

ALPINE MASTERS SERIES



News and Information
of the Alpine Masters

autumn 2012
www.ussa.org

Slalom Keys for the First-Timer

Whack, whack, whack.

The sound of slalom. The collision of plastic on plastic can either be addicting or intimidating. Ski racers dressed like warriors ready for battle. This is slalom. Although this may be the macho attitude, slalom could also be regarded as the ballet of ski racing. Weaving through red and blue flagless gates is as much an art form as it is World War III.

While the speed events deal with high external forces, slalom deals with high internal forces. The average time per turn on the men's world cup is only 0.82 seconds—not much time, so every tenth of a second is critical to the job of negotiating gates. While slalom can seem incredibly athletic, it is precision that is the key to success. Traveling 28 mph with a ski tip that is only 1mm away from the gate is indeed a finesse proposition.

We envision slalom as a fast event because we hear clichés like “quick feet” and “fast twitch muscle fiber.” Moving fast is not necessarily the answer. One of the reasons for DNFs (Did Not Finish) is “hooking.” Hooking is where the inside ski tip ends up on the wrong side of the gate. If the ski tip ends up on the in-

side of the gate, then turning the skis *too* fast is the problem.

Simultaneous leg steering

Being precise involves knowing where your skis are at all times. Since there is not much time between gates, turning the feet simultaneously is advantageous. This is a general rule, and on hard snow, or a result of a low line, a rule that is broken. In the search for speed there are times when the finish of one turn melds into the next. A “finishation” of sorts emerges, when the finish and initiation blend into one move.

Gate clearing

To ski a tight line, the body travels through the gate as opposed to around it. This involves “clearing,” blocking, or moving the gate out of the way. The important part of



Figure 1 Ivica Kostelic, so close to the gate that his inside ski intuitively slides on top of his outside ski. In spite of being so close, Ivica prepares for an inside arm clear.

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this gate-clearing movement is not so much what you do, but what you don't do. Keeping a body quiet in space is important. Any reaching movement toward the gate must be independent of the torso.

Outside arm clearing is the convention, although an inside-arm clear has many valuable uses (see figure 1). Flushes start with an

Continued on page 8

Racing for the Future by Steve Slivinski, Masters National Chairman



Once upon a time, on a dark and stormy night, the world came to an end. At least according the Mayan calendar, December 21st is the big day. Sun Valley has assured me if this happens I'll get a refund on my seasons pass. It will probably snow that day. Speaking of snow, forget about the end of the world; it's racer—ready—go! for another fantastic winter season.

Rest assured, Masters racing is going to be on fire this year, end of the world or not. At Park City last season, our national committee put some serious thought in trying to make USSA Masters racing significantly more inviting and user-friendly. A tremendous ovation goes to our working group headed by Bill McCollom, and including Ryan Fuller from Central, Nadine Price and Lisa Densmore from Eastern, and Thunder Jalili from Intermountain, with a push and assist by Walt Evens from USSA, and of course the tireless leg work of Bill Skinner our "do anything it takes" man.

Three main objectives were put on the table. First: get USSA to give us more temporary memberships to help us sell Masters racing to first-timers. Maybe even give some free ones out. Second: work up a marketing strategy with brochures and posters that show the world the avalanche of benefits and discounts they get when they join the USSA family. Third: work on providing an introduction to Masters racing with a free race clinic to beer leaguers, town series racers, fast NASTAR-types, and anyone with a serious interest in adult ski racing. The results of these initiatives has been outstanding. USSA has given authorization for more temps. Bill Skinner and the USSA staff have done a fantastic job in creating an eye-catching brochure and poster. And finally, Lisa Densmore and Ryan Fuller will be working on doing two Masters clinics this winter. Stay tuned for time and location. I have a feeling this is just the beginning of great things to come in Masters ski racing. You racers at Buck Hill, Killington, North Star, Stevens Pass, Snow King, Winter Park, and the rest of the country's hundreds of ski areas are the heart and soul of making Masters ski racing a success. We need your ideas and enthusiasm to grow our sport. You know where to reach us. I'll be seeing you at top of the race course, so be sure to keep those ski tips pointed downhill.

Masters Membership News by Bill Skinner, USSA Masters Manager



USSA Masters have 217 scheduled races in 10 divisions for the 2012–2013 ski race season. In addition, we will be hosting four FIS Masters Cup races at Mammoth Mt., CA and our National Championships at Big Sky, MT plus our summer races at Mt. Hood. Below is a breakdown of the number of races in each division.

Alaska	7	Far West	25
Central	40	Intermountain	20
New England	21	Northern	5
(incl. Eastern Championships)		(plus Nat'l Championships)	
New York	18	Pacific NW	30
Southern	16	Rocky	25

This all exists thanks to your local leaders who spend countless hours organizing and making your race experience happen. Special thanks to our National Chairman Steve Slivinski, Gary Randall, Ryan Fuller, Nadine Price, Bill McCollom, Jack Eisen-schmid, Horst Locher, Mark Mirviss, Amy Lanzel, Toby Chapman, Ann Ozuna, Graham Smith and Meri Stratton.

The 2013 Molecule F National Speed series is back with the traditional venues, plus two additional SG events at Attitash, NH.

Phillips 66 has stepped up to be our title sponsor for the Masters Nationals and FIS Master Cup races.

A special thanks to Joel Loane of the Skier's Edge Company for his support of Masters racing for the past ten years. Skier's Edge will continue with their support of Masters Ski racing.

Major event update

2013 Phillips 66 Masters National Championships will be the traditional four-event series including the National DH during race week. March 18–23 (DH/SG/GS/SL) we are going to Big Sky, MT. There is no better host for our biggest event of the season. Ski-in ski-out resort lodging will go fast, so schedule your winter vacation with friends and family now. For special lodging rates, call

800.548.4486 and tell them you're with the Masters. Schedule and race sign-up info on our web site, www.ussa.org Alpine then Masters.

Phillips 66 FIS Master Cup, Mammoth Mtn., CA, Feb. 28–Mar. 3 (SG/SG/SL/SL). After the success of the Master's World Championship at Mammoth, it was decided a return trip was in order, featuring double SG and SL events. Expect a host of Europeans to return to the site of the best Criterium event in their memory.

USSA Eastern Region Championships: Feb. 8–10 Okemo, VT, SG/SG/GS/SL. The Easterns are returning to Okemo, a favorite site for the Championship weekend. Okemo is debatably the best SG in the east, and will also be included in the National Speed Series scoring.

Masters Working Group and 2013 initiatives

1. We have put together a Masters brochure outlining what our sport is and USSA Masters membership benefits. A panel is available for divisions to include their schedules and promotion in their regions. Some divisions have taken advantage of a brochure. A special thanks to Donna Allen (IM) for her expertise.
2. 2013 Masters schedule poster is back by popular demand. The action race shot features Bode Miller. Each region has been sending a good supply already; contact your division chair to get your copy.
3. The working group requested that the temporary membership option be increase from one per season to two per season to allow new recruits to get a real taste of the challenges and enjoyment of Masters racing. USSA has approved.
4. Two USSA Masters-supported clinics are in the process of being scheduled in Central and Eastern divisions.
5. Central Division is trying a pay-as-you-go membership option to increase participation and Masters membership. It is being organized and financing in-house, with a look to make Masters more accessible in the Central region.

The 2013 Masters race season will be a great one. Find a friend to join us for the coming season. See you all at the starting gate soon.

2013 Alpine Masters Schedules (Subject to change)

Alaska Alpine Masters

Jan. 5 Alyeska GS
 Jan. 26 Alyeska GS
 Feb. 9 Alyeska GS
 Feb. 23 Alyeska SL
 Mar. 2 Alyeska SL
 Mar. 9 Alyeska SL
 Mar. 30 Alyeska GS
 Info: Gary Randall 907.242.2927

Central Alpine Masters

Dec. 9 Afton Alps 2SL
 Dec. 15 Afton Alps 2SL
 Dec. 16 Wild Mtn. 3GS
 Jan. 5-6 Blackjack 2SL/2GS
 Jan. 12 Buck Hill 3GS
 Jan. 13 Welch Village 3SL
 Jan. 26-27 Mt. La Crosse 2SL/2GS
 Feb. 2 Buck Hill 3GS
 Feb. 3 Afton Alps 3SL

Northern Regional Championships

Feb. 9-10 Spirit Mt. 2GS/2SL

Southern Regional Championships

Feb. 23-24 Chestnut 2SL/2GS
 Mar. 9-10 Spirit Mtn. 2GS/2SL
 Info: Ryan Fuller 612.501.3268
 www.midwestmasters.org

New England Masters/Size Cup

Dec. 15-16 Killington SL/GS
 Jan. 5 Blackwater SL
 Jan. 6 Sunapee GS
 Jan. 12 Middlebury GS
 Jan. 13 Suicide Six SL
 Jan. 26 Stratton GS
 Jan. 27 Bromely SL
 Jan. 29-30 Attitash SG/SG
 Feb. 2-3 Ragged Mt. GS/GS

Eastern Championships

Feb. 8-10 Okemo 2SG/SL/GS
 Feb. 23 Cannon Mtn. SL
 Feb. 24 Gunstock SL
 Mar. 2 Waterville SL
 Mar. 3 Crotched GS

Size Cup Finals

Mar. 8-10 Cranmore GS/SL/Dual
 Info: Bill McCollom 802.234.9561
 www.nemasters.org

New York Masters

Jan. 6 Swain GS/SL
 Jan. 12 Song Mt. GS/SL
 Jan. 13 Greek Peak GS/GS
 Jan. 26 Hilimont GS/GS
 Jan. 27 Holiday Valley SL/SL
 Jan. 29 Greek Peak GS/GS

Eastern Regionals

Feb. 8-10 Okemo 2SG/GS/SL
 Feb. 23 Hunt Hollow GS/GS
 Mar. 2 Bristol GS/GS
 Mar. 3 Swain GS/SL
 Info: Jack Eisenschmid 585.288.4554
 www.nymasters.org

Southern Masters (SARA)

Dec. 22-23 Bryce Resort GS/SL
 Dec. 27-28 Sugar Mtn. SL/GS
 Jan. 12-13 Bryce Resort GS/SL
 Jan. 21 Wintergreen GS
 Jan. 26-27 Sugar Mtn. SL/GS
 Feb. 2-3 Snowshoe, WV SL/GS
 Feb. 9-10 Timberline SL/GS
 Feb. 18 Wintergreen SL
 Feb. 23-24 Massanutten GS/SL
 Info Contact: Horst Locher 540.856.2121
 www.skisara.org

Far West Masters

Dec. 1-2 Mammoth 2SL/GS
 Dec. 15-16 Squaw Valley SL/SL
 Jan. 11 Heavenly SL/SL
 Jan. 12-13 Sierra at Tahoe GS/GS
 Jan. 25-27 Mammoth SG/2SG/2SG
 Feb. 9-10 Mammoth GS/GS/GS
 Feb. 23-24 Squaw Valley 2SL/GS

FIS Masters Cup

Feb. 28-Mar. 3 Mammoth 2SG/2SL
 Mar. 9-10 Mt. Rose SL/GS
 Apr. 4-7 Squaw Valley SG/GS/SL
 Info contact: Mark Mirviss 530.583.6971
 www.farwestmasters.org

Intermountain Masters/ JANS Cup

Jan. 11-13 Park City SG/SL/GS
 Jan. 18-20 Sun Valley SG/GS/SL
 Jan. 26-27 Snow King GS/GS
 Feb. 9-10 Snowbasin SL/SL
 Feb. 12-13 Soldier Mtn. DH/DH
 Feb. 16-17 Bogus Basin SG/SG
 Feb. 22-24 Wolf Mtn. GS/SL/SL
 Mar. 8-10 Snowbasin SG/GS/GS
 Info: Amy Lanzel 435.649.5751
 www.intermountainmasters.org

Northern Masters

Jan. 4-6 Red Lodge, MT GS/GS/SL
 Jan. 11-12 Park City, UT SG/GS/SL
 Jan. 18-20 Sun Valley SG/GS/SL
 Jan. 26-27 Snow King GS/GS
 Feb. 2-3 49 Degrees 2SG/SG
 Feb. 21-24 Schweitzer 4SG/2GS
 Mar. 16-17 Lookout Pass GS/GS

Masters Nationals

Mar. 18-23 Big Sky DH/SG/GS/SL
 Info: Toby Chapman 406.541.0866

Pacific Northwest Masters

Jan. 5-6 Snoqualmie trGS/GS
 Jan. 12-13 Crystal Mt. GS/GS
 Feb. 2-3 49 Degrees N. 2SG/SG
 Feb. 9-10 Alpental 2SL/SL
 Feb. 16-17 Willamette SL/GS
 Feb. 21-24 Schweitzer 4SG/GS
 Mar. 2-4 Stevens Pass SL/GS/2SG
 Mar. 9-10 Ski Bowl SL/GS
 Mar. 16-17 Lookout Pass GS/GS
 Apr. 4-7 Mt. Bachelor trSG/2SG/GS/SL
 Info: Ann Ozuna 509.993.2283
 www.pnsamasters.org

Rocky Mountain Masters

Dec. 9 Loveland SL
 Dec. 12 Echo Mtn. SL night
 Jan. 5-6 Winter Park 2SG/GS
 Jan. 12-13 Copper Mt. GS/GS
 Jan. 18-20 Ski Cooper DHtr/DH
 Jan. 25 Echo Mtn. SL night
 Feb. 2-3 Copper GS/SL
 Feb. 8-10 Beaver Creek 2SG/GS/SL
 Feb. 16-18 Aspen 2SG/2DH
 Mar. 2 Echo Mtn. SL
 Mar. 9-10 Ski Cooper trDH/2DH
 Mar. 30 Loveland SG/GS/SL
 Info Contact: Graham Smith 719.510.0747
 www.rmmskiracing.org

NATIONAL CHAMPIONSHIP EVENTS

Phillips 66 Masters National Championship

Mar. 18-23 Big Sky, MT DH/SG/GS/SL
 Bill Skinner 435.647.2633

Phillips 66 FIS Masters Cup

Feb. 28-Mar. 3 Mammoth, CA
 SG/SG/SL/SL
 Bill Skinner 435.647.2633

USSA Eastern Region Championships

Feb. 8-10 Okemo, VT SG/SG/GS/SL
 Bill McCollom 802.234.9561

Summer Fun Nationals

July 20-21 Mt Hood, OR GS/SL
 Meri Stratton 541.387.3674

Molecule F National Speed Series

Jan. 11 Park City, UT SG
 Jan. 26 Mammoth, CA SG/SG
 Jan. 29-30 Attitash, NH SG/SG
 Feb. 8 Okemo, VT SG/SG
 Feb. 12-13 Soldier Mtn., ID DH/DH
 Feb. 16-18 Aspen, CO SG/DH
 Feb. 21-22 Schweitzer, ID 2SG
 Mar. 9-10 Ski Cooper, CO 2DH
 Mar. 18-21 Big Sky, MT DH/SG

Masters adult racing: Age class competition for skiers 18 years and older. For more information contact USSA's Bill Skinner at 435.647.2633 / Bskinner@ussa.org. Schedules subject to change. For complete info on Masters Racing visit www.ussa.org and click "Alpine," then "Masters," at the bottom of the page.

2012/13 FIS Masters Cup

by Bob Davis



Bob Davis and Mike Robbins at the race hill in Megeve, France.

Contact Bill Skinner at bskinner@ussa.org for license and entries. In order to participate in FIS races, you must be over 30, belong to the USSA and have a valid FIS license. Travel medical insurance is inexpensive and recommended.

More info at FIS-SKI.com; go to "Masters Calendar," then click the PDF file link at the bottom of the page.

Valle Nevado and La Parva, Chile, Sept. 16–18, 2012: SL, two SGs.

Notes: The North American speed teams train down here in Sept. so you can rub elbows with elite racers. The Skinner Bros. run a great race camp at Valle Nevado each year, immediately prior to the race dates. The resorts are above the tree line with beautiful dry snow and many sunny days. **El Colorado** is adjacent and connected to Valle Nevado, so you can ski over. 2:20 hrs drive from Santiago, SCL. Helicopter service from SCL airport to the resorts is also available.

Valle Nevado, Chile, Sept. 15, 2012 (20 point penalty): GS race on Saturday

Abetone, Italy, Dec. 8–9, 2012: 2 GS.

Notes: Abetone has hosted the FIS World Masters Criterium a couple times and is very experienced at putting on good races. 1:30 hours from Florence, 4:30 from Milan, MXP, 4:14 from Rome, FCO. www.abetone.it.

Maria Alm, Austria, Dec. 15–16, 2012: SL, GS. Notes: A quaint alpine village with excellent accommodations and well-run races. This is at the "Christkindl" (Christmas market) season, which is particularly special in Salzburg. 1:10 driving time from closest airport Salzburg, SZG. www.bergflex.com.

Cerkno, Slovenia: Dec. 22–23, 2012: SL, GS. Notes: Highest piste is at 4,000 ft. so watch the snow conditions. 3:20 hrs. from Venice, VCE. www.ski-cerkno.com.

Veysonnaz, Switzerland, Jan. 12–13, 2013: SL, GS. Notes: Race on World Cup

runs. If you don't get into the two top hotels slope side, the accommodations are a bit rustic. No après ski to speak of. Near Verbier. 2:30 hrs from Geneva, GVA. 3:00 hrs from Zurich, ZRH and Milan, MXP. www.veysonnaz.ch.

Innereims, Austria, Jan. 18–20, 2013: SL, GS, SG. Notes: New on the international Masters calendar. 10 lifts. Paul McCartney's ex-wife, Heather, won a Gold Medal here in SG for the British Disabled Ski Team. 1:30 south driving from Salzburg, SZG. www.scie.at.

Zagreb, Croatia, Jan. 25–26, 2013: SL, GS. Notes: Both races are held at night on the World Cup hill. The Croatians are a jovial and welcoming group. They know how to throw a good party after the races, too. 3:50 hrs from Venice, VCE. Go to www.fis-ski.com and click the Zagreb link on "Masters Calendar."



Greg Sarkis, New York Master

Kalpalinna, Finland, Jan. 25–26, 2013 (40 point penalty): two SL. Notes: Unique experience with Russian, Scandinavian and Estonian skiers. No Americans here, so you will be a novelty. Eino Kalpalla is your gracious host. 1 hr. from Helsinki, HEL.

Rokytnice nad Jizetou, Czech Republic, Jan. 25–27, 2013 (40 point penalty): SL, GS. Notes: Nearest airport is Prague, PRG which is 67 miles away. www.roktnice.com.

Bischofswiesen, Germany, Feb. 2–3, 2012: SL, GS. Notes: Beautiful area close to the Austrian border. Near the site of Hitler's "Eagle's Nest" WWII hide-out. Known for intense competitors racing on rock-hard ice. Closest airport is Salzburg, SZG, less than one hour drive away. www.bischofswiesen.de

Megeve, France, Feb. 8–10, 2013: SL,

GS, SG. Notes: An Aspen-like resort with prices to match. You race on the World Cup run. Very popular with Europeans, so book early. 1:10 hrs. from Geneva GVA. cssportmegeve.com. Race link is www.kandahar.org.uk.

Piancavallo, Italy, Feb. 22–24, 2013: SL, GS, SG. Notes: Well-run races, lots of sun and the one of the best SG courses on the calendar. Women's World Cups have been held here. 1:10 hrs. from Venice, VCE. www.piancavallo.it

Mammoth Mtn, California, U.S.A., Feb. 28–Mar. 3, 2012: 2 SL, 2 SG. Notes: North America is back on the regular FIS calendar at Mammoth after a five-year absence. Beat Hupfer is the Director of Mammoth's Race Dept. and he knows how to put on an FIS event without a hitch. There will be SG training the day before the races. It's never been easier to fly right in to Mammoth

Airport from connections through LAX, SAN, or SFO. www.FIS-ski.com, click on "Mammoth" on Masters Calendar.

Pec Pod Snezkou, Czech Republic, Mar. 9–10, 2013: SL, GS. Notes: On the Polish border. Nice little village with a tiny hill. 2:40 hrs to Prague, PRA. www.pecpodsnezkou.cz.

Grand Bormand, France: Mar. 16–17, 2013: SL, GS. Notes: New on the international Masters calendar. In the Haute Savoie. 38 lifts. Has been the start and also the finish of a Tour de France stage many times. Could be a nice

warm-up for the Criterium next week. 1:30 hrs. from Geneva, GVA. www.esf.grand-bo.com.

Megeve, France FIS World Criterium Masters Championships, Mar. 19–23, 2013-SL, GS, SG. One additional GS held on March 23, the last day, offers double points. Notes: Chic. Good restaurants. Expensive. 1:10 hrs. from Geneva, GVA. Contact: dub.sports.megeve@orange.fr.

Sestriere, Italy, April 5–6, 2013: SL, GS. Notes: Has hosted both the World Cup and the 2006 Winter Olympics. You race on the run where Ligety won gold. The town was built by the Agnelli family, who were the founders of Fiat automobile company. 2:50 hrs from Milan, MXP. www.sestriere.it.

NASTAR for Masters

by Bill Madsen



There are 115 resorts with Nature Valley NASTAR race courses from coast to coast, providing Masters with accessible racing and training opportunities. Every time you race, you earn a handicap that represents the difference between your time and the time of the national pacesetter, Ted Ligety. Results are posted on the nastar.com website, and participants are ranked with their peers in their ability group at the host resort, in their state of residence and nationally. The top-ranked racers qualify to compete in the NASTAR National Championships.

The **Nature Valley NASTAR National Championships** will take place at Snowmass Village, CO March 20–24. Ted Ligety, Julia Mancuso and a team of the most renowned U.S. Ski Team alumni will be on hand to set the pace, offer coaching and celebrate the sport. There will be parties, concerts, Warren Miller movies, race video and games to salute the sport of alpine ski racing.

In addition, there will be two regional championship events that will serve as qualifiers for the National Championships. The Nature Valley **NASTAR Midwest Championships** will be held at Spirit Mountain, MN, Dec. 15–16, and Okemo Mountain will host the **Eastern Championships** Feb. 2–3. The events will include individual races on Saturday with participants divided into age and ability groups. On Sunday, there will be a Race of Champions to determine the fastest racers, using handicapped times and raw times. Sunday will also see teams of racers competing for supremacy. There will be separate divisions for family teams and teams of friends. The top three point gainers will be used to score points for the team, but up to six people can be included on a team. NASTAR Team Points will be used to score teams so that age and gender can be used to handicap racers. Get your team together and register online today.

Streamline your NASTAR experience at the host resorts by registering to race online. If you registered in the past, there is no need to register again—we know who you are. Simply go to nastar.com and search for your last name and login. There is no fee to register and your NASTAR registration can be used as a bib number anytime you race. Your number will always begin with the first three letters of your last name, so it is easy to remember.

Dear Masters Racers, After 10 years as the title sponsor of Masters racing, it is time to congratulate and pass the baton to Phillips 66. We wish to thank you all for your participation in Masters racing, and look forward to seeing you at the races during the coming years.

The Skier's Edge Masters World Criterion 2012 was truly a successful racing event, with the U.S. Team capturing 81 medals out of a total 193. We are proud to be able to say that over 50% of Masters racers own a Skier's Edge! We hope now to successfully introduce the LT Carver, which is for racers and moms from 45 to 155 pounds. We hope that our success with Masters will cross over here. We would also like to thank all of the members of the Skier's Edge Masters Team and assure them that the team will continue to race. We have our sights set on Megeve, France this year.



We would like to thank our good friend Bill Skinner for the hard work he has put into Masters. Certainly he is the anchor to the success of Masters racing.

From my personal perspective, I have observed that the Masters class of racers are by far the hardest-working racers on the planet. I admire and congratulate you for this perseverance. We here at Skier's Edge wish you the best and safest racing this year and that you continue to enjoy the sport.

Congratulations,
R. Joel Loane, CEO, The Skier's Edge Company

The Alpine Masters Series newsletter is produced by Jim Hayes (a Master in age only) in Salt Lake City. Visit www.Ha-YesDesign.com. "Summer Fun" photos courtesy of Brian Robb, www.BrianRobbPhoto.com

Medal Counts: FIS Skier's Edge Masters World Championships

Event Standings Summary Three races scored. Scoring policy: medal counts across all races. Total number of competitors: 272 (213 men, 59 women). Number of qualifiers: 94 (59 men, 35 women).

Place	Team	Medals	Gold	Silver	Bronze	No. Competitors	No. Medalists
1	United States	81	31	26	24	117	42
2	Austria	31	20	3	8	28	15
3	Italy	22	2	9	11	23	9
4	Japan	11	1	5	5	10	4
5	Russia	8	4	4		4	3
6	Czechia	8	1	3	4	14	4
7	France	7	3	3	1	10	4
8	Switzerland	4	1		3	10	2
9	Germany	4		1	3	25	4
10	Argentina	3	3			1	1
11	Canada	3	2	1		5	1
12	Sweden	3	1	2		12	2
13	Finland	3		3		2	1
14	Brazil	3		2	1	2	1
15	Norway	2		1	1	1	1
	Great Britain					3	
	Croatia					2	
	New Zealand					1	
	Netherlands					1	
	Poland					1	

Tuning Tips for GS Racing

Graham Lonetto

Hello, my name is Graham Lonetto. I am the owner of Edgewise Elite Ski Service in Stowe, VT. Ten years ago, after working as a World Cup Serviceman for the U.S. Ski Team, I opened our specialty ski racing service shop with the idea that we could bring World Cup-level service to all athletes. In those years, I have been really lucky to work with a lot of great people and help young athletes chase their dreams of skiing in college or even making the U.S. Ski Team.

As we start another season, I thought it would be good to talk about the variables involved in choosing a GS ski, given the number of choices available, and the impact the correct choice can have on your time. I'll also explain how to set up any of your skis properly once you've picked them out. Different lengths and turn radius can be selected to match ability level in a way that brings out the best in an athlete, and proper preparation is just as important when trying to squeeze every bit of speed out of a race setup. Every detail matters when trying to eliminate 1/10th of a second from your final time when racing.

Variables in Selecting GS Skis

When selecting skis, it is important to look at your overall ski racing needs. Will your equipment need to conform to any specific rules? For example, National Team racers have to adhere to strict equipment guidelines for competition: binding stand height, skis turn radius, ski length and ski width are all regulated. To get the best performance out of your equipment, you must know the rules to which you must adhere.

If you don't have to conform the FIS rules for World Cup and Europa Cup racing, you should consider yourself lucky. Although we all want a pair of our favorite National Team member's skis, the reality is that GS equipment at that level has very little shape and would probably not be very much fun for the rest of us to ski on. So, what should you look for in a GS ski? The answer is as varied as the ability and athletic levels you find among those of us not on a national team. If you aren't constrained by equipment rules, the choices get really interesting. Here are the options:

- *Men's FIS legal GS skis:* 191cm and

185cm, which are 27 M-plus turn radius

- *Women's FIS legal GS skis:* 182cm and 175cm, which are 23 M-plus turn radius

- *Race Carver* (production GS skis): 165cm up to 185cm, which are anywhere from 16



M to 19 M.

The Men's FIS-legal skis have a minimum of a 27-meter turn radius, and have the least amount of shape. They don't turn very easily, but they do drive down the hill effortlessly, which is fast.

The Women's FIS-legal skis have a turn radius that is at least 23 meters. They are not as straight as the men's skis, and so are easier to turn, but they don't drive down the hill like the 27 meter ski.

Finally, we have the production race ski, also known as the Race Carver. These skis are without a doubt the most fun to free-ski on, as they turn most easily. The downside for racing is that they drive across the hill rather than down the hill, making them slower on all but the turniest of courses.

Last winter, two Edgewise technicians tested these skis at our local race. The first run, we ran on the Men's FIS legal 191cm skis, and finished with a respectable time. The second run, on a similar set, we raced on a production Race Carver 180cm 19 meter ski. On a 28-second course, they were both 2 seconds slower on the 19 meter ski. They both said they felt great, and they turned really well, but...they were slow.

To help decide what makes sense for you, think about the answers to a few basic questions. Do you need help turning? Look for a shorter turn radius. Look at the type of racing that you do: easy hills? Flat

terrain? Try a longer turn radius. Steep and icy? Something with more shape. Most importantly, test the different choices knowing what variables you are dealing with to find the match to your skill level and racing needs.

New Skis

Most new skis come out of the wrapper with a standard "factory" prep. Usually, the side edge bevel on race skis will be set at 3 degree, the base edge bevel will most likely be 1 degree or more and there will be some sort of basic stonegrind. The angles and grinds that are set from the factory usually are done with basic machines and a great deal of detail work lies before you to dial in the skis to your specific needs.

Choosing the Right Setup

Side edge bevel, base bevel, and base structure are the three factors that will dictate how your new skis perform. These bevels are very personal and when selected with thought and care, you can get the most performance out of your equipment. When selecting bevels, it is important to make sure your boots have been fit properly and that you are in a neutral stance. Some canting work may be necessary to achieve this.

Base Bevel

Base bevel is the single most important aspect in ski tuning. Base bevel controls how quickly, or slowly, your skis engage the snow once rolled on edge. Less bevel on the base (.5 degree) means the skis will react faster, and more bevel (1 degree) means the skis will react slower. If you are a strong skier rolling and arcing from edge to edge with no skidding at the top of the turn, then less base bevel may be right for you. On the other hand, if you have a tendency to skid or slide at the top of the turn, the flatter base bevel may leave you feeling like the skis are engaging too quickly, preventing you from getting your feet away from your body, and, ultimately, hindering your ability to turn.

When selecting base bevel, if you are not sure what bevel will work best for you, it is better to start with less bevel. If you feel that the skis are too edgy, or feel railed, it is easy to add more bevel to the

Continued next page

Information sharing and the Race World



Jan Peterson, 20-year sponsor of Intermountain Masters

Intermountain Masters racers are undoubtedly familiar with Jans Mountain Outfitters. Having sponsored the Intermountain Masters race program and the Jans Cup for the past 20 years, the Jans name is all over the place.

But there's far more to it than logos on bibs and a few banners scattered around the course. The partnership is deeply rooted, and based on a mutual appreciation and enthusiasm for racing. Jans has Masters racers on staff, and fittingly, Masters racers are some of Jans' most loyal and longstanding customers.

As ski racing in the U.S. is increasingly overshadowed by other, higher flying disciplines of skiing, the partnership between Intermountain Masters and Jans has only strengthened. The revamped www.intermountainmasters.org website is speckled with tips and advice from the expert racers and tuners of Jans' race services division, Rennstall.

Rennstall Manager and accomplished Masters racer Erik Boller described the relationship between Masters racing and Rennstall as one that has grown "due to in-

volvement not only at race venues, but also in the brick and mortar with hands-on advice." On everything from skiing technique to proper preparation and maintenance of your equipment, the site has become a wealth of information that is finally reaching a larger audience.

An Online Community

While Jans has provided support to their local Intermountain Division of Masters racing for years, there are nine other divisions that can, and should, benefit from a communal source of race information. It was with this in mind that the development of the Racing Center on www.jans.com came about. There is an undeniable need for a consolidated source of information for racers of all levels.

The world of racing is constantly changing and progressing, and at times, it can be overwhelming. By compiling the knowledge and experience of racers who have been in the game for decades, the hope is that a resource has been created that can keep pace.

The Racing Center provides anyone with the ability to do extensive research on race product, read expert reviews from top-level racers, and stay up to date with the most current equipment. From skis, to boots, to poles and armor, different brands work for different people. By consolidating

all of this information into one spot, the opportunity is provided for unbiased and comparative research. Regardless of the brand, regardless of the outcome on race day, the idea is that you'll have the most fun when you're using the gear that is right for you. And that, after all, is what Masters racing is all about.

Recently, U.S. Ski Team members Bryce Bennett and Nick Daniels joined Atomic Competition Sales and Promotion Manager Matt Schiller to host a "Live Team Night" on jans.com. The event was open to all registered USSA members and provided a rare opportunity to learn about products from both the people on the design end, and the top-level athletes who use them on the biggest stage. The race world is a tight-knit community, and these Live Team Nights are a great platform from which to share all the information and advice that is available.

As Masters National Chairman Steve Slivinski noted in a recent newsletter, "we all recognize that Masters ski racing, and ski racing in general, has had a smaller and smaller portion of the public's eye." These words ring true, and speak to the need for racers of all levels to stick together and work at the growth of this sport. From World Cup medalists, to part-time Nastar enthusiasts, the race world can only benefit by pooling knowledge, experience and enthusiasm.

Tuning Tips *(continued)*

skis with a simple pull of a file. On the other hand, if you start off with too much base bevel and the skis feel dead and damp with no life, the only way to reduce the base bevel is to regrind the skis flat, reset the base structure and reset the base bevel as well.

It is important to remember, once base bevel is set **LEAVE THE BASE EDGE ALONE**. Tinkering with the base edge will add more and more bevel and your skis will become less and less reactive. Never use a file to clean up the base edge bevel, it will create more bevel. Even the use of diamond stones will increase the bevel over time.

Side Edge Bevel

Side edge bevel controls how powerful the skis will feel while on edge. Generally speaking, a three degree angle is fairly standard in ski racing. The more acute the angle, the more edge hold and power the skis will have. A four degree side edge angle is more powerful than a three degree angle, but with

the sharpness comes a finer point or edge, which means the skis will become duller faster, and if the edge is damaged by rocks, the finer point sustains more damage than the less acute, more durable three degree angle. Also, the finer angle will need more attention in the ski room. It will wear out faster, meaning more filing and sharpening.

Ski Base Structure and Glide

The base material of quality race skis is made out of polyethylene known as UHMW-PE (Ultra High Molecular Weight PolyEthylene). In short, it is a very durable compressed material that has pores that hold wax. This material can be manipulated with machines called stonegrinders, which can precisely cut different patterns for different snow crystals and varying levels of moisture content. Cold and icy conditions call for very fine structures, with very little depth, whereas warm, wet conditions call for larger structures, which move water with

efficiency. These stonegrinding patterns are very similar to tread patterns found on car tires.

At Edgewise, we specialize in selecting the correct stonegrinding pattern for the region and discipline of racing our customers will encounter. If you have questions about how to choose your grind, we are happy to help you learn what will work best for you.

We have recently purchased a Wintersteiger Race NC which is the premier race service stonegrinder available today. There are less than 10 of these machines in use worldwide and our machine is the first one available for consumer use in North America.

The Race NC brings a new level of precision and detail to the stonegrinding finish. We use the analogy that it is like adding an HD (high definition) finish to your skis...**FASTER!**

Check us out at www.EdgeWiseSkiService.com!

Figure 2 U.S. skier Mikaela Shiffrin shown with her vision to the inside of the gate while demonstrating a vertical spine.



Slalom Keys

For The First-Timer

Continued from page 1

outside arm and continue with that same arm, which makes it an outside, inside, outside arm clearing strategy. Learning an inside arm clear will also serve you well in developing ruts which seem to migrate the line farther and farther from the gate with each passing skier. If the outside arm clear is your only option, the odds of overreaching or banking the turn are increased. Neither are a good recipe for finding the finish line.

Vision

To facilitate your body going through the gate rather than around it, focus your vision to the inside of the turn by looking to the opposite side of the gate from where your skis will go. Since the body tends to follow the lead of the head and eyes, this will help to get you closer to the gate such that you ski *through* rather than *around* the gate. Don't confuse this with leaning in, but using your vision to merely lead your body to the inside of the turn and through the gate.

a biomechanically-efficient edging position. We do see inclination although the risk of a lateral balance issue is increased. A vertical spine line eliminates the travel distance of the upper body and creates a solid support for the lower body to edge the ski(s) against.

Pressure in the fall line

No matter how much the turn is down or across the hill, the general rule is to create pressure in the fall line. This is accomplished, first, by having purchase with the ski edge in the snow and then standing against, or better yet, extending against the ski.

Round turns

One of the reasons those World Cup guys can look so slinky and flowing (and are fast) is that their turns are round. Skiers that

tighten their turn shape during the turn end up with unmanageable forces. These turns end up in a skid or chatter, both leading to a loss in line.

Gate contact

A concern of a round turn is its placement around the gate. Basically, how much of that round turn is above the gate



Figure 3 Bode Miller, known for his simultaneous "Gumby" legs, is also adept at initiating with sequential legs. Here his next turn has already being initiated with his left ski while his right ski is still finishing the previous turn.

Vertical spine line

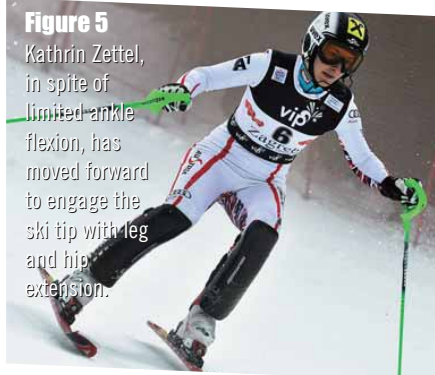
The external forces in slalom, albeit high, are less than in the other events. Therefore the inclination we see at higher speeds is replaced with greater angulation in slalom. This bend is solely at the hip joint, and when performed correctly leaves the spine in an anatomically aligned position. This is not only good for a Master's aging back, but

Figure 4 Stefano Gross creating pressure in the fall-line at gate contact.



Figure 5

Kathrin Zettel, in spite of limited ankle flexion, has moved forward to engage the ski tip with leg and hip extension.



...or Finding the Podium

Figure 7 Marcel Hirscher with extreme flexion of the inside leg.



Figure 6 Patrick Biggs utilizing every cm of his 165s—only possible with tension in the ankles.



and how much is below the gate? A line that has half of the turn above the gate and half the turn below the gate is not always the safest, but it will be the fastest. Safe in the sense that the margin for error is nil, and fast in that to go any straighter would most likely scrub speed. This 50/50 general rule is for even rhythmic, swinging turns. This round line can be further dissected.

Taking into account the upcoming gate, the angle of gate contact should be such that the “gate fall” is toward the upcoming gate. This can be seen by the indentation in the snow the gate has left from it impacting the snow. If this gate fall impression is more downhill than toward the next gate, too little of the turn was accomplished above the turning gate. If the track is more across the hill than toward the upcoming gate, it would evidence that the skier completed too much of the turn above the gate—although safe, it is slow!

Fore/aft movement

Staying in the “sweet spot” is an often-heard cliché—basically a mantra of racers that have fore/aft balance issues. Attempting to stay in one spot on the ski is a novice approach to balance. Although difficult to see in eight tenths of a second, elite athletes initiate with tip pressure and finish with

tail pressure. This slight fore/aft movement is faster and will actually facilitate balance. To achieve this sort of fore/aft balance, there needs to be tension in the ankles during the entire turn. Don’t confuse this with just flexion of the ankles. While flexion is good, it does not necessarily create balance or tip pressure. The movement forward comes from leg and hip extension.

Inside leg flexion

Flexion of the inside knee and hip are essential for the extreme edge angles needed for tight quick turns in slalom. This flexion allows for angulation, which permits outside ski dominance. With the inside leg essentially out of the way for angulation, the outside ski is free to do its job. The inside ski then works as a pressure control device, either adding to or taking away pressure from the outside ski by increased flexion or extension during the turn.

To master this extreme position requires outside ski dominance with the ability to balance on that ski. Practice skiing one-ski drills. Then progress to greater independent movements with the inside ski.

While slalom is a seemingly fast event, the real secrets lie in precision. Whether you are a seasoned slalom skier or thinking about entering your first slalom race, it will be the precision you apply that will make you not only successful at finding the finish line, but will be the key to walking away with a medal at the end of race day.

By Ron Kipp
Photos: Getty Images
and RonLeMaster



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

Division News



New England Masters

Nadine Price, chair
www.nemasters.org

La Niña, the Old Farmer's Almanac, the width of the belt on those big furry caterpillars, the bushiness of gray squirrels' tails, the snowmaking improvements made over the summer at many New England ski areas, the off-season efforts of the NEMS board and staff. They all point to a great season ahead. We have a terrific lineup of races, lots of parties, lots of prizes, and a few new twists! We are very happy to report that Lucy and Kip Blake will be back as our race administrator and majordomo, and Stacey Weston will continue as our Information Manager. In addition to all the amazing work they did last year, they have been busily getting ready for the coming season and we are especially appreciative of the work they've contributed over the summer.

And speaking of summer, while most of you have been enjoying all those fine warm-weather pursuits, a brand new initiative has borne its first fruit. With the help of Walt Evans, then director of sport development at USSA, a national Masters working group was formed at Park City during Nationals last March. This group was formed with the lofty goal of growing participation in USSA Masters and charged with developing specific strategies for accomplishing this. The members of the Group are Bill Skinner, Ryan Fuller from Central, Lisa Densmore now from Northern, Thunder Jalili from Intermountain, and Bill McCollom and myself from Eastern. Walt and Skinner brought in other folks at USSA and the group slaved away all summer through conference calls and emails and has several things to show for the effort. We have a very cool national Masters poster with all the divisions' schedules to post in places it may attract interest, a slick USSA brochure with local schedules to help spread the word, a clinic to recruit new racers scheduled for January 25 at Wachusett Mountain in Massachusetts, and a couple of changes to the temporary license structure. The changes to the temporary license structure involve USSA's agreement to permit an individual to use two temporary licenses for two separate events (generally two separate weekends), the \$25 fee for each of which will be credited toward the cost of a full license should the racer decide to convert to a full license.

The other thing which USSA has agreed to, regarding temporary licenses, is really huge. They have stepped up and offered Masters 100 "funded temps," which means that USSA will pay for these licenses. The concept is that these funded temp licenses will be used to recruit new members who might need just that little extra incentive to try racing with us. They will be tracking these licenses to see how many convert and we will be devising some creative ways to take advantage of this windfall to hook some new racers! We expect these things to really help our efforts to reach more potential racers and share the amazing experience that is Masters ski racing!

With the generous assistance of USSA, we will, once again, be jump-starting the season with a New England Masters booth at the Boston Ski Expo. This will be our fifth season at the show, and we hope to keep building on the very positive experiences we have had. Each year our presence at the Expo has been a little stronger, and we have reached a few more folks who just didn't know that it's never too late to start ski racing, or get back into it. This year, thanks to USSA's funded temp initiative, we will be giving away some of those funded temp licenses for specific races to ski show visitors who decide to give it a try. We will also have other giveaways, prizes, games and everything else we can think of to get attention! If your plans include a visit to the Expo, make sure to stop by.

We have a great schedule of races this season. We will be starting things off at Killington in December with our third almost-annual joint venture with ASRA, a ski racing organization with races in Vermont and points a little west and south. Events will include an SL, the season's first Rockport Mortgage Corporation GS Series race and, of course, a Saturday evening party! This has quickly become a popular tradi-

tion and a great chance for some early-season racing. After the holidays, we will be visiting as many of the favorite venues as we could fit into the schedule. Many of you have asked for a weekend off, so we have scheduled no races for the weekend

of January 19-20. Go free skiing! Or get in some training! Or go to the movies! And let us know what you think.

We will be returning to the ever-popular Okemo Mountain in VT for regionals February 8-10. In addition to an SL and a GS, the event will include two SG's and a chance for potential Molecule F Speed Series contenders to collect

some points! We never seem to get enough Speed! But wait! This year, for the first time in what we are hoping will become a trend; we have managed to schedule two Masters SG races in concert with U18, U21 & senior races at Attitash on Jan. 29 and 30. We will have our own race but will be using the same hill on the same day. There is a big upside to this collaboration: the venue gets more bang for their buck (a larger field), we get more speed, and we get to meet potential future Masters racers. These races will count for Sise Cup scoring, and we are hoping to get them included in the Molecule Series as well. So get those big boards ready!

The Sise Cup Finals will be at Cranmore this year, March 8-10. There will be a GS Friday, an SL Saturday, and a dual event on Sunday. This weekend is going to be a huge event! The GS and SL will be combined for the Gibson Cup (that venerable almost-annual tradition of more than seventy years that goes to the fastest men and women when combining an SL and a GS). This year, in addition to names being engraved on the cup and bragging rights, the prizes are going to go deep! There will be prizes for all of the top 10 men and women! The combined race will also count as a Sise Cup race (in class and overall) so there could a lot on the line this

The New England Masters Series adds two SGs to its schedule for 2013

The New England Masters Series (NEMS) will be partnering with Attitash ski area and New Hampshire Alpine Racing Association (NHARA) to offer Masters ski racers a pair of SG races on Jan. 29 and 30. The races will be held on the Bear Peak section of Attitash ski area in Bartlett, NH on the FIS homologated, Illusion trail. The course, which has been a popular speed venue for all levels of racing in the East, descends 358 vertical meters and is 1,280 meters in length. The Masters races will follow the USSA U18 entry level events, and will be run with the same format (seeding, scoring, entry) as all other Masters events. The SG races will be scored for Sise Cup points, as well as the National Molecule F Speed Series.

Division News

weekend! There will be a gala banquet, with all the season's awards on Saturday evening. Yes, that does mean that the dual on Sunday will not count for Sise Cup standings. But wait! If the idea of hanging it all out there in head-to-head competition—or watching your buddies do so—isn't enough to entice you into the dual race, maybe this will be: We will be raffling off a brand-new, super high-end KHS road bike (a KHS Flite 750) at the awards party for the dual race! Here are the catches: you must be present to win and you must be a member of NEMS. But here's the twist: *You get one chance to win for every start during the season!* The more races you do, the more chances you have to win.

We only have a couple of months to go, so ramp up your training, get to the gym, start waxing those skis. We'll see you at Killington.

As always, our series is made possible and enhanced by our sponsors. Our GS series has been generously sponsored by Rockport Mortgage Corporation. We wish to thank them most sincerely. Our enduring gratitude goes to Artech, for its generous and continued support. We welcome KHS to our family of sponsors. And we thank Booster Strap, SkiChair.com, Denby and EasyOn for their continued support. When you have need or use for any of the products or services our sponsors provide, we hope you will visit them first.



Alaska

Gary Randall, chair
www.alyeskaski-club.org

As I look out my window into the dark, it's a beautiful morning, about 29 degrees, with snow scheduled for tomorrow. We had our first snow at the end of September, but its gone now.

Alyeska Resort is just about finished with the new quad going from the base of the mountain to mid-mountain. We are all very excited to have the new addition.

A number of our Masters are working hard at the Tuesday Thursday dry land training program. We are put through the paces for 1½ hours.

The Alyeska Masters Program this year will have the addition of a couple of new high-quality coaches, which the upper groups are looking forward to, and with the addition of the new lift, our turn-around time should greatly increase for more and better training. We are all looking forward to the Masters Nationals in Big Sky, and hope to bring 12 to 15 racers. That's about all from Alaska. The schedule and training will about the same as the 2011-2012 season.

Ski you later!



Skiracereg.com

is entering its third season of providing online race registration for USSA Masters. This year, skiracereg.com will be providing online registration for both USSA regional championship events, the USSA Masters Nationals and for the FIS Masters races in the U.S. We are adding new features for administrators, as well as updating the ability to host a variety of events and registrations of non-division races.

Take advantage of skiracereg.com's ability to let you sign up for races—as well as cancel registrations—up to the deadline for online registration. You save time and effort using skiracereg.com, since on the day of race, you don't need to deal with registration at the hill. Race administrators save time with every online registration, leaving them more time to help put on a better race for you. These advantages make your account on skiracereg.com a win-win situation.

Using skiracereg.com is easy. New members simply click on "sign up" and follow the instructions to create your new account. Renewing members just log in and follow the instructions to renew your online account. Once you have a current account, you only need to log in and click on a check box to register and cancel registrations for any race hosted by skiracereg.com.

Thanks to everyone that has used skiracereg.com. I encourage anyone that doesn't have an account with skiracereg.com to create one. It's quick, it's easy and it's free.

Best of luck with your racing this season,

Doug Briggs
owner and creator of skiracereg.com
webmaster@skiracereg.com



2012
THANK YOU RACE WORKERS AND SPONSORS
Photos at www.brianrobphoto.com

The 2012 Summer Fun Nationals was one of the best ever, with a strong showing of high-caliber skiers.

Division News



Intermountain Masters

Amy Lanzel, chair
www.intermountain-masters.org

The reason for all that Intermountain Masters joy can be attributed to the recent siting of snow in the mountains! This year we have added two new race venues, Bogus Basin and Red Lodge Montana. We are expecting our numbers to grow through better marketing and sweeter deals. We just produced our first Intermountain Masters marketing brochure and hope to spread them around to ski shops, ski shows and anywhere we can get the word out about our fantastic program.

We have also enhanced the variety of race offerings. Our schedule boasts five SG's, seven GS's and six SL's. Where else in the country can you get that?

We will once again be using the on-line race registration site, Skiracereg.com, and have an exciting enhanced partnership with Jans Mountain Outfitters. In addition to our Jans Cup race series, Jans is launching a new race-specific online site, JANS.com. This new venue will make it easier to locate and get product at incredible Master racers-only discounts while at the same time enhancing their sponsorship with Intermountain Masters with a small monetary give-back of all items sold online.

We also welcome back our long-time race sponsors, team doctor Phil Davidson, Team Healthcare, Dominator wax, Brent Amsbury at Park City Ski Boot, EZPACK,

and our newest member, SlackBow by Dynamic Athletic Balance of Park City. In addition, we are always grateful for Sun Valley's Formula Sports for their support of the Skoch Cup. Race sponsors are a funny thing...without them we simply would not be. Whenever you visit any of our sponsors, please be sure to let them know you shop their store because of their support to Intermountain Masters. Show the love!

We will look forward to another exciting, party-filled season. Get on board and stay tuned!



Central

Ryan Fuller, chair
www.midwest-masters.org

SEASON PREVIEW
Midwest Masters has made tremendous strides over the summer

for the 2012-13 season, and we are more excited than ever for the snow to fall this year. We have an aggressive and active board, with many new faces, resulting in fresh ideas and renewed energy. We've capitalized on this energy, and with initiatives sent down from USSA as a result of the Masters Working Committee, we have a lot of great things happening this year. Here are some highlights:

- An aggressive new marketing plan focused on getting the word out!
- A new prototype membership pricing system geared toward making it easier for the "casual racer" to race with USSA Masters.

- New championship races which are geared towards bringing more prestige to adult ski racing for racers in the Central Division

- A fall Masters SL camp being coached by Minnesota native and 3-time Olympian Kristina Koznick

This season, we plan to continue to use SkiRaceReg.com as our membership and race registration system, and to also continue using our own FIS-style divisional points system, complete with points lists and our own "ability class" racer classification. Both of these have been extremely successful parts of our program.

We'll continue racing at many of the familiar venues, including Buck Hill and Spirit Mountain, but have added Chestnut Mountain Resort this year for one of our Championship races.

OUR GOALS THIS SEASON

This past Spring, Midwest Masters devised a three-year plan for the program, as well as specific initiatives to meet the goals set in this plan. To know whether we are being successful, we need to measure our performance from year to year. This plan relates to many things including training, member recognition, and sponsorships. Most important, however, is that we plan to reverse the trend that we have seen in Membership over the last few years and increase the number of new faces we see and build momentum for future seasons!

Here's a quick summary of the metrics we are using to measure ourselves this year. In a nutshell, we're trying to increase the number of new faces (the number of distinct members) and the level of utiliza-



Division News

Central Division Metric (includes temps)

	End 2012	Goal 2013	Percent Change
Distinct Members: how many members we have	146	163	12%
Utilization: how often our members race with us; starts per distance member	6.8	8.2	20%
Attrition Reduction: the percentage of members we lose from season 1 to season 2	28%	15%	n/a

tion (how often each distinct member races with us), while stemming the loss of members from last season. Take a look at the chart.

We believe in publishing these numbers to our membership so the Midwest Masters board is held accountable! We'll report back on these numbers next spring.

LOOKING FORWARD

We have high hopes for this season and are excited to get started racing. We're also very excited for Nationals at Big Sky, as this is a favorite destination for skiers in the Midwest. If there are any questions about Midwest Masters, please send an e-mail to program.director@midwestmasters.org and we will get back to you.

We'll see you on the hill!

Far West

Mark Mirviss, chair
www.FarWestMasters.org

As I sit here composing this letter, I look out my back window and see 18" of new snow. Not too bad for the first storm of the season! We in the Far West will be hosting a great race schedule, and we'd love for some of our Master friends from around the country to come out West and race with us!

Highlights of this season's schedule include our first race of the season at Mammoth Mountain, 2 SL's and a GS (Dec. 1-2); five SG's at Mammoth, two of which will be National Speed Series races (Jan 25-27); FIS International Masters, also at Mammoth, which will be two SL's and two SG's (Feb. 28-Mar. 3); and our season finale, consisting of an SG, GS, SL, a dual SL fundraiser at Squaw Valley, and one hell of a party! That will be April 4-7. Please come out and join us if you can.

To top it all off, Squaw will be hosting the US Alpine Championships (unfortunately most of us won't qualify to race in that race) but come out, watch and enjoy!



Northern Division Masters

Toby Chapman, chair
tobyandali@yahoo.com

Northern Division once again will have a joint race schedule

with PNSA and Intermountain. The race season will start off in Montana at Red Lodge with a joint junior/Masters race consisting of two GS's and one SL Jan. 4-6. The other divisional race will be at Lookout Pass ski area for two GS's Mar. 16-17 just before the Nationals Championships at Big Sky on Mar. 18-23. I encourage anyone driving down Interstate 90 on the way to Nationals to stop and race at Lookout! The other joint races during the season will be Intermountain divisional races at Park City Jan. 11-13 for an SG/SL/GS; Sun Valley, Jan. 18-20, for an SG/GS/SL; and Snow King, Jan. 26-27 for GS/GS. Joint PNSA races will be at 49 Degrees North, Feb. 2-3 for SG trg/two SG/SG; and Schweitzer, Feb. 21-24 for two SG/2 SG/GS/GS.

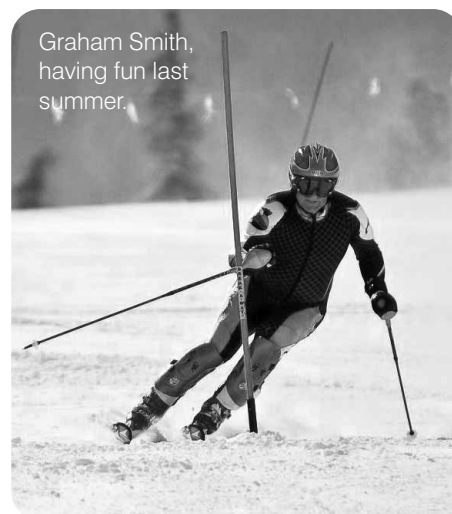
Having the National Championships in Northern Division is a great opportunity to see and race against your friends and the best Masters racers in the country, so show up! This year's Nationals will be a four-event venue with a DH and SG for the speed freaks, and an SL and GS for the technical events.

Gate training opportunities are available throughout the Northern Division, so check your local ski areas and clubs for training opportunities. For training opportunities at Lookout Pass Ski Area, contact Toby Chapman at 406-541-0866, or email me at tobyandali@yahoo.com. I look forward to seeing you all this winter!

Rocky Mountain

Graham Smith, chair
www.rmmskiracing.org

Well, to begin, being this great program's new president has been an experience akin to taking a drink of water from a fire hose. I have a huge responsibility in taking over this very successful and active race group from the incredibly hard-working president for the past 7 years, Jennifer Kaufman. Fortunately, she has only retired from the administration piece, not the ski racing part (sorry all you W03s, she's still gonna be on the start lists). Because of her strong guidance and enthusiasm, I don't know what our program would have done without her. Thanks, Jen, from all of us in



Graham Smith, having fun last summer.

Rocky Mountain Masters ski racing for all your hard work and dedication.

As we start this 2012-13 season, we will all gather at our fall party on Nov. 12 to celebrate all of this past season's successes, and welcome the new season's potential. Our new VP, Wiebe Gortmaker, has been hard at work putting together a season race schedule that is both varied and competitive with a few new venues, like Echo Mountain and a return to Beaver Creek, as well as our old reliable areas like Aspen, Copper, Loveland and Ski Cooper. Our Sponsor-A-Race program will be active, and my expectation is that again we'll have 100% of our season's races covered with the generous support from our membership. And speaking of sponsorship support, we at RMM are very thankful for our corporate involvement with aCOS, A Racers Edge, Foothill Ski and Golf, FUXI ski racing, Greenlight Collaboration, Saucer Wax and SKS. We could not do this without their generous support and prize donations. We are also very pleased to again host (for all you speed freaks) some of the

Division News

Molecule F National Speed series (NSS) events at Aspen and Ski Cooper. We welcome all other division racers to not only come to the NSS races but any other races that might fit into your own schedule.

In these austere times, we on the RMM board have come up with a couple of new initiatives we hope will attract additional race entries, recapture some of those who have left our ranks and reward those existing members that loyally try to compete in all our offerings.

- Offer a season race entry pass to reduce the cost per race for those active participants
- Offer a one-time purchase five-punch race entry card for those who want a discount to race in more than one or two races
- Continue special race entry pricing for those under 25
- And for newbies, we now have two weekends of reduced race entry rates with a temp license. If they love it, it can be rolled over into a permanent Masters license

Finally, I would be remiss if I failed to thank the great members of RMM board who have made my transition to the president's role fairly painless. They are Wiebe Gortmaker, VP, David Velasco, treasurer; Lauren MacMath, scheduling; Pat Palm, sponsorship; and our indefatigable office diva, Stacy Estelle. Thanks, guys.

On a final note...

We, the entire Masters ski racing community were all saddened by the loss of Harold Westcott and Gene Timmons and now the RMM group are additionally mourning the passing of longtime Rocky Masters racer Jay D. Meyers. All three had a tremendous love for ski racing and their inspiration, passion, courage and sense of adventure inspire us all. They will be sorely missed.

Look forward to seeing everyone on the race hill. Ski fast and take some chances!!

New York State Snow Masters Series

Barbara Settel and Jack Eisenschmid, chair
www.nymasters.org

The 2012 ski season in the northeast—especially in upstate New York—tested the patience, resilience and sharp edges of

every die-hard ski racer. To give you an idea of extremes, this season we got a whopping 50.6 total inches of snow in Syracuse. And on top of the low snowfall, we experienced warmer-than-average temperatures, with rain showers almost every week from December until March. It was a bitter pill to swallow, coming on the heels of one of the snowiest and best ski seasons of all time in 2011, where Syracuse saw 179 inches of snow, and when the ski areas closed the first week of April, there



Nancy Auskelis, 71, demonstrates modern slalom technique. It's never too late!

was still more coverage than we saw in the entire 2012 season.

The conditions made free skiing and training difficult. Nevertheless, we pulled off every race except for the very first one scheduled in January. We totaled 20 races at nine mountains across western New York state. What we lacked in numbers of racers we made up in enthusiasm and friendly competition. In a repeat performance of last season, Jim Thoman and Barb Brumbaugh took the overall men's and women's to claim the Marshall and Joan Skiff Cups. Joan was also smiling down on us as we tipped our skis in her memory at the Greek Peak Joan Skiff memorial race.

A good showing of New York Masters made it to Killington for the Eastern Regional Championships in February. Moving the races up earlier in the season proved to be a wise move this year, but even so, we rattled our fillings as we raced on "pond ice." (Note to westerners, wax was not necessary.) Age class champions from New York Masters included Barbara Settel for class 8, Sharon Vinsick class 6,

Barb Brumbaugh in class 5, Pepi Neubauer class 9, Greg Sarkis for class 6, Lou Moore for class 4, and Jim Thoman for class 2.

Eight New York Masters racers made it to Nationals at Park City, where they saw their first two-foot snowfall for the year on the weekend they arrived. After a warmup day of powder skiing, temperatures turned warm, we detuned our edges, layered on the warm wax, and enjoyed a great week of racing. Barbara Settel, Jim Thoman, Pepi Neubauer and Bob Andre were all named

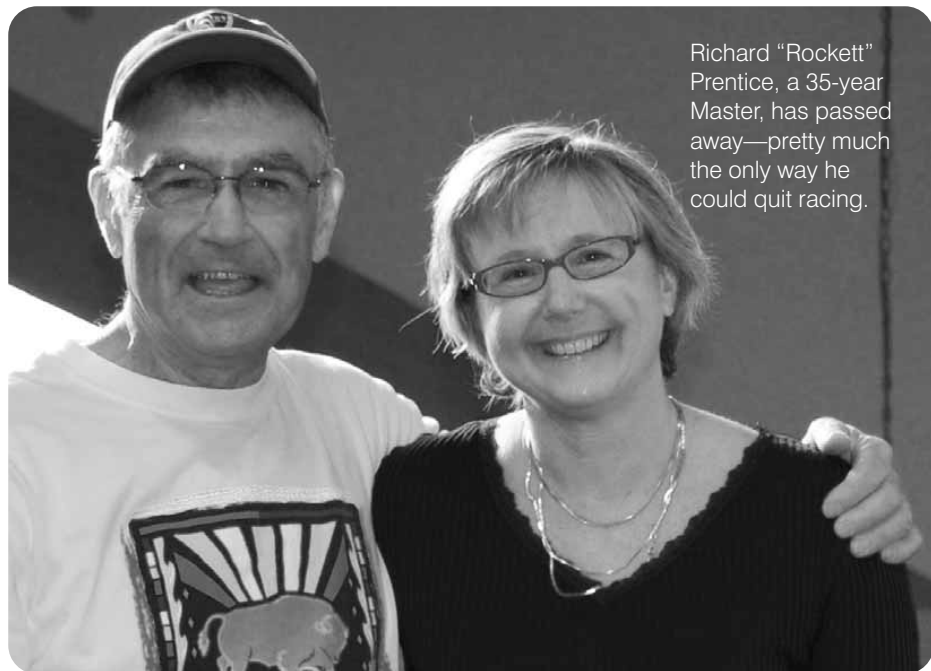
to the 2013 Spyder National Masters team, and in addition, Barb Brumbaugh, Lou Moore, Bill Zimmerman, and Greg Sarkis helped the East bring home the Division Trophy again for 2012.

We are looking forward to another great ski racing season here in NY. This will be the 39th Season for NY Masters! We have downsized the total number of races, in order to get better attendance at each event. This season we will have 16 races on 8 different days. As always, NY Masters events have two 2-run races & usually finish by 2:00 pm, leaving plenty of time for free skiing & après-race party.

This season we will continue to have a single point of contact for all race registrations. Nancy Fella, the race administrator, will collect all entries. As always, registration ahead of the event makes it much easier for those who run the races. We also welcome walk-in registrations, and for those without USSA licenses, temp licenses will be available. The 2013 Staff for NY Masters is Jack Eisenschmid, Chairman; Nancy Fella, race administrator; Laura Moats, webmaster & scoring; Mark Sertl, treasurer; Barbara Settel and Jim Thoman, schedule. As always, we are looking for additional volunteers at all the events, for registration, scoreboard, etc.

This September, very sadly, Richard "Rockett" Prentice passed away. Rockett was from Vestal, NY & was a Program Manager at IBM for many years. He was a regular skier at Greek Peak for over 50 years. In the 1970s he started ski racing and raced for over 35 years in Masters ski races. He won numerous NY state, regional and national titles. He was a very dedicated organizer for the annual Greek Peak

Division News



Richard "Rockett" Prentice, a 35-year Master, has passed away—pretty much the only way he could quit racing.

/ Joan Skiff Memorial race, and regional Masters races. He was also a big supporter of junior ski racers at Greek Peak. Rockett was a great friend to all Masters racers, both on the race hill & at Apres race parties. We will greatly miss him!

Think snow & see you all at Swain!



Southern Masters

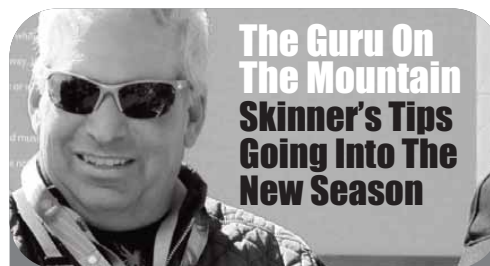
Horst Locher, chair
www.sararacing.org

After a very hot summer in the mid-Atlantic region, we southern Masters are looking forward to

have a very ski-racing season. Actually, the Farmers' Almanac predicts a cold winter in the east. Hopefully with superb snow conditions, we should be able to generate more fun and speed on the race course.

We are very proud of our Kathy HurdCarrillo, who travelled last March to the Masters World Criterium at Mammoth Mountain, California. There, she entered all international events and took third in the first SL event and a first in the one-run GS.

The ski racing season of 2012-13 will kick off with a Master Racing camp at Sugar Mountain, NC Dec. 7-9. 994 Olympic Gold & Silver Medalist Diane Roffe will return again as the head coach.



The Guru On The Mountain Skinner's Tips Going Into The New Season

Skinner's Masters Tech Tip #1

"Fall is the time to look at your equipment from the previous year and determine your needs for the upcoming season. With the new WC FIS rules, skis with more shape are going to be less available than they were in the past. Start outfitting yourself with SL and GS skis in the pre-season. And be sure to take into consideration what you learned last year."

Skinner's Masters Tech Tip #2

"Ideally, you should have put last season's skis away already waxed. Scrape those skis and use them at the beginning of the season, when conditions aren't necessarily the greatest. Always keep your old equipment to start the season."

Skinner's Masters Tech Tip #3

"Once the snow flies, you don't want to run gates right away. It's important to start out with a good fundamental foundation. Begin the season using freeskiing and one-on-one drills with Masters coaches to get your stance, balance and carving down. Build on your strengths and hopefully forget last season's bad habits."

Skinner's Masters Tech Tip #4

"Masters racers should get a performance ski tune once or twice a month, depending on snow conditions. They should also maintain their skis in between tunes. Jans calls their performance tune a Renntune. The smart money is to have a Renntune done the week before a race, not the night before. That way you can ski on the freshly tuned skis, ensuring you won't have any surprises on race day. Skis perform differently with a performance tune."

Skinner's Masters Tech Tip #5

"The new FIS standards are not required, or recommended, for Masters racers. There's no reason to step back in time to skis which we all skied on 20 years ago. Stay with being progressive. Masters racers want to ski better and faster, not be slowed down by their equipment."

Get more wisdom at www.jans.com



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Summer Fun Nationals' Fastest Man, Michael Bansmer

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.

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2013 Major Events

**Phillips 66 Masters
National Championships**
Big Sky, MT, Mar. 18-23
DH/SG/GS/SL

Eastern Region Championships
Okemo, VT, Feb. 8-10
SC/SG/GS/SL

Phillips 66 FIS Masters Cup
Mammoth, CA, Feb. 28-Mar. 3
SG/SG/SL/SL

Canadian National Championships
Nakiska, Alberta, Mar. 29-31
SG/SG/GS/SL