



2004—2005: Races, Events, Trips, and more!

2005

Sat. Jan 22	Race 3, Slalom	Homewood
Sun. Jan 23	Race 4, GS	Homewood
Jan. 29 - Feb. 5	FWSA Ski Week	Aspen, CO
Sat. Feb 12	Super G Clinic	Northstar
Sun. Feb 13	Race 5, Super G	Northstar
February 19-27	FWSA Ski Japan	Nagano
Sat. Feb 26	Make-up Race	TBA
Sun. Feb 27	Race 6, Slalom	Diamond Peak
March 12 - 19	FWSA Ski Europe	St. Moritz, Switzerland
March 12 - 19	USRSA 35th Ski Week	Bormio, Italy
March XX	Code 3 Race Day	Northstar
Sat. Mar 12	Race 7, GS	Northstar
Sun. Mar 13	Race 8, Slalom	Northstar
Mar 18 - 20	FWRA Championships	Heavenly Valley
March 26 - 27	Back Country Ski Tour	Coldstream Canyon, CA
April 1 - 3	NorCals	Alpine Meadows
June 9 - 12	FWSA Convention	Long Beach, CA
September	FWSA China Adventure	China
October 9 - 16	FWSA Hawaii Cruise	Hawaiian Islands

2006

March 17-19	FWRA Championships	Kirkwood
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Upcoming Event Deadlines - Don't be left out!

Super G Race Clinics: Saturday, February 12th at Northstar. Deadline for sign-up is February 7th!
See page 5 for further information.

Rule Changes for 2004/2005 and new race point system for Far West Ski Association and Sierra League. Turn to page 7 for details.

OnLine Registration Policies and Procedures. Turn to page 2 for details.

Annual Code 3 Charity Race Day at Northstar is coming in March!!!

Proceeds to benefit the **Pacific Burn Institute.**

Refreshments after race provided.

Final date (either a Tuesday or Thursday) and pricing is being determined at this time.

Contact Jim Sommer for further details. (775) 322-5805 / Sommerskier@aol.com

Sierra League/ Council Officers

President: Barbara Bryant

530-550-9452 / gsracer@calis.com

Vice-President: Donn Bryant

530-550-9452 / gsracer@calis.com

Secretary: Jo Simpson

775-787-7556 / jksimp@msn.com

Treasurer: Frank App

530-562-0639 / fapp@cowiga.com

Race Chair: Dan Hopper

916-435-0311 / Dhopper@bigplanet.com

Statistician: Dan Jeffrey

Dan@jeffrey.reno.nv.us

Head Gatekeeper: Ken Simpson

775-787-7556 / jksimp@msn.com

Race Practice: Paul Laudenschlager

530-550-7504 / plaud@onemain.com

Trip Chair: Amur Rutz

530-587-5814 / amur@jps.net

Webmaster: Pavel Bosin

408-374-1648 / pavel@bosin.net

Newsletter: Beth Perryman

775-322-5805 / slabanshee@aol.com

Club Race Chairs:

CSSC: Rich Fuellenbach

davisskiracer@infostations.com

Reno Ski & Rec:

(Jan Holman, 775-972-9064)

Fagowees: Andrea Woelfle

916-487-9052 / andreajoew@yahoo.com

Code 3: Jim Sommer

775-322-5805 / sommer@ci.reno.nv.us

Rat Pack: Mark Lilly

530-541-8250 / marklilly@aol.com

RU Ski Club: Pavel Bosin

408-374-1648 / pavel@bosin.net

Club/League/Race websites:

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.sacramentofagowees.org

Las Vegas Ski Club:

www.lasvegasskiclub.com

OnLine Registration Policies and Procedures

Thanks to our webmaster, Pavel Bosin, you can now register for Sierra League races over the internet. Then you just ski to the top of your race course and go! Here is how it works.

First, Sierra League needs to collect your fees and waivers *in advance*:

- Race fee (season or day pass)
- Gatekeeping deposit (\$20)
- Club dues (or league fee for independents)
- Sierra League Waiver
- Waiver for each ski resort - *this is new*

The web-based system will keep track of these items for each racer. Once you have submitted required items, you will be eligible for online registration.

1. When you are ready to register, go to this web page:

<http://www.sierraleague.com/startRegistration.jsp>

2. Enter your last name, bib number, and pick one of the races from the drop-down list. The name and bib number must match what's in the system.

3. Click **<Save>** to register for a race.

4. You will see a confirmation screen. If the information is correct, press **<Confirm>**. If anything is wrong, click **Start Registration Over** (returns you to the registration page) or **Cancel** (returns you to the home page).

If your registration is accepted, you are ready to race! You do not have to mess with tickets or waivers at the resort. You *do* have to find out where and when your course starts. That can change on the morning of the race. Remember, you are taking a bit of a risk if you choose to skip the morning meeting in the bar.

If any of your fees or waivers is missing, the web site will not register you. It will tell you what's missing and refer you to your club's race chairman. You can provide the missing fee or waiver to your race chair or to the league Treasurer at the next race. The new information will be entered into the online system within a week.

You can register for any or all of the races at once. Or you can register up until midnight before each race.

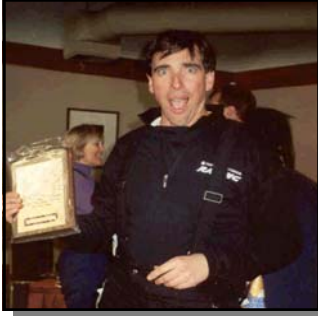
Who can register online:

Season pass holders: Register for any races you plan to attend. Do it all in advance or wait until you are sure. If you change your mind about attending a race, please remember to un-register before the race.

Day racers: If you pay one race at a time, then you can pay for any number of days in advance. These remain in the system as "race credits" until you register. When day racers register for a race, they are spending that money, so choose carefully. After the race starts, you forfeit the money whether you actually show up or not. You can un-register for a race to get your credit back until midnight before the race. **IMPORTANT:** If you pay in advance for a day pass, you must use it before the end of the season or forfeit the fee.

It's Downhill All the Way !

January 2005 by Barbara Bryant



New League Race Chair appointed:

Dan Hopper is the Sierra League's new race chair! Dan is a Capital Ski & Sports Club racer, is married to Beth and has two children. Dan is also

a practicing dentist as well as a practicing practical joker. Dan is very approachable despite being a serious racer and is full of joie de vivre! You'll be seeing a lot of Dan this race season. For race questions go to: bethlynnhopper@aol.com or dhopper@bigplanet.com.

On-Line registration: On-line registration to facilitate race day sign-ups should be ready by the January races. Your committee, **Paul Laudenschlager, Pavel Bosin, and Dan Jeffrey**, has been ironing out the kinks to ensure a successful change. One concern is filling Gate keeping positions. All of us need to be sure to sign up for our work assignment with **Ken Simpson**, our new Head Gatekeeper. You can do this in advance so that he can make certain that he has enough gatekeepers for each race. (775) 787-7556 or jksimp@msn.com

New Gatekeeping Policy: Gatekeeping requirement - first time racers seeded in classes 7 through 10 will not be required to gate keep their first year unless they volunteer.

Race Protest Policy: The Board voted to establish a cut off time of 8 pm on the night before the next race or 72 hours after end of last race which ever is sooner. After that, no protests will be entertained.

Check out this web site:

Boulder, CO: *Ski Racing*, the world's oldest and largest competitive snow sports publication, announces the re-launch of www.skiracing.com, companion web site to the magazine.

First Race Weekend Dec 11 and 12

Spring-like conditions welcomed our first racers! Soft snow and sunny, warm temperatures made December seem like late March. Sierra League's GS was held on Pioneer for both Upper and Lower courses on Saturday, December 11. On Sunday the Lower Course raced Slalom on lower Pioneer while the Upper Course had its Slalom on Surprise. We had eight junior racers join in the competition: **Greg Alaïre, Rachael** and **Adam Laub, Mackenzie Lilly, Kalina, Taliana, and Natania Potts**, and **Torrie Zaccor**. In addition, Sierra League hosted several guest racers from Singles and Open Leagues.

Sierra League Sponsors: **Dave Garner** of **Reno Mountain Sports** and **George Koster** of **Tahoe Sierra Real Estate Associates** are our official sponsors! Thanks to them, we wore our new stretch bibs at the first race on Dec 11. The new bibs require a \$10 non-refundable fee. It's generously sized and attractive to boot. Sierra League encourages everyone to trade in their old bib for a new one.

Thank your Registration Team: When you see your registration team - **Frank App, Barbara** and **Donn Bryant, Dan Hopper, Dan** and **Jennifer Jeffrey, Bill Ramoni, and Ken Simpson** - *please* thank them for the hours they put into making your race-day sign ups run smoothly. Despite some first day hiccups, both days' races were completed by 1:30 PM, leaving the remainder of Saturday and Sunday for free skiing (except for those of us who had to do stats and medals!

New Ski Club: Welcome **RU SKI Club** into Sierra Council. Our newest ski club, located in the Bay Area, consists mostly of racers and intends to give reigning champion Reno Ski & Rec a run for their money this season. **Pavel Bosin**, Sierra Council's web master, is the president.

Club Point Totals: CSSC—623; RSRC—582; Rat Pack—510; RU Ski—208; Top Gun—95; Code 3 Ski club—89; Sacramento Fagooees—37.

It's Downhill All the Way! (cont.)

Holiday Dinner and Dance: Dining, dancing, raffling, bidding on Silent Auction items - what a fun-filled, evening 58 Sierra Council members and friends had at True North in Northstar's Village on Saturday, December 11. So many people bought wine that we could have paid for remodeling True North! Northstar, as usual, put on its Holiday spread and we stuffed ourselves. Dancing die-hards **Bill Red** and date, **Bob Ellis** and **Nancy Thude** stayed for the last song of the evening. Thank you to all who bought raffle tickets and bid on the Silent Auction. Profits go toward running our council and race programs.

Raffle and Silent Auction Donors: A big "Thank You" to the following sponsors for their donations of silent auction and/or raffle items!

Auntie A's Boot Dragon
Alpine Meadows Ski Resort
The Back Country
Clarity Fog Eliminator Sports Pac
Cold Stream Adventures, Inc.
Elite Feet
Holmenkol Ski Was
Homewood Ski Resort
Jo Simpson
Ken's Bike and Ski Shop
Lost Trail Lodge
Northstar Ski Resort
Resort at Squaw Creek
Start House Ski Shop
Sugar Bowl Ski Resort
Tahoe Mountain Club
Vail Resorts
Wild Creek Golf Course



Donor of 60 Fog Eliminator Sports Pacs at Sierra's Holiday Party. Order more at amazon.com

Kids' Stuff:

Snowmonsters: If you have young children, check out snowmonsters.com which has games, fun stuff, free movies, nature activities.

California Snow Passport: 4th, 5th and 6th grade students can apply for a Snow Passport with coupons for lift tickets, trail passes, lessons and equipment rentals at 32 participating California and Nevada resorts. Go to californiasnow.com/passport.

Winter Feels Good: "Winter Feels Good" is a program developed by SnowSports Industries America to show how non-motorized winter sports — snowboarding, alpine skiing, cross country skiing and snowshoeing — can help adults and children achieve health and fitness through the winter months, no matter what their current fitness level is. The site contains information on snow fitness programs, gear, earning President's Challenge Awards, Vertical Express for MS, and much more. Log onto winterfeelsgood.com

Project Kids: A 70 million dollar program funded by the Center for Disease Control and Prevention aimed to motivate kids 9-13 to become more physically active in a "kid-cool" way. The US. Ski Team and U.S. Snowboarding athletes will join the federal VERB youth marketing campaign to promote increased physical activity. Kids can earn points toward rewards and can log onto sites such as VERBnow.com and snowlinkjr.com to record their snowsport activities.

Far West Ski Association news

Family Appreciation Weekend: Family Ski Weekend, April 16-17, 2005 at Mammoth Mtn. Contact Fran Long at fancat2002@charter.net.

Travel: Looking ahead to 2006; travel is being planned to Machu Picchu, the Galapagos and to Zermatt, Switzerland.

FWSA Membership benefits: Use your FWSA membership card to get the following and more:

The Sports Exchange, Truckee,	50%
Stockli Skis	25%
Sports Rack	25%
Copeland Sports	15%

Visit fwsa.org/membership for a complete list of all ski shop, lodging and travel benefits. See your club president if you haven't received your membership card yet.



Travel and Events

Spring in the Sierras

Sierra League's Back Country Tour and Overnight at Lost Trail Lodge

March 26 - 27, 2005

The Sierra Council invites you to join its first annual "Adventure Trip" into Coldstream Canyon. We'll travel 4 miles to the lodge by snowshoe or cross country skis, with a 300 foot vertical gain. Or, enjoy riding the snow-cat to the lodge, except for the last half-mile trek (available to the first 10 people who request it).

Tucked in a wilderness setting, the lodge is 4 miles SW from Truckee and 6 miles NW of Squaw Valley. A non-smoking facility, the lodge offers many amenities: hot tub, fireplace, all linens, full kitchen. The lodge is off the power grid, producing it's own power. There is an emergency phone located in the warming hut and a 24 hour caretaker on site. <http://www.losttrailodge.com>.

\$90 per person includes one night's lodging, dinner, breakfast, transportation of personal gear. Make checks payable to "**Sierra League**" and send to: **Barbara Bryant**, 12741 Peregrine Drive, Truckee, CA 96161. Call 530-550-9452 or email gsracer@calis.com

Note: The trip is sold out at this time, contact Barbara Bryant regarding the Wait List.

FWSA Family Ski Trip to Mammoth Mtn

April 16-17, 2005

Mammoth Sponsored: Reduced lift tickets, Adult and children activities & games, Complimentary food and drink, Entertainment

FWSA Sponsored: Pizza party

Limited number of 1 & 3 bdrm condo's available at Chateau Sierra. Contact Jill Victory at 760-934-2270 for reservations. Provide your own transportation. Contact Fran Long (fancat2002@charter.net) or Mike German (mgermancv@hotmail.com) for further details.

Super G Clinic at Northstar

Saturday, February 12 , \$35 per person

Your check for this clinic must be received by Monday, February 7. No same day clinic registration. Check in at the Pavilion Base Camp (the white tent next to the gondola) from 7:30-8:30 AM.

- Clinics will be held at 9 AM and 1 PM
- Lift tickets will be available for purchase on Feb 12; Adults \$44; young adults \$34; child \$14.

Helmets Required

Food coupons available at time of ticket purchase. Pay \$6.00 and get an \$8.50 coupon; pay \$8.00 and get a \$10.75 food coupon.

Send you check (\$35), made out to "**Sierra League**", **Barbara Bryant**, 12741 Peregrine Dr., Truckee, CA 96161, gsracer@calis.com, 530-550-9452

Allowed Participants in Sunday, February 13 Super G Race:

- All participants shall have an established Sierra League racing handicap.
- No first time racers allowed in this event.
- Participants from other area leagues may enter the Sierra League Super G under the following conditions.
 1. Have participated in a Sierra League Super G clinic.
 2. Have an established handicap in Super G from another league or having participated in a prior Sierra League Super G.
 3. Be approved for entry by the Sierra League Jury (i.e.: known Master's racers of adequate ability level).

Newsletter now electronic:

Sierra League newsletters (past and present) are available for viewing and download from the league web page. The newsletter will be posted on the Sierra league web page (www.sierraleague.com) by the last week of each month.

Note: There was no December, 2004 issue of the newsletter. Due to a knee injury and subsequent surgery in December, I was not quite able to do the December issue. Thank you for understanding! Beth

New Fagowee webpage:

www.sacramentofagowees.org

Email address is: **Skifagowee@earthlink.net**

Travel and Events, cont.

Far West Championships Heavenly at South Lake Tahoe, March 18 - 20, 2005.

Lodging and Awards Dinner

Lodging specials are available at the Horizon Casino Resort in Stateline, NV. Mention "Far West Race Championships" when making your personal reservation, as the Horizon will also host our dinner and awards party on Saturday night. Once again we will be having a sit down dinner, an equipment and trip raffle, followed by the awards for Saturday's race, and dancing to a local DJ. To make a reservation at the Horizon, call 1-800-648-3322.

Shuttle

Complimentary shuttles will be provided between the Horizon Hotel and Heavenly. Heavenly also has a Daycare which is a California state-licensed facility providing indoor and outdoor supervision and activities for infants/toddlers and preschoolers. Complimentary hot chocolate, oranges, granola bars and water will be provided at the base of the race venue. Stadium bleachers will also be at the bottom of the race venue.

Registration

Race registration will be available Friday night at the Horizon Casino from 7:00 PM to 9:00 PM, Friday from 7:00 AM to 9:00 AM at Heavenly in the Cal Bar and Saturday morning from 7:00 AM to 9:00 AM at Heavenly in the Cal Bar again.

Pacesetter Races

Friday will have (6) pacesetter races on East Bowl and World Cup, including three slaloms and three Giant Slaloms. Race Training will also be available through the Heavenly Race Department.

Races

Saturday will be six Championship Slalom courses set up for the various ability classes of competitors on World Cup and East Bowl. Sunday will be six Giant Slalom races on the site of previous FIS World Cup Race Courses.

Lift Tickets

Lift tickets will be discounted for all ages. Go to www.fwra.com for discounted ticket prices.

Upcoming FWSA/FWRA Activities:

2005 Aspen Ski Week, Jan. 29 - Feb. 5

Sign-up with your Council or as a Direct Member. Lodging available at Aspen or Snowmass.

2005 FWRA Championhsips, March 18 - 20

Heavenly Lake Tahoe, CA. Lodging at the Horizon Casino Resort. Lodging coordinated through individual race leagues. \$35 registration. Details in subsequent newsletter(s).

Ski Japan, February 19-27, 2005.

Priced at \$1,550. Optional pre and post trip extensions. 2 spots available. \$200 deposit. Contact: **Tucker Hoffmann**, FWSA V.P. of International Travel, Phone 510-278-5900

St. Moritz European Ski Week, March 12-19, 2005. Priced at \$1,360-1,450. Trip is currently sold out. Contact trip leader regarding wait list. Contact: **Tucker Hoffmann**, FWSA V.P. of International Travel, Phone 510-278-5900.

China Adventure Trip, September, 2005.

Priced at \$2,099 for 15 days, \$2,499 for 21 days. Both options are **sold out**. Contact the trip leader regarding wait list. **Contact: Tucker Hoffmann**, FWSA V.P. of International Travel, Phone 510-278-5900.

Hawaii Cruise, October 9-16, 2005

Visit the four major islands. Hosted by Harry and Karen Davis. Contact Montrose Travel directly at groups@montrosetravel.com or (800) 301-9673.

FWSA Annual Convention, June 9 - 12, 2005

2005 FWSA Convention will be the 75th Anniversary of Far West Ski Association and held in Long Beach, California and hosted by The Los Angeles Council of Ski Clubs. Stay tuned for details.

For more information about FWSA Travel, contact:
Lynnell Calkins, FWSA V.P. of North American Travel, Phone: 310.370.6948
Tucker Hoffmann, FWSA V.P. of International Travel, Phone 510.278.5900

Check out the Far West web page for further details about FWSA trips, events, and more.

www.fwsa.org

Racing Rule Changes and New Point System

New Points System for FWRA and Sierra League Races

The Far West Racing Association has adopted a new system for assigning points on race results. Sierra League changed to the new system starting with the first race of the 2004/2005 season. *This affects points only. Sierra League awards will be the same as before.*

Race points are no longer related to the number of racers in your class. Instead, a fixed number of points (see below) will be awarded for each place (first, second, third, etc.) as long as you ski better than the high handicap for your race class:

Place	Points	Place	Points	Place	Points
1	25	7	12	13	6
2	20	8	11	14	5
3	17	9	10	15	4
4	15	10	9	16	3
5	14	11	8	17	2
6	13	12	7	18+	1

Note: The last item in the list says "18+" which means every racer who completes the course gets at least one point. If you do *not* ski better than the high handicap for your class, you will still win points. However, you will be awarded the points for the next-lower placement. These changes will make sense when you read the examples provided.

There is one more rule about points: If your handicap is higher than the "cutoff" value for your class then you get only one point.

Here is a list of low, high, and cutoff handicaps for each class:

Class	Low	High	Cut-off
S0	0	18.99	33
S1	19	25.99	40
S2	26	32.99	50
S3	33	39.99	60
S4	40	49.99	70
S5	50	59.99	80
S6	60	69.99	90
S7	70	79.99	100
S8	80	89.99	110
S9	90	99.99	120
S10	100	999.99	200

Examples:

- Let's say you took second place in the S5 Open Women, and your handicap worked out to be 51. The 51 handicap is better than the "High Handicap" for S5's. So, you would have earned 20 points – the normal value for second place.
- Now let's say you took second place in the S5 Open Women but your handicap was 63.00. 63 is higher than the "High Handicap" for S5's but lower than the "Cutoff" value. You would be awarded 17 points – the value for third place – one place lower than your actual finish.
- If your handicap were higher than the "Cutoff" for S5's, let's say 85, you would get only one point. This means you can win a point for your club even if you fall and have to climb. As long as you complete the course you win something.

It is felt that this system is better than the old one. You can earn points even if you miss the high handicap for your class and you don't have to suffer if your class has only a few racers. If you have any comments, please let a member of the Sierra League board know.

Other 2004–2005 Rule Changes

- There is a new class – S0. It is for racers in the 0 to 19 handicap range. If you skied better than a 19 handicap twice in the past *two seasons*, then you have been automatically moved to S0. *This breaks up the huge S1 classes we had in the past and gives more racers a chance at the gold.*
- No more slipping unless the Chief of Course or the Referee asks *you*. This is a new rule about slipping the course – it is no longer allowed unless the Chief of Course specifically tells you that you can. *Do not ski through the gates during inspection.*
- Sierra League now has a cut-of time for protests. They must be received *by the statistician* by *8:00 PM* on the night before the next race or 72 hours after end of last race, whichever is sooner. Until then results are considered preliminary. After the cut-off results are final, no protests will be considered. *Don't wait for the next race to correct problems with the results.*
- There will be *No More* racing in classes above your handicap.



Area State DOT Numbers:

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
Idaho: Outside Treasure Valley Local Calling Area 1-888-432-7623
Colorado: Within CO but outside Denver Metro Area: 1-877-315-7623
 Outside of CO or within Denver Metro Area: 1-303-639-1111
Wyoming: (307) 777-4375/(307) 772-0824

Alpine Meadows: skipline.com
 Boreal: www.borealski.com
 Diamond Peak: ww.diamondpeak.com
 Donner Ski Ranch: www.donnerranch.com
 Heavenly Valley: www.skiheavenly.com
 Homewood: www.skihomewood.com
 Kirkwood: www.skitirkwood.com
 Mammoth Mtn: www.mammothmountain.com
 Mt Rose: www.mtrose.com
 Northstar: www.skinorthstar.com
 Sierra At Tahoe: www.sierraat Tahoe.com
 Soda Springs: www.skisodasprings.com
 Squaw Valley: www.squaw.com
 Sugarbowl: www.sugarbowl.com



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January 2005

To: