement shall apply to any and all injury, disability, death, or loss or damage to person or property occurring at any time after the execution of this agreement.

This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, I FULLY UNDERSTAND ITS TERMS, I UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature of Adult Participant

Name of Adult Participant (Please Print)

Date

FOR PARTICIPANTS OF MINORITY AGE: *This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.*

Signature of Parent or Adult Legal Guardian if Participant is a Minor

Name of Parent or Adult Legal Guardian (Print Clearly)

Date

SKI & SOCIAL EVENTS WAIVER (does not include racing)

NSCF Virtual Silent Auction



The Virtual Silent Auction opens at 12:00 PM EST (Noon) on November 15th.

The auction will close at 5:00 PM EST on December 30th.

Yes, just like eBay - sort of - only it is being run by the National Ski Council Federation open to all ski clubs' members of member ski councils across the USA and the skiing public. Spread the word, tell your friends so they can join in on the fun.

The 4th Annual NSCF virtual silent auction features a Club Med vacation, several lodging packages, lift tickets, an IKON pass, an Indy Pass, Apex ski boots, Leki ski poles, Kulkea ski bag, a Transpack Hard Case Rolling Ski Carrier, helmets, goggles and ski accessories.



To participate in this auction, you need to go to the NSCF website

<http://skifederation.org/>

Scroll down the home page to the NSCF Virtual Silent Auction section and click on ENTER THE AUCTION. Once you are on the auction site you can view the items in the auction. To place bids and update your bids you will need to register on the auction site. Click the Login button at the top of the page - it will ask you to log into your account. You will need to create an account your first time on this site. This is a pretty quick procedure and not invasive. After that just log in and bid away.

Remember:

Bidding starts November 15, 2021 at 12 PM EST

Bidding stops December 30, 2021 at 5 PM EST

If you have any questions, contact vicepresident@skifederation.org.



Far West Ski Association's Volunteer of the Year Award for 2022

The Sierra League and Council would like to remind all members and member clubs of the upcoming Far West Ski Association's Volunteer of the Year Award for 2022. This award was previously known as the Man and Woman of the Year award but has been reduced to one nominee from each Far West member council.

This award is a great opportunity to be recognized for promoting and supporting the operation of your club or the council. The Big White ski area in Kelowna, British Columbia sponsors the award and the winners receive a 5-day ski/board package for two that includes: 5 Nights Lodging at Big White Inn in Big White (dbl. occ.), 5 Day Lift Ticket, 5 Day Rental



Each member club is encouraged to submit names of potential nominees to the council by early February, 2022 to coincide with the Aspen/Snowmass trip. It's never too early to start thinking about deserving volunteers.

Sierra League and Council will evaluate nominees and make a selection to submit to Far West Ski Association. The selectee will be expected to attend the Far West Convention to be held in Portland, Oregon June 9-12, 2022. FWSA reimburses one night lodging and Sierra Council pays the convention registration which includes meals on Saturday and Sunday morning.

Send Sierra League and Council names of volunteers you would like to nominate to:

Corey Doolin, VP Sierra League
alpinesnow@att.net

SAFETY - EARLY SEASON FITNESS TIPS PART 1: TIME TO TRANSITION

The following article is from the WILDSNOW website which offers lots of great information. The article below is the first of 3 articles and with direct applications to many forms of winter sports. The article is written by Sam Naney, dated October 18, 2021 on the website. For pictures and video(s) associated with this article, see the link below.

<https://www.wildsnow.com/29984/early-season-fitness-time-to-transition/>

“Part 1: Transitioning From General to Specific Activities

Are you an avid tourer/ski mountaineer, or are you inspired to put on a race bib and toe the line at an ever-more-popular skimo race? Maybe you're a fitness lapper in the pre-lift hours of your local area? Despite the myriad ways to experience skiing mountains, there are commonalities to training for each discipline. And it is exactly this training that will prepare you to enjoy the season with confidence, avoid injuries, and make your ski partners dig just a bit deeper to keep pace as the day stretches on.

Our forthcoming three-part series will help you prepare for the upcoming season. Today's article focuses on the broader ideas around successfully transitioning your training from the summer / fall months of hiking, running, biking, etc., into more ski-specific workloads. The focus here isn't necessarily to crush Strava segments or set glorious FKTs; enjoyment (as well as safety) in the mountains gets a big contribution from a good aerobic base and strength. Building yourself a good buffer of fitness allows you to better relax and take in the sights, instead of feeling like you're sucking through a milkshake straw and dragging leaden legs up the skinner. Good fitness = happier skiers.

Moving from General to Specific Activities:

Whether you've been logging miles running, backpacking, or spinning a high cadence on pavement or narrow singletrack, Fall is transition season for skiers. When moving from dryland to snow, the first thing to consider is how specifically your body has been moving vis-à-vis skinning on skis or a splitboard. Running and hiking, being foot-borne, more closely mimic the demands of skinning uphill than biking or rowing, both non-weight-bearing and done in a seated position. However, no dryland training will perfectly prepare you for skiing. It's essential to consider these differences and how you can start to move closer to simulating the touring motion.

Running is a great all-around tool for building fitness and maintaining functional strength. If you have maintained a running base through the summer, it will continue to provide an excellent method to firm up impact resistance in your lower limbs. When you look to start modifying your running training to benefit skiing, add more vertical gain in your workouts. Don't be afraid to switch to power-hiking with a quick cadence to mimic the turnover and stride in a skin track. If you're aiming to do some skimo racing, it's also good to include even faster cadence work and moose-hoofing sessions.

SAFETY, cont.—EARLY SEASON FITNESS TIPS

You don't need to (nor should you) move directly into running miles if they haven't been a part of your diet; you can instead find a local hill and begin chewing up some vert by hiking uphill. No hill? Try a treadmill at 15+ percent grade. No treadmill? Even brisk hiking on mellow/flat terrain with a small pack introduces a sufficient load to your body.

In more vertically oriented training sessions, bring trekking poles (or just your winter ski poles) to add the arms and regain that synergy of arm and leg cadence in concert. Believe it or not, if you've been running or biking all summer without much upper-body work, the first few days using poles in a steep skin track can generate some soreness.

Be conservative with the downhills, too; a huge fitness base from cycling all summer won't save you from thrashed quads on a hiking or running descent if you let the speed get away from you. Better to keep it chill and be able to do it again the next day.

In a future installment, we'll dive more into some specifics on how you can structure your aerobic and intensity training toward ski touring, including utilizing the dreaded (or beloved?) heart rate monitor to ensure you're not goosing the throttle on every outing.

In addition to the general increase of uphill, foot-borne exercise, it's time to also think about how to improve your skiing technique. If you watch successful skimo racers, they often utilize a higher turnover in the skin track, especially in steep terrain, staying on top of their skis and maximizing the grip of their skins without blowing out the kick behind them.

Again, we're not all looking to be lycra-clad crushmasters. But watching how these top men and women move in a skintrack can help inform how we might adapt those techniques to longer and lower-intensity touring days, to maximize economy and minimize energy demand.

If you have spent the summer months on a bike, now is definitely the time to start weighting your feet again with some of the techniques described above. Your leg muscles need to experience the impact of the ground to build strength not only for touring uphill but to sustain the repeated squat impacts of many thousands of feet of descent. In the next part of this series, we'll discuss how you can supplement this time on your feet with some resistance training in a gym setting, allowing a more localized attack on those skiing muscles to get them toned and ready for the slopes.

Finally, after a few weeks of transition activity, consider adding a small pack to mimic your standard day-tour pack, perhaps 10–15 pounds total. Again, think specificity. You don't want your first day with a pack or poles to be your first tour of the year; get your body prepped in advance, so it feels natural and familiar when you step into (or set) the first skinner of the season."

TRAVEL OPPORTUNITIES

The Far West Ski Association (FWSA) is one of the largest associations of snowsport enthusiasts in the U.S. FWSA covers 12 states with 10 regional Councils with more than 150 Clubs and combined membership of over 50,000 skiers and snowboarders. As a member of a club that belongs to the SIERRA Council, you are a member of FWSA and entitled to all benefits. You may also join FWSA as a Direct Member.



North American Travel

FWSA Ski & Snowboard Week 2022: Aspen/Snowmass, January 29-February 5

FWSA Ski & Snowboard Week 2023: Jackson Hole, WY, January 21- 28

FWSA Mini Ski & Snowboard Week 2022, Zermatt Resort & Spot, UT; March 20-25

FWSA Mini Ski & Snowboard Week, 2023, Big White, Canada; March TBD

FWSA Convention:

Annual Convention, June 9-12, 2022; Red Lion Hotel on River, Portland, Oregon

FWSA International Travel:

FWSA Int. Ski & Snowboard Adventure, 2022: Solden, AT w/Black Forest Extension

FWSA Int. Ski & Snowboard Adventure February, 2023: Zermatt, Switzerland, TBD

FWSA Int. Ski & Snowboard Adventure Summer, 2023: Val Nevada, Chili, w/Atacama Desert Extension, TBD

FWSA Int. Ski & Snowboard Adventure February, 2024: Madonna Di Campiglio, Italy TBD

FWSA Int. Ski & Snowboard Adventure February, 2025: Val d'Isere, FR w/extension TBD

Dive/Adventure/Cruises

FWSA Alaska Cruise & Denali Tour; June 25 - July 2, 2022; Rescheduled Dates

Croatia: Fall, 2022, Details TBD; Rescheduled dates due to COVID-19

2022 Cozumel, Mexico Scuba Dive Trip: TBA, tentatively October

Central/West Africa; 2024 TBD

Galapagos Islands, 2025, TBD

Please contact the trip leader and/or check the FWSA website for further information regarding travel/housing/schedules, registration forms, waivers, payment schedules, etc.

FWSA travel website: <http://www.fwsa.org/Travel/travel.html>

FWSA VP North American Travel:

Nancy Ellis, vpnorthamericantravel@fwsa.org

FWSA VP International Travel:

Debbie Stewart: vpinternationaltravel@fwsa.org

FWSA 2022 Sölden Ski Week & Black Forest Region Extension



Basic Ski Week: Feb. 26 – Mar. 5, 2022 (depart US Feb 25th)



You will enjoy 34 lifts taking you up 3000 meters. Attention James Bond Fans...be sure to visit the 007 Elements cinematic experience inside the summit of Gaislachkogel mountain!

Optional Extension
March 5 - 11, 2022

The largest ski resort in the Otztal Valley and the Austrian hospitality is incomparable!



Sölden hosts the Alpine Ski World Cup and one of Europe's most renowned Ski & Snowboard resorts. The infinite number of slopes and ski trails for all levels over 91 miles of slopes including 2 glaciers!

BIG 3 – Think BIG, Think SÖLDEN!

Sölden is Austria's first resort offering three mountain peaks beyond 10,000 ft.

BASIC TRIP Land Package: The 4* TYROLERHOF Hotel (Not including Air Transp. or Lift Tickets)

- Approximate lodging package costs – starting at \$1998.00 per person based on double occupancy
- Pricing is based on exchange rate of 1.20 USD vs. 1.00 Euro – subject to change
- Basic land package pricing is based on a min. of 65 people & the Extension pricing is based on a min. of 34 people – subject to change if requirements are not met. All local taxes are included
- Single Supplement and Upgraded rooms are available – quantities are limited

Land Package Includes:

- All airport ground transfers with Multi-lingual guide meeting the FWSA Group Air people upon arrival
- 7 nights' accommodations - breakfast and dinner daily at hotel
- Free Wi-Fi in hotel and Complimentary use of Wellness Center
- Complimentary 2-hour Mountain Tour 1st day of skiing. *(Be sure to select skier level on registration form - groups of 12)*
- Welcome/Orientation at the hotel with Tourist office, ski area and ski guide representatives
- Local guide at the hotel each evening for 1 hour
- Optional Day Tour, Mid-week Après Ski Party, and Farewell Party with light snacks – details to be provided

Air Transportation Information - It is HIGHLY recommended to use FWSA air transportation!

- Group Air - SFO & LAX air transportation
- Stand Alone Trip Air – contact Debbie Stewart
- Alternate airport and/or post trip deviations are available – (they are limited)

*Air prices **DO include** estimated Fuel surcharges, Taxes, and current Exchange Rate – subject to change.

*If you are arranging your **OWN** flights but wish to take the FWSA bus transfers, you **MUST** coordinate your flight schedule with the FWSA group air schedule. No special alternate pick-up or drop offs by the bus will be permitted.*

Make checks out to: **Far West Ski Association (FWSA).**

Please reference “**FWSA 2022 Sölden/Black Forest**” on each check.

**Send to: Debbie Stewart
FWSA VP of Int'l Travel
430 S. Church St.
Visalia, CA 93277**

FwsaIntlTrvl@prodigy.net

mobile: 559/737-0882

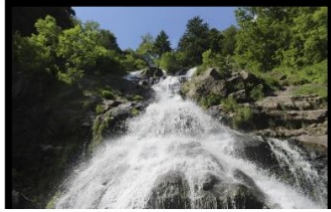
CST # 2036983-40

Extension trip to the Black Forest Region, Germany – March 5 – 11, 2022

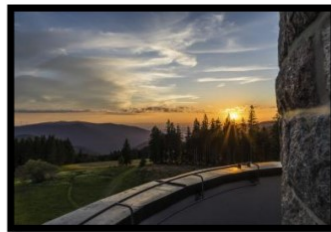
Approx. Land Package – Double Occ. = \$1709.00pp & Single Supp. = \$2169.00

A Stand-Alone trip is available! (No Sölden)

Discuss the Stand-Alone trip details with Debbie Stewart, VP of Int'l Travel



Experience Local Culture



Create New Memories
with Friends,
Old and New!



FREE TIME
TO EXPLORE!



Enjoy Regional Cuisine



Photos: © Hochschwarzwald Tourismus GmbH

The Black Forest Region in Germany is one of Europe's hottest destinations—and for good reason! Beyond the stunning landscapes and bustling cities lies a rich culture just waiting to be explored!

Black Forest Trip includes:

- Transfer between Sölden and Titisee/Neustadt via Lindau on a private coach
- English speaking guide throughout the tour
- Pricing is based on exchange rate of 1.20USD vs. 1.00 Euro – subject to change
- Stay for **5 nights** at the 4 Star Hotel Maritim
<https://www.maritim.com/en/hotels/germany/titiseehotel-titisee-neustadt/hotel-overview>
- Breakfast buffet daily
- Visit Freiburg & Triberg towns with the tour manager
- Guided city tour of Colmar with local guide and time at leisure in Kayersberg
- Guided city tour of Heidelberg and entrance to Heidelberg Castle
- Guided city tour of Straßbourg and entrance to Straßbourg Cathedral
- Transfer by motorcoach to Frankfurt with a guided city tour of Frankfurt with overnight at 4 Star NH Frankfurt airport Hotel. <https://www.nh-hotels.de/hotel/nh-frankfurt-airport>
- All local taxes

Make checks out to: **Far West Ski Association (FWSA).**

Please reference "FWSA 2022 Sölden/Black Forest Region Trip" on each check.

**Send to: Debbie Stewart
FWSA VP of Int'l Travel
430 S. Church St.
Visalia, CA 93277**

FwsalntITrvl@prodigy.net

mobile: 559/737-0882

CST # 2036983-40

"The Voice of the Western Skier"



Far West Ski Association's 2022 Mini Ski Trip March 20—25, 2022

Zermatt Utah Resort & Spa



TRIP PACKAGE PRICE STARTING AT

\$550

Price does NOT include air or ground transportation

\$25 discount if you book by September 30, 2021

4-STAR HOTEL AND VILLA PROPERTY WITH A FULL-SERVICE SPA AND WELLNESS CENTER, INDOOR/OUTDOOR POOL, HOT TUBS, 2 RESTAURANTS, A BAR, AND BAKERY, ALL ON SITE. RESORT IS 45 MINUTES FROM SALT LAKE INT'L AIRPORT; 11 MINUTES FROM DEER VALLEY SKI RESORT, AND 18 MINUTES FROM PARK CITY MOUNTAIN. SUNDANCE RESORT SKIING IS JUST 20 MINUTES AWAY.

ENJOY A SOAK IN A 10,000- YEAR OLD CRATER HOT SPRINGS!

Contact: Gloria Raminha 661-800-8229 or 661-829-5996

Garski2011@gmail.com

Nancy Ellis – 530-582-0566 or 530-414-8261

Fwsatravelnancy@sbcglobal.net

FWSA CST #2036983-40

Included:

Five night's lodging

- 2 Queen Alpine Room or
 - 2 Queen Deluxe Alpine Room or
 - 2-bedroom Villa
- Welcome Reception
Farewell Party
Happy Hours

Optional for Purchase:

- 1 or 2- day lift tickets Deer Valley & Park City Ski Resorts
- 1-day lift ticket Sundance Resort
- IKON Pass

Optional Activities:

- Crater Hot Springs
- Spa Services
- Hot Tubs
- Sleigh Rides
- Ice Skating
- Tubing

SKI.COM
TO THE MOUNTAINS

FWSA Alaska Cruise & Denali Tour

June 21 – 25, 2022: Denali Tour

June 25 – July 2, 2022: Alaska Cruise aboard the Majestic Princess

Select the Denali Tour only, Cruise only, OR add Denali tour to the Alaska Cruise



June 21 - 25, 2022: Fairbanks to Denali to Anchorage (Tour ONLY)

June 21 - July 2, 2022: Fairbanks to Denali to Whittier Port (Anchorage) to Vancouver, BC (Tour & Cruise)

June 25 - July 2, 2022: Whittier Port (Anchorage) to Vancouver, BC (Cruise Only)

CRUISE ITINERARY:

Day 1 Sun: Hubbard Glacier (Scenic Cruising)

Day 2 Mon: Glacier Bay National Park (Scenic Cruising)

Day 3 Tues: Skagway 7:00am – 8:30pm (see “Alaska Port Info” for Optional Tours for this Port)

Day 4 Wed: Juneau 6:30am – 5:00pm (see “Alaska Port Info” for Optional Tours for this Port)

Day 5 Thurs: Ketchikan 10:00am – 6:00pm (see “Alaska Port Info” for Optional Tours for this Port)

DAY 6 Fri: FUN DAY AT SEA

DAY 7 Sat: Vancouver Docks 7:30am (Transfer to airport to fly home)

PER PERSON RATES:

\$2,199.00 - Balcony Rooms/ Obstructed Views

\$2,299.00 - Balcony Rooms/ Unobstructed Views

\$2,599.00 - Junior Suites

\$234.00 per person port fees

***Inside rooms and suites also available and will get prices if interested. Room rates may vary from above rates based on location and availability.*

Above Rates Include:

- Welcome Party
- \$25 per cabin credit (\$12.50 per person)
- Tips - \$14.50 per day per person (\$101.50 wk.) charged to ship card daily
- Those who signed up for 2021 Coral Princess received the FREE premium beverage package; Free Wi-Fi; and FREE gratuities (approximate value \$900) and this carries over when you were rebooked for the 2022 Majestic Cruise
- 2022 **Majestic Princess** new signups will be informed of "Special Deals" at the time of booking.

FWSA Denali Tour and Alaska Cruise (cont.)

SHIP DEPOSITS: \$250 per person to book room number

Make check(s) payable to **FWSA**;

Send checks to: **Nancy Ellis**, P .0. Box 9681, Truckee, CA 96162

NO PENALTY TO CANCEL PRIOR TO MARCH 1, 2022;
CANCELTION PENALTIES BEGINNING MARCH 2, 2022

WHITTIER, AK: BOARD SHIP BEFORE 8:30pm, SATURDAY, June 25

Those persons on the optional Denali Tour will be bused to the ship on Saturday, June 25, ~ 5 pm

Those persons on the **Cruise Only**:

Option 1: Fly into Anchorage on Saturday, June 25, take ground transportation to the ship before 8:30pm, Transfer \$59

Option 2: Fly into Anchorage on Friday, June 24, stay at the Captain Cook Hotel overnight, take 2 transfers to the ship by 8:30pm, Saturday, \$264 per person double occupancy. Transfer \$59

DENALI TOUR

June 21 - 25, 2022: FAIRBANKS TO DENALI TO ANCHORAGE (TOUR ONLY)

Special Denali Tour arranged by **Sandy Gaudette**,
Skigroup.net Tour Operator

Per Person Double Occupancy: \$1,480



Tour Includes:

- Tuesday & Wednesday: Fairbanks River's Edge Resort, 2 Nights with Breakfast
- Wednesday: Riverboat Ferry Discovery Cruise Fairbanks
- Thursday: Alaska Railroad Adventure Class Train ride, Fairbanks to Denali with full Breakfast
- Thursday & Friday: Denali Park Village Hotel River w/View Rooms
- Friday: Kantishna Wilderness Trail Tour with Lunch (13 Hour full park day)
- Saturday: Private Bus Denali to Whittier to catch ship.
- No Host Lunch stop in Anchorage (*those departing home will take taxi to the airport*)

SPECIAL NOTE ON ROOM REQUESTS: Any requests you make for a specific hotel room type or amenity (for example view, bedding, roll away) will be forwarded to the hotel. These are requests only, and we cannot guarantee room features other than as described in your itinerary below. Payment for incidentals, room upgrades, or extra services will be your responsibility.

Not included in trip: Air to Fairbanks, Air/Transfers; Anchorage home (Denali Only Tour), bus driver and tour guide tips.

SKI INDUSTRY NEWS

Ski industry news from the National Ski Club News, National Ski Council

September-October -November 2021

Steamboat Resort, CO, Expansion Gets Go Ahead From Forest Service to Make it Colorado's 2nd Largest Resor: Steamboat Resort, CO announced that its' \$135-million master plan to make the resort the second largest in Colorado has received approval from the US Forest Service. The approval follows a public comment period in July. SnowBrains

Vail Announces Largest Set of Lift Upgrades in North American Ski History: A \$325M, 19-lift, 14-resort project will transform ski experience at some of the continent's busiest resorts for 2022-23. An absolutely monster project will drop 19 new lifts on 14 mountains by the start of the 2022-23 ski season. The Storm Skiing Journal

Squaw Valley Ditches its Name Saying it's Racist and Sexist: The famed Squaw Valley ski resort near Lake Tahoe is changing its name, after a long debate and input from Native American tribes. The leadership of the resort, which will now be known as *Palisades Tahoe*, says, "The old name was derogatory and offensive." NPR via Intopia | Destimetrics

Vail Resorts Nixes Reservation System This Year, But Vaccine Proof Will Be Required for Some Dining: Vail Resorts will require proof of vaccination for guests to dine at indoor on-mountain, cafeteria-style restaurants this winter and vaccinations will be required for all employees. *Denver Post* via Intopia | Destimetrics

Ikon Pass Holders Will Be Required to Make Reservations at Jackson Hole Mountain Resort, WY, Next Season: Seven ski days at Jackson Hole are included on the Ikon Pass and are a \$150 add-on to the Ikon Base Pass. The resort aims to operate all lifts at full loading capacity, including the Aerial Tram, and Jackson Hole pass holders will *not* be required to make reservations. SnowBrains

Ikon Adds Dolomiti Superski and Kitzbühel: Ikon Pass has expanded its European connections to include Dolomiti Superski in Italy and Kitzbühel, Austria, which join Zermatt, Switzerland, on the Ikon Pass SAM

Tahoe-Area Ski Resorts Optimistic About Opening on Time Following Caldor Fire: Sierra-at-Tahoe, Kirkwood and Heavenly expect to be open this winter once there's enough snow. CBS Bay Area via Intopia | Destimetrics

Appeals Court Blocks Palisades (nee Squaw Valley) Expansion: A California appeals court blocked a 30-year, \$1 billion expansion plan for Squaw Valley Alpine Meadows, saying the development plan fails to adequately address potential environmental damage, as well as increased area noise and travel. SAM

Alterra Acquires Purcell Heli-Skiing: Alterra Mountain Company has purchased Purcell Heli-Skiing in British Columbia, Canada. The business and ski tenure will be incorporated into Alterra-owned CMH Heli-Skiing & Summer Adventures. SAM

Sophie Goldschmidt appointed U.S. Ski & Snowboard President & CEO: Goldschmidt will officially begin on October 18, taking over from current President and CEO Tiger Shaw. Goldschmidt will be relocating from Los Angeles to Park City, Utah. Ski Racing

SKI INDUSTRY NEWS (Cont.)

Dodge Ridge (CA) Sold to Mountain High Owners: California's Dodge Ridge Ski Resort is being acquired by Mountain High Resort, Calif., owners Invision Capital and Karl Kapuscinski, Mountain High president, and CEO. Longtime Dodge Ridge owners Frank and Sally Helm are retiring. The Helm family has owned and operated the ski area since 1976. SAM

Injury Insurance Added to Ski Passes Could Take Financial Pressure Off Skiers, Boarders: A new kind of injury insurance is taking a little financial pressure off athletes of all levels and attracting ski resorts looking to add extra perks to their passes. Spot insurance, which launched a year ago, partnered with Telluride Ski Resort this season which has added the insurance to its passes. CBS Denver

Sustainable Skiwear Rental Platform Launched: EcoSki say that their new rental division offers, "...a practical, cost-effective, sustainable solution for skiers wanting high-quality kit without the high-end price tag." Kits available to rent includes everything from jackets, pants, helmets and goggles to socks, base layers, gloves, beanies and even avalanche equipment. InTheSnow.com

A \$4 Million Partnership Will Result in 13,000 Ski Visits for Kids New to the Sport. The Ikon Pass parent company allies with the Share Winter Foundation to help further diversify skiing this season. *Ski Magazine* via Intopia | Destimetrics *Ed. Note: Constance Beverley, Share Winter CEO, spoke at the 2019 NSCF Annual Meeting in Jackson, WY.*

Indy Pass Adds Manning Park, Sovereign Lake Nordic, Seven Oaks, The Rock Snowpark: The new resorts include Seven Oaks, Iowa, and The Rock Snowpark, Wisconsin, adding to Indy's considerable Midwestern strength and density. The other two additions, both in British Columbia, are Manning Park and, in a first for Indy, Sovereign Lake Nordic Club, a massive cross-country facility that offers no downhill terrain. *The Storm Skiing Journal*

POWDR to Offer Express Lift Access Upgrade. POWDR is launching Fast Tracks, a daily ticket or season pass upgrade option for express lift access via dedicated lanes at four of its resorts: Copper Mountain, Colo., Killington, Vt., Mt. Bachelor, Ore., and Snowbird, Utah. Fast Track passes will start at \$49 per day, but the pricing will vary by resort and be dynamic based on peak periods. SAM

Fast Tracks Raises Storm of Controversy, POWDR Responds. After POWDR launched its new Fast Tracks pay-for-faster-lift-access program, reaction from skiers and snowboarders was swift—and largely negative. In response to the feedback, POWDR posted "A letter to the community regarding Fast Tracks" from co-presidents Wade Martin and Justin Sibley. SAM

Challenges Ahead for Sierra-at-Tahoe Recovery After Fire. Significant damage sustained from the Caldor Fire—a 221,000-acre conflagration that tore through the Tahoe Basin in late August and September—will impact operations at Sierra-at-Tahoe for the coming season, according to the latest from the resort. SAM

Sunday River to Install Eight-Passenger Lift. Sunday River, Maine, will install a new Doppelmayr D-Line eight-passenger bubble lift for the 2022-23 winter season. It will be the third lift of its kind in North America, all of which are at Boyne Resorts-owned properties—Big Sky Resort, Mont., installed the Ramcharger 8 in 2018, and Loon Mountain, N.H., debuts the Kanc 8 this winter. SAM

SKI INDUSTRY NEWS (Cont.)

Boyne Resorts Buys Shawnee Peak (ME). Transition of the resort's ownership has begun immediately, with all Shawnee Peak team members being retained under Boyne Resorts' ownership. SAM

Solitude Mountain Resort, Utah, Announces Extended Lift Opening Times. Starting in mid-December, select chairlifts will have extended lift hours on weekends and holidays, opening an hour early. Then, in mid-March, lift operations for the whole mountain will "spring ahead" with daylight saving time all lifts will run from 9:00 a.m. to 5:00 p.m. every day through the end of the season. SnowBrains

PSIA-AASI and Women of Winter Launch Scholarship Program to Drive Inclusivity. The Professional Ski Instructors of America, American Association of Snowboard Instructors (PSIA-AASI) and Women of Winter are hosting instructor training and certification events for Black, Indigenous, Women of Color to encourage & support Women of Color to pursue opportunities to teach skiing or snowboarding. SnowBrains

Norwegian Archaeologists Uncover 1,300-Year-Old Ski Preserved in Ice. The ski, uncovered with its primitive binding still attached, is the best-preserved prehistoric example to date. *Ski Magazine* online

AccuWeather Releases 2021-22 Winter Forecast. If you're not overwhelmed yet by winter forecasts (NOAA, Old Farmer's Almanac, Farmer's Almanac, Direct Weather), AccuWeather's meteorologists have just released their winter forecast. SnowBrains

Top Five Ski Apps for the Winter Ahead. Check out some of the apps the folks at GetSkiTickets found most useful for keeping track of each other, keeping track of the runs skied, and ultimately, keeping track of who has earned the bragging rights on a blower day. [GetSkiTickets.com](https://www.getskitickets.com) *Ed. Note: I can vouch for Open Snow. Local forecaster Bryan Allegretto sends a detailed Tahoe forecast every morning during season.*

The 11 Best Ski Towns in the U.S. What makes a great ski town? Obviously, the slopes, but it also needs to have a great village with shops, restaurants and activities, plus great accommodations. Pure Wow's top picks. PureWow.com via NBSWR's Facebook page.

Ski Fashion through the Decades. Having really only sprouted legs in the US after WWI ended in 1945, skiing is still pretty young. Despite its youth, the sport/lifestyle that we know and love has gone through many phases of fashion. Here's a rundown of the major trends of each decade starting all the way back at the turn of the 20th century when skiing was focused primarily in Europe. GetSkiTickets.com

Donate Your Used Gear to Help Others Experience the Outdoors. Your used gear can help fund outdoor experiences for children and adults with disabilities. *Ski Magazine* online

One Warm Coat provides free coats to children and adults in need while promoting volunteerism and environmental sustainability. Through their [Coat Drive Program](https://www.onewarmcoat.org), nearly 4,000 volunteers organize coat drives and collect and distribute more than 500,000 coats each year in local communities within all 50 states. They have invited NSCF council and clubs to participate by making the information available or to organize a coat drive to benefit a local charitable organization partner. [One Warm Coat](https://www.onewarmcoat.org)

SAM= Ski Area Management (www.saminfo.com)



www.sierraleague.com

