

JANUARY, 2004



## 2003 — 2004 Race and Events Schedule

### 2004:

Jan 14	Boot Fitting Clinic, Reno, NV
Jan 24-31	FWSA Ski Week, Lake Louise, Canada
Jan 31, Feb 1,2	FWSA Ski Week, Extension to Jasper Canada
Feb 7	Race #4, Slalom, Homewood
Feb 8	Make-up Race, Giant Slalom, Homewood (from 1/4)
Feb 21	Super G Clinic, Northstar
Feb 22	Race #5, Super G, Northstar
Feb 28	Race #6, Giant Slalom, Heavenly Valley
Feb 29	TBD, Make-up date
Feb 27-Mar 6	FWSA Pre-Trip extension, Andorra & Barcelona, Spain
Mar 6-13	FWSA International Ski Trip, Morzine, France
Mar 7	Race #7, Giant Slalom on Ironhorse, Northstar
Mar 13-20	FWSA Post-Trip extension, River Cruise & Nice, France
Mar 14	Race #8, Slalom, Diamond Peak
Mar 20-21	Nor-Cals, Alpine Meadows
Apr 2-4	FWRA Championships, Heavenly Valley
TBD	End of the Season Awards Party
May 1	May Day-May Day, Alpine Meadows
June 10-13	FWSA Annual Convention, Reno/Sparks, NV
Aug 26—Sept 8	FSWA Europe Trip, Scandinavian Explorer
Sept 19-26	FWSA Alaska Cruise

### 2005:

Jan 23-30	FWSA Ski Week, Aspen, Colorado
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Submit any updates to the calendar to the editor @ [slabanshee@aol.com](mailto:slabanshee@aol.com).

**NOTE:** The January 4th race (#3) at Homewood was cancelled due to too much snow!  
**It is rescheduled for Sunday, February 8th at Homewood.**

Check out the Sierra League web page: [WWW.SIERRALEAGUE.COM](http://WWW.SIERRALEAGUE.COM) for further info!

## Sierra League/Council Officers 2003—2004

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**Club/League websites:**

Sierra League: [www.sierraleague.com](http://www.sierraleague.com)

Far West Ski Assoc: [www.fwsa.org](http://www.fwsa.org)

Far West Race Assoc: [www.fwra.com](http://www.fwra.com)

Far West Masters: [www.farwestmasters.com](http://www.farwestmasters.com)

## "RACER READY!! 5-4-3-2-1-Go!" John & Nancy Manter, Race Chair couple

Happy New year everyone! The snow fall that has hit the Sierras this past week gives the rest of our ski-racing season a big boost. We can look forward to many great races with plenty of snowpack!

Our first race on Saturday, December 13th and the Holiday Dinner at Northstar were a success, in spite of soggy weather. Sunday, December 14th brought beautiful weather and a challenging, fun slalom course at Alpine Meadows. Thanks to all who helped with the races; we had more volunteers for gate-keeping than we needed. We'll need you the next time though! Thanks to Dan Jeffreys for getting our results in record time! They are posted on the league web site.

Information about the races is available on the web site too. Please check it regularly for updated news about the races this season including changes, such as cancellation and make-up.

On Friday, January 2nd, we posted the cancellation of the G.S race at Homewood that was originally scheduled for January 4th. We hope you all found out about it and were able to get out and enjoy the powder.

Remember to invite any friends and/or friends from other leagues, like Singles or Open league who would like to race with us. They can drop-in for just \$20.

After the FWSA ski week at Lake Louise, Canada, the next race will be a Slalom on Saturday, February 7th at Homewood. **AND**, due to the cancelled race on January 4th because of TOO MUCH snow, we will have our make-up G.S. race on Sunday, February 8th at Homewood. We're hoping for a great turnout for that weekend.

John & Nancy Manter

## Boots, Boots, Boots...

If you have been skiing a long time your ski boots have probably been a problem more than once, but hopefully not every time. Some people struggle with their boots all the time, but their love for the sliding sensations shadows the discomfort of those nasty ski boots. It does not have to be that way. Everyone needs snug boots, racers often like tight boots, but nobody has to wear painful boots. If you are in pain get some help. Most ski shops in the Reno/Tahoe area have at least one boot technician that can put an end to those aches and pains. Be patient. Even the best boot fitter may not fix your problems on the first try and it might not be free.

In most cases part of the remedy will be a good footbed. Footbeds will last you far longer than your boots. They cost a lot less and are worth a whole lot more. Footbeds are similar to orthotics except they are not fabricated by a doctor and are not "corrective". They are made by a boot technician that has an understanding of how to enhance the comfort and performance of your boots by providing your feet a stronger foundation. Footbeds prevent your feet from moving around in your boots (better performance and comfort). Generally they allow you to ski in your boots without buckling them as tight as previous to the footbed addition (warmer feet and more comfortable).

Footbeds come in a wide range of prices and performance (\$30-\$150). I would recommend a custom footbed rather than the "trim to fit", although the trim to fit are leaps and bounds better than none at all, and you can use them in regular footwear.

Performance is also a very important part of ski boots. There isn't one formula that is the same for everyone because skiers come in all shapes, sizes, and ability levels. Here are a few modifications that will enhance the performance of your boots.

*Lifting and canting* ski boots is very common among competitive skiers. You may have never noticed it, but like footbeds, most elite competitive skiers have had their boots lifted and canted. Lifting the boots is simply adding material to the bottom of your boots in order to give you more leverage. This

is much the same way that bindings are lifted and give you added leverage. Canting is changing the angles of your boot sole laterally to ensure that you are capable of riding a flat ski when you are standing in your natural stance. In other words, if you are "knock kneed", or "bow-legged", or somewhere in between, canting the boots will fine tune your stance.

Reno Mountain Sports is capable of lifting and canting your boots. If you need further explanation, please contact me or Dave Garner, or attend the clinic on Wednesday, January 14<sup>th</sup> at 7:00 PM at the store. We will demonstrate the process and explain the benefits it will have to your skiing.

Last, but not least, is the *Flex*. How stiff should your boots be? This will vary dramatically due to your height, weight, and ability. A heavier person needs stiffer boots to accomplish the same level of support as a lighter person. What is support? You should be able to flex your boots at the ankles, however, you shouldn't be able collapse the boots without any effort. Racers typically are using very stiff boots, beginners very soft boots. Racers are usually stronger, more skilled, more balanced, and need very responsive boots while beginners are less skilled, less balanced, and need moderately responsive boots. Most skiers fall somewhere in the middle of the scale. Boots can also be stiffened or softened if necessary.

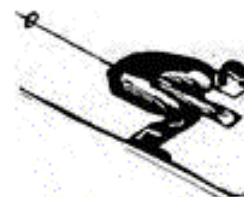
If you have questions please contact me or your local experienced boot fitter. Do not wait any longer to get the right boots for you or to fix up those old boots. You will be glad you did.

See you on the slopes!

George Richter, Race Department, Reno Mtn Sports  
georichter@yahoo.com

Reno Mt. Sports  
155 East Moana Lane  
Reno, NV

Call: (775) 825-2855 (or  
leave voice message)



## Public Affairs and Safety

### Congressional Ski & Snowboard Caucus Kick-Off to promote Winter Sports

On September 17th, the Far West Ski Association (FWSA) in conjunction with the National Ski Council Federation (NSCF) was invited to participate in the kick off of the newly formed *Congressional Caucus on Skiing and Snowboarding*. This caucus is an informal bipartisan group of Members of Congress who participate in winter sports and have interests in the issues facing snow sports. The aim of this bipartisan group is to "promote the health and physical benefits" of winter sports and ensure the financial health of the country's ski industries. Goals were also set to deal with issues related to land management, transportation, wildlife, education, and housing (at ski-resort communities). The FWSA strongly supports the goals of this caucus and looks forward to support from congressional caucus members to achieve these goals.

The setting for the kick-off was the Canon Office Building in Washington, DC and was attended by over 100 congressional representatives and staffers, snowsports retailers, resort executives, and other industry professionals. The event was also the kick-off of "*Winter Feels Good*" (WFG), a public awareness campaign sponsored by SnowSports Industries America (SIA) and the National Ski Areas Association (NSAA) to promote the health and physical benefits of winter sports. NSAA represents 326 alpine resorts and SIA is a group of 750 snowsports manufacturers, distributors and suppliers. The WFG website is:

Also in attendance to introduce the caucus and promote the WFG program were former Olympic and world alpine champion, **Diane Roffe** (gold medal in the Super G at Lillehammer in 1994, silver medal in GS in 1992 at Albertville) and current moguls Olympiad Shannon Bahrke of Tahoe City, CA (silver medal in 2002 at Salt Lake; 2003 World Cup Moguls titlist). Roffe told the group, "Winter sports are good medicine for the mind and body." Burke added, "It's pretty basic—get people involved in having fun during the winter. The idea is to support families and kids to get off their butts. There is so much to do in the winter."

The congressional caucus roster includes: Mark Udall (D-CO-2nd), Jim Sweeney (R-NY-20th), Jeb Bradley (R-NH-1st), Dennis Rehberg (R-MT-at large), Jim Matheson (D-UT-2nd), Jim Gibbons (R-NV-2nd), Loretta Sanchez (D-CA-47th), Chris Cannon (R-UT-3rd), John Doolittle (R-CA-4th), Bernie Sanders (I-VT), John McHugh (R-NY-23rd), Doug Ose (R-CA-3rd), Jim McGovern (D-MA-3rd), Jim McDermott (D-WA-7th), Barbara Cubin (R-WY-at large), and Earl Blumenauer (D-OR-3rd).

Sierra Council is a member of NSCF. NSCF is a not for profit educational organization whose function is to educate its members, disseminate information in order to assist ski councils in serving their members, and to encourage honesty and integrity within our member ski councils. The identification, development and sharing of expertise is also an important ongoing function of the organization. Further information about NSCF may be found at their website:

**[www.skifederation.org](http://www.skifederation.org)**

## Public Affairs and Safety (cont.)

**Area Development at a Glance:** (from The Councilman, FWSA publication, Winter, 2003 issue):

- y Arizona Snowbowl: Draft environmental impact statement on Arizona Snowbowl's improvement and snowmaking proposal was expected in 11/2003. Public provided with 45 days to comment before Coconino National Forest management. Final decision expected in early 2004.
- y Brundage Mountain, ID: Received final approval for expansion from the U.S. Forest Service. Chair lifts will expand from 3—8, carrying capacity will increase from 1,700 to 5,000 people, and 800 acres of new ski terrain will be added.
- y Moonlight Basin, MT to open in 2005. Along with Tamarack Resort, ID, this is one of the first new U.S. snowsports resorts to open in more than 20 years. Moonlight will offer 1,500 skiable acres with 1,250 acres serviced by lifts.
- y Bureau of Land Management issues draft environmental impact statement for Silverton, CO ski area to access 1,300 acres of public land surrounding its single ski lift.
- y Lolo Peak, MT is planning a feasibility study for a new resort.

**Ski Pass Insurance Now offered:** (from a recent article in the *Wall Street Journal*)

Ski passes can carry a hefty price tag, many topping more than \$1,200 at the premium resorts. A Kalispell, MT company is now offering an insurance policy that refunds part of this investment if a skier or snowboarder misses 30 consecutive days on the slopes due to injury or illness. Offered thru **Skier Insurance Services**, (Ron Iverson, President) the policy costs 6% of the price of a season

and includes \$15,000 coverage for emergency evacuation from a mountain and as much as \$10,000 in accidental death coverage. A \$1,029 pass would cost the skier approximately \$61 to insure.

According to Insurance industry officials, such insurance is available in Canada, but **Skier Insurance Services** is likely to be the first company in the US to offer it. According to a spokesperson for the *Insurance Information Institute* (non-profit group) this is part of a larger insurance industry trend of creating niche products for specific uses.

Area resorts are finding that guests want more security for the high price they shell out for a season pass. Some ski resorts which offer discounted ski passes, often less than \$300, figure the low price alone is worth the risk for skiers. However, one ski area *Mountain Creek* of Vernon, NJ, which offers a discount season pass for \$229, is promoting insurance.

### 2004 FWSA Convention Reno

#### "Sierra Nights and Winner Days"

The 2004 FWSA Annual convention will be held in **Reno/Sparks, June 10-13**, at John Ascuaga's Nugget. Convention activities/fun include: Tahoe Queen Paddle Wheel Dinner and Cruise, Mt Rose Hike, Tennis tournament, Golf tournament, Silent Auction, Travel Expo, club leadership seminars, celebrity speakers, awards banquet and dinner dance, welcome pool party, and more!

Joe Loader, Convention Coordinator, is looking for volunteers! If you can help, please give him a call at (775) 972-8019 or send an email to skiloaders@aol.com.



## Travel & Events

### Super G Clinic will be upon us soon!!!

The Super G Clinic will be held on February 21<sup>st</sup> at Northstar. Sign up now! Spots will be limited.

**1 day clinic, \$30  
Saturday, February 21, 2004**

If you need to purchase a lift ticket for \$43 that day, please let me know. We will have lift tickets for sale at check in between 7:45 a.m. and 8:15 a.m. at the Alpine Bar/ Chaparral Room.

New rules: The last day to sign up is February 15, 2004!! NO EXCEPTIONS with this clinic!!

There will be no refunds after February 15, 2004. Please email me at [amur@jps.net](mailto:amur@jps.net). Call me only in an emergency at (530) 587-5814. Drop your check in the mail, payable to Northstar at Tahoe, to:

**Amur Rutz**

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### FWSA Ski Travel –2005

Start thinking about Aspen Ski Week 2005. I am going on the FAM trip this weekend to Aspen, CO and will start taking sign ups in February **after** our return for Lake Louise and Jasper.

We will also be planning a **Switzerland** trip for 2005. Chris Rutz will attend the FAM trip in March. So start saving for the incredible travel

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### FWRA Championship Races, Heavenly Valley, April 2—4, 2004

Stay tuned for further information. Lodging and transportation is by individual race league.

**Want to follow the US Ski Team ?** If so, go to the team's website [www.usskiteam.com/fanmail](http://www.usskiteam.com/fanmail). Sign-up for free updates and more.

### Awards Committee will be looking for a few good people!!

This month we feature the "Bill Ramoni Award". Please start thinking and watching for the person that best fits the description below:

#### Bill Ramoni Award:

- One time award
- Current race season to be considered only
- Dedicated to skiing and racing
- Always willing to help the league
- Early every morning
- At every awards ceremony at the end of the day
- Welcomes people to the league
- Cheers other on in true spirit

This award is to have nominations from the Sierra Council Board of Directors including Race Chair presidents. Nominations will consist of a written explanation of why this person should be considered and what they have done in the last year. Nominations are due by April 1<sup>st</sup>.

So, everyone tell your race chair president or your closest Sierra Council Board member to nominate that person that so deserves this award.

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### Sierra League Logo wear for Sale:

8 Sweatshirts ( 2 XS, 1 S, 1 M, 2 L, 2 XL) - **\$35**, off-white/beige with trim and Sierra logo in navy

1 Long sleeve fleece shirt, navy (XXL) - **\$34**

2 Long sleeve T-shirts (1 L, 1 XL) - **\$15**, white with Sierra logo in red & blue

If interested in purchasing any of the above items, contact Beth Perryman @ (775) 322-5805 or send email to [slabanshee@aol.com](mailto:slabanshee@aol.com). Make checks payable to Sierra League.

## 2004 FWSA/FWRA Happenings

### **FWSA International Ski Week 2004**

**Main Trip:** Mar 6-13, Morzine, France

**Pre Trip:** Feb 27-Mar 6, Andorra & Barcelona, Spain.

**Post Trip:** Mar 13-20, Rhone River Cruise & Nice, France

**Trip Leader:** Contact Kathy Hoffman for details and if there is space availability.

Tkhoffman@aol.com or (510) 278-7660



### **FWSA Alaska Cruise**

**September 19—26, 2004**  
**\$829-\$1329 / person**

Leaving from Vancouver, BC, cruise the "Inside Passage" aboard Royal Caribbean's *Serenade of the Seas*. Join the Far West Ski Association from September 19 to 26, 2004 for an unforgettable week.

Trip price includes:

- y 8 Days / 7 nights cruising Alaskan waters
- y 8 Meals and snacks / day
- y Sumptuous late night buffets
- y Captain's Gala Cocktail Party
- y 3 Swimming pools, jacuzzi, sauna
- y Health Club
- y Full gambling casino
- y 24 H Stateroom service
- y Exciting entertainment
- y Nightclub shows each night

Trip itinerary includes the Inner Passage, the Hubbard Glacier, Skagway, Juneau, Ketchikan, the Misty Fjord, and more!

For further information, go to the website:

**[www.FWSACruises.com](http://www.FWSACruises.com)**

**Sign-up online** or call Lynnell Calkins, VP of Travel, at FWSA Travel line: **(310) 370-6948**.

### **Scandinavian Explorer**

The Fjords, Copenhagen, Stockholm, Oslo, Bergen, Helsinki and more!

**August 26—September 8, 2004**

**\$2350 for 14 days / 12 nights**

Space is limited. Sign-up early.

Round trip air from New York with an optional 2 day extension to Helsinki & Estonia for \$300.

#### **Trip includes:**

- y Round trip air from New York (JFK) via scheduled Finnair wide-body jet
- y All intra-Scandinavia flights, ground and sea transportation
- y Accommodations at Superior first class hotels with private bath
- y Buffet breakfast daily plus 4 dinners
- y Sightseeing tours including admission fees as described in itinerary
- y Experienced, English speaking local guides

Rates are per person, based on double occupancy. US and Scandinavia departure taxes of \$150 not included. Single room supplements are \$575 (14 day tour) or \$700 (16 day tour). Travel Insurance and Assistance is \$99 per person. No VISA's are needed.

#### **Cancellation Penalties:**

\$25 non-refundable, \$200—Feb. 1, 2004

To sign-up, send a \$200 deposit made out to "FWSA" to:

Tucker & Kathy Hoffman  
16969 President Drive  
San Leandro, CA 94578  
(510) 278-5900, Fax # (510) 278-2510  
Travelfwsa@aol.com

Check out the following website for further information about travel to Scandinavia:  
<http://www.goscandinavia.com>

## Fitness and Safety... "Are You Ski Ready?"

*Excerpts from articles by Richard Lubin, D.C., FWSA Safety Chair, "the snowboarding Chiropractor"*

Snow sports take place at high altitudes which means less available oxygen. At some of the higher resorts the air may only have 70-80% of the oxygen as at sea level. Initially exercise may seem harder, even walking to the lift. When going from sea level to a high altitude, you might experience a form of "altitude sickness". Symptoms include fatigue, heavy breathing, rapid heartbeat, headache, nausea or insomnia. With the added physical effort of skiing your body can endure quite a strain. **It is important to aerobically condition yourself.** It really doesn't matter what you do as long as you can safely raise your heart rate for a sustained period a few times per week. This makes your body more efficient at converting fuel to energy and utilizing oxygen. For most people this means to a rate of 110 to 159 beats per minute. You can look it up on a chart to be specific. If not, a rule of thumb is to engage in an activity, which makes you breathe hard, but not so hard you can't have a conversation. Make sure you are not anemic or have other medical conditions such as respiratory or cardiovascular maladies, which may limit your ability or even make it dangerous for you to participate. You may wish to consider the altitude issue, if you are poorly conditioned, when choosing a resort. You will likely NOT want to visit a higher resort to start your season, with a base of 8-9000 feet. This consideration may seem trivial, but you may notice a tremendous difference, especially at the onset of the season. In the Tahoe area lower resorts with a base just over 6000 feet include Northstar, Homewood, Diamond Peak and the lower part of Squaw Valley. Conversely, Kirkwood has a base of 7800' and Mount Rose has a base over 8000'. To get into better aerobic (cardiovascular) shape and improve your strength — do something physical that will get your heart and breathing rate up. It can and certainly should be fun.

### **Aerobic activities:**

Elliptical Trainers, Stair Machines, etc.: Try varying your posture and position to work all kinds of muscles. For example, on a stair machine turn your body a few degrees off your axis in either direction, try pushing off more with your calves, try varying your knee angle. One of the best exercises is stationary, road or mountain biking. These will increase your aerobic capacity, are easier on your body, and will also strengthen your leg muscles (particularly if you climb hills), and push your pace up a notch. Try to keep your pace at about one revolution per second to warm up and then sprint by going faster for brief periods. If you have back problems you might consider a recumbent bike, whereby you are sitting with your back supported and your legs in front of you rather than below you.

Cross Country Ski Machine: On a cross-country ski machine (such as a Nordic track) try variations like getting down a little further or reaching forward and back with your legs. Also, with the arms you can vary the angle you pull with.

Start in the conventional fashion and move your arms up away from your side while maintaining the rhythmical synchronicity of the movement. Try twisting your trunk more to get other muscles involved.

Downhill Ski Machines: While I have not used them, I hear these are great for getting into ski shape. There is a track which allows you to propel yourself laterally side to side in a motion which mimics skiing.

Hiking: This is a great way to get into condition and see a little scenery. If you can, try something with some terrain variations. Going downhill gives you a great quad workout, forces you to make quick decisions (like skiing), works your thighs, calves, and ankles and gives your body tremendous proprioceptive input (position sense).

Running: A tremendous exercise, if you like it. Try sprinting, running up stairs, hills, or on a treadmill. Alter your gait at times to work different muscles. Concentrate on pushing off with your calves. Buy good shoes, they will optimize your workout and minimize injuries.

Aerobic Classes: Take a class you enjoy or do it at home to a video or music. Step classes provide the additional benefit of working the quads, calves, and butt muscles.

In-Line or Roller Skating: Great exercise and fun. This works your muscles and helps balance and coordination. One of my patients used to also use ski poles for extra conditioning in his upper body.

Swimming: There is really no exercise which is easier on your joints. While extremely dissimilar to skiing, it is good cross training and easy for people with injuries or arthritis.

Dance: This is a lot of fun. Take a class, do it at home. Put on some good music (Motown, reggae) and boogie.

### **Strengthening:**

Space does not permit an extensive discussion, however, you need to do resistance exercises to the point of 'failure' if you want your muscles to grow and get stronger. This is where you accomplish 8-15 repetitions and you cannot do one more with good form. Higher repetitions with lower resistance will tend to tone and make the muscle more capable of endurance activities. Use a combination of both.

Machines: Use the leg press, leg extension, hamstring, trunk twisting, calf raising, and abdominals. Do upper body exercises like lat pull downs and triceps to help your poling. Do not ignore the trunk muscles as they help to stabilize your body on turns.

Free Weights: Do squats; if there is a Smith machine (a frame where the bar moves up and down in a track) it is a great way to do them safely. Lunges work lots of muscles, especially your legs. These exercises involve lots of different muscles and are especially good for developing power in your turns. Utilize what your gym has to offer. Ask others or a trainer about what they are doing for some new variations.

## Fitness and Safety... "Are You Ski Ready?" (cont.)

### Ski Exercises- Easy At Home Exercises:

Obviously these are only helpful if you do them. Start now. If you can, do them several times a day. Think about skiing while you are doing them. Imagine yourself in a Warren Miller Movie.

**Squats:** This exercise really focuses in on your quadriceps muscles. In a slow controlled fashion bend your knees to about a 90-degree angle. Keep your spine aligned and vertical and your feet flat on the floor. Feel the 'burn'. For additional conditioning, go slightly to each side to work other muscle fibers in this quadriceps group. Get your arms into a tuck just like you are racing. Go edge to edge on your feet, forward and backward while you are squatting. This way you are simulating the ski movement. CAUTION: If you have knee problems consider going less than 90 degrees. Stop at any point if you feel pain. Another variation is to lean your spine against a wall. Slide down to a sitting position. Hold until you feel the pull in your thighs.

**Jumping:** Hop on one foot twice. Change to the other foot. Keep your balance and control. Try it in one spot and side to side. Feel some real spring in your legs. Now try it going forward a few inches on each jump. Another variation is to place a string or other line between your legs extending forward maybe 8-10 feet. Hop from side to side of this line. Any of these jumping motions should be continued for at least 1-2 minutes. Try to build up to longer periods. Think about turning on some steep downhill powder! Those little trampolines are great for this. Use a jump rope if you like. Jump when possible. Leap onto and off curbs, stairs whatever, be controlled.

**Calf Raises:** Find a step and place only the front of your feet on it. Rise up on your heels, hold for a moment, then lower yourself in a controlled fashion to where your heels are now below the toe level. Do 30 or more. For a variation, place your toes towards each other slightly and do the exercise. Repeat with the toes facing slightly outward. These variations help to develop more fibers of your calf muscles. You can even exercise your calves while sitting. Put some weight on you knees for more resistance

A classic ski exercise is the '**KNEE BEND**' exercise. Support yourself with a chair back turned sideways. Standing on one leg, bend down with a slow smooth motion. Try to get down to a 90-degree bend. Continue until you feel fatigue ('the burn') in the leg. Switch to the other side. Visualize yourself carving nice turns down the hill. CAUTION: if you have problem knees do not go down any further than is comfortable. Consider limiting the motion to less than 60 degrees.

**Duck walk:** Another great exercise and funny, too. Squat down some and try walking. You should feel this in your Quads.

**Stairs:** Forget the elevator and take the stairs. Take them up or down. Try going diagonal, and zig-zagging down them.

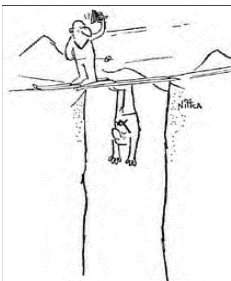
**Rock** from side to side and front to back on your feet. Concentrate on getting to the edges in a controlled fashion. Do this with different amounts of knee bend. This will help your edging. You may even try this in your boots and with your skis on. Use motion in your knees, feet, and ankles. Pretend you are pushing snow or sand to either side if you were sitting flat legged on the ground. Practice this while you are on the phone, waiting in line, or at the meetings.

**Abdominals:** These itabilization muscles for your trunk are important in skiing and boarding. Do 'crunches'; while on your back, bend your knees up and pull (don't throw) your neck and upper body up in a controlled fashion. Work the obliques by twisting your right shoulder to the left knee and vice-a versa. To work the lower abs is to start in the position of your trunk by your knees and lower your upper body part way down until you feel the pull in your lower abdomen, come back to the knees and repeat. Also try tightening your abs throughout the day.

**Balance:** Try standing on one leg with no support, bend a little. Try walking along a curbside, increase the pace. Good skiing and boarding is all about balance and shifting weight. It is good to use a balance board, or toggle platform. These devices force you to adjust to gravity and can develop these skills. **Stretch:** This is very important. Look at stretching charts, do them. Stretching warms up the muscles and decreases your risk of injuries. Stretch for at least 20-30 seconds in a slow, controlled, and non-painful manner.

Think Snow, Think Skiing, Think Boarding, Think Fitness, Health, & Fun. The better your physical conditioning, the more enjoyment and fewer injuries you will have.

Would you like to learn a lot about the history of skiing and other information about the sport? Check out the *International Skiing History Association (ISHA)* website for the wealth of information about ski history, ski cartoons, and other information.



[www.skiinghistory.org](http://www.skiinghistory.org)

**ISHA's mission:** To preserve and advance the knowledge of ski history, and to increase public awareness of the sport's heritage.

Cartoon from the website.



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To:

Alpine Meadows: [www.aplinemeadows.com](http://www.aplinemeadows.com)  
Boreal: [www.borealski.com](http://www.borealski.com)  
Diamond Peak: [www.diamondpeak.com](http://www.diamondpeak.com)  
Donner Ski Ranch: [www.donnerranch.com](http://www.donnerranch.com)  
Heavenly Valley: [www.skitheavenly.com](http://www.skitheavenly.com)  
Homewood: [www.skihomewood.com](http://www.skihomewood.com)  
Kirkwood: [www.skikirkwood.com](http://www.skikirkwood.com)  
Mammoth Mtn: [www.mammothmountain.com](http://www.mammothmountain.com)  
Mt Rose: [www.mtrose.com](http://www.mtrose.com)  
Northstar: [www.skithstar.com](http://www.skithstar.com)  
Sierra At Tahoe: [www.sierraattahoe.com](http://www.sierraattahoe.com)  
Soda Springs: [www.skisodasprings.com](http://www.skisodasprings.com)  
Squaw Valley: [www.squaw.com](http://www.squaw.com)  
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