



# ALPINE MASTERS Series autumn 2010

www.ussa.org

autumn 2010

## Skiing, Racing and Training: Masters 2011

### USSA Skier's Edge Masters Nationals

Cooper Mt., Colorado Mar. 22-26  
SC/SG/GS/SL

It's been a quite a few years since Masters visited Copper Mtn., Colorado for a major event. Copper has recently homologated Rosie's Run for SG and will be the site of the Super Combined, SG and GS. SL will be held on Copperopolis, the traditional race hill. The SG/GS/SL will count for the combined and Spyder Masters National Team. The race schedule and lodging info can be found on the USSA Masters web site. The East Village lodging (book early) is preferred, with walk-to venue access. Field size limited to 300, filled through your division quotas.

### USSA Skier's Edge Masters Downhill Championship

Ski Cooper, Colorado Mar. 19-20  
TrDH/DH/DH

Rocky Mtn. division will host our National Downhill championship event at Ski Cooper, a Masters-friendly venue. A race camp, training runs, the National Downhill and a Molecule F Speed Series Downhill will be held. Registration will be online through the Rocky division web site. Check schedule in this newsletter under speed series. Check USSA Masters or RMM web site under events for the latest info.

Photos on pages 4 and 13 by Heather Black.

### Skier's Edge Regional Championships

Western: Mammoth Mtn., CA Feb. 3-6  
SC/SG/GS/SL

Mammoth Mountain and the Far West division will be hosting the 2011 Skier's Edge Western Regional Championships Feb. 3-6, 2011. Site of the very successful 2008 National Championships, Mammoth events will include SG on Hair-jump/Fascination, GS on West Wall/Fascination and SL races on Andy's Double Gold. Remember, overall class winners will be named to the Western Region team and receive embroidered Region Team jackets.

Eastern: Okemo, Vermont Mar. 12-14  
SC/SG/GS/SL

Back by popular demand, Okemo Mountain will once again host the 2011 Skier's Edge Eastern Masters Championships Mar. 4-6. Despite the threat of bad weather, last year's Eastern Championship event drew record numbers, and a similar turnout is expected this year. The popularity of Okemo is due to its professional race organization, as well as the long, undulating terrain, good snow, and free-flowing courses.

The 2011 schedule of events will mirror that of 2010, with SG training on Thursday, the championship SG race on Friday morning, followed by a one-run SL, which will be combined with the SG race for the super combined championship. The SG and super combined will count toward the overall Eastern

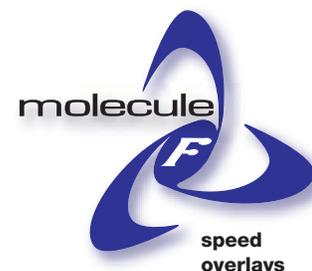
Championships scoring, along with the slalom and giant slalom. The slalom race will be held on Saturday (with separate A/B and C/D courses) and the GS will wrap things up on Sunday.

For training opportunities, see page 6.



Mt. Hood Summer coaches Stanley Hayer and Bob Vial

These companies support Masters Ski Racing, so please support them!



## Skiing on Autumn Leaves

by Steve Slivinski, Masters national chairman



The smell of storage wax, the leaves turning red and yellow, bindings that need to be reset, edges re-sharpened, and sore muscles—all signs that ski season is just around the proverbial corner.

Masters racing finished last season with a magnificent finale at the Nationals in Sun Valley, but the past is past; it's time to look ahead. This season, it will be Colorado's turn to show us what it's got, at Ski Cooper for the National Speed events and Copper Mountain for the combined Nationals. I know that Jennifer Kaufman and those Rocky Mountain High skiers from Colorado will put on a fabulous show. A reminder for those electronically challenged, like myself, all of the when, where, and how much, race information for each

division is on the USSA web site. Print an extra copy for a friend. Also this year, more and more divisions are providing you the capability to sign up and pay for races online. Ah, this wonderful digital age. As always, I encourage every Masters racer out there to make an extra effort to bring in new members. I realize the price of membership in these economic times can be daunting. However, as a positive reminder, by buying a USSA Masters license, you are supporting the young members of US ski team, which, by the way, did a pretty good job in Vancouver last season. I know each division is working extremely hard on ways to make Masters racing more affordable and accessible. So if you have an brilliant idea that will make Master ski racing a better product, please let your division chairperson know. Remember, it's your USSA masters racing program, so take the opportunity to make the most of it. I'm looking forward to a monumental racing season with plenty of speed and thrills. Be safe and keep those ski tips pointed downhill!

## Masters Membership News

by Bill Skinner, USSA Masters Manager

Here's to all the great help we have had from our division volunteers. They work tirelessly to put together schedules, newsletters, maintain web sites and all the endless chores that are required to host Masters races on FIS-class venues.

Ski'er's Edge has stepped up once again as our primary title sponsor for the Nationals and Regionals, Molecule F is behind the expanded 2011 Speed Series, and EZ Pak nutrition has made it possible to send this newsletter to 6,000 NASTAR Platinum medalists.

On the personal side, I have reached that five-year goal of moving up an age class. Goodbye 6, hello class 7, hallelujah! Making it safely to 55 means I am into that five-year golden age of 55-59 and running first in Group A/B at Regional and National Championship. Gosh, it feels good to get a little older.

### Member News

- Our Nationals will be split this year between Copper Mtn, all tech events plus a Super combined, and Ski Cooper, just up the road, who will host our DH championship.
- USSA Masters website is updated. Go to [www.ussa.org](http://www.ussa.org), click "News," then "Masters." Sorry for the delay in getting our Master Comp Guide online, with complete rules and info for national, regional and international events. It is now there. If you would like a hard copy, drop me an e mail. You can connect onto all division web sites through the "Division web links" under Masters News.
- Thank you, all who participated in our Spring Masters Survey. Results have been sent to all your division leaders and we are customizing our service to you.
- This newsletter has been sent to 6,000 of NASTAR's top adult athletes. I would like to encourage them to complete in a Masters race and contact me with any questions.

## Ski Racing Magazine

by Gary Black, Ski Racing International



Lexi, Gary and Heather (Masters racer)

To Masters, one of the most important questions on our spring survey concern *Ski Racing* magazine and the change to online versus hard copy delivery. Your Masters membership includes an email subscription to SR, although we all miss the hard copy. SR is our connection to the Ski Racing world! Gary, thanks for keeping SR alive. -B. Skinner

Bill Skinner asked me if it would be appropriate to write a note to all Masters explaining why *Ski Racing* decided to go digital. After all, the publication had been going along for over four decades and most, if not all, of you enjoyed it in its print form. As a print journalist who grew up with newsprint, I empathize with anyone who does not like the change.

So why did we do it? Put simply: economics.

Unfortunately for the publication, today's economic environment simply does not provide a sufficient revenue base to allow us to continue printing and mailing either the magazine or the old tabloid newsprint version. Five years ago, the ski hardgoods industry—the publication's major supporters—began to suffer very harsh economic times. Then the overall economy tanked leaving the hardgoods companies in even worse financial shape and struggling to survive. The domino effect crushed *Ski Racing* as well. Our

revenues tumbled over 65 percent and are still in decline.

The new financial reality gave publication management two choices; cease publication or go to digital delivery, which offered an opportunity to capitalize on new technology. It was not an easy or necessarily a "happy" decision, but it did allow the publication to survive.

Will *Ski Racing* go back to print? Not in the near term, as the sport is struggling to find a way to manage under today's tough economic circumstances. But I still believe in the old adage, "never say never."

I know this has not been the information you wanted to receive, but all of you, as long time *Ski Racing* readers, deserve to learn—though not necessarily like—our reasoning. There is, of course, another solution. Any one of you, or a group, could provide approximately \$450,000 in annual working capital for the next several years or until the market returns to its former vigorous self. I'm not holding my breath, but be sure to call if you want to participate.

On the positive side, digital publishing has allowed *Ski Racing* editors more space for both content and pictures. Furthermore, we have added audio and video to the publication. For Masters specifically, because we can expand the magazine way beyond the number of pages print would allow us, we will again begin publishing results from around your circuit. And, if you send us some pictures, we will put them in, as well. Furthermore, with the advent of the iPad, you can take *Ski Racing* with you anywhere!

If you have further questions or want to discuss the above, or anything else for that matter, please do not hesitate to give me a call. I can be reached at (801) 556-9988, or better yet, come do some high-speed skiing on Baldy.

# Masters Discover Facebook and Twitter

Debi Davis, 3D Communications



Debi Davis

Barb Brumbaugh (Eastern Div.) spearheaded the movement by setting up a USSA Masters Alpine Racing Facebook group in 2008. At times, she was the only one visiting or posting on the group. But her steady presence there encouraged others to get involved. Some followed her lead by setting up Facebook groups or pages for their own divisions, creating a place for their members to have more focused interactions.

Currently, all but two divisions have their own Facebook networks. The original Facebook group created by Barb now has more than 800 members and is a hub of activity and social exchanges.

Seeing the success of Barb's grassroots effort (and with her strong support and encouragement), USSA masters is taking an organized approach to leverage the power of social media. Debi Davis (Rocky Mt. Div.), owner of 3D Communications, has joined Barb in getting as many masters racers as possible connected on these sites. We see it as a great opportunity for Masters racers to build stronger friendships by staying in touch and supporting each other even after we come off the hill.

Other social media platforms will come into play as part of a comprehensive strategy that will be rolled out gradually. The objectives of the strategy are to improve communications, increase racer participation and grow membership by

promoting our image as a family of skiers and ski racers.

USSA Masters also has a Twitter account (@skimasters). All Masters racers are being invited to join us on these social media channels. As a group, we want to reach out to communities who are interested in ski racing but may not be aware of Masters-level racing. We believe that our natural strengths—the friendships and bonds among our members—will speak for themselves in the online communities. The attention and interest we gain will come from people just like us—adults who love to ski fast and want to race.

Join the USSA Masters Alpine Ski Racing Facebook page at <http://www.facebook.com/group.php?gid=17599631702>. Links to division groups/pages are listed on the Info tab. Follow us on Twitter, too at <http://www.twitter.com/skimasters>. If you need help getting started, contact [debi@3dDebi.com](mailto:debi@3dDebi.com)

# 2011 Molecule F National Speed Series

The 2011 Masters National Speed Series is to be held in five divisions, with sixteen events. Season-long awards will be presented to overall fastest lady, younger man (59 and under) older man (60+), with custom belt buckles going to the top three season long age class winners. This series will give those Masters with a taste for speed the opportunity to crown the Masters National Speed Champions.

## Molecule F National Speed Series

Jan. 22-23	Mammoth, CA	Far West	SG/SG
Feb. 4	Mammoth, CA	Far West (Regionals)	SG
Feb. 11	Park City, UT	Intermountain	SG
Feb. 11-12	Sugarbush, VT	Eastern	DH/SG
Feb. 19-21	Aspen, CO	Rocky	SG/DH
Feb. 26	Schweitzer, ID	PNSA	SG/SG
Feb.28-Mar.2	Soldier Mt., ID	Intermountain	DH/DH
Mar. 12	Okemo, VT	Eastern (Regionals)	SG
Mar. 19-20	Ski Cooper, CO	Rocky (Nat. DH)	DH/DH
Mar. 24	Copper Mt. CO	Rocky (Nationals)	SG (Finals)

## Skier's Edge Masters National Downhill

Ski Cooper, Colorado	
Mar. 17-18	Downhill Training Camp
Mar. 19	Training run (Mandatory)
	Molecule F Speed Series Downhill
Mar. 20	National Downhill
	Rocky Mtn. Masters Downhill



Kevin Hendrickson  
of Rocky Mountain

# 2010/11 FIS Masters Cup by Anne Nordhoy • anordhoy@aol.com



The first FIS Masters Cup races are already over. **Valle Nevado** and **La Parva** in Chile ran some fantastic races in spite of very little

snow. There was, however, plenty of snow on the race courses; Mother Nature cooperated with cold temperatures at night and clear skies during the day. The conditions were the same for all the 110 racers.

Next up are the December races. First: **Abetone**, Italy on Dec. 4–5, 2010, SL and GS. Abetone is in the Apennine, about 85 kilometers N/W of Florence. Abetone has held the Criterium (world championships for masters) a couple of times and run very good races. [www.abetone.it](http://www.abetone.it)

Then Austria holds two weekends of racing. On Dec. 11–12, there will be two SG races at **Kaprun**, which is about 1 ½ hour by car, south of Salzburg or Munich. [www.kaprun.at](http://www.kaprun.at)

The following weekend, Dec. 18–19, the races are near Innsbruck, at **Patscherkofel**, with SL and GS. [www.patscherkofelbahnen.at](http://www.patscherkofelbahnen.at)

The new year starts with three days of racing in France, Jan. 7–9 at **Serre Chevalier**. It is near Briançon, about half way between Grenoble and Torino: SL, GS (two runs!), GS. [www.serre-chevalier.com](http://www.serre-chevalier.com)

The races, SL and GS, on Jan. 15–16 are in **Fügen**, Austria. It is half way between Innsbruck and Kitzbuhel, then south on #169. [www.wsv-fuegen.at](http://www.wsv-fuegen.at)

The following weekend, Jan. 22–23, the races will be in **Bischofswiesen**,

Germany. On Saturday, at 6pm, a GS, and at 9am on Sunday, SL. At noon on Saturday will be the Bavarian Open Championships, a GS. [www.bischofswiesen.de](http://www.bischofswiesen.de)

**Veysonnaz**, near Sion, Switzerland is on the calendar for the races on February 5–6 (SL and GS). It is one part of the Four Valley Ski Area, including Verbier. [www.veysonnaz.ch](http://www.veysonnaz.ch)

This year, the British hold their races near **Megeve**, France on Feb. 18–20. The races are organized by the Kandahar Ski Club, SG, SL, and GS. [www.kandahar.org.uk](http://www.kandahar.org.uk). Megeve is only a little more than an hour's drive from Geneva. It is a very charming ski town. [www.csportmegeve.com](http://www.csportmegeve.com)

As soon as the races in Megeve are over on Sunday afternoon, it will be time to go to **Andorra** for the FIS World Criterium Masters Alpine Skiing. Andorra is about an 8-hour drive from Megeve, mostly on the auto-bahn.

If you do three races in Megeve and then do all the four races in Andorra, you will have enough races to have qualified and possibly place in the overall FIS Masters Cup.

The races in Andorra start on Tuesday, Feb. 22 with SG for the ladies. The program is on the FIS web site. In addition to the Criterium races, there is an extra GS on Feb. 26. [www.fae.ad](http://www.fae.ad)

This year, there has been a lot of interest in going to the Criterium in Andorra. Please, contact me a.s.a.p. if you would like information about lodging. It would be fun if we all could stay at the same place, but you do need to make your own arrangements.

Italy has scheduled its race weekend on Mar. 11–13 in **Piancavallo**, which is

near Venice. Another SG!—in addition to the SL and GS. [www.piancavallo.it](http://www.piancavallo.it)

Next race is in the Czech Republic, **Pec pod Snezkou** on Mar. 19–20. It is on the Polish border, NE of Prague. [www.pecpod-snezkou.cz](http://www.pecpod-snezkou.cz)

This year, the FIS Masters Cup finals are in **Sestriere**, Italy on Apr. 8–9. In order to qualify for the cup, it is necessary to have completed 6 races. However, your best 9 finishes count. Race results and Cup standing will be posted at the FIS Masters web site. At the awards party on Saturday night, the crystal globes will be handed out. [www.sestriere.it](http://www.sestriere.it)

In addition to the FIS Masters Cup races, there are on the schedule a few other FIS Masters Races in 2011. They carry a 40-point penalty.

Jan. 15	Rokytnice nad Jizerou, Czech Republic	GS
Jan. 29–30	Zagreb, Croatia	SL, GS
Feb. 5–6	Kalpalinna, Finland	SL, SL
Feb. 5–6	Kobla, Slovenia	SL, GS

This is the FIS Masters Alpine schedule for 2010/2011 season. Do check the FIS Masters web site for cancellations or changes. Generally, there will be SL on Saturday and a one-run GS on Sunday. On the web site you will also find e-mail addresses for the organizers, who are usually very knowledgeable and helpful in finding lodging and local transportation.

In order to participate in FIS races, you must be over 30, belong to the USSA and have a valid FIS License. Contact Bill Skinner, [www.bskinner@ussa.org](mailto:www.bskinner@ussa.org) to get the license AND to be entered in any FIS race.



# NASTAR Is For Masters, Too!

Billy Madsen



The Nature Valley NASTAR program provides participants of all ability levels an opportunity to test their skills at more than 120 resorts in 26 states. NASTAR (National Standard Race)

utilizes a handicap system which sets a common benchmark at each resort so participants can compete against their peers across the country by racing at any resort and earning a handicap which represents their ability level. The handicap is a score, similar to race points, and the goal is to lower your handicap and improve your NASTAR rankings. Participants that earn a top-three ranking in their age and ability group by Feb. 21 will qualify to participate in the Nature Valley NASTAR National Championships.

NASTAR will also host two Nature Valley NASTAR Open events, which will serve as early season qualifiers for the National Championships. The Open events

utilize the same basic structure as the National Championships with race clinics, parties, concerts and races for age and ability groups. The top three places in each age group within the Platinum/Gold and the Silver/Bronze divisions automatically qualify for the Nature Valley NASTAR National Championships. In addition, the fastest male and female racers overall from each Open event will earn complimentary entry to the National Championships.

The Nature Valley NASTAR National Championships provide participants with two days of racing to win a NASTAR National title. Each participant that wins a National title in their age and ability group is invited to compete during a third day of competition in the Race of Champions (RoC). Participants carry their National Championships winning handicap into the RoC to level the playing field. Each

racer's time is discounted using their handicap and the lowest discounted time wins the overall Nature Valley NASTAR National Championship title. In addition, awards are presented to the male and female racers with the fastest raw times. Last spring Rob Zehner and Jeanette Saylor posted the fastest raw times during the Race of Champions to win US Ski Team uniforms and trips to South America to train with the US Ski Team.

The Race of Champions also serves as the National Pacesetter Trials for the next season. Current and former US Ski Team stars compete for the honor of being the Nature Valley NASTAR National Pacesetter. Last spring, Steve Nyman won the RoC and became the National Pacesetter and the zero handicap for the 2010-11 season. We hope that you will join us this winter by racing NASTAR and competing against Steve's time each time you race.

Mid West Nature Valley NASTAR Open	Crystal Mountain, MI	Dec. 18, 2010
Eastern Nature Valley NASTAR Open	Greek Peak, NY	Jan. 9, 2011
Qualification Deadline for the National Championships		Feb. 21, 2011
Nature Valley NASTAR National Championships	Winter Park, CO	Mar. 24-27, 2011

# Race Registration Online—Now Quick and Easy!



This year, USSA Masters has a new online registration system: **skiracereg.com**. The following Race Series will be utilizing skiracereg to provide online race registration and membership services.

- New England Masters
- Midwest Masters
- Rocky Mountain Masters
- Intermountain/Northern Masters
- Farwest Masters

The system lets you register and cancel registrations for races without any charges to your account up until the registration deadline. Your account is only charged for races after they have taken place! And then, just for the actual race fees. There are no added-on surcharges or fees for using

skiracereg.com. The site also lets you review charges to your account. Additionally, any time a charge is processed on your account, you will receive an email notifying you of what was charged, so there are no surprises.

Using skiracereg is easy. Navigate to <https://www.skiracereg.com> to create an account and sign up for races. **New members** should click the "Sign Up" menu choice near the top of the page to begin the new account sign-up process. Your first order of business will be to select your Home Race Series. **Returning members**

should click on "Log In Help," just below the Home menu choice near the top of the page, to retrieve their pre-loaded log in information. Returning members should then log in. Both new and returning members will then simply fill in a few forms to complete the new member or membership renewal process.

Welcome to skiracereg! Don't hesitate to email me if you have any questions.

Regards,  
Doug Briggs  
[doug@skiracereg.com](mailto:doug@skiracereg.com)  
owner and creator of skiracereg.com



# Training Opportunities

In our Masters survey sent out this spring, training opportunities were noted as difficult to find. Here are some camps and season-long programs. Also check our online Masters Comp Guide for training in your division.

## Copper Mtn., CO

Masters Nationals Training Camp, Nov. 28–Dec. 3 (Sun.–Fri.) Six-day training camp with three days GS and three days slalom training. Focus on gate training with video analysis and feedback from coaches using current US Ski Team training methods and fundamentals. Some training will be on runs that will be used for the 2011 Masters Nationals. Optional Masters race is available on Sat., Dec. 4 (GS). Great quality training at reasonable costs; training is \$50/day, with greatly reduced lodging and lifts available. If interested email: Gary Moss at mossman14@q.com

## Mammoth Mtn. CA

Nov. 29–Dec. 3, following the Thanksgiving holiday and providing a tuneup week going into the season opening GS races at Mammoth on Dec. 4–5. Drills, gates, and video session with a focus on GS will be provided, with coaches from the Mammoth Masters and ski team. You can attend by the day or for the full week. Details and info flyer from MMRD posted on the web site. Mammoth has winter-long Masters training. Info 760.934.0642

## Stratton Mtn, VT

Dec. 13–17, 2010 Join Jim Cardenali in this ski racing camp to be held for the 19th consecutive year. More and more Masters have been attending this camp in the past years. Open to all alpine racers and coaches. Clinic groups will be formed according to race experience. The coaches are: Jim Cardenali, Tom Barbeau, Todd Harris, Peter Palmer, Massimo Pastorino, Gerd Riess, and others, as needed. For details click on [www.cardenaliskiscamps.com](http://www.cardenaliskiscamps.com)

## Stowe, Vermont

Dec. 13–16, 2010 24th annual Comets Stowe Race Camp is open for business. In preparation for the opening Masters race on Friday at Sugarbush we will offer a four-day and three-day camp this year, open to all levels of ski racers, as long as you have the proper equip-

ment and safety accessories. We provide SL & GS instruction, with coaches from the Stowe Resort Ski Racing Program.

### Option 1: four-day camp

Monday, Dec. 13 to Thursday, Dec. 16th  
Camp cost: \$395.00, includes a banquet at the Stoweflake.  
Lift Tickets: Adult 4-day is \$120.  
Over 65 4-day is \$64.

### Option 2: three-day camp

Tuesday, Dec. 14 to Thursday, Dec. 16  
Camp cost: \$330.00, includes a banquet at the Stoweflake.

through the end of March. A typical session starts at 10am and includes gate running, technical free skiing drills, and video ending at 3pm. The Park City Mountain Resort is offering this program to USSA members for one day or five days. Season training passes are available for the day program, and for the night program (two evenings a week). For more information, contact the Park City Ski School, 435.647.5423, or Bill Skinner, 435.647.2633. For Lodging call 800.222.7275.



For info Jesse Beck, [jeskeve@myfairpoint.net](mailto:jeskeve@myfairpoint.net)  
Questions at 802-862-9111.

## Sun Valley, Idaho

Masters race clinic runs from January to mid-March. It is geared to all ages of advanced to expert skiers. Meeting weekdays at 9 am on the Warm Springs side of the mountain, and runs for three hours per day. The program concentrates on technique and tactics to improve skiing ability through race training. Special SG training is offered once a week at 8 am for an hour of training on a full-length SG course. The coaching staff, headed by Nick Maricich, comes from the Sun Valley Ski and Snowboard School, and the Sun Valley Ski Education coaching staff. Check with the Sun Valley Ski and Snowboard School for costs and more information, 208.622.2248 or web: [sunvalley.com](http://sunvalley.com)

## Park City, UT

The Park City Masters Race Team invites all USSA membership holders to join them for a day or week of training in the Olympic and World Cup venue, Eagle Race Arena. Training is available Monday–Friday starting in late November and goes

## Mt Bachelor, OR

MBSEF Masters/Adult Training Program: Tues.–Fri., Sun., holidays Mon., (Sat. starting mid-March), 9am–noon, late Nov.–late April. Full season, 20-day, 10-day and drop-in programs available. Contact MBSEF at 541.388.0002 or [mbsef@mbsef.org](mailto:mbsef@mbsef.org); or Greg Timm at [gtimm@empnet.com](mailto:gtimm@empnet.com) or 541.385.7853.

## Stevens Pass, WA:

The SPAC Masters Racing program starts early January and continues for 8–10 weeks. Training will be offered on Thur. evenings and Fri. afternoons only. 16 training sessions are possible from January through March, 2009. See the SPAC website for access to the most current information, [www.spacracing.com](http://www.spacracing.com)

## Schweitzer Mt., Idaho

Wed./Thur. and weekend training available. SARSMasters: Ann Ozuna, South 3404 Tekoa St, Spokane WA 99203. Call 509.455.7944 or email [aozuna@ieway.com](mailto:aozuna@ieway.com). See [www.sars.net](http://www.sars.net) under "masters" for current info.

# Division News



**PNSA**

By Ann Ozuna  
www.PNSAmasters.org

Pacific Northwest skiers are preparing for a La Niña winter, with lots of snow and a full racing schedule. All the favorite races are returning for another year and several have added a new twist. Speed demons have a chance to go fast each month at 49 Degrees North in January, at Schweitzer in February, at Stevens Pass in March, and again at the PNSA championships in April at Mt Bachelor. These areas are all hosting SG races; some have training days prior to the event. The SG races at Schweitzer are part of the national Molecule F speed series and entries from other divisions are welcomed.

The new twist for 2010/11 is a Super Combined race. Stevens Pass and Schweitzer will both offer this event. The plan is to combine an SG with an SL run. Watch the website at [www.pnsamasters.org](http://www.pnsamasters.org) for details.

Online registration this year should be easier and less expensive than in the past on the PNSA website. Masters can register using Paypal. We will try to get the race announcements up as soon as possible after the holidays.

The folks at the Skiyente and Schnee Vogeli ski clubs are already planning their event for the first weekend in March, now titled Masters Mania, with an SL, GS and, of course, a great party. Plan your trip to Mt Hood now!

If short, quick turns are your thing, the Alpental ski area at Snoqualmie Pass will challenge you with three races in two days over the Presidents' Day weekend. Warm up your GS skills at the Summit at Snoqualmie Pass the first weekend of the year and again the following weekend at Crystal Mountain. PNSA Masters welcome Northern division racers at Lookout Pass on the Idaho/Montana border in March. There are lots of opportunities to race and socialize all winter long. Season-long class champions are crowned in each class at the finals at Mt Bachelor. Last year, one class went down to the last run on the last day, only to end in a tie with over 400 World Cup points each!

There are a number of programs for aspiring and veteran racers. The ability to ski blue runs and a desire to have fun while learning advanced ski skills are all that is required. Masters racing is the next challenge for CitiLeague or NASTAR racers. Masters racers range in age from their 20s to their

80s and race in five-year age classes. Check out the race program section at [www.pnsamasters.org](http://www.pnsamasters.org) or send an email to PNSA masters chair Ann Ozuna at [aozuna@ieway.com](mailto:aozuna@ieway.com) to find a program near you. Programs have training during the week and/or on weekends and new racers will find a warm welcome.

Non-USSA members can purchase a weekend race license for \$25 for their first racing experience. This \$25 can be credited to the purchase of a season-long USSA license. Like potato chips, you can't try just one!

Racers wishing to represent PNSA at the Masters nationals at Copper Mountain in Colorado must have purchased a USSA license by the end of January and enter thru the PNSA chair. See you on the Hill!



**Central**

Ryan Fuller, chair  
[www.midwestmasters.org](http://www.midwestmasters.org)

With the upcoming season come a lot of changes for Midwest Masters and the Central Division. With the resignation of Midwest Masters founder, race director, racer, and longtime Central coordinator Steve "Stevo" Lindemer, the program is heading in many new directions. Our motto for the season is "Take it to the next level," and we intend to do so!

In the Midwest, there are several organizations that hold adult races throughout each season. In the coming years, the goal will be to try to expand the partnership of these organizations with Midwest Masters and USSA with the goal of increasing membership via more USSA Masters sanctioned events. The process of facilitating this has already begun, and with the coming season, we will be holding regular meetings to brainstorm new ways in which more racers in the Midwest can be introduced to USSA Masters.

In Michigan, the MACC group (Michigan Alpine Competition Council) continues to run USSA-sanctioned races within the Central Division and will hold races at Boyne Mountain this year over three weekends. Visit [www.maccracing.org](http://www.maccracing.org) for more information on MACC.

At the annual race held by Midwest Masters at Marquette Mountain in Michigan, a co-hosted event will be held in conjunction with the Chicago Metropolitan Ski Council. This will be perhaps the largest single Masters event ever hosted within the

Central Division. Visit [www.skicmsc-racing.com](http://www.skicmsc-racing.com) for more information on CMSC.

Midwest Masters expect another great season of racing with over 30 races at many of the same venues we have visited in the past, including Wild Mountain, Afton Alps, Buck Hill, Mount La Crosse, Marquette Mountain, Spirit Mountain, and Granite Peak. We plan to continue the use of our Ability Class scoring system which, in addition to tracking results by Age Class, tracks results by Ability Classes. Ability Classes group users by ability, based on an FIS-like scoring system that utilizes managed seed lists and race penalties. In addition, Midwest Masters will be partnering with other divisions in [skiracereg.com](http://skiracereg.com), a new web site designed to help manage on-line registration as well as other aspects of a ski racing organization. Visit [www.midwestmasters.org](http://www.midwestmasters.org) or [www.skiracereg.com](http://www.skiracereg.com) for more information on Midwest Masters.

We are excited for another great season in the Central Division, and are expecting great representation at Nationals in Copper Mountain. We'll see you there!

**Alaska**

By Gary Randall, chair  
[www.alyeskaskiclub.org](http://www.alyeskaskiclub.org)

As I look out the window, the snow in falling on the mountains and it won't be long until we are on the snow.

We had an end-of-the-summer potluck the last week in September, with a good turn out of 50+/- Masters. Our next get-together is the annual signup on November 12.

We are looking forward to having 70 Masters this year with several new additions. At the sign-up party, I will be pushing for everybody to sign up for USSA. With any luck, I may get another 10 or 15 to add to last year's new members.

This year, we are going to work with the Junior Program during the week for mid-week training. The Junior coaches will be setting courses for us at noon. We will run gates for two hours, after which the Juniors will take over and run for another two hours. We hope to get some good training and video.

We have a great new sponsor this year. Bill Odem is one of the owners of the Odem Corp. He will be supplying us with all-new bibs, panels for our gates, beer, wine and door prizes for our race awards.

Well that's about it from up here in the farther north. We'll ski you soon!

# Old School...



## Didier Cuche

- 14 World Cup wins
- 1 World Championship
- 1 Olympic medal
- 4 Discipline Globes
- 36 years old

## What Two Generations of Champions Can Teach You

Thirty-six year old male, five foot eight and 196 pounds. Sounds like a guy you could see at the start in a Masters race. If he did show up, he might just be worth watching. He is Didier Cuche, he has 14 World Cup wins, four discipline globes, an Olympic medal, and a World Championship title. He is one of the most consistent competitors on the White Circus, and consistency yields high rewards on the World Cup. Cuche has been third in the overall World Cup standings for the last four years.

Old school meets new school with 23 year old Carlo Janka. Janka has only been on the World Cup for four years. In those four years, Janka has gone from 130th to first in the chase for the overall globe. This youngster has only had 75 World Cup starts but has finished on the podium 20% of the time. The "Iceman," as he is known, only has one globe, and it is the big one. An indication he knows his basics and his fundamentals are solid.

The montages, by Ron LeMaster (author of "Ultimate Skiing"), are of Didier Cuche and Carlo Janka at the Birds of Prey downhill or GS in Beaver Creek last year. Downhill or GS, old guy or new school, there are similarities and fundamentals that are the basis of all good ski racing.

### Top 10 reasons why Cuche and Janka are worth watching:

**10. Left and right ankles are at the same degree of flexion.** Always, at every point in the turn. This is where their efficient stance starts. With equal ankle flexion, they have a foundation that is biomechanically efficient and balanced in all planes. The inside foot never goes so far in front that it had to be pulled back. We don't see them crushing the boot, but both ankles keep the same degree of flexion, in every part of the turn, as a result of muscular tension inside of the boot.

**9. Inside ski tip, boot, knee, hip, and shoulder lead.** This lead is a result of slope angle due to the equal flexion in both ankles. This lead is mimicked between all left and right joint combinations. The resulting knee, hip, and shoulder left and right sides form a parallel relationship between each other up the entire body. Since the effective slope angle relative to the ski changes at every point in the turn, the lead change also changes at every point in the turn (if ankle angles are kept consistent). This lead change is constantly getting larger and smaller and then reversing directions. What enhances Didier and Carlo's balance is how the lead change is mimicked up the body at all points in the turn.

**8. Inside ski is disciplined.** First of all, the inside ski is aligned parallel with the outside ski, al-



ways headed in the same direction. The two skis move together as one unit. Second, the ski separation will enable the inside ski to assist with pressure management or to take over if the outside ski were to lose traction. Notice the separation between the skis. This changes but the inside ski is always beneath the outside knee, which is evident from the red color on the knee of their speed suits.

# ...New School



## Carlo Janka

- 4 years on World Cup circuit
- 20 percent podium finishes
- 1 Olympic medal
- 1 overall World Cup globe
- 23 years old

## What Two Generations of Champions Can Teach You

By Ron Kipp

Photo montages by Ron LeMaster



*Ron Kipp is the USSA Alpine Sport Education Manager. He has worked with the U.S. and Norwegian Ski Teams.*

**7. Bones are stacked.** This is referring to the outside leg toward the later parts of the turn where forces are the greatest. Stance is physically much stronger when the bones of the skeleton are lined up on top of each other. Although both demonstrate enough flexion for terrain undulation and changes, they both have a relatively long outside leg to resist the forces in the later parts of the turn.

**6. Inside ski is on the snow.** This demonstrates that the inside ski is in a ready position. Both skiers are outside-ski dominant, but the inside ski is on the snow ready to adjust pressure or to take over the turn, in the event that outside ski would give way. Their weight transfer is so subtle that it is almost impossible to tell when it happens, similar to the independent suspension on a car.

**5. Hands are held wider than the elbows.** This is an essential aspect of stance. Hands are basically used for balance corrections (that is why we don't see either athlete waving them around). When an athlete gets out of balance, it means the position of their center-of-mass is not in line with their base-of-support. To get back in balance or back on line, the athlete moves their hands in space to readjust their center-of-mass. If the elbows are carried wider than the hands it limits the available range-of-motion that the athlete would otherwise have available for balance correction.

**4. No lateral flexion in the spine.** Angulation to create edging is coming from the hip. Cuche did

not get to be an old ski racer by mis-alignment of his back, and Janka would like the same fate. The spine is composed of vertebrae that are stacked on top of each other. Each vertebrae interface has a very small range-of-motion. When flexed laterally, beyond their natural range-of-motion, the excess stress between the discs eventually leads to overuse injury.

**3. Use of the hip.** The hip is big, strong joint that moves like a joy stick through a large range-of-motion. Angulation to create edging and rotational articulation that steers the ski and creates upper/lower body separation comes from the hip joint. Using this joint solely (as opposed to the spine) for flexion/extension (this is evident in Janka's montage since it goes from turn to turn) and rotation is a sign that Didier and Carlo can move their lower body independently of the upper body. This makes them both more articulate when it comes to absorbing terrain undulations and making the necessary body adjustments to attenuate changing external forces.

**2. The center-of-mass has minimal vertical translation.** This is a result of the legs, which are allowed to go through a large range-of-motion, one flexing while the other extends, keeping the center-of-mass vertical movement to a minimum. If the center-of-mass were to rise at the start of each turn it would be traveling a greater distance than a center-of-mass that was consistently staying at a more even distance above the snow.

**1. Looks quiet.** The limited motion displayed by both athletes demonstrates that they are balanced in a workable, efficient posture. This posture is a consequence of the integration of the nine points above. When an athlete has ownership of these listed points there is a synthesis of movements that leads to an equilibrium between the body's internal forces with the external forces of the turn. While we should try to emulate their movements, we should also realize that lack of movement does not imply absence of muscular tension. Limiting or minimizing excess movement will enhance balance by reducing the external torque that results in the eventual undesired relocation of the skier's center-of-mass with regards to their base-of-support. Their key is keeping the movements to only those that are necessary. While it is natural to look for what they are doing, try to also look for what they are not doing.

Old guy and new school, downhill and GS, even differing body types, Didier Cuche and Carlo Janka demonstrate the critical features of solid ski and ski racing fundamentals. These items, not taken by themselves but as a conglomerate, not only need to be identified but integrated into the ski turn and race run. For more explanations, check out the most recent Winning Runs DVD and other DVDs available at <http://educationshop.ussa.org>.

# Division News



## New England Masters

Nadine Price, chair  
www.nemasters.org

After losing more than four and a half hours of daylight, lots of cold, wet, dreary days and a very short transition from foliage to stick season, the almost-winter season has finally arrived here in Vermont! And with it, a lot of snow! Although the lifts haven't officially started turning yet, that hasn't stopped a large number of intrepid hikers from carrying skis and boards up the mountain. So this all bodes well for a great start to the season.

We'll be kicking things off with a mid-December GS and SL at Sugarbush. After the holidays, we'll be visiting a lot of old favorites with a couple of twists. We'll be in the Manchester, Vermont, area for a long weekend starting with an SG at Stratton. This SG was part of our schedule last year and it proved to be one of our most popular events. Even though we had to cancel the race itself due to fog that was more akin to concrete than pea soup, the camp the day before and the a.m. training run made it worthwhile for all who attended. This year, we have already put in our request for blue bird skies and temps in the low 20s! The rest of the week is all tradition with the Ineson SL at Bromley on Saturday and back to Stratton for the ever-popular Janeway Cup. We've moved the visit to Ragged to later in the season in the hope of trying out their recently homologated GS hill. And we'll be back at Sugarbush for our second annual speed week. This was wildly successful last year, drawing competitors from all over the country! The event will include a training camp, a DH, two SGs and a Super Combined, not to mention parties. The DH and first SG will be part of the Molecule F National Speed Series. This, combined with the Regional SG, will mean three Molecule Series races in the East so Easterns will have a chance to be competitive in this series. Regionals will once again be returning to Okemo in central Vermont. This venue was truly terrific last year, even though we were a bit challenged by weather. This year, we've ordered sunny, moderate days and cold nights to make this event a little more epic and something not to be missed! And finally, we'll be wrapping up the season with a return to Mt. Snow for finals. It's been a while since we've been to Snow and it promises to be a great weekend.

This season we are very pleased to

welcome ROCKPORT MORTGAGE CORPORATION as our GS series sponsor.

Rockport is a mortgage banking firm specializing in originating federally insured loans for apartment complexes, nursing homes and assisted living facilities. Rockport was with us last year as a sponsor of the Gibson Cup weekend at Cranmore in New Hampshire, and joins us this season in a more pivotal roll, sponsoring our season-long GS series, now officially named the Rockport Mortgage Corporation GS Series!

We will once again, thanks to the help of USSA, be manning a booth at the Boston Ski Show. This will be our third season there and our presence at the show has been very positive. We have signed up a lot of folks who have done a few races and few folks who have done a lot of races. So we will be there with banners and giveaways and everything else we can think of to get attention!

As most of you will undoubtedly remember, we tried a number of new things last season. Some worked, some did not. After no deliberation at all, we've decided to keep the ones that worked and toss (or rework) the ones that didn't! For instance, the time for Sise Bucks has not come! So we are going back to mugs/glasses for awards. Those of you with outstanding Sise Bucks should see Executive Director Jim McKeon to redeem them. On the other hand, two things that did work were more parties and more speed events. These seem to be really helpful in attracting new racers and especially the lower classes.

And speaking of new racers... I had a number of conversations over the summer with some recent ski academy graduates and a couple of national team hopefuls in particular who were interested in doing some Masters races. So we are working these folks hard and we may see a few new faces at some of our races to up the ante!

One of the other new things that we really want to build on this year is the New England Masters Foundation. The purpose of the Foundation is to assist aspiring young athletes and to help bridge the gap between Masters racing and racing at all levels by supporting and promoting alpine racing at all levels. We are working on obtaining 501(c)(3) status so that donations to the Foundation will be tax deductible. We plan to have lots of opportunities for our own racers to partici-

pate in this venture.

One of things we had hoped to bring on line last season, and couldn't, will be a reality this year. Thanks to the hard work of Doug Briggs from Rocky and several of our own board members, you will be able to register for all our races on line! Check out the article on page 5.

As always, our series is made possible and enhanced by our sponsors. We wish to thank our newest Sponsors: Rockport Mortgage Corporation and Skier's Edge. We thank Artech, Swix and SkiChair.com for their continued support. And we thank Isagenix, Kühnl, Chuck Hughes and MaserUSA, Rooly and the Basin Ski Shop at Killington for their special assistance. When you have need or use for any of the products or services our sponsors provide, we hope you will visit them first.



## Northern Division Masters

Rick Murphy, chair  
www.northernmasters.org

Northern Division is blessed by location. First, we're able to live and ski in Montana and also are located within close proximity to two great Masters neighbors: Intermountain and PNSA.

We start our season with the Skoch Cup (Jan. 14-16) in Sun Valley. This premier event has kicked off our racing schedule for many years and is highly anticipated by our Northern members.

Sometimes, our biggest problem is to decide which high-caliber race venue to attend. For the weekend of Jan. 21-23, Northern members can choose between the Intermountain Cowboy Classic GS in Jackson, Wyoming or the PNSA's Elderzade SG at 49 Degrees N in Idaho. Decisions, decisions.

After Western Regionals in Mammoth (Feb. 3-6), we take a time out for training to prepare for our joint speed race with Intermountain at Big Sky (Feb. 25-27). This is the only Masters speed event which features air, (although you can still decide to keep them on the snow). We race with the Juniors in this event, making for a fun and unique atmosphere.

In Mar. 12-13, we again join with PNSA for the Outlaw Rendezvous at Lookout Pass. This intimate area provides a great race site and good competition.

Nationals at Copper Mtn. (Mar. 21-26) wraps up our racing season.



# GET READY FOR AN EPIC SEASON WITH SKIER'S EDGE!

FALL 2010

The Skier's Edge U.S. Masters Team is looking forward to a great race season. After a two-year hiatus from "Worlds" the plan is to have a strong showing this year in Andorra which is nestled between France and Spain. The races will be held February 22-26, 2011, at Vallnord Resort located on the highest peak in the Pyrenees Mountains. This is a "once in a lifetime" opportunity to compete against the best in the world at a unique venue that's an exclusive "get away" for the rich and famous. Why not commit now to making "World's" one of your goals for this year. Let's show the world that the U.S. Masters racers are a force to be reckoned with! Don't miss out on this exciting race venue.

**We look forward to seeing you on the podium!**



## PRE-SEASON TRAINING: LEARN FROM THE PROS

Replicating a pro-athlete ski specific workout is a great way to improve your own fitness and technique. The Skier's

*"I use the Skier's Edge QS5 to simulate the movement patterns in skiing, and to build the endurance I need for the season."*

**Ted Ligety, Olympic Gold Medalist**



Edge World Cup Plyometric Power is used by Olympic athletes like Ted Ligety and Sarah Schleper. In fact, 155 Olympic alpine ski medals during the past six Olympics were won by athletes who trained on the Skier's Edge.

The Skier's Edge is a great way to prepare for the demands of racing. It works on your timing, rhythm, edging and balance while giving an awesome aerobic/ anaerobic workout. If you want to increase the dynamic balance workout just add the Slope Simulator accessory. This accessory allows the footpads to move fore and aft while going inside edge to inside edge.

The goal is to keep the footpad level throughout the arc of the turn - a challenge that will take your racing to the next level! Our top of the line QS5 series also comes in a kit for racer's who already own a Skier's Edge and want to upgrade. This series is the ultimate in quiet and smooth. This is the year to take your racing and fitness to the next level and Skier's Edge is here to help you reach your goal.

The Skier's Edge Company is starting its 8th year as title sponsor of Masters racing. Skier's Edge is committed to all the athletes participating in Masters. The Company's goal is to elevate Masters racing to a highly visible level, one never achieved before. This is possible with the help of the Skier's Edge US Masters Team, great venues and most of all - you as a dedicated Masters racer!

**Masters discounts are now sent via email only! Sign-up for the Skier's Edge e-news letter at [SkiersEdge.com/196](http://SkiersEdge.com/196) to get the biggest and best deals available! Get ready for the epic season of your life!**

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# Division News

## Rocky Mountain

Jennifer L. Kaufman, Vice President and Division Chair

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

It's snowing hard in the Colorado high country and we already have several resorts open for business! It has been a challenging off-season for RMM, with many transitions on the board, as well as other events. We are grateful to our outgoing board members Jim Roberts, Richard Bradsby, Debi Davis, Peggy Iden and Anne Haggart Gibson for their contributions to our organization.

We welcome our new additions to the board and staff. They bring a lot of new energy to RMM and we are anticipating a great season of racing

### 2010/2011 RMM Staff

Stacey Estelle	Office Manager
DJ Otto	Race Administrator

### 2010/2011 Board of Directors

Jennifer Kaufman	President & USSA Division Chair
Graham Smith	Vice President
Lauren MacMath	Secretary & Social Director
David Velasco	Treasurer
Tom Ripp	Membership Initiatives
Jim Montgomery	IT
Kevin Brynstad	Co-Chair Sponsorship
Pat Palm	Co-Chair Sponsorship
Chris Hoss	Technical Delegate

### New Initiatives

This year we have some exciting new incentives designed to attract additional racers, recapture some of those that have left us for awhile and reward existing members for referrals:

- Provide a free day of racing to existing RMM members who bring a first-time racer or bring back someone who has not raced in 2+ years.
- Continue special race entry pricing of \$5 per race for racers under 25.
- Offer special race entry pricing to first timers 25 and older for their initial race weekend of \$5 per race for technical events and \$10 per race for speed events.
- Creation of new marketing material to be distributed at ski-related events, as well as health clubs and other prospective member environments.

## Masters Nationals

In addition to the regular schedule, Rocky Mountain Division is home to this year's Master's Nationals, which will include a DH at Ski Cooper, and SC, SG, GS and SL at Copper. So we have no shortage of opportunities to race this year!

The regular schedule is posted on our website at [www.rmmskiracing.org](http://www.rmmskiracing.org). As always, we welcome racers from other divisions any time and hope everyone can join us up at Copper Mountain for Nationals in March!

### On a final note...

We have been saddened by the recent loss of several members: Hans Wolf, Carol Rymer Davis and Leon Johnson. All three had a tremendous love of skiing and of life. Their passion, courage and sense of adventure inspires all of us.

We look forward to seeing you soon!



## New York State Snow Masters Series

By Jack Eisenschmid, chair and Jim Spillane, co-chair  
[www.nymasters.org](http://www.nymasters.org)

Welcome to the 2011 season!

With winter fast approaching, it won't be long before we get back on our skis and do what we all like to do best—race! This will be the 39th season for the NY State Masters and we once again will

have a great race schedule. This year, we have added two additional races from last year, for a total of 26 races and 13 ski days. We also have a very nice blend of races consisting of 12 GS, 10 SL, and four SG, to test all abilities!

We will begin the season after New Year's with a GS and SL at Swain on January 2. Swain always does a great job, and we're pleased to be able to begin our season there again, as we have done in the past. After Swain, we will begin our first of three combined weekends with a two-race SL at Holiday Valley on Jan. 8, followed by a two-race GS at Holimont on Jan. 9. The following week, we return to Brantling on Jan. 16 for an always-fun two-race SL, followed by a return trip to Bristol on Jan. 23 for a two-race GS, which always gets a strong turnout. We finish January with our second combined weekend at Toggenburg on Jan. 29 for a two-race SL, and then to Greak Peak on Jan. 30 for a great two-race GS. Rockett and the entire Greak Peak race team always put on a great race.

We begin February with a return trip to Hunt Hollow on the 5th, followed a GS and SL at Labrador Feb. 12. We then head back to Song for our third combined weekend with a two-race SG on the 19th, followed by a GS and SL on the 20th. Song does a great job, and appreciates the Masters holding our races with them. We finish the month, as well as our regular season, with a awesome two-run SG at Bristol on Feb. 25th, followed by our series final back at Swain on Feb. 26 with a GS and SL race.

This year, the 2010 Easterns will once again return to Okemo Mar. 4–6 with an SG, GS, and SL. The Masters will then finish the 2011 season with the Nationals taking place at Copper Mountain in Colorado from Mar. 22–26.

As always, the NY Masters have a great day of racing, getting in two-run races by 2:00. This leaves time for free skiing, as well as fun après race parties. This year, similar to every year, we are hoping to increase our race attendance, so we welcome any new—as well as any past—Masters racers.

Check out our website [www.nymasters.org](http://www.nymasters.org) for the 2011 schedule, contacts, and registration information. We have also added a NY Masters Facebook page for everyone to access as well. We ask that you please visit the links to our many sponsors that help make our series great. See you all at the start!

# Division News

## Southern Masters

By Horst Locher, chair  
www.sararacing.org

We hope that the deep winter of the south will come back like we experienced it last year. Actually, it was unusual to see several feet of snow in the capital of the nation. Who would believe that a Master could be stuck more in snow than in a traffic jam of Washington, D.C.?

In the southern region, we are having a very limited number of Masters who travel to races in Virginia, West Virginia and North Carolina, but we will do our best to convince some hard-core NASTAR racers to give a try in our Masters circuit.

Virginia will kick off the first master races at Bryce Resort on Dec. 27 and 28. The following day, five hours south in North Carolina, an SL and a GS are scheduled at Sugar Mountain. I am sure Kim Jochl and her sister Christa Schmidinger welcome you to a fine race on Dec. 29 and 30.

Also, Sugar Mountain will host the 15th Annual Adult Pre-Season Clinic scheduled for December 10-12, 2010. Guest coaches will be 1994 Olympic Gold and Silver Medalist Diann Roffe, Olympian Krista Schmidinger and US National Super G Champion 2010 Keely Kelleher.



## Intermountain Masters: Where Fun Meets Serious Racing

Amy Lanzel, chair  
www.intermountain-masters.org

Intermountain Masters will be rocking and rolling this season with one of the best race schedules on the circuit. Ski racing just can't get any better, with venues the likes of Sun Valley, Idaho; Jackson Hole, Wyoming and Park City Mountain Resort, just to name a few.

Check us out on our newly-designed web site easily clicked on at intermountain-masters.org. We offer multiple race training opportunities that, when coupled with the greatest snow on earth, is just plain unbeatable!

Big changes this year include the introduction of the online race registration at skiracereg.com and thanks to the "Ski with a Masters Legend" program we will be awarding our first ever Intermountain Masters Scholarship! We continue to seek creative

and fun ways to get more members on board and have stocked our schedule with a variety of races that will fit every need for speed. Additionally, we are expanding out to various social media sites and can be found on Facebook and now the national twitter site USSA Masters.

All of this great stuff could not be possible without our sponsors. We will be endorsing and aggressively promoting those who promote us, and we welcome again this year Jans Mountain Outfitters, Atomic, Larry H Miller, EZPak Nutrition, Platipus Sports, Cofer Chiropractic, Atomic, Davidson Heiden Orthopedics, and our newest member, Waterguard. Look for these brands, and please mention your appreciation of their critical support to our Intermountain Masters.

The opening parties kick off Nov. 18 in Park City, Utah and Dec. 5th in Sun Valley, Idaho. Check out our schedule and plan on joining us. Bring a friend and get a free surprise gift!

## Ski Season Starts Early in the Far West!

By Mark Mirviss  
www.FarWestMasters.org

In the Far West, we have a very full and exciting schedule of races planned for the upcoming season. We will be holding races at six different ski areas in the Lake Tahoe area, as well as at Mammoth Mountain in the Eastern Sierras.

Our schedule includes 11 slalom races, 10 GS races, nine SG races, and five DH races. We experimented last season with

holding three races over a single weekend. This format was very popular with our members, as racers having to travel felt like they were getting much more "bang for their buck"—travel bucks, that is. As a result, we have continued with this format for a number of our race weekends in the Far West.

All of our ski areas in the Lake Tahoe area fall within an approximate one hour's drive of Reno's airport, which is easily accessible from most US airports. Mammoth is also now easily accessible by air via daily non-stop flights from Los Angeles, San Francisco, San Jose, and direct flights (one stop) from Portland, OR.

Another highlight from our division this season will be our hosting of the Masters Western Regionals at Mammoth Mountain. As those of you who have raced at our Masters events at Mammoth in the past can attest, this venue has fantastic terrain for all of our events, and a highly professional race department to ensure quality of races. In addition, Mammoth has great lodging available on the mountain, as well as a first-class catering and banquet facilities for our awards parties, also right at the ski area.

As the president and representative of the Far West, I would like to personally invite racers from other divisions to come sample our great weather (usually), our great hospitality (always), and our fine California wines and cuisine always present at the awards parties.

For further information about what is going on in the Far West Division, please visit our website: www.farwestmasters.org



# Gate Training—Putting It All Together by Howard Cole



The Skinner brothers, Bill and Bob, take a group of Masters to Valle Nevado, Chile each September for seven days of training and four days of racing. They bring two

“jack rabbits” (young coaches who are at the top of their game) and demo the latest technique. This year, they were Rowmark Academy coach and NCAA GS champion 2006 Scott Veenis and Sun Valley Ski Education Foundation head coach Nathan Schwing. On race day, Nathan was beating the best of us four to six seconds a run, so we listened to what they had to teach.

The central theme, regardless of the discipline, is come out of the last turn moving forward with one’s hips over, and if possible ahead of, one’s bindings. Shoulders and hips are parallel to the slope of the hill. Let your skis run deep to the rise line of the next turn. (The rise line is an imaginary line running up the hill from the inside panel of the gait, parallel to the direction of the course and not necessarily the fall line.) Then go through a quick transition, again moving forward on your skis, engaging the new outside ski and initiating the work of the turn early in the top half of the arc.

This is different from my last article on free skiing in December 2009 SRC, where I emphasized an early transition after the apex of the last turn. The emphasis is on letting the skis run deep to the next turn and taking a more zigzag line. The only dilemma is you must be really strong and very forward on your skis. Coaches say Bode Miller is the best at it on the circuit because he’s the strongest. For most of us masters, who ski like we are sitting back in a chair, this is not easy.

However there is hope. Here are some pointers that may help you get at least part way there:

- 1** High hands at shoulder height and forward draw the hips forward.
- 2** Inside hand pointing down hill in the direction of the outside ski. This helps keep our weight over the outside ski.
- 3** Always draw the inside ski back and let the inside knee come up, especially at the apex when lateral.
- 4** Before the transition, let the skis come up and under you so your body starts moving (falling) downhill.
- 5** As you approach and go through the transition, pull your feet under and behind you, moving your body forward with the hips at the very least ahead of your heel pieces—better still, in front of your toe pieces.

**6** Stand on the new outside ski, applying pressure on the shovel so it engages, bends and comes round to form the apex. It will feel like you are pushing yourself downhill. Don’t worry. You *are*, and this is exactly what you need to do to go faster. This takes a lot of practice and won’t happen overnight. Be patient and determined.

All this is a little scary because it causes tremendous acceleration. You feel like you are falling downhill and you are not at all sure your skis will turn and come back underneath you. Don’t worry; they will. They are designed to do so.

So what does all of this have to do with gate training? All the mechanics I have been discussing need to happen above the gate so that you come out of the apex of your turn coming back at the gate, regardless of the discipline. There are a few exceptions to this principle that are dictated by terrain and changes in direction. For example, on the flats, the apex can be at the gate. But again, the pressure must be applied coming into the apex. Here are some specifics to each discipline:

**SL:** Finding the tempo of the course is fundamental. Looking two or three gates ahead really helps. It’s about quick feet and edge to edge. A mantra that I find useful is cross block, pole plant, early and quick transition, apply pressure on the outside ski, get lateral at the apex. Critical throughout is moving forward and down the hill. Don’t get pushed back by combinations. Purposely lunge forward coming out so you are ready for the next corridor. In hairpins cross block the first pole with one hand and the double poles with the other hand. Cross block flushes only with the hand that blocks the first pole. As you enter a flush stand up as opposed to a corridor where you hips are low.

**GS:** GS is all about rhythm, line and patience. The tendency is to be anxious, to go through the transition too early, which leaves us waiting for the apex and going too direct at the next gate. When we pinch a gate, we do not leave enough space to get lateral, and wind up doing the work of the turn in the second half of the arc. This takes our acceleration across the hill and not down the fall line. Remedy: be patient and let the skis run deep to the rise line. Make a quick transition, apply pressure in the first half of the arc and leave a meter between your boots and the gate. That will leave enough space to be dynamic and lateral. Looking ahead two to four gates is really helpful in picking up the rhythm and line.

**SG:** If GS is about patience, SG is really, *really* about patience and not making any dramatic moves. Yet for me, paradoxically, it is also about quick feet because the course comes at me so quickly, transitions have to be made quickly, though not necessarily early in the turn. The being patient part is letting the skis run and completing the turn. It is also about being light on your feet (like a butterfly standing on a hot fry pan) especially on the flats, where you want to minimize friction. Be balanced in the center of your skis and keep your skis as flat as possible. It also helps to have an aerodynamic tuck.

It also really helps to look ahead to pick up the rhythm and line. A thorough and strategic inspection is critical. You must plan your line through the transitions and blind gates, where to be patient, and where to turn on the gas.

Lastly, how we approach gate training determines how we will perform on race day. If we train at 75% intensity we will race at 75% intensity. There will be no magical transformation on race day. We get good at what we practice and we are creatures of routine. Approach each training session as if it were race day. Establish a warm-up routine and do it thoroughly. It initiates the sequence alerting our brain to what is coming next. Then do a detailed inspection and form a battle strategy. Our brain is then ready to tell our bodies to go at the course with 100% power. Then simulate race day in the first two training runs. Ignore the coach’s advice to take it easy on your first few runs. Then settle down and work on whatever you need to in subsequent runs.

If you know you are in a really competitive category and will have to dig deep on race day, then practice digging deep during training. Remember, there will be no magical transformation on race day. Those who know how to dig deep have taught themselves how to do it in their training. Do so and come race day, you will ward off the race day blues.

I am 60 years old, and have three boys who are all excellent skiers, and I can still keep up with them in the steep and deep powder out west.

Skiing is a passion that runs deep for me. I love the rush that comes when finding a fast line through a course and making some good turns. I enjoy the comradeship of Masters and the friends I have made who provide some balance to my professional life.

# 2011 Alpine Masters Schedules (Subject to change)

## Alaska Alpine Masters

Jan. 8 . . . . . Alyeska . . . . . GS  
 Jan. 29 . . . . . Alyeska . . . . . GS  
 Feb. 26 . . . . . Alyeska . . . . . SL  
 Feb. 27 . . . . . Alyeska . . . . . SL  
 Mar. 5 . . . . . Alyeska . . . . . GS  
 Mar. 12 . . . . . Alyeska . . . . . SL  
 Mar. 26 . . . . . Alyeska . . . . . SL  
 Info: Gary Randall 907.242.2927

## Central Alpine Masters

Dec. 11-12 . . . Wild Mtn. . . . . 2SL/2GS  
 Dec. 18-19 . . . Afton Alps . . . . . 2SL/2GS  
 Jan. 8 . . . . . Buck Hill . . . . . SL/SL  
 Jan. 15-16 . . . LaCrosse . . . . . 2SL/2GS

### Central Masters Championships

Jan. 21-23 . . . Marquette . . . SG/2GS/2SL/2GS  
 Jan. 29-30 . . . Buck Hill . . . . . 2SL/2GS  
 Feb. 5 . . . . . Afton Alps . . . . . SL/GS  
 Feb. 12-13 . . . Granite Peak . . . 2SL/2GS  
 Mar. 19-20 . . . Spirit Mtn. . . . . 3GS/2SL  
 Info: Ryan Fuller 612.501.3268  
 www.midwestmasters.org

## New England Masters/Sise Cup

Dec. 17-18 . . . Sugarbush . . . . . GS/SL  
 Jan. 8 . . . . . Gunstock . . . . . SL  
 Jan. 9 . . . . . Waterville . . . . . GS  
 Jan. 15-16 . . . Middlebury . . . . . SL/GS  
 Jan. 17 . . . . . Suicide Six . . . . . SL  
 Jan. 21-23 . . . Stratton . . . . . SG/GS/SL  
 Jan. 28-30 . . . Cranmore . . . . . GS/SL/dualGS  
 Feb. 5-6 . . . . . Ragged Mt. . . . . GS/SL  
 Feb. 11-13 . . . Sugarbush . . . DH/2SG/SC  
 Feb. 26 . . . . . Cannon Mtn. . . . . SL  
 Feb. 27 . . . . . Pat's Peak . . . . . GS

### Eastern Championships

Mar. 4-6 . . . . . Okemo . . . . . SG/SC/GS/SL  
*Sise Cup Finals*  
 Mar. 11-13 . . . Mt Snow . . . . . SG/GS/SL  
 Info: Jim McKeon 802.558.8557  
 www.nemasters.org

## New York Masters

Dec. 19 . . . . . Brantling . . . . . SL/SL  
 Jan. 2 . . . . . Swain . . . . . GS/SL  
 Jan. 8 . . . . . Holiday Valley . . . . . SL/SL  
 Jan. 9 . . . . . Holimont . . . . . GS/GS  
 Jan. 23 . . . . . Bristol . . . . . GS/GS  
 Jan. 29 . . . . . Toggenberg . . . . . SL/SL  
 Jan. 30 . . . . . Greek Peak . . . . . GS/GS  
 Feb. 5 . . . . . Hunt Hollow . . . . . GS/GS  
 Feb. 12 . . . . . Labrador . . . . . GS/SL  
 Feb. 19 . . . . . Song . . . . . SG/SG  
 Feb. 20 . . . . . Song . . . . . GS/SL  
 Feb. 25 . . . . . Bristol . . . . . SG/SG  
 Feb. 26 . . . . . Swain . . . . . GS/SL

### Eastern Regionals

Mar. 4-6 . . . . . Okemo, VT . . . . . SG/GS/SL  
 Info: Jack Eisenschmid 585.288.4554  
 www.nymasters.org

## Southern Masters (SARA)

Dec. 27 . . . . . Bryce Resort . . . . . GS  
 Dec. 28 . . . . . Bryce Resort . . . . . SL  
 Dec. 29-30 . . . Sugar Mtn. . . . . SL/GS  
 Jan. 23 . . . . . Wintergreen . . . . . GS  
 Jan. 29-30 . . . Snowshoe . . . . . SL/GS  
 Feb. 5-6 . . . . . Wintergreen . . . . . SL/GS  
 Feb. 12-13 . . . Sugar Mtn. . . . . SL/GS  
 Feb. 26-27 . . . Timberline . . . . . GS/SL  
 Feb. 27 . . . . . Bryce Resort . . . . . SL  
 Info Contact: Horst Locher 540.856.2121  
 www.skisara.org

## Far West Masters

Dec. 4-5 . . . . . Mammoth . . . . . GS/GS/GS  
 Dec. 18-19 . . . Squaw Valley . . . . . SL/SL  
 Jan. 7 . . . . . Heavenly . . . . . SL/SL  
 Jan. 8-9 . . . . . Sierra at Tahoe . . . . . SL/SL  
 Jan. 21-23 . . . Mammoth . . . . . 5SG  
 Feb. 3-6 . . . . . Mammoth . . . . . SC/SG/GS/SL  
 Feb. 21-24 . . . Mammoth . . . . . DH/DH/DH  
 Feb. 26-27 . . . Northstar . . . . . GS/GS/GS  
 Feb. 28 . . . . . Squaw Valley . . . . . SG  
 Mar. 12-13 . . . Squaw Valley . . . SL/SL/GS  
 Apr. 2-3 . . . . . Mt. Rose . . . . . SL/GS  
 Apr. 13-17 . . . Mammoth . . . 2DH/2SG/GS/SL  
 Info contact: Mark Mirviss 530.583.6971  
 www.farwestmasters.org

## Intermountain Masters/ JANS Cup

Jan. 8-9 . . . . . Snowbasin . . . . . SL/SL  
 Jan. 14-16 . . . Sun Valley . . . . . SG/GS/SL  
 Jan. 22-23 . . . Snow King . . . . . GS/GS  
 Feb. 11-13 . . . Park City . . . . . SG/GS/SL  
 Feb. 25-27 . . . Big Sky . . . . . SGtr/2SG/1SG  
 Feb. 28-Mar. 2 . . Soldier Mtn. . . . . DH/DH  
 Mar. 4-6 . . . . . Wolf Mtn. . . . . GS/SL/GS  
 Mar. 11-13 . . . Snowbasin . . . . . SG/GS/GS (finals)  
 Apr. 8-11 . . . Mt. Bachelor . . . SGtr/2SG/GS/SL  
 Info: Amy Lanzel 801-808-3089  
 www.intermountainmasters.org

## Northern Masters

Jan. 14-16 . . . Sun Valley . . . . . SG/GS/SL  
 Jan. 22-23 . . . Snow King . . . . . GS/GS  
 Jan. 21-23 . . . 49 Degrees N . . . 2SG/SG  
 Feb. 25-27 . . . Big Sky . . . . . SGtr/2SG/1SG  
 Mar. 12-13 . . . Lookout Pass . . . . . GS/SL  
 Info: Rick Murphy 406.471.1573  
 www.northernmasters.org

## Pacific Northwest Masters

Jan. 1-2 . . . . . Snoqualmie . . . . . trGS/GS  
 Jan. 8-9 . . . . . Crystal Mt. . . . . GS/GS  
 Jan. 21-23 . . . 49 Degrees N. . . . . trSG/3SG  
 Feb. 19-20 . . . Alpental . . . . . 2SL/SL  
 Feb. 23-27 . . . Schweitzer . . . trSG/2SG/GS/SL  
 Mar. 5-6 . . . . . Mt. Hood . . . . . SL/GS  
 Mar. 12-13 . . . Lookout Pass . . . . . GS/SL  
 Mar. 18-22 . . . Stevens Pass . . . SL/GS/2SG/SC  
 Apr. 7-10 . . . Mt. Bachelor . . . trSG/2SG/GS/SL  
 Info: Ann Ozuna 509.9932283  
 www.pnsamasters.org

## Rocky Mountain Masters

Dec. 4 . . . . . Copper . . . . . GS  
 Dec. 18 . . . . . Loveland . . . . . SL  
 Jan. 9-10 . . . . Winter Park . . . . . GS/SL  
 Jan. 21-23 . . . Keystone . . . . . 2DH/2SG/GS  
 Jan. 29-31 . . . Vail . . . . . SL/GS/SG/SG  
 Feb. 19-21 . . . Aspen . . . . . 2SG/2DH  
 Feb. 26-27 . . . Ski Cooper . . . . . DH/DH  
 Mar. 12-13 . . . Loveland . . . . . SL/SL  
 Mar. 19-20 . . . Ski Cooper . . . . . DH/DH  
 Mar. 22-26 . . . Copper Mtn. . . . . SC/SG/GS/SL  
 Apr. 9 . . . . . Loveland . . . . . SG/GS/SL-1 run  
 Info Contact: Jennifer Kaufman  
 720.855.8427  
 www.rmmskiracing.org

## NATIONAL CHAMPIONSHIP EVENTS

### Skier's Edge Masters National Championship

Mar. 22-26 . . . Copper Mtn. . . . . COSC/SG/GS/SL  
 Bill Skinner 435.647.2633

### Skier's Edge National Downhill Championships

Mar. 1-20 . . . . . Ski Cooper . . . . . trDH-DH  
 Bill Skinner 435.647.2633

### Skier's Edge Western Region Championships

Feb. 3-6 . . . . . Mammoth CA . . . . . SG/SC/GS/SL  
 Mammoth RD 760.934.0642

### Skier's Edge Eastern Region Championships

Mar. 12-14 . . . Okemo, VT . . . . . SC/SG/GS/SL  
 Bill McCollom 802.234.9561

### Summer Fun Nationals

July 23-24 . . . . . Mt Hood, OR . . . . . GS/SL  
 Meri Stratton 541.387.3674

### Molecule F National Speed Series

Jan. 22-23 . . . . . Mammoth, CA . . . . . SG/SG  
 Feb. 4 . . . . . Mammoth, CA . . . . . SG  
 Feb. 11 . . . . . Park City, UT . . . . . SG  
 Feb. 11-12 . . . Sugarbush, VT . . . . . DH/SG  
 Feb. 19-21 . . . Aspen, CO . . . . . SG/DH  
 Feb. 26 . . . . . Schweitzer, ID . . . . . SG/SG  
 Feb. 28-Mar. 2 . . Soldier Mt., ID . . . DH/DH  
 Mar. 12 . . . . . Okemo, VT . . . . . SG  
 Mar. 19-20 . . . Ski Cooper, CO . . . DH/DH  
 Mar. 24 . . . . . Copper Mt. CO . . . SG (Finals)

Masters adult racing is age class competition for skiers 18 years and older.

For more information, contact the USSA Bill Skinner at 435.647.2633  
 Bskinner@ussa.org

Schedules subject to change.

For complete info on Masters Racing, visit [www.ussa.org](http://www.ussa.org) and click "Masters."

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Ryan Donovan at Mt. Hood

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**2011 Skier's Edge  
Regional Championships**  
Western: Mammoth Mtn., California,  
Feb. 3-6, 2011  
Super Combined/SG/GS/SL

**Eastern**  
Okemo, Vermont, Mar. 12-14  
Super Combined/SG/GS/SL

**2011 Skier's Edge National Championships**  
Copper Mtn., Colorado, Mar. 22-26  
Super Combined/SG/GS/SL

**2011 Skier's Edge Downhill Championship**  
Ski Cooper, Colorado, Mar. 19-20  
trDH/DH

**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.