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We miss you, Vickie.

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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2012 Major Events
If you ever have a good year, 2012 would be the time to have it.
Skier's Edge Masters Nationals
Park City Mtn Resort, UT, Mar. 19-23
SC/SG/GS/SL

USSA Western Championships
Vail, CO, Feb. 2-4
SC/SG/GS/SL

USSA Eastern Championships
Killington, VT, Feb. 10-12
SC/SG/GS/SL

USSA National Downhill
Ski Cooper, CO, Mar. 10-11
3DH

Skier's Edge FIS Masters World Criterium
Mammoth Mtn, CA, Mar. 26-31
SG/GS/GS/SL

ALPINE MASTERS SERIES



News and Information
of the Alpine Masters

autumn 2011
www.ussa.org

USSA Masters 2012

238 sanctioned races on homologated venues in 18 states, with Nationals at Park City and World Championships at Mammoth. It doesn't get any better than this year!

Skier's Edge FIS Masters World Championships

Mammoth Mountain, CA, Mar. 26-30
SG/GS/GS/SL

Once every six years, the world of Masters racing comes to America. This time around, Mammoth Mtn. has the honor of hosting the 2012 World Championship the last week of March. The last time this event was held in the U.S., 200 Europeans attended. This is our chance to take on the best adult racers in the world on a venue we have raced many times. Let's show the world the depth of American adult ski racing. You must be 30 years old and have a current FIS Master license.

Skier's Edge Masters National Championships

Park City Mtn. Resort, UT, Mar. 19-23
SC/SG/GS/SL

Masters racers will be gathering this year in Park City for a four-event National Championship. Park City Mtn. Resort, 2002 Olympic venue and Masters Nationals venue, will feature an SC and SG event for all groups on racer-friendly Payday; younger A/B men then will move to CB and Picabo for GS and SL. The ladies and senior men compete in all events on Payday.

USSA Masters Downhill Championship

Ski Cooper, CO, Mar. 10-11
TrDH/DH/DH

Ski Cooper will be hosting the National Championship DH for the second year in a row. Cooper is a very nice Masters speed venue. A race camp, training runs, the National DH and a Molecule F Speed Series DH will be held. Registration will be online through the Rocky division web site. Check the schedule in this newsletter under "speed series." Check the Rocky site and USSA Masters web site under "events" for the latest info.

USSA Regional Championships

Western: Big Sky, MT, Feb. 2-5
SC/SG/GS/SL

Northern Division will be hosting the Western Championships in 2012. Big Sky racing, frequent host of our Nationals Championships, is welcoming all Masters to this premier venue. Big Sky is offering great room rates at their famous Huntley Lodge, Summit Hotel and ski-in ski-out condos. The lodge and hotel include the great daily breakfast buffets. Remember, overall class winners will be named to the Western Region team and receive embroidered Region Team jackets.

Eastern: Killington, VT Mar. 12-14
SC/SG/GS/SL

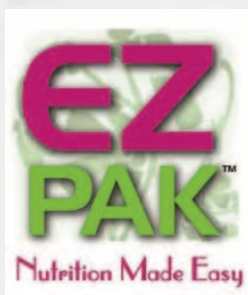
Killington and Pico ski resorts will be hosting the 2012 Eastern Championships. In a change from the traditional schedule, the championship events will be held Feb. 10-12. The change was made to take advantage of mid-winter conditions, and give Masters a chance to recharge their batteries before the NEMS and NY State Finals, as well as the National Championships in March. The scheduling also gives Masters the opportunity to race on the challenging terrain offered by Killington and Pico. Killington's Needle's Eye will be the site of the SG and SC. Non-stop rolls and terrain changes will challenge racers in the SG, which will be followed by a one-run slalom to form an SC. The technical events will be held at Pico over the weekend with separate A/B and C/D courses in SL for men and women. All four events will count toward the overall Eastern Championship scoring. The SG is included in the Molecule F National Speed Series.

Complete info on all
events can be found at
www.ussamasters.org



Jennifer Hurdcarillo

These companies support Masters Ski Racing



Photos in
this issue by
Erika Krainz
and
Lisa Densmore

Skiing on Autumn Leaves

by Steve Slivinski, Masters National Chairman



My fellow Masters racers, it's the anticipation time of year. A new white circus season is just around the corner. Get out the boots, and skis and dust them off and get them ready for another wild ride. This year is a pivotal year for me. Like a lot of Masters racers, I moved up to a more mature age class. I would say that on the whole I won't miss butting my head against Pepi Neubauer, Knute Olberg, or Bob Sarchett. However, as most of us realize, the competition doesn't get any easier as you move on. It's sort of a Darwinian thing of survival of the fittest. Now I'm in a class of as-old-as-dirt *survivors*. These people have more metal in them than the Brooklyn Bridge; they take more pills than they have in the Mayo Clinic; and they know the résumé of every orthopedic surgeon this side of the Mississippi. They don't call this the Viagra generation for nothing. They grew up on stiff straight wooden boards, leather boots and bamboo poles. The trouble is, they all ski better today than they did 40 years ago. I'm

looking forward to the competition; however, unfortunately, I will truly miss skiing behind the young ladies.

This year promises to be a banner year. We have the Nationals at Park City, the National Speed Championships back at Ski Cooper, and this year, after an absence of six years, the FIS World Criterium at Mammoth Mtn. All three venues are very racer-friendly, and do a superb job of putting on races. A change that everyone should note: there will be online registration for the Nationals this year, and no division quotas. So pay attention to this fall's newsletter on how to register for each event. Finally, I want to thank all of you for your support of USSA Masters ski racing. We are an organization that relies on a lot of hard work from volunteers like you to make it happen, both on and off the hill. I would also like to express my gratitude to all of our race sponsors. They are extremely important in making our races quality events, and affordable. So if anyone knows potential sponsors, let Bill Skinner or myself know. Remember, keep those ski tips pointed downhill and go fast.

Masters Membership News

by Bill Skinner, USSA Masters Manager



We have a full schedule of Masters races for the coming season. All has come together due to the efforts of your fellow Masters racers, the volunteers from across the country that do the homework to give you a full plate of racing. A special thanks to our National Chairman, Steve Slivinski, and to your local leaders that field my frantic calls about info deadlines. In no particular order, they are: Gary Randall (AK), Ryan Fuller (CN), Bill McCollom-Nadine Price (EA) Jack Eisen-schmid-Jim Spillane (NY), Horst Locher (SO), Mark Marviss (FW), Amy Lanzel (IM), Toby Chapman (NO), Ann Ozuna (PN), Jennifer Kaufman (RM), Barbara Brumbaugh (NY), Deb Lewis (CA), and Debi Davis (CO). Each of these leaders are supported by a host of friends and Masters fanatics that keep our sport alive. Thanks to all!



John and Toni Bloomberg Athletic Lounge at the Center of Excellence. John is on the U.S. Ski Team board of trustees, a longtime Masters racer and multiple-time Masters national champion. Thanks, John and Toni!

- Your USSA Masters membership supports our sport and the U.S. Ski Team. Congrats to Ted and Lindsay for their opening races; we are all a part of their support group. In these tight economic times, USSA has streamlined our organization. Membership fees for Masters have held steady since 2008 and will remain the same through 2013. There are no National head taxes. We have run a tight ship even as insurance and event liability insurance has increased.
- This newsletter is being sent to over 9,000 NASTAR platinum and gold medalists inviting them to join us and attend a Masters race. USSA and NASTAR are working together to promote ski racing for all ages and abilities. If you see a new racer at an event, **please make them welcome**. Find friends and bring them to a race. Win or lose, share the experience—someday they will thank you. Maybe it will be the beginning of a lifetime rivalry!
- Registration for the Nationals and World Championships will be online this year starting Dec. 1. Check our web site. Field size limits will be in place, so sign up early. An FIS Masters license is required for Mammoth. Check www.fis-ski.com.

• USSA Masters website is updated. Go to www.ussa.org, click "News" then "Masters" for our 2012 Master Comp. Guide, complete with rules and national, regional and international event info. You can connect to all division websites through the "Division web links" under "Masters News."

Sponsors:

For the past nine years, Masters racing has been supported by the Skier's Edge Company as our title sponsor for major events. This year they are the title sponsor for the Nationals and Criterium. A special thanks from all of us to Joel Loane and his great people. Their machine has made a difference in my skiing and will in yours, too!

Molecule F is back titling our National Speed Series. A special thanks to Jimmy Ruscitto and Bill Tabar. NSS belt buckles and medals are the carrot at the end of the speed venue stick. Check out Luke's great article on this year's races.

Thank you EZ Pak for supporting our NASTAR membership drive.

I hope you have a great racing season and will see you at the start of a Masters race!



IT'S RACE SEASON AGAIN!

FALL 2011



Training Tips

The Skier's Edge will help you train hard all year long so you can rip turns right out of the gate this race season!

Here are a few training tips to help you get in top condition for the podium this year.

1. Do 5-6 high-speed one minute sprints, at 4 minute intervals during a 20 minute aerobic session on your Skier's Edge. These high-speed sprints should be at 100 turns per minute. This will rapidly develop your anaerobic tolerance, give you a great cardiovascular workout, and improve your coordination, balance and strength.
2. Try to increase your workouts by 100 turns per day.
3. One-legged squats: Do 5 squats on each leg. Bend no further than 90° while holding each squat for 30 seconds. Repeat set 4 more times.
4. Spend 10-15 minutes stretching and allowing your muscles to cool down. This helps prevent injuries.
5. Make sure you're maintaining a regular exercise routine to stay in shape and feeling great!

It's that time of year again and it's exciting that both the World Criterium and National Championships will be held close to home. The Skier's Edge Master's National Championships are March 19th-23rd in Park City, Utah and the FIS World Criterium will be held in Mammoth, California, March 27th-31st. The Skier's Edge Co. is proud to be the Title Sponsor for the ninth year in a row. This is the perfect year for you to commit to racing in both Nationals and Worlds, and experience competition with top racers from around the world.

The secret to racing success lies within the racer's determination and hard work. Since the Skier's Edge is ski specific it will take your training and racing to the next level, all before you hit the slopes. With the Skier's Edge you'll gain balance, coordination, stamina and strength giving you more confidence, control and speed starting with your first race. You'll also improve your timing,

"I use my World Cup Plyometric Power to build the endurance I need and to simulate the movement patterns in skiing for the season..."

Ted Ligety • 27 World Cup Podiums,
Olympic Gold Medalist,
5 National Championships,
US Ski Team

rhythm and edging. With World's and National's so close to home this is a golden opportunity to have a racing year you won't forget. Last year the Skier's Edge Masters Team earned multiple gold, silver and bronze medals showcasing the benefits of using their

We look forward to another amazing year of great Master's racing. See you at the races!

800.225.9669 ext.488
www.SkiersEdge.com/488

To get training tips and tricks, sign up for our eNewsletter! Plus, get special Master's Discounts!
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2011/12 FIS Masters Cup

by Bob Davis



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

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

Valle Nevado and La Parva, Chile

Sept. 15,16,18, 2011: SL, GS, two SG's. All the North American teams train down here in Sept. so you can rub elbows with Lindsey Vonn and many elite racers. The Skinner Bros. run a great race camp each year prior to the race dates. The resort is above the tree line with beautiful, dry snow and many sunny days. 2:20 hrs from Santiago.

La Parva, Chile, Sept. 17, 2010 (20 point penalty): SG race on Sat. Adjacent and connected to **Valle Nevado**, so you can ski over. The site of a notorious BBQ where many Pisco Sours have been known to be consumed.

Sestriere, Italy, Dec. 10, 11, 2011: SL, GS. Has hosted both the World Cup and the 2006 Winter Olympics. You race on the run where Ligety won gold. The town was built by the Agnelli family, who were the founders of Fiat automobile company. 2:50 hrs from Milan, MXP. www.sestriere.it

Maria Alm, Austria, Dec. 17, 18, 2011: SL, GS. A quaint Alpine village with excellent accommodations and well-run races. This is at the "Christkindl" (Christmas market) season, which is particularly special in Salzburg. 1:10 driving time from closest airport, Salzburg, SZG. www.bergflex.com.

Les Houches, France, Jan. 6-8, 2012: SL, GS, SG. Located six kilometers from Chamonix. Home of the "Kandahar" famous World Cup downhill run, which will be used for the Masters race. Book your hotel early for this popular resort. 1:00 hr from Geneva, GVA and 2:34 hrs. from Milan, MXP. www.leshouches.com.

Kaprun, Austria, Jan. 14, 15, 2012: two SG's. Between Innsbruck and Kitzbuehel. Mild race course for a SG. 1:10 from Salzburg, SZG, and three hrs from Munich,

MUC. www.kaprun.at

Bischofswiesen, Germany, Jan. 21, 22, 2012: SL, GS + an additional GS on Sat. for the Open Bavarian Championships. Beautiful area close to the Austrian border. Near the site of Hitler's "Eagle's Nest" WWII hide-out. Known for intense competitors racing on rock-hard ice. Closest airport is Salzburg, SZG, less than a one-hour drive away. www.bischofswiesen.de

Veysonnaz, Switzerland, Jan. 28, 29, 2012: SL, GS. Race on World Cup runs. If you don't get into the two top hotels slope side, the accommodations are a bit rustic. No après ski to speak of. Near Verbier. 2:30 hrs. from Geneva, GVA. 3:00 hrs from Zurich, ZRH and Milan, MXP. www.veysonnaz.ch

Kalpalinna, Finland, Jan.28, 29, 2012 (40 point penalty): two SL's. Unique experience with Russian, Scandinavian and Estonian skiers. No Americans here, so you will be a novelty. Eino Kalpalla is your gracious host. One hr. from Helsinki, HEL.

Rokytnice nad Jizetou, Czech Republic, Feb. 4, 5, 2012 (40 point penalty): SL, GS. Notes: Nearest airport is Prague, PRG which is 67 miles away. www.roktnice.com.

Megeve, France, Feb. 10-12, 2012: SL, GS, SG. An Aspen-like resort with prices to match. You race on the World Cup run. Very popular with Europeans so book early. Did not have much snow last winter, but hoping for better conditions this season. 1:10 hrs. from Geneva GVA. www.cssportmegeve.com. Race link is www.kandahar.org.uk.

Zagreb, Croatia, Feb.17, 18, 2012. SL, GS. The Croatians are a jovial and welcoming group. They know how to throw a good party after the races, too. 3:50 hrs from Venice, VCE. Go to www.FIS-SKI.com and click the Zagreb link on Masters Calendar.

Piancavallo, Italy, Feb. 24-26, 2012: SL, GS, SG. Well-run races, lots of sun and the one of the best SG courses on the calendar. Women's World Cups have been held here. 1:10 hrs. from Venice, VCE. www.piancavallo.it

Tahkavuori, Finland, Mar. 2-4, 2012 (40 point penalty): SL and two GS's. The very hospitable Finns would be thrilled to have some North Americans attend. 37

miles from Kuopio, KUO this is reached by Finnair connection through Helsinki, HEL. www.tahko.com.

Pec Pod Snezkou, Czech Republic, Mar. 3, 4, 2012: SL, GS. On the Polish border. Used to feel very "East Bloc" here, but now receiving good reviews. 2:40 hrs to Prague, PRA. www.pecpodsnzkou.cz.

Cerkno, Slovenia, Mar. 17, 18, 2012 (40 point penalty): SL, GS. Highest piste is at 4,000 ft. so watch the snow conditions. 3:20 hrs. from Venice, VCE. www.ski-cerkno.com.

Mammoth Mtn, California, USA FIS WORLD CRITERIUM, Mar. 27-31, 2012: SL, two GS's, SG. After a seven-year dry spell, the FIS World Masters Criterium returns in a big way to North America! Challenge yourself against the world's finest Masters Racers right here in your own backyard. Beat Hupfer is the Director of Mammoth's Race Dept. and he knows how to put on an event of this size without a hitch. It's never been easier to fly right in to Mammoth Airport from connections through LAX, SAN, or SFO. Criterium info at www.FIS-SKI.com; click on "Mammoth" on Masters Calendar.

Abetone, Italy FINALS, Apr. 14, 15, 2012: double FIS Masters Cup points for SL, GS. Abetone has hosted the FIS World Masters Criterium a couple times and is very experienced at putting on good races. This race is being held quite late in the season so watch the weather/snow conditions. 1:30 hrs. from Florence, 4:30 from Milan, MXP, 4:14 from Rome, FCO. www.abetone.it.

Anne Nordhoy Update: Many of you have thoughtfully asked about American Anne Nordhoy's recovery from an injury sustained at Megeve last winter. Anne has been a tireless advocate of Masters ski racing and has been the official U.S. FIS representative for many years, attending races and meetings worldwide as well as writing this column every year. She is progressing well and is currently doing a lot of hiking. She plans to be playing tennis, then back to skiing and racing as soon as she is able. Until then, she would love to hear from friends at anordhoy@aol.com.

2012 Molecule F Masters National Speed Series

by Luke Keenan



The 2012 USSA Alpine Masters National Speed Series, sponsored by Molecule F, consists of a series of fourteen SG and DH speed events, with races held around the country in six divisions (Far West, Intermountain, Rocky, PNSA, Northern, and Eastern). The series concludes with the finals at the National Championships in Park City, UT in March.

Park City Mtn. Resort, SG, Jan. 6, 2011
This SG opens the year on Payday run. It is on the same course as nationals, so it's a great way to get some experience on the national SG hill. The race is followed by a GS and SL on Payday as well. For the C and D groups, this is an exceptional opportunity to get race experience for nationals, with all races on the same runs. It is also a fairly gentle hill so a great first SG all in all. Park City is also one of the closest ski areas to a major airport at 45 minutes, so a very easy race to attend.

Park City Mtn. Resort, SG, Jan. 6, 2011

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Insider's tip: Rental cars can be as low as \$20 per day including fees and taxes from hotwire or similar sites.

Mammoth, 2 SG, Jan. 20, 21

This is the fastest SG on the circuit whether it be down Fascination or Terry's Run. The course starts on somewhat of a flat and the pitch slowly starts to increase and so does the speed. You reach the final pitch at over 50 mph and it's all high-speed turns until you reach the finish line. Now you have to catch your breath, as the finish arena is above 8,000 feet in elevation!

Insider's tip: Mammoth is very high, with a peak elevation of over 11,000 feet. Come a day early to get acclimated. They also usually have training on the Thursday before the race, so look into it.

Big Sky, SG, Feb. 2, 3

Western Regionals SG. Last year they had a big jump at the top of the pitch where you had the option of going off or around the jump, which was an awesome addition! I

hope they can repeat this for regionals, or at least have the younger men's course use it and the older class can go around it, using the other side of the hill.

Insider's tip: If you want to ski off the top tram, bring a beacon, shovel, and probe. Ski patrol requires them and will check you for them as you exit the tram. Also, Big Sky is full of sharp rocks all season so watch those race skis when free skiing!

Killington, SG, Feb. 10

With only one speed event east of Denver, I highly recommend attending this race and gathering support for more speed events out East.

Insider's tip: Eastern Speed skiers need to group together and get some support for SG and DH races before they all disappear.

Soldier Mountain, 2 DH, Feb. 13-15

A true downhill with big jumps, long flats, uphill sections, and big turns. The closest place to stay is in the tiny town of Fairfield, ID, so book early. The resort is only open to racers during this race, so you are able to free ski as fast as you want!

Insider's tip: Speed on the course, not through Fairfield, or you will get a ticket. On the course, in really long sections, pick a point 3 or 4 gates down the hill and aim for that spot while trying to ride the flattest possible ski, rather than focusing on staying near the gates, which causes the ski to edge harder.

Aspen, SG, DH, Feb. 18-20

This race used to take part on the slowest lift ever. I believe if you had to take the combo of Tiehack lower and upper to get to the top the total time would be around 23 minutes. A brand new express lift will serve the course this year! The new lift will replace both upper and lower tiehack, making the total trip 7 minutes! I can't say enough about this improvement. The course is great too: long flats on top, followed by an open rolling section, then dropping down a fairly steep pitch into the finish arena.

Insider's tip: Booking straight to Aspen instead of Denver can be less than \$200 extra and you don't have a 4-hour white knuckle drive down I-70. Rental cars at Aspen airport are under \$20 a day.

Schweitzer, 2 SG, Feb. 23-24

A great entry-level SG. Gentle, rolling terrain and fairly slow speeds make this a great course to get started on. This race also features full-course SG training on the 22nd, GS race on the 25th, and an SL on the 26th. There is a great banquet up at the resort on Friday night as well.

Insider's tip: Stay up at the mountain and relax in the alpine atmosphere. The race takes place on the backside of the mountain which only has a very small lodge at the bottom. It also lacks cell service on the back side so be prepared to spend extra time at the top of the course. That means bring a few extra layers.

Ski Cooper, 2 DH, Mar. 10-12

The National Championship downhill. A glider's course for sure, make certain you bring fast skis! A great course for the novice downhiller—come out and give DH a try. Lots of practice runs available before the race. It features long flats, a few rollers, and long corridor-type turns with top skiers touching 70mph. Thanks to the Wolfs, they have the best start haus in the country. It even has a warming room for the racers that fits 10 or so.

Insider's tip: Look to stay in the fall line and in your tuck. Being aerodynamic and clean is more important here than being tight on the gates. Bring extra clothes for the slow ride up and stash them at the finish line.

Park City Mtn. Resort, SG, Mar. 21

The National Championship SG. This will run down Payday, like the first one of the season. But the competition will surely be much more intense. This is what it all comes down to, so make sure to lay it all on the line.

Insider's tip: Do not get late coming onto the last pitch, as you will be fighting the line all the way to the finish. Two bedroom condos 5 minutes from the slope can be had for as little as \$200 a night.

After being runner up in 2010, Luke was the 2011 National Speed Series Champion. His motto is, "Practice speed to be good at speed."

10 Days of Pro-Am Nastar Competition

Presented by Nature Valley and Billy Madsen



The Nature Valley NASTAR National Championships and the Nature Valley U.S. Alpine Championships will be combined to create "The Championships," presented by Nature

Valley at Winter Park Resort, March 23–April 1. NASTAR and the U.S. Ski and Snowboard Association (USSA) have joined forces to bring recreational racers and U.S. Ski Team members together for a ski racing festival that will celebrate the sport of alpine racing. The 10-day celebration will include the Nature Valley NASTAR National Championships, the Return of the Champions Family Challenge & U.S. Ski Team reunion, the U.S. Ski Team Pro-Am, and the Nature Valley U.S. Alpine Championships.

The Championships are designed to rally American alpine racers and the industry around one event. Recreational racers and fans of the sport will have the opportunity to meet, race and compete with current and former U.S. Ski Team members. There will be live music, Warren Miller film screenings, parties, sponsor

demos, race video, and more.

NASTAR racers must qualify for the Nature Valley NASTAR National Championships within their age category, division and discipline at any NASTAR resort. There are more than 120 resorts that offer NASTAR racing, and a top-five ranking (as of Feb. 21) at any of them qualifies racers for the Nationals. The overall champions—fastest male and female—will earn forerunner positions for the Nature Valley U.S. Alpine Championships GS and a trip to a U.S. Ski Team training camp.

The Return of the Champions Family Challenge & U.S. Ski Team reunion is a team race where family members can compete as a team against other family teams. In addition, the event is designed as a U.S. Ski Team reunion so that alumni can bring their kids and their parents to the event and compete with their families. Teams must have a minimum of three family

members and each team member will score points for their team within their age and gender group. Family Teams do not need to qualify for the race, but pre-registration is required, as space is limited.

The U.S. Ski Team Pro-Am is a team event where race league teams and teams of friends from across the country can compete for a National Championship team title. To add to the excitement, each team will add a U.S. Ski Team member to their roster. Team captains will select their U.S. Ski Team member the night before the race at a welcome reception. Each team member will score points for their team based on the best handicap they earn in their age group. Each team must have a minimum of six team members.

The Nature Valley U.S. Alpine Championships will include Men's & Women's SL, GS and SG. Don't miss the action!

March 23–25	The Nature Valley NASTAR National Championships
March 26	Return of the Champions Family Challenge and U.S. Ski Team reunion
March 27	U.S. Ski Team Pro-Am Team Race
March 28–April 1	Nature Valley U.S. Alpine Championships

Masters on Facebook: Info, Ideas and Community

Barbara Brumbaugh



Young adults have been using sites like Facebook and Twitter for years, but recently the largest growth sector has been adults over the age of 55. Social media is

not a fad. Just like oversized tennis racquets and titanium golf clubs, they are here to stay.

In 2008, I started a Facebook group called "USSA Masters Alpine Ski Racing," whose sole purpose was to promote our sport, get people involved in their organization and with each other, and to help spread information through the ranks. Although the idea of social media was in its infancy, the group took off and now has over 900 active users across the spectrum, including current and past World Cup racers, Masters racers from all over the world,

coaches, and ski industry representatives.

There are Facebook groups and pages serving most of the divisions of USSA. That has been enormously successful in helping to get racers to build stronger relationships and friendships and get to know each other better. Rather than just hit or miss at occasional national championship events, people are communicating in the off-season to a greater degree. Most people strive to be "connected" in some manner, and Masters ski racers are no different. Everyone has an opportunity to participate in sharing ideas within our sport, and the social media are an avenue where individuals can have immediate impact and quickly get access to information.

With social media as a driving force in the growth of our sport, Debi Davis (Rocky Mountain) of 3D Communications jumped on board recently and with her business knowledge and helped USSA cre-

ate a comprehensive strategy to improve communications, increase racer participation and grow membership by promoting our image as a family of skiers, racers and supporters. Debi also introduced Twitter to add to the ease of communication (@skimasters). As an interactive group, we can reach out and draw in interested people who may not be aware of Masters ski racing, as well as to those who are not sure what the next step is to participate. Club and area leagues, NASTAR, high school and collegiate racers, and other independent race leagues are a great sources for recruitment into our racing community.

Go ahead, go to www.facebook.com, join the USSA Masters Alpine Ski Racing facebook group, and give Twitter a try as well. If you need help or have questions, feel free to contact Debi at: debi@3dDebi.com or Barb at: brumbaughba@yahoo.com.

Division News

Central

Ryan Fuller, chair
www.midwestmasters.org

Once again this season, Midwest Masters looks to "take it to the next level!" We've been working hard in the offseason to continue to improve the foundation of the program. We will be continuing our use of the SkiRaceReg.com to manage all race registration, and we will also be hiring a new program director to help bring more focus to our members. We have some new blood and new roles within our board membership, and are finding we have more energy than ever to continue growing and improving.

Here are some quick highlights for this season:

- New Program Director!
- New bibs and new bib sponsors!
- More awards, free stuff, free photos, and recognition!
- New venue: Blackjack Ski Resort in Bessemer, MI!
- No increase in Race Fees or Membership Fees!

This year, Midwest Masters is hosting 38 races at many of the same venues we have visited in the past, including Afton Alps, Buck Hill, Mount La Crosse, Mont Du

Lac, and Spirit Mountain. We also have our first visit to Blackjack in the UP of Michigan as mentioned. We plan to continue the use of our "ability class" scoring system which, in addition to tracking results by age class, tracks results by ability classes, which group



users by ability based on an FIS-like scoring system utilizing managed seed lists and race penalties.

Midwest Masters continues to strive to increase membership throughout the Central Division. Last year, a partnership with CMSC at Marquette Mountain yielded exposure to several new ski racers. We hope to see many of those members racing with Midwest Masters this year at Mount La

Crosse and perhaps at other venues. Midwest Masters will also be sending racers to other races being run by other adult ski racing leagues to help spread the word of USSA Masters racing within the division. We will also continue to try to communicate with

these leagues in an effort to build more excitement for USSA Masters ski racing:

- In Michigan, the MACC group (Michigan Alpine Competition Council) continues to run adult league races within the Central Division and will hold races at Boyne Mountain and Searchmont (Canada) this year over four week-ends. Visit www.maccracing.org for more information on MACC.
- In Chicago, the CMSC group (Chicago Metropolitan Ski Council) continues to run adult racing

events in the Chicagoland area. Visit www.skicmsc-racing.com for more information on CMSC.

Please visit www.midwestmasters.org or for more information on Midwest Masters.

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

Race Registration Online—Now Quick and Easy!



skiracereg.com will be providing online race registration for USSA Masters Ski Racing again this year. Our first season was a huge success, with the vast major-

ity of racers in each participating race series opting to register online for races. This year skiracereg.com will be providing online registration for both USSA Regional Championship events as well as the USSA Masters Nationals.

Racers that take advantage of skiracereg.com can sign up for races as well as cancel their registrations up to the deadline for online registration. You save time and effort using skiracereg.com as on the day of race, you don't need to deal with

registration at the hill. Race administrators save time with every online registration, leaving them more time to help put on a better race for you. These advantages make your account on skiracereg.com a win-win situation.

Using skiracereg.com is easy. New members simply click on "Sign Up" and follow the instructions to create their new account. Renewing members just log in and follow the instructions to renew their online account. Once you have a current account, you only need to log in and click

on a check box to register and cancel registrations for any race hosted by skiracereg.com.

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

Best of luck with your racing this season,
Doug Briggs
webmaster@skiracereg.com
owner and creator of skiracereg.com



5 Keys to

Skiing Faster



Figure 1 U.S. Ski Team's Ted Ligety, 2011 World Cup GS Champion, demonstrates flexed, tensed, and equal ankle angles while winning the first GS of the 2011–2012 season in Sölden, Austria.

By Ron Kipp

Photos: Getty Images

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



A fast time in a race course is achieved by the ski racer that has the highest average speed from start house to the finish line. To achieve this, there are critical technique keys will assist you in skiing faster this year. These keys revolve around simple technique adjustments that can be incorporated from day one.

Technique has two purposes. First, it needs to allow you to stay in balance; and secondly, to make available a body posture or position so you can negotiate a fast path through the gates.

Balance in a race course is constantly challenged by speed, line, and the snow surface. To create a balanced stance you need some key elements in your stance. This will endow you with a technique to cope with turns of different size and radii, while being in balance on any snow surface.

We will briefly look at five aspects of great stance and technique. Your ability to achieve these on a consistent basis will be reflected in your results.

Ankle Flex **Figure 1**

Keeping fore and aft precision comes from the ankles. Hands forward and pushing the hips forward are nice, but the real movement of your center-of-mass comes from the skis in which you are levering from. The real key behind “ankle flexion” is not just the position, but the tension in the muscles of both ankles. The look of a flexed ankle is important, but the muscle tension is what is necessary to keep fore/aft balance. You can feel this tension at home. Walk around the room on your heels only. You



Figure 2 U.S. Ski Team's Lindsey Vonn shows how her body angles match the angles created by her ski lead on the way to winning the women's first GS of the 2011–2012 season in Sölden, Austria.

should eventually feel a warm or even burning spot on the front of your shins. This is the muscle that creates the ankle flexion. This is what you want to be firing making you ready for action while on the race course.

Even though we are outside-ski dominant, we should be reminded that ankle flexion needs to be in both ankles. Ideally you want to be creating a similar angle in both ankles.

Ski Lead **Figure 2**

“Ski lead” is one ski being slightly ahead or farther forward than the other ski. The uphill ski will always be the one forward. Since we are constantly going from right to left with our ski turns, the uphill ski will

change from right foot to left foot every turn, which means the ski lead will also change for each turn.

Ski lead is dependent upon the previously-mentioned ankle flexion. Master ankle flexion in both ankles, and your ski lead will fall into place.

With one ski farther forward, the corresponding knee, hip, shoulder, and possibly even the hand should be at a similar angle forward. This technique characteristic will leave you in a biomechanically efficient position. You can now create usable angulation in the hip and will be better able to hold the edge at the end of the turn.

Since ski lead is constantly changing throughout the turn, be sure to mimic this change up the entire body. The larger the

aster This Year



Figure 3 Ted Ligety achieving a high edge angle, possible due to hip flexion allowing his inside leg to get out of the way so he can create angulation during his winning run in Sölden this year.

turn the slower this will be, while gates set tighter will require a quicker adjustment.

Hip Flexion Figure 3

Achieving the correct amount of edge is critical for making the desired turn radius. Since going fast involves a tight or small radius turn, we usually are looking for higher degrees of edge angle with the outside ski. The outside ski is the ski that is on the outer perimeter of the arc and is the one that can resist the greatest forces due to our biomechanics. To allow the outer ski to achieve this needed high edge angle requires that the ski racer move the inside ski and leg out of the way. Flexing at the hip and concurrent knee flexion will allow the body to create an angled body position (angulation).

To become proficient at this position requires precise pressure control of the skis. While increasing weight to the outside ski, feel the inside ski get proportionally lighter. When this is mastered you will be able to change the rate and tempo at moving the hip in which is not only fast in itself but will allow the outside ski to do its job.

Moving Forward Figure 4

Ending up in the backseat is a common problem. The solution is not to stay out of the backseat, but knowing *when* and *how* to move forward to re-center.

After the gate, we begin to flatten the ski so we can change edges. This flattening-out period is a critical moment for the ski turn. If performed efficiently, the ski racer has plenty



Figure 4 Ted Ligety moving forward to start the new turn during his winning run in Sölden this year.

of time between gates. If not—we've all had this feeling—the gates will seem to come way too fast.

It is at this flattening-out moment that you want to move forward onto the ball of the foot to initiate the new turn. This forward movement will also make it possible to rotate or steer the ski if you need a bit of adjustment to arc the remaining part of the turn. This is a strong position biomechanically and mechanically. Biomechanically, we are very agile when our center-of-mass is above the ball of our foot. This also positions us over the middle of the ski, making it very efficient mechanically to rotate the ski as needed.



Figure 5 Lindsey Vonn is perpendicular to the slope while switching edges between turns by moving her body forward and down the hill. Below: Bode Miller is perpendicular in a fore/aft plane in Sölden this year.



To feel this forward movement, skate across flat terrain or to the ski lift. As you become better at skating, try skating down a very slight incline and then after the skate make a small turn. Moving forward and then on to the new edge are the skills you want to master.

Perpendicularity Figure 5

We live most of our lives in a horizontal world. People even get anxious when a picture on the wall is a bit tilted. Indeed being straight-up vertical is part of our makeup.

Meanwhile, the world of ski racing is performed on a slope. Since race courses are not level, we must adapt.

Being in balance in the off-kilter world of ski racing requires the same perpendicular attitude we have in our normal daily world. The only difference is, we must now get perpendicular to the ski slope.

Making the ski flat against the snow at turn initiation is best accomplished by the reorientation of our body such that we will be at right angles with the slope. At this critical moment of linking turns, the entire body more or less will be vertical relative to the slope.

The fore/aft balance challenge and the reason we get in the backseat is also a result of this tilted world of ski racing. If we remain upright or vertical relative to our normal horizontal world we will be in the backseat when we are referenced to the ski slope.

To be perpendicular requires the same ankle tension we mentioned as the first key to skiing fast. This now takes us full circle with our five keys. Incorporating these into your repertoire will find you speed in the race course this year.

Division News



New England Masters

Nadine Price, chair
www.nemasters.org

At this time last year we were talking about an early start to the ski season after a cold, wet spell and quite a lot of early snow. What a difference a year makes! The world here changed on August 28th when Irene made her devastating foray through the state. She was "downgraded" from a hurricane to a tropical storm, but wind wasn't the issue. Nearly 15 inches of rain in about 12 hours was. I will never forget the sight at the foot of our road. All that remained of Route 100 was a few hundred yards of pavement. On either end, brown and filled with trees, televisions, trucks, chunks of lumber that used to be walls or roofs, even a freezer, raged violent torrents. When the waters began to recede, much of the landscape was unrecognizable. At least 270 bridges and hundreds of miles of road were gone and countless structures were damaged beyond repair or carried away completely. The parking lots at Killington and Pico were a mess: deep gouges, piles of rocks and feet of silt. Some of the base lodges were partially filled with silt and a sizable piece of the main base lodge at Killington had been washed away. So the relatively mild fall has been good news this year, making the recovery efforts a little easier! The state and local communities have risen to the occasion and performed major miracles. Most of the roads are now open, the ski area parking lots and lodges are repaired and we are all looking forward to what we hope will be a great winter!

For the fourth year, thanks to the help of USSA, we will be jump starting the season with a New England Masters booth at the Boston Ski Expo. Each year we have signed up a pretty good number of new racers at the show. This is a good venue in which to reach people who might be curious about racing or maybe raced in the past. It is continually amazing how many people we talk to at the show have never heard of Masters or thought that we are only for former national team-level athletes. So we will be there with banners and giveaways and prizes and games and everything else we can think of to get attention!

We have a terrific lineup of races this season. We'll be kicking things off with two mid-December weekends of racing. First, we will be at Killington for our second-ever joint venture with ASRA, a ski racing organization with races in Vermont

and points a little west and south. Events will include an SL, the season's first Rockport Mortgage Corporation GS Series race and a Saturday evening party at Mountain Meadows Lodge. The following weekend we will be visiting a new favorite venue, Cochran's, for a Friday GS under the lights followed by a party, and on Saturday, an SL. After the holidays, we will be visiting as many of the favorite venues as we could fit into the season, plus a new one. We will be checking out Blackwater, for an SL, followed by, of course, a party! Regionals will be hosted by Killington, where we will be running SG on their newly-homologated hill, Needles Eye, which promises to be a fun and exhilarating ride. The schedule will also include an SC, an SL, a GS and, of course, the usual complement of parties. This season, we will be heading to Okemo for our Finals. This venue has hosted Regionals a number of times in the past and is always terrific. We look forward to a fabulous weekend of racing and parties. Saturday's Banquet, already a tradition, promises to be as epic as ever. And in a new twist, we have decided to count the last race, Sunday's GS, in our final Sise Cup standings, so it could make for an important and exciting day. And of course it is an excuse for one last party!

For a variety of well-considered reasons, the board of New England Masters has decided to reorganize our organization and assume more responsibilities previously carried out by our executive director. Sadly, this means that we are saying goodbye to our executive director of the last two years, Jim McKeon. We want to thank Jim most sincerely for all his hard work, especially with respect to getting us up and running with our new scoring and registration systems. We wish him all the best and hope that he will have time to come play with us a bit this winter!

This fall we welcome two new board members, Katie George and John Lussier. Both Katie and John have been with us for quite a while and have already given generously of their time and skill. We are delighted that they both accepted our invitation and we are already trying to take full advantage of them!

We are also fortunate to welcome Lucy and Kip Blake as they fill the role of Race Administrator. The Blakes have been involved in our community for many years

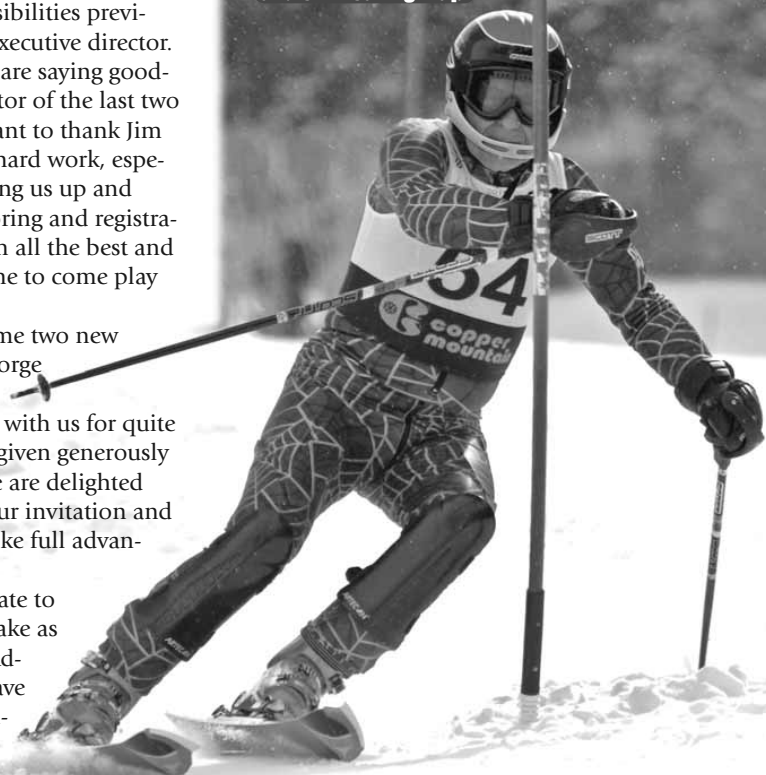
and have a vast wealth of experience in the areas of race organization, administration and officiating.

Another noteworthy change is the new Social Committee. (You may have noticed the party theme!) We have long recognized the importance of the social aspect of our beloved sport and have at last decided to institutionalize that knowledge. We hope to never again miss any opportunity for a party!

The New England Masters Foundation is getting closer to fruition. The purpose of the Foundation is to assist aspiring young athletes and to help bridge the gap between Masters racing and racing at all levels by supporting and promoting alpine racing at all levels.

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

Alphonse Sevigny—81 years old and still tearing it up.



Division News



Alaska

By Gary Randall
www.alyeskaski-club.org

Snow is coming down the mountains and we are getting ready for another great season of ski racing.

As usual, we will be having four SL races and four GS races.

We hope to have 50 to 60 competitors in the program this year, and are striving to get as many as we can into USSA. Last year at Copper Mountain we had eight competitors; this year we hope to send 10, if not more, to Park City, so we can challenge for the Division Cup.

Last year, we had the "old man on the hill," Paul Crews, working with us midweek for race training. He retired as administrator for Alyeska Ski Club this year, but we are hoping he will come back as our midweek coach. Our annual Master sign up is November 18th and at that time we are going to try and sign up and collect the fees for USSA. Alyeska is scheduled to open on the weekend of November 25 and 26, depending on snow conditions. I know all Masters will be out there trying all their new equipment.

Hope all have a great year and I will see you at Park City!

Northern Division Masters

By Toby Chapman, chair

In case you haven't noticed, Rick Murphy has stepped down as Northern Division Chair. I would like to thank him on behalf of all of Northern Division for his hard work, dedication, and enthusiasm towards the sport. Thanks, Rick!

Due to low participation and to increase the number of races, Northern division will once again have a joint race schedule with PNSA and Intermountain. The Whitefish race in January and the Lookout Pass race will be the lone divisional races, with the rest being joint races. Western Regionals will also be held at Big Sky this year in February, so mark it on your calendar!

Hopefully, Northern can have even a bigger contingent of racers this year, with Nationals being at Park City, UT and Western Regionals being at Big Sky, MT. Major



A group of very happy American Masters celebrate winning the Nations Cup at Valle Nevado, Chile, this summer. Victory is sweetest when accomplished with friends.

events do not get much closer than these two venues for Northern Division participants!

Gate training opportunities for Northern racers are available around the division, but I would like to extend a personal invitation for training opportunities next season at Lookout Pass and Snowbowl. Weekday and weekend training will be available. Contact Toby Chapman for details: 406-370-8052 or email: tobyandali@yahoo.com.

Look forward to seeing you all this season!



PNSA

By Ann Ozuna
www.PNSAmasters.org

The 2011-2012 season is almost upon us, with snow in the high country and skiers from the California border to north Idaho eagerly awaiting the most ambitious race season ever. There is a race somewhere just about every weekend. Last year we had three racers who made every event; they will be hard pressed this year!

Do you need to be an expert to race or a retired junior racer looking to make a comeback? Not even - we welcome any blue-run skier who wants to challenge themselves in a longer course, improve their skiing, and enjoy the camaraderie that is Masters racing. Oregon racers now have two additional

areas participating in Masters racing: Willamette Pass, near the California line, has opened its Peter Lorincz Cup to the over-19 set in February and the Bend Ski Club will host its first-ever SL races at Hoodoo in January. Mt Hood's Masters Mania returns the first weekend in March. Mt Bachelor will host the PNSA Masters Finals to wrap up the season in April. Year-long

results will be tallied and PNSA champions crowned in each age class.

Seattle area racers can start the season at the Summit at Snoqualmie with a GS on January 7/8, then head down to Crystal Mountain the next weekend for more GS racing. SL gate bashers will enjoy the Over the Hill races at Alpentel in February. Stevens Pass offers SL, GS and two SGs in March to prepare racers for Nationals.

Got a need for Speed? Head to Eastern Washington/North Idaho in January to perfect your SG at 49 Degrees North for a training camp followed by three races at a racer-friendly hill and area. Return to Schweitzer for five days of SG training, SG races — part of the national Molecule F race series — and then stay for tech events on the weekend. Stop by Lookout Pass, on the Idaho/Montana border, on the way to the nationals for a GS/SL weekend at a small, friendly area.

This is the perfect season for joining Masters as the Western Region races are nearby at Big Sky Montana the first weekend in February, and Nationals are in our backyard at Park City, UT.

Registering for all these races will be easy, as PNSA is joining the digital age with online registration this year. You can already like us on Facebook and check on the details of our schedule at www.pnsamasters.org or contact our membership chair on the webpage to join our email list. See you on the hill!

Division News



Don Johnson finds some air in DH at Nationals.

Rocky Mountain

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

Ski season is already well underway in Colorado and most of our racers have taken advantage of good early-season snow conditions to make some turns. This year, we delayed the start of our races until after the Birds of Prey World Cup weekend so everyone can take advantage of watching the world's best battle it out on the frozen slopes of Beaver Creek. The RMM calendar is finalized and we will launch our 2011-12 season kick-off weekend at Loveland in mid-December.

Our annual Fall Party took place this past weekend and as usual, those in attendance had a blast. Many thanks to our sponsors and supporters that joined us for the event including: FUXI Ski Racing, SKS, A Racer's Edge, SKINS and Saucer Wax. A special thank you also goes out to Lori Hamilton from Swissam for her generous prize donation.

Our highly successful Sponsor-A-Race program continues this year and we were able to sell approximately 90% of our race inventory during the Fall Party. This program helps offset our race administration costs and is a vital part of our annual financial plan. We would like to thank those who have already committed to sponsor a race this season—there are still a few left, so act soon!

IT projects were the primary focus of our off-season work this year. In a few weeks, we will be rolling out our brand new RMM website. We thought it was time for a new look, and we hope everyone enjoys it. If you like it, we would be happy to refer the company that built it for us! We also are making some improvements to

better integrate race registration which hopefully will ensure smoother race day practices and results generation.

As always, we have all Alpine disciplines on the calendar this year, including plenty of downhill for the speed freaks! We also incorporated SC for the first time this season and we are hoping to add other such events going forward.

We are looking forward to a great season, and welcome new racers as well as competitors from other divisions at any time. Please check us out at www.rmm-skiracing.org!

New York State Snow Masters Series

By Jack Eisenschmid, chair
www.nymasters.org

Welcome to the 2012 season!

With winter fast approaching, it won't be long before we get back on our skis and do what we all like to do best... race! This will be the 40th season for the NY State Masters and we once again will have a great race schedule. This year we will have a total of 24 races and 12 race days. We also have a very nice blend of races consisting of 12 GS, 8 SL, and 4 SG to test all abilities!

This year we will begin the season again with a GS and SL at Swain on Jan. 8. Swain always does a great job, and we're pleased to be able to begin our season there, as we have done in the past. After Swain, we will head to Labrador for a GS and SL race on Jan. 14 and then return to the Rochester area for a two-race GS at Hunt Hollow on Jan. 22. The following week we return to the Syracuse area for a combined weekend at Toggenburg for a very challenging two-race SL on Jan. 28 and then to Greek Peak on Jan. 29 for a two-race GS. Rockett and the Greek Peak race crew always do great job! Also, as we have done the last two years, the Greek Peak race is dedicated to Joan Skiff, a well-known ski racer and golfer in CNY for over 50 years. She won many eastern, national, and international ski races as well as many state and local club championships. It is a great honor that we continue to name the Greek Peak race in Joan's honor. The following weekend we are very pleased to have a combined GS and SG weekend at Whiteface on Feb. 3 and 4. It has been many years since the Masters have been to Whiteface, and we are excited to return!

We are also changing up the timing of the Eastern Regional Championships this year by moving it to Feb. 10-12. This

year's event will take place at Killington/Pico. After the Easterns, we return to Song Mountain on Feb. 18 for a GL/SL race, and to Bristol Mountain on Feb. 24 for a two-race SG, and then again back to Bristol the following week for a two-race GS. We will once again close out the season at Swain on Mar. 4 with a GS and SL.

The Masters will then finish the 2012 season with the Nationals, taking place at Park City, UT Mar. 19-23.

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

Check out our website at www.ny-masters.org for the 2012 schedule, contacts, and registration information. We have also added a NY Masters Face Book page for everyone to access, as well. We also ask that you please visit the links to our many sponsors that help make our series great.

Make sure to check the NY Masters webpage & Facebook page for any updates & changes to schedules! We recommend all NY Masters to join Facebook, for best up-to-date information.

See you at the start!



Southern Masters

By Horst Locher, chair
www.sararacing.org

In the first week of October, the TV weatherman mentioned that snow fell at higher elevations at

Snowshoe, West Virginia and Sugar Mountain, North Carolina. Well, I assume this is a good omen for the mid-Atlantic and southern region to have a good racing season. Actually, I realized this could apply to me, too. Dealing in the last ten years with new hips, taking yearly sciatica injections and finally, this spring, three vertebrae were fused to one mighty rigid one, I hope that brings me back to the racing circuit.

Due to our limited attendance of Masters in Virginia, West Virginia and North Carolina, we have to mix our Masters races throughout the season with the younger folks. Every year, I hope we can increase the number of Masters, but it is difficult to lure them away from NASTAR racing. We just cannot increase the quan-

Division News

tity of racers who would like to race above the NASTAR level. But again, you never know, this could happen one time. At least here at Bryce Resort, Kathy HurdCarillo got seriously hooked to Masters racing.

In the past two years, Kathy Hurd-Carrillo—who travels weekly from Bryce Resort to Washington, D.C. to give ice skating lessons, dancing lessons—spends her off-time slicing turns with grass skis on the ski slope. She set the goal seven years ago to become a true Master racer. In the last two years, she approached the Masters Nationals at Sun Valley and Copper Mountain and she came back smiling, because she was able to get medals in her age group, 40 to 44 years. It shows what motivation and termination can do for an athlete. If you see a lady at an event who is very helpful, talkative and is full of energy, it is probably Kathy.

This year, Sugar Mountain, North Carolina, will start the season with a Masters racing clinic Dec. 9–11. Kim Schmidinger, 1989 World Junior Champion in GS, is organizing this event and her idol, gold medalist Diann Roffe, will be a guest coach with Keely Kelleher, who took the 2010 national title in SG.

Far West

By Mark Mirviss
www.FarWestMasters.org

Well, it's almost ski season again here in the Far West. In fact I know a few of our folks hiked and skied the three feet of fresh powder that fell here at Squaw Valley during the first week of October. It was also an "Endless Winter" here as the snow survived from last season into this upcoming season.

Big news here in the Far West region, we are hosting the FIS World Criterium Alpine Masters at Mammoth Mountain Mar. 27–31. This is the first time an

international Masters event has been held in North America in quite some time. I think this will be a great opportunity to show the rest of the ski racing world how much we support and enjoy this sport. Information regarding this event can be found at ussamasters.org.

In addition to the World Criterium, Mammoth is also hosting five SG races Jan. 20–22. This will be part of the National Speed Series, so I hope to see lots of participants from outside of our region.

For those of you wanting to participate in some early-season racing, we will host five races over a three-day period Dec. 2–4 at Mammoth Mountain. Please see farwestmasters.org for details on this event. It will be preceded by a weeklong training camp put on by Mammoth Mountain race department, running Nov. 28–Dec. 1.

I'm looking forward to seeing everyone on the slopes this winter!



Intermountain Masters

By Amy Lanzel, chair
www.intermountainmasters.org

The mountains are filling up with snow early here in the Intermountain West in preparation for an upcoming season that is shaping up to be of our best ever.

Plans are well underway as we get ready to host the Nationals at Park City Mountain Resort in March and our Western Regional races at the gorgeous Big Sky resort in February. In addition, we have a full lineup of local races to appease even the most select racers. Our division continues to encourage new members and will continue our program last year of race comps for

volunteer hours. The most exciting news this year will be the awarding of our "Ski with a Legend" scholarship for \$5,000. We also will be introducing a "Sponsor A Race" opportunity for our members and business partners to get a more beneficial experience with Intermountain Masters. This program allows racers and business partners to "buy" a race and comes with naming rights as well as special recognition at post-race parties and entry into the hero's tunnel! This new program is yet another portal for membership engagement.

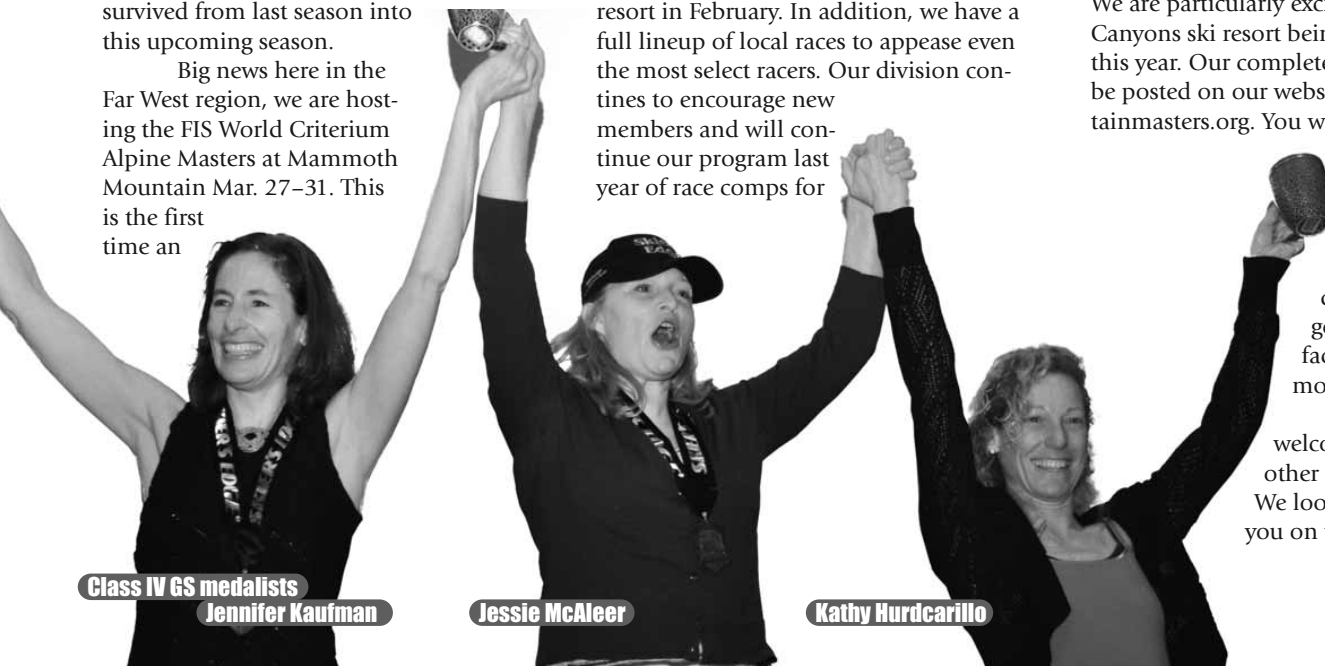
New this year is the introduction of Dr. Phil Davidson as the official orthopedic consultant and full sponsor for Intermountain Masters. His experience and knowledge in sports medicine will be a valuable addition and added benefit to our members. He not only will offer immediate access to orthopedic care but will also be providing seminars on ACL prevention during the early part of the year.

We are also pleased to announce the continued support from Jans Mountain Experts in sponsoring our yearlong Jans Cup races series held at local resorts in Utah. Jans will be amping up their involvement this year with more specials on race skis and tuning specials. Look for great opportunities and specials coming out soon. In addition, we will be welcoming back Atomic, Cofer Chiropractic and EZPAK sponsorships. We hope to add some new partnerships, as well. Look for announcements soon.

Check out our race schedule and start planning your fun. Our season kicks off this year with the Loritz Cup in early January and just keeps rolling from there. We are particularly excited about The Canyons ski resort being on the schedule this year. Our complete race schedule will be posted on our website at intermountainmasters.org. You will also find links to

our online race registration, skiracereg.com. Please check back frequently for updates and don't forget to visit our facebook page: Intermountain Masters.

As always, we welcome Masters from other divisions any time! We look forward to seeing you on the slopes.



Class IV GS medalists

Jennifer Kaufman

Jessie McAleer

Kathy Hurdcarillo

Are Recommended Dietary Allowances Enough?

Dr. Steve Osguthorpe, N.D.



It is amazing that in an era of such environmental, technical and scientific advances that poor nutrition is com-

mon in the United States, as well as other industrialized nations. This is directly related to our taste for processed foods, while virtually ignoring fresh fruits and vegetables. Healthcare professionals are recognizing that it is not enough to encourage healthier food choices, it is also necessary to recommend supplementation as an adjunct to improving health. Levels of nutrient intake at or slightly above the Recommended Dietary Allowances (RDA) may be needed to help individuals achieve a more complete and balanced intake of vitamins, minerals and trace elements. However, for some patients, higher doses in excess of the RDAs are needed.

Nutrition science is showing that our nutritional needs vary with age, level of physical activity, levels of stress, genetic factors, medication usage, toxic burdens, and disease processes. While RDA levels of

intake may prevent overt nutrient deficiencies, people with chronic insufficiencies may experience altered metabolic activities, leading to distinctly modern health problems. Increasing intake of vitamins, minerals and amino acids helps improve functioning of interrelated enzyme systems, cellular energy metabolism, hormonal regulation, and detoxification pathways that are critical to maintaining health.

Over the past decade, abundant scientific and clinical literature has demonstrated that dietary supplements play an important role in promoting health and reducing disease. National surveys show approximately one half of adult Americans include the use of vitamins, minerals, and amino acids (supplements) on a daily basis. The Council for Responsible Nutrition reports that approximately 50% of all healthcare professionals routinely take supplements, with multivitamin and mineral supplements being the most widely used.

When choosing vitamin supplements, consider their quality, so you are taking something that will be easily absorbed. This is critical to their ability to enhance the metabolic processes that support a healthy system. Supplements obtained from the United States, Scandinavia and Western Europe are considered "pure source." Products manufactured in the U.S. follow nutraceutical guidelines for quality—increasing your chances of receiving

complete vitamin, mineral and amino acid assimilation by your body. EZPAK Nutraceuticals (www.ezpaknutrition.com) meets and exceeds all of the above criteria, including clinical trials for effectiveness (250 patients taking EZPAK for three months saw a 31.3% increase in serum levels). Purchasing the least expensive product you can find means you may be swallowing something your body may not be able to process well enough to give you the health benefits you're seeking. There is a reason they are cheap!

You have spent a lifetime maintaining your health and fitness; you are worth the investment in keeping it that way. To ORDER through the web site, enter the Masters code "USA1" for the racer discount.

Dr. Steve is a Fellow in Anti-Aging, Regenerative and Functional Medicine, Masters Racer and a former Special Forces Medic in Vietnam. He has spent the past decade on research into debilitation of women as they age. Dr. Steve's research has shown that the lack of amino acids, hormones, minerals, and vitamins contribute to a decline in quality of life issues and increases the propensity for disease and disease processes. Dr. Steve is the formulator of EZPAK Nutraceuticals (www.ezpaknutrition.com) and the co-formulator of GenEpic (www.genepic.com), a natural protocol that is currently part of ongoing research into rapid cell proliferation.



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The Alpine Masters Series newsletter is designed and copy edited by Jim Hayes (a Master in age only) in Salt Lake City. Visit www.CenozoicDesign.com. For more photography by Erika Krainz, see ErikaKrainz.smugmug.com.

2012 Alpine Masters Schedules (Subject to change)

Alaska Alpine Masters

Jan. 7 Alyeska GS
 Jan. 28 Alyeska GS
 Feb. 25 Alyeska SL
 Feb. 26 Alyeska SL
 Mar. 3 Alyeska GS
 Mar. 10 Alyeska SL
 Mar. 24 Alyeska SL
 Info: Gary Randall 907.242.2927

Central Alpine Masters

Dec 10-11 Buck Hill 2SL/2GS
 Dec 17-18 Afton Alps 2GS/2SL
 Jan 7-8 Mt La Crosse 2SL/2GS
 Jan 14-15 Buck Hill 2SL/2GS
 Jan 28-29 Afton Alps 2SL/2GS
 Feb 4-5 Mt DuLac 2SL/2GS
 Feb 18-19 Blackjack 2SL/2GS
 Feb 26 Buck Hill SL/GS/SC
 Feb 27 Buck Hill SL/SC
 Mar 5 Buck Hill GS/SC
 Mar 10-11 Spirit Mountain 2GS/2SL
 Info: Ryan Fuller 612.501.3268
 www.midwestmasters.org

New England Masters/Sise Cup

Dec. 10-11 Killington SL/GS
 Dec. 16-17 Cochran's GS/SL
 Jan. 7 Blackwater SL
 Jan. 8 Sunapee GS
 Jan. 15-16 Middlebury SL/GS
 Jan. 21 Bromley SL
 Jan. 22 Stratton GS
 Jan. 27 Cranmore GS
 Jan. 28 Black Mt SL
 Jan. 29 Cranmore SL
 Feb. 4-5 Ragged Mt. GS/GS

Eastern Championships

Feb. 10-12 Killington 2SG/SL/GS
 Feb. 25 Loon GS
 Feb. 26 Cannon Mtn. SL
 Mar. 3 Waterville SL
 Mar. 4 Suicide Six SL

Sise Cup Finals

Mar. 9-11 Okemo SG/SC/GS/SL
 Info: Bill McCollom 802.234.9561
 www.nemasters.org

New York Masters

Jan. 8 Swain GS/SL
 Jan. 14 Labrador GS/SL
 Jan. 21 Hunt Hollow GS/GS
 Jan. 22 Holiday Valley SL/SL
 Jan. 28 Toggenberg SL/SL
 Jan. 29 Greek Peak GS/GS
 Feb. 3-4 Whiteface 4SG

Eastern Regionals

Feb. 10-12 Killington 2SG/GS/SL
 Feb. 18 Song SG/SG
 Feb. 24 Bristol SG/SG
 Mar. 2 Bristol GS/GS
 Mar. 4 Swain GS/SL
 Info: Jack Eisenschmid 585.288.4554
 www.nymasters.org

Southern Masters (SARA)

Dec. 27 Bryce Resort GS
 Dec. 29-30 Sugar Mtn. SL/GS
 Jan. 16 Wintergreen GS
 Jan. 21-22 Bryce Resort SL/GS
 Feb. 4-5 Snowshoe, WV SL/GS
 Feb. 11-12 Timberline SL/GS
 Feb. 25-26 Sugar Mtn. SL
 Info Contact: Horst Locher 540.856.2121
 www.skisara.org

Far West Masters

Dec. 2-4 Mammoth 2SL/3GS
 Jan. 6 Heavenly 2SL
 Jan. 7-9 Sierra at Tahoe SL/GS
 Jan. 20-22 Mammoth trSG/5SG
 Feb. 2-5 Big Sky, MT SC/SG/GS/SL
 Feb. 11-12 Northstar 3GS
 Feb. 25-26 Mt. Rose SL/GS
 Mar. 10-11 Squaw Valley 2SL/GS

FIS Masters Criterium

Mar. 27-31 Mammoth SG/GS/GS/SL
 Apr. 10-12 Northstar trDH/2DH/2SG
 Apr. 13-15 Sugarbowl GS/SL/dual SL
 Info contact: Mark Mirviss 530.583.6971
 www.farwestmasters.org

Intermountain Masters/ JANS Cup

Jan. 6-8 Park City SG/SL/GS
 Jan 13-15 Sun Valley SG/GS/SL
 Jan. 21-22 Snowbasin SL/SL
 Jan. 28-29 Snow King GS/GS

Western Regionals

Feb. 2-5 Big Sky SC/SG/GS/SL
 Feb.13-15 Soldier Mtn. DH/DH
 Feb. 24-26 Wolf Mtn. GS/SL/GS
 Mar. 3-4 Canyons SL/SL
 Mar 9-11 Snowbasin SG/GS/SL

National Championships

Mar. 19-23 Park City SC/SG/GS/SL
 Info: Amy Lanzel 801-808-3089
 www.intermountainmasters.org

Northern Masters

Jan. 13-15 Whitefish GS/GS/SL
 Jan. 20-22 49 Degrees trSG/2SG/SG
 Jan. 28-29 Snow King GS/GS

Western Regionals

Feb. 2-5 Big Sky SC/SG/GS/SL
 Feb. 13-15 Soldier Mtn. trDH/DH/DH
 Feb. 22-26 Schweitzer 4SG/3GS/SL
 Mar. 10-11 Lookout Pass GS/SL
 Info: Toby Chapman 406.541.0866

Pacific Northwest Masters

Jan. 7-8 Snoqualmie trGS/GS
 Jan. 14-15 Crystal Mt. GS/GS
 Jan. 20-22 49 Degrees N. trSG/3SG
 Jan. 28-29 Hoodoo SL/SL
 Feb. 11-12 Alpental 2SL/SL
 Feb. 18-19 Willamette GS/GS
 Feb. 22-26 Schweitzer 4SG/GS/SL
 Mar. 3-4 Mt. Hood SL/GS
 Mar. 9-12 Stevens Pass SL/GS/2SG
 Mar. 17-18 Lookout Pass GS/SL

Apr. 5-8 Mt. Bachelor trSG/2SG/GS/SL
 Info: Ann Ozuna 509.993.2283
 www.pnsamasters.org

Rocky Mountain Masters

Dec. 10-11 Loveland GS/SL
 Jan. 7-8 Copper SL/SL
 Jan. 14 Ski Copper trDH/DH
 Jan. 21-22 Winter Park SL/GS
 Jan. 29-31 Vail SL/GS/SG/SG
 Feb. 4-5 Keystone trDH/2DH
 Feb. 11-12 Ski Cooper DH/DH
 Feb. 18-20 Aspen 2SG/2DH

National Downhill Championships

Mar. 10-11 Ski Cooper trDH/3DH
 Mar. 24-25 Aspen Highlands SC/GS
 Mar. 31-Apr. 1 Loveland SL/SL
 Info: Jennifer Kaufman 720.855.8427
 www.rmmskiracing.org

NATIONAL CHAMPIONSHIP EVENTS

Skier's Edge Masters National Championship

Mar. 19-23 Park City, UT SC/SG/GS/SL
 Bill Skinner 435.647.2633

USSA National Downhill Championships

Mar. 10-11 Ski Cooper, CO trDH-DH
 Bill Skinner 435.647.2633

Skier's Edge FIS Masters World Criterium

March 27-31 Mammoth, CA SG/GS/GS/SL
 Bill Skinner 435.647.2633

USSA Western Region Championships

Feb. 3-6 Big Sky, MT SG/SC/GS/SL
 Meri Stratton 541.490.5888

USSA Eastern Region Championships

Feb. 10-12 Killington, VT SG/SC/GS/SL
 Bill McCollom 802.234.9561

Summer Fun Nationals

July 20-22 Mt Hood, OR GS/SL
 Meri Stratton 541.387.3674

Molecule F National Speed Series

Jan. 6 Park City, UT SG
 Jan. 21 Mammoth, CA SG/SG
 Feb. 2-3 Big Sky, MT SG
 Feb. 10 Killington, VT SG
 Feb. 13-15 Soldier Mtn., ID DH/DH
 Feb. 18-20 Aspen, CO SG/DH
 Feb. 23-24 Schweitzer, ID 2SG
 Mar. 10-11 Ski Cooper, CO 2DH
 Mar. 21 Park City, UT SG (Finals)

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