Ladies and gentlemen, start your engines! As soon as temperatures cool (or Mother Nature blesses us) we will be off and running. There are ten scheduled series of USSA Masters races coast to coast, all featuring challenging venues and social gatherings. If you want to venture outside of your own areas and travel to some prime ski vacation locales, be sure to check out our Major Event Schedule. Remember, just to step into the starting gate, compete with friends and finish is a “win” in masters racing.

USSA Skier’s Edger Masters Nationals
Mammoth Mtn., California Mar. 17–22
DH/SG/GS/SL
A bit of a juggling act took place this spring before Mammoth stepped up to host our premier event. Mammoth has hosted a number of hugely successful National Championships. Their venues are all top notch and have super ski-in, ski-out accommodations. Speed events, SG/DH will take place on the infamous Denny’s Downhill. Technical events on Terry’s and Fascination on the resort front side. Mammoth has an active Masters training program and invites everyone for a tune up prior to the show. Slopeside lodging starts at $65 per person and will book fast, so call 1.800.MAMMOTH. Check the USSA Masters website or Comp Guide for the complete schedule.

Skiers Edge Regional Championships
Western: Winter Park, Colorado Feb. 7–10
TrSG/SG/GS/SL
We are back to the Rocky Mtn. division for the Western Championships. The Rocky folks are always great hosts, and the Winter Park venues are the best. If you haven’t checked the schedule, do so. Featured are separate courses for A/B and C/D groups for SL & GS and a training day of SG that should not be missed. Two timed SG training runs, then two SG races will be run on race day. The first race will be the Region Championship/Speed Series event, then a Rocky Mtn. division race. Talk about a two-day speed fix! Remember, overall class winners will be named to the Western Region team and receive embroidered Region Team jackets.

Eastern: Whiteface, New York Mar. 6–9
TrSG/SG/GS/SL
It’s been 15 years since Masters have raced at Whiteface. With the NorAm finals taking place the next week, Masters will have the opportunity to test the venues and say, “been there, done that” to the best of the U.S. Ski Team. (Multiple start and finish options guarantee “Masters friendly” terrain and length.) All events will take place on the undulating Draper’s Drop, including the SG, which will start on Thruway. For special “perks,” two SG races are on the schedule, with the first to count as the Championship race and both to count for the National Speed Series, and a dual slalom will once again follow the championship race.
Greetings From The Chairman
by Keith McCauley

Hello, and welcome to a new season of Masters Racing. I am honored and welcome the opportunity to be your National Chairman and to work with the Masters Working Group, USSA, and Bill Skinner. I would like to thank Ned Dolan for a great job as National Chairman for two years and wish him the best in his new life of golf and leisure in Prescott, Arizona.

So far we have been addressing the issue of membership. As most of you know, Masters membership has stayed fairly level over the last few years, however, the membership is growing older. The younger age group numbers have been getting smaller, and one of the ways to address this problem is to lower the age of Masters to 18. I am happy to announce that we have been successful in doing this; as of now Class I will be 18–29. Since this was a late change, our handbook will not reflect the new rule until next season. The new rule is to allow Student and Competitor USSA memberships to race in Masters races without purchasing an additional membership with USSA. The Student and Competitor USSA memberships will not be allowed to race in the Regional or National Championships without purchasing a Masters Memberships. The thinking on this was to expose U.S. Collegiate Ski Association (USCSA), college ski clubs, and ski teams with masters racing and hopefully retain these racers as they grow older.

The following is the actual verbiage of our new rule:
1. Alpine Competitor membership holders 18 years and older may race in Alpine Masters races.
2. Alpine Student membership holders 18–22 years old may race in Alpine Masters races.
3. Only Alpine Masters members 21 and older are eligible for Alpine Masters Regional and National Championships.

I need everyone’s help to get the word out on this new rule. Please print out the flyer and spread it around to your local colleges, universities, ski clubs, ski teams and wherever appropriate. These young racers are the future of Masters Racing and we need to welcome them into the fold.

Another area to recruit new members is from NASTAR. When you have a race coming up in your ski area, please put up a flyer at your local NASTAR course and invite these people to come try Masters Racing.

Bill McCollom, eastern chairman, and Ski Racing magazine contributor, will be coming out with an article in Ski Racing regarding the issue of membership—watch for it! If you try new ideas or have thoughts about membership (or other Masters related issues), let me know and I can pass these ideas around to other divisions; perhaps your ideas will work elsewhere as well.

In other issues, FIS rules for ski length for GS/SL are now in line with USSA Masters recommendations.

In closing, Bill Skinner has informed me that he has plenty of USSA Masters baseball hats (like the one I’m wearing) to give out and welcome all of our first-time Masters racers.

Masters: State of the “Union”
by Bill Skinner

First, I’d like to welcome Keith McCauley as our new National Chairman. He is knowledgeable and motivated; I look forward to working with him. Next, I want to thank all our division chairs and volunteers. They make the wheels turn for USSA Masters. The scheduling of races and outlining of rules for the division sections of our Competition Guide is a yearlong process. Then, I’m hitting them for a fall newsletter promo for their race series. Sorry, it seems endless. Members, please thank your leaders, as they work very hard for your enjoyment.

It’s great to see the continued support of our sponsors. Skier’s Edge has stepped up once again as our primary title sponsor for the Nationals and Regionals, Molecule F is behind the expanded 2008 Speed Series, and Rossignol printed and distributed our Masters poster.

Some changes and updates for this season:
- FIS Masters has adopted our ski length requirements for the coming year—everything recommended.
- By the time you get this, a new USSA Masters website will be online, with greater access to updates and real-time notice of national event changes and info.
- Membership age and eligibility was lowered, in effort to transition younger racers to a lifetime of ski racing. On the next page is an invite for younger racers who enjoy racing to compete Masters with their Competitor or Student membership. On the other side of the invite is the Nationals Masters Schedule. Please cut it out and give to a fellow younger racer or post at a resort that hosts NASTAR and invite them to the starting gate.
WANT TO SKI RACE?

NEW CHANGE FOR THIS YEAR

USSA Alpine Masters would love to have college, USCSA, NCAA, Ski Club and Ski Team athletes come and race with us. If you are 18 or older, with your USSA Student (age 18–22) or USSA Competitor membership, you can race with us for no extra USSA fees. Just pay the race entry fee and get your lift ticket!

The USSA Alpine Masters has a full schedule of races from December through April. Find races in your area at www.ussa.org, then to to “Alpine Masters.”

Masters racing is designed for every level of skier ability, from entry-level racer through ex-national team members. Masters racing can give you the extra starts needed before your next big race.

Masters: Please cut this page out post at your club site, NASTAR venue or give to any likely Masters candidate. Full race schedule is on back.
### 2007 Alpine Masters Schedules

#### Alaska Alpine Masters
- Jan. 12: Alyeska GS
- Jan. 26: Afton Alp SL
- Feb 9–10: Alyeska GS
- Feb 24: Alyeska GS
- Mar 8: Alyeska GS
- Mar 22: Alyeska GS
- Info: Terry Sherwood 907.783.2422

#### Central Alpine Masters
- Dec. 3: Buck Hill (practice) GS/SL
- Dec. 10: Buck Hill (practice) GS/SL
- Dec. 15–16: Giant's Ridge Speed
- Dec. 17: Buck Hill (practice) GS/SL
- Dec. 29–30: Wild Mt. 2SL/2GS
- Jan. 5–6: Mt. LaCrosse 2SL/2GS
- Western Central Championships:
  - Jan. 12–13: Mt. DuLac 2SL/2GS
  - Jan. 14: Afton Alp SL
- Info: Steve Lindemer 952.443.1893

#### Northern Masters
- Jan. 11–13: Big Sky 3SG
- Jan. 18–20: Sun Valley SG/SG/SL
- Jan. 25–27: Snowbowl T/SL/2GS
- Feb 1–3: Blacktail* Tr/SL/2GS
- Feb 16–17: Snow King GS/SL
- Feb. 22–24: Schweitzer SG/SL
- Northern Championships:
  - Mar. 1–2: Whitefish* GS/SL
  - *Black & White Challenge
- Info: Rick Murphy 406.471.1573
  www.northernmasters.org

#### New England Masters/Sise Cup
- Dec. 15–16: Killington SL/2GS
- Jan. 5–6: Ragged Mt. SL/2GS
- Jan. 11: Cannon Mt. GS
- Jan. 13: Gunstock GS
- Jan. 21: Suicide Six SL
- Jan. 26: Bromley SL
- Jan. 27: Stratton GS
- Feb. 1–2: Cranmore GS/SL
- Feb. 3: Wildcat SL
- Feb. 9: Pico Peak GS
- Feb. 10: Okemo GS
- Feb. 23: Loon Mt. GS
- Feb 24: Crotched Mt. SL
- Sise Cup Finals:
  - Feb 28–Mar.2: Sugarbush SG/SL
- Eastern Championships:
  - Mar. 6–9: Whiteface, NY SG/SL
- Info: Gary Colwell 978.887.5623
  www.nemasters.org

#### New York Masters
- Dec. 30: Swain SG/SL
- Jan. 6: Bristol GS/SL
- Jan. 11: Song Mt. SG/SG
- Jan. 12: Toggenburg SL/SL
- Jan. 13: Labrador GS/SL
- Jan. 26: Holimont GS/SL
- Jan. 27: Holiday Valley SL/SL
- Feb. 3: Greek Peak SG/SL
- Feb. 9: Hunt Hollow GS/SL
- Feb. 17: Brantling SL/SL
- Feb. 22: Bristol SG/SG
- Feb. 23: Swain GS/SL
- Mar. 1: Bristol Mt. SL/SL
- Mar. 6–9: Whiteface SG/SL
- Info: Jack Eisenbrandt 585.288.4554
  www.ny masters.org

#### Southern Masters (SARA)
- Dec. 26–27: Bryce GS/SL
- Dec. 29–30: Sugar Mt. SL/SL
- Jan. 6: Winterplace SL
- Jan. 12: Timberline 2GS
- Jan. 26: Bryce SL
- Jan. 26–27: Sugar Mt. 2SL/2GS
- Jan. 27: Massanutten GS
- Feb. 3: Snowshoe 2GS
- Feb. 9–10: Wintergreen SL/SL
- Feb. 23–24: Massanutten GS/SL
- Info: Horst Lohrer 540.856.2121
  www.skisara.org

#### For West Masters
- Dec. 1–2: Mammoth 2SL
- Dec. 15–16: Alpine Med. 2SL
- Jan. 6: Heavenly 2SL
- Jan. 12–13: Kirkwood SL/SL
- Jan. 26–27: Squaw Valley 2GS
- Feb. 1–3: Mammoth 3SG/SC
- Feb. 23–24: Homewood 2GS
- Mar. 3–6: Mammoth 3DH
- Mar. 8–9: Alpine Med. 2GS
- Mar. 9–30: Mt. Rose 2SL
- Apr 4–6: Sugarbowl 2GS/dualGS
- Info Contact: Sam Crowell 775.831.2506
  www.far westmasters.org

#### Intermountain Masters/JANS Cup
- Dec. 15–16: Snowbasin 2SL
- Jan. 5–6: Tamarack 2GS
- Jan. 11–13: Big Sky 3SG
- Jan. 18–20: Sun Valley SG/SL/GS
- Jan. 25–27: Park City SG/SL/GS
- Feb. 11: Soldier Mt. 2DH
- Feb. 16: Snow King SL/SL
- Feb. 23–24: Park City SL/GS
- Mar. 1: Wolf Mt. SL/SL
- Mar. 29–30: Snowbasin GS/SL
- Info: Steve Slivinski 208.726.3442
  www.intermountainmasters.org

#### Pacific Northwest Masters
- Dec. 15–16: Mt. Hood Med. SL/GS
- Jan. 5–6: Snoqualmie trGS/SL
- Jan. 12–13: 49 Degrees 2GS/2SL
- Jan. 19–20: Crystal Mt. GS/SL
- Feb. 16–17: Alpental 2SL/2SL
- Feb. 22–24: Schweitzer trSG/2SG/SL
- Mar 1–2: Mt. Hood Med. SL/GS
- Info: Richard Zimmerman 253.468.8806
  www.pnsamasters.org

#### Rocky Mountain Masters
- Dec. 15–16: Loveland SL/GS
- Jan. 5–6: Winter Park GS/SL
- Jan. 19–20: Ski Cooper trDH/DH
- Jan. 26–27: Keystone SG/2GS
- Feb. 2–3: Keystone trDH/DH
- Feb. 7–10: Winter Park SG/SL/GS
- Feb. 15–17: Aspen SG/SL/DH
- Feb. 23–24: Vail SL/GS
- Mar. 15: Arapahoe B. SL
- Info Contact: Rocky Mt. Masters 303.285.9222
  www.rmmskiacing.org

#### National Championship Events
- Skier's Edge Masters National Championship
  - Mar. 17–22: Mammoth Mtn. CA DH/SG/SL
  - Bill Skinner 435.647.2633

- Skier's Edge Western Region Championships
  - Feb. 7–10: Winter Park, CO trSG/SG/SL
  - Winter Park RD 970.726.1590

- Rooly Summer Nationals
  - July 25–27: Mt. Hood, OR SL/GS
  - Meri Stratton 541.387.3674

#### Molecule F National Speed Series
- Jan. 25: Park City, UT SG
- Feb 2: Mammoth Mtn. CA SG
- Feb 8: Winter Park, CO SG
- Feb. 11–13: Soldier Mt. ID DH/DH
- Feb. 15–17: Aspen, CO SG/DH
- Feb 22: Schweitzer, ID SG
- Mar. 7: Whiteface, NY SG/GS
- Mar. 17–20: Mammoth Mtn. CA SG/DH
- Info: Bill Tabar 801.856.1722

**Events in bold show information updated from Masters poster and/or Competition Guide. Masters adult racing: Age class competition for skiers 18 years and older. For more information contact Bill Skinner at the USSA: 435.647.2633 / Bskinner@ussa.org.**

**Schedules subject to change. For complete info on Masters Racing, visit www.usssa.org and click "Masters."**
INTRODUCING THE ALL-NEW SKIER’S EDGE® S5 UPGRADE KIT

Like skiing on the world’s greatest and quietest snow!

We’ve invested years in making this upgrade kit a reality. The challenge was to develop a process to bend and form perfectly even and matching rails from an extrusion which had concave, convex, flat and 90’ surfaces! – then make it easy for the thousands of our existing customers to upgrade their older machine – saving them from having to buy an all new machine to get this incredible performance. An unbelievable engineering challenge! We did it!

So quiet you can hear your heartbeat!

So smooth you won’t want to stop!

This S5 upgrade kit is one of the most significant advancements ever in the Skier’s Edge.

How cool is that – a company that won’t let their existing customers’ models become obsolete – a company that provides an upgrade opportunity to the current state-of-the-art model! How easy is it for our existing customers to install? No tools are necessary and the complete upgrade can be installed in less than 1 hour. When will it be available? The upgrade kits will be available this winter.

I love my Skier’s Edge S4 machine. I didn’t think it could get any better - I was wrong! The improvements the QS5 upgrade kit made to this machine are like comparing a cell phone to an old rotary phone. The fact that I can update my machine makes my investment to a life of skiing even better!”

Smith | Toronto, Ca

“

I have the Big Mountain RPM machine with the Slope Simulators. This is one incredible creation. You’ve outdone yourselves with THIS machine. Besides the健身 component it gives, ‘muscle memory’ is stored, which translates into immediate success when transitioning to the snow. Kudos to your entire team!”

H. Lewis | Orland Park, IL

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We had a great start on the season at the FIS Masters Cup Races in Chile last September; good competition, close to 100 participants from 12 nations, beautiful weather, and an excellent Chilean BBQ.

Next up on the calendar are the races in December. Europe in December is so much fun. Everywhere, people are getting ready for Christmas, and it is very interesting to see the different customs in the various countries. Last year I had the opportunity to go to Salzburg for the Christkindlmarkt and got some unique Christmas gifts.

Kaunertal is the weekend of December 1–2. The Kaunertaler Gletcher is in Austria, a couple of hours by car from Innsbruck.

Two weeks later, December 15–16, the races are scheduled in Abetone, Italy. That’s where they had the World Criterium last year. Abetone is in the Apennine Mountain Range, a 1½ hour drive from Florence (or 2–3 hours from Milan).

The races in Veysonnaz, Switzerland have been changed to January 5–6, 2008. Veysonnaz is near the town of Sion and fairly easy to get to from Geneva, either by train or car.

France is holding their FIS Masters Cup races at Crest Voland January 19–20. I had to Google the place and it is located between Albertville and Megeve. Crest Voland is connected by lifts to four other areas. The closest airport (Chambery) is 1 hour away by car, Geneva 1½ and Grenoble, 1½.

Kaprun, Austria, January 26–27, a must for all you speed lovers. This weekend there will be two SGs. Kaprun is 1 hour south of Salzburg and 2 hours east of Innsbruck.

This same weekend, Finland is holding its very first FIS Masters Race. It is not part of the FIS Masters Cup Races. They expect a lot of racers from the Scandinavian countries and Russia.

Kalpalinna is in the southern part of Finland, about 1 hour away from Helsinki.

The United Kingdom has chosen Courmayeur, Italy to hold their FIS Masters Cup Race on February 2–3. The British run very good races and organize a great party on Saturday night. Courmayeur is a very old, charming town, right below Mt. Blanc; the scenery is spectacular. Geneva is 1½ hours away, and Milan a little over two hours of easy driving.

Two weeks later, Italy holds their race at Pincavalle on February 16–17. I have never been there. It is a small town not far from Belluno, north of Venice.

The following weekend, February 23–24, Germany holds their race in Bischofswiesen (Goetschen), very close to Salzburg.

Canada is hosting the North American Races, March 6–9. There are four days of racing in Norquay AB, two Slaloms and two GSs. Norquay is near Banff, and you fly into Calgary and rent a car.

Italy holds one more race, this one in Fai della Paganella March 15–16. It is a small ski area north of Trento, very low key. From Munich it is about a three-hour drive, and the same from Milan.

The 2008 Criterium will be in Pichl/Mandling, April 1–5. It is one of the largest ski areas in Austria, with four interconnected mountains. It is easy to get to from Munich, only a 2½ hour drive.

Last year, 14 Americans participated. That is the largest number of Americans since the late 80s. Can we do better this year? In 2008, there will be no conflict with our Nationals.

To race in the FIS Masters Races you need a code number. This year the cost is $25.00. The only way to get one is to contact USSA membership. Bill Skinner is the only one that can send in your entry.

The format for almost all the races in Europe is: SL on Saturday and a 1-run GS on Sunday. The racers and organizers want to get home at a reasonable hour on Sunday night.

Always check out the FIS web site (fisski.com) for any changes. There you might also find information about lodging and the ski area. If you want to find out more about a specific ski area, Google it.

Good news from FIS: Rules on equipment where changed to RECOMMENDED! We are free to choose ski length and radius. However, in SG we can use GS skis, with minimum length for men 185cm and for women 180cm.
Old friends and new from far and near gathered for the welcome party at Ski Bowl’s Multorpor Lodge in Government Camp. The occasion was racer check in for the 19th annual USSA Masters ROOLY Summer Fun Nationals on Mt. Hood, July 21 and 22. The racers and guests were greeted with local microbrew, fresh local cherries, along with their welcome bags and bibs for the race.

When the racers arrived high on the Palmer Snowfield on Saturday for GS racing, the clouds clung to the mountain, heavy with penetrating moisture. It wasn’t rain, but the clouds were definitely wet… and so became the racers and workers. If and when you could see them, great courses were set by “The Ski Tour” winner and former Olympian Stanley Hayer and Masters racer Knut Olberg.

Just after the second run startlist was posted with the hard won, ego-boosting superseed ranking, the weather deteriorated. The jury met and called it a one-run race. Cheers were heard across the hill as racers packed up their gear. They were headed to dry out and prepare for the next social event, the BBQ and awards party. The turnout for the party was salubrious. The Superseed had been named even though there was no second run; the racers had dried out and were ready to party; and the DNS racers showed up for the stories and celebration. It was also a time for receiving. Class awards were handed out; skis and ski trips along with ski paraphernalia were raffled off; praises were sung, and a good time was had by all. The prestigious Atomic Masters Skier of the Year award was presented to Meri Stratton, event coordinator.

Sunday, the skies were friendly for a great day of slalom racing. Coursesetters were notable: A/B courses were set by Stanley Hayer and Olle Larsson, while C/D/E courses were set by Knut Olberg and Bob Vial, Hurricane Racing. Challenges surfaced. Superseed was hard fought. In the end there were some upsets and DNFs. The PUTZI Cup (Putzi Ski Den, PA) for the fastest Slalom man and woman were won by Masters Toby Chapman (MT) and Carolyne Chandler (NM). In reality, the fastest times came from the junior racers: AJ Oliver (men, UT) and Alex Andrews (women, CT). This created a multidirectional challenge: Masters to go faster, and Juniors to wait their turn when they can be Masters.

Protesting his age (he won’t be 87 until September 19th, but this race season started July 1st), Tuck Keleher donned a goofy hat and danced a jig to pick up his awards. This begins his 3rd year as a class 13 (85–89 years old).

While Masters racing is by class, a Superseed is created to add competitiveness between classes. The fastest 10 men from first run are pulled out of their classes, race at the beginning of A/B second run, then ranked by combined times (except for the one-run race). This Superseed class is coveted by all men and creates an overall challenge that knows no age. This year the Seed included racers from 20-64 years old. It keep the old ones going fast and the young ones trying to keep ahead.

Class awards are given to class winners. The Skoch Cup was awarded to the fastest in classes by adding Saturday GS and Sunday SL times.

For complete results and additional information on the event, please go to www.SummerFunNationals.com.

The weekend of July 25–27, 2008 will be filled with celebration of the 20th anniversary of the event.

### SUPERSEED • OVERALL FASTEST MEN

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<tr>
<td>1</td>
<td>Franz Fuchsberger</td>
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<td>2</td>
<td>Willy Scroggins</td>
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<td>9</td>
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### Sunday

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<td>DNF–John Love</td>
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### SKOCH Cup Combined Award

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<td>Tuck Keleher</td>
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In the Autumn 2006, USSA Alpine Masters Series publication, I presented the fundamentals of modern giant slalom. This fall lets see what we can learn from the following Ron LeMaster slalom (SL) montages (ronlemaster.com) from the women’s Aare, Sweden, and men’s Beaver Creek World Cups. The skier on the left is Marlies Schild (Austria), next Resi Stiegler (USST), then Andre Myhrer (Sweden), and on the right, Rainer Schoenfelder (Austria).

For analyzing SL, I’ll use the three turn phases (initiation, turning, completion), and integrate three technical and two tactical fundamental areas to help coaches focus on common teaching and error-correction concepts. The five fundamental areas are:

- Stance and Balance
- Carving Turns
- Calm Upper Body
- Rhythm and Timing Relative to the Fall-line
- Tactics (Line)

Stance & Balance
Schild & Stiegler, Myhrer & Schoenfelder #4 & #5
Slalom initiation requires proper fore/aft and lateral balance by the skier to establish a platform or base of support to control the beginning of the turn. Three of the four racers are in well-balanced athletic stances (images #4): ankles flexed, skis hip-width, arms forward, and femurs higher than their knees. Their hips are over their boots and moving forward and inside of the new turn to stay in balance with their accelerating skis. Myhrer is slightly back at the cross-over, in response to very steep terrain. Note: except for Myhrer, the other three racers (images #4) have begun to roll the new outside ski on edge with their ankles/knees. By image #5, all outside skis are carving, with Schild and Schoenfelder having slightly more lateral angulation. Between images #4 to #5, all skiers have extended (are taller), resulting in a “long” downhill leg, an ideal position for maximum muscular and skeletal strength.

Masters: the forward and lateral extension at initiation helps to maintain the balance of the center-of-mass (COM).

Carving Turns
Schild & Stiegle, Myhrer & Schoenfelder #4–#6
Because all four athletes initiated their turns properly (ankles flexed, knees moving forward and laterally for early tip pressure, to engage the new edge), they are carving clean arcs in the turning phase. The physical movements in SL are quick and precise, and when the edge is fully engaged, the skis will accelerate (forward), and therefore the athlete’s COM must to continue to move forward and inside to remain in balance, otherwise the COM will move backwards and collapse inside.

Calm Upper Body
For all four skiers, the upper body remains calm and well-balanced (backs rounded, head, shoulders, and arms forward). Their
overall pole plants and gate blocking motions are smoothly coordinated, at the right height on the gate, and very efficient for helping to maintain balance, rhythm and timing.

**Rhythm and Timing Relative to the Fall-line**

All four racers illustrate clearly the proper timing and rhythm of the turn relative to the fall-line (only Myhrer is slightly behind). This is accomplished because they began in a proper stance, remained balanced while carving, and with upper bodies that supported all the work of the legs and skis. Often, when juniors are first learning, their turn shape and turn placement is characterized by late initiation and late pressuring (after entering the fall-line), resulting in maximum angulation and pressure at the end of the turn, often crossing the fall-line, in the classic “J” turn shape (a breaking action). Masters and coaches: watch for early pressure (or lack of it) relative to the fall-line. Is the athlete able to pressure and bend the ski in the fall-line with the appropriate movements, and if not, why not? If he/she can’t, often they are not balanced at initiation or don’t know how to initiate properly, or the timing involved. Schoenfelder illustrates (images #4) a perfect fall-line initiation. Even though Myhrer is a little late and back, he easily recovers (his upper body is already anticipating the new turn) between image #4 and #5, with an engaged carving ski.

**Tactics**

The SL line is easy to see, a line that features turn shape, in the fall-line, above the gate. In many ways, today’s SL line is very simple—initiate the turn in the fall-line above the gate. For flatter and easier sections, athletes may experiment with a little straighter line, or later turn shape, but first learn the fundamentals of SL tactics for steeps and moderate terrain, and then experiment later with more aggressive lines depending on the course, terrain, snow conditions, and skill progression.

(Author’s note—the exact point of demarcation during the initiation, turning, and completion phases is never that precise. The designation of phases is used more as reference points to describe in common terms an action that in reality is often a blending of two phases at various points of the turn)

Finn Gundersen is USSA’s director of alpine education, past head coach and headmaster of Burke Mt. Academy, and the U.S. Ski Team World Cup and Olympic coach.

Ron LeMaster is a long-time coach and author of books on skiing technique, including The Skier’s Edge. View more of his photomontages at www.ronlemaster.com
As the crisp autumn days turn into the promise of a white winter, Intermountain Masters are tuning up for another high-powered season. Thanks to Meri Stratton and Bob Sarchett, our competition schedule is outstanding, and a little more user-friendly than last year. The season will start off and finish in fabulous Snow Basin, Utah. For those who want to see a brand new “boutique” resort, travel with us to Tamarack, Idaho, and for those who like funky with their speed, Soldier Mountain is a must. Of course, our two premier events, the Skoch Cup in Sun Valley and the Loritz Cup in Park City, will again be the icing on the Intermountain racing cake. Anna Droge and Victor Roy were last year’s inaugural Loritz Cup winners, and will back again to defend their titles. A great deal of thanks needs to go Amy Lanzel, who was the driving force behind the Loritz Cup.

Like all other divisions, we are attempting to bolster our racing numbers. We’re encouraging our veteran members beat the bushes for prospective racers, and as an incentive we will be giving away a lots good stuff to new members through out the year. This year, Intermountain will be inaugurating our new green bibs. These green bibs will recognize those who have excelled in their class during the previous year. As always, the Intermountain’s top five women and top ten men will be wearing their respective red and yellow bids. So this year there should be a rainbow of colors at the starting wand. This brings me to another well-deserved round of applause for our score keeper Dana Alexandrescu Leach. She is not only fast going down the hill, but just as fast figuring out and posting results. The people I have mentioned are just a few of the volunteers who make Intermountain racing possible, and I thank you all. So get those legs in shape and sharpen those edges, because fast and furious is just around the corner.

### Division News

**Intermountain Division**

Steve Slivinsky  
www.usssa-imd.org/masters

As the crisp autumn days turn into the promise of a white winter, Intermountain Masters are tuning up for another high-powered season. Thanks to Meri Stratton and Bob Sarchett, our competition schedule is outstanding, and a little more user-friendly than last year. The season will start off and finish in fabulous Snow Basin, Utah. For those who want to see a brand new “boutique” resort, travel with us to Tamarack, Idaho, and for those who like funky with their speed, Soldier Mountain is a must. Of course, our two premier events, the Skoch Cup in Sun Valley and the Loritz Cup in Park City, will again be the icing on the Intermountain racing cake. Anna Droge and Victor Roy were last year’s inaugural Loritz Cup winners, and will back again to defend their titles. A great deal of thanks needs to go Amy Lanzel, who was the driving force behind the Loritz Cup.

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### Racing Updates

**Molecule F National Speed Series**

It’s back, with 12 events in five divisions, the most ever! Check the schedule below. Season-long awards will be presented to the overall fastest woman, younger man (59 and under), and older man (60+), with custom belt buckles going to the top three season-long age class winners. Final awards to be given out at the Mammoth Nationals.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Event Type</th>
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<tr>
<td>Jan. 25</td>
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<td>SG</td>
<td></td>
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<tr>
<td>Feb. 2</td>
<td>Mammoth Mtn. CA</td>
<td>SG</td>
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<td>Feb. 8</td>
<td>Winter Park, CO</td>
<td>SG</td>
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<tr>
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<td>SG/DH</td>
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<tr>
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<td>Schweitzer, ID</td>
<td>SG/SG</td>
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<tr>
<td>Mar. 7</td>
<td>Whiteface, NY</td>
<td>SG/DH</td>
<td></td>
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<tr>
<td>Mar. 17-20</td>
<td>Mammoth Mtn. CA</td>
<td>SG/DH</td>
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**SPYDER 2008 Women’s U.S. Alpine Masters National Team**

(Corrected from 2008 Competition Guide)

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Division</th>
<th>Hometown</th>
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<tbody>
<tr>
<td>2</td>
<td>Dana Alexandrescu-Leach</td>
<td>IM</td>
<td>Park City, UT</td>
</tr>
<tr>
<td>3</td>
<td>Heidi Lindemer</td>
<td>CN</td>
<td>Victoria, MN</td>
</tr>
<tr>
<td>4</td>
<td>Sherrie Glas</td>
<td>CN</td>
<td>Kalamazoo, MI</td>
</tr>
<tr>
<td>5</td>
<td>Lisa Densmore</td>
<td>EA</td>
<td>Dartmouth, NH</td>
</tr>
<tr>
<td>6</td>
<td>Deborah Lewis</td>
<td>FW</td>
<td>Mammoth, CA</td>
</tr>
<tr>
<td>7</td>
<td>Charlene Braga</td>
<td>FW</td>
<td>Truckee, CA</td>
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<td>8</td>
<td>Glenn McConkey</td>
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</tr>
<tr>
<td>9</td>
<td>Anne Nordhoy</td>
<td>EA</td>
<td>Reading, PA</td>
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<tr>
<td>10</td>
<td>Marietta Frinell</td>
<td>FW</td>
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</tr>
<tr>
<td>11</td>
<td>Virginia Reed</td>
<td>IM</td>
<td>Sun Valley, ID</td>
</tr>
</tbody>
</table>

FIS Masters World Criterium will start one day earlier than published. It now runs March 31–April 4.

Check 2008 Masters schedule section for race date corrections different for Competition Guide and Masters poster in bold.

### Molecule F National Speed Series

February 1-13: Soldier Mountain, ID (DH/DH)

February 15-17: Aspen, CO (SG/DH)

February 22 (date change): Schweitzer, ID (SG/SG)

March 7: Whiteface, NY (SG/DH)

March 17-20: Mammoth Mountain, CA (SG/DH)

March 31–April 4: FIS Masters World Criterium (MG)

Check 2008 Masters schedule section for race date corrections different for Competition Guide and Masters poster in bold.
The 2007–08 race season starts out with a changing of the guard. Our illustrious veteran chairman, Dave Shappee, has stepped down and will be replaced by a rookie, me. All of the Northern nation extends its thanks to Dave for his dedication and hard work on our behalf.

This past season has brought worldwide acclaim to a Northern racer. Dennis Welhelmsen has climbed to the top podium and is the 2007 FIS Masters class 4 overall world champion. Congratulations, Dennis!

Our longtime sponsors Big Sky Brewing with the best-tasting prizes in the nation (www.bigskybrew.com), Sotheby’s Real Estate of Big Sky [Tim Cyr at (406) 995-221, www.bigsksotheyssrealt.com] and Lone Mountain Sports [(406) 995-4471 www.lonemountainsports.net] are again lending us their support. We are pleased to announce the addition of Sportsman & SkiHaus (www.sportsman-skihaus.com) and Rocky Mountain Images (www.mimages.com), both from the Flathead Valley, to our sponsors list.

Without the cooperation of our local ski resorts, Masters racing would not be possible. Big Sky will provide us with the same SG venue as used in past Nationals. Snowbowl at Missoula has a perfect slalom hill. Blacktail welcomes us high above Flathead Lake. Whitefish Mountain Resort (formerly Big Mountain) boasts two new high-speed lifts; a new main lodge, the Outpost; and a new, realigned road. Lookout Pass on the Montana/Idaho border has a new lift, North Star, and seven new trails, and as always, great snow.

Thanks to Scott Foster of Lone Mountain Sports, we are pleased to announce that a new pair of 2007–08 skis will be awarded to the “Rookie of the Year” again this year.

A new event debuts this year on the Northern schedule: the Black & White Challenge. The times for GS & SL for men and GS for women, at the Blacktail Ski Resort and Whitefish Mountain Resort race will be combined and handicapped to determine the Challenge champions. Scoring will allow all ages to compete against each other to determine the winner. Special prizes will be awarded to the two champions, and goodies will be given to all contestants.

Welcome to all our new members. I hope to see all our racers this year.

PNSA
Richard Zimmerman
www.pnsamasters.org

Eileen Hume decided to retire after the past ski season, when she would be moving to Class 13. Several racers (Sheila Leewins, Janet Vincent, Karen Kilian, Bob Simpson, Stephanie Kampschror, and Carolyn Phillips) met for lunch and presented Eileen Hume with the racing collage pictured here.

PNSA Race Schedule
We have a full schedule of races again this year. We lost our race at Mission Ridge but regained an old favorite, The Turkey Slalom at Mt. Hood Meadows, in December. Our schedule is on our website (www.pnsamasters.org) but here’s a quick look at the 2008 race season.

Dec. 15–16: Hood Meadows Turkey Slalom & GS
Jan. 5–6: Snoqualmie Kickoff Classic
Jan. 12–13: 49 Deg N Elderdaze Masters
Jan. 19–20: Crystal Rosenquist Vala Memorial
Feb. 16–17: Alpental Over the Hill Classic
Feb. 22–24: Schweitzer Don Brooks Memorial
Mar. 1–2: Mt. Hood Skiyente Cup
Mar. 29–30: Stevens Osborne Grage Memorial
Apr. 10–13: Mt. Bachelor PNSA Championships

Please check the PNSA Masters web site for any changes/additions at www.pnsamasters.org.

To our areas—thank you! Successful, growing, improving ski areas are vital to our sport. We encourage all the Masters to spend a little extra time skiing more than just the race courses—ski the mountain and experience what these areas are providing. Then come back another day and cruise for fun.

Now is the time to get your gear in race shape. Our sponsors, World Cup Service Center and Custom Boot Service, can handle your equipment needs. And Podium Wax can help you go fast. That’s all from PNSA. Hope everyone stayed in at least some kind of shape during the summer!

New England Masters
Pete Donaghy
www.nemasters.org

With October temperatures reaching into the high 70s here in New England, it is a little difficult to focus on the upcoming ski season, let alone engage in any kind of serious ski-related training. Rest assured, however, that more than once this winter you will stand shivering in your speed suit waiting for a course hold to be lifted and contemplate taking up an indoor sport. This could happen at any one of the 15 venues which will host the 21 race 2008 Sise Cup schedule put together by Executive Director Gary Colwell.

Among the areas we will visit are old favorites like Stratton and Bromley and areas such as Crotched Mountain and...
Whiteface (where the Eastern Regionals will be held thanks to Bill McCollom and Liz and Michael Mezzetti) returning to the fold after a number of years of absence. Most of you are aware of the saga which was the scheduling of the 2008 Masters Alpine National Championships. Reader’s Digest version: Big Sky backed out of the second year of its two-year commitment and the eleventh hour scramble to find a host was on. (Kudos, by the way, to Bill Skinner for turning this potential disaster into a trip to Mammoth Mountain, one of the best Masters race venues in the country.) Multiply this—not the refusal of an area to fulfill its commitments, but always some issue—by 15 and you will have some kind of an idea of what Gary Colwell goes through every year in ensuring that the New England Masters have a place to race every winter weekend. Because scheduling is so volatile, remember the 2008 Masters Competition Guide is a great resource but, for Sise Cup scheduling, the New England Masters website remains the definitive source for information. For example, the Feb. 24 race, to be held at an area to be announced according to the Competition Guide will be at Crotched Mountain, as reflected on the website.

Sise Cup racing starts on Dec. 15, 2007 at Killington and ends at Sugarbush on March 1, 2008, with longer and more challenging courses than were set last year. On March 2, 2008 Sugarbush will also host the non-Sise Cup GS, which closes out the New England Masters season, last chance to bring home one of those iconic coffee mugs you all deride in public but which, in your secret heart of hearts, you all covet. By the time Eastern Regionals at Whiteface (Mar. 6–9, 2008) and Nationals at Mammoth Mountain (Mar. 17–22, 2008) wrap up, there should be just barely enough time left to schedule your Mt. Hood and South American training trips.

In preparation for the 2008 season the New England Masters Skiing, Inc. board of directors met and discussed what seem to be the perennial issues: increasing participation, racer retention, scheduling, super seed races, sponsorship, etc. We even took action on some of them.

Continued fine tuning of the team racing concept occurred with the major improvement being a change in the scoring system. Essentially, racers will now earn points for their team based on their finish within group, rather than their finish against the entire field, as has been the case in the past. This will result in closer finishes and more racers making contributions to their teams. Team Racing Commissioner Fred Dieffenbach will be happy to give you a more nuanced explanation of some of the scoring intricacies (tie breakers, e.g.) if you ask him. The December races at Killington will not, by the way, count toward the team standings, as it was felt that, last year, team captains needed more time to get teams together. An analysis of the scoring shows that team racing is not exclusively about speed. The teams that show up at the top of the leader board at the end of the season do so with consistency—you’ve gotta finish to score—and by fielding complete teams in most races. Everyone can be competitive in this format, so form a team or join a team and get in on the action!

Also on the Board of Directors front, I am sorry to report that Tony DiGangi has stepped down from the Board in order to deal with increasingly busy, intricate and demanding work schedules (his and Carolyn’s) and to spend some time grooming Harrison for the 2024 Olympics. Tony’s encyclopedic knowledge of, and connections to, all levels of ski racing, coupled with his quick wit, common sense, and easy-going demeanor have made him the Board’s “go to” guy on just about every issue we deal with. Scheduling, sponsorship, fees, safety, equipment issues, and race area personnel (not to mention U.S. Ski team and World Cup gossip) are just some of the areas of Tony’s expertise. His absence will be felt. Our race TDs and referees, and I especially, will miss having Tony work these races with us. Tony’s work ethic, extensive knowledge, and calm competence in every on-hill situation really made the job of race officiating easier, whether Tony was a co-official or was just present to ask about any issue that might arise. We are grateful for Tony’s service and thankful that he will continue to act as liaison between NEMS and NARA, another of the hugely beneficial, behind the scenes, jobs he does for New England Masters.

The go-go economic times of the 1990s are gone, and with them a number of big-name sponsors. Nevertheless, we continue to receive invaluable support from ARTECH Ski Tuning Equipment, whose donation of cash and equipment make our post-race raffles and awards possible, and Denby Pottery, without whom Sise Cup division winners would receive a hearty handshake at the end of the season but nothing more. We have also been fortunate to pick up a new sponsor for the 2007–08 season. Global Degree Sports, represented by principal John Grush, is a manufacturer of a full line of high-quality luggage and, particularly, of the “Essential Ski Bag.” This state-of-the-art, high-tech backpack is good-looking, durable, and, if it performs as well as John does on a speed course, should become the staple pack for NEMS racers.

All these sponsors are hugely important to us, not only for their financial support, but also for their enthusiasm and commitment to ski racing. When you’re looking for birthday or wedding gifts, for that wax to make you faster or that speed suit to make you look better (or not), or for that pack to carry all your gear in, remember the loyalty and importance of these sponsors to us and return the favor.

If you have not already done so, send your annual $25.00 NEMS race fee to Gary Colwell, PO Box 147, Warren, VT 05674. Its infinitely easier, for you and Gary, to do it now rather than waiting until race day registration at the first event you attend.
The scent of winter is in the air! With hints of snow in the forecast (at least in the northern part of our region), racers all over the Midwest are dusting off their boots, removing the storage wax from their skis and jumping on their skiing machines in anticipation of a bigger and better-than-ever race season. Be sure to share the fun by inviting a friend to a race so they can experience the top-notch race courses that Midwest Masters provides.

Lindey’s Steakhouse was the host for the Midwest Masters’ open house and pre-season party on Oct. 15th. The place was buzzing with racers reconnecting and sharing information on which gear they would be racing this year and which shops they would be using for tunes. Lindey’s chef broiled some delicious steak fingers for everyone to enjoy, and the lucky winner of the $50 gift certificate to Lindey’s was Dave Beam! We are happy that Dave is going to be joining Masters after a sabbatical.

Two new board members have been added to our team: Ryan Fuller, and Doug McMillan. Dave Buyse has become our new president. Congratulate them the next time you see them, and let all of the board members know you appreciate their hard work and time spent creating the best alpine ski racing program in the Midwest!

On the schedule this year we have a total of 38 races, including the Skier’s Edge Central Masters Championships, in its 4th year. The biggest race in the Midwest will take place the Jan. 18–20 and include 2SG, 2GS, and 2SL. This is the weekend for big-time bragging rights. Think you have what it takes to be the “best in the Midwest?” Then this is the weekend to show it. We will have races from all over the 10-state Central division. So mark your calendar and we will see you at Marquette. All of the information can be found on the Midwest Masters website.

We have some new and exciting races at Giants Ridge and Afton Alps, along with Wild Mt., Buck Hill, Spirit Mt., Welch Village, Mount LaCrosse and Mount DuLac, all of which pull out the red carpet for the Masters races. With the new race venues, Midwest Masters is also starting a new and exciting seeding system. With seven years of results, we are putting together a points/seeding system for the racers in the Midwest. You will be classified by ability so you can race with people of like skill. The results will then be posted by age class and ability class. This is sure to keep the “big guns” and the “not-so-big guns” coming back for more over-the-top, close racing.

We also welcome back our faithful sponsors who have continued their support, and are happy to announce we have several new sponsors as well. Check out our website for sponsor links and be sure to thank them and send business their way! The race schedule and registration information can also be accessed at our website at www.midwestmasters.org.

Pray for “Big Snow” this season and we’ll see you on the slopes!
Rocky to Host Western Regionals at Winter Park!
By Jim Roberts
www.rmmskiracing.org

Once again, Colorado led the nation in early opening when A-Basin opened on Oct. 10th, almost a week before the traditional early season opener, Loveland. With well over two feet of new snow fallen since then, Colorado is experiencing very good early season conditions. By the time you read this, most areas in the state will be open to take advantage of our early snowfall. This provides almost two full months of skiing before our first race weekend at Loveland on Dec. 15–16, a GS/SL race weekend with Kristina Koznik showing up to help get everyone started on the right foot.

Winter Park GS/SL races, a speed camp & speed events at Ski Cooper followed by a set of great ??????? at Keystone (GS, SG’s & DH’s) will get Rocky warmed up to host the Masters Western Regionals back at Winter Park in early February. In addition to the SG, GS and SL races, we will hold an additional RMM SG race on Friday afternoon to round out our race calendar.

Our operation remains largely unchanged for the 2007–08 season, with automated online race registration, highly competitive races on challenging venues, killer parties and great raffle prizes from our generous sponsors. At a time when ski racing is facing hardships and cutbacks around the country, Rocky Mt. Masters continues to thrive and attract many new and repeat racers. We also warmly welcome members from other divisions, so grab a calendar and schedule a trip to Colorado and check us out. As the only division in the country with a balanced race schedule of SL, GS, SG and DH events, there’s something for everybody in a wide variety of venues. Whether you want to warm up and log some gentle speed miles at Ski Cooper or try your luck screaming over Coaches Knoll at Aspen’s Brown Streak at 80 mph, we have what you’re looking for.

Do you still want to improve your technique to take advantage of modern race equipment? We have some of the best training programs in the country with experienced and knowledgeable coaches at Winter Park, Loveland, Copper, Vail, Aspen, Eldora, A-Basin, Telluride and Keystone resorts. Most programs offer morning, afternoon or night training sessions, so it’s easy to access gates, get video and capture valuable feedback that is essential to master modern ski racing technique. Finally, we have tailored this year’s race calendar around the Western Regional and Masters National events, so we’re hoping to get Rocky members to travel to Mammoth in March to compete with the other divisions. After all, Rocky is defending the national title we won last year at Big Sky.

In closing, we would also like to take this opportunity to thank Bill Skinner for his leadership and commitment to all Masters Programs in the nation. We are truly fortunate to have someone in Park City who is so devoted to adult competitive ski racing. Thank you, Bill.

2008 New York Masters Series
Mark Sertl
www.nymasters.org

The highlight of the coming season is the return of the Eastern Masters to Lake Placid and Whiteface, the Olympic Mountain, March 6–7. Not since the days of Bob Rissberger and Horst Weber in the mid 1990s has Whiteface hosted the Easterns. Thomas Erhard, NYSEF program director, has chosen his best terrain for our events. Thursday will feature Super-G training and Friday will feature two separate Super-G runs on Draper’s Drop. Many social events will follow the great racing. The snow conditions will be great since NYSEF is hosting the FIS NorAm Final the week after our event! This is a not-to-miss event.

Once again, we have a busy schedule this year, including races at our favorite areas and three Super-G venues. Due to the calendar again this year, our opening race at Swain will be held on Dec. 30. At least it is not New Year’s Eve, like last year, so hopefully most of you can attend our season opener. Our multi-event gala starts Friday, Jan. 11 with the Song Mt. followed by the famous Toggenburg Sl’s Saturday, and wraps up with the double Labrador Mt. GSs on Sunday. No sore legs Monday morning!

Our series will again consist of a two day event in the Buffalo area with races at Holimont and Holiday Valley the weekend of Jan. 26 and the 27.

We will again be visiting all of the other areas that are on our regular tour. We go to the Syracuse area again this year with a two-race GS at Greek Peak. Nick Brewster has organized the event to include Junior USSA racers, age 11 and up. Special awards for family teams (father-daughter, mother-son) are planned. We will again be at Brantling for two SL’s, plus the very popular dual runoff, as it always brings out the best in everyone. The winner of the slalom dual will likely make up to eight runs that day. We again have our double SG race on the 320 meter vertical.
at Bristol Mtn. The triple header GS, SL and combined race is at Swain the following day. We also visit popular Hunt Hollow, where Mark Wolcott and the HH race crew always puts on a party and a good race as well.

As always, the New Your State Masters have a great time racing getting in two races by 2:00 pm so we have plenty of time for out postrace awards party, or more skiing, (if you have anything left in the tank). As always, we need to increase our participation, and ask that everyone do what they can to bring at least one new racer to our series. We have also streamlined the race entry process this year, with the help of Nancy Fella. All entries will be sent directly to Nancy, and we believe this will make the entire registration process cleaner and easier for the folks running the individual races.

**Far West**
By Sam Crowell
Web site: www.farwestmasters.org
E-mail: farwestsam@charter.net

We don’t really have anything new to report.

Far West will be hosting our Nationals and I know they are looking forward to our participation. — B.S.
The VISION of the USSA Alpine Masters is to provide adult skiers with a lifelong opportunity to enjoy the challenges and rewards of alpine ski racing.

The MISSION of the USSA Alpine Masters is to make this vision a reality by developing, promoting, organizing and coordinating the highest level of alpine ski racing throughout snow country in the United States and internationally, and to fulfill our passion for and love of nature, the outdoors, mountains, freedom, self-challenge and accomplishment.