

ALPINE MASTERS SERIES



News and Information
of the Alpine Masters

autumn 2013

www.ussa.org/masters

3,2,1 Go! Preparing for Race Day

"Get in the start and push out!"
Well, that may be the condensed version of a start plan, but you can probably do better. Let's look at what leads up to a successful race start:

Race what you practice

You have put in many practice runs leading up to race day. Is your training start routine the same one you plan on using on race day? Do you have a physical warm-up routine and a mental routine before each start?

Three Olympic and five World Championship medals have made Julia Mancuso the maestro big event skier. Her secret: "I don't necessarily do anything different on the big days!" Being at a familiar physical and mental

state is the way to reproduce what you have been working so hard on in training.

Make a plan

That is exactly what fueled Erik Schlopy's success during his 18-year ski racing career. The three-time Olympian and World Championship bronze medalist took out pencil and paper and scribed what the day would look like. Schlopy realized that what leads up to the start will literally get him off on the right foot. This piece of paper was passed from start coach to start coach. It included how they communicated and what was expected from each party. To paraphrase a section, it said, "Don't talk to me before I start." Erik liked to get into his own

Erik Schlopy as the reigning world champion bronze medalist.



head and wanted that time to himself. It continued, "This is not because I don't want to talk, it is just not the time." Today Coach Schlopy encourages

the same process from his U.S. Ski Team World Cup technical skiers.



Julia Mancuso's SC at the 2013 World Championships in Schladming, Austria.

These companies support Masters Ski Racing...and we support them



Racing for the Future

by Steve Slivinski, Masters National Chairman



The Great Pumpkin is just around the corner, and Jack Frost is painting the leaves red and yellow here in Sun Valley. So come on wake up, get out of bed; it's that time of year to get back in shape, scrape the storage wax off your skis, sharpen the edges, and buy something fast from Fuxi.

This fall, it was my privilege to be a part of Bill Skinner's camp for sniveling, over-the-hill ski racers in Chile. It was great fun as we broke trail for an hour through a couple of feet of new snow, in a blinding blizzard, at 11,000 ft, to make it to a slalom race, on a course the Chilean army had polished into a sheet of ice, but that's what makes us Masters racer tough. The effort was well worth it, because we came back drenched with South American medals. Bill, of course, considered it a character builder; my compatriots and I, on the other hand, considered it more like climbing Mount Everest.

Congratulations, Ted Ligety!

First place Sölden GS.

Our Masters schedule poster boy won the opening men's World Cup. Your membership fees support the U.S. Ski Team during this important Olympic year! Go team!

Contact your division chairman or pick up some posters at your first race and spread them around!

All humor aside, we were fortunate on this trip to meet a young U.S. racer down in Chile whose dedication, enthusiasm, and courage knows no bounds. Hailey Dukes—at the ripe old age of 28—is attempting to make the U.S. Olympic team on her own. It was amazing to watch her train on conditions that would send most Masters sliding sideways on their backsides. The outstanding experience in having a world-class racer like Hailey, and her coach Patrick Purcell, take part in our camp was inspiring to a group of mature, physically-challenged ski racers like ourselves. Her uphill fight to overcome numerous age, and health issues to make the U.S. team is awesome. We as Masters are probably more generous than most in giving back to our sport. If you're interested in learning more about Hailey Duke, go to her website: haileyduke.com.

There are two dates to keep in mind this winter for some awesome racing. The first is Feb. 6-9 for the Western Regionals and FIS Masters cup races at Park City, UT. The second is Mar. 17-22 for the Phillips 66 Masters Nationals at Okemo, VT. I'll be there—will you? Remember: keep those ski tips pointed downhill!



Masters Membership News

by Bill Skinner, USSA Masters Manager



Welcome to the 2014 USSA Masters race season. We have 197 Masters races in 10 divisions across the country this year.

Thank your officials and division volunteers

Take the time show your appreciation to our division volunteers, and in a big way to our Masters officials that ensure quality

venues, an even playing field and safety management. Our officials are our own fellow racers and friends, who show a deep regard for the condition of racecourses and fairness of race management decisions. Please thank them when you see them on the hill. They are critical to the continuation of our sport.

Big newsletter mailing

In an effort to promote our races, this newsletter is going to 2,685 Masters and past Student members, 334 Temporary racers (hopefully will join us full-time), 327 USSA clubs, and to 2,553 NASTAR platinum medalists, whom we would like to have join us for a Masters Ski race.

NASTAR platinum medalists

Congratulations on your 2013 medal! We would like to invite you to join us for the next step in your racing progression. Check out our race schedules and please join us for a race—or a full season of competitions. For more info and to join us, go to ussa.org/masters.

Student ski racers

USSA Masters would like to invite you to attend a Masters ski race. In past, your USSA Student membership enabled you to race Masters. Now you will either need a Competitor membership, a Temporary membership, or join us as members and be eligible for all Masters races, including the Nationals and Region Championships. Masters class 1 now starts at age 18.

New rules to remember for 2014

In DH, SG and GS, if you fall and come to a stop, you are a DNF and cannot continue. In SL, you may fall and climb, but if the next racer approaches you must clear course and are a DNF.

Masters ski requirements

USSA recommends that competitors in USSA Masters events compete on equipment designed for the particular discipline (DH, SL, GS, SG), but does not make any recommendations in regards to ski length, radius or profile width. For FIS Masters races (Park City), ski length rules are: For SG, minimum for men is 185 cm and women 180 cm. There is no length, width or ski radius restriction for ladies above 55 and men above 65 years of age.

Nationals and FIS Cup race registration

The sign-up and the latest information for U.S. Masters Nationals and FIS/Western Championships is at skiracereg.com. Field size is limited to 300 for Nationals and 200 U.S. entries for FIS Cup. Registration starts Dec. 1.

2014 Masters Competition Guide

It's now available online at ussa.org/masters, or if you would like a hard copy to add to your collection, send me an email with delivery address.

2014 Alpine Masters Schedules (Subject to change)

Alaska Alpine Masters

Jan. 4 Alyeska GS
 Jan. 25 Alyeska GS
 Feb. 8 Alyeska GS
 Feb. 22 Alyeska SL
 Mar. 1 Alyeska SL
 Mar. 8 Alyeska SL
 Mar. 29 Alyeska GS
 Info: Gary Randall 907.242.2927

Central Alpine Masters

Dec. 14 Buck Hill . . Nelson Clinic
 Dec. 15 Buck Hill SL/SL
 Dec. 21 Boyne . . . Koznick Clinic
 Jan. 4-5 Brule 3SL/3GS
 Jan. 18-19 Lutsen 2SG

Eastern Championships

Feb. 7-9 Marquette . . 2SG/2GS/2SL

Southern Regional Championships

Feb. 22-23 . . . Granite Peak . . 2SL/2GS
 Feb. 24-26 . . . Buck Hill 4GS
 Feb. 3-5 Buck Hill 4SL

Northern Regional Championships

Mar. 8-9 Spirit Mtn. . . 2GS/2SL
 Info: Ryan Fuller 612.501.3268
 www.midwestmasters.org

New England Masters/Size Cup

Dec. 14-15 . . . Killington GS/SL
 Jan. 4-5 Sunapee GS/SL
 Jan. 10 Wachusett Clinic
 Jan. 17 Cochran's Clinic
 Jan. 18-19 . . . Middlebury SL/GS
 Jan. 25 Stratton GS
 Jan. 26 Bromley SL
 Jan.31-Feb. 2 . . Whiteface . . 2SG/GS/SL
 Feb. 8 Pat's Peak SL
 Feb. 9 Ragged Mt. GS
 Feb. 22 Cannon SL
 Feb. 23 Loon Mt. GS
 Mar. 1 Suicide Six SL
 Mar. 2 Okemo GS

Size Cup Finals

Mar. 7-8 Waterville GS/SL

National Championships

Mar. 17-22 . . . Okemo . . . DH/SG/GS/SL
 Info: Bill McCollom 802.234.9561
 www.nemasters.org

New York Masters

Jan. 5 Swain GS/SL
 Jan. 11 Toggenburg SL/SL
 Jan. 12 Labrador Mt. GS/GS
 Jan. 25 Holimont GS/GS
 Jan. 26 Holiday Valley SL/SL
 Jan.31-Feb. 2 . . Whiteface . . 2SG/GS/SL
 Feb. 15 Hunt Hollow GS/GS
 Feb. 22 Song Mtn. SG/SL
 Feb. 23 Greek Peak GS/GS

New York Finals

Mar. 2 Swain GS/GS
 Info: Jack Eisenschmid 585.288.4554
 www.nymasters.org

Southern Masters (SARA)

Dec. 26-27 . . . Sugar Mtn. SL/GS
 Jan. 4 Bryce Resort SL
 Jan. 12 Bryce Resort SL
 Jan. 20 Wintergreen GS
 Jan. 25-26 . . . Sugar Mtn. SL/GS
 Feb. 1-2 Snowshoe SL/GS
 Feb. 8-9 Timberline SL/GS
 Feb. 17 Wintergreen SL
 Feb. 22-23 . . . Snowshoe GS/SL
 Info Contact: Horst Locher 540.856.2121
 www.skisara.org

Far West Masters

Dec. 2-6 Mammoth Camp
 Dec. 7-8 Mammoth SL/2GS
 Dec. 21-22 . . . Alpine Meadows . . SL/SL
 Jan. 10 Heavenly SL/SL
 Jan. 11-12 . . . Sierra at Tahoe . . GS/GS
 Jan. 23-26 . . . Mammoth . . . 2DH/4SG
 Feb. 22-23 . . . Squaw Valley . . . 2SL/GS
 Mar. 8-9 Mt Rose GS/GS

Far West Finals

Mar. 27-29 . . . Mammoth SG/SL/GS/BBQ
 Info contact: Mark Mirviss 530.583.6971
 www.farwestmasters.org

Intermountain Masters/ JANS Cup

Jan. 3-5 Red Lodge GS/GS/SL
 Jan. 10-12 . . . Park City . . . SG/SG/SL/GS
 Jan 17-19 . . . Sun Valley . . . SG/GS/SL
 Jan. 25-26 . . . Snow King GS/GS
 Feb. 1-2 Bogus Basin GS/G

Fis Western Championships

Feb. 6-9 Park City . . . SG/SG/SL/SL
 Feb. 10-12 . . . Soldier Mtn. . . . DH/DH
 Feb. 21-13 . . . Wolf Mtn. GS/SL/GS
 Mar. 1-2 Canyons SL/SL
 Mar 7-9 Snowbasin . . . SG/GS/GS
 Info: Amy Lanzel 435.649.5751
 www.intermountainmasters.org

Northern Masters

Jan. 3-5 Red Lodge, MT .GS/GS/SL
 Jan. 17-19 . . . Sun Valley, ID .2SG/GS/SL
 Feb. 6-9 Park City, UT . . 2SG/2SL
 Feb. 20-23 . . . Schweitzer, ID .3SG/GS/SL
 Mar. 7-9 Snowbasin, UT .SG/GS/SL
 Info: Toby Chapman 406.541.0866

Pacific Northwest Masters

Jan. 4-5 Summit at Snoq .trGS/GS
 Jan. 11-12 . . . Crystal GS/GS
 Jan. 31-Feb. 2 . . 49 Degrees 3SG
 Feb. 15-16 . . . Willamette Pass . . SL/GS
 Feb. 20-23 . . . Schweitzer . . . 3SG/GS/SL
 Mar. 1-3 Stevens Pass . . SL/GS/2SG
 Mar. 8-9 Ski Bowl SL/GS
 Mar. 15-16 . . . Alpentel 2SL/SL
 Apr. 2-6 Mt Bachelor SG/SG/GS/SL
 Info: Ann Ozuna 509.993.2283
 www.pnsamasters.org

Rocky Mountain Masters

Dec. 14 Echo Mtn. SL/SL
 Dec. 15 Loveland SL/SL
 Jan. 4-5 Copper Mtn. GS/GS
 Jan. 11-12 . . . Winter Park GS/SL
 Jan. 12-13 . . . Copper Mt. GS/GS
 Jan. 18-19 . . . Ski Cooper DH/GS
 Feb. 1 Ski Cooper GS
 Feb. 9 Loveland SL/SL
 Feb. 15-17 . . . Aspen 2SG/2DH
 Mar. 1-2 Powderhorn GS/SL
 Mar. 8-9 Ski Cooper . . .trDH/2DH
 Mar. 29 Loveland SG/GS/SL
 Apr. 5-6 Breckenridge .SG/SG/GS
 Info Contact: Graham Smith 719.510.0747
 www.rmmskiracing.org

NATIONAL CHAMPIONSHIP EVENTS

Phillips 66 Masters National Championship

Mar. 17-22 . . . Okemo, VT DH/SG/GS/SL
 Bill Skinner 435.647.2633

Phillips 66 FIS Masters Cup/ Western Championships

Feb. 6-9 Park City, UT SG/SG/SL/SL
 Bill Skinner 435.647.2633

Summer Fun Nationals

July 19-20 . . . Mt Hood, OR . . . GS/SL
 Meri Stratton 541.387.3674

Molecule F National Speed Series

Jan. 10 Park City, UT SG
 Jan. 24-25 . . . Mammoth, CA . . DH/SG
 Feb. 1-2 49degrees N, WA .SG/SG
 Feb. 6-7 Park City, UT (FIS Cup) SG/SG
 Feb. 11-12 . . . Soldier Mtn., ID .DH/DH
 Feb. 15-17 . . . Aspen, CO SG/DH
 Feb. 20-21 . . . Schweitzer, ID . . . SG/SG
 Mar. 8-9 Ski Cooper, CO .DH/DH
 Mar. 17-20 . . . Okemo, VT (Nationals) DH/SG

Masters adult racing: Age class competition for skiers 18 years and older. For more information contact 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."



2013/14 FIS Masters Cup

by Bob Davis



The first four races of the season are in the books. Chile hosted two GSs, a SG, and a SL under great conditions. South America

had an abundance of snow, and the races went off without a hitch.

Bill Skinner's annual Valle Nevado Chile race camp was a great success. Training took place alongside several national teams prior to the South American races.

Park City will host four races this year on Feb. 6-9: two SGs and two SLs, all on Pay-day run. These races will also be part of the USSA Speed Series and be the Western Region Championships. U.S. racers will be competing to be named and receive 2014 Masters Western Region Team jackets. We anticipate a large European field; U.S. entry will be limited to first 200 sign-ups. be sure to get your entry in early.

If you plan on traveling to Europe

for any of the following races, you will need to contact Bill Skinner at bskinner@ussa.org to be entered into the races. In order to participate in the FIS races, you must hold a valid FIS license, and be a current USSA member.

FIS-ski.com is the link to all the information for Masters racing in Europe. Each race venue usually has an associated website to give you the information you need to travel to a particular race venue.

December:

14-15	Sestriere, ITA	SL/GS
21-22	Hochfuegen, AUT	SL/GS

January:

4-5	Cerkno, SLO	SL/GS
11-12	Veysonnaz, SUI	SL/GS
18-19	Kaprun, AUT	SG/SG
24-26	Serre Chevalier, FRA	SG/SL/GS

February:

Jan. 31-Feb 2		
	Megeve, FRA	SG/SL/GS
6-9	Park City, UT	SG/SG/SL/SL
15-16	Bischofswiesen, GER	SL/GS

March:

1-2	Zagreb, CRO	SL/GS
8-9	Forni di Sopra, ITA	SL/GS
15-16	Pec Pod Snezkou, CZE	SL/GS
25-29	FIS Criterium Hockar, AUT	SG/SL/GS/GS

April:

11-12	Abetone, ITA / Finals	SL/GS
-------	-----------------------	-------



NASTAR for Masters

by Bill Madsen



Nature Valley NASTAR racing will take place at 115 resorts this winter and there will be two regional events that will provide great racing, fun parties and an opportunity to qualify for the Nature Valley

NASTAR National Championships:

Eastern Championships: Okemo, VT
Feb. 1-2

Midwest Championships: Welch Village, MN
Feb. 15-16

These events will include individual races on Saturday, with participants divided into age and ability groups. On Sunday, there will be a Race of Champions to determine the fastest racers, using handicapped times and raw times. In addition, there will be a team race with separate divisions for fam-

ily teams and teams of friends. Teams will be scored using NASTAR Team Points, so that age and gender can be used to handicap racers. Get your team together and register online today.

The regional events will be used to qualify racers for the Nature Valley NASTAR National Championships:

National Championships: Snowmass, CO
March 26-30

The Nature Valley NASTAR National Championships will take place in the Spider Sabich Race Arena at Snowmass Village, CO, and for the first year, SL racing will be included in the event. Ted Ligety, Steve Nyman, Stacey Cooke and Nolan Kasper will be setting the pace, along with U.S. Ski Team alumni AJ Kitt, Kaylin Richardson and Heidi Voelker. Don't miss this opportunity to compete against the best GS racer in the world.

There are 115 resorts with Nature Val-

ley NASTAR race courses from coast to coast providing Masters with accessible racing and training opportunities. Every time you race you earn a handicap that represents the difference between your time and the time of the national pacesetter Ted Ligety. Results are posted on the NASTAR.com website and participants are ranked with their peers in their ability group at the host resort, in their state of residence and nationally

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

Okemo to Host 2014 Masters National Championships

by Bill McCollum

With the 2014 Masters National Championships slated for Okemo Mountain, Vermont, racers from across the country will get to see why Okemo is the most popular Masters ski racing site in the east. What makes Okemo Mountain such an attraction among the Masters?

Size Matters

Topping out at close to 4,000 feet with 2,200 vertical feet of fall-line skiing, Okemo is a serious mountain. Throw in 650 acres of skiable terrain, 97% of which is covered by snowmaking, and 120 trails, serviced by 19 lifts, and Masters ski racers will be treated to plenty of skiing options.

Terrain Matters

The Masters-friendly venues are one of the primary attractions for Masters ski racers. The Chief Racing Trail, site of the DH, SG, and GS events, is long and rolling, with opportunities for air, fall-aways, or airplane turns in the speed events. Race organizers have the option of running the DH from top to bottom, which would yield winning times in the 80-second range, or the start or finish could be altered to shorten the course by about 10 seconds. Course setters also have the same options for SG and GS. But what makes racing on the Chief special is its rolling pitches over varied terrain, which makes it a challenge for the best—and fun to ski for all. The Chief Racing Trail is serviced by a high-speed detachable quad, which provides a turnaround time of less than 10 minutes. Full-service lodges are available at the top and the bottom of the courses.

The SL race will be held on the adjacent Wardance Trail. The fastest times may vary between 40 and 50 seconds, depending on the set and placement of the finish. Racers kick out of the start house and negotiate a consistently moderate pitch, which gradually flattens out toward the finish. The hill is plenty wide enough for two courses.

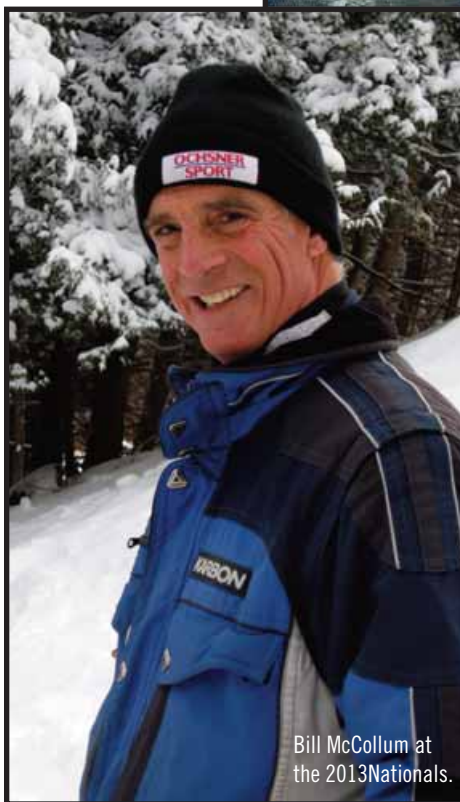
Experience Matters

This is a race organization that is on the go from the beginning of Dec. through the end of Mar. All the trails are FIS homologated and the Okemo race organization runs all levels of racing, from NorAms to peewees. Having hosted so many Masters ski races over the years, the race organization is well versed in appropriate course

setting, length of courses, and optimal snow conditions.

Convenience Matters

Multiple ski-in/out housing options are available at the mountain, and additional well-priced lodging can be found in the village of Ludlow. This quintessential rural Vermont town is nestled at the foot of the mountain. Mountain options include the upscale Inn at Jackson Gore, or guests may bring it down a notch to housing units surrounding the base of the mountain. Dining choices abound as well, at both the mountain and in the village. With all the parties at the bar at the base of the mountain and the banquet at the Inn at Jackson Gore, it's a tidy, logistically-friendly package.



Bill McCollum at the 2013 Nationals.

well represented at Okemo events, as a result.

Okemo was the first choice for the Nationals for all in the east. Masters ski racers from all over the country are invited to attend this event on Mar. 17–22 to find out why.

Be there!

The Mountain Lodge at Okemo (1br condominiums), Kettle Brook (1,2 and 3 br condominiums) and Winterplace (2 and 3br condominiums) are no doubt the closest locations to the racing venues. On the

other hand, Solitude Village and Jackson Gore are our newer lodging facilities and offer upscale options.

Here are a few lodging rates based on a six-night stay with arrival on Monday, Mar. 17 and departure Sunday, Mar. 23:

Depending on the length of stay, we will extend a discount ranging from 15–35% with the following guidelines:

- 15% off on three nights
- 20% on four nights
- 25% on five nights
- 35% on six or seven nights

1. Mountain Lodge at Okemo
1br / 1 bath condo (sleeps 2–4)
\$1,070 or \$179 per night
2. Kettle Brook
2br / 2 bath condo (sleeps 4–6)
for \$1,747 or \$292 per night
3. Winterplace 3br / 2 bath condo (sleeps 6–8) for \$2,362 or \$394 per night
4. Solitude Village 2br / 2.5 bath condo (sleeps 4–6) for \$2,151 or \$355 per night
5. Jackson Gore Inn 1br / 2 bath condominium (sleeps 4) for \$1,911 or \$319 per night

Call 866-706-5366. Ask for Masters rates.

Other Lodging options include:
Castle Hill Resort and Spa
802.226.7688
www.castlehillresortvt.com

Proximity Matters

Proximity is another reason that Okemo is number one among the eastern Masters. It's a two-hour drive from Albany, Burlington, and Manchester airports, and three hours from Boston or Montreal. The New York and Canadian contingents are always

2014 Molecule F Masters National Speed Series

by Luke Keenan

The 2013–2014 USSA Alpine Masters National Speed Series, sponsored by Molecule F, consists of a series of 17 SG and DH speed events, 10 SGs and seven DHs. The races will be held around the country in five divisions (Far West, Intermountain, Rocky, PNSA, and Eastern). The series concludes with the National Championship DH and SG at the National Championships in Okemo, VT, March 17–21, 2013.

Park City Mtn. Resort

SG, Jan. 10, 2014

This SG opens the year on Payday run. It will be on the same course as the FIS Masters Cup, so it's a great way to get some experience on the FIS Masters Cup SG hill. The race is followed by a GS and SL. It is 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.

Insider's tip: Rental cars can be as low as \$20 per day including fees and taxes from hotwire or similar sites. Places like the Sweetwater Lift Lodge can be found close to the lifts for a great price as well.

Mammoth Mountain

DH & SG, Jan. 23–26, 2014

New to the series this year, Mammoth is adding a DH. It will run down the same run as the SG, but instead of starting at hair jump, you will get to jump it! The SG is the fastest on the circuit, whether it goes 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 day before the race, so look into it.

49 Degrees North

SG, SG Feb. 1–2, 2014

A new addition to the series this year, two SGs will take place at 49 Degrees North in Chewelah, WA. This place is like stepping back in time; it has a very nice rustic feel and hasn't aged since the early 80s. This hill features a medium pitch at the start, a small jump followed by a flat section, then

a series of S turns off the flats toward a medium pitch then a huge fall away left-footed basketball turn, then it's off to the races, grab your tuck to the finish.

Insider's tip: Make sure to grab drinks and meal at The Chalet Restaurant and Alpine Room. Then order their amazing beef stroganoff - fresh pasta with mushrooms, creamy sauce and a full aged steak cooked to order on the side, all for less than \$30.

Park City Mtn. Resort

SG, SG Feb. 6–7, 2014

The two SGs in the FIS Masters Cup will also count toward the Molecule F series this year. Don't forget you need an FIS Masters license to enter the races. Two SLs follow the two SGs. Additionally, this will be the Western Regionals, and points will count toward the Western Regional Team.

Insider's tip: Make sure to grab drinks and a meal at Adolph's restaurant. They serve Swiss and European fare, but more importantly, the place is packed with ski racing memorabilia and where else do you find that?

Soldier Mountain

Two DHs, Feb. 11–12, 2014

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 three or four 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. 15–17, 2014

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 seven 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

SG, SG, Feb. 21–22, 2014

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, and usually a fireworks show to catch 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 DHs, Mar. 8–9, 2014

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 the 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.

Okemo

DH, SG, Mar. 19–20, 2014

These are last two Molecule F races of the season. The National DH and SG championship titles, as well as the Molecule F titles, will all be decided here. Make sure to bring your A game to these races or you won't be bringing any hardware home.

Insider's tip: Stay as close to the mountain as possible. All the events, ceremonies, and cocktail hours are a lot more fun and relaxing if you can just walk from the wax room beforehand and few feet back your home after.

Masters and the 2014 GS Skis

by Chris Smith, Fischer Product Development and Promotions

For the 2013–14 ski season, all FIS athletes must ski on 30-meter skis for the ladies and 35-meter skis for the men. From summer testing at Mammoth, Mount Bachelor, and Mt Hood, the consensus is the new radius skis are not as bad as we thought they were going to be for athletes.

On hard snow, the new shape and advancements in materials technology mean the new skis are turning quite well and are still fast.

The new 30- and 35-meter FIS skis are now narrower under foot <=65mm. All World Cup women must ski on a 188, 30-meter GS ski and men must ski a 195, 35-meter GS ski. This rule is in affect for all World Cup, Europa Cup, Nor Am, and World JRs. At the FIS level, athletes must ski the new 30- and 35-meter radius skis but can ski them 5cm shorter if needed (183, 190).

These rules are not in affect for Masters.

Where does that leave the Masters in looking for real race skis? A number of manufactures are making Masters specific GS skis. Fischer has a line of skis made just for the Master racer. Fischer has a 183, 23-meter and 188, 25-meter GS ski. Both skis are

shorter radius and Masters needs. Fischer uses the same race plates, edge material, race base, and internal materials as all World Cup skis. The benefits of the Fischer Masters skis are they perform just like the World Cups skis, just turn much more easily and are more fun to ski.

Atomic, Head and Volkl also have a line of Masters shaped GS skis.

With the new rule change for GS, SG, and DH it is important to point out that the SL skis rules have not changed for the 2013–14 season.

All the speed-ski length, radius, and under-foot measurement has changed with the new rules. If you are in the market for new speed skis, this is the year to take advantage of

the rule change. Retailers and racers will be looking to sell old speed ski sizes to make room for the new radius skis.



Bobby Skinner does his thing at Big Sky.

made with the same materials as the longer-radius World Cup skis, but in a shorter length, radius, and ski flex, to match the

25th Summer Fun Nationals a Family Affair

The 25th annual Summer Fun Nationals at Mt Hood was a real success, with well over 100 racers, including nine families, competing for the “Eigenvector Fastest Family” award, which was won by the New York family of Aaron Donnan.

The competition was top level, where the fastest man and woman were Cannon O’Brien (Amy Lanzel’s nephew) and Lauren Salko, from New York. The Skoch Cup Combined fastest men (following O’Brien) were Jake Jacobs, Tim Hill, Jake Keith, Toby Chapman, Pat Burke, Franz Fuchsberger, Willy Scroggins, and Pepi Neubauer. Race conditions were the “best ever,” under sunny skies, warm temperatures and firm snow.

The weekend finale was the pool party at the Timberline Hotel, where swimming, socializing and awards capped the sun-

kissed, fun-filled weekend.

Coplete race results may be viewed at

summerfunnationals.com, and more photos are at brianrobbphotos.com.



Winter sport meets summer fun. Does it get better than this?



Ted Ligety after a good warm-up wins for the third time at Sölden.



**“Think
Those
confio**

Plan “B”

If you want to do it on race day, then you have to do in training. This includes having an alternate plan. Stick to your initial plan, but don’t be married to it. Understand that ski racing is a variable environment. The racer in front of you may not show up, which pushes you up the start order. This will change your timing, and if you are too set in your ways, you will be disrupted. Ted Ligety likes the warm-up course, but if it is half blown apart by the earlier racers he just skis by, not getting too jacked out of shape by not being able to run.

The Night Before

Tuning, waxing and getting your gear in order should help you get a good night’s sleep. The only caveat is that this is not the time to put that extra degree of side bevel on the ski. Ski the ski like it was in training; if this is your race pair, make the tune identical.

The Morning Of

Eat a good breakfast on training days so you can eat a good breakfast on race day. After that, what goes on inside your head needs some pacing.

Sasha Rearick, U.S. Ski Team men’s head coach, says the best racers are the ones that know how to control their mental state before the race. There are many changing variables in ski racing that racers need to cope with such as start time, line quality and weather. Dr. Dan Freigang the Performance Psychology Consultant to the U.S. Women’s Alpine team points out “that to be successful you need to have strategies so

you can pace and control your mental state.” Additionally, “your self-confidence is directly influenced by attention and emotion.” According to “Dr. Dan the mental man,” “each racer must develop mental skills to regulate emotion, attention, and visual tracking. We teach these mental skills to all our racers and they are gradually improved over time. With our team [U.S. Women’s Alpine team], we call these mental skills ‘coping strategies’ and recognize that they are unique to each racer. Think of Jedi skills from the Star Wars movie. Those are the coping skills that will help you blaze confidently from the start house.”

Warm-up

Start your physical warm-up by getting blood flowing to the muscles. This is essential for fast, accurate movements. Technique will falter and reflexes will be slow if the body is not warmed up sufficiently. Move through full ranges of motion but do not hold stretches—this is not the time to work on increasing joint range-of-motion. Proprioception is enhanced by skiing. Drills



After some pivoting drills, Fritz Dopfer skis into a 1st-run third position during the Schladming night SL.

that exaggerate movements will wake up motor neurons that will be firing key muscles after you leave the start house.

Ted Ligety likes to free ski with what he refers to as “looking for his ankles,” or getting the feel for those critical joints. This is the time to emphasize skills that will be greatly utilized and challenged in the race.

German SL specialists Fritz Dopfer and

Felix Neureither both like to warm up with pivoting exercises knowing that their rotary skills will be taxed after they explode out of the start house.



Ted Ligety after “finding” his ankles during warm-up lays them over at Sölden.



Felix Neureither, pivoting in the Zagreb SL in 2013.

of Jedi skills from the Star Wars movie. e are the coping skills that will help you blaze dently from the start house.” Dr. Dan the Mental Man

Inspection

The goal of course inspection is to minimize surprises. It should equip you to race with a proactive approach, as opposed to racing with reactive impulse. This does not mean memorizing every gate—the gates are brightly colored and 180 cm above the snow. You will see them. Inspecting terrain and snow is underappreciated. Think of the course in sections, including where there is rhythm and where the rhythm changes. The skiing surface is less obvious at speed and is more variable than the gates. Dips, rolls and sidehills should all be noted during the inspection. Take care on large rolls that you know the location of the next gate. Lower your stance so your eyes will be at skiing height. This will let you know if you can see, or when you can see, the oncoming gate.

buckled. You are allowed to place your poles over the start wand. Take care to get a good purchase with the pads or in the snow. In the start take in one or two deep breaths, and no more. Aim your skis to where you want your line. This is not straight at the gate but about a meter out from the gate. Have in your mind’s eye where the second gate is. This will be the end of the first turn and the initiation of the second turn. The rule of thumb is look red to red and blue to blue...this is on a course when the gates alternate red and blue.

Between Runs

Eat and drink right away and don't count on the cafeteria. Packing food and drink in your backpack will be easier to get to than that long cafeteria line and leave you less

DNFs (Did Not Finish) in slalom.

Having a thorough plan and consistently practicing like race day is the key to excelling on race day. Master’s racers can probably learn a lot from a very young ski racer. Seventeen year old SL World Champion Mikaela Shiffrin attributes her lack of nerves on race day to preparation that makes race day “feel like it is just another training day.”

Start Strategy

Five to ten minutes before your start is called, begin moving to elevate your heart rate. This increase in heart rate will ready your body for the rigor of the ski race and allow for easier and faster energy utilization, ultimately delaying lactate build-up during the race.

Have a ritual that reminds you that your helmet is buckled, goggles are pulled down, armor is secure and boots are



Lauberhorn start house.

stressed for getting to the second run inspection on time. Sport Scientist Dr. John Seifert has studied the dietary needs of ski racers. He suggests carbohydrate and protein after that first run. This can be eaten or consumed in a drink. His studies have shown that drinking one cup an hour along with carbo and protein can reduce muscle damage while skiing and even decrease



Mikaela Shiffrin, 2013 SL world champion.

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.

Division News



New England Masters

Nadine Price, chair
www.nemasters.org

Summer always seems too short here in northern New England, but this year the really warm autumn (most places haven't even had a frost yet!) extended it just enough so that almost everyone is eagerly awaiting the first snow. The gardens have been put to bed and the leaves chased into the woods. Skis are being waxed, the forecasts are being scrutinized and the snow guns are quivering in anticipation. And here at NEMS, we're ready!

As last season ended, we rolled out our new website to wide acclaim. We tested the site extensively before going live and tweaked it a bit more over the summer. It's easy to use and totally ready for prime time (i.e. race season)! We've been working with USSA and pursuing some of the successful initiatives introduced last season. We will be widely distributing the National Masters posters and brochures and will once again be holding a clinic to recruit new racers at Wachusett Mountain, in Massachusetts, on January 10. The clinic last year was wildly popular and really helped introduce Masters racing to a whole new group of po-

tential racers. We expect to see a large number of last year's participants on our start lists this year and we have scheduled the clinic a bit earlier, in hopes of getting more participants to join us this season. We are also adding a second clinic a little later in January (the date is almost confirmed but check our website for details!) at the Cochran's ski area in northern Vermont to reach and attract another group of recreational racers. USSA has also agreed to continue the temporary license structure and will be permitting the use of two temporary licenses per individual and providing "funded temps." This proved to be a very helpful recruiting tool. Last season, temporary licenses accounted for about a hundred starts in New England and we expect a number of those will purchase full licenses this season.

Once again, with USSA's generous assistance, we will be starting the season with a New England Masters booth at the Boston Ski Expo. This will be our sixth season at the Expo and we hope to keep building on the very positive experiences we have had. Each year, we are finding fewer people who have never heard of

Masters ski racing, and we have reached a few more folks who just didn't know that it's never too late to start ski racing, or get back into it. We will be offering free membership in NEMS for new members who signs up at the Expo and will have other giveaways, raffles, games and everything else we can think of to get attention! If your plans include a visit to the Expo, make sure to stop by.

Thanks to the tireless effort of the scheduling committee, we have a great schedule of races this season. In what has become a very popular new tradition, we will be kicking things off at Killington in December with our fourth almost-annual joint venture with ASRA, a ski racing organization with races in Vermont and points a little west and south. Events will include an SL, the season's first Rockport

Mortgage Corporation GS series race and, of course, a Saturday evening party!

After the holidays we will be visiting Sunapee, which, in addition to its ever popular GS, will also be hosting an SL. January will include a weekend at Middlebury and the Janeway and Ineson Cups at Stratton and Bromley. Then it's on to Whiteface, that amazing bastion of ski rac-



East's Hans Truckenbrod

Division News

ing, with NY Masters for two SGs, a GS and an SL. Although we won't be having an official Eastern Regional championship this season due to the location of Nationals, the weekend at Whiteface promises to be a real banner event. These will be the only Masters races on the calendar in the Northeast Jan. 31-Feb. 2, and we look forward to a spectacular weekend. Before the series finals at Waterville in early March, we will be visiting some traditional favorite venues and going back to a few that have been absent from our schedule for a little while (Pat's Peak SL and Loon GS).

The Sise Cup Finals will be at Waterville this year Mar. 7-8. There will be a GS Friday and an SL Saturday, both counting toward season-long standings. There will be a gala banquet and awards celebration on Saturday evening. And we will have some great raffle prizes, including a brand new, super high-end KHS road bike.

And now for the really big news: as you may have noticed, Okemo, always one of the most popular stops on our schedule, isn't on our regular schedule at all this year but will instead be the host of the 2014 USSA Masters National Championships. The dates are Mar. 17-22, and will include all four events: DH, SG, GS and SL. We are thrilled to be hosting Nationals and we anticipate an exciting, action packed, and fun-filled week. Although no one who has ever raced at Okemo will want to miss these Nationals, we should take every opportunity to share our excitement with our colleagues out west!

With less than two months to go, it's time to ramp up your training, go hike a mountain, get to the gym, start waxing those skis. We'll see you at Killington!

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



Alaska

By Gary Randall
alyeskaskiclub.org

We are looking forward to a good year of Masters racing, here in Alaska. The sun is shining and the mountain biking is still great. Last weekend, we had our annual ski swap and sold \$79,000 worth of equipment, of which the ski club gets 30%.

They just finished the replacing the upper lift with a new high-speed quad and named it the Glacier Express. This lift will be 10% faster than the old quad.

We have eight races this year, and we



might try and throw in an SC.

Our sponsor is back for another year. The Odem Corporation is supplying all the swag, beer and wine for our award parties. This year, we are going to try to get some of our younger racers to return by offering a discount program fee, so they can train and run gates. I have talked with a number of the youth competitors who can't afford the program fee, but would like to train some gates.

That's about all from the far north. Hope to see you all at Park City for the FIS and Western Regional!



PNSA

By Ann Ozuna
pnsa.org

Pacific northwest weather forecasters are predicting a cool—not cold—winter with lots of precipitation—perfect for the thirty-plus race starts for Masters skiers and friends. With so many opportunities, there is something for everyone on the schedule.

We love to go fast in PNSA, as proven on the podium at last year's nationals. To get comfortable going fast, our racers get to hone their skills at SG races on Masters-friendly hills in Oregon, Washington and Idaho throughout the season. Mt Bachelor

starts the season with a chance to run GS and SG with the kids in Dec. at the Russ Reed race, and ends it with multiple SGs as part of the Championships in April. 49 Degrees North, in skier-friendly Chewelah, Washington, is planning off-the-hill events along with three SG races and a "go fast" camp at the end of Jan. Rewax your SG skis and head to Schweitzer Basin in Idaho just after President's Day for three more SG races, along with a speed camp. Seattle racers have two SG races close to home in Mar. at Steven Pass. The 49N and Schweitzer SG races are part of the national Molecule F Speed Series.

If you like to make turns, PNSA starts 2014 off with the Kickoff GS and a GS training day at Snoqualmie Pass, following it up with a GS weekend at Crystal Mountain in Washington. Oregon racing opportunities include both GS and SL courses at Ski Bowl with off-the-hill fun provided by the Skiyente Ski Club in Mar. or a chance to travel south to race SL and GS with the kids at Willamette Pass in Feb. Along with their SG races, both Schweitzer and Stevens Pass offer both GS and SL races as part of their race series. Alpentel, on Snoqualmie Pass, offers a three-SL race weekend in Mar.

The full schedule is available in a number of places: on the PNSA Series page at skiracereg.com, as well as at pnsa.org under schedule/masters or at pnsamasters.com, or on our Facebook page. Skiers can create an account at skiracereg.com and enter all but the Mt Bachelor races with no additional credit-card fees. Mt Bachelor takes entries at mbsef.org.

Potential racers may have up to two temporary race licenses in a season, each good for a full race weekend experience. New racers may credit the cost of those two temporary licenses to the cost of a full season license at any time during the season. The temporary licenses are a great way to experience the thrill of a longer course and see your times in age-bracketed results.

Many areas offer coaching, especially for the Masters athlete. Information on coaching opportunities in areas all over the Northwest is available at pnsamasters.com.

Questions? Contact Peter Christian, membership chair, at christianx4@comcast.net or Ann Ozuna, PNSA Masters Chair at aozuna@ieway.com. We'd love to see you at our races, either as a race helper, official or a smiling participant. Come check us out.



Intermountain Masters—It's a wrap!

By Amy Lanzel
www.Intermountain-Masters.org

Fall is in the air and frost has covered the ground. We are now officially a month away from multiple ski resorts opening in Utah! This year, we have added two new race venues, Bogus Basin (The Canyons) and Red Lodge (Montana). We are expecting our numbers to grow through better marketing, word of mouth and sweeter deals. We have also enhanced the variety of race offerings.

This year's schedule includes seven SGs, 12 GSs and eight SLs. Where else in the country can you get that? Please check our Intermountain Masters website schedules closer to the race date for any changes, at IntermountianMasters.org.

Exciting changes this year include the Sun Valley Skoch Cup races. SG and GS will be held on Warm Springs run! The best run on the mountain is finally all ours, and Park City Mountain Resort will be hosting the super popular Loritz Cup three-day race series in January and the FIS Western Regionals in February.

Signing up for Intermountain races is easy using the online race registration site, Skiracereg.com.

Once again, we are proud to be partnered with Jans Mountain Outfitters. Be sure to check out jans.com for all your needs and the latest in race equipment. This web site makes it easier to locate and get product at incredible Master racers-only discounts, while at the same time enhancing their sponsorship with Intermountain Masters with a small monetary give-back of all items sold online.

We welcome back our long-time race sponsors, team orthopedic surgeon and Master racer Dr. Phil Davidson, Team Healthcare, Dr Don Cofer, Tommy Reinert of Dominator wax, Brent Amsbury at Park City Ski Boot and Sun Valley's Formula Sports for their support of the Sun Valley Skoch Cup races. Race sponsors are a funny thing: without them we simply would not be. Whenever you visit any of our sponsors, please be sure to let them know you shop their store because of their support to Intermountain Masters. Show the love!

We look forward to another exciting, competitive racing party-filled season. Get your boards out and sharpen the edges...It's game time.

Far West

By Mark Mirviss
www.FarWestMasters.org

We've already had a sneak preview of winter in the form of two small snow storms, but that's enough to get our minds geared up for our coming season of ski racing. We in the Far West will be hosting a great race schedule, and we'd love for some of our Masters friends from around the country to come out west and race with us!

Highlights of this season's schedule include our first race of the season at Mammoth Mountain, two GSs and an SL, Dec. 7-8; six speed races at Mammoth consisting of two DHs and four SGs. One DH and one SG will be National Speed Series races, Jan. 23-26. As mentioned, these are just the highlights! Please go to farwestmasters.org for the rest of our race schedule. And please come out and join us in the sunny west for any and all of our series of races. We know you'll love it! To top it all off, Squaw will be hosting the U.S. Alpine Championships for the second year in a row. Unfortunately most of us won't qualify to race in that race, but come out, watch and enjoy! Those who came to Squaw for Nationals last year were unanimous in proclaiming the event to be the finest and most entertaining U.S. Nationals ever held. Please come out and be a part of ski racing in the west.

I hope to see all of you soon!

Deb Lewis at Big Sky.



Division News



Central

Ryan Fuller, chair
www.midwestmasters.org

SEASON PREVIEW

This season, Midwest Masters intends to capitalize on changes

implemented last year and continue moving forward to better the program. Here are some highlights for this season:

- Continue to aggressively market using multiple channels including Facebook, YouTube, and Constant Contact.
- Continue with our prototype membership pricing system geared toward making it easier for the “casual racer” to race with USSA Masters.
- Hold TWO “Give it a try” Fall Masters SL camps coached by former Olympians Tasha Nelson and Kristina Koznick.
- Continued reorganization of our board to make it easier to contribute as a volunteer.

Central Division Metric (includes temps)

	End 2012	End 2013	Goal 2013	Yr/Yr% Change
Distinct Members: how many members we have	146	146	163	12%
Utilization: how often our members race with us; starts per distinct member	6.8	6.5	7.1	9%
Attrition Reduction: the percentage of members we lose from season 1 to season 2	28%	22%	15%	n/a

- New Midwest Masters customized GS suits.

Last season Kristina Koznick, perhaps our nation’s best World Cup SL skier of all time, graciously accepted our invitation to coach a camp for adult ski racers. The camp was a huge hit, and she had so much fun she’s coming back this year! Tasha McCrank (Nelson), another Central division native and former Olympian, is also set to coach at the Buck Hill camp this season. We are extremely grateful that both of these immense talents have offered their time to help coach us Masters racers!

We plan to continue to use skiracereg.com as our membership and race registration system, and to also continue using our own FIS-style divisional points system complete with points lists and our own ability-class racer classification. Both of these have been very successful parts of our program. We continue racing at many of the familiar venues, including Buck Hill

and Spirit Mountain, and will be returning to Granite Peak this season for our Southern Championship.

OUR GOALS THIS SEASON

Before last season, Midwest Masters devised a 3-year plan for the program, as well as specific initiatives to meet the goals set in this plan. To know whether we are being successful, we need to measure our performance from year to year. This plan relates to many things including training, member recognition, and sponsorships. Most important, however, is that we plan to reverse the trend that we have seen in membership over the last few years and increase the number of new faces we see and build momentum for future seasons!

Here’s a quick summary of the metrics we are using to measure ourselves this year. In a nutshell, we’re trying to increase the number of new faces (the number of distinct members) and the level of utilization (how often each distinct member races with us), while stemming the loss of members from last season.

Last season, we saw flat membership growth, a bit of a dip in utilization, but a reduction in attrition. This season we hope all metrics will be positive!

We believe in publishing these numbers to our Membership so the Midwest Masters board is held accountable! We’ll report back on these numbers again next Spring.

LOOKING FORWARD

We have high hopes for this season and are excited to get started racing. We’re also very excited for Nationals at Okemo, as conditions out east favor us racers in Central. The last time Nationals were in the east, Central won the Divisions Cup. We’re hoping for a repeat this year, so look out! If there are any questions about Midwest Masters, please send an email to program.director@midwestmasters.org and we will get back to you.

We’ll see you on the hill!



Northern Division Masters

Toby Chapman, chair
tobyandali@yahoo.com

Northern Division once again will have a joint race schedule

with PNSA and Intermountain. The race season will start off in Montana at Red Lodge with a joint junior/Masters race consisting of two GSs and one SL Jan. 3–5. Red Lodge does a great job putting on this race, with the Masters racers getting to go first down the course! The other joint races during the season will be Intermountain divisional races at Sun Valley, Idaho, Jan. 17–19 for two SG/GS/SLs—which in my opinion is the best race venue around—and Snowbasin, Utah Mar. 7–9 for an SG and and GS races. The joint PNSA race will be at Schweitzer, Idaho, Feb. 20–23 for the Don Brooks Memorial, consisting of two SGs/two SGs/GS/SL. Two of the SG races at the Don Brooks Memorial will, once again, be part of the Molecule F Speed Series.

This year’s Nationals will be a four-event venue with a DH and SG for the speed freaks, and an SL and GS for the technical events at Okemo, VT. From what I’ve heard, Okemo is a great race venue. I’ve never raced there myself, and am looking forward to the competition out east.

Western Regionals this year will also be an FIS Master’s Cup event at Park City, UT, Feb. 6–9. However, it will consist of two SGs and two SLs that will crown the Western Region champions instead of the typical SC/SG/GS/SL races. This is a great race for both the speed freaks and technical skiers.

Gate training opportunities are available throughout the Northern division, so check your local ski areas and clubs for training opportunities. For training opportunities at Lookout Pass Ski Area, contact Toby Chapman at 406-541-0866, or email me at tobyandali@yahoo.com. Red Lodge ski area contact is Lisa Densmore at 406-690-0190, and Big Sky Ski area contact is BSSEF Ski Team at www.BSSEF.com. Look forward to seeing you all this winter!

Division News



Rocky Mountain

Graham Smith,
President and
Division Chair
www.rmmskiracing.org

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

As we start this 2013/14 season, we will all gather at our fall party on Nov. 12 to celebrate all of this past season's successes, and welcome the new season's potential. Our new VP, Wiebe Gortmaker, has been hard at work putting together a season race schedule that is both varied and competitive, with a few new venues like Echo Mountain, and a return to Beaver Creek, as well as our old reliable areas like Aspen, Copper, Loveland and Ski Cooper. Our Sponsor-A-Race program will be active, and my expectation is that again we'll have 100% of our season's races covered with the generous support from our membership. And speaking of sponsorship support, we at RMM are very thankful for our corporate involvement with aCOS, Racer's Edge, Foothill Ski and Golf, FUXI Ski Racing, Greenlight Collaboration, Saucer Wax and SKS. We could not do this without their generous support and prize donations. We are also very pleased to again host (for all you speed freaks) some of the Molecule F National Speed Series (NSS) events at Aspen and Ski Cooper. We welcome all other division racers to not only come to the NSS races, but any other races that might fit into your own schedule.

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

- Offer a season race entry pass to reduce the cost per race for those active participants.
- Offer a one-time purchase five-punch race entry card for those who want a dis-



Sequence: Luke Keenan shows form at Speed Series event.

- count to race in more than one or two races.
- Continue special race entry pricing for those under 25.
- And for newbies, we now have two weekends of reduced race entry rates with a temp license, which, if they love it, can be rolled over into a permanent Masters license.

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

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

I'm looking forward to seeing everyone on the race hill! Ski fast and take some chances!

New York State Snow Masters Series

By Jim Spillane and
Jack Eisenschmid, chair
www.nymasters.org

Welcome to the 2014 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 42nd season for the NY State Masters and we once again will have a great race schedule. This year we



will have a total of 20 races and nine race days. We also have a very nice blend of races consisting of nine GSs, seven SLs, and three SGs to test all abilities! We're also very pleased that the National series will be in the Northeast! The Nationals will be held at Okemo from Mar. 17-22. Also exciting news is: the New York Masters will be racing at Whiteface, Jan. 31-Feb. 2. This is a joint race with New England Masters & ASRA. This will be an SG, GS and SL event.

This year, we will begin the season again with a GS and SL at Swain on Jan. 5. 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 central New York for the first of three weekend combined races. We will be at Toggenburg for two SL races on Jan. 11, followed by two GS races the following day at Labrador. After a week

Division News

off, we head to western New York for another combined weekend beginning with a two-GS race at Holimont on Jan. 25, followed by a two-SL race at Holiday Valley on the 26th. After Whiteface, and a week off, we head to Hunt Hollow for a two-race GS. Hunt Hollow always does a great job putting on a very challenging race. The following weekend we head back to central New York for our final combined weekend beginning with a two-race SG, and two-race SL at Song Mountain. The next day, we return to Greek Peak for a two-race GS. The Greek Peak race is a very special event, as we once again pay tribute to both Rockett and Joan Skiff. To finish the season, we return to Swain to finish our series with another two-run GS and two-run SL.

We would also like to dedicate the first weekend series in Syracuse at Toggenburg and Labrador to David Bennett. Sadly, David passed away in September. David was an avid skier and a true friend to the New York Masters Series. He was a constant presence at all of the races and was always

willing to assist in any way necessary to help the series. David will be greatly missed by everyone associated with the New York Masters.

Similar to last year, the Whiteface races will be earlier in the season to ensure we have the best possible conditions. This year's event will take place at Whiteface Mountain in Lake Placid Jan. 31-Feb. 2. The Masters will then finish the 2014 season with the Nationals returning to the northeast and will take place at Okemo, VT, Mar. 17-22.

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, as with 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, nymasters.org, for the 2014 schedule, contacts, and registration information. We have also added a NY Masters Facebook 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 and Facebook page for any updates & changes to schedules! We recommend that

all NY Masters join Facebook, for the best up-to-date information.

See you at the Start!



Southern Masters

By Horst Locher, chair
www.sararacing.org

The Southern Alpine Race Association is looking forward to have some great races this year in Virginia, West

Virginia and North Carolina. We hope that we can enroll some new Master racers from the Washington, D.C. region this winter. I am sure our racers will be ready to apply their skills for carving and skidding at our first GS race at Bryce Mountain in the Shenandoah Valley. But being south of the Mason-Dixon line and having a race before Christmas, it is really up to mother nature to make it happen.

Sugar Mountain, in North Carolina, is scheduling their yearly refresher clinic for Masters who resid in the Asheville and Charlotte area. Diann Roffe, 1994 Olympic gold and silver medalist, will return as this year's celebrity coach, for three days of non-stop individual instruction and attention from accomplished skiers and certified instructors. Clinics include a three-day lift ticket, coaching fees, tuning clinic, video analysis, and a scrumptious Saturday night dinner. The clinic is scheduled for Dec. 13-15.

We are very proud of our Kathy Hurdcarillo, who travelled last Mar. to the Mas-



Chris Probert,
Jans Cup

ters Championships at Big Sky. There, she entered all events and represented our Southern Master racers at her best. Having the National Championship at Okemo in 2014, I am sure it will generate some interests for us to travel up north.



P.O. Box 100
Park City Utah
84060



Non profit
U.S. Postage
PAID
4753
Salt Lake City



Group inspection in Chile.

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.

USSA Masters Contacts

National Masters Chairman
Steve Slivinski
tel: 208.726.3442
email: sly@sunvalley.net

USSA Masters Manager
Bill Skinner
P.O. Box 100
Park City, UT 84060
tel: 435.647.2633
fax: 435.649.3613
email: bskinner@ussa.org

DIVISION CHAIRPERSONS

Alaska: Gary Randall
tel: 907.243.4259
email: grandall@gci.net

Central: Ryan Fuller
tel: 612.501.3268
email: ryanf1541@yahoo.com

Eastern: Bill McCollom
tel: 802.234.9561
email: Bmccollom@skiracing.com

Eastern/New England: Nadine Price
tel: 802.746.8850
email: nprice@ntp-associates.com

Eastern/New York: Jack Eisenschmid
tel: 585.288.4554
email: eisenschmid@frontiernet.net

Eastern/Southern: Horst Locher
tel: 540.856.2121
fax: 540.856.8567
email: skischool@bryceresort.com

Far West: Mark Mirviss
tel: 530.583.6971
email: markmirviss@att.net

Intermountain: Amy Lanzel
tel: 435.649.5751
email: alanzel@xmission.com

Northern: Toby Chapman
tel: 406.541.0866
email: tobyandali@yahoo.com

Pacific Northwest: Ann Ozuna
tel: 509.455.7944
email: aozuna@ieway.com

Rocky Mountain: Graham Smith
tel: 719.510.0747
email: gsmith721@yahoo.com

2014 Major Events

Phillips 66
FIS Masters Cup/
Western Region
Championships
Park City, UT, Feb. 6-9
SG/SG/SL/SL

Phillips 66 Masters
National Championships
Okemo, VT, Mar. 17-22
DH/SG/GS/SL



The Masters Division Cup