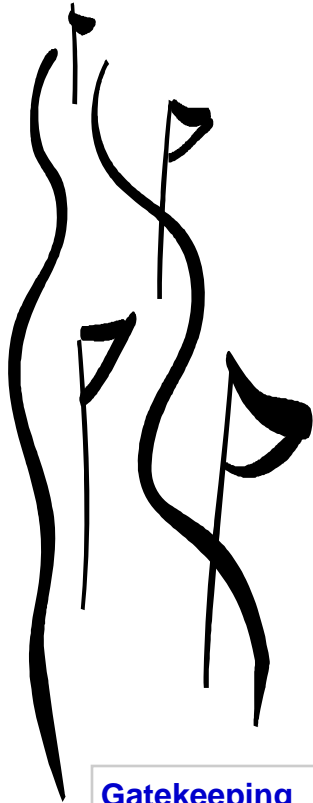


Feb.-Mar. 2010

2009-2010 Racing Schedule



Feb. 27	Slalom <i>with Singles</i>	Squaw
Feb. 28	GS <i>with Singles</i>	Squaw
Mar. 6	Super G clinic	Northstar
Mar. 7	Super G	Northstar
Mar.13	Slalom	Diamond Peak
Mar. 14	Carving Cup Race	Northstar
Mar. 27-28	Norcals	Squaw
Apr. 9-11	FWRA Championships	Mammoth

Weather may cause cancellations and changes. For the latest information always check the Sierra League website www.sierraleague.com. To register for joint Sierra/Singles League races, use the Singles League page created for Sierra racers:

<http://www.slrcing.org/registration/sierra-registration/sierraReg.php>

Gatekeeping

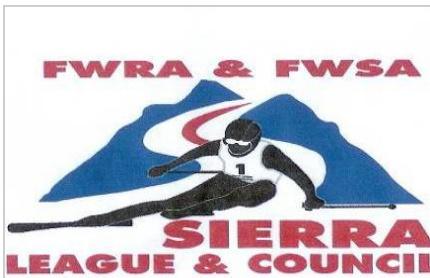
—By Lauri Thompson, Sierra League & Council Head Gatekeeper

Welcome Sierra League Racers and Volunteer Gatekeepers. Gatekeepers will no longer be using clip boards on the slopes. We now have pocket- sized folders to hold the gatekeeper forms. You may sign up for gatekeeping online or the morning of the race. At registration see the head gatekeeper, Lauri Thompson, for the folder and assignment.

Carving Cup Race, RESCHEDULED to March 14th

We were blessed with ALOT of snow Dec. 12, creating great skiing for Dec. 13, but not a good situation for racing the Carving Cup. With a very busy race schedule this season our only option is to move the Carving Cup race to March 14.

Carving Cup is set with buoys instead of gates. It is not just the time of your run, but also points gained from skiing around the buoys. A full description of Carving Cup is posted on the website. The Carving Cup race will be \$10 for racers who do not purchase Sierra season race passes. Discounted Northstar lift tickets will be available for the Carving Cup race.



Board Members

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Logowear: Barbara Bryant
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Race Scheduling: John Manter
775-831-6667
jmanski@aol.com

Race Training: Paul Laudenschlager, 530-582-9593
plaud@cebridge.net

President's Message

—By Jo Simpson, Sierra League & Council President



Racing—Finally!

The winter of 2009-10 has blessed us with great snow that provided great powder skiing and the first Thanksgiving week skiing in several years, but unfortunately cancelled our Jan. 23-24 races. But not to worry—we're only beginning midseason and there's lots of great skiing and racing ahead. To get the latest updates on racing and other activities, be sure to check the website. Remember that members of all Sierra Council club members can get discount lift tickets on race day by coming to race registration before 8 a.m.

Mark your calendars for our annual Sierra Picnic May 2, tentatively at Squaw depending on the weather. This event is also when we elect officers for the coming year. Please consider running for a Sierra Council office. Serving on the council board will add a new perspective to your participation in the overall organization.

The Far West Ski Association Convention will be near Palm Springs at Indian Wells June 10-13. Make plans to attend this fun and informative event to support our Sierra Man and Woman of the Year candidates Beth Perryman and Jim Sommer. The San Diego Council is hosting and they are planning a lot of different activities to shake things up.

Bay Area Council/Disabled Sports USA Far West Ski for All Sat. March 27 at NorCal Championship Races

This annual event will occur during the NorCal Championship races at Squaw. You can collect donations from friends and ski club members using the form at http://www.skibac.org/events/Event_DSUSAFW_BAC SkiForAll2010_100327.pdf. Each person turning in an entry form will receive a Squaw Valley lift ticket good for March 27, 2010, a \$5.00 voucher towards food and a raffle ticket with a chance to win some nice prizes. For \$200 or more in donations, the person turning in the form also gets an additional raffle ticket plus the chance to win the Grand Prize-- Any Atomic Ski & Binding or Atomic Snowboard & Binding of their Choice!

You can increase your chances of winning the GRAND PRIZE with every \$200.00 that you turn in along with receiving additional raffle tickets! If you have a Squaw pass, the lift ticket can go to a friend. Disabled Sports USA is a 501c3 nonprofit organization. The money raised at this event goes towards the purchase and maintenance of equipment used at The DSUSA Ski School ~ just one "Sit Ski" with "outrigger poles" is over \$4,000.00! This year DSUSA asks you to contact them (info on the flyer) by March 22, so they know how many people to plan for March 27 at Squaw Valley. For additional information about DSUSA you can go to their website www.dsusafw.org. Contact Dennis Hefley, BAC President if you have questions about the Ski for All event: skihfeffley@aol.com, 925 - 998 -4415.

Member Clubs and Contacts

Cabernet Ski Race Club

Donn Bryant, President
gsracer@cebridge.net
530-550-9452

Capital Ski & Sport Club

www.capitalski.org
Paul Sickert, President
Paul.sickert@dss.ca.gov

Code 3

Jim Sommer, Racing
sommerskier@aol.com
775-322-5805

Las Vegas Ski Club

www.lasvegasskiclub.com
Mark McNeil, President
Mark_d_42750@yahoo.com

Reno Ski & Recreation Club

www.Renoskiandrec.com
Ken Simpson, Racing
775-787-7566
jksimp@msn.com

RU SKI Club

Pavel Bosin, President
pavel@bosin.net
408-374-1648

Sacramento Fagowees

www.sacramentofagowees.org
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Sequoia Ski Club

www.sequoiaskiclub.com
Woody Hogan, President
woodyhogan@hotmail.com
559-679-7545

Sugar Bowl Ski Club

www.sugarbowlskiclub.com
Jim Henderson, President
hendo2j@gmail.com

Tahoe Donner Senior Alpine Ski Club

www.tdski.com
Nancy Ellis, Racing
nancyellis2@sbcglobal.net

Tahoe Rat Pack

Mark Lilly, President
marklilly@aol.com
530-541-8250

Top Gun Ski Club

Mike Williams
willy11@sbcglobal.net
775-832-2223



Check out Carving Cup racing March 14 at Northstar

—By Pavel Bosin, Sierra League Race Director

The Sierra League is holding the rescheduled Carving Cup race Sunday, March 14 at Northstar. This is the day after slalom race at Diamond Peak, so you can make a weekend of interesting races. Carving Cup allows Sierra League and Council members and guests to enjoy something new and different on the snow that weekend.

What to expect on March 14 at Northstar?

Morning registration will occur at the regular place in the village at 8am. It will be closed by 9am. We also hope to be able to register drop in racers at the start arena later. Late drop-ins will have to sign the liability waivers, pay cash, and will be added to the end of the start list. Registration on the hill closes after the practice run. Registration fee will be \$10 and free for Sierra season race pass holders.

For the past season and a half, I've been trying to organize a Carving Cup race for Sierra. Carving Cup gained its popularity in Europe in the late 90s, when first Elan "parabolics" and then other brands' "shaped" skis allowed skiers to carve perfect arcs on the snow. FIS sponsored international races attract national teams from up to a dozen of countries. The most active countries, who host major Carving Cup events, are Italy and Poland.

What makes Carving Cup different from other Alpine disciplines? A lot!

First, the course.

It is set with buoys instead of gates. Think of water slalom. But in every turn there may be from one to three buoys. In every turn you make a choice which buoy to ski around. Blue is usually is an inside one. Red is outside, which makes you ski wider. Yellow is in between.

Second, the scoring.

It is not just the time of your run, but also points. When you clear a Blue buoy, you get 3 points. A Yellow buoy nets you 4 points and a red 5 points. All the points in each turn are added to your total points value. The winner has the smallest ratio of time divided by total points. If you ski wider, it takes longer, but gives more points. Figure it out! In the two runs race the best run counts.

Third, the equipment.

You don't need speed suits, protective gear, and poles. Actually all of these are not allowed on the course, just ski in your comfortable ski clothes.

(continued on page 4)

Carving cup (continued)

Why this format should be good for recreational racing? I think it has a number of advantages.

The course is usually set on a flat hill with 8 - 12 turns. The speeds are low. The course is not intimidating and scary for any level of skiers. To do well, you just have to do clean turns. Snowboarders on carving boards have no disadvantage compared to skiers. Carving Cup is a great opportunity to attract kids and families. Because of slow speeds, the course holds better. Especially if set on hard packed man-made snow.

The course should be set by 9am and opened for inspection only for 20 minutes. At 9:30am we plan to give everyone a practice run in the start order. The race runs will start at 10:30am. There will be no rotation in the start order. It will be the same for all runs.

The start order will be the following:

Legends women, Jr women, Vet women, Open women, Legends men, Jr men, Vet men, Open men.

There will be no class levels nor snow board vs. skier class differences.

The start order within each class will be based on registration order.

Register earlier - get earlier start.



We will need several teams of volunteers.

Registration - Both in the village and in the start arena.

Gatekeepers with walkie-talkies. One or two in the start arena. Two on the course. Two in the finish arena. One at the scoreboard.

Data entry on the laptop. The Northstar Race Department will provide coaches to set and restore the course, a starter, and a person to work the timer. But since scoring involves visual point counting, data entry becomes crucial.

Sierra League awards will be given at the lodge after the race. We were cancelled in December 2008 for lack of snow and December 2009 for too much snow! We managed to set up a demo course during the FWRA Championships at Northstar last April, where quite a few people had fun and a taste of this type of race. We are excited about the carving cup race in March, when the Northstar Race Department together with Sierra League will host our first race in the new format.

Boreal Race Clinic

—By Elaine Hilliker, Sierra League & Council Treasurer and Newsletter Editor

If you didn't make it to the race clinic this past weekend you missed a great one. The weather was spectacular and the coaching was very enlightening and encouraging, at least for me and those I talked to. The coaches are great and they volunteer to do this great coaching. This is a great way to start the race season. / we had enough participants to make a nice profit over our expenses, which will help fund future league and council activities.

Thanks to Paul Laudenschlager for organizing the clinic and to our volunteer coaches Pavel Bosin, Kris Buttenberg, Jim Sommer, Eric Northrup and others who helped out to make the clinics successful.

FWSA NEWS

—Highlights from Barbara Bryant's Newsgroup on the FWSA website



Benefits to belonging to FWSA and the National Ski Council Federation:
<http://www.fwsa.org/1515711.htm> and <http://www.skifederation.org>.

The Canyons, Park City, UT. Present your FWSA membership card and receive 20% off lodging. Call 1.888.CANYONS for reservations. **VOmax** is offering National Ski Council Federation members a 10% discount on all orders from their new "Kid & Glide" family of products. In the industry they are considered the leaders of technical apparel for jobs.

Join the FWSA News Group. Receive monthly "FWSA Hot Sheet" with short bullet points of information about FWSA and Travel with links to the web site. You can unsubscribe at any time. Your email address will not be visible to other members of this group, and it will not be used by any other group or sold to anyone. Go to <http://sports.groups.yahoo.com/group/FWSAnews/> OR www.fwsa.org, click on FWSA News, click on subscribe; OR contact membership@fwsa.org and the FWSA VP of Membership will add your email address to the newsgroup.

Sierra Council Scores at FWSA Ski Week, Sun Valley for 2011

—By Jo Simpson, Sierra League & Council President

Sierra Council did well in the race competitions at the Far West Ski Association ski week at Keystone, Jan. 30 – Feb. 5. Although we are one of the smallest councils in FWSA, we proved once again that we are mighty when it comes to racing. Sierra placed second in overall racer points. The Reno Ski and Recreation Club won third place in club points. Sierra was the only council to field two teams in the Council Challenge race. Our Team 1 won third place. Many of our council members on the trip won medals in their race classes, which contributed our second place in the council total points and to Reno's third place win in the club competition.

Kudos go to Debbie Stewart, our Vice President for Travel, who ran a well-organized trip, which included a very nice council dinner.

The 2011 FWSA Ski Week will be at Sun Valley, Jan. 22-29. These are fun trips with lots of parties after the slopes close. Sun Valley is a wonderful ski resort with lots of history and great skiing. The town of Ketchum has lots of interesting restaurants, bars and shopping opportunities. Debbie is working on the trip details and will have them ready shortly. Mark your calendars and plan to attend.

Websites of Interest



Far West Ski Association: www.fwsa.org
National Ski Council Federation: www.skifederation.org
Far West Racing Association: www.fwra.com
US Ski Team: www.usskiteam.com
Far West Masters: www.farwestmasters.com
US Ski & Snowboard Association: www.ussa.org

Travel

Debbie Stewart, Sierra League & Council Travel VP



FWSA's 78th Annual Convention—June 10-13, 2010 It will be at the Renaissance Esmeralda Resort and Spa In Indian Wells, CA near Palm Springs. San Diego Council will be hosting the convention with many activities included. See the flyer on the next page of this newsletter.

FWSA CRUISE—FALL 2010—Leaving Boston, visiting Portland Maine, Bar Harbor, St. John, New Brunswick, Halifax, Nova Scotia and Boston. "The Cruise Company" is putting together a package for this cruise. There will also be a package prior to the cruise to tour the Boston area. Pricing will be available for this trip at a later date .

Check the FWSA website: www.fwsa.org or the Sierra League and Council website: www.sierraleague.com for information about the above trips.

Thanks to our Sponsors

Thanks to **Dave Garner of Reno Mountain Sports** for his sponsorship of Sierra League and Council. Please visit Reno Mountain Sports for your skiing and racing needs.



Thanks to **Clif Bar and Gary Erickson** for sponsoring Sierra racing.



Habervision is a sponsor for the FWRA. Save **50%** off retail prices for polarized sunglasses and ski goggles. Go to the website: www.habervision.com. Enter



the affinity member code:
FWRA giving credit to FWRA for your purchase.



**FAR WEST SKI ASSOCIATION'S
78th Annual Convention
80th Anniversary
Hosted by San Diego Council**



Thanks For The Memories



***Renaissance Esmeralda Resort and Spa -Indian Wells, California
June 10-13, 2010***



Convention Highlights:

Silent Auction, Travel Expo, Celebrity Speakers
Saturday Awards Luncheon
Celebrity Multi-Media Presentation
Saturday Awards Banquet & Dance
FWSA General Meeting and Elections
Snowsports Leadership Academy

Fun Optional Activities:

Pub Crawl, Esmeralda Spa Day
Tour of Celebrity Homes & Lunch
Tram Ride & Hike, Pool Party
Annual Michael German Memorial Golf Tournament

Information

Jane Wyckoff, FWSA Convention Chairman
janeywyckoff1@cox.net Phone: 949-933-9607
Mary Olhausen, Silent Auction Chairman
Omary52@comcast.net Phone: 503-880-7383
Eileen Sanford, SDCSC President
Esanford1@san.rr.com Phone: 858-695-1442

Transportation:

Alaska Airlines - Group Code: ECCMB1203 (10%
Discount) - to Palm Springs or Ontario
Airport Taxi Company - Call 760-862-9000

Hotel Amenities:

560 renovated oversized guestrooms
3 Heated Pools, Fitness Center
Luxurious Spa Esmeralda
Live Entertainment, 5 Restaurants
Wireless Internet Service

Hotel Reservations:

Renaissance Esmeralda Resort and Spa
44-400 Indian Wells Lane
Indian Wells, California 92210
www.renaissanceesmeralda.com

Rates per night plus tax:
Single/Double Occupancy \$139,
Pool View \$169, Spa Suite \$214
Rates available 3 days pre and post convention
Resort Fees Waived, Complimentary Parking

Call 1-877-804-4070 or 1-800-446-9875
Group Code: FWSA

Make On-Line Reservations at:
<https://resweb.passkey.com/go/fwsa2010>

Complete 2010 Convention information is available
on the FWSA website: www.fwsa.org