

FEBRUARY, 2004



2003 — 2004 Race and Events Sched-

2004:

- | | |
|---------------|---|
| Feb 21 | Super G Clinic, Northstar |
| Feb 22 | Race #5, Super G, Northstar |
| Feb 26 | Code 3 Charity Race, 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 |
| April 24 | Sierra League BBQ & 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:

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|--------------|--------------------------------|
| Jan 29-Feb 5 | FWSA Ski Week, Aspen, Colorado |
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Submit any updates to the calendar to the editor @ slabanshee@aol.com.

Check out the Sierra League web page: WWW.SIERRALEAGUE.COM for all types of information — race date changes, current schedule and activities, race results, sierra league contacts, upcoming race championships, Far West travel, and more!!

RACE PRACTICE AT BOREAL - Wednesday evenings, weather permitting. Open to all Sierra League racers who are at least intermediate skiers. Call Paul Laudenschlager 530-550-7504 and check each Wed. prior to going to Boreal. Leave a message if you plan on going. Paul will post (on his answering machine) the event (SL or GS) and if it is a go or no-go, depending on the weather and expected racer participation.

Sierra League/Council Officers

President: Barbara Bryant

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Vice-President: Donn Bryant

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Secretary: Jo Simpson

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Treasurer: Doug Ball

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Race Chairs: John & Nancy Manter

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Rat Pack: Mark Lilly

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Club/League/Racing websites:

Sierra League: www.sierraleague.com

Far West Ski Assoc: www.fwsa.org

Far West Race Assoc: www.fwra.com

Far West Masters: www.farwestmasters.com

Reno Ski & Rec: www.renoskiandrec.com

Capital Ski & Sport: www.capitalski.org

Fagowees: www.ricero.com/Fagowees

Las Vegas Club: www.lasvegasskiclub.com

US Recreation Ski Assoc: www.skiusrsa.com

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

We are now half way through the race season! The first four races went well and ski-week at Lake Louise was fabulous. In spite of way below freezing weather, we had 3 successful races and a lot of fun skiing the fresh powder snow at Lake Louise, Sunshine, and Kicking Horse. We're already thinking about next-year's ski week at **Aspen**. We found out what fun it is to be a part of the whole Far West Ski Association, sharing the same love of skiing at a beautiful ski resort, and making new friends on the slopes, in the races, and at the parties.

There's a lot more ahead to look forward to. We will have the Super G Clinic at Northstar, followed by race # 5 - the Super G (on Challenger) - Feb 21 and 22. Race # 6 will be a GS at Heavenly Valley racing with the Singles League. We will get 2 runs as usual. Race # 7 will be a GS at Northstar on March 7. Race # 8 will be a Slalom at Diamond Peak on March 14. The Nor-Cals will be on March 20 and 21 at Alpine Meadows. Finally, on April 2 -4, we'll have the FWRA Championship at Heavenly Valley! Look for more information about the Nor-Cals and Far-West Championships in this newsletter.

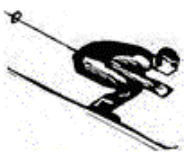
In view of the up-coming BIG races (Nor-cals and FWRA Championships), we think this is a good time to review the rules for inspecting the race course, which are in the SIERRA LEAGUE RACING MANUAL. Please read and adhere to these COURSE INSPECTION PROCEDURES:

- Racers are allowed to inspect the course only by slowly skiing alongside the course.
- Racers may traverse up to a gate to view the course, but may not pass through the gate, nor may they practice turns parallel with those required by the course (this is called "shadowing").
- Side slipping through the course is not allowed except under explicit instruction of Sierra League race officials. For example: You may be asked to side-slip through the course to help pack the race path after a heavy snowfall.
- You MAY NOT ski through the start wand or the finish line during course inspection.

There will be race officials looking for violators of these correct procedures. A racer will be DISQUALIFIED FOR THE FOLLOWING:

- Shadowing the course or skiing through the gates prior to the race
- Side-slipping through the course, unless permitted or requested by race officials in order to improve conditions.
- Unsportsman-like conduct, as determined by Sierra League race officials (that includes foul language).
- Failure to properly wear your race bib during course inspection or a race. It must be visible!!

See you at the "races" - John & Nancy Manter



Racing Updates

Sierra League Races with Singles League

GS, Saturday, Feb 28, Heavenly Valley

This is a regularly scheduled *Sierra League* Race. All racers get 2 runs. Women will go first before all men. "Legends" will follow the women.

Singles League will also have a Slalom on Sunday, Feb 29. This race is not part of the Sierra League regular schedule, **however**, Singles League welcomes Sierra League racers to participate.

Singles League has also invited *Sierra League* racers to join them for dinner/dancing at the Horizon for \$35/person. Contact John & Nancy Manter (775) 831-6667 for further information.

The *Horizon Casino Resort* has agreed to provide lodging (room w/2 double beds) at rate of \$99/night for two persons. Each additional person is \$10/night. Mention "Singles League Racing" to get this rate. Room reservations are separate from the dinner. Racers make their own room reservations.

NorCals at Alpine Meadows, March 19 - 21

If you have two Sierra League race finishes (this includes FWSA race week races!) this season, you are eligible to do the NorCals!!!

Registration deadline is March 14. Early registration discounts if payment received by March 1.

- ⇒ Friday, 3/19: Race clinics (2 sessions)
- ⇒ Saturday, 3/20: Slalom, 6 courses - 3 on Lakeview, 3 on Ladies' Slalom
- ⇒ Sunday, 3/21: GS, 6 courses - 3 on Ridge Run, 3 on Ladies Slalom

Awards Dinner on Saturday night, \$30/person
5-6 PM: Cocktails; 6-7 PM: Awards; 7-8 PM: Dinner

Sunday, March 21, awards to be presented at 4 PM at the Alpine Lodge.

Complete a registration form and send along with check (payable to **Sierra League**) to **Barbara Bryant**, 12741 Peregrine Drive, Truckee, CA, 96161 or call 775-550-9452/ email at gsracer@calis.com

Far West Race Championships Re- turn to Heavenly Valley, April 2-4, 2004

Race Registration:

- ⇒ Thurs, Apr 1, 6 - 9 PM @ Horizon Casino
- ⇒ Friday, Apr 2, 7 - 9 AM, Cal Bar @ Heavenly
- ⇒ Saturday, Apr 3, 7 - 9 AM, Car Bar @ Heavenly

Lodging: Special rates for Far West racers at *Horizon Resort*. \$85.00 for two people/night. Additional \$10.00 per night per person up to 4/room. Rooms have two double beds. When making reservations please mention Heavenly/Far West.

Awards Dinner & Party (Sat.): \$35/person. Sit-down dinner, equipment raffle, awards for Saturday races, dancing to local DJ. Also at the *Horizon*. Dinner is separate from the lodging. The *Horizon* will not collect money for the dinner. Money should be sent to your League Race Chair.

Lift tickets:

- ⇒ Adult 2-day ticket: \$88
- ⇒ Adult 3 of 4 day ticket: \$119
- ⇒ Discounts also for youth & seniors

Schedule:

- ⇒ Friday, 4/2: (6) Pacesetter racers. **Race training available thru Heavenly Race Dept.** Contact your League Race Chair for details.
- ⇒ Saturday, 4/3: 6 Slalom courses setup for the various ability classes on World Cup and East Bowl, Awards Dinner & Party
- ⇒ Sunday, 4/4: 6 GS races courses on site of previous FIS World Cup race courses

Other details:

- ⇒ Complimentary shuttles between Horizon Hotel and Heavenly
- ⇒ Complimentary hot chocolate, oranges, and water provided at base of the race venue.
- ⇒ Stadium bleachers at bottom of race venue
- ⇒ Souvenir t-shirt, etc.

Fees due by March 19. Make checks payable to **Sierra League**. Send to **Barbara Bryant**, 12741 Peregrine Drive, Truckee, CA, 96161 or call 775-550-9452.



Travel & Events

Sierra Council Awards Committee Recommendations!

Legends Award

This is the person that you think has been able to make a huge impact on skiing. They donate their time and knowledge to the sport and enhance the league as a whole.

- One time award
- Length of time in the sport of skiing
- Dedicated long term commitment
- Impact of what they have done for the sport and the league

This award is to have nominations from the Sierra Council Board of Directors, including Race Chairs. These nominations shall consist of a written explanation of why this person should be considered and what they have done in the past year. Nominations due April 1st.

“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 Chairs. 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 1st.

Man and Woman of the Year Award

Please discuss these wards with your club presidents. Help to decide who your club will send to the FWSA convention this summer in Reno. This is someone that is involved with skiing activities, demonstrates knowledge of the sport and is always enthusiastic about skiing.

- Follows Far West Ski Association Guidelines
- Requires written application
- Only one nomination per club for man and one for woman of the year
- Review committee at least three persons.
- No nominee can be on the review committee
- Can receive award more than once but not in consecutive years
- Recognizes current year for outstanding service to their club
 - o Code 3
 - o Capital ski and sport
 - o Fagowees
 - o Reno ski and sport
 - o Las Vegas ski club
 - o Rat Pack
 - o Sequoia
 - o Top Gun
 - o Sugar Bowl
 - o Castor Valley

Applications must be sent March 1 to club presidents. Presidents are to nominate and hand out one application to a man and one to a woman. These are due back to committee April 1st.

Sierra League BBQ and End of the Season Awards Party Saturday, April 24th, 2004

Stay tuned for further details!

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* from September 19 to 26, 2004 for an unforgettable week. Trip price includes:

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

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

Code 3 Ski Club - Club Race Day Thursday, February 26, Northstar.

**Fundraiser to benefit the
Pacific Burn Institute**

Feb 21 is the deadline for registration.

Two GS runs, two Slalom runs.

\$40 fee (Northstar pass holders receive \$12 discount for total of \$28). Racers must join Code 3 for \$15.

- ✓ 8AM-9:30 AM registration, Pedro's Pizza Upstairs, last minute instructions provided
- ✓ 10:00 AM course inspection
- ✓ 10:30 AM GS, 2 runs
- ✓ Short break inspect slalom
- ✓ Slalom, 2 runs
- ✓ Break for lunch & awards (age/ability level to be determined by number of racers present)

Make checks payable to and send to:

Code 3 Ski Club (c/o Don Hartwick)

6005 Oak View Dr. , Granite Bay, CA 95746

If you do not have a registration form, please indicate if you are racing or supporting only, name & method of contact, age, agency/club membership, and total payment. Call Gay Jones (916) 369-0736 for more info.

Far West Ski Ski Week 2005 Aspen / Snowmass

January 29—February 5, 2005

Don't be left out of the fun!!!

Send your (\$25) deposit to Amur Rutz to reserve your spot. Amur@jps.net, 530-587-5814
PO Box 11092, Truckee, CA, 96162

Scandinavian Explorer

August 26—September 8, 2004

At this time the trip is sold out. To find out about cancellations or wait list, contact: Tucker & Kathy Hoffman, (510) 278-5900, Travelfwsa@aol.com

In Memory Of...

Otto Almasy, Lisa Collins' husband of nearly twenty-five years, died recently of lung cancer. Otto was born and raised on skis in Vienna, Austria. He later raced for the University of Vienna before having to escape from Hitler's invasion. Otto then went to England and became a spy for Great Britain. He made many trips back to Europe to help the underground movement. Because of the work he had done for Britain, he received a special permit to come to the U.S. He entered the computer field in 1946 and eventually headed Transamerica's computer division. He was instrumental in promoting women into management positions in the 1950's and 1960's. He was well-known for his story-telling ability and for his Austrian goulash soup at the UNR Ski Swap. He had a full and fascinating life; he will be greatly missed by all whose lives he touched.

Public Affairs & Safety

Ski Industry News.....

Forest Service approves expansion at Keystone: The U.S. Forest Service approved a 577-acre terrain expansion for Keystone Resort, CO, making above-treeline Erickson Bowl and Little Bowl available for snowcat skiing. Snowcat tours will begin within in the next few weeks and offer a variety of daily weather dependent tours.

Tamarack sells out: Tamarack Resort, the new four seasons project two hours north of Boise, ID, sold out the first release of home sites, chalets, and cottages in a matter of days. The sale gives Tamarack the capital needed to complete a golf course this summer and install three lifts for winter 2004-'05.

Keystone University takes new approach to instruction: Getting intermediate and advanced skiers and boarders to take lessons is a challenge. Keystone Resort will try a new approach with creation of the Keystone University Campus, an area designated solely for intermediate and advanced intermediate teaching. The Campus is located on the Jackwhacker Trail and features 1,640 vertical feet from steep bumps to groomed intermediate terrain.

New Names added to Ski Hall of Fame: Seven new names were added to the US National Ski Hall of Fame. Induction was held January 24 in Ishpeming, MI where organized ski competition in the US got started in 1905. The seven names include: Olympic champions Tommy Moe and Diann Roffe; World Championship medalist A J Kitt; Alex Cushing, who brought the 1960 Olympic Games to Squaw Valley, CA; the late Clare Bousquet, founder of Bousquet's Ski Area (in Berkshires, west Mass.), who helped popularize skiing w/the ski trains of the 1930's; Jerry Nunn, a pioneer National Ski Patrol member and the first woman avalanche ranger with the USA Forest Service; and the late Ernst Constam, ski-lift pioneer. It is the 50th anniversary of the U.S. National Skiing Hall of Fame. The induction raised membership in Hall of Fame to 338.

Crested Butte plans to expand in skiable acreage: Crested Butte has started a master plan for the future of its ski terrain. The plan will include lift-accessed expert skiing in the Teocalli Bowl and expansion on Snodgrass Mountain. Plans should be to be completed within 12 months and

subject US Forest Service review. Expansion onto Snodgrass Mountain has been a discussed since 1982 and is felt to be critical to the success of the resort and the livelihood of the community. Approximately 400 - 500 acres of terrain would be added via the expansion to the existing 1,058 acres, putting Crested Butte on a par with Telluride and Winter Park.

First Northern American World Cup Classic: Lake Louise, Canada is the first North American resort to ever be named to the World Cup's prestigious *Club 5+*. This designation means that Lake Louise's downhill course is now considered a *classic*. Other Club 5+ members include Val Gardena, Val D'Isere, Alta Badia, Cortina d'Ampezzo, Schladming, Kranjska Gora and Maribor. This year's FWSA ski week racing was held at Lake Louise. Both the GS and Slalom races for groups S8-S1 were held on sections of this "classic" downhill course.

Aspen Skiing Company Emphasizes Importance of Being Green: The Aspen Skiing Co. (Skico) and Intrawest (its partner in the Snowmass Base Village, CO, development), have agreed on steps to make the Base Village "environmentally responsible". Skico's timing raises questions of whether a company can be a leader in the ski industry on environmental issues while undertaking a huge development proposal. Critics state the Base Village will overburden the narrow Brush Creek Valley (increased traffic and other consequences of growth). Skico plans to produce renewable energy in the form of hydro power using infrastructure based on the existing snowmaking system. The micro-hydro electric plant on Snowmass Mountain should save the resort thousands of dollars/year on electricity costs, ease stress on the area's power grid and harness a natural source of energy.

Skiing at Costco: *Diamond Peak* is offering a good incentive to get skiers and riders to make a visit: \$29 lift tickets. However, in order to get the \$15 reduction off the regular daily adult price you must make a side trip to Costco. You purchase lift tickets, which come only in packs of four, for \$115.99. Hey, it's Costco, and nothing comes smaller than packs of four.

Tahoe's annual 10 Day Snow Festival starts Feb 27 thru Mar 7. www.tahoefest.com.

Public Affairs & Safety (cont.)

Court rules in Steamboat Dispute: Control of Steamboat Ski & Resort Corp., CO, is currently uncertain due to the Colorado Court of Appeals ruling that American Skiing Co. (ASC) had no legal grounds to terminate its Feb. 2002 contract to sell Steamboat to Triple Peaks LLC of Ludlow, VT. ASC stated it would appeal. The ruling said that Triple Peaks LLC was entitled to "specific performance" of the original sale contract or monetary damages. Triple Peaks sued ASC in March 2002, claiming breach of contract after the sale fell apart when ASC instead sold Heavenly Ski Resort, CA, to Vail Resorts.

Arizona Snowbowl snowmaking meets resistance: Despite the go ahead from the Coconino National Forest for snowmaking at Arizona Snowbowl, some American Indian advocates are asking Forest Service officials to reverse support. Several tribes oppose the plan to use reclaimed wastewater to make snow saying it desecrates a sacred site. Practitioners of tribal traditions worry how the reclaimed water will affect plants/herbs (gathered for ceremonial use) believed to have spiritual properties. An environmental impact study released by the Forest Service suggests the impact of snowmaking and upgrades to culturally sensitive sites can be mitigated by consulting with tribal leaders to ensure religious practices aren't interrupted.

Short takes:

- Squaw Valley Phase II of the new pedestrian village is now complete and includes new condo's, shops and restaurants.
- Tahoe's Royal Gorge X-Country Resort lost the Wilderness Lodge last fall to \$3 million fire. Plans are underway to rebuild.
- The Tiehack Bridge (Nordic skiing) is the final link in Aspen's recreational trail system. The bridge is 600 ft long (making it the 2nd longest bridge in CO) and stands 175 ft above Maroon Creek Gulch
- Mammoth has a new 17,000 sq ft Mountain Center (part of IntraWest's expansion of the area).
- Enjoy reading about skiing online or wish to publish? Checkout www.skippressworld.com. For a literary slant on skiing and snowlife, try *Aspect Journal*, a non-profit literary site for those wishing to publish their stories about the essence of snowlife. The journal will focus on quality and content of writing. (www.aspectjournal.com)

Thermal Strategy – “Storing Your Warmths”

Richard Lubin, D.C., the Snowboarding Chiropractor, FWSA Safety Chair

I came up with this expression many years ago as a kid growing up in the Northeastern U.S. in Yonkers, New York. I am sure it sounds funny to you, but one by one people who become familiar with this will start to say it too.

As snow people, we are around cold temperatures a lot. The important thing is to stay comfortable. Once you get cold it is hard to get warm. It's better to stay warm or even get a little too warm. It is important to dress right but it is also important to *store your warmths*. What I mean by this is anticipating changes in temperature and making the appropriate adjustments. This originated when I would have to go out in the bitter cold. Therefore I would get extra-warm before I went out. That way the cold would almost be a welcome relief from the extra hot. I think most people can relate to blasting your car heater before you get out into chilly conditions.

Store your warmths if it looks like a storm is coming in, the wind comes up or if you lose the sun. Do it BEFORE you get cold. It's not hard, it just takes common sense. For example I was up at Alpine Meadows the other day at 3 pm. The front bottom side of the mountain was in the sun and warm but looking uphill I could see shade near the top. By anticipating that once in the shade it would be cooler, I zipped up my vents, snugged my collar and *stored my warmths* BEFORE it got cold.

CONSIDERATIONS

Layering: The recommended way to dress for snowsports is layering. The *first layer* (next to your skin) should be a highly wickable, breathable base layer. The moisture generated by your body sitting on your skin is largely responsible for making you cold. There are many sophisticated fabrics which move moisture away. Polyester seems to be the most popular, but you may also find long underwear which is polypropylene, silk, or other fabrics. Most tops start at about \$15 and increase based on quality and features. Zippered allows you to better modulate your warmth level better. The *Middle layer* should be also breathable and have some lofting ability. By that I mean trapping air to act as insulation. In nice warm ski weather you may skip this layer altogether. Fleece is one of the best materials to use. It is lightweight, does not restrict motion too much, and feels great. Another material is a relatively new breed of fabric like Gore-Tex Windstopper. This material is breathable but resists air blowing through you by sandwiching a membrane in between the fabrics. A vest of this material will keep you cozy and keep your arms very mobile. You can zip it up to store your warmths, or unzip for

Public Affairs & Safety (cont.)

bladder in a vest, which can inflated/deflated to adjust the amount of insulation. The *outer layer* should be waterproof and windproof and ideally still have some breathe-ability. The windproofness reduces convective heat loss. By waterproof we really mean water-resistant. There is an inverse relationship between breathe-ability and waterproofness. A rubber rain suit is very waterproof but does not breathe. The best fabrics, like Goretex XCR are light, breathable and relatively waterproof. Unfortunately it is also expensive. A fabulous Mountain Hardware shell can cost over \$400.00. Many companies have their own version of a breathable but waterproof fabric. Invest in a good pair of *ski socks*. They use great wicking and insulating fabrics. Some use different panels to adjust for pressure and wear in your foot. If your feet are uncomfortable, you won't have a good time. Make sure your boots fit properly and do not impair circulation.

Chairlifts: When skiing, you are active and you'll probably be warm. Open some vents or zippers. When you ride the chairlift, this is when you cool down. You'll get cooler because a) the lift is elevated with more wind exposure b) the lift is moving creating it's own wind chill factor (especially on high speed chairs) and c) you are inactive. Incredibly slow lifts which are high off the ground can be real chillers. This is a great time to zip up, put up your hood and store your warms. Any of that moisture next to your skin will become much more noticeable. Don't let yourself get cold.

Ski Areas: By knowing something about the ski resort you are at you can better predict changes in temperature. At some places it is tricky, for example at the gargantuan Heavenly. If you ride up the gondola at Stateline, you may not know what the temperature or wind is at the top, almost 3000 feet higher. Some ski areas have a particular pattern of sunshine during one part of the day or another. Some have more wind in certain facings. Each one has it's own quirks. Your best bet is to either know from experience or ask a local, employee, or ski patroller. Be prepared.

Vents: Generally the more expensive models of jackets and pants have better materials, sealed seams, and vents. These vents, found under your armpits, and sometimes in other places are a great way to change your heat and moisture by zipping/unzipping. Again, try to anticipate whether you will be getting colder or warmer and make the appropriate change. If you have a helmet with changeable venting, open when warm, close if you get chilly.

Head and Neck Gear: It is said 50% or more of your heat is lost from your head/neck. This is a strategic area to keep warm. Many people use hats, gaiters, or balaclava to control warmth. Some of these fold quite small to store in an outside pocket of you jacket.

Goggles: Do goggles keep you warm, you betcha. This covers that part of your head we call the face. Try taking them off in the wind; you'll see what I mean.

Portable Warms: Disposable hand, toe and body warmers are great things to carry as they take up little space. They are available at most ski and sporting goods stores and cost

\$1-3. They are activated once you open the package and expose them to air. Generally they work well for 4-8 hours. If they cool off, shake them a little. This exposes more of the material to air which gives off an exothermic (heat producing) reaction. There are electric foot and hand warmers as well. They are battery powered and my understanding is that they are effective only as long as there is a charge. Check the duration and compare it with the interval you need them for.

To Stay Warm, Stay Cool: The idea here is to not get too hot, because then you will sweat. That moisture is what makes you eventually cold when you are in the shade, higher up, when the wind blows, or when you are skiing fast. DO NOT wear cotton. It's comfortable but does not breathe or dry well and loses its insulating ability as soon as you get wet. Wool is not that much better. Use the great new technology fabrics to minimize bulk and maximize comfort. The concept is to anticipate the changing conditions and adjust yourself before the environment does. Replace your electrolytes throughout the day by drinking. Alcohol consumption supposedly makes you colder, guess you have to dance a little harder.

Physiology: *Thermogenesis* is a term for heat production. Our bodies constantly take food burn it in your cells and produce heat. Fuel is therefore a requirement for your body to produce heat so don't forget to eat. Some people are more 'hot-blooded than others. Generally if you have more insulating fat, you are warmer. A common complaint with weight loss is getting cold easier. If you are chronically cold, have your doctor check your thyroid. The thyroid controls your metabolism. Hypothyroidism (low thyroid) can make you cold often even when others feel fine. Poor circulation can especially make your extremities cold. Certain conditions can cause painful vasoconstriction (narrowed blood vessels) in the hands. Diabetics may also have problems in the hands and feet. If you have a problem staying warm, be especially conscientious and dress properly.

Other Storing Warms Ideas: If you know it's cold out, raise your body temperature before going out, take a bath, a hot shower, have hot soup, drink tea, sit in your car with the heater on high, hug a warm friend, exercise, get your core body temperature up. Hand dryers in rest rooms can fill your shirt or jacket with hot air and help you store warms. I've heard of sprinkling cayenne in your socks to warm your toes. Black or dark clothing heats up more when in the sun. Once warm, you have more options for zipping/unzipping or removing garments. Those microwaveable rice filled heat packs are great for warming up your body. Did I mention "hot tub"?

Ultimately the point is to be comfortable. My clinical experience also tells me that having your body temperature drop makes you get ill easier. By thinking about it ahead of time you can dress right, anticipate strategize, and repeat after me.....**STORE YOUR WARMS!!**

NORCAL 2003-2004

March 19-21, 2004 – Alpine Meadows

League (Circle the league): Sierra Singles Open
 Racing Class: _____ Club: _____
 Name: _____
 Address : _____ City: _____ Zip: _____
 Phone: (____) ____-_____
 If a junior racer – Parent's Name: _____

	Pay by Feb 1	Pay By Mar 1	Pay by Mar 14	Race Day	Amount due
Race Entry	25	25	30	N/A	
Lift Tickets (Senior)	30	30	30	30*	
• One Day	45	50	55	N/A	
• Two Day	60	65	70	N/A	
Lift Tickets (Adult)	42	42	42	42*	
• One Day	63	68	73	N/A	
• Two Day	84	88	93	N/A	
Lift Tickets (Child)	32	32	32	32*	
• One Day	45	50	55	N/A	
• Two Day	60	65	70	N/A	
Awards Diner/Dance	30	30	30	35	
• Adult Racer	25	25	25	30	
Race Clinic	36	36	40	N/A	
• Single Session	56	56	60	N/A	
				TOTAL DUE	

• only Single Day ticket available – need to buy your own ticket each day
 N/A = Not Available (Don't bother even asking)

Amount Paid _____

Date Paid _____

Collected by: _____

Make checks payable to the league circled above.

Refund Policy – 100% refund up to March 14

Sierra League: Complete the form above and return (make check payable to **Sierra League**) to:

Barbara Bryant, 12741 Peregrine Drive, Truckee, CA, 96161 or call 775-550-9452.

Nevada Road conditions: (877) 687-6237
California Road Conditions (800) 427-ROAD (7623)

Alpine Meadows: www.skiapline.com
Boreal: www.borealski.com
Diamond Peak: www.diamondpeak.com
Donner Ski Ranch: www.donnerranch.com
Heavenly Valley: www.skiveavenly.com
Homewood: www.skiveavenly.com
Kirkwood: www.skirkwood.com
Mammoth Mtn: www.mammothmountain.com
Mt Rose: www.mtrose.com
Northstar: www.skinnorthstar.com
Sierra At Tahoe: www.sierraattahoe.com
Soda Springs: www.skisodasprings.com
Squaw Valley: www.squaw.com
Sugarbowl: www.sugarbowl.com



Newsletter Editor
Sierra League/Council
919 Humboldt Street
Reno, NV 89509

February, 2004

To: