



Calendar of Events for 2005 - 2006

2005			
Sun	Nov 6	Truckee Ski Swap	Truckee, CA
	Nov 11 - 13	UNR 25 th Annual Ski Swap	Reno, NV
	Nov 11 - 13	Bay Area Ski & Snowboard Show	San Diego, CA
	Nov 19 - 20	Sacramento Ski & Snowboard Show	Sacramento, CA
Sat.	Dec 3	Slalom Clinic	Northstar
Sun.	Dec 4	GS Clinic	Northstar
	Dec 7 - 11	Keystone Nationals	Keystone, CO
Sat.	Dec 10	Race 1 - GS	Northstar
Sat.	Dec 10	Sierra League Holiday Party	Northstar
Sat.	Dec 17	Open League Race Clinic	Northstar
2006			
Sat.	Jan 7	Open League Race Clinic	Alpine Meadows
Sat.	Jan 21	Race 2 - Slalom	Homewood
Sun.	Jan 22	Race 3 - GS	Homewood
Sat.	Jan 28	Super G Clinic	Northstar
Sun.	Jan 29	Race 4 - Super G	Northstar
Sat.	Feb 4	Open League Race Clinic	Homewood
	Feb 4 - Feb 11	FWSA Ski Week	Telluride, CO
Sat.	Feb 11	Open League Race Clinic	Northstar
Sat.	March 4	Race 5 - GS	Diamond Peak
Sun.	March 5	Race 6 - Slalom	Diamond Peak
Sat.	March 11	Race 7 - GS	Northstar
Sun.	March 12	Race 8 - Slalom	Northstar
	March 11 - 18	FWSA European Ski Week	Zermatt, Switzerland
	March 17 - 19	FWRA Championships	Kirkwood
	March 30 - April 2	NorCal Championships	Alpine Meadows
	May 22 - June 6	FWSA Summer Trip	Machu Pichu, Galapagos Isl.
	June 8 - 11	76 th FWSA Annual Convention	Chandler, AZ
2007			
	Jan 27 - March 3	FWSA Ski Week	Steamboat Springs, CO

Go to the League website for all news/updates:

www.sierraleague.com

Note: This will be the only hardcopy issue of the newsletter for this season. Subsequent issues will be posted on the Sierra League website at the beginning of each month. You should receive notification via email with a link to the newsletter if you have indicated as such on your race waiver or have notified the newsletter editor. Please advise the editor if you do not have access to email and/or you wish to still receive a hardcopy. Beth Perryman, slabanshee@aol.com, 775-322-5805.

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Websites of Interest:

Far West Ski Assoc: www.fwsa.org

Far West Race Assoc.: www.fwra.com

Far West Masters: www.farwestmasters.com

National Ski Council: www.skifederation.org

US Ski Team: www.usskiteam.com

Nastar: www.nastar.com

US Ski & Snowboard: www.ussa.org

Ski Area Web sites:

Alpine Mdws: www.skialpine.com

Boreal: www.borealski.com

Diamond Peak: www.diamondpeak.com

Donner Ski Rh: www.donnerranch.com

Heavenly: www.skiheavenly.com

Homewood: www.skihomewood.com

Kirkwood: www.skirkwood.com

Mammoth Mtn: www.mammothmountain.com

Mt Rose: www.mtrose.com

Northstar: www.skinorthstar.com

Sierra@Tahoe: www.sierraattahoe.com

Soda Springs: www.sodasprings.com

Squaw Valley: www.squaw.com

Sugar Bowl: www.sugarbowl.com

Royal Gorge: www.royalgorge.com

Sierra League Member Clubs:

Capital Ski and Sports Club

Rich Fuellenbach, Acting President & Race Chair

www.capitalski.org

capitalskiinfo@yahoo.com

Meetings: Events Only

Reno Ski and Recreation Club:

Todd Betterton, President

www.renoskiandrec.com

rsradmin@renoskiandrec.com, 775-747-0233

Meetings: 2nd Tuesday @ 7 pm

Sacramento Fagowee Ski Club

Jim Van Riper, President; Lee Johnson, Race Chr

www.sacramentofagowees.org, 916-491-5999

sacramentofagowees@sacramentofagowees.org

Meetings: 2nd & 4th Tuesday @ 7 pm

Sequoia Ski Club:

Debbie Stewart, President

gwstewart@prodigy.net, 559-594-5129

Meetings: 1st Tuesday @ 7:30 pm

Las Vegas Ski Club

Dave Berry, President

www.lasvegasskiclub.com, 702-458-0469

membership@lasvegasskiclub.com

Meetings: 1st Thursday @ 7 pm

Sugar Bowl Ski Club

Jim Wiggins, President; Thomas Hearne, Race

www.sugarbowlskiclub.com

Tahoe Rat Pack

Mark Lilly, President & Council Rep

marklilly@aol.com, 530-318-8250

Meetings: On the hill of race day

Top Gun Ski Club

Chris Parkhurst, Council Rep

Chris.Parkhurst@navy.mil, 775-626-0942

Meetings: Time and location vary

Castro Valley Ski Club

Walter Johnson, President

Granite53@aol.com, 510-538-3290

Meetings: 1st & 3rd Wednesday @ 7:30 pm

Code 3

Jim Sommer, Council Rep & Race Chr

sommerskier@aol.com; 775-322-5805

Meetings: Events only

RU Ski Club

Pavel Bosin, President & Race Chr

pavel@bosin.net. 408-374-1648

President's Message

Greetings Friends,

It was about eight years ago when Doug Ball finally convinced me to come out for a Sierra League race. I've loved skiing for as long as I can remember and joined my first race team in 1971. Going through middle age, my enthusiasm was starting to get a little flat and my belly a little fat, so I thought if nothing else trying to race again would get Doug off my back. Much to my amazement my handicap times have improved each year, my enthusiasm for recreational skiing has skyrocketed, and racing has provided additional incentive to stay in shape year round.

I wanted to share some of the excuses I've heard from others why they won't race, and I encourage you to build on these arguments to nag your friends about joining us.

1. "I'm afraid to get hurt." Running gates teaches you proper technique that carries over to skiing in every snow condition. What you learn about carving turns prevents injuries, because you develop good habits and proper form. Racing is about making good turns, not being reckless. It's OK to slow down and still maintain a stance suitable for racing. You never know when you'll ski through poor light and hit an icy section of the slope. Racing teaches you how to initiate a turn when you're sliding out.

2. "I don't want to wait around, when I could be skiing." If you spend \$100 for the annual race pass, Sierra League offers on-line registration, eliminating the need to register by 8:15 a.m. the day of each event. You just show up at the start! After the first run, hurry back for your second run. Visiting with other racers at the start is usually one of the high points of my day. When the event is over, racers group up and ski together. Some of the best skiing tips I've ever received came from fellow competitors after the race.

3. "I just want to ski for fun." I guarantee that it's more fun to ski when you know how to control them. Outsiders would expect that racers keep their speed secrets to themselves. In our league, just the opposite seems true. Our willingness to share tips about ski tuning or technique with each other is heart warming. Keisha Curtis went from never skiing a day in her life three years ago to becoming the fastest woman in the eleven states of the Far West Division. She started racing about six weeks after her first day on skis and this year won both the Slalom and GS races in the S-1 Open division at the West Coast Championships. Her incredible learning curve was largely due to fellow racers like Paul Laudenschlauger, Chris Buttenburg, and Pavel Bosin constantly giving her tips and encouragement while free skiing after the races.

I don't think there's a faster way to improve your skiing than racing. There ain't no style points for keeping your feet together, like in mogul competitions. The results in a race against the clock are totally objective, and I think that's why the exhilaration of a great run through a closed course is so satisfying. Thanks again Doug for keeping after me for so long to give it a try.

Clifton Young
Sierra League President

Ski/Race Clinics

Sierra League Early Season Race Clinics

Saturday, December 3: **Slalom Clinic**, \$ 35/person; 2.5 H clinic

Sunday, December 4: **GS Clinic**; \$35/person; 2.5 H clinic

Deadline to sign up is November 26, 2005

Purchase discounted lift tickets at Northstar the day of clinic.

Meeting Place: To Be Determined. Groups will be assigned the morning of the clinic between 7:30-8:30 A.M. No on-hill or clinic day sign-ups and no senior discount.

Make your check out to *Sierra League* and send to: Beth Perryman or Jim Sommer
919 Humboldt Street, Reno, NV 89509

Open League (OL) Race Preparedness Clinics

All clinics are for new and experienced racers. Attendees are grouped (8-10/class) according to skill level. All clinics taught by experienced PSIA instructors who have a race background.

Date	Location	Clinic Price	Lift Ticket	OL Deadline***
Dec 17	Northstar	\$30	\$46: 23+ yrs \$36: 13-22 yrs \$45: 65-69 yrs \$19: 70+ yrs	Nov 26
Jan 7	Alpine	\$36	\$39	Dec 17
Feb 4	Homewood	TBD		Jan 14
Feb 11	Northstar	Same as above		Jan 21

**Registration open to anyone after this date.

Alpine and Homewood clinics run 9:30 AM - 12:30 PM. Northstar runs either 9 AM - 12 Noon or 1 - 4 PM. Space is limited, register early.

Contact: Debi Phelps, OLRC Past Chair; gofastdebi@yahoo.com; 1-707-342-0595

1st Annual Keystone Nationals, Dec 7 - 11, 2005; Keystone, CO Presented by FWRA

The Keystone cup: The Keystone Nationals will include 3 days of racing between Ski Councils from across the USA in Slalom and GS. A price of \$395/person (w/out airfare) includes 4 nights lodging @ Soda Ridge Condominiums; 3 days lift tickets @ Keystone; 3 races (Qualifier, GS, Slalom); National Ski Council Challenge w/prizes & awards; Awards Banquet; complimentary Welcome Party; complimentary Après-Ski Party; all taxes/gratuities; and more!

Contact: Barbara Bryant, gsrcacer@calis.com; 530-550-9452

For further information about airfare pricing and other lodging options, contact:
Moguls Group Sales, groups@moguls.com; 1-800-925-8915,
<http://groups.moguls.com>; Inquire

Sierra League/Far West Ski Association Travel

FWSA Ski Week, Telluride, CO; February 4 - 11, 2006

Telluride has groomed trails, bowls, glades and chutes for all skiing ability levels. The mountain has 24% beginner terrain, 38% intermediate terrain and 38% expert terrain.

Lodging is available in the historic town of Telluride and the Mountain Village. Transportation between the (2) areas provided by gondola (7 AM to midnight) and in town by The Galloping Goose (free Telluride bus). FWSA amenity package includes Registration, Welcome Party, 3 Races, Mountain Picnic, Après Ski Party/Pub Crawl, Awards Banquet, 5 of 7 day Lift Tickets.

Total price, *including air & ground transportation*, Sacramento or Reno = \$1283.00/person.

Trip only price, *not including air or ground transportation* = \$850.00/person

Sierra League has spaces open!!!! Timing is of the essence! Book your trip NOW!

Contract Trip leader **Debbie Stewart**, VP of Travel. gwstewart@prodigy.net. 1-559.734-9294

<http://www.tellurideskiresort.com>

Save the Date!!! Sierra Council Christmas Party

Saturday, December 10, 2005

Timber Creek Restaurant in the Village at Northstar.

Stay after the first Sierra League race of the season and relax. Catch up with old friends as well as making new friends. Final details are being worked out at this time.

For further information, stay tuned to the Sierra League website or contact:

Debbie Stewart, VP of Travel, gwstewart@prodigy.net, 1-559.734-9294

FWSA European Ski Week, March 11 - 18, 2006: FWSA is going to *Zermatt, Switzerland*. Price will be \$2,195-\$2,250. Optional pre-trip extension to Davos, Switzerland and post-trip is a Nile Cruise. Trip is sold out. Waiting list is available. Contact **Tucker Hoffmann**, FWSA V.P. of International Travel, Phone: 1- 510.278.5900, email: TravelFWSA@aol.com

FWSA Summer Travel, May 22 - June 6, 2006: Machu Picchu and Galapagos Islands. Only 58 spots total available. Cost is \$3,750. Trip is sold out. Waiting list is available. Contact Tucker Hoffmann.

FWSA Ski Week, January 27 - Feb 3, 2007: Steamboat Ski Resort, Steamboat Springs, CO. Located in the Colorado Rockies, Steamboat Ski Resort has 143 trails, 3,600 vertical feet, and nearly 3,000 skiable acres. Trail classification is 13% beginner, 56% more difficult and 31% advanced/expert. Sign-ups will begin in March, 2006.

For more information about FWSA Travel, contact: **Lynnell Calkins**, FWSA V.P. of North American Travel, Phone: 310.370.6948 or **Tucker Hoffmann**, FWSA V.P. of International Travel, Phone 510.278.5900. email: TravelFWSA@aol.com

Area Ski Swaps/Shows

25th Annual UNR Ski Swap, November 11 - 13, 2005
Livestock Event Center, Washoe County Fair Grounds 1350 N. Wells Avenue, Reno, NV
Over 15,000 New and used items

Swap Hours/Admission:

Friday, 11/11 6 - 10 PM; \$10/Adult; \$5/Child (6-12)

Sat., 11/12 10 AM - 8 PM \$5/Adult; \$2/Child

Sun., 11/13 10 AM - 3 PM \$5/Adult; \$2/Child All children 5 and under free

Individual Check-in Hours

Thursday, 11/10 1 - 8 PM; Friday, 11/11 9 AM - 3 PM

Sunday, 11/13; 6 - 8 PM Item pickup

Over 15,000 New and used items, great discounts

Proceeds benefit the UNR Ski Team

Volunteers are needed to help work the swap and at the Sierra League booth.

Contact Barbara Bryant 530-550-9452 to volunteer at Sierra League booth

See website (www.unrskiswap.com) for further information.

Bay Area Ski Show & Snowboard Show, November 11-13, 2005

San Jose McEnery Convention Center

Between Almaden Boulevard and Market Street

408 Almanden Blvd. Hall 3, San Jose, CA 95110

Friday, 11/11 - 3 PM - 10 PM; Saturday, 11/12 - 10 AM - 8 PM; Sunday, 11/13 - 10 AM - 5 PM

Adults: \$15 (includes free lift ticket offer - 3 options*)

Children: \$3 (6-12), free (under 6 yr) (neither includes lift ticket offer)

web: <http://www.bayareasnowshow.com>

* Refer to website for lift ticket options and restrictions

Sacramento Ski Show & Snowboard Show, November 19-20, 2005

California Exposition Center

1600 Exposition Blvd., Hall A • Sacramento, CA 95815

Saturday, 11/19: 11 AM - 8 PM / Sunday, 11/20: 11 AM - 5 PM

Adults: \$15 (includes free lift ticket voucher)

Children: \$3 (6-12), free (under 6 yr) (neither includes lift ticket voucher)

See website: www.SACsnow.com for further information.

* Voucher for mid-week lift ticket, good at Northstar or Sierra-at-Tahoe. Some restrictions apply.

23rd Truckee Ski Swap; Sunday, November 6, 2005

Truckee Community Center, Church Street.

11 a.m.-4 p.m.

Admission \$1 for adults (ages 13 and up); Kids 12 and under free

Wide variety of new and used equipment, accessories, clothing, misc. winter gear.

Local reps from ski shops/resorts on hand.

Proceeds help support Truckee Youth Sports Programs.

http://www.tdrpd.com/special_events.htm; 530-582-7720

Sierra League Updates:

Bibs: As of the 2004 - 2005 Race Season, Sierra League has new race bibs (Again, thank you to our sponsors George Koster, realtor for Prudential California Realty (www.lake-tahoehomes.com) and Dave Garner and Reno Mountain Sports). The numbers on these bibs start at ~600. **YOU MUST HAVE A NEW RACE BIB TO RACE in 2005 - 2006 SL RACES.** Options:

- 1) Bring your old bib to a Sierra League race and trade it in for a new one.
- 2) Keep your old bib (if sentimental?) and purchase a new bib for \$10.

Race Passes: Race passes for the 2005 - 2006 season are still \$100 per person for all eight races or \$20 per race. Contact your club's Race Chair **NOW** for further information and to get your waivers and payments in (DUE Dec. 5). **Hint:** attend one or both early season SL clinics and sign up at this time. Or, if you are an independent racer, contact Sierra League Race Chair, Cliff Young. Gatekeeping deposit is \$20. When you gatekeep, you will receive this deposit back!

Online Registration: You will again be able to register online for races race, IF:

- You have paid your race fee (season or day pass)
- You have paid the Gatekeeping deposit
- You have paid your club dues (or league fee for independents)
- You have completed the Sierra League Waiver
- You have completed a Waiver for the ski area of the race

Keep tuned to the Sierra League website for continuing updates. The website is being updated at this time for the new race season. You will be able to download the waivers for each race venue soon.

Race Waiver Update: Age range for Senior is 19-49. Age range for Vet is 50-64. Legends is 65 and over. Note, if you are 65 or older you may select to still race as a Vet. Contact your race chair if not sure.

Sierra League Logo wear: Fleece Hats and Turtlenecks with the Sierra League logo will be available for purchase at races and other league events. Or, contact Logo wear Chair, Kathy Ann Wilson (775-322-4356).

Race Practice: Paul Laudenschlager, Race Practice chair, plans to try and hold two race clinics this season. The clinics will be coached by top Sierra league volunteer coaches. Stay tuned to website for further info.

Member Benefits and Discounts: Check out the FWSA website (www.fwsa.org) under "Membership" to see a list of current member benefits including discounts across the western US and Canada.

- *Club Membership:* If you belong to a ski or boarding club which is affiliated with one of the 10 FWSA councils (Sierra Council!), you are already a member of FWSA!
- *Direct Membership:* If you do not belong to an affiliated club, you may join FWSA as a direct member. The annual fee of \$20 allows you all the member privileges, including participation in trips and periodic publications. Contact Barbara Bryant (530-550-9452), VP of Membership FWSA.

Sierra Council members can also obtain benefits through the National Ski Council Federation. Sierra Council is a member of this organization. A current list of NSCF benefits may be found at www.skifederation.org in the Members Only section. The user name is **skigroup** and the password is **24councils**.

Look for your FSWA membership cards coming out this fall. Your card will entitle you to many benefits in lodging, food and retail stores. Contact Cliff Young for more information.

Photos wanted: If you are at a Sierra League/Council event and have taken/will take pictures, please feel free to forward photos to either the newsletter editor or Webmaster for viewing (online).

Website of the month: www.skipress.com

Trivia of the month: Did you know that Vail Mountain Resort and many other ski resorts pay for cloud seeding? Vail estimates that enhancing precipitation from area clouds increases it's snowpack by 15%.

Public Safety and Awareness

Check out the website for the *National Safety Council* for valuable information. Go to "Resources" and click on "Fact Sheets". Under the "Health Living" section you will find fact sheets about "Ski Safety"; "Surviving Cold Weather", and "Ski and snowboard safety" (www.nsc.org/library/facts.htm). The following is information about the National [Ski] Safety Initiative 2000 Fact Sheet: (courtesy of: www.nsc.org/mem/youth/ski/nsaa2.htm). This is a national ski/snowboard safety initiative started in 1999 and continues to this day. It endorsed by organizations representing all aspects of winter activities.

- WHO** The National Ski Areas Association (NSAA); The National Ski Patrol (NSP); The Professional Ski Instructors of America (PSIA); American Association of Snowboard Instructors; Willis and AIG insurance companies; Participating state ski associations; Participating ski areas nationwide
- WHAT** A national ski and snowboard safety awareness campaign called the National [Ski] Safety Initiative 2000 and "Heads Up. Your Responsible" is the name of the skier/snowboarder education and awareness campaign.
- WHERE** This ski & snowboard safety awareness campaign is showcased at participating ski areas across the country. Although ski areas have their own skier/snowboarder education programs, they also embrace and support the "Heads Up" campaign by incorporating it in their existing, on-going skier/snowboarder ed. programs.
- WHEN** Started in the 1999-2000 season, the campaign continues for many seasons to come.
- WHY** The objective of the campaign is to further reduce the frequency of accidents and to unify the industry to focus on and communicate a pro-active, strong safety message. The ski industry recognizes that there are inherent risks to skiing and snowboarding. The concern is that the sport(s) are portrayed as more dangerous than they really are. It's important to keep the risks of skiing and snowboarding in perspective and communicate how personal responsibility is key.
- HOW** The industry wide safety initiative was first introduced to ski areas nationwide via a "source book" which contains the elements of the skier/snowboarder awareness campaign. The established "Your Responsibility Code," which is known to skiers and snowboarders as the seven rules of the slopes continues to be the industry cornerstone for skier/snowboarder education. See below!!
- NOTE** The National Safety Council (NSC) supports the campaign.
- MORE INFO** Log on to the National Ski Areas Association and National Ski Patrol websites.

Your Responsibility Code

"Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

This is a partial list. Be safety conscious.

Officially endorsed by: NATIONAL SKI AREAS ASSOCIATION. "

Getting in Shape for the Slopes

courtesy of: <http://verticalsnow.com/news/495/shaping-up-for-ski-season.html>; <http://msnbc.msn.com/id/3131053>

Question: *What can I do to help ensure I am in top form for ski season and stay injury-free on the slopes?*

Answer: There may not be any snow yet but that doesn't mean it's not time to start thinking about ski season. If you're planning to hit the slopes this winter, experts recommend hitting the gym now. "At least four weeks ahead of ski season is the time to turn your attention to getting in shape for it," says Dr. Jack Harvey, a sports medicine specialist at the Orthopaedic Center of the Rockies in Loveland, Colo. "Start in early October because you might get an early snow." Of course, it's all the better if you're already a regular exerciser. Just remember, if you're planning to get your money's worth out of that lift ticket by staying out all day, you need to be in good shape so you have enough endurance and strength to safely make it down all the runs. Regular aerobic exercise helps in other ways, too. "It conditions the body to accept increasing stress and to adjust to the higher altitudes much better," says Dr. Henry Goitz, Chief of Sports Medicine at the Medical College of Ohio in Toledo and a spokesperson for the American Academy of Orthopaedic Surgeons. Harvey recommends getting your heart rate up for half an hour three to four times a week. Stair climbing machines and biking can be particularly beneficial, he says, because they also help to build strong legs, which are important for the sport. Because skiing and snowboarding involve a squatted position, weak thighs can lead to early fatigue and accidents. Weight training is key. "Good generalized leg strengthening is what I'd emphasize," Harvey says. **Some recommended exercises: leg presses, leg extensions, leg curls, lunges, squats and leg abduction and adduction.** Harvey also advises another exercise to build both strength and agility. Put a shoe box on the floor and stand beside it. Next, with both feet together, hop over it and then back, from side to side, for as long as you can in good form. The action mimics what you'll be doing on the slopes and helps condition your body for the real thing. Flexibility is another area to focus on in the pre-season. Keep the hamstrings and quads properly stretched, advises Harvey. It's also a good idea to stretch them once you get off the long, cold lift ride up the mountain, he says. Experts say keeping the legs strong and flexible can help prevent knee injuries, such as tears to the anterior crucia or medial collateral ligaments, the most common result of mishaps on the slopes. And if you do find yourself about to wipe out, there is a "good way" to fall, according to Harvey. "If you have any control over it, keep your legs together," he says, to help prevent twisting of the knees that can tear ligaments. While knee injuries are the most common on the slopes, head injuries are the most dangerous. That's why experts recommend helmets to protect the head in the event of a collision with a tree or another skier. "I applaud ski instructors who are trying to set an example on the slopes by wearing helmets," says Goitz. "In the past, it wasn't a cool thing." When you're on the mountain, experts advise following these safety tips: Ski with a partner, so the two of you can look out for each other. Stay on marked trails. Always be on the lookout for rocks, trees and ice patches in your path and other skiers who may be headed your way. Rest when you're tired to avoid injuries. Ski within your abilities. "Once you're out of control, you run the risk of hurting yourself as well as someone else," says Goitz. **No pain, no gain?**

Question: *If I don't get a little sore from strength training, am I doing something wrong?*

Answer: Muscle soreness is not an indicator of a "good" workout, says Steve Zawrotny, a spokesperson for the National Strength and Conditioning Association and a personal trainer in Pauls Valley, Okla. Whether you get sore after your workout depends largely on whether you've just started a weight-training regimen, he says. If you're working muscles that haven't been worked much before, it's reasonable to expect some discomfort — minor aches — afterward. "It's perfectly normal early on," he says. But beyond the first few weeks or so, that soreness should diminish considerably as your muscles adjust to the new activity, according to Zawrotny. However, anytime you switch routines — adding more weight or repetitions, for instance — you also may experience some soreness afterward because you are working your muscles in new and challenging ways. Any pain should dissipate within 24 to 48 hours, he says. In the meantime, don't train those muscles but rather let them rest and recover. To help minimize soreness after a workout, he recommends a "good warm-down" such as 10 to 15 minutes of cardiovascular exercise like biking or jogging plus some stretching. And if post-workout pain persists longer than two days or is so great it interferes with typical activities, you may have a more serious injury that warrants medical attention. So if going for the after-burn isn't the right way to gauge your weight workout, what is? Zawrotny advises monitoring your progress over time to see if you're meeting your goals. Is your regimen still challenging or has it become a breeze? Are you continuing to make gains in your strength or tone? If you're no longer getting the desired

results, he says, consider ratcheting things up by adding new exercises, more weights or reps, or shorter rest periods between sets.

Road Condition Information:

California: Inside CA: 1-800-427-7623; Outside CA: 1-916-445-7623;
Nevada: 1-877-687-6237 (1-877-NVROADS)
Oregon: Inside OR: 1-800-977-6368; Outside OR: 1-503-588-2941
Utah: 1-801-964-6000 or 1-800-492-2400
Colorado: Within CO but outside Denver Metro Area: 1-877-315-7623
Outside CO or within Denver Metro Area: 1-303-639-1111
Wyoming: 1-307-777-4375 or 1-307-772-0824

CA: www.dot.ca.gov/hq/roadinfo
NV: www.nevadadot.com/traveler/roads
UT: www.udot.utah.gov
CO: www.dot.state.co.us; www.cotrip.org

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