



# ALPINE MASTERS Series

www.ussa.org

autumn 2009

**Great major event sites for 2010 makes for a great season!  
It's time to start your season race schedule planning.**

### USSA Skier's Edge Masters Nationals

Sun Valley, Idaho • March 29–April 2  
SC/SG/GS/SL

If there is a favorite Masters Nationals venue, it's Sun Valley. This year will feature the SG and GS held on the popular and Masters-friendly Warm Springs run. A Super Combined will start the week of racing, followed by SG/GS/SL. These three events will count for the combined and Spyder Masters National Team. Super rates on lodging, including lift ticket, can be found on the USSA Masters web site. Field size limited to 300 filled through your division quotas.

### USSA Skier's Edge Masters Downhill Championship

Aspen Buttermilk, Colorado  
February 13–14  
TrDH/DH

In coordination with the Molecule F Speed Series speed weekend, Rocky Mtn. division will host our national downhill championship event. Two SGs and three DHs will be included in the speed championships. Registration will be online through the Rocky Division web site.

### Skier's Edge Regional Championships

Western: Park City, Utah  
February 4–7 • SC/SG/GS/SL

Park City Mountain Resort and the Inter-mountain Masters will be hosting the 2010 Skier's Edge Western Regional Championships Feb. 4-7, 2010. Site of the 2002 Olympic Winter Games, Park City Mountain Resort looks forward to welcoming the Western Regional Championships. Races for 2010 will include SG, SC on Payday and GS and Slalom races on CB's and Picabo's in the Eagle Race Arena. Remember, overall class winners will be named to the Western Region team and receive embroidered Region Team vests.

Eastern: Okemo, Vermont  
March 12–14 • SC/SG/GS/SL

This season's Skier's Edge Eastern Masters Championships will be hosted by one of the more popular sites on the Sise Cup tour, Okemo Mountain. Because of its long,

undulating venues, impeccable grooming, free-flowing course-sets, and solid race organization, Okemo is tops on most Masters' favorite racing sites. Its central location is also a plus in drawing a large, competitive field.

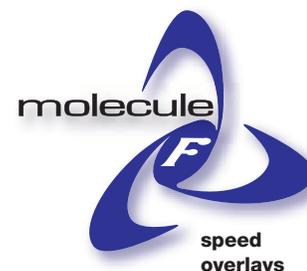
This year's schedule of events will be similar to last year, with SG training on Thursday, the Championship SG race on Friday morning, followed by a one-run SL, which will be combined with the SG to form an SC competition. The SG and SC will count toward the overall Eastern Championships scoring, along with the SL and GS. The slalom race will be held on Saturday (with separate A/B and C/D courses) and the GS will wrap up the program on Sunday.

Awards parties at the nearby Okemo Golf Course clubhouse on Friday and Saturday afternoon will include the usual array of food, video, raffles, and prizes. And in a change from past years, the Eastern Championship races will be included in the year-long scoring for the Sise Cup.



**Nate Schwing, Masters S. American champion 2009, cuts through the fog**

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



## More Masters Racers!

by Steve Slivinski, Masters national chairman



We are more powerful than a 3-gate flush, we are faster than a pair of 216 DH skis, and we can leap up to the winner's podium in a single bound—we are Masters racers. There are no limits to what we as masters racers can aspire to. And, best of all, we challenge ourselves and others in the most spectacular of all outdoor sport settings. What other sports lets you volunteer to stand around for an hour dressed in a thin layer of spandex, on top of a

mountain where its 10 below zero with a 30 knot wind trying to blow you off? We are the most fortunate, if not hardy, sports competitors in the world. As your national chairman, my main objective is to ensure our opportunity to participate in Masters racing continues for the foreseeable future. To obtain this objective, we need to continue to energetically recruit new members. I need not remind everyone that these are challenging economic times. Each division has its own unique membership environment and opportunities, and therefore has to approach the drive for new competitors a little differently, but we're all in this quest together.

Next time you see someone pulled over by the ski patrol for speeding, sign him or her up. If there's a NASTAR participant laden

with gold and platinum pins, tell them where the next Masters race is. If a beer leaguer starts bragging about how fast they are, buy him or her another beer and invite them to the next Masters race. In other words it's up to each one of us to guarantee the continued success of Masters racing.

This coming year should be an exciting one for Masters racing. The Eastern and Western Regionals are at Okemo, Vt. and Park City, Ut., respectively. The Nationals are at a little place in central Idaho close to where I call home, named Sun Valley. Because there is no DH venue at Sun Valley we are using the annual speed series at Aspen for the National DH championships. I plan to attend everyone of those championship races, and hope to see a whole lot of you eager, fun-loving Masters racers there, too.

A little word about the United States Ski and Snowboard Association, USSA, during this Olympic year. Your membership in USSA not only gives our Masters races validity and stature, but goes a long way in supporting our Olympic hopefuls. This year's Olympics are right next door, in Vancouver, Canada, so it's more important than ever to support our Olympic skiers. By being part of USSA and bringing new Masters racers into USSA, we go a long way in supporting our young athletes' quest for gold. So go out there this winter with enthusiasm and energy. Keep your ski tips pointed downhill, and while you're at it, sign up a couple of new racers, so we can continue to enjoy this sport we love.



## Masters: State of the "Union"

by Bill Skinner

I can't emphasize enough how grateful I am—and all Masters should be—to those members from each of our divisions who step up to organize all the fun we have on the hill and race courses. Please thank your division volunteers and help them, as it is a tough job to keep the trains running on time.

Our major sponsors are back supporting us. Skier's Edge has stepped up once again as our primary title sponsor for the Nationals and Regionals, Molecule F is behind the expanded 2010 Speed Series and Rossignol printed and distributed our Masters schedule poster.

### Member News

- Our Nationals will be split this year between Sun Valley (all tech events plus a Super combined) and Aspen Buttermilk, who will host our Downhill championship.
- We have sent our 2010 Masters schedule poster to all our members. A priority is to increase or at least maintain Master member-

ship levels. Please help new racers you see on the hill, and help them in inspection. Share the enjoyment of racing. Encourage racers who purchase temporary memberships to join us full-time.

- You can print your membership card online by going to [www.ussa.org](http://www.ussa.org). Click "membership tools" and "member look up." Enter your name and click you number—and *voila*, you will see and can print your card.
- The USSA Masters website is updated. Go to [www.ussa.org](http://www.ussa.org), click "news," then "masters." Our 2010 Master comp. guide is on line with rules and event info, national, regional and international. You can connect onto all division web sites through the "division web links" under "Masters news."
- New this year, USSA Coaches may race in Masters races with their coaches card if 39 years of age or under. Participants between the ages of 18–24 holding a student or competition membership may also race in Masters events, except for Regional and National Champions. To race in championship events, all racers must hold a Masters membership and be at least 21 years of age.
- A change for the coming season: temporary Masters memberships for entry-level racers will be available for one race weekend only.

# 2010 Alpine Masters Schedules (Subject to change)

## Alaska Alpine Masters

Jan. 16 . . . . . Alyeska . . . . . GS  
 Jan. 23 . . . . . Alyeska . . . . . GS  
 Feb. 7 . . . . . Alyeska . . . . . SL  
 Feb. 20-21 . . . . . Alyeska . . . . . SL/GS  
 Mar. 6 . . . . . Alyeska . . . . . GS  
 Mar. 20 . . . . . Alyeska . . . . . SL  
 Info: Gary Randall 907.242.2927

## Central Alpine Masters

Dec. 12-13 . . . . . Wild Mtn. . . . . 2SL/2GS  
 Jan. 9-10 . . . . . Mt. LaCrosse . . . . . 2SL/2GS  
*Central Masters Championships*  
 Jan. 22-24 . . . . . Marquette . . . . . 2SG/2GS/2SL  
 Jan. 30-31 . . . . . Welch Village . . . . . 4SL  
 Feb. 13-14 . . . . . Chestnut Mtn. . . . . GS  
 Mar. 13-14 . . . . . Spirit Mtn. . . . . 2GS/2SL  
 Info: Steve Lindemer 651.635.9181  
 www.midwestmasters.org

## Michigan Masters

Dec. 6 . . . . . Nub's Nob . . . . . GS  
 Jan. 8 . . . . . Nub's Nob . . . . . GS  
*Central Masters Championships*  
 Jan. 22-24 . . . . . Marquette . . . . . 2SG/2GS/2SL  
 Feb. 5 . . . . . Nub's Nob . . . . . GS  
 Feb. 19 . . . . . Nub's Nob . . . . . SG  
 Mar. 5 . . . . . Nub's Nob . . . . . GS  
 Mar. 21 . . . . . Nub's Nob . . . . . SG  
 Info: Scott Stillings 231.526.6629

## New England Masters/Sise Cup

Dec. 12-13 . . . . . Killington . . . . . GS/SL  
 Jan. 2-3 . . . . . Ragged Mtn. . . . . SL/GS  
 Jan. 9 . . . . . Crotsched Mtn. . . . . SL  
 Jan. 10 . . . . . Gunstock . . . . . SL  
 Jan. 15 . . . . . Stratton . . . . . SG  
 Jan. 16-17 . . . . . Middlebury . . . . . SL/GS  
 Jan. 23 . . . . . Stratton . . . . . GS  
 Jan. 24 . . . . . Bromley . . . . . SL  
 Jan. 29-30 . . . . . Cranmore . . . . . GS/SL  
 Jan. 31 . . . . . Attitash . . . . . GS  
 Feb. 5-7 . . . . . Sugarbush . . . . . DH/2SG/SC  
 Feb. 20 . . . . . Cannon Mtn. . . . . SL  
 Feb. 21 . . . . . Loon Mtn. . . . . GS  
 Feb. 27 . . . . . Ascutney . . . . . GS  
 Feb. 28 . . . . . Suicide Six . . . . . SL  
*Eastern Championships*  
 Mar. 12-14 . . . . . Okemo . . . . . SC/SG/GS/SL  
*Sise Cup Finals*  
 Mar. 19-21 . . . . . Burke Mtn. . . . . SG/GS/SL  
 Info: Jim McKeon 802.558.8557  
 www.nemasters.org

## New York Masters

Jan. 3 . . . . . Bristol . . . . . GS/GS  
 Jan. 10 . . . . . Swain . . . . . GS/SL  
 Jan. 17 . . . . . Brantling . . . . . SL/SL  
 Jan. 23 . . . . . Holiday Valley . . . . . SL/SL  
 Jan. 24 . . . . . Holimont . . . . . GS/GS  
 Jan. 30 . . . . . Greek Peak . . . . . GS/GS  
 Jan. 31 . . . . . Toggenberg . . . . . SL/SL  
 Feb. 6 . . . . . Hunt Hollow . . . . . GS/GS  
 Feb. 12 . . . . . Bristol . . . . . SG/GS

Feb. 13 . . . . . Labrador . . . . . GS/SL  
 Feb. 21 . . . . . Song Mtn . . . . . GS/GS  
 Feb. 27 . . . . . Swain . . . . . GS/SL  
*Eastern Regionals*  
 Mar. 12-14 . . . . . Okemo, VT . . . . . SG/GS/SL  
 Info: Jack Eisenschmid 585.288.4554  
 www.nymasters.org

## Southern Masters (SARA)

Dec. 26-27 . . . . . Sugar Mtn . . . . . SL/GS  
 Dec. 28-29 . . . . . Bryce . . . . . GS/SL  
 Jan. 9 . . . . . Bryce . . . . . SL  
 Jan. 9-10 . . . . . Snowshoe . . . . . GS/SL  
 Jan. 10 . . . . . Massanutten . . . . . GS  
 Jan. 23-24 . . . . . Wintergreen . . . . . GS/SL  
 Jan. 30 . . . . . Beech Mtn. . . . . SL  
 Jan. 31 . . . . . Sugar Mtn. . . . . GS  
 Feb. 7 . . . . . Massanutten . . . . . GS  
 Feb. 15 . . . . . Wintergreen . . . . . GS  
*SARA Championship*  
 Feb. 20-21 . . . . . Snowshoe . . . . . GS/SL  
 Info Contact: Horst Locher 540.856.2121  
 www.skisara.org

## Far West Masters

Dec. 5-6 . . . . . Mammoth . . . . . GS/GS  
 Dec. 19-20 . . . . . Squaw Valley . . . . . SL/SL  
 Jan. 9-10 . . . . . Heavenly . . . . . SL  
 Jan. 23-24 . . . . . Sierra at Tahoe . . . . . GS/GS  
 Feb. 20-21 . . . . . Squaw Valley . . . . . GS/GS  
 Mar. 5-7 . . . . . Mammoth . . . . . 3SG/SC  
 Mar. 18-21 . . . . . Northstar . . . . . DH/GS/GS  
 Mar. 27-28 . . . . . Mt. Rose . . . . . SL/SL  
 Apr. 13-18 . . . . . Mammoth . . . . . DH/SG/GS/SL  
 Info contact: Marietta Frinell  
 760.934.6972  
 www.farwestmasters.org

## Intermountain Masters/ JANS Cup

Dec. 19-20 . . . . . Snowbasin . . . . . SL/SL  
 Jan 15-17 . . . . . Sun Valley . . . . . SG/GS/SL  
 Jan. 30-31 . . . . . Snow King . . . . . GS/GS  
 Feb. 4-7 . . . . . Park City . . . . . SC/SG/GS/SL  
 Feb. 19-21 . . . . . Big Sky . . . . . SGtr/2SG/1SG  
 Feb 27-28 . . . . . Park City . . . . . SL/GS  
 Mar. 5-7 . . . . . Wolf Mtn. . . . . GS/SL/GS  
 Mar 12-14 . . . . . Snowbasin . . . . . SG/GS/GS  
 (finals)  
 Mar. 20-21 . . . . . Pebble Creek . . . . . SL/SL  
 Apr. 8-11 . . . . . Mt. Bachelor  
 . . . . . SGtr/2SG/GS/SL  
 Info: Amy Lanzel 801-808-3089  
 www.intermountainmasters.org

## Northern Masters

Jan. 15-17 . . . . . Sun Valley . . . . . SG/GS/SL  
 Jan. 23-24 . . . . . Snowbowl . . . . . SL/SL  
 Jan. 30-31 . . . . . 49 Degrees N . . . . . 2SG/SG  
 Jan.30-31 . . . . . Snow King . . . . . GS/GS  
 Feb. 19-21 . . . . . Big Sky . . . . . SGtr/2SG/1SG  
 Feb. 25-28 . . . . . Schweitzer  
 . . . . . trSG/2SG/GS/SL  
 Info:Rick Murphy 406.471.1573  
 www.northernmasters.org

## Pacific Northwest Masters

Jan. 2-3 . . . . . Snoqualmie . . . . . trGS/GS  
 Jan. 9-10 . . . . . Crystal Mt. . . . . GS/GS  
 Jan.29-31 . . . . . 49 Degrees N. . . . . trSG/3SG  
 Feb. 13-14 . . . . . Alpentel . . . . . 2SL/SL  
 Feb. 19-21 . . . . . Big Sky . . . . . SGtr/2SG/1SG  
 Feb. 25-28 . . . . . Schweitzer  
 . . . . . trSG/2SG/GS/SL  
 Mar. 6-7 . . . . . Mt. Hood Med. . . . . SL/GS  
 Mar. 12-15 . . . . . Stevens Pass  
 . . . . . trSL/SL/GS/SG  
 Mar. 20-21 . . . . . Lookout Pass . . . . . GS/SL  
 Apr. 8-11 . . . . . Mt. Bachelor  
 . . . . . trSG/2SG/GS/SL  
 Info: Ann Ozuna 509.9932283  
 www.pnsamasters.org

## Rocky Mountain Masters

Dec. 5 . . . . . Copper . . . . . GS  
 Dec. 12-13 . . . . . Loveland . . . . . 2GS  
 Jan. 9-10 . . . . . Winter Park . . . . . GS/SL  
 Jan. 22-24 . . . . . Keystone . . . . . 2DH/2SG  
 Jan. 30-31 . . . . . Beaver Creek . . . . . GS/SL  
 Feb. 13-15 . . . . . Aspen . . . . . 2SG/3DH  
 Feb. 20-22 . . . . . Vail . . . . . SL/GS/2SG  
 Mar. 13-14 . . . . . Loveland . . . . . 2SL  
 Mar. 20-21 . . . . . Ski Cooper . . . . . 3DH  
 Info Contact: Rocky Mt. Masters  
 303.285.9222  
 www.rmmskiracing.org

## NATIONAL CHAMPIONSHIP EVENTS

### Skier's Edge Masters National Championship

Mar. 29-Apr. 2 Sun Valley, ID SC/SG/GS/SL  
 Bill Skinner 435.647.2633

### Skier's Edge National Downhill Championships

Feb. 14-15 . . . . . Aspen, CO . . . . . trDH-DH  
 Bill Skinner 435.647.2633

### Skier's Edge Western Region Championships

Feb. 5-8 . . . . . Park City, UT .SG/SC/GS/SL  
 Park City RD 435.647.5428

### Skier's Edge Eastern Region Championships

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

### Rooley Summer Fun Nationals

July 24-25 . . . . . Mt Hood,OR . . . . . GS/SL  
 Meri Stratton 541.387.3674

### Molecule F National Speed Series

Feb. 5 . . . . . Park City, UT . . . . . SG  
 Feb. 6-7 . . . . . Sugarbush, VT . . . . . DH/SG  
 Feb. 13-15 . . . . . Aspen, CO . . . . . SG/DH/DH  
 Feb. 19-20 . . . . . Big Sky, MT . . . . . SG/SG  
 Feb. 26 . . . . . Schweitzer, ID . . . . . SG/SG  
 Mar. 5-6 . . . . . Mammoth, CA . . . . . SG/SG  
 Mar. 12 . . . . . Okemo, VT . . . . . SG  
 Mar. 20-21 . . . . . Ski Cooper, CO . . . . . DH/DH  
 Mar. 31 . . . . . Sun Valley, ID .SG (Finals)  
 Info: Bill Tabar 801.856.1722

# National Downhill and Speed Series

The Skier's Edge National DH championships will be held in conjunction with Rocky Mtn. Masters Speed events Feb. 13-15 at Aspen Buttermilk, Racer's Edge Run. Registration will be done on the Rocky web site [www.rmmskiracing.com](http://www.rmmskiracing.com). Two Downhills and one Super G will count for the Molecule F Speed series.

Feb. 13 Sat. 2 Super G  
Feb. 14 Sun. trDH/DH  
Feb. 15 Mon. Nat'l Champ. DH/DH

Lodging info: Rooms will go fast, as it's Presidents' Day weekend! Aspen Inn has a limited number of rooms at 30% off.

<https://ussamasters.bookaspensnow.mass.com>  
tele. 877.292.8747

The 2010 Masters National Speed Series to be held in six divisions, with sixteen events. Season long awards will be presented to overall fastest lady, younger man (59 and under) older man (60+) with custom belt buckles going to the top three season long age class winners. This series will give those Masters with a taste for speed the opportunity to crown the Masters National Speed Champions.

## Molecule F National Speed Series

Feb. 5	Park City, UT	(Regionals)	SG
Feb. 6-7	Okemo, VT	(Eastern)	SG/DH
Feb. 13-15	Aspen, CO	(Nat'l Downhill)	SG/DH/DH
Feb. 19-20	Big Sky, MT	(Northern)	SG/SG
Feb. 26	Schweitzer, ID	(PNSA)	SG/SG
Mar. 5-6	Mammoth, CA	(Far West)	SG/SG
Mar. 12	Okemo, VT	(Regionals)	SG
Mar. 20-21	Ski Cooper, CO	(Rocky)	DH/DH
Mar. 31	Sun Valley, ID	(Nationals)	SG

Registration for all events, except Regionals and Nationals, will be done through host division including the Aspen DH title event.

# 2009/10 FIS Masters Cup by Anne Nordhoy • [anordhoy@aol.com](mailto:anordhoy@aol.com)



The season has already started! In September there were four races in Chile: The Brazilian Championships were held in **Valle Nevado** and the Chilean, in **La Parva**. The SG in Valle Nevado and the SL in La Parva

were FIS Masters Cup races.

This year, we had unbelievably good conditions, lots of snow and perfect temperature. We even had brilliant sunshine on the two super G days! There were over 100 participants from 11 nations. Think about it for next year!

To make it easier to find the location of ski areas in Europe, I have included the web sites to the areas and/or clubs holding the races. Also, always check out the official FIS Masters web site: [www.fisski.com](http://www.fisski.com) to make sure there are no cancellations or other changes. The calendar web site lists the race organizer and/or the local tourist office.

The first ever WORLD WINTER MASTERS GAMES will be held in **Bled, Slovenia** from January 25-31, 2010. Since 1985, there have been Summer Games. The last one was in October, 2009 in Sidney, Australia, with over 20,000 participants. Check out their web site for events and qualifications:

[www.2010mastersgames.com](http://www.2010mastersgames.com). This race is not part of the FIS Masters Cup Series.

December 12/13: We start in **Kaprun,**

**Austria** ([www.kaprun.at](http://www.kaprun.at)) with two SGs. Kaprun is located about a 1½ hour drive South of Salzburg and 2 hours east of Innsbruck

December 19/20: Next is **Kaunertal** ([www.kaunertaler-gletscher.at](http://www.kaunertaler-gletscher.at)), also in Austria. It is a couple of hours by car from Innsbruck, up the road from Landeck. Slalom on Saturday and a one-run GS on Sunday.

January 9/10: The French are having their race in **Crest Voland** ([www.crestvoland-cohennoz.com](http://www.crestvoland-cohennoz.com)), about 70 km from Geneva, near Megeve.

January 15/16/17: **Gerlitz/Kaernten, Austria** ([www.gerlitz.com](http://www.gerlitz.com)). Three days of racing, including a Super G. Gerlitz is in the South of Austria, not far from Villach.

January 23/24: **Bischofswiesen, Germany** (south of Salzburg). The GS on Saturday is at 6pm. The first race on Sunday (9am) is a Slalom and at 12 noon is The Bavarian Open, a one-run GS. ([www.bischofswiesen.de](http://www.bischofswiesen.de))

January 30/31: **Kalpalinna, Finland**. Two days of Slalom. These races are not part of the FIS Masters Cup. ([www.kalpalinna.com](http://www.kalpalinna.com))

February 5-7: **Piancavallo, Italy**. Another Super G, in addition to the GS and Slalom. Piancavallo is about one hour's drive north of Venice. Last year the Criterium was held there. ([www.piancavallo.it](http://www.piancavallo.it))

February 26-28: **Vallnord, Andorra** ([www.fae.ad](http://www.fae.ad)). In 2011, the Criterium will be in Andorra. Andorra is a small country in the Pyrenees Mountains, between France and Spain.

March 5/6/7: **Megeve, France**. This race is organized by the Kandahar Ski Club of Great Britain ([www.kandahar.org.uk](http://www.kandahar.org.uk)). Megeve is a charming old town and the races are usually well run. More Super G. ([www.csportmegeve.com](http://www.csportmegeve.com))

March 12-14: **Pec Pod Snezkou, Czech Republic** ([www.pecpodsnzkou.cz](http://www.pecpodsnzkou.cz)). About 160 km NE of Prague. Another three days of racing, Super G, Slalom and GS.

March 20/21: **Veysonnaz, Switzerland** ([www.veysonnaz.ch](http://www.veysonnaz.ch)). The last week end of racing before the Criterium. Veysonnaz is near Scion.

March 22-26: **Meiringen/Hasliberg, Switzerland**. ([www.meiringen-hasliberg.ch](http://www.meiringen-hasliberg.ch)) The Criterium is the world championship for masters, with Super G, Slalom and GS. The GS on March 26 is the final FIS Masters Cup race.

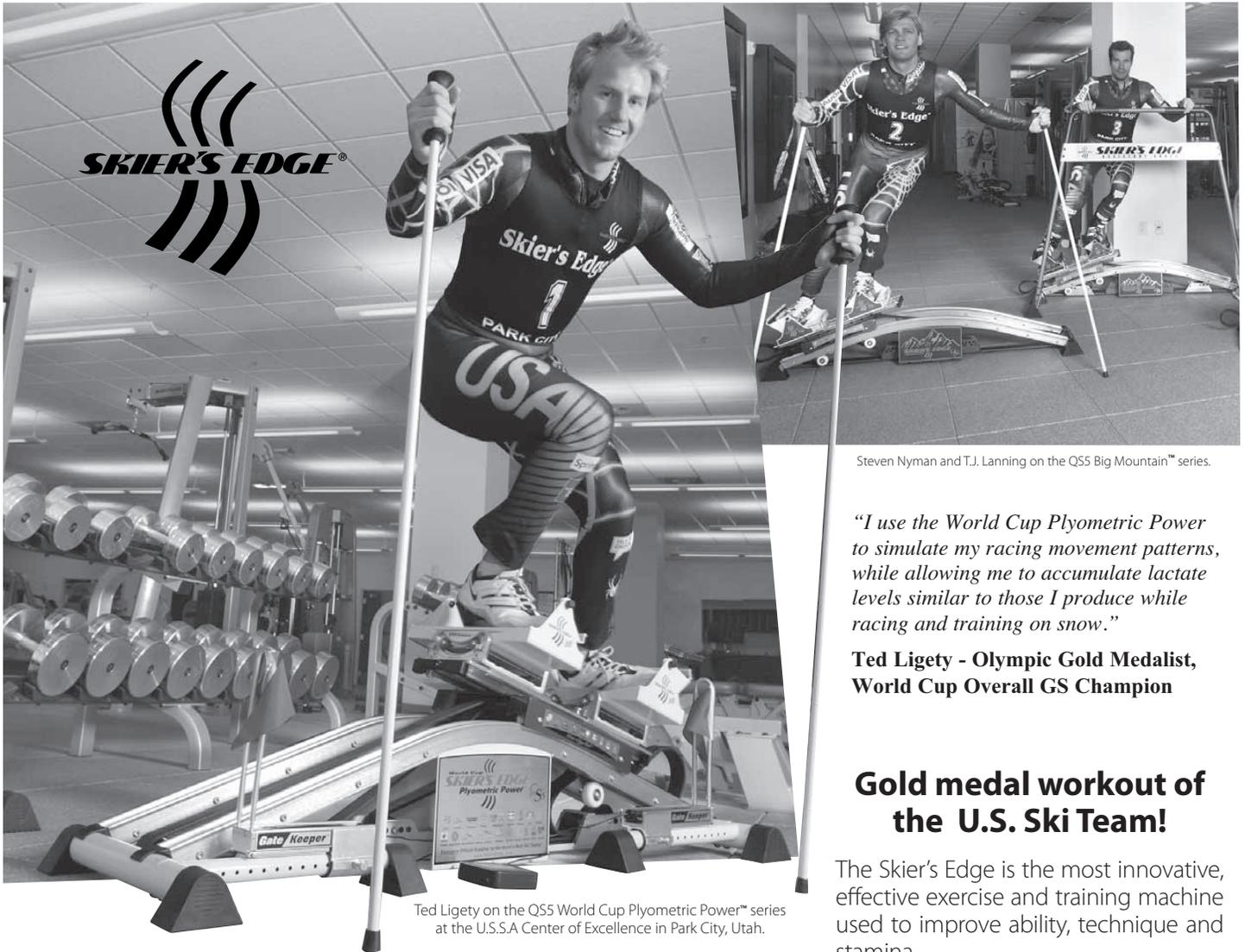
In order to participate in FIS races you must be 30 years or older, belong to the USSA and have a valid FIS license. You can get the FIS license by contacting Bill Skinner ([bskinner@ussa.org](mailto:bskinner@ussa.org)). Bill is also the only one who can enter you in a race; so, before you go, let Bill know which races you are going to.

There are 31 FIS Masters Cup races. In order to qualify for the Cup you must participate in 7 races and your best 9 results count (new this year).

Points: 25 for 1st, 20 for 2nd, 15 for 3rd, 12 for 4th, 11 for 5th down to 1 for 15th place. Maximum points are 225 (25x9).

Race results and Cup standings will be posted on the FIS Masters web site.

# Not only for recreational skiers, ...also for the world's best!



Steven Nyman and T.J. Lanning on the QSS Big Mountain™ series.

*“I use the World Cup Plyometric Power to simulate my racing movement patterns, while allowing me to accumulate lactate levels similar to those I produce while racing and training on snow.”*

**Ted Ligety - Olympic Gold Medalist,  
World Cup Overall GS Champion**

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to the U.S. Ski Team**

*“The Skier's Edge is a great way to stay and get into shape for the ski season. The World Cup Plyometric Power prepares me for the endurance needed on the World Cup Tour.”*

**Steven Nyman - Olympian, World Winner,  
2-time National Champion, World Junior  
Champion**

*“The Plyometric Power replicates the eccentric loading that takes place in every turn I make. It's difficult to find a training tool that allows for this type of workload.”*

**T.J. Lanning - National DH Champion,  
2007 Worlds, 2007 & 2009 World Cup  
Downhill**



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# Bridging the Generation Gap!

by Mark Wolcott • Photos by Brian Robb

Over the past few summers, I have organized a trip for our ski team to train on the Palmer Glacier at Mt Hood. I have conveniently scheduled our training camp to end at the start of the Summer Fun Nationals held each year in late July. While the Summer Fun Nationals is technically a Masters race, the event also includes a junior class, so any licensed USSA competitor can race, from juniors through all the Masters age categories. During the race, I am amazed at the level of competition, as in recent years, this event has attracted everyone from young juniors to former and current Division I college racers. This summer's Super Seed (top ten) included racers from age 17 to their mid 50s, so the age diversity was quite remarkable.

I have been coaching ski racing for over twenty years and the Summer Fun Nationals gives me the opportunity to race along side some of my junior racers. As ski coaches, we're often viewed as former racers whose primary function is to set courses and critique our racers. However, I still love to ski and run gates on a regular basis. Masters racing has given me the opportunity to pursue my passion for ski racing whenever time allows. Over the past fifteen years we have seen many changes in alpine ski racing technique with the introduction of shaped skis. As a result, I believe that Masters and junior racers can learn a lot from each other. Let's not forget that ski racing technique is constantly evolving and many racers will naturally emulate a combination of old and new ski racing styles.

The Summer Fun Nationals brings together two, three, and even four generations of ski racers. It's really quite amazing to watch a modern JII athlete race along side a Class VI athlete, with two different techniques, and finish with a similar time. For example, a younger racer may ski in a wider athletic stance and execute a more direct line to the gate, with lots of recoveries in between. Meanwhile, the Class VI racer may ski a more conservative higher line, maybe a narrower stance, with a similar result. That's where years of developing sound fundamentals can really help both athletes. Sure the Masters racer may have a narrower stance, but if he or she skis the

correct line and pressures the outside ski throughout the turn, they're going to have a fast run. On the other hand, if the JII athlete is in balance and can start the turn in a solid stance, they're going to be fast too.

When I am coaching junior racers, it's usually not the hot new race technique that's creating a breakthrough in their skiing, but focusing on solid fundamental skiing. For example, many young ski racers can be very fast in sections of a slalom or GS course, but find themselves hitting the



brakes, falling or missing a gate. As a coach, I often hear; "Gee coach, I really had it going that run, but I missed another gate on that steep icy section." In those cases it can be as simple as teaching them to ski with a good pole plant (actually a pole touch) in order to develop more timing and rhythm in their skiing. The best way to teach a young athlete to ski with a pole plant is to spend time free skiing in all types of terrain. Have you ever tried to ski a steep mogul run without a pole plant? Watch a top Masters racer and they usually have a good pole plant! On the other hand, some Masters racers may complain, "I felt great on that run, but my time was really slow. I am just getting too old for this stuff." Often it may be a matter of helping the Masters racer improve their stance on their skis. A little wider and more athletic stance enables the racer to pressure their skis earlier and handle higher speeds. So remember, if you're free skiing in a stance that is too narrow, then you're probably going to race in one, too. One way to help Masters racers improve their stance is to make sure their ski boots are properly aligned. As race coaches, we're

constantly watching our athletes' stance in the boots to make sure their ski boots are properly canted. Ski boot alignment today is critical for making fast, clean turns on modern race skis. Unfortunately, many Masters racers don't have a coach watching them all the time like the juniors. So make sure your ski boots fit, have them checked for cant, and don't forget to work on your stance while free skiing.

Another area where junior and Masters can learn from each other is physical conditioning. Ski racers must be in great physical shape if they want to ski at a high level and prevent injury. During the Summer Fun Nationals, I overheard a number of Masters talk about their off-snow interests like mountain biking, triathlons, tennis, windsurfing, waterskiing, rock climbing, etc. These Masters set a great example and demonstrate that ski racing can be a lifetime passion and not just a grind to see who can climb the highest on the USSA ladder before their junior career is over. Meanwhile, Masters can watch junior racers get incredible angles with their hip only an inch or two off the snow as they pass the gate. This kind of skiing requires lots of core strength and flexibility. Still, many junior and Masters racers focus so much on the equipment aspect of our sport and not enough taking care of the engine (body) that's driving those skis down the mountain. Natural athletic ability and fast skis can only go so far, so don't forget to hit the gym this fall!

During the Summer Fun Nationals, I enjoyed inspecting the race courses and talking tactics with my son, Michael, who is now a JI competitor. After the first run of the GS, I was a bit frustrated with my time and Michael suggested that I needed to get a little more angulation at the gate. I have been coaching Michael since he was three, and now *he's* giving *me* advice! It was good advice, as I skied better on my second run. The Summer Fun Nationals is a great way to get back in the race course and share our passion for ski racing with the next generation.

*Mark Wolcott is a Masters racer and coach for the Hunt Hollow Race Team in upstate New York.*

## Less Is More

### Ski Tuning by Mike de Santis

**A  
must-read  
and save for  
Masters!**

Remember when things like Cera F and WetJet came on the scene? Those were the days when we World Cup technicians used to say, "If a little is good, then more is better." We live, we learn. Those days are over, and the days of "less is more" are upon us. Things like over-filing, over-hot waxing, over-brushing, and over-fluorinating are some of the things that immediately come to mind. Traditions can be hard things to leave behind. But let's be realistic, if you mire yourself in tradition you'll automatically close the door on leaving room for newer, and in fact, better. Take this time to put on your "common sense caps" and see if you can't teach that old dog some new tricks. The truth is that as I have moved through my career I realize that, given the opportunity to change the things I used to do for my USST athletes, and plug in the things I now know, would have surely resulted in a few more podiums and medals...Darn that hindsight!

Let's get one thing straight. There exist literally fewer than a handful of shops across this country you can trust and have a rapport with while you're in pursuit of "race room" quality work. When you find yourself a shop technician who's into his job, understands proper stone grinding rules and ceramic disc machinery, one can get themselves a preparation that no free-hand can match. It's a fact that most, if not all, factory race rooms utilize this technology here and abroad. Those who embrace it realize that there is no better way to achieve high levels of consistency, virtually eliminating the tune as a variable.

So, this article is not about how to create the ultimate ski prep; it's about being handed a ski that has had a "preparation installation" and how to identify it and maintain it.

Let's start with edge angle verification. Whether you're giving the skis a race prep or you've found a trustworthy shop, this is what you need to look for: The base edge bevel, perhaps the most important variable of all must live at a true .5-1.0 degree for optimal performance and ease of turning on ALL skis. This is verified by the 60mm rule. Take a hard look at the .5 degree SVST Final Cut tool and the thickness of the shim that angles the file. It's exactly .5mm thick. The distance from the file shim to the cutting sight on the tool is 60mm. This means that the height of the true bar utilizing this formula may not lift

off the base more than .5mm, which equates to .5 degree of bevel! In order to analyze your race prep, use a "hairline" true bar with a mark residing 60mm from one end of the bar, and orient it over the base edge with the ski held up into the light with no light behind you. Tilt the bar to close off the gap of light that resides between the base edge and the bar. The height of the bar off the base at its opposite end must not be any higher than .5mm off the base to equal .5 degree of base bevel. Try and get your eye really acquainted by looking at a mm ruler, to see just how thick .5mm is. Based on this line of sight, when you analyze your own skis, chances are they probably have what amounts to a bit more than a "true" .5-1.0 degree of bevel.

The side edge angle is what allows a ski to be tipped on edge and keep it from chattering. 1 or 2 degree angles are simply insufficient if your goal is to allow your body to properly inclinate, rotate and remain confident at the same time. Most people perceive that it's the skis that move out from underneath the body, but it's actually the body that moves to the inside. It's all about trust. A 3 degree side edge angle is optimal in that it's not difficult to maintain, and it keeps the ski from chattering at all angles of attack. The way to properly identify it is to take a 3 degree file guide and hold the ski up on your shoulder into the light, using the same hand to hold the guide flush with the side edge. Use the other hand to take your true bar and hold it onto the side edge and the guide. There should be no light under the bar, indicating that the angle on the guide matches the angle on your edge.

The base-grind and finish is what truly makes a ski fast. A properly stone-ground finish utilizing modern techniques is ready to race right away. Hard to believe? If you have a good technician, then he should know how to use his stone grinder to accelerate the wear of the structure. What this technique does—except much better—is mimic the wear that occurs through repeated waxing and brushing cycles that people have done for the last 50 years. Trust me, if your skis could talk after they've been sufficiently beaten with hot metal and steel brushes, they'd be begging for mercy.

Moving forward in regards to ski preparation and tuning means realizing that just because something has been done

a certain way for decades does not necessarily make it correct or valid today. Equipment has changed radically, and these changes have a definitive impact on how it should be prepared for optimal, consistent performance.

Now that you have had a race prep installation, and have identified that your base bevel truly resides between .5-1.0 degrees, your side edge is a proper 3 degrees, and your base grind is smooth and slick, you can now take the "less is more" approach to maintaining it.

Here's all you really need:

- A properly-calibrated true bar with a mark 60mm from one end.
- A good Valorbe chrome file, 13 teeth per cm.
- One 4" Strawberry or Panzer file
- 3 degree side edge file guide and clamp
- One med. and 1 fine diamond stone
- Bronze/horsehair brush
- Horsehair brush
- WaxWhizard from Ray's Way
- A good base prep wax and an all-temp Hydrocarbon wax
- A good iron with temp readout

After many years of testing various methods of base wax impregnation, the following sequence optimizes wax penetration while protecting the base from overt heat stress.

Remember that a proper base finish is as smooth as the base will ever get. The moment you hit the snow, the abrasive action starts. Soft waxes offer the best protection from abrasion, as they offer better penetration and consistent extrusive delivery to the base surface than hard waxes. Follow this simple process when you bring your fresh preps home:

- Iron temp at 120 Celsius, drip 2 rivulets of base wax up and down the length of the ski.
- Make 2 steady passes from tip to tail, which is enough to fully melt the wax before it begins to disperse.
- Let skis cool 20 minutes.
- Bring ski back to the bench and repeat the same process
- Let skis cool
- Repeat. As wax layers build up you can begin to make 3-4 steady passes.

*Continued on page 15*

# MODERN GIANT

TED  
LIGETY



It can be said that giant slalom is the Holy Grail of skiing. If you can master giant slalom technique, you can conquer anything on skis. Giant slalom is the foundation from which skills are built in all the disciplines. So how does a Masters racer take their GS skiing to the next level? Let's focus back on the fundamentals, with a hint of what the latest thinking is at the elite levels.

In the latest series of instructional DVDs, USSA Sport Education unveiled a simple five-point analysis of slalom skiing using the technical areas of stance and balance, carving and transitions, and upper body position; and the tactical areas of rhythm and timing relative to the fall-line and tactics. This framework is useful to evaluate giant slalom skiing, and for the purpose of this discussion we'll combine upper body with stance and balance. Our demonstrators, Ted Ligety and Aksel Svindal, provide the visual stimulation—now let's dive into how they make it happen. (Photos courtesy of Ron LeMaster from his new book "Ultimate Skiing," [www.ronlemaster.com](http://www.ronlemaster.com))

We build stance from the ground up. What is happening at your feet is the most important aspect. As the slalom article in last fall's publication pointed out, the right boots are key to be able to perform the proper movements. Too many Masters are in boots that are too stiff. Forward ankle flexion is the foundation for a solid athletic stance, so you need to be able to flex your boots—even when it's cold! Stiff boots lead to stiff skiing, no matter how hard you try to stay forward.

Take a look at the montage featuring Aksel Svindal, paying attention to his stance and balance. This photo was taken on a steep, turny section of the Beaver Creek World Cup. His stance is hip-width, shins are parallel, hips up over feet, and hands are in front of his body throughout. His ankle flexion is evident in his aggressively forward shin angle (a great thing to check when watching your own video is the angle created between the ski forebody and your shin; it needs to be less than 90 degrees). How do you do it?

Let's start to look at carving. The key to speed and the "elusive challenge," as US Ski Team coach Chip White puts it, is to get good edge pressure over the outside ski at the top part of the turn. The goal is to carve into the fall-line. Ligety demonstrates this move well. Look at his transition through frames 2 through 8. In frame 2, he is pushing off of

his downhill ski to align his hips over his uphill leg, putting his weight onto his new (uphill) ski while it is still underneath him and still on the uphill edge. This early move to the new ski is important. He moves forward over the new ski while rolling it onto its turning edge with knee and ankle rotation into the new turn. You can think of creating this move forward by imagining the down stroke of backwards pedaling on a bike. Pushing the foot back with ankle flexion pushes the hips forward and the inside leg up helps direct the weight to the outside ski. With a platform created over the turning edge through ankle and knee angulation, you move your center of mass forward and into the turn. In this photo sequence (frames 7 and 8), Ligety does a little steering at the top of the turn due to the steepness and sharpness of the turn, but by extending forward over the new platform (frame 6) he gets in position for perfect balance to carve cleanly by frame 9 through the finish of the turn. Generally, the goal is clean carving turns, but if adjustments need to be made, steering can be used at the top of the turn. Steering adjustments at the bottom of the turn are speed killers.

There is a lot of emphasis at the top levels on proper rhythm and timing relative to the fall-line and its relationship with tactics. To cleanly carve the initiation of the turn, you must choose a line that allows consistent pressure through the turn. This means that at the point you cross the fall-line above the gate, your skis should still be pointed outside the turn; they should not be pointed straight down the fall-line yet. The result of carving into the fall-line too soon results in a double turn and heavy edge pressure at the bottom of the turn, making it more difficult

By Jon Nolting



Photo montages  
by Ron LeMaster



# SLALOM SKIING

to stay forward through the next transition. Note that in these montages, particularly with Svindal, the skis are pointed down the fall-line along a line drawn straight up from the gate, but this is due to the steering required. Their trajectory is still moving to the outside of the turn to get them into a good position to pressure cleanly once the steering is done. On a more moderate pitch, you would see the skis directed more away from the gate, giving them room to keep the carve going

Applying forward edge pressure early in the turn with line in the right place allows for smooth pressure through the turn and less pressure at the end of the turn. This eases the forces acting on the skier at turn completion, allowing an easier and more forward move to the new ski. To get the feel for proper timing of early pressure, move to the new outside ski early, roll the knees and ankles to get the ski on edge, and when you feel the platform from the outside ski established underneath you, extend aggressively forward and into the turn. Master the timing outside of gates, then transfer these feelings into the course.

These concepts carry over into slalom and the speed events as well. Clean carving skiing is the goal, and proper balance remains the key fundamental skill to attain it. Through the movement patterns above, Masters racers can unlock this key to speed. Check out the new Center of Excellence TV site at [www.ussa.org](http://www.ussa.org) (click the link at the bottom of the web page) for great video demonstrations of the latest techniques in all events.

*Jon Nolting is the USSA's Alpine Sport Education Manager, Winter Park Competition Center director 2000–2009, and the 2002 Masters Nationals Super G class champion.*

AKSEL  
LUND  
SVINDAL



## Division News



### New England Masters

Nadine Price, chair  
www.nemasters.org

Although some of you may still be thinking about summer activities, here in northern New England, we are well into our almost-winter season (also known as autumn in warmer climes!). The mountain tops are frosty, some areas are open and more are slated to open soon. And while you were busy lounging on the beach or whacking that silly little ball around, the Board of Directors was diligently searching for a new executive director and making plans for the coming season. As those of you on our email list know, our search was very successful and over the summer we welcomed Jim McKeon of Rutland, VT, to the New England Masters family as our new executive director. We put Mac right to work and it's shaping up to be a great season with some exciting new events, a couple of venues we haven't visited for a while and lots of parties.

We will be kicking off the pre-season at the Boston Ski Show with a booth sponsored by USSA. The show runs November 19th through the 22nd. This is a great opportunity for us to increase our visibility and to recruit. It is also great fun! We collected contact information for about fifty potential new racers last year and converted that into more than a dozen starts. This season we are setting our sights a little higher and hope to sign up a couple of full-timers. If you are planning to go, make sure you stop by and see us.

Regarding our first races, we have, after great effort and negotiation, confirmed our season opening event for the Sise Cup. We will be at Killington for GS and SL Saturday December 12th and Sunday the 13th. We will be combining forces with ASRA for this weekend to have an exciting kick-off. In addition to the Saturday and Sunday races, ASRA will be running a GS on Friday, which will be open to all, so you will have a chance for a warm up race before the first official Sise Cup event. And, for those really looking to start the season with a bang, there will be a training camp preceding the races to be run by our own Jimmy Mac. For information about the camp, contact Mac at [director@nemasters.org](mailto:director@nemasters.org)

This season will see the inaugural New England Masters Speed Week at Sugarbush Resort. We have joined forces with

former Olympian and downhill extraordinaire Doug Lewis and Rich Hutchinson's New England Speed Cup series to produce what promises to be a spectacular event. It will include a DH, two SGs and a Super Combined. The Downhill is Doug's own Legends Downhill. This has been a marquee event at Sugarbush for some time and this year, for the first time, it will be part of our series. The DH will be held on Friday with a training run first so that those who cannot get there on Thursday will be able to participate. The race will be followed by a party, where significant cash prizes will be awarded to the day's fastest competitors. There will be two Super G's on Saturday (also followed by a party!) and the Super Combined will be on Sunday; Super G first, followed by SL. The races will be preceded by a three-day speed camp run by Doug Lewis. The camp will be limited and we expect it to fill up quickly, so if you are interested, sign up early. More details will soon be available on the Sugarbush website. As soon as they are, we will have a link on our website and include it in our next e-newsletter.

One more thing about the Speed Week... The DH and the first SG will be part of the Molecule F Speed Series. These races, along with the Super G at Regionals, will give easterners three chances prior to Nationals to score points, meaning easterners will have the opportunity to be competitive in this series that has traditionally been dominated by westerners, due to the fact that most of the races have been in the west! So make sure to take advantage.

And speaking of Regionals... This year, they will be at Okemo, with four events, Super G, Super Combined, GS and SL, and did I mention, Parties! Our Eastern Coordinator, Bill McCollom, has been working assiduously with Peter Cornish and the folks at the mountain as well as with USSA to craft a very special event. Okemo has always been known for its terrific race venues and it's been a perennial favorite for Masters. It will be a real treat to spend the weekend there for Regionals. More details will be available on our website soon, including some lodging options.

This season, the Mount Washington Valley weekend will be graciously brought to you by Rockport Mortgage Corporation. Rockport Mortgage Corporation, located in Gloucester, Massachusetts, is one of the top ten firms in the country

specializing in HUD/FHA insured commercial project loans. Rockport's sponsorship will give the weekend a new look, as the Gibson Cup will be held at Mount Cranmore on Friday and Saturday and followed on Saturday by a party. We will then be returning to Attitash, after many years' absence, for a GS on Sunday.

One addition to our schedule that we have been hoping for and talking about for a few years has finally transpired. This season, in addition to the venerable Janeway Cup, Stratton will be hosting a Super G. Last season, we instituted the overall discipline awards with men's and women's overall SL and GS titles. This season, with the addition of the Sugarbush Speed Week and the Stratton SG, we will also recognize men's and women's overall speed titles.

The Sise Cup Finals will be a banner event. We will be returning to Burke Mountain for the first time in quite a few years. Burke is playing host to NorAm and Eastern Cup finals the weekends before and after our finals, so with this kind of fast company, you know it will be a special occasion! Sunday's fun SL will be a dual—with a whole new angle on the word dual—and we expect a few hangovers as we are planning a real season-end banquet on Saturday night! Stay tuned for more details! This promises to be a great time.

As always, we want to thank our sponsors, those who have loyally supported us for years and those who are new to our organization, who we hope will stay with us for years to come. Please visit their websites and if you are in the market for any of their services or products, think of them first! Without them our series wouldn't be what it is!

Rockport Mortgage Corporation  
([www.rockportmortgage.com](http://www.rockportmortgage.com))  
Artech ([www.artechski.com](http://www.artechski.com))  
Swix ([www.swixsport.com](http://www.swixsport.com))  
Denby ([www.denbyusa.com](http://www.denbyusa.com))  
SkiChair.com ([www.skichair.com](http://www.skichair.com))  
Booster Strap ([www.skimetrix.com](http://www.skimetrix.com))

Just a couple of reminders: First, if you haven't already done so, send in your New England Masters Skiing race fee. The fee for the 2009–2010 season is \$25.00 if paid by November 1, 2009, thereafter \$35.00. New members are \$25.00. Please send it to Jim McKeon, Phillip Terrace, Rutland, VT. Or contact Mac at [director@nemasters.org](mailto:director@nemasters.org). And secondly, There have been a few

# Division News

changes to the schedule since it was put on the poster and the USSA website so before you make any plans, please make sure to check the New England Masters website for the latest information. We will be sending out future e-newsletters with up-to-date information on a regular basis through out the season, but it is always a good idea to check the website.

The schedule for this season is varied and offers many opportunities for exciting single-weekend participation, and also makes it easy to get in the nine scoring races for the overall season-long competition. With the addition of two paper combined races, Ascutney/Suicide Six and Middlebury/Middlebury, three weekends is all it takes to be a season-long contender. Hopefully, we will see you at every race, but if you can't make them all, there's plenty of incentive to cherry pick a great weekend or a few! See you at the races!

On a final, sad note, we lost a dear member of the Masters family a couple of weeks ago when Heinz Paul Wieser passed away. Heinz Paul was an ardent competitor and a humble champion. He will be dearly missed. Our thoughts and sympathies are with his wife Anna and the rest of his family.

## Rocky Mountain Division

Jennifer L. Kaufman, Vice President and Division Chair  
www.rmmskiracing.org

The early-October opening of Loveland and Arapahoe Basin officially launched the 2009/2010 ski season in Colorado! The board of Rocky Mountain Masters worked hard over the summer preparing for another fun-filled year of racing. We are pleased to report that economic conditions have not dampened our enthusiasm or innovative spirit and we would like to mention some of the new initiatives that we are rolling out in Rocky Mountain.

In an effort to increase participation from "younger masters," we are establishing a new fee structure for any USSA licensed racer aged 18-24. Every race or training run will be \$5. We are marketing this fee structure to our local collegiate teams, to help college skiers and other young racers experience Masters racing first hand.

Rocky Mountain Masters is also

pleased to welcome former TeamSki members who are impacted by the discontinuance of that program this year. We believe you will find Masters a fun and rewarding experience, so please give it a try!

Under the guidance of our market-



ing director, Anne Hagggar, RMM is sporting a brand-new logo this year, and a whole new line of RMM branded apparel and accessories. We are also streamlining our website as part of our marketing image update.

We surveyed our membership over the summer, and are pleased to report that the efforts undertaken by the board to enhance the overall race experience are being well received. Our mission continues to focus on providing a world-class race day experience for our members. We have adjusted our schedule to try to provide more time off between race weekends this year, allowing time for training and free skiing. And of course, our social director Hans Wolf has a full slate of post-race parties planned to ensure the fun does not end when the race is over! The long-time vision of President Jim Roberts to give away a free pair of skis at every post-race party was realized last year and we are continuing that tradition again this season.

We'll also continue with our ever popular Sponsor-A-Race Day program. This program allows racers to "buy" a race and comes with naming rights as well as special recognition at post-race parties. This program is an important fund raiser and provides another portal for membership engagement. All of our 2009/2010 races have been purchased and this year's sponsors are already working hard to distinguish their races by involving more members and contributing swag for party raffles.

In our second year of officially "going green," we have eliminated nearly all paper-based communication with our

membership, relying instead on our electronic newsletter (SnowNews) and our weekly blast messages to keep our membership informed of events. Many thanks to our office manager Debi Davis, as well as our IT experts Jim Montgomery and Doug Briggs for keeping us on-line.

Our annual Fall Party was held on October 24th, marking the official beginning of the RMD Masters season. The party proved to be a big success again this year, with over 120 people in attendance. We celebrated last year's results and prepared to greet the upcoming season. RMM is extremely fortunate to have a very strong group of sponsors. We welcome the return of our Title Sponsor AltaColorado, as well as Swissam/LRC, Tecnica/Blizzard, Skier's Edge, FuxiRacing USA, SKS and others. We could not operate without the combined efforts of our sponsors and our board.

We are finalizing our schedule, which again features events in all four alpine disciplines. Our season kicks off this year in early December with a GS at Copper Mountain followed by a GS/SL weekend at Loveland. Our complete race schedule is posted on our website [www.rmmskiracing.org](http://www.rmmskiracing.org) with links to the on-line registration system. Please be sure to check the website regularly for any changes to posted schedules or events. As always, we welcome Masters from other divisions any time!

We look forward to seeing you on the slopes!



## Alaska in the Masters Mix

Gary Randall, chair

We have an exciting schedule this year, with a couple of night races and two or three races scheduled with the JIII & JIV.

Alyeska Resort has made a number of improvements to the area, with a new start shake at the slalom start. The area did some clearing on the mid and upper mountain which will make for some great GS races.

Alyeska Masters are excited about the Nationals at Sun Valley and we hope to bring a contingent of 10 to 15 competitors to compete for the Nation's Cup.

Well, that's about all from Alaska we will ski you soon!

# Division News



**PNSA**

By Ann Ozuna  
www.PNSAmasters.org

Snow is falling in the Pacific Northwest, we've kicked off the season with the PNSEF Snow Ball fundraiser, and Masters racers are tuning skis and fitting boots in anticipation of an epic season. Richard Zimmerman has passed the title of PNSA Masters Chair to Ann Ozuna. Thanks, Zim, for all your work these past few years. I have talented boots to fill. As you can see from the picture, I am ready to take the plunge.

Masters opened their hearts and wallets at the Summer Fun Nationals in July to sponsor training expenses for Michael Bansmer, son of Masters racer Michael Bansmer. The younger Michael gave us all a slalom lesson in a forerun. PNSA racers Tim Hill and Willie Scroggins led the challenges to raise funds from competitors from all across the country.

The upcoming PNSA Masters 2009-2010 season officially starts in early January at Snoqualmie Summit and Crystal Mountain with two weekends of GS races. SG racers can warm up for Western Regionals at Park City with three SGs and a training day at 49 Degrees North in January, and then travel to Big Sky, Montana and Schweitzer Mountain, Idaho in February to continue to go fast in the Molecule F Speed Series races. Gate-bashing fanatics have three slalom races at Alpental in mid-February to play on the short skis.

Several PNSA racers have secured a place to be working and witnessing great racing at the Olympics in Whistler, BC, Pat Murphy and Jim Doudna from Schweitzer among them. The rest of us will have a chance to see some world-class slalom racing up close at Mission Ridge prior to the Olympics. Mission Ridge at Wenatchee, WA, was chosen over other NW resorts to

host a training site for our men's US Olympic team. 2006 Gold Medalist Ted Ligety and newly-announced returning team member Bode Miller will be at Mission Ridge this February training before competing at the 2010 Vancouver Olympic Games. Other probable members of the 2010 United States Men's Olympic Slalom Team include Jimmy Cochran and Tim Jitloff, according to the US Ski Association. The training, taking place February 21-25, 2010, will prepare the athletes for the slalom race at Whistler, B.C. on February 27.

Masters racers will be able to race both SL and GS on the same weekend in Oregon, Washington and Idaho in March. The Skiyente Ski Club starts the month off with a SL and GS at Mt Hood, while the Penguins make a weekend into four days with SL training, SL, GS and then an SG the middle weekend of March. Lookout Pass, on the Idaho-Montana border, hosts its first official PNSA race on March 20 and 21, and invites all to stop by on the way to Nationals at Sun Valley.

2009-2010 Season Champions will be announced at Mt Bachelor, Oregon, April 8-11. Two SGs and a training day precede the weekend GS and SL, to bring the year to a close. See all the details at [www.pnsamasters.org](http://www.pnsamasters.org) and join us on the hill for fun and friendly competition. New racers are especially welcome!

**Ski Season Starts Early in the Far West!**

By Ingrid Braun  
[www.FarWestMasters.org](http://www.FarWestMasters.org)

Thanks to a very early snowfall in the eastern Sierra, Far West Masters happily claimed the earliest opening ever at Mammoth Mountain on October 16, 2009. Mammoth Mountain enjoyed over two feet of snow at the base of the hill and as much as five feet at the top, earning bragging rights to be the first resort to open for

the 2009/2010 season. Snowmaking begins before Halloween, keeping the skiing going until Mother Nature does her job with the natural stuff.

To continue with the pattern of being first, Far West Masters will host the first Masters race in the nation on the weekend of December 5 and 6, kicking off the season with two Giant Slalom races at Mammoth Mountain, vying for the Dave McCoy GS title. December 19 and 20, we move up to Squaw Valley for a weekend of Slalom racing. After the holidays, we return to the Tahoe region for two Slaloms at Heavenly Valley, competing for the Viva Italia trophy on January 8. Returning to a newly-found favorite racing area, the competition will heat up at Sierra at Tahoe for two GS races on January 9 and 10. After we return victorious from Regionals in Park City, Far West Masters will revisit Squaw Valley for the Bernard Cup, two GS races, on February 20 and 21.

Now for some speed! Come on out to Mammoth Mountain March 5-7 for three (yes, three!) Super Gs and one Super Combined. Two of the SGs are part of the National Speed Series. Two weeks later, on March 18 and 19, we will be tearing up Northstar with a Downhill and two GS races. March 27 and 28 brings us to Mount Rose for one each of Slalom and GS. Rounding out the season, we return to where we started at Mammoth Mountain. For our season finale, we will race one of each: Downhill, SuperG, GS and Slalom. Just for fun, we will run a dual GS with our scholarship athletes on our last day, with many of the adults hung over and broke from the banquet and spectacular auction the night before.

That brings us to our main purposes beyond ski racing. Far West Masters sponsors junior racers every year, providing scholarships to deserving athletes. To fund this effort, we raise money mostly through raffling and auctioning off quality



The Western Regional Team at the 2009 Skier's Edge Western Regional Championships

# Division News

products donated by sponsors and our own members. If you come to a Far West Masters post-race event, you can buy raffle tickets and have the opportunity to win items from generous companies such as Rossignol, Dynastar, Uvex, Swix and more. At our Season Finale banquet, we auction off more good stuff, including US Ski Team items donated by successful graduates of our scholarship program. We are proud of all of our athletes; we sponsor them out of our love for the sport of ski racing and our desire to keep it strong.

If you live in the Far West region, or want to travel to some great racing, please come out and join us. Check our website, [www.farwestmasters.org](http://www.farwestmasters.org), for schedule updates, race results and other news.

## 2009 New York State Snow Masters Series

By Jack Eisenschmid, chair  
[www.nymasters.org](http://www.nymasters.org)

Welcome to the 2010 season!

Now that fall is finally here, it will not be long before we can get on the skis and do what we all like to do best—race! This will be the 38th season for the NY Masters, and we will once again have a great race schedule. This year we have added a couple more races back onto our schedule and have increased from 20 races and 10 ski days in 2009, to 24 races and 12 ski days this year! We were a little concerned about the status of Swain, but were happy to say we will be back in 2010. They always put on a great race! We've also added Brantling and Song back to the schedule this year.

This year, we will not start the season until after New Year's and the season opener will be at Bristol Mtn. on January 3rd with two GS races on Comet. This should be a good test to see who trained last summer. The Bristol race crew always does a great job, on one of our favorite GS hills. After Bristol, we will be at Swain for a day of GS & SL on January 10th.

We follow the first of two Swain races with a two-slam race at Brantling, after taking last year off. We then head to Holiday Valley and Holimont for our first of three combined weekend races for the season. January 23rd will be a two-race SL at Holiday Valley, followed by a two-race GS at Holimont, on the 24th. Both race crews do a fantastic job. We close out January with another combined weekend. We will be at Greek Peak on January 30th for the Joan Skiff memorial GS, followed by a two-race

SL at Toggenburg.

We begin February with a return trip to Hunt Hollow for two GS races on the 6th. We finish our second of two races at Bristol Mountain on the 12th for one of our favorite races, two SGs on Comet! We then head back to the Syracuse area for a GS/SL race at Labrador on February 13th, and then a return trip to Song for a two-race GS. We finish the year and close out our NY Masters schedule at Swain for a GS/SL race.

This year, the 2010 Eastern Regionals will return to Vermont March 12–14 at Okemo Mountain. The Masters finish the 2010 season with the Nationals, taking place at Sun Valley, Idaho, March 28th–April 1st.

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

Check out our website, [www.nymasters.org](http://www.nymasters.org), for the 2010 schedule, contacts and registration information. Also please visit links to our many sponsors that help make our series great. See you all at the start!

## Central Division's National Championships at Sunday River, 2009

Steve "Stevy" Lindemer, chair  
[www.midwestmasters.org](http://www.midwestmasters.org)

Here in Minnesota, we were treated to an early snow on October 10. Unfortunately it did not last, nor did the subsequent weather cooperate for snowmaking. As of October 27, we are still waiting for the cold so snowmaking can begin. Fortunately, none of this has dampened the spirits of our Central Division racers, who are still celebrating bringing home the Cup from Masters Nationals.

The Cup win was icing on the cake of a great year for the Central Division, both in terms of races and participation.

The coming 2009–2010 season will be no exception. We have a full schedule, with 12 Slalom and 12 Giant Slalom races to be run over 12 separate days. On top of that, we have our Central Masters Championship January 22–24 at Marquette Mountain, Michigan. This is our qualifier for Nationals, and is always well attended by our friends from Canada and the Chicago area.

We have also added two new venues to our schedule this year, Cascade Mountain in Portage Wisconsin, and Chestnut Mountain in Galena, Illinois. Both of these areas

are great race venues, and will give us more opportunity to compete with our friends from the Chicago area.

There are some changes to the schedule as listed on the USSA website, so if you are planning on attending any of our races, please check the updated schedule at [www.MidwestMasters.org](http://www.MidwestMasters.org). (note all events are subject to change, check the website for the latest race info.)

We hope everyone has a great season and we will see you in Sun Valley.

## Southern Alpine Racing Association

Horst Locher, chair  
<http://www.skisara.org>

During this summer, we had several Masters racers who checked their racing courage by taking a zip line tour at Bryce Resort in Virginia. The latest news is that Liberty University in Lynchburg, Virginia, opened a skiing center on Labor Day weekend that offers year-round skiing on plastic mats.

In fall, the first ski area that to host the Masters will be Sugar Mountain. The area usually opens before Thanksgiving, and is drawing the early birds of Masters racers. No wonder they can do it—the highest mountain of the east is Mount Mitchell (6,684 feet), which is not far away. Actually, the Masters racers coming from Charlotte and Atlanta are in good hands at Sugar Mountain, because they get tutored by former world junior ski champions and ski team members Krista and Kim Schmidinger. Kim is married to Gunther Jochl, and with Eric Schmidinger also based at Sugar Mountain, it is a southern ski racing power house.

We southern and mid-Atlantic racers are getting ready for our smaller racing hills throughout Virginia, West Virginia and North Carolina and some Masters are looking forward to be at the Nationals next year.



## Northern Division Masters

Rick Murphy, chair  
[www.northernmasters.org](http://www.northernmasters.org)

It's started.

This is our year. This year all the parts come together. Past disappointments are forgotten. New goals are made. This year, the early season training will pay off. Turns will be early and crisp. The line we see and the line we ski will be one. All arcs, all the time.

I can't wait.

# Division News



## Intermountain Division

Amy Lanzel, chair  
www.ussa-  
imd.org/masters

Intermountain Masters is gearing up for one of the most exciting ski seasons ever! Plans are well underway as we get ready to host two of the biggest Masters events this year—The Nationals at Sun Valley in the end of March, and Western Regionals at Park City in February. We are aggressively working to put on world-class events as we first welcome our western neighbors and then the nation to our neck of the woods.

New this year to Intermountain Masters will be an aggressive effort to recruit new members and increase funding to our organization. We will be hosting the first annual “Ski with a Masters legend” program. The program will offer a day of skiing, lift ticket and lunch with your own personal Masters ski guide. Who better knows the mountains of the intermountain west than the group who free skis them the most! If you know anyone who is heading out west to ski, contact us for the perfect set up. More information coming out soon to your division leaders.

We are ready and eager for new season to begin. So let it snow, let it snow!



## Michigan Masters

Scott Stillings

This nine-race series is primarily for GS and Super G skiers. Michigan Masters features six races at Nub’s Nob, including a portion of The Marker/Volkl Speed Series and the Central Championships held annually at Marquette Mountain. Including The Central Championships, Marker/Volkl Speed Series and The Dorie Sarns Open, there are five day and four night races.

The Michigan Masters schedule is bracketed by two great traditional Nub’s Nob events. December 6, The Dorie Sarns Open GS kicks off the Michigan racing season and the high-speed Marker/Volkl Super G, March 21, annually hosts Canadian and US national competitors on one of Michigan’s toughest slopes, Scarface.

The middle of the season highlights four night races held on “The Midwest’s Best Snow.” As part of the Marker/Volkl Speed Series, there are three GS races and one Super G held between January 8 and March 5. Racers of every era certainly appreciate the great job done by the Nub’s Nob race and snow crew. Officials, course setters and coaches from the local USSA club, Nub’s Nob Racing, assist in administration of some very fun Friday night com-

petition.

After each night race, enjoy the award party, with great food from local sponsors. Nub’s Nob is a very generous host area, and prizes are provided by Marker/Volkl, Bahnhof Sport and The Winter Sport Schools. Friday night speed events, great snow “under the lights,” a nice group of competitors and your weekend is still ahead!

The Central Championships, January 22–24, are administered by Midwest Masters and feature multiple events on the fabled Rocket Run at Marquette Mountain. Make reservations early to enjoy a weekend of racing in this legendary winter city on Lake Superior. Marquette Mt. is one of the top venues in The Great Lakes, and they do a fantastic job with all levels of USSA competition.

For a complete listing of Michigan Masters USSA races, please click on [www.ussa.org](http://www.ussa.org), look under events, go to “Masters,” and click away. You may also access the schedule through Nub’s Nob Racing, a USSA club, at [www.nubsnob.com](http://www.nubsnob.com). Under “Sports Schools,” simply click on “Training & Racing Schedule.”

Have a fast, fun, safe and snow-filled season

# Official’s Report

by Chris Hoss Reprinted from the Rocky Mountain Masters newsletter

In years past, I used this forum as a recap to the rules of ski racing that specifically impact Masters, discuss rules changes, etc. This year I am taking a different approach. We all receive the Masters Comp. Guide and I ask that you become familiar with it. I would like to discuss why we do what we do as officials and how those actions impact the conduct of a race.

The first item I would like to discuss is Inspection. Why is there a window of time allowed for inspection to occur and the methods of proper inspection? Masters racers enjoy very generous time limits compared to other levels of ski racing. There is a need to close inspection in a timely manner, to allow course workers to complete their course preparation, to

allow gate judges and other race officials to safely get into position and to allow Timing to complete their pre-race duties. Quite honestly, we do not think about how long the line is in the lodge for lunch when determining inspection times.

We all understand, I hope, why inspection should be done in a slow, controlled side-slip or modified snow plow. The safety of the racers, officials and course workers all are under consideration here. Inspection cannot and will not be a replacement for training. With the exception of some Super G events, there should be no free skiing within a race arena. I am happy to say that this aspect of our race program has shown the most improvement over the past three years. Thank you for that attention. On occasion, racers may

be asked to do a vertical slip as their first inspection run. Normally this will be required when Mother Nature has blessed us with a stash of powder the night before race day. As on-hill area budgets become more stressed, we may be asked to assist in course preparation and maintenance. Participation by all racers only will enhance our race experience.

I know this is a small issue, but the need to know one’s time—though important to the individual—in the grand scheme of things, is not of great concern to the operation of a race. We need to understand that times posted on a scoreboard are unofficial and the lack of a posted time does not suggest the lack of a proper time.

*Continued at right*

## Less Is More continued from page 6

• This process is most important for speed skis, where waxing can have an impact on making them fast.

As you can see, there's no scraping or brushing, just constant layering, exposing the ski to short periods of heat. The layering allows for consistent protection from the hot iron, and each cycle allows the wax to slowly fill the pores in the base. Perform this process several times a day until the season starts. When it's time to go skiing, thoroughly scrape and brush. No need to apply any other wax for the first day. More and more people are realizing that good base prep wax is also very fast in many conditions. Base waxes, in my opinion, are the only waxes that should be used with an iron. Race day and training day waxes should be "pressure waxed" utilizing the Ray's Way tool religiously every day before skiing. This miracle tool utilizes the principle of "line contact pressure" and "friction" to literally force the wax down into the pores. After 9 years of testing this product, I have found there's nothing that indicates that daily ironing is better. Remember, keep an open mind. Just because the processes I have described are very simple, does not mean they are not extremely effective, as there is much beauty in simplicity.

### Edge Maintenance

Every day after training, edges must be checked for damage and sharpness. Some days will require filing; other days may just need stoning. When filing:

- Place strawberry file on file guide with an even reveal that covers just the height of the side edge and sidewall cheek above.
- Roll the guide up past its intended angle and draw down the length of the ski. This is called "back cutting" and removes the

upper layer of sidewall cheek and edge, exposing the lower part of the edge for proper filing.

- Use the med. diamond stone to prepare the edge for filing after back cutting, running it along the side edge and carefully matching the base edge, as well.
- File edge until proper sharpness has been reached. If sidewall gets in the way, make another back-cut pass.
- When finished, take the fine diamond stone and polish the side edge bringing it to a nice hone. After, bring the stone to the base edge to remove the "hanging burr" created from the side edge work and then make a couple of very light passes on the side again.
- Check for any hanging burr by running your fingernail from the base over the base edge, and then lightly run your finger tips down the edge points making sure the edge is smooth AND sharp!
- Brush the ski out and wax accordingly.
- All done!

Here are some other critical tips in the pursuit of total variable reduction:

- All skis from SL to DH should have identical edge prep. The only differences are that speed skis need more detuning. This prevents the athlete from having to adapt to a different tune each time they switch skis. The only variable is the discipline of the ski. I can't stress the importance of this enough!
- Always work with edge damage, as seeking to remove damage completely will result in shortened life and possible deformation. I've won many World Cups on less-than-perfect skis.
- Never base bevel speed skis more! They already have less side cut, making them more difficult to turn. Raise that edge off

the snow more, and going straight will be the only thing the skis are good for. Many people just don't want to believe this is the case. Just take a minute and put that "common sense cap" on, it'll sink in eventually.

- Instead of some fancy wax job on technical skis, stick with a nice all-temp hydro-carbon wax. You can't miss! In technical events, you're lucky if the wax accounts for .5% of your success!
- I have never found, throughout my career, that mixing different brands of wax is a bad thing. I've had skis win in Vail with Toko, and that same pair win in Lake Louise on Swix, so that blows that theory out of the water.
- Skis do not need excessive waxing to actually be fast and win races. I've taken a fresh DH ski, waxed it once then sent it out for a training run. My athlete won the run, so that's another theory blow out of the water.

So moving toward modern ski prep and maintenance is a step you just can't afford to pass up. It allows you to spend more time on the hill and less time on the bench, toiling for no reason other than someone said "its always been done this way." Take a chance on being unconventional, allowing common sense to be your guide, instead of tradition. As I mentioned earlier, I know for a fact that if I had the machinery and the common sense approach to ski prep I've developed since retiring from the World Cup, my athletes' success would have surely been greater...Sorry, girls.

*Mike de Santis owns and operates SkiMD located in Framingham, Ma. Feel free to visit [www.skimd.com](http://www.skimd.com) for a more detailed look at proper ski prep. Or contact [mike@skimd.com](mailto:mike@skimd.com) with any questions.*

## Official's Report continued from page 14

USSA ski races require a primary and secondary electronic time and most areas provide a primary and backup hand time. Pounding on a timing shack door or hounding a scoreboard recorder will not speed the process in any fashion and in many instances interject a level of stress neither needed nor necessary.

The final item requires a small soap box. As a Master racer, individually, we are the face to the public of the entire body of racers nationwide. The majority of course

workers and officials are unpaid volunteers. We are on the hill to support our kids, to give a little back to a sport or perhaps for a free lift ticket. Take the time to thank them for their work. If you know folks that work at the area, comment how much you appreciate their support of our sport. Remember that regardless of where you are—lift line, free skiing, or in the bar grabbing a beer—you are the face of the entire organization. Any foul language or improper conduct reflects not only on you

but on the entire organization of Masters racers. Soap box is now put away. I look forward to seeing everyone at the Masters National Downhill Championships at Aspen.

*Chris Hoss has been a race official for 15 years, a technical delegate for 8 years, and a TD for more than 50 Masters events in the past four years, including National Championships.*

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2010 Skier's Edge  
Regional Championships  
Western: Park City, Utah, Feb. 4-7, 2010  
Super Combined/SG/GS/SL  
Eastern: Okemo, Vermont, Mar. 12-14  
Super Combined/SG/GS/SL

2010 Skier's Edge National Championship  
Sun Valley, Idaho, Mar. 29-April 2  
Super Combined/SG/GS/SL

2010 Skier's Edge Downhill Championship  
Aspen Buttermilk, Colorado Feb. 20-21  
trDH/DH

The **VISION** of the USSA Alpine Masters is to provide adult skiers with a lifelong opportunity to enjoy the challenges and rewards of alpine ski racing.

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



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Intermountain's Craig Norton