



ALPINE MASTERS NEWSLETTER 2018-19 SEASON

usskiandsnowboard.org/masters

CONTENTS

Searching for Speed in Slalom	1
Masters Leadership Transition	2
National Committee Chair Report.....	3
Alpine Masters Manager Report.....	3
2019 Division Schedules	4
2019 Regional & National Events.....	5
2018 FIS Masters World Criterium.....	6
30 th Annual Summer Fun Nationals	8
Flat is the New Edge!.....	9
Searching for Speed in Slalom (cont.)	10
Division News	12
Posters, Apparel & Competition Guides.	19
NASTAR News.....	19
Contacts & Websites.....	20

SEARCHING FOR SPEED IN SLALOM

Slalom has more turns than any other alpine event. The turns are quick, and the pace is varied. It can be a battle with plastic while maneuvering skis that offer a limited base-of-support. With this challenge in mind, let's look at some opportunities for speed.

GO FAST OR LESS TIME?

We start with this idea of "speed" because this is where we need a mindset or philosophical alteration. Skiing for "speed" (not the events, but just going fast), is different than skiing for "less time" and this is an important distinction. We need to discuss parameters that promote "less time".

Slalom is unique in its course setting. There are more possible variations than any other event. Open gates, hairpins, flushes,

and delays make up a slalom course. We hear things like "Joe is really fast in the flush". But does that land Joe on the podium? It doesn't hurt, but there is more to the story.

We train for these different slalom components, but it is the linking of them that culminates in the "least time". For example, check out Felix Neureuther "not" straightening out a flush. Ideally, we "want" to straighten out a flush. The key here is not going fast through the flush but coming out at an optimal speed that is maximized to the next gate. In this case, the next gate is so far to Felix's right, it is out of the photo. In other words, he sacrificed a bit of speed in the flush to arrive at the finish line with a better time. Felix does this by setting up two gates before he exits the flush to carry speed in the upcoming gates. Check out where his skis are pointed in each gate of the flush. The first gate they are straight down the hill, then a bit across the hill, and finally more across the hill at the exit. He earns his place on the podium, not because he was fast in a few sections, but because he efficiently connected all the combinations and finished with the least time.

GAINING OR LOSING LESS?

Back in high school we learned about two types of energy, potential and kinetic. Potential is the energy due to location, which in ski racing is the start house. Kinetic energy is energy of motion, such as moving down the hill.

On another day in physics class, Newton (Sir Isaac, not the fig) revealed that "a skier will stay in motion going straight down the hill and stay in that straight line motion unless acted upon by an external force".

The external forces in ski racing are aerodynamic drag, which is minimal in slalom, and friction of the skis. We reduce friction from the skis not just with base structure and wax, but also with the interaction of the skis in the snow. To alter that straight line, or turn, (think Newton) there needs to be an external force. This is the snow, or more specifically the groove we excavate with our skis, so we can be pushed in another direction. In a Norwegian study,

continued on page 10



Felix Neureuther does not straighten out this flush but adds a bit more direction change on each upcoming gate. This sets him up for the extreme direction change to follow.

MASTERS LEADERSHIP TRANSITION



BILL SKINNER

Retiring U.S. Ski & Snowboard Alpine Masters Manager

It's been a pleasure!

After twenty years of leading the Masters program, it is time for the next generation of leadership for our sport to step up. We are lucky to have Lauren Beckos who applied and has been accepted by the Ski Team leadership as our new Masters Manager. She will be bringing a fresh outlook and passion to our program going into the future. I have had the honor of representing, promoting, and competing in Masters racing while working for the U.S. Ski and Snowboard organization. What better job is there than ski racing with your friends?

WHAT HAS WORKED:

1. **Masters-Specific Title Event Sponsorship.** First, we had Charles Schwab then the Skier's Edge stepped up, and our current sponsor, Phillips 66, has committed to long-term support. This funding ensures the continuation and high quality of our major events.
2. **Volunteer Support.** That's all of you folks who supply the division leadership, officiating, and the hands on race day work that make our race series work.
3. **Delivery of Membership Entitlement.** On time Competition Guide, Masters Newsletters, posters, current email updates of Masters news, timely returned phone calls or emails to members' questions or concerns, and surveys to determine the mood and needs of our racers. When you called or emailed, I always tried to answer your questions or concerns promptly.
4. **Events.** We have Eastern and Western, sponsor-supported, Region Championships. The National Speed Series has promoted SG and DH competitions, and last year at Big Sky we hosted the very successful Masters World Criterium (Championships) with a field of more than 300 competitors from around the world. Our National Championships have been held at traditionally successful venues with resorts now bidding to host the event.
5. **Participating in the Event.** (DH scares this kid from NJ, but I was there!) I have tried to lead from the front. On-hill coordination begins in the starting gate, with the venue, sponsors, and racers. Masters is a good thing for all three, being in the arena and at awards results in the good understanding of the total Masters event.
6. **Avoiding controversy.** We are an educated group of competitors and have strong opinions. It is important we are one team. I tried to lead decisively and perhaps sometimes as a benevolent dictator. I listened to suggestions and ultimately made calls that I thought were best for our sport.

THE FUTURE:

1. **It is, I think, important that we stay under the umbrella of the U.S. Ski & Snowboard.** The U.S. Team is here for the long run, and we are too.
2. **Promotion of Masters Racing.** This is changing. In the past, it was via hard copy newspapers and magazines. Now it is accomplished via the current online avenues including, new to me, social media, web and internet.
3. **New Ideas and flexibility.** Lauren will bring this to Masters.
4. **Find New Racers, Bring a Friend.** Encourage the younger racers to get back into racing. This will be our challenge going into the future. Seventy percent of our racers are 50 years and older. We need to show our next generation of racers that it is cool to compete for a lifetime. Lauren (Class 2) represents our youth.

Special thanks to: Bob Davis, Walt Evans, Rosie Moschel, and Jeff Weinman. Our present National Chairperson, Lisa Ballard, and past National Chairs, Ned Dolan, Keith McCauley, Steve Slivinski, and Keith Thompson. Guidance from Bill McCollom, Deb Lewis, Esther Delli Quadri, Tony Nunnikhoven, Jim Hayes, Nadine Price, Ryan Fuller, Meri Stratton, Beat Hupfer, and my wife Pam just to name a few of those friends and our leadership.

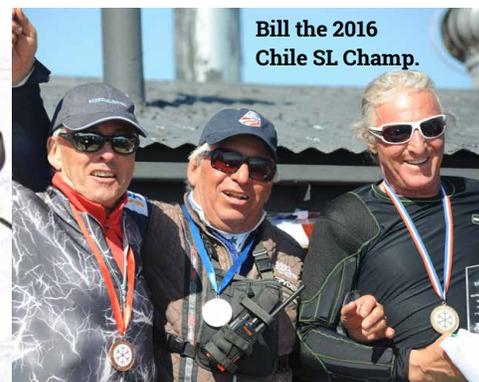
Thank you for being a part of my passion. I hope to see you all at the start.



Bill in the 1979 Colorado pro tour.



Bill at an Intermountain Masters event



Bill the 2016 Chile SL Champ.

NATIONAL COMMITTEE CHAIR REPORT



LISA BALLARD
U.S. Ski & Snowboard
National Masters Chair

I can't wait for winter, especially this winter! Our national championships will be at one of my favorite places to race, Mammoth Mountain, California. We'll be able to race all events there – DH, SG, GS and SL – during one enjoyable, fast week!

The Eastern Championships will be at another of my favorite places, Stratton Mountain, Vermont, and the Western Regionals/FIS Masters races will be at Aspen Highlands, Colorado. If these marquee mountains aren't enough to get you excited, check out the rest of the races scheduled that your division chairs have put together for you, not to mention training opportunities.

One of the key requests to come from last spring's masters survey was your wish for more chances to train. As masters chair, I've encouraged each division to hold more training sessions and camps, and to

publicize them better. It's part of our ongoing initiative to grow participation in masters ski racing. If you're looking for a place to run gates, check your division's website or usalpinemasters.org.

Another key initiative for this winter is to hold at least one parallel event near you this year. Parallel was in the Olympics last year. I'm excited for the chance to ski head-to-head and hope you are, too. It's an exciting format that's now part of our sport at every level. Don't worry, we'll still have plenty of traditional speed, GS and SL this winter, too, and now with masters-specific course-setting rules.

Last spring, U.S. Ski & Snowboard approved a long-overdue masters course-setting matrix. We're no longer just a footnote on the junior matrix. You probably won't notice a big difference on the hill, but it insures that our SLs aren't too cranky, and that our GS's, SGs and DHs have a masters-friendly flow. A huge thank you to the large subcommittee chaired by Rob Cravens, with representatives from every division, who worked diligently and thoughtfully to make this happen.

You'll see some new names on the masters committee this year. Jack Ballard takes over as Northern Division chair, Ray Tulloch as Far West Chair, Jim Thoman as New York Subcommittee Chair, and Graham Smith replaces Lauren Beckos as Rocky Mountain Division chair.

And now for the biggest news! Lauren Beckos is our new Masters Manager at U.S. Ski and Snowboard! Lauren replaces Bill Skinner, who has retired after more than 20 years at the helm of masters ski racing in the United States. But Bill is not retiring from the slopes. In fact, he's planning to compete a lot more. When you see him this winter, please give him a heartfelt thank you for his extraordinary passion and efforts that have allowed the rest of us to have a ton of fun going fast.

And congratulations to Lauren on her new position! She's a hard worker and an accomplished athlete with lots of great ideas for growing and improving masters ski racing in the United States.

See you on the slopes!

ALPINE MASTERS MANAGER REPORT



LAUREN BECKOS
U.S. Ski & Snowboard
Alpine Masters Manager

I would like to start off by thanking Bill Skinner on behalf of all masters for his last 20 years of leadership and dedication. Bill has been a great champion and leader for the masters, guiding us through many changes in the sport and industry. On a more personal note, I would also like to thank Bill for his support and guidance through the transition. Bill has been invaluable in being able to keep the wheels turning while building the new relationships and learning all the ins and outs of U.S. Ski & Snowboard and Masters.

I am honored to have the opportunity to bring my passion for skiing, ski racing, and organizing to the U.S. Ski & Snowboard Alpine Masters. Like many of you, ski racing is one of several ways I enjoy the outdoors whether it be competitive sports or rigorous

leisure activities. I'm certainly not the first masters racer to have scheduled work travel around race schedules, changed jobs to be more flexible, or budgeted creatively in the endless pursuit of more days on snow.

I have a strong passion for adult sports at all ability levels and ages. Sports are good for the mind, body, and soul. Whether we're competing, training, or just out enjoying a favorite activity we are simultaneously being humbled, inspired, challenged, empowered, nourished, and invigorated. While ski racing is primarily an individual sport, the full experience of masters racing is anything but. The camaraderie and friendships are what keeps us coming back for more. Masters friendships span states, countries, skill levels, ages, and decades.

The primary goal of every masters season is to deliver high quality alpine race events through communication, preparation, and execution. Each individual season brings with it new challenges and opportunities that drive additional initiatives as detailed

by Lisa above. Your division chairs have been hard at work in the offseason working on these initiatives.

As the Alpine Masters Manager, I seek to support the divisions individually and collectively with the resources at U.S. Ski & Snowboard, specifically in the digital space. Over the past few months, key projects have been to:

- increase content on the website at usskiandsnowboard.org/masters,
- redesign the email update for mobile viewing,
- redesign the poster, newsletter, and brochures,
- improve/expand use of social media.

I look forward to continuing efforts to improve and grow to better serve the membership and enhance the racer experience. I encourage you to reach out to me, Lisa, or your division leadership to share your ideas, energy, and talents toward these efforts. Let's have another great season - see you out on the hill!

2019 ALPINE MASTERS DIVISION SCHEDULES

SUBJECT TO CHANGE - see the division website for the latest information



ALASKA

alyskaskiclub.com/programs/masters

Dec. 15-18	Alyeska, AK	2GS/3SL
Jan. 12-15	Alyeska, AK	2SL/2GS
Feb. 7-12	Alyeska, AK	2SG/2SL/2GS
Feb. 21-24	Alyeska, AK	2GS/3SL

PACIFIC NORTHWEST

pnsamasters.org
Contact: Rob Cravens 541.419.3893

Jan. 12-13	Snoqualmie, WA	GS/GS
Jan. 19-20	Stevens Pass, WA	ParallelGS/ ParallelSL
Jan. 26-27	Crystal Mtn, WA	SL/GS
Jan. 29 - Feb. 3	Silver Star, BC (CAN)	DHtr/DH/DH
Feb. 9-10	Snoqualmie, WA	2SL/SL
Feb. 15-17	49 Degrees North, WA	SGtr/2SG/SG
Mar. 2-3	Mt Hood, OR	2SL/GS
Mar. 7-10	Schweitzer, ID	SGtr,SG/2SG/GS/SL
Apr. 4-7	Mt Bachelor, OR	SGtr/2SG/GS/SL

FAR WEST

farwestmasters.org
Contact: president@farwestmasters.org

Dec. 21-23	Mammoth Mtn, CA	GS/2SL/GS
Jan. 11	Heavenly Mtn, CA	2 SL
Jan. 12-13	Squaw Valley, CA	SL/GS
Jan. 24-27	Mammoth Mtn, CA	DHtr, 2DH/2SG/SG
Feb. 22-23	Northstar, CA	2SG/GS
Feb. 24	Squaw Valley, CA	GS
Mar. 9-10	Mt Rose, NV	GS/GS
Mar. 18-23	Mammoth Mtn, CA	DHtr/DH/SG/GS/SL
Apr. 5-6	Alpine Meadows, CA	GS/2SL

INTERMOUNTAIN

intermountainmasters.org
Contact: Stew Marsh 385.315.4817

Dec. 9	Red Lodge, MT	GS
Jan. 11-13	Grand Targhee, WY	GS/SL
Jan. 18-20	Sun Valley, ID	2SG/GS/SL
Jan. 25-27	Red Lodge, MT	GS/GS/SL
Jan. 26-27	Rotarun, ID	SL/GS
Feb. 2-3	Brian Head Resort, UT	SL/GS
Feb. 23-24	Nordic Valley, UT	Dual SL/GS
Mar. 1-3	Snowbasin, UT	2SG/SG/GS
Mar. 8-10	Park City, UT	2SG/SL/GS

NORTHERN

Contact: Jack Ballard 406.696.9841

Dec. 5-9	Red Lodge, MT	2SLtr/2GStr/GS
Jan. 11-13	Grand Targhee, WY	GS/GS
Jan. 18-20	Sun Valley, ID	2SG/GS/SL
Jan. 25-27	Red Lodge, MT	GS/GS/SL
Mar. 7-10	Schweitzer, ID	SGtr,SG/2SG/GS/SL

CENTRAL

midwestmasters.org
Contact: program.director@midwestmasters.org

Jan. 5-6	Afton Alps, MN	2GS/2SL
Feb. 9-10	Granite Peak, WI	2SL/2GS
Mar. 9-10	Spirit Mtn, MN	2GS/2SL

ROCKY MOUNTAIN

rmmsskiracing.org
Contact: office@rmmsskiracing.org

Jan. 6	Winter Park, CO	SL,GS
Jan. 12-13	Beaver Creek, CO	Parallel/2SG
Jan. 18-20	Ski Cooper, CO	DHtr/2DH/SG,SL
Jan. 26	Copper, CO	SL
Jan. 27	Loveland, CO	GS
Feb. 8-12	Aspen Highlands, CO	SL/GS/2SG/DHtr/2DH
Feb. 23-24	Loveland, CO	2SL(3runs)/GS
Mar. 1-3	Ski Cooper, CO	DHtr/DHtr,2DH/2SG
Mar. 30	Eldora, CO	GS
Mar. 30	Ski Cooper, CO	GS

NEW ENGLAND

nemasters.org
Contact: nemastersra@gmail.com

Jan. 5-6	Mount Sunapee, NH	SL/GS
Jan. 12	Middlebury, VT	GS
Jan. 13	Suicide Six, VT	SL
Jan. 24-27	Stratton, VT	SGtr/2SG/GS/SL
Feb. 2	Shawnee Peak, ME	GS
Feb. 3	Cranmore, NH	Parallel SL
Feb. 9-10	Ragged Mtn, NH	SL/GS
Feb. 15-17	West Mountain, NY	SG/GS/SL
Feb. 23	Mittersill, NH	GS
Feb. 24	Waterville Valley, NH	SL
Mar. 1	Wachusett, MA	GS
Mar. 8-9	Okemo, VT	GS/SL

NEW YORK

nymasters.net
Contact: James Thoman jcthoman@gmail.com

Jan. 19	Hunt Hollow, NY	2GS
Jan. 24-27	Stratton, VT	SGtr/2SG/GS/SL
Feb. 15-17	West Mountain, NY	SG/GS/SL

MID-ATLANTIC

mamasters.org
Contact: Carol Tomassetti 845.594.9045

Jan. 5-6	Elk Mountain, PA	GS/SL
Jan. 24-27	Stratton, VT	SGtr/2SG/GS/SL
Feb. 9-10	Belleayre Mt, NY	GS/SL
Feb. 15-17	West Mountain, NY	SG/GS/SL
Feb. 22-23	Mountain Creek, NJ	GStr/2GS
Mar. 15-17	West Mountain, NY	SG/GS/SL

SOUTHERN

saraski.org
Contact: Horst Locher 540.856.2121

Dec. 23	Bryce Resort, VA	SL
Dec. 28-29	Sugar Mtn., NC	SL/GS
Jan. 5-6	Bryce Resort, VA	GS/SL
Jan. 12-13	Massanutten, VA	GS/SL
Jan. 21	Wintergreen, VA	SL
Jan. 26-27	Sugar Mtn., NC	SL/GS
Feb. 2-3	Snowshoe, WV	GS/SL
Feb. 9-10	Timberline, VA	GS/SL
Feb. 18	Wintergreen, VA	GS
Feb. 23-24	Snowshoe, VA	GS/SL



2019 REGIONAL & NATIONAL EVENTS

EASTERN REGION CHAMPIONSHIPS

JANUARY 24-27, 2019



This 2019 Phillips 66 Eastern Region Championships promise varying and challenging terrain, world class course sets, endless views of the Green Mountains, amazing after-parties, and a great après scene! The Stratton venue is one of the most popular on the New England Masters circuit each year.

SCHEDULE

Thur.	Jan. 24	SG training
Fri.	Jan. 25	2SG (National Speed Series)
Sat.	Jan. 26	GS
Sun.	Jan. 27	SL

MORE DETAILS: usalpinemasters.org/er

CONTACT: bmccollom@skiracing.com

FIS MASTERS CUP & WESTERN REGION CHAMPIONSHIPS



FEBRUARY 8-10, 2019

The 2019 Phillips 66 FIS Masters Cup and Western Region Championships will be held in the beautiful Rocky Mountains in Aspen, Colorado. The event will include SL, GS, and 2xSG races. A FIS Masters license is required for racers 30 years and older.

SCHEDULE

Thur.	Feb. 7	Racer Checkin
Fri.	Feb. 8	SL
Sat.	Feb. 9	GS
Sun.	Feb. 10	2SG (National Speed Series)

For those looking for more speed, the event will be immediately followed by a Rocky Division 2DH on Feb. 11-12. The first DH will count toward the National Speed Series.

MORE DETAILS: usalpinemasters.org/fismasters

CONTACTS: fismasters@usalpinemasters.org

NATIONAL CHAMPIONSHIPS

MARCH 18-23, 2019



The 2019 Phillips 66 National Championships will be held at Mammoth Mountain, California in the Far West Division. The event includes a full week of racing with DH, SG, GS, and SL wrapping up with the closing banquet on Saturday evening!

Race headquarters, social events, and all race venues will be based at the Mammoth Mountain Main Lodge.

Slope-side event lodging packages are available at the adjacent Mammoth Mountain Inn for maximum convenience.

SCHEDULE

Sun.	Mar. 17	Racer Checkin
Mon.	Mar. 18	DH training
Tues.	Mar. 19	DH training
Wed.	Mar. 20	DH (National Speed Series)
Thur.	Mar. 21	SG All Classes (National Speed Series) National Speed Series Awards
Fri.	Mar. 22	GS A/B SL C/D
Sat.	Mar. 23	GS C/D SL A/B Awards Banquet

MORE DETAILS: usalpinemasters.org/nationals

CONTACT: nationals@usalpinemasters.org

MASTERS FIS, REGIONAL & NATIONAL EVENTS SPONSORED BY



NATIONAL SPEED SERIES



The 2019 Masters National Speed Series features seven events in five divisions around the country. Age class medals are awarded at each event and overall season belt buckles at the final event.

The overall Speed Series champions trophies are awarded to the overall fastest racer in each of three groups:

- Group A/B (men age 18-64)
- Group D (men age 65+)
- Group C (all women)

SCHEDULE

Jan. 18-20	DH/SG	Ski Cooper, CO
Jan. 24-25	2SG	Stratton, VT
Jan. 24-26	DH/SG	Mammoth, CA
Feb. 10-12	2SG/DH	Aspen Highlands, CO
Feb. 15-17	3SG	49 Degrees North, WA
Mar. 8	2SG	Park City, UT
Mar. 18-21	DH/SG	Mammoth, CA

MORE DETAILS: usalpinemasters.org/nss



Summer Fun Nationals

MT. HOOD

JULY 12-14, 2019

Combine training, racing, and family for the ultimate fun. With daily and week-long training camps plus the opportunity to check out next season's race equipment at the tech/demo centers in Government Camp, this is masters ski racing at its best! There are age classes for adults and juniors.

SCHEDULE

Fri.	Jul. 12	Checkin & Welcome Party
Sat.	Jul. 13	GS & Awards/BBQ Party
Sun.	Jul. 14	SL & Awards/Pool Party

MORE DETAILS: summerfunnationals.com

CONTACT: meri@summerfunnationals.com

2018 FIS MASTERS WORLD CRITERIUM



BIG SKY, MT

The FIS Masters World Criterium (WCM), only held in the United States every 6-7 years, was held in Big Sky, Montana in 2018 and was an event to remember! From Mar. 18-24 the U.S. Ski & Snowboard Masters, Big Sky Ski Education Foundation (BSSEF), and Big Sky Resort welcomed over 300 competitors from 19 countries. The schedule included the World Championship SG, GS, and SL races as well as a FIS Cup GS.

Eager to get the fun started, racers lined up early on Sunday evening to check in, get their lift tickets for the week, pickup their bibs, and shop the event apparel and Fuxi One-Stop-Shop. Monday offered the opportunity to free-ski the race venues and explore the mountain. Once the lifts closed, racers gathered for a welcome reception complete with food, free wine, and live music courtesy of race TD Walt Evans.

The 2018 WCM races kicked off with a Group B SG on Big Horn known for it's descent into a wide gully with steeps and rollers. Meanwhile Group A/C started off with SL on Tippy's Tumble that finishes right at the main base area perfect for a big crowd of family and friends to gather, watch, and cheer.

Big Horn Group B SG



Racing continued over the next three days, with a few unique opportunities. Group C got to race on the newly approved Hangman's SG course for the first time, presenting a unique challenge to learn and tackle new terrain at faster speeds. Group A raced GS on Tippy's Tumble more familiar to masters as a SL venue. Each group also had a day off to rest or explore the vast and challenging Big Sky terrain. A trip up the tram was a must

for those seeking the freshest powder and steepest lines.

Not to be outdone by the fun of the daylight hours, each evening had an awards party with music, food, drinks, celebration, and laughter. On many nights, the celebrations continued at bars in the Mountain Village with pajama parties, dancing, and karaoke.

After the four days of WCM races complete, there was one additional day of racing planned for a 1-run FIS Masters Cup GS race for all three groups. We woke up to several inches of new snow, but were still hopeful that the event was possible. As the snow continued during breakfast and then fell even more heavily during the course set, it became clear that mother nature was determined. By the time the course was set, there was over a foot of new snow and the race officials had to make the official cancellation decision. Not to be dismayed, many racers quickly switched gears and headed out to take advantage of the powder

Rocky Division racers excited for a powder tram lap.



day.

As always, BSSEF and Big Sky hosted a phenomenal week of racing! A big thank you to Jeremy Ueland of BSSEF as well as our race officials, notably Walt Evans, Tony Nunnikhoven, Esther Delli Quadri, Deb Lewis, and Meri Stratton. Thank you also to the many volunteers for helping the event run smoothly and to all the racers for traveling to Big Sky and laying it all on the line for the love of our sport.

BY LAUREN BECKOS

Sunset on the last night in Big Sky



Congratulations to the USA Winners!

OVERALL GROUP WINNERS

Class	Name	SG	GS	SL
GROUP D (women 55+)				
W6	BALLARD, Lisa	1(t)		1
W7	SAYLOR, Jeanete	1(t)	1	
GROUP C				
W1	BECKOS, Lauren	1		

GROUP C

Class	Name	SG	GS	SL
W11	FRINELL, Marietta	2		2
W10	AUSEKLIS, Nancy	1	1	1
W10	DROEGE, Anna	2	2	2
W8	ROMICK, Mary		2	2
W8	SHEELER, Pam	2	3	3
W7	SAYLOR, Jeanete	1	1	1
W7	HENDRICKSON, Ellen	3		
W6	BALLARD, Lisa	1		1
W6	PASCHEN, Anne	3	1	
W5	KATZENBERGER, Chris		3	3
W4	KAUFMAN, Jennifer	1		
W4	SMITH, Booka	3		1
W3	ALEXANDRESCU, Dana	1	1	1
W3	MULLER, Tanya	3	3	
W2	NADEAU, Heather	1		
W1	BECKOS, Lauren	1		1
W1	LEVY, Jacqueline	2	1	
W1	GOLD, Sara	3	2	2

GROUP B

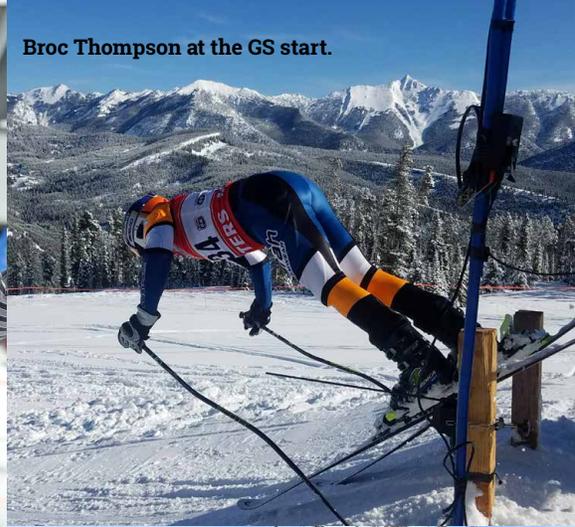
Class	Name	SG	GS	SL
M12	DEMATTEI, Gaetano	2		2
M12	TENDIN, Robert			3
M11	HAUSER, Charles	1	2	3
M11	REINHOLT, Haldor	2	1	1
M10	KAUFMAN, Lee	1	3	
M10	DUGAN, Jim	2		2
M10	THOMPSON, Keith	3		
M10	FOLEY, Stephen			3
M9	NEUBAUER, Pepi	1	1	1
M9	OLBERG, Knut	2	2	2
M9	HUDSON, Nick		3	3
M8	FRAZIER, George	2	2	
M7	SKINNER, Robert	2		
M6	FUCHSBERGER, Franz	3		
M6	FALK, Michael			3

GROUP A

Class	Name	SG	GS	SL
M5	HILL, Tim			2
M5	MAXWELL, Chris			3
M4	HENDRICKSON, Kevin	2	1	1
M4	PAPAZIAN, Ara			3
M3	JOHNSON, Matt	1		
M3	FILIMON, Mihai	2	2	2
M3	SHKLOVSKI, Mike		3	
M3	NORTON, Craig			3
M2	BROWER, Daniel	1	1	
M2	ARMSTRONG, Phillips	2	3	
M2	GASIENICA, Simon			1
M1	BROWER, Kevin	1	1	1
M1	WOODCOCK, Tanner	3		3



The USA Ladies are having fun!



Broc Thompson at the GS start.



Group A/C SL courses and finish arena on Tippy's Tumble



Group C and D SG Winners: (L to R) Lisa Ballard, Lauren Beckos, Jeanette Saylor



Awards parties are full of smiles and shenanigans

30TH ANNUAL SUMMER FUN NATIONALS



MT. HOOD, OREGON

In the summer of 1989, Meri Stratton, Bob Skoch, Paul Garcia and Jim Estes were sitting in the parking lot of Timberline Lodge shelling peanuts and washing them down with beer. Bob said: "Too bad more of our winter race friends can't come here and enjoy this beautiful place skiing in the warm sun." Meri retorted: "We can make that happen. Let's put on a race and invite them!". And the idea was cooked up to have a "Fun in the Sun" summer "Masters" race. What they concocted was a unique, stand-alone unaffiliated event. In 1993 the event was USSA sanctioned and a couple years later became the: Masters Summer Fun Nationals.

Ollie Lajoie and his buddy David Prochazka have been to every race since this inception. In fact, before he met David, Ollie used to sleep in his van in the parking lot and David – in his car below the chairlift. One morning, racing for the climber's rest room, he ran into David. They got talking and decided that shared hotel rooms were very nice. They have been battling each other in close races in the same class ever since (currently that is Class 11). Although he now skis on 160 cm SL skis, Ollie still has his 205 cm Blizzard R/R 30 SL skis from those early days (and they are: "still for sale, if anyone is interested (contact the editor)". David remembers getting permission during the 2nd or 3rd race for his 16 year-old son, Jason, to race his 22-year old brother. Meri allowed it, but he would have to go last. The starter demanded a parent's release (which David had in hand) and although they didn't check I.D. for awards on Saturday night, they did on Sunday and he wasn't allowed to attend the ceremonies. Since then, children racers have been invited as well as arrangements made to include them at awards. The stress of these kinds of unappreciated details must be why Meri has said that THIS race would be her last one... more than once!

"Charlie's" in Government Camp was where the awards and banquets were held initially. Joseph Mucci, another "there from the start" racer (who began in Class 3, is now in Class 8 and hasn't missed a race - when he was injured in 2009, he attended as crew) remembers that from the start, the banquet menu has always been chicken, corn, beans, coleslaw. It started in Charlie's back courtyard where racers also played horse shoes. Back then, another tradition that has



Thank you to the 30 year loyal participants and volunteers Ann Ozuna, Joseph Mucci, Knut Olberg, Dave Prochazka, Ollie Lajoie, and Meri Stratton!

been abandoned was undercooked chicken. A tradition that lives on, however are "ugly t-shirts". There HAVE been a few sharp ones over the years, but these are far and few between. (Now, on an edit of this article, Meri staunchly defends that: "Only a few racers think they are ugly! Most like and cherish them". She cites that Knut brings out the old ones every year. Sounds like the start of a "beer debate" at next year's race).

The podium prizes have always been unique and highly coveted—including logo Maglight flashlights, handmade pottery, Greg Dilger's woodworking, stainless steel thermoses, backpacks and lots of towels (David still has a "Fun in the Sun" towel from 1993 and thinks that it might be the first one).

In all the years, the race has never been cancelled because of weather (although thunderstorms and heavy fog have limited a few to one run). It has always been well attended by East Coast racers and Canadians. Through the years there have been a number of international representatives including: Austria, Great Britain, France, Slovenia, Czech Republic, Germany, Japan, Australia, and New Zealand.

For the fourth year, the 2018 Friday night welcome party was at the Scroggins newly finished compound. Lots of complimentary beer and grub. Thanks for the hospitality and generously sharing your gorgeous ski "palace", Willy and Kerry.

The 2018 race was a fitting tribute with perfect weather, lots of snow and short lift lines... and no timing delays. The course workers and volunteers once again did an amazing job. A full field of racers attended from all over North America. Both races went off with nary a hitch. Full results for A/B and C/D classes, plus the SuperSeeds can be

seen at summerfunnationals.com. The prizes were Dilger hand-crafted wine corks for the GS podium and beautifully embroidered 30th Summer Fun Race towels for the SL podium.

As always, the bar-b-que banquet Saturday at the Timberline Day Lodge bar and Sunday afternoon awards at the historic Timberline Lodge pool, were full of food, drink, chatter, and festive spirit. Many of the valued sponsors were represented and donated door prizes, including Title Sponsor: Booster, plus Atomic, Fuxi Racing and Snofolio (see Summer Fun website for link to their products). At the banquet on Saturday night, the incomparable Fuxi, a great supporter of masters racing, and not too bad a racer himself (2nd overall combined, right in there with the young bucks), entertained the racers as they dined on their nicely cooked chicken dinners, (not half raw as in the old days!). The Atomic Skier of the Year award was presented by last year's winner, Gary Randall to the 2018 winner, Lauren Beckos. The Meirowitz family: Adam, Mackenzie, and Patrick from Park City won the Eigenvector fastest family award, presented by Barry Wise. Fastest man and woman for both days (Putzi Cup) was Willy Scroggins son, Tucker, who is now an M1 and Charlotte Morris a U14 from Portland Oregon. Many of us who watched their runs had expressions not unlike the Coyote of the old Looney Toon cartoons after being schooled by the Road Runner. Yeesh! The Skoch Cup Combined SuperSeed was led by Tucker Scroggins, Fuxi, Tyler Milligan, Ken Park, Jesse Foster, Willy Scroggins, John Beckos and Andrew Vetterlein.

Everyone left Sunday afternoon after another fantastic weekend, looking forward to the 31st time Meri and Co. spoil us masters racers with another one of the most special races of the year. If you are a masters racer that has never participated, then this has to be on your bucket list. If you are a perennial 30 year participant like Meri, Ollie, David, Anna, Knut and Joseph, then Wy'East expects your presence. See you in July of 2019.

By HUGH MITCHELL



FLAT IS THE NEW EDGE!



I am happily guilty of doing much less to set up athletes boots than most. Often when people come in the shop for new boots, and list all the corrections they have had done in the past by other fitters, I look and listen...but then I start fresh and see what makes sense, slowly. At the end of the fitting, its most important that you are comfortable, neutral and flat..."Home-base". I also remind myself that the best racers are incredible free skiers, ones who can seamlessly put there feet wherever, whenever they need. I want you to feel that freedom on snow!

Still having a connection to the U.S. Team and being fortunate enough to work with many athletes when they are in region, I get to see and tweak top level equipment regularly. As well, when teams have prep camps and are in need of an extra service hand, I try to offer my time, and travel to on snow projects. This past spring, Sasha Rearick was appointed the new USST Development Head Coach role, deservingly, and has been empowered to take the raw talent of the next generation and bridge the gaps to the elite Teams playground. I was invited to join the first project in Squaw and assess and advise the equipment component. I logged boot set ups and went through ski quivers to find some "baselines" that each athlete had, and once on snow, and with Sasha's eyes, we took a look at skiing fundamentals and any equipment barriers to achieving these basic movement patterns. Mike Rogan (USA) and Chris Krabeth (AUT), both Demo Team members for their countries, drilled and drilled the athletes with tasks that would make your knees cringe and challenged each athlete to dig deep and be overly versatile. There was a large focus on mobility, specifically hip/leg mobility, and more specifically femur rotation and foot steering. The hip joint is a ball and socket; needing to flex, extend, abduct and adduct, in 360 degrees. The black and white goal was to have the ability and the SKILL

to manipulate, articulate, and intentionally activate this steering at the top of the turn to direct the ski into the turn and align the body over the feet for maximum power and balance. It is no longer just about lateral power moves and creating high edge angles at the gate. The results were athletes that could "do anything at anytime" with their feet and skis, as turn shape and terrain dictated.

As for boots, what we found was that the majority of top regional FIS kids, who for all intents and purposes absolutely ripped, were still fighting some of their equipment via prescribed alignment or static measurements. After the above mentioned skills were adopted, less became more in their boot set ups, and neutral or flat was actually beneficial.

The trend amongst stock "out of the box" race boots has changed. Not long ago, most race boots came measuring one degree out, or aggressive. Now, almost all brands, are coming zero, but a few are still 0.5 out. This has been a change driven by top athletes in development of product, an evolvment of modern technique, and new, lighter, but more directly responsive materials. Less aggressive angles are more desirable, in favor of feel and touch.

Modern shell molding has VERY small and barely noticeable ankle/navicular relief - nothing blown out to cause excess collapse, but just less tension against the inside of the foot. The ankle joint likes to work in many directions. Sometimes I'll use the word "blocked" in regards to a stiff footbed and firm liner inside a tight shell, along the medial side wall - that's not a good thing! All on or all off does not work well on a slick surface at speed. Too much space is also not a good thing. My theory as to why so many boot fitters and racers adopted the "Bode pocket" and ultra soft footbeds, was to allow this ankle and leg mobility, yet they aggressively canted their boots out for edge response. Kind of counter productive and based on a false paradox, there was just too

much inefficiency going on that's not driven by the pilot. Dare I argue with Bode on set up, for sure not... but we have come back to basics. If we start fresh, with a medium density footbed, proper shell and liner sculpting for foot pressure relief, aligned cuffs for lower leg travel, and flattish (+/- half degree) boot sole angles, we can have a universally responsive boot to perform in ALL styles of turn and technique. I believe this is where Sasha really drove the bus. Take the equipment out of the equation and let the skiers move.

Cuff alignment, as anyone who has come into my shop knows, is a paramount critical step. Cuff alignment can significantly alter the way a boot reacts, and will hinder or promote leg tracking and rotation. Often, cuff alignment done correctly, can mitigate or cancel perceived under sole canting as the tracking of the lower leg can work within the boot instead of falsely directing it towards one edge side. The trend in camp was to bring athletes cuffs in and "free up" the touch and feel at the top of turn, but all within their anatomy.

I keep reminding myself that the best racers are incredible freeskiers. My favorite real world anecdote is; take any of your best coaches, including our buddy Scotty Venus, who has a very strong racing background, and watch them rip beautiful arcs on loose coaches boots and dull fat skis. He has the skills. Once the skills have been acquired and the muscle memory kicks in, he can ski without any "aids" in equipment. Sure his turns could be a bit crisper on better gear, but once you cross the line into race technique efficiency, you can overcome the crutches. The take home lesson is find a set up that allows multiple movement patterns, a broad range of skills, and increased mobility for all skiing, and your racing will easily follow.



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SEARCHING FOR SPEED IN SLALOM (CONT. FROM PAGE 1)

we found that 83% of the energy dissipated in Europa Cup slalom comes from this snow reaction force. That's a lot of energy loss. Some of the racers had more and some had less than 83%. The ones with less energy loss were faster.

Since skiers can only achieve about a 2.5% gain compared to an average loss of 83%, it would benefit the racer to focus first on not losing speed, THEN work on increasing speed.

LINE CONUNDRUM

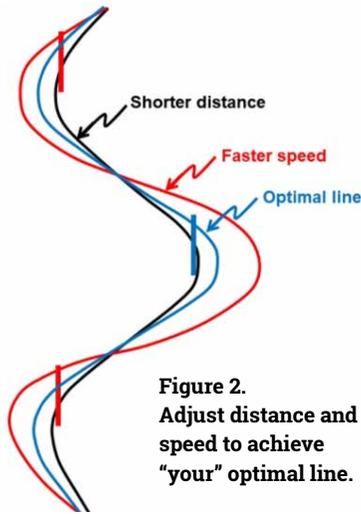


Figure 2. Adjust distance and speed to achieve "your" optimal line.

Line speed and distance traveled need to be balanced. No matter how long your line, if you go fast enough you can win. To optimize line, we have to balance speed and distance. So, what is the optimal line? Well, that depends if you are Marcel Hirscher or a Class 5 masters racer. Same race course but different race car. You need to adjust speed and distance to fit "your" skill set to achieve "your" optimal line.

THREE-DIMENSIONAL RACE LINE

The race line we draw, like figure 2, is an illustration attempting to define what is the best line. Whether it is drawn on a white board or the back of a lunch napkin, the surface, like the snow, has length and width, which makes it two-dimensional.

We can draw the two-dimensional path of our skis and our center-of-mass (figure 3). The resulting picture diagrams how far across the hill and down the hill to go. While our skis stay basically on the snow, our center-of-mass does not. It moves away from and toward the snow during turns and transition. This adds a third dimension. What is important to the ski racer is that it is the path of the center-of-mass, not the path of

the skis, that determines the speed of the ski racer. While the path of the skis is two-dimensional, the path of the center-of-mass is three-dimensional.

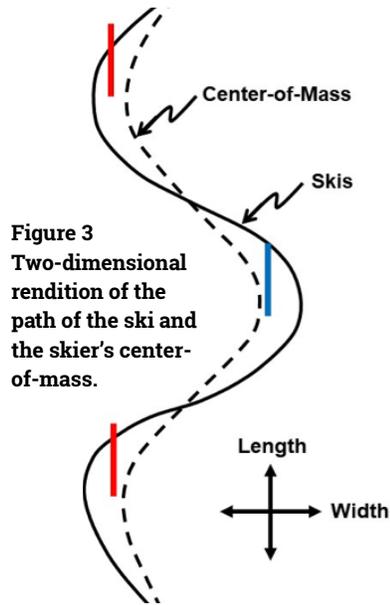


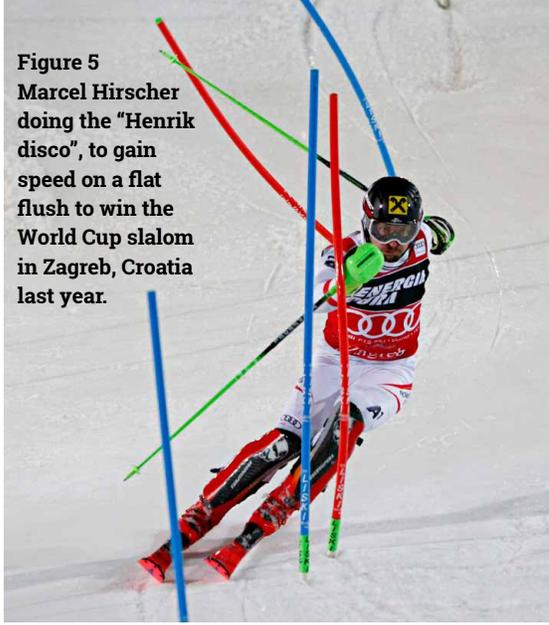
Figure 3 Two-dimensional rendition of the path of the ski and the skier's center-of-mass.

Since the skier's center-of-mass rises and lowers while skiing, the resultant path gets longer. Popping and hopping during transitions are the culprits. Felix Neureuther (figure 4) demonstrates what World Cup athletes call the "suck switch". The "switch" being the transition and the "suck" revealing how they react with their skis or legs coming back up under them. The goal is to reduce the length of the center-of-mass path.



Figure 4 Felix Neureuther minimizing the path of his center-of-mass between turns.

Figure 5 Marcel Hirscher doing the "Henrik disco", to gain speed on a flat flush to win the World Cup slalom in Zagreb, Croatia last year.



PUMP TO GAIN

Let's break this topic down into losing speed, maintaining speed, and then gaining speed in a turn. You can lose speed by flexing the legs. By not flexing the legs you can maintain speed. You might have guessed by now that you can gain speed by extending your legs. By moving your center-of-mass toward the center-of-rotation you can gain speed. You have probably seen the spinning ice skater. When she brings her hands (mass) to her body (close to the center of rotation) she spins faster. An example closer to our own sport is the halfpipe skier or snowboarder as they "pump in the transition between the downward and upward part of the pipe. They gain speed to climb back up the pipe before their next trick.

This “pumping” has the largest effect the more the center of mass is moved toward the center-of-rotation. Therefore, the effect is larger the greater the edge angle as the skier moves their center-of-mass toward the center of the turning radius. The most opportune time for the Master ski racer to take advantage of this phenomena is in a flush on the flats, pumping through the turn, or as it’s known on the World Cup, the “Henrik disco”, after Henrik Kristoffersen. This also explains why we see World Cup ski racers not always taking the straightest line to the finish after the last gate. In one last ditch effort they are trying to pump out a little more time before the finish (pun intended).

PRESSURE IN THE FALL-LINE

This is a mandatory component of speed. Pressure at the top of the turn is nice, but it should never be at the expense of pressure in the fall-line. Pressure after the fall-line, other than extreme direction changes, is for emergency use only in an attempt to stay on the course.

Skiing arc-to-arc is nice and fast, but to be really fast, the line has to be shortened or straightened out. Carving from the start with edge and pressure gradually developing should be thought of as a way to test the water. This edge and pressure increase from the ski tip is carving a path by essentially excavating a trench. This movement of snow takes energy just like the snowplow moving snow in your driveway. When energy is dissipated the skier slows down. If carving is delayed until closer to the fall-line, this energy dissipation is delayed and compressed into a shorter time period. This increased impulse bends the ski more, forcing it into a tighter arc.



Figure 7
Marcel Hirscher generating some smooth aft pressure after gate contact for the win in Kitzbühel Austria.

To delay pressure and put it in the fall-line, you have to have patience and timing, timing not only in the “when” but “how”. Think edge then pressure, as opposed to pressure then edge. This reduces the turning radius which creates a lot of force, leading to a more arced ski and a shorter radius. When this pressure is in the fall-line, you will be faster.

PRESSURE AND CoM MOVEMENT

Fore/aft balance in skiing, that ability to stay between the bindings, is important for balance. But to unlock more speed, this balance base needs to increase in size, enlarging the range of center-of-mass movement fore to aft along the length of the ski during the turn.

In a Norwegian study, we found that Europa Cup men slalom skiers moved their center-of-mass about 28 cm from front to back during the turn. These ski racers were all very accomplished, but just like any ski

racers, they could be separated by race times. Some were on the tip longer, then moved aft, some stayed in the middle longer, and other variations. What explains the difference in time was their fore-to-aft strategy. The fastest racers move forward smoothly until the fall-line (gate passage), then with a similar pace moved aft. The slowest were the ones that kept their center-of-mass forward through a larger percentage of the turn then quickly moved aft. They all moved on average the same fore/aft distance, it was just how they accomplished this fore/aft translation that separated the fast from the less fast.

The takeaway here for the masters ski racer: first, you need to be balanced fore/aft; then, you need to explore a slightly larger fore/aft base of support; and lastly, incorporate a smooth fore-to-aft movement of the center-of-mass through the turn.

CONCLUDING THOUGHTS

While we explored some of the more esoteric ideas on finding speed in slalom, it must be emphasized that nothing replaces fundamentals and a good solid base of skiing skills to start from. From there, more exotic technique and line ideas can be acquired and incorporated. Remember, if you want to finish first, first you have to finish.

By Ron Kipp

PHOTOS RON LEMASTER, GETTY IMAGES



Ron Kipp has worked with the U.S. and Norwegian Ski Teams and is currently with the Squaw Valley | Alpine Meadows Race Team.



Figure 6 Mikaela Shiffrin achieves max pressure when her skis are in the fall-line to win the night slalom at Flachau, Austria last season.

DIVISION NEWS



ALASKA

Carl Swanson
alYESkaskiclub.com

As we await winter to arrive in Alaska, we are at least enjoying a beautiful warm, dry and sunny fall. Great

weather for those end of season hikes, rides and other adventures to get in shape for ski season. However, as perverse as it sounds to some Alaskan's, the Alaska Masters can't wait for the snow and it can't come early enough. Our season officially kicks off with our annual Colorado masters camp in Breckenridge Colorado. This early season camp focuses primarily on free skiing drills, video analysis and getting as many miles on our skis that we can fit in five days. The bulk of the drills will emphasize balance and stance and starting off the season in a strong athletic position. There are few slots left and information can be found on the Alyeska Ski Club Website. Our sanctioned masters races have been calendared. We will as usual be competing on the same courses alongside the local junior teams which include a FIS Open Tech series in December and the UAA FIS-U Open Series in February. Additionally we have a number of "fun" club races scheduled throughout the season with prizes, food and the usual adult sport beverages. Should you find yourself in Alaska for business or pleasure this winter, please feel free to come out join us for a day or week. Coaches are standing by. For more information on our race program, calendar, camps and events please go to alYESkaskiclub.com and click on Masters.



CENTRAL

Ryan Fuller
midwestmasters.org

We're back at it again this season with a great schedule. We have our season opener at Afton Alps, the Cyr Cup

races at Buck Hill, and our Central Regional Championships in Granite Peak and Spirit Mountain. We're planning once again to bring a huge contingency to the Rocky Mountain Ski Cooper Speed races in January as we continue to work to get more Central folks on speed skis. We're also holding our 7th Annual Koznick camp this year at Afton Alps in early January, and training in the Fall once again at Copper Mountain in November. We've also added a season-long SL training series at Buck Hill on Thursdays with the Buck Hill Ski Team and their coaching staff exclusively for masters racers.

Our direction as a program has not changed and we will continue to focus on increasing participation at our races by promoting them as special events which are all unique in character. We continue to use social media, online advertising, and online marketing tools to aggressively reach out to our membership as well as potential members. As we renewed as a NASTAR club again this year, we will continue to work with NASTAR at the National and Regional Pacesetter Trials, and continue to score many of our races with both U.S. Alpine Masters and with NASTAR. By being a club of both organizations, we hope to introduce even more people to U.S. Alpine Masters racing this season.

Looking forward, we are very excited for the arrival of winter. Nationals at Mammoth will again be on the schedule for many of our racers as will the Speed Series races.

If there are any questions about Midwest Masters, contact us at program.director@midwestmasters.org and we will get back to you.

See you on the hill!



NEW ENGLAND

Nadine Price
nemasters.org

After a bizarre up and down summer and fall, it feels like winter is finally on the horizon here in northern New

England. The chirping of the crickets has been replaced by the sound of falling leaves, the mountain tops are white, and opening day rumors abound. In anticipation of our upcoming season, and with the generous support of U.S. Ski & Snowboard, New England Masters will once again be expanding our brand recognition, building stronger connections with other industry stakeholders and recruiting new racers at the Boston Ski Expo. This year marks our 11th trip to the Expo, which will be held Nov. 8-11 at the Seaport Convention Center, and our booth will be better than ever. You should definitely make room in your schedule to stop by. Come visit with our volunteers, chat with our guests, and pick up a few of our brand new concept posters to adorn your wax room and to share.

And if the Expo isn't enough to get you

2019 Spyder National Team
named at the
Okemo Masters Nationals



DIVISION NEWS

ready to get back in the gates, maybe a little World Cup action will be. For the third straight year, the women's World Cup will be returning to Killington Vermont Thanksgiving weekend for GS and SL. Although not exactly part of our schedule, this is a not-to-be-missed event for anyone even remotely interested in ski racing!

After much hard work over the summer by your devoted Board, we've put together another spectacular season of racing, parties and clinics. Many thanks are due our scheduling Chair, Bill McCollom, and his all-star committee. Of course many of our traditional favorites are on the schedule, along with a couple of new favorites, and a return to a venue we have been missing for a few years. Our kick-off weekend will include a SL and GS at the ever-popular Mt. Sunapee on Jan. 5-6. If you're like most of us, the Sunapee SL will likely remind you that you need more SL training and we have just the thing – a one day SL clinic at Cochran's! Space in this clinic is in high demand so register early.

We stay in central Vermont for the rest of January; visiting Middlebury for a GS and Suicide 6 for the Bunny Bertram Memorial SL on Jan. 12-13. After a weekend off, Stratton is center stage for the Eastern Regionals. This event will include SG training, 2SG's, a GS, a SL, and, of course, parties! Stratton has always been a premier venue, attracting racers from far and wide, and with Regional Championships on the line, it promises to be a banner event!

We know that you will want to prepare for the Regionals so we've scheduled a four day camp at Mt. Snow Jan. 15-18. This camp will include both GS and SL and is likely to give the attendees a real advantage at Regionals! So don't miss it! More details will be available soon.

Though February is short, it packs four exciting weekends of racing. The Feb. 2-3 take us to the Mount Washington Valley for the Lobstah Cup GS at Shawnee Peak and, with a new twist on an old favorite venue, we will be running a parallel SL at Cranmore. The wildly popular Ragged Mountain will be hosting both SL and GS on the Feb. 9-10. And just in case the SG's at Regionals aren't enough speed for you, and let's face it, how could they be, we'll be joining Mid-Atlantic Masters for a three event weekend at West Mountain in NY on Feb. 15-17. These races

New England Masters at Ragged Mountain GS



will count in both NEMS and MAM series so don't be left out. The last weekend of the month will take us back to Mittersill for the Hochgebirge Challenge Cup, the oldest ski race in America. Though the Hochge has mostly been a SL in recent years, it hasn't always been so and this season it will be run as a GS. The venue is just too good for GS to pass up. As always, the race will be followed by a party at the house of the oldest ski club in America, where we will be regaled with amazing stories and surrounded by photos and memorabilia of Tenth Mountain Division veterans and the pioneers of American skiing and racing. It's a high point of every season!

As we start to look toward spring and Nationals at Mammoth Mountain, March holds two very special events for NEMS. March 1 takes us to Wachusett Mountain in central Massachusetts for a GS. This race has been literally years in the making. Due to ridiculous weather last season, the race we had planned at this incredible gem of a venue had to be canceled but it worked well as a dry run and we are more than ready to have an Amazing Race. Wachusett is in nearly everyone's back yard and we'll likely have a lot of potential new masters racers joining



us. Make sure to come and meet them and have a great time in the process.

Our last races of the season, the Sise Cup Finals, will be held at what just might be our most popular venue. Having hosted several regional and national masters events, along with numerous regular season events, Okemo Mountain is perfectly positioned to host a spectacular season finale. The fun will begin on Friday, March 8, and we will be announcing a few surprises to up the scoring ante. The Awards Banquet to celebrate our season of fun, camaraderie, personal bests and accomplishments will be held on Saturday the 9th. Make sure to mark your calendars.

On a final note, please join in welcoming our newest Board members. Sara Melikian, Ray Gilmore and Matt Dodge have graciously agreed to heed the call and are eager to help make our series even better. Welcome and thank you all.

There are a little more than two months before our first race, so if you skip the Halloween candy and the extra helping of pumpkin pie at Thanksgiving dinner, there's just enough time to get ready to put on the speed suit! Go hiking, hit the gym and wax your skis. Winter is coming and the slopes will soon beckon.

As always, our series is made possible and enhanced by our sponsors. We especially thank Artech, for its generous and continued support. Please visit the sponsors page on our website nemasters.org and when you have need of or use for any of the products or services our sponsors provide, we hope you will visit them first

DIVISION NEWS



NEW YORK
Jim Thoman
nymasters.net

The New York series offers an incredible value for its participants. In addition to having access to some of the best race hills and race crews in Upstate New York, we also continue to have a two race format that usually allows for four race runs per day. Even with four race runs, there is still ample time for free skiing and après-race activities. Most races fees include lift ticket, adult beverages, and après-ski food in addition to the race itself.

The schedule includes SL, GS, and SG and is subject to change as the season progresses. Check our website nymasters.net or on Facebook at NY Masters for updated schedule information.

This year we will exclusively use our website for pre-registration and encourage all of our participants to use the online payment options through PayPal and Venmo. Same day registration will be available.

We will have two weekends of joint races with Mid-Atlantic Masters this winter to follow up on our successful "Syracuse Weekend" from last winter with the Mid-Atlantic crowd. This year we will return to the Syracuse Area for joint races with Mid-Atlantic, and we will also head further east to West Mountain for another joint race with Mid-Atlantic and with New England. Eastern Regionals will be counted towards New York's coveted Skiff Cups (Marshal Skiff for the men and Joan Skiff for the women). Last season saw Tom Scheeler (Elma, NY) and Alexandra Mitchell (Ithaca, NY) repeat as Skiff Cup winners.

Come on out and join us in our 43rd year of New York State Masters Ski Racing. See you on the slopes.



SOUTHERN
Horst Locher
saraski.org

Traditionally in the South, we have nice weather year-round. Somehow this past winter was different.

We had several weekends with rain and

warm temperatures forcing everyone to cancel some races. We are looking forward to a new winter season with colder temperatures and no rain.

We start out with Sugar Mountain in North Carolina hosting a three-day master racing camp with Olympic medalist Andrew Weibrecht on Dec. 7-9. The two-time Olympian SG medalist, heads up three days of non-stop individual ski racing instruction and attention. Clinic includes a three-day lift ticket, coaching fees, tuning clinic, video analysis, and a Saturday night dinner. This is a great opportunity for our masters to improve their skills for a total cost of \$ 250. For more information, please see skisugar.com/events/preseason-ski-clinic.

Races will be held at Bryce, Massanutten and Wintergreen in Virginia, Snowshoe and Timberline in West Virginia and Sugar Mountain in North Carolina.

See you on the race course!



MID-ATLANTIC
Carol Tomassetti
mamasters.org

It's time to think Ski Racing in the mid-Atlantic area!! We started a new Mid-Atlantic Masters organization, and had a very successful first year. We worked hard to live up to our slogan of "Ski Fast and Have a Blast!" We are looking

forward to continuing and growing on the momentum from our first year, and have a great schedule lined up.

We have a great Foy Cup schedule for the 2019 season that cuts across New York, New Jersey, Vermont and Pennsylvania. Our schedule opens in January with a race at Elk Mountain, Pennsylvania. It's an amazing race hill and homey mountain. The post-race party is always fantastic! We have three joint weekends with our New York and New England Masters organizations. Jan. 12-13 will be a GS and SL weekend with New York Masters. Starting Jan. 24, we'll join New England for the Easterns at Stratton. Both race weekends will count towards our overall Foy Cup scoring. Mid-Atlantic will host New York and New England Masters at West Mountain on Feb. 15-17. West Mountain has made a lot of improvements, including installing a new lift. It's sure to be a fun weekend! We are excited to have a race weekend scheduled at Belleayre on Feb. 9-10. Belleayre was always a favorite when we raced ASRA, so having this back on the schedule is very exciting. They have a fantastic GS hill. Mountain Creek will host us again for our Friends and Family day with 2GS races in a one-day event in late February. New this year, we will be heading to Blue Mountain to race on their legendary hill called Razor's Edge. We are planning both a SL and GS for that day. We will finish with our Foy Cup Finals in mid-March at West Mountain to round out the season. West Mountain is a great place to race, and of



Mid-Atlantic Masters Ladies waiting for their start at Mountain Creek

DIVISION NEWS

course the après-ski parties are legendary! Stay tuned on our schedule, as we are still working to get races at Jiminy.

There are mid-week training opportunities at Hunter during the day, evening training at Mountain Creek, and a day or evening training option at Blue Mountain. Check it out at mamasters.org. We also have a masters training camp planned at Whitetail Jan. 21-22 with Lisa Densmore Ballard.

Mid-Atlantic Masters has some great sponsors on board, including ATCO Brewery (on White Horse Pike, Atco, New Jersey), ARTECH, Transpack, Orsden, Green Ice, Booster Straps and Swany. Be sure to support them with your business. We appreciate their invaluable support. Stay tuned for more sponsors to come.

Our series offers a season-long Foy Cup award to the top man and woman, as well as awards to the overall and class winners for men and women, and teams. We encourage our racers to have their kids join them for racing and we will offer a seasonal family award.

It's going to be a great season! Come out and join us for our races. For more information on the Mid-Atlantic Masters racing series, please check out at mamasters.org, and our facebook page at facebook.com/MAMastersSki. Please also join our email list via the following QR code, or access the link from our webpage. See you at the top of the race course!!



FAR WEST
Ray Tulloch
farwestmasters.org

Fall has definitely arrived here in Tahoe with the first sightings of snow at Mount Rose and at Mammoth. I am sure all our Far West Masters have fingers and toes crossed that the snow gods will look favorably – and early - on us this year as we have a great season schedule planned.

First though, I need to express my thanks to our past President Dan Simmons for his successful stewardship. I hope to be able to

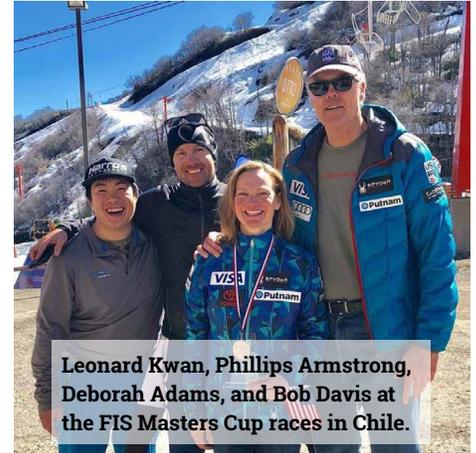
continue the Far West Masters track record of providing excellent ski racing for all ability levels as well as a friendly and welcoming atmosphere for both new and returning racers.

Secondly, on behalf of Far West Masters, I would like to express our thanks to Bill Skinner as he retires from the National Masters Manager position. The hard work and effort he has put in has been key to developing and keeping masters ski racing sustainable. We also wish Lauren Beckos every success as she takes over the role from Bill. (I am sure her pronunciation of names at Awards ceremonies will be better!)

But, back to FW Masters. Our Scheduling Director, Mike Braun, has put together a great program with 22 races. Mike has put a huge amount of effort into juggling dates and getting approval for our program of events, he has even been able to work 2DHs into the schedule! We very much appreciate the support of the areas that continue to host our masters events. The season kicks off on Dec. 1-2 with a GS and SL at Mammoth following the traditional early season masters training camp at Mammoth and we return to Mammoth three weeks later for another GS/SL weekend. January kicks off with a 3-day weekend with 2SL – and the Viva Italia Cup – at Heavenly on Jan 11, followed by the Bernard Cup GS/SL at Squaw Valley on Jan. 12-13. The end of January sees the Mammoth Speed Weekend with 2DH and 3SG where one DH and one SG are also counters in the National Speed Series. We look forward to welcoming racers from other Divisions for the Speed Weekend (as well as any of our other races!) and taking the opportunity for experience on the hill prior to Nationals.

In February, after the FIS/Western Regionals at Aspen, we have 2SG and a GS at Northstar and a GS at Squaw Valley. March starts with 2GS at Mount Rose prior to Far West hosting Nationals at Mammoth. We then close the season out with Finals at Alpine Meadows. We will also be hosting several post-race parties during the season.

In addition to the normal age classes our popular Open Class continues this season. This was introduced in 2015-16 to replace the previous Top 10 shoot out where we saw declining participation. The Open Class enables racers to still run within their age class but compete instead for Open points



Leonard Kwan, Phillips Armstrong, Deborah Adams, and Bob Davis at the FIS Masters Cup races in Chile.

towards the season-long Top 10 (or Top 5 for Women) leader bibs and Overall trophies. It has proven very popular and highly competitive with typically >20% of racers opting to race Open. It has also helped to open up age class podium opportunities, increasing competition and encouraging more racers.

Along with our race program, I would like to highlight the various masters training programs operated at Mammoth, Squaw Valley, Mount Rose, Northstar, Heavenly and Diamond Peak. These provide a great opportunity to develop skills and get race-ready with the help of experienced masters coaches. More details can be found at farwestmasters.org/info/training.

The Far West Masters Scholarship program continues to thrive, thanks to the leadership of Eddie Mozen. Congratulations to this year's Jeff Wattenmaker scholarship recipient, Sarah Sophia Hudson. The program also supports several aspiring junior athletes and stresses academic success along with dedication to the sport.

Our newsletter, the Forerunner, will be out mid-October with more details about goings-on in the Far West. You can find it at farwestmasters.org.

Finally, the success of Far West Masters depends very much on voluntary efforts from our board and officials – they are the people that do all the hard work behind the scenes to make everything happen. We appreciate the time and effort they put into this to deliver a successful season long program.

I wish everyone a successful and safe season of racing and I look forward to seeing many of you at Far West Races, Western Regionals and Nationals.

DIVISION NEWS



INTERMOUNTAIN
Stew Marsh
intermountainmasters.org

Here it is October, 2018. I hope each of you had a great summer and are looking forward to an exciting new season. I hope this season turns out to be better than last with regard to snow. Intermountain division returned the National Cup back home and I am looking forward to defending it in Mammoth this spring.

Again I would like to thank Meri Stratton for all her diligence and hard work in contacting the areas and arranging dates and times for this season events. The tentative schedule is out. You can view the schedule and make plans for the dates and travel. Please check the Intermountain website intermountainmasters.org or skiracereg.com for schedules closer to the race dates for any changes.

Once again this is a reminder to get your membership for the season by going to my.ussa.org. Registration for races remains the same by using skiracereg.com. Be sure to check out jans.com for all your race needs

and the latest in race equipment. This site makes it easier to locate and get product at incredible Master racer discounts while at the same time enhancing their sponsorship with Intermountain Masters.

Intermountain masters would like to welcome back our long time dedicated sponsors. Team orthopedic surgeon and racer, Dr. Phil Davidson; Brent Amsbury, at Park City Ski Boot; Jeff "Ernie" Ernst, of Boot Works, and Sun Valley's Formula Sports for their support of the Sun Valley races.

Finally, this next piece relates to the very essence of what masters ski racing is about and where it may be headed in the near future. All divisions are facing the same reality and we as chairs are continuing to look for answers. From the lyrics written many years ago by Pete Seeger and Joe Hickerson, I took the liberty to paraphrase them to hopefully drive home our concerns.

"Where have all the masters gone, long time passing? Where have all the young ones gone, long time ago? When will they ever return, when will they ever return?"

I have thought about this for a long time, talked with coaches, athletes who have stopped racing after high school or college. Like us they all still retain the passion for

skiing and racing. The competition, the fun, but what has changed and "will they ever return?"

Recently, I spoke with an ex-racer, now 38 and she has a family but her passion is still apparent when I mentioned racing. But, she said "I know nothing about when, where and how to find out about the races." I, replied checkout the U.S. Ski & Snowboard website and I sensed a light went on but she still wanted an invitation. To me that meant, make it personal. Maybe that is what we need to do to entice these athletes back into the fold.

Talking with coaches throughout the region there seems to be little connection with the younger athletes. They do not know who we are or what we stand for, again we need to look to these programs and let them know about masters ski racing and the fact that they can continue along a fun filled path.

Finally, on behalf of all the Intermountain Masters I would like to sincerely thank Bill Skinner for his dedication and years of service as the U.S Ski & Snowboard Masters Manager. We also look forward to welcoming Lauren Beckos in filling the position Bill held.

I wish each of you a great, safe and fun season this year. See you at the start and let the fun begin.

2018 Division Cup Winners - Intermountain Division



DIVISION NEWS



NORTHERN
Jack Ballard
silverrunski.com

Greetings from the Northern Division. As your new division chair, let me first offer a hearty "thank you"

to Fran Noel for his many years of service in this capacity.

My goals for the division for the next few seasons are pretty simple: increase our membership and offer more races and training opportunities in this region. We're making a good start on the race side for the 2018-19 season. We have two "in division" races scheduled at Red Lodge Mountain. The first, a GS, will run at the conclusion of the popular "Dust the Rust Off" training camp on Dec. 9. The other will be held in conjunction with a college/junior race in January and feature two days of GS and a single day of SL. It's also a great opportunity to witness some stellar skiing with athletes from the powerhouse Rocky Mountain College and Montana State University teams running after the masters field.

On the training side "drop-in" training is available at Red Lodge Mountain via a punch-card system that allows athletes to participate by the day. A 5-punch card is \$199. Skiers seeking to train for less than 5 days may be accommodated on a space-available basis. Visit silverrunski.com for more details. Training is also available at Big Sky (bssef.com) on a season-long and punch-card (12 sessions) basis. Division leadership would also like to explore the possibility of bringing short-term training events to ski areas that don't have an established masters training program. If you think you could round up a half-dozen or more skiers for a couple of days of training and have access to gates and hill space via a local club, please contact me and I'll attempt to provide coaching.

Looking beyond the 2018-19 seasons, it would be great to bring masters races to more venues in Northern Division. Part of the challenge is staffing races with officials. If you're interested in becoming certified as a race official, please let me know. Having a cadre of officials from within our masters ranks (you can compete and officiate in our races) would make it possible to host races at venues that have limited local officials and

resources.

I am keenly interested in your ideas and value volunteer efforts to grow masters participation in Northern Division. Feel free to contact me with suggestions: jackballard62@msn.com or 406.696.9841. We will also have emails going to Northern Division racers throughout the season – let me know if you'd like to be included in those. Go fast and have fun!



PNSA
Rob Cravens
pnsamasters.org

Here we go! The PNSA race schedule is complete. Please check it out at PNSA.org or PNSAmasters.org. Races

will be loaded on skiracereg.com as soon as we have the announcements and details from the host clubs.

Reminder to update your U.S. Ski & Snowboard Masters membership. Don't forget to add the FIS membership if you need it this season. Adding the FIS license is much easier to do while updating your masters membership. Login into skiracereg.com and update your credit card info, personal info, etc., and you will be setup for the season.

A few highlights this season: 49 Degrees North will host 3 SG Speed Series races, Stevens Pass will host our first masters dual/parallel event and PNSA masters Finals will return to Mt. Bachelor (this means SG). New this year - PNSA Finals will be worth double season WC points. Many divisional season awards will be determined by this series. Mark your calendars and break out your SG

skis.

New this season, "Leader Bibs and Road Warrior bibs" will be awarded based on PNSA season WC points. The awarding of these bibs will be at the PNSA Finals. You don't want to miss the opportunity to race in one of the coveted bibs for the 2019-20 season!

A tip of the hat to our masters who were ready to race at 49 Degrees North last season. Due to excessive world class powder, the event was delayed and then cancelled. The true spirit of our masters showed when a grass roots effort was made to donate all the entry fees back to 49 Degrees North. Thank you Carolyn Phillips for leading the charge with this donation. I received a very nice email from Darren Stutzke of 49 Degrees North thanking the masters for such a generous gesture. It's wonderful to witness masters supporting Junior race programs. This donation was likely one of the largest this program has received.

In addition to the 49 Degrees North donation, the PNSA Masters also maintained a tradition of providing a travel grant to a male and female PNSA FIS level athlete. The donation is made to PNSEF and the selection of athletes is made by a sub-committee of the Alpine Competition Committee. Congratulations to the 2018-19 recipients Tess Baldwin (CMAC) and Trevor Maxwell (SARS)!

I challenge each of our members to introduce a friend or two to masters training/racing this season. Our membership numbers are stable but aging. Our future is based on new members and increasing our membership. New members bring new friendships and renewed enthusiasm. Be a masters racing ambassador, it is very



Racers lined up at the GS Start at Summer Fun Nationals in Mt. Hood

DIVISION NEWS

rewarding to see the excitement of a new racer.

Lastly, congratulations and many thanks to Bill Skinner (U.S. Ski & Snowboard Masters Leader) on his retirement. Bill has been our masters ski racing "ROCK" for well over 20 years. Lauren Beckos (former Rocky Division Masters Chairman) has assumed the leadership role for U.S. Ski & Snowboard Masters. If you have a chance to thank Bill Skinner and welcome Lauren Beckos please do.

I hope you have the opportunity to attend Masters Nationals at Mammoth Mountain this spring. Good times will be had by all. I'm sure there will be a few salutes to Bill Skinner for a job well done.

Here's hoping your wax drawer is full of expensive sauce! Keep the snow dances coming!



Rocky Mountain
Graham Smith
mmskiracing.org

Well, Mother Nature, in concert with Ullr has blessed us this year with much earlier usable snow. The early season opening of many of our areas has allowed us to prepare for the upcoming race season. In the words of masters Coach Ron Emery, this early snow has allowed us to begin with "DRILLS FOR SKILLS" and soon to be "Ready for Racing!"

Our Rocky Mountain Masters Board has

been actively preparing and coordinating the dates and venues for our 2018-19 race season. Always a challenge to balance schedules with holidays and blackout dates for the applicable ski passes, our team has endeavored to provide the best combination of race dates and hill space to deliver a race schedule that meets all of our racers many requests. And, in my humble opinion, they've done an admirable job! But to quote, "you can please some of the people all of the time and all of the people some of the time, BUT you can't please all of the people all of the time"

On the leadership of the national masters front, we are extremely honored that one of our own, mother to be Lauren Beckos has become the head of our national Alpine Masters program, stepping in for the retiring (but not from racing) the indomitable, irrepressible, indefatigable (try and pronounce that) Bill Skinner. I know I speak for all of the divisions, many kudos and heartfelt thanks for your unwavering and always positive and progressive leadership. SALUTE!!

Rocky Division has 18 days of varied events which include both speed series events at SkiCooper in Jan. 18-20 and the FIS event in Aspen in Feb. 8-12 (note: if you have an IKON pass it is good for Aspen). Speaking of passes, our events at Winter Park, Beaver Creek, Copper, Aspen and Eldora are all covered by either Epic local or the IKON pass. In addition, the events at Loveland and Cooper are covered by the Loveland pass.

We will have reduced racer passes for all our

events, so there's no reason to not race with us this season! Please refer to the flyers and information pages on our RMM website and skiracereg.com for all the specific details. And as always, we openly welcome any racers from all the divisions to come race with us at any of our hosted events.

We encourage all of our members to spread the word to any of your friends and acquaintances that have expressed an interest in our program to visit our website or contact our office for further information. And speaking of support, I would be remiss if I did not extend a sincere thanks to all of our sponsors from 2017-18 for both race and swag support: Thank you to our bib sponsors A Racer's Edge and Fischer. Thank you (in no specific order) FUXI Racing, HWK, Denver Sports Lab, FK-SKS, Upslope Brewing CO, Sport Optics, and Reliable Racing. Thank you to our sponsor-a-race-day contributors Denver Sports Lab, Steve Perrins, John Davis, Lori Hamilton & Jonathan Wolf, Bob and Loretta Huff, Jim Reinig & Michelle Wheat, Booka Law (Booka Smith), The Minnesota Connection (Bob Benson, Charlie Hauser, Lilla Gidlow, Winfried Raabe, Tom Patterson and Jerry Sorensen), A Racer's Edge (Chuck Ginsburg), Aurum Food & Wine (Phillips Armstrong), Peter Monson, Chuck Tower, Bob Benson, Charlie Hauser, Lee Kaufman, Barry Ottley, Jeanette Saylor, The Tengdin Family, and Bill & Lisa Gooch. And finally, any of you masters racers and supporters, feel free to add to this list. We'll tell you how! So racers and friends, LET'S GET READY TO RUMBLE!!

2018 Phillips 66 National Speed Series Belt Buckle Age Class Winners after the final race of the series at Ski Cooper



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NEW ENGLAND: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

NEW YORK: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

PACIFIC NORTHWEST: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

ROCKY MOUNTAIN: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

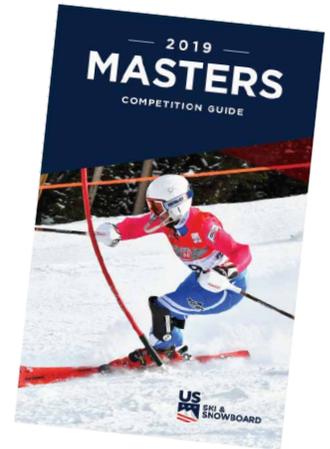
INTERMOUNTAIN: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

MID-ATLANTIC: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

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ALASKA: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

NEW ENGLAND: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

NEW YORK: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

PACIFIC NORTHWEST: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

ROCKY MOUNTAIN: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

INTERMOUNTAIN: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

MID-ATLANTIC: Jan 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27, 28-29, 30-31, 32-33, 34-35, 36-37, 38-39, 40-41, 42-43, 44-45, 46-47, 48-49, 50-51, 52-53, 54-55, 56-57, 58-59, 60-61, 62-63, 64-65, 66-67, 68-69, 70-71, 72-73, 74-75, 76-77, 78-79, 80-81, 82-83, 84-85, 86-87, 88-89, 90-91, 92-93, 94-95, 96-97, 98-99, 100-101, 102-103, 104-105, 106-107, 108-109, 110-111, 112-113, 114-115, 116-117, 118-119, 120-121, 122-123, 124-125, 126-127, 128-129, 130-131, 132-133, 134-135, 136-137, 138-139, 140-141, 142-143, 144-145, 146-147, 148-149, 150-151, 152-153, 154-155, 156-157, 158-159, 160-161, 162-163, 164-165, 166-167, 168-169, 170-171, 172-173, 174-175, 176-177, 178-179, 180-181, 182-183, 184-185, 186-187, 188-189, 190-191, 192-193

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NASTAR NEWS



BILL MADSEN
Director of NASTAR



NASTAR has been providing resorts and clubs with dual racing for 50 years, and now that parallel racing is an Olympic event the excitement is growing! We are developing a dual racing handicap system that will allow NASTAR resorts to offer their guests an opportunity to compete based on their ability. Think of it as drag racing on skis. Each participant will have a handicap that will be used to stagger the starts so that racing to the finish will be exciting and

close regardless of ability. For example, a participant with a 45 handicap would get the green light to start 25% before a racer on the opposite course with a 20 handicap. Then, the race to the finish line in on!

Recreational NASTAR racing has always been a popular amenity at destination resorts and we want to make the racing experience even more exciting. By providing resorts and clubs with the tools to easily manage races, our hope is that more racing can be timed and recorded. The goal is to create an exciting on-mountain experience and engage participants online to encourage more involvement.

The mission of U.S. Ski & Snowboard is to lead, encourage and support athletes in achieving excellence by empowering

national teams, clubs, coaches, parents, officials, volunteers and fans. NASTAR provides resorts and clubs with the tools to empower their staff so that they can encourage athletes, coaches and parents while creating a fan base for the U.S. Ski Team.

I invite you to race NASTAR, compare yourself to the U.S. Ski Team and qualify for the Liberty Mutual Insurance NASTAR National Championships at Squaw Valley, April 3-7. There will be U.S. Ski Team athletes and alumni on hand to set the pace for team races, NASTAR SL and individual races. The Race of Champions is the final event where we will crown the Overall NASTAR National Champion.

Good luck, go fast and have fun!



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The **VISION** of U.S. Ski & Snowboard 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 U. Ski & Snowboard 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 love of nature, the outdoors, mountains, freedom, self-challenge, and accomplishment.

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