

ALPINE MASTERS SERIES



News and Information
of the Alpine Masters

autumn 2014
www.ussa.org/masters

Slalom: The Big Balancing Act

Slalom Re-Calibration

"We need to get back to the fundamentals." That was the word from U.S. Ski Team Men's Head Coach Sasha Rearick on the state of U.S. slalom. Rearick and his staff defined SL fundamentals as those aspects that do not change over time. "Fundamentals have enduring qualities," according to Rearick. To arrive at the fundamentals, Sasha and the other U.S. coaches mulled over old footage of Killy, Stenmark, Phil Mahre, Tomba, and others, ski racers that are now older than many Masters. Fundamentals have not changed in time, and according to Sasha, "the basics are what is needed."

Although many aspects of SL were written down, the coaches reduced the list to six fundamentals. These six were based on three goals; the overriding goal was that the center-of-mass had to take the shortest line, second,

this is accomplished with clean skis; and lastly, those skis had to have pressure in the fall-line. All three of these goals have been expounded upon in the past, but Rearick further clarified them by giving them an order and placing them at the top of a pyramid. A pyramid, because you can't just have your center-of-mass taking the shortest line without clean skis, and clean skis are fastest when the pressure is in the fall-line. "To recalibrate SL you must start at the bottom and work up; starting anywhere else will yield mediocre results," said Sasha.

Let's look at the goal of the center-of-mass taking the shortest line, which is accomplished by clean skis that are pressured in the fall-line. Then, in order, we'll review the six fundamentals of SL which will get us back to the top of the pyramid.



Center-of-mass taking the shortest line

This is not just the skis getting close to the pole, but the skier's center-of-mass to the inside of the pole. Notice that Rearick said "center-of-mass," not just the skis taking the shortest line. While the skis are on the snow the skier's center-of-mass can change height above the snow surface during the turn. To achieve those huge Ted-like edge angles requires the center-of-mass to get low and

Continued on page 10



Mikaela Shiffrin takes the shortest path to the top of the podium in Flachau last season.

Racing for the Future by Steve Slivinski, Masters National Chairman



This last ski season, it seems, was the winter of our discontent: frigid in the east and Midwest, and bone-dry in the west. We also had a few too many of our racers use a Ski Patrol toboggan to get to the bottom of the hill. However, as seasoned Masters racers, most of us didn't let a little adversity get in the way. We persevered like the Nordic gods of old and had a great season.

The race season was topped off by awesome Nationals at Okemo, Vermont. Our eastern brethren couldn't have been better hosts. To top it off, Bill McCollom added his sparkling personality as master of ceremonies for the awards parties. The home team seemed to gather in an insurmountable horde of medals, however, the overall glory of the division cup went to Intermountain. This coming season, Intermountain gets to defend the Division Cup at Sun Valley. By the way, the only time a division has won the cup on its

home turf was at Sun Valley. I invite all of you to come out to my little patch of paradise here in Idaho and get a taste of the Sun Valley life style. Also, if you have a chance, come out to Aspen for the National Downhill championships, and North American FIS/Western Regional championships in February. The races at Aspen just happen to coincide with the FIS World Championships, just up the road at Vail. I'm tempted to invite some of the young world cup'ers to come down to Aspen and see what real racers look like.

This year the national committee adopted a change in the running order for next year's nationals. The 2nd run start order for the GS and SL will be flipped in class, based on the 1st run finished times. In other words, the slowest racer in class will go first for the 2nd run. This change reflects what they do on the World Cup, and gives some of our racers who normally would never see a fresh course a chance at course that's not rutted up.

I would like to thank the division chairpersons, especially Ryan Fuller and Lisa Densmore, for their enthusiastic support and innovative ideas in helping us grow this sport we love. As always, I encourage my fellow racers to promote the sport and bring so many fresh faces along. So keep those ski tips pointed downhill and pray for snow.

The 2015 Schedule Poster is Here!

Go team!

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



Masters Membership News by Bill Skinner, USSA Masters Manager



We have the 2015 Masters race season, due to the efforts of Steve Slivinski, Ryan Fuller (CN), Bill McCollom (EA), Laura MacMath (RM), Ann Ozuna (PN), Lisa Densmore (NO), Horst Locher (SO), Jack Eisenschmid (NY), Nadine Price (NE), Dan Simmons (FW), Gary Randall (AK), Amy Lancel (IM) and a host of volunteers and committed Masters racers. The heart of Masters racing is the volunteer group with whose efforts

allow us all to live a winter life style of competition and shared friendship in the start, finish and awards social gatherings.

Thank you all for your great effort.

USSA Masters memberships support our sport and the U. S. Ski Team athletes. USSA has a streamlined organization. Membership fees have not increased in the past six years and there are no national head taxes. We have run a tight ship, even as insurance and event liability insurance rates have increased. With the leadership of Tiger Shaw, USSA looks to support Masters racing into the future. Encourage your skiing and racing friends to join us—to the benefit of all.

Highlights for the coming season.

Our Nationals will be split this year between Sun Valley—all tech events plus a super combined—and Aspen, who will host our National DH, followed by the North American FIS Cup races. The East has a great regional championship based at Okemo. Complete info can be found at www.usssa.org/masters, click "calendar."

This will be your hard copy newsletter for the year. Keep it on your coffee table or in the loo. We are now sending monthly Masters news by email to all members. Updates will be current, with real-time information and schedule changes. Check to be sure USSA has your correct email address to prevent bounces!

Our 2015 Masters Comp Guide is online. If you would like a hard copy, email me and I'll send you one. Our 2015 Masters Schedule posters will be sent to your divisions and at your first races.

Remember to thank our sponsors of Masters racing on your local, as well as national, level. Phillips 66 has stepped up again at the national level. Jans.com, Fischer, Leiki and our speed leader Jimmy Ruscitto made our poster and Speed Series possible.

See you all at a start!



2015 Alpine Masters Schedules (Subject to change)

Alaska Alpine Masters

Jan. 3 Alyeska GS
 Jan. 24 Alyeska GS
 Feb. 7 Alyeska GS
 Feb. 21 Alyeska SL
 Feb. 28 Alyeska SL
 Mar. 7 Alyeska SL
 Mar. 28 Alyeska GS
 Info: Gary Randall 907.242.2927

Central Alpine Masters

Dec. 20-21 Afton Alps 3SL/3GS
 Jan. 10-11 Spirit Mtn. 3GS/3SL
 Jan. 17-18 Sunburst Koznick Camp

Central/Eastern Championships

Jan. 30-Feb.1 Marquette 2SG/2SL/2GS

Central/Southern Championships

Feb. 21-22 Granite Peak 2GS/2SL
 Mar. 2-4 Buck Hill 3GS

Central/Northern Regional Championships

Mar. 7-8 Spirit Mtn. 2GS/2SL
 Mar. 9-11 Buck Hill 3SL
 Info: program.director@midwestmasters.org
 www.midwestmasters.org

New England Masters/Sise Cup

Dec. 13-14 Killington GS/SL
 Jan. 9 Cochran Clinic
 Jan. 10-11 Sunapee GS/SL
 Jan. 17-18 Middlebury SL/GS
 Jan. 23-24 Stratton SG/GS
 Jan. 25 Bromley SL
 Jan. 30 Wachusett Clinic
 Feb. 1 Ragged Mtn. GS
 Feb. 7 Shawnee Peak SL
 Feb. 8 Attitash GS
 Feb. 21 Cannon SL

Eastern Championships

Feb. 25-27 Okemo DH/SG
 Feb. 28 Suicide Six SL
 Mar. 1 Okemo GS

Sise Cup Finals

Mar. 6-7 Waterville GS/SL
 Info: Bill McCollom 802.234.9561

New York Masters

Jan. 4 Swain GS/SL
 Jan. 24 Kissing Bridge SL/SL
 Jan. 25 Holimont GS/GS
 Feb. 8 Greek Peak GS/GS
 Feb. 14 Hunt Hollow GS/GS
 Feb. 22 Swain Resort GS/SL

Eastern Championships

Feb. 25-Mar. 1 Okemo, VT DH/SG/GS/SL
 Info: Jack Eisenschmid 585.288.4554
 www.nymasters.org

Southern Masters (SARA)

Dec. 21 Bryce Resort GS
 Dec. 29-30 Sugar Mtn. SL/GS
 Jan. 10-11 Bryce Resort SL
 Jan. 24-25 Sugar Mtn. SL/GS
 Jan. 31-Feb. 1 Snowshoe, WV SL/GS

Feb. 7-8 Wintergreen GS/SL
 Feb. 21-22 Sugar Mtn. GS/SL
 Info Contact: Horst Locher 540.856.2121
 www.skisara.org

Far West Masters

Dec. 1-5 Mammoth Camp
 Dec. 6-7 Mammoth 2SL/GS
 Dec. 20-21 Alpine Meadows SL/SL
 Jan. 9 Heavenly SL/SL
 Jan. 10-11 Sierra at Tahoe GS/GS
 Jan. 22-25 Mammoth 2DH/4SG
 Feb. 21-22 Squaw Valley 2SL/GS
 Mar. 6 Northstar SG/SG
 Mar. 7-8 Mt Rose GS/GS

Far West Finals

Apr. 2-4 Mammoth 2SG/GS/SL/BBQ
 Info contact: Dan Simmons 530 587-4864
 www.farwestmasters.org

Intermountain Masters/ JANS Cup

Dec. 13-14 Sun Valley GS/GS
 Jan. 2-4 Bridger Bowl GS/GS/SL
 Jan. 10-11 Snowbasin GS/SL
 Jan. 17-18 Snow King 2GS/SL
 Jan. 23-25 Sun Valley 2SG/GS/SL
 Feb. 20-22 Nordic Valley GS/SL/GS
 Feb. 23-25 Soldier Mtn. DH/DH
 Feb. 27-Mar. 1 Snowbasin SG/GS/GS
 Mar. 6-8 Park City 2SG/SL/GS

National Championships

Mar. 16-20 Sun Valley SC/SG/GS/SL
 Info: Amy Lanzel 435.649.5751
 www.intermountainmasters.org

Northern Masters

Jan. 2-4 Bridger Bowl GS/GS/SL
 Jan. 17-18 Snow King 2GS/SL
 Feb. 20-22 Schweitzer, ID 3SG/GS/SL
 Info: Lisa Densmore Ballard 406.690.0190

Pacific Northwest Masters

Jan. 3-4 Summit at Snoq trGS/GS
 Jan. 10-11 Crystal GS/GS
 Jan. 30-Feb. 1 49 Degrees 3SG
 Feb. 19-22 Schweitzer 3SG/GS/SL
 Feb. 28-Mar. 1 Ski Bowl 2SL/GS
 Mar. 7-8 Alpental 2SL/SL
 Mar. 22-23 Stevens Pass 3SG
 Apr. 9-12 Mt Bachelor SG/SG/GS/SL
 Info: Ann Ozuna 509.993.2283
 www.pnsamasters.org

Rocky Mountain Masters

Jan. 17-18 Ski Cooper 2DH/GS

National Downhill Championships

Feb. 3-4 Aspen DH/DH

FIS Masters Cup/ Western Champs

Feb. 5-8 Aspen SG/GS/GS/SL
 Feb. 21-22 Steamboat GS/SL
 Mar. 7-8 Ski Cooper trDH/2DH
 Mar. 28 Loveland fast GS/GS/SL
 Apr. 4-5 Breckenridge 2SG/GS
 Info: Lauren MacMath 267.496.1320
 www.rmmskiracing.org

NATIONAL CHAMPIONSHIP EVENTS

Phillips 66 Masters National Championship

Mar. 16-20 Sun Valley, ID. SC/SG/GS/SL
 Bill Skinner 435.647.2633

Phillips 66 Masters National Downhill

Feb. 2-4 Aspen, CO DH/DH
 Scott Nichols 970.544.3005

Phillips 66 FIS Masters Cup/ Western Championships

Feb. 5-8 Aspen, CO SG/GS/GS/SL
 Scott Nichols 970.544.3005

Phillips 66 Masters Cup/ Eastern Championships

Feb. 25-Mar. 1 Okemo, VT DH/SG/GS/SL
 Bill McCollom 802.234.9561

Summer Fun Nationals

July 18-19 Mt Hood, OR GS/SL
 Meri Stratton 541.490.5888

Molecule F National Speed Series

Jan. 22-24 Mammoth, CA DH/SG
 Jan. 23 Stratton, VT SG
 Jan. 31-Feb. 1 49degrees N, WA SG/SG
 Feb. 2-5 Aspen, CO DH/DH/SG
 Feb. 19-20 Schweitzer, ID SG/SG
 Feb. 23-25 Soldier Mt. ID DH/DH
 Feb. 25-27 Okemo, VT DH/SG
 Mar. 6 Park City, UT SG/SG
 Mar. 7-8 Ski Cooper, CO DH/DH
 Mar. 18 Sun Valley, ID SG

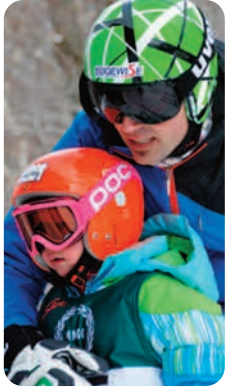
Masters adult racing: Age class competition for skiers 18 years and older. For more information contact Bill Skinner at 435.647.2633 / Bskinner@ussa.org.

Schedules subject to change. For complete info on Masters Racing visit www.ussa.org and click "Masters."



Guru Tuners, Part I: Fluo and Moly

by Graham Lonetto



My name is Graham Lonetto, the owner of Edgewise Elite Ski Service in Stowe, VT. Before I opened our store in 2003, I was a World Cup technician for the U.S. Ski Team and also worked for Rossignol. My goal when I opened Edgewise in 2003 was to

make World Cup service accessible to the public, in a store that was focused on ski racing. We stay current with the sport and ski service techniques by working closely with the ski manufacturers, ski service companies, and the athletes who push the sport forward. For more information about Edgewise, please visit www.edgewiseskiservice.com

Types of Waxes

Wax comes in varying formulations of hydrocarbon wax mixed with fluorinated wax. The difference between each category of wax is how quickly they move water under foot—and thus, your skis—and cost.

Hydrocarbon or CH waxes are everyday training waxes and are fairly inexpensive. They contain no fluoros and therefore are the slowest to move water.

Low Fluoro, or LF wax is the first category of true race wax. Fluoros are a hydrophobic element added to the wax to help move and repel water under the ski. LF waxes are for training use or for a racer on a budget who still wants a wax with some fluoros. These are usually a little more than twice the cost of a CH wax.

HF wax stands for “high fluoro,” which means these waxes are highly hydrophobic and are phenomenal at moving water content under your skis quickly, translating into fast skis. Different snow conditions have a variety of moisture content within, colder conditions may be relatively dry, warm conditions may be extremely wet. Swix has dialed in the fluoro content of their high fluoro waxes to reflect those ranges of moisture content. The thing to remember when you are questioning the value of the extra cost of high fluoro wax is

that you are racing on frozen water. Even if it seems like the snow is dry, an HF wax will almost always be the fastest wax selection. As I always say, “going fast isn’t cheap, and going cheap isn’t fast.” HF waxes are going to cost you, but they will get you down the hill fast. If you are a serious racer, and are looking for fractions of seconds, this is the wax you want to be using when you race.

Pure HF wax Pure fluoros are generally known as layover waxes in North America. Pure fluoros, like the Swix CERA line, come in three different applications: powders, blocks and liquids. They are essentially the same product with varying degrees of durability. Powders are hardest



to apply but remain on your ski longer. Liquids are quite simple to apply but will last only for one run. These waxes are applied after an HF race wax has been applied, scraped and brushed. Generally, application is by cork, though there are exceptions. Pure fluoros bump up the hydrophobic characteristics of the base material yet another notch and are an integral part of a proper race wax. And, of course, the per-gram cost of these pure fluoros is the highest of the waxes I’ve discussed.

Moly, short for molybdenum, is an industrial lubricant that is added to the wax to address two different situations. First, the wax is great for really icy, cold snow crystals. The molybdenum molecules stack up like a deck of cards and slide off of one another, helping the skis break from the cold, sharp snow crystal and begin gliding. Molybdenum also is a dirt repellent that keeps base material free of containments that may be lying in the snow. Molybdenum waxes are either sold as an additive or are mixed into HF race waxes. The cost will depend on its fluoro content. In the Swix line, Moly is sold on its own in a low fluoro formulation, and also mixed into the Black Wolf line of HF waxes.

A COUPLE OF REVOLUTIONARY THOUGHTS ON WAXING

Hot scraping is not the best method to clean your bases. It’s the old method of trying to clean skis of dirty base contaminates or race waxes. For many years people exposed their skis to repeated use of hot irons, building heat through the base material with the use of hydrocarbon waxes in the name of purifying their skis of dirty base material and HF waxes. In fact, heating the skis by hot scraping is actually damaging the skis on multiple fronts.

The first problem with hot-scraping skis is that the extreme heat singes the base material, closing the cracks and valleys in the sintered base. Now the pores in the base are closed and prevented from taking wax.

Also, the heated base material is soft, and scraping results in its removal. That black stuff is not dirt coming out of your bases—it is the base material itself!



Furthermore, repeated passes from the iron create heat in the internal components of the core of the skis. Within the ski, there are many layers of wood, metal, kevlar and carbon, all held together by epoxy resins. When these layers heat up, they expand and contract at different rates, breaking down the epoxy resins within. As a result, the core of the ski begins to shift, creating concave and convex base surfaces. Sometimes this damage can be fixed by stonegrinding, but often, the skis are left permanently damaged. If you hot scrape a ski that has warped like this, you are only compounding the damage.

Fluoros are good for the speed of your bases Hot scraping is from the days when the

Continued next page

FIS Masters World Criterium 2014

by Peggy Konsza



I had the singularly amazing experience of accompanying my husband, Gary Konsza, as he competed in his first World Masters Criterium races. The US Masters sent a team of 8 racers to the event, held Mar. 24-29 at the

Hochkar Resort near Gostling, Austria. Hochkar is the highest alpine resort in the eastern Alps. The team members were Gaetano DeMattei, Class 11; Charlie Hauser, Class 10; Knut Olberg, Class 9; Pepi Neubauer, Class 8; Gary Konsza, Class 7; Jennifer Kaufman, Class 3; Tim Hill, Class 5; and Leif Nielsen, Class 5.

They joined a competitive field of 500 racers from 22 countries, several of whom had World Cup starts to their credit, and raced in an SL, an SG, and two one-run GS races. The goal: to achieve a podium appearance on a large stage before a cheering crowd of more than 500.

The courses were kept in pristine condition by a small army of volunteers from the city of Gostling, who slipped continually during each event. The awards were held in an enormous heated tent, complete with a large bar and a DJ. The national anthem of the winner of each class was played as the medal was placed around their neck and their country's flag

was displayed on a large screen above the stage, reminiscent of the Olympic and World Cup ceremonies.

Jennifer Kaufman gave us our first opportunity to hear the American anthem when she received the gold in SL. She would revisit the podium again to claim the bronze medal for her finish in SG.

Gaet DeMattei podiumed in all three events, receiving the bronze each time. His

Rk.	Name	NCA	Time	FIS pts
1	HILL Timothy	USA	1:20.95	0.00
2	VACEK Ludvik	CZE	1:21.07	0.92
3	KALTENBRUNNER Th...	AUT	1:21.48	4.06
4	GAUTEPLASS Tor Helge	NOR	1:21.54	4.52
5	NEUMUELLER Walter	AUT	1:22.04	8.35
6	SYKORA Thomas	AUT	1:22.48	11.72
7	HERB Rainier	AUT	1:22.67	13.17
8	OBERAUER Josef	AUT	1:23.17	17.00

outstanding performance all week also left him in possession of 14 pounds of Austrian sausage,

leaving his team mates to wonder whether his luggage would comply with the weight requirement necessary to reenter the USA!

Pepi Neubauer received two bronze medals on the podium for his perform-

ances in SL and GS. He also went out of his way to ensure that the US team had an enjoyable stay in his homeland. Not only did he arrange slope-side lodging, but the proprietor rearranged her breakfast schedule to accommodate the early course inspection times! Pepi also arranged for a four-course authentic Austrian meal each evening. Vielen dank, Pepi!

Tim Hill provided the most exciting award moment of the week as he not only won his class in SL, but was the fastest man on the hill in Group A. The field of competitors in this group included Thomas Sykora, who raced for Austria on the World Cup. Sykora collected nine World Cup golds in SL during his career, as well as winning the overall globe in that discipline twice.

Not only did we hear the American anthem played as Tim received his medal but we were able to cheer again as Tim received a snowman sculpture for the best performance of the day!

If next year's event in Abetone, Italy is even remotely similar to this, I would heartily recommend joining Team USA on their 2015 adventure in Europe!



Tim Hill, on the slope and on the board.

"Guru Tuners, Part I," continued
philosophy was to remove fluoros from your skis. The first generation of fluoros may have dried out base material or made it difficult to wax over, but what we find today is that you actually want to load the base material with as much fluoro as you can. Hydrocarbon (CH) waxes are like a cousin to the ski base material, but HF waxes do not bond easily to hydrocarbon or to the base material. Fluoros do bond well to each other, however, so it's important to saturate your bases with HF wax so your race wax will have a surface to bond with. If you wax with HF on a regular

basis, the wax penetrates deep within the nooks and crannies of the sintered base material, and your race wax will be more durable as a result.

What we do instead: At the end of a training session, spray Swix Glide Wax Cleaner (this is a realitively new product, NOT the old citrus base cleaner) on a clean piece of Fiberlene (you don't need much). Wipe the top layer of the base material and let sit for 10 min. Once the skis are dried, take a nylon brush and brush tip to tail until buffed and clean. This process opens a small pocket that allows the ski to take

new, clean race wax. After the Glide Wax Cleaner has been applied and brushed, apply the proper wax with the use of a good digital iron. Iron in the wax, while never letting the trail of wet wax behind the iron get longer than the iron itself. This will prevent any burning damage to the base material. Let the skis cool to room temp, scrape and brush. For the fastest skis possible on race day, continue to wax with HF wax whenever possible.

If you would like more info on how these waxes work and how they are applied, or detailed tutorials on proper waxing technique, please visit www.EdgewiseSkiService.com.

Guru Tuners, Part II: Wax On, Wax Off

by Mike De Santis

It's been about 15 years since I retired from Volkl and began my quest to operate one of the best tuning shops in the country. As one can imagine, there have been thousands of skis passing through my hands. It has given me the valuable opportunity to evaluate the plethora of perceptions that revolve around ski maintenance. Unfortunately, over this period of time, I have found that the majority of race skis that have been self-maintained are in relatively dismal condition.

My opinion is based on a couple of issues. The first is that many people cop to peer pressure and tradition. That places a veil over what I call "common sense." It's particularly frustrating because as a master technician formerly on the World Cup, and now shop owner, I feel it's my job to learn something new every year. In my career, I've always tried to lead and not to follow, which has allowed me many opportunities to test my concepts spanning the last 30 years. This is not "lab" testing, it is "real world" testing, with literally every level of skier. Instead of writing the traditional piece on filing and so on, I've chosen to discuss ski bases and waxing technique. So here it goes—remember to keep an open mind and let common sense form your opinions.

Did you ever wonder why at the end of the season the base and base structure of your race skis looks totally different than after their pre-season race prep? What I want to know is, if you were given a way to keep your base and base structure looking as good as day one, why wouldn't you give it a try? What I do know for a fact is that maintaining the factory-fresh quality of the polyethylene base material over the longest period of time yields superior results to that smoked-out, over-brushed beaten one. When I send out a new race prep, I want that person to be as successful as possible with the material, and make it last throughout the season with proper self-maintenance.

It's all about the preservation of the delicate base material and its structure. Structures are designed for a reason, be it for technical skis or speed skis. Therefore it is imperative that they remain true to their

original definition to be able to work over the widest temperature range throughout the season. As well, in order to keep the base material dark, rich, and uniform in color, daily wax protection must be in place. Without protection, the base material will become abraided, which is indicated by what most people think is a "dry" base. Once this condition has occurred, no amount of waxing will ever restore it, as the soot particulate that creates the graphite in the base has been removed.



Mike De Santis has a thing or two to say about common sense and protecting your skis.

The only way to restore the base at this time is with a fresh stone grind, to reveal a new layer of material, period.

Modern race skis are constructed with epoxy and numerous layers of laminated material and metal. These materials are placed in a mold, and combined with extreme heat and pressure to form a ski. The forces applied to the ski through usage are always antagonistic to the internals, as are the race plates that collect tremendous load transmission. Bearing all of this in mind, it stands to reason that excessive exposure to a hot iron will not only compromise the factory quality of the base material, but also will degrade the overall integrity of the ski and its ability to stay together. After almost 30 years of observation I know this to be true. Sintered base material, as we know, has microscopic air spaces known as "pores." The theory on hot waxing is that the molten wax makes its way down into these pores. The fact is that it does absorb to some degree into the base. The other fact is that once the wax is down in the base, there simply is not enough "extrusive" force to push it back

out to the surface!

After a stone grind, the pores become sheared in half, effectively creating pockets, and it is these pores that accept the wax and release it, as well. Anything below this level becomes irrelevant to protecting the base during exposure to snow. Remember, wax *sticks* to the base, it does not *bond* to it. Now that we're in the 21st century, it's time to engage in techniques that keep the integrity of the ski, the base, and its structure at a factory-quality standard over the longest period of time.

Here's what I recommend:

After 13 years of extensive testing and observation, I've found that rubbing wax on the base and utilizing the physical forces of *line contact pressure* and *friction*, to drive it into the surface pores, offers the best chance for seasonal longevity. Daily use and multiple layers of a wax like LF7 or Hyperzoom, applied using a tool such as the WaxWhizard make this task a breeze. The key to this method is to apply 3-5 coats, rubbed in thoroughly, being sure not to brush it. There's simply no need to expose the base material for training or free-skiing, especially if you have only one SL and one GS ski. For race day, follow the same routine, but this time it's extremely important to brush the wax out of the structure, BUT NOT the surface pores that are holding the wax. This is done using only a stiff nylon brush, which also lends itself to not "scratching" at the base material and structure. Steel and bronze brushes will tear at the smooth stone-ground finish, and over time eradicate the purpose and temperature range of the structure. After the stiff nylon, finish with horsehair or soft nylon for an amazing finish. Fast is smooth and smooth is fast, always. Utilizing this method allows for true layering of wax, as well as overlays. This method is hands-down the safest and most effective means of applying wax—without the real potential for heat damage! The base will never suffer from certain wax-type contamination, as the wax applied will always evacuate the pores through daily usage. This method, when done correctly, yields extreme results that one can truly see and feel!

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Summer Fun Nationals Lives Up to Its Name

by Meri Stratton

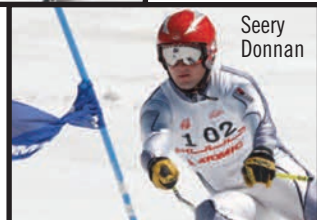
After much anticipation and a fun-filled welcome party hosted by Kerry and Willy Scroggins at their under construction "cabin" in Government Camp, the 2014 Summer Fun Nationals was off to a great start. Volunteers spent



Jim Grossman

of the Palmer lift, they marveled as the sun popped above the horizon: instant daylight! The wind was blowing 35 mph as they arrived at the top, creating tough work conditions. But they had work to do:

stage equipment for the two race courses before course crews arrived by chairlift, set up finish wiring and timing, and set up fencing.



Seery Donnan

Meanwhile, back at the Timberline Lodge level of the mountain, the mostly racer-volunteers, numbering about 25, organized and lined up

the evening building start lists by dividing racers into groups. The AB group included young men aged 14–69. The CD group included men 69+, all women, and all other Junior racers. It was an early morning start for non-racer volunteers Brandon Moon, Ron Gese, Patrick Quigley, Leigh Stratton and Rick Croy. At 5:00 a.m., after loading all equipment into the salt cat in the dark, they hopped aboard for the two-mile ride to the top of Palmer Snowfield on Mt Hood.



Jake Jacobs

for the first of two chairlift rides at 6:15 a.m. Once at the top, Knut Olberg, chief of race for the AB group and Bob Dreyer, chief of race for the CD group, took command of the volunteers to set up the two courses



Tamara Lauba

for an 8:30 a.m. first-run start time. Each course was set for about 50 racers. Racing legend Martin Tichy and USST coach legend

Dave Ojala set first runs, followed by Bill Skinner and Canadian Jeff Jones for second runs. At 7:00 a.m. summer snow is bullet-proof and pretty soft by noon, so salt is applied to maintain consistent race conditions. (Not to worry, the salt is strictly controlled to be environmentally safe.) Volunteers shagged the 40# salt bags for the experienced and qualified salter, Rich Tichy.

Following the racing, all gathered at the Timberline Day Lodge for beer/root beer, a fabulous chicken barbecue dinner complete with white tablecloths, and the many, many donated goodies in the various drawings that included Atomic skis; Fischer skis, bindings and boots; and K2 skis and boots. The highlight of the evening was awarding the Atomic Masters of the Year Award to Deb Lewis, who was also presented Atomic skis by Atomic rep Sean Kennedy.

Sunday was a whole different scene on the race hill. Racers and workers were greeted with somewhat lighter winds but heavy fog. The race ended early after a one-run SL race, where we reconvened inside Timberline Lodge for more comfortable

As they left the staging area, the sky cracked the first hint of gray light. Still wiping the sleep out of their eyes at the bottom

festivities. By party time everyone was in a jolly mood, with a lot of antics and hilarity added to the awards presentations. In a toughly-fought battle among nine families for the Fastest Family award, the Kerry, Willy, Tucker, and Tatum Scroggins family came out on top by one point! The two-day combined fastest in each class were presented with an award, and their names were engraved on the Skoch Cup perpetual trophy display in the stairwell at the Timberline Day Lodge. 2015 Summer Fun Nationals date was announced as Jul. 17–19.

"Guru Tuners, Part II," continued

If you still can't wrap your head around this common sense approach to success, and must use an iron, then try to modify your technique. Keep temps low—around 100°C—as the melting point of p-tex is 130°. Don't spare the wax; run two thick streams along either side of the base. Do not move the iron back and forth, run only continuous passes tip to tail, being sure to only heat the base and not the chasis. Remember, trying to get the wax down into the base is a waste of time, as it will

never rise to the surface, so think only in terms of the surface pores. This should cut down the time the plastic is exposed to the heat, and avoid heat stress that can close the pores. Scrape with a good, sharp plexi scraper, trying not to tear on the base structure. Use the WaxWhizard after to smooth and drive the remaining wax into the surface, and go training. On race day, use only the stiff nylon brush, back and forth, to clear the wax from the structure and not the base, then finish brush accordingly.

The reality is that skis are not cheap,

and a true factory race preparation is not cheap, either. Learning to keep that preparation as good as the day it was born is absolutely critical to your success.

Traditionally, engaging in old-school techniques will tend to make skis slower as the season progresses. Try working smarter, not harder—better results are guaranteed!

Mike de Santis owns and operates SkiMD located in Framingham, MA. Check out his website at www.skimd.com

Masters National DH Championships

and Speed Series at Aspen Snowmass • February 2–4, 2015 • by Luke Keenan

This year, the Masters National DH Championships will be held on the Tiehack Parkway and Racer's Edge trail at Buttermilk in Aspen Snowmass. The series will consist of two full DH training days on Feb. 2 and 3, followed by the national DH championship race on the morning of Feb. 4. Following that will be a second Rocky Mountain Speed Series DH race, on the same course. After the DH championships will be the USSA FIS Master's Cup/Western Region Championships Feb. 5–8. This starts with an SG on Feb. 5, followed by two GS's and one SL race. All races occur on the same hill.

Course Description:

All descriptions are from the skier's point of view. The downhill starts right at the top of the brand-new Tiehack express quad chairlift on the Tiehack Parkway, and continues onto the Racer's Edge trail. Some of you might remember having to take two slow double chairs just a few years ago. Both of those old lifts have been replaced by a single high-speed detachable quad lift. This means more time for inspections and free skiing!

The top of the course starts off with a 20-second flat very similar to the start of the Beaver Creek men's World Cup DH course. Then the pitch slowly increases from the SG start to the GS start. This section features long, drawn-out tuck turns. It is important to stay relaxed here, as the action gets intense after the GS start.

The **Waterfall** is the first true pitch on the course. It is very important to stay high and early going over the Waterfall pitch, because directly following it is a series of high-speed offset fall-away turns. The fall line through this section runs to the left, so every left-footed turn is a fall-away. The main focus here should be clean, carved turns while keeping high and early on the line through Wirebump.

Wirebump is generally set as a right-footed turn over a small knoll. If you are

high and early on your line, Wirebump isn't much of a bump. However the lower and later you are coming out of the fall-away turns, the bigger it gets. This is due to the fact that Wirebump is an angled ridge

of Peanut Island is a small bump two gates before the finish. This jump can be a bit blind if you are still leaned over coming out of the left-footer above Peanut Island. It is very important to make sure you have finished your turn here so that you are jumping straight or slightly to the right. As with the whole run, this finish pitch also has a fall line that runs to the left, so if you jump to the left, you're most likely jumping out of the course!

Finishing: Many people hit the finishing nets at Okemo—myself included. Remember that inspection does not end at the finish line for speed events. Inspect the whole finish area and know which way you are going to stop. Do not ever hockey stop with your skis pointed to the closest net at a speed event, because if you take too long to switch sides, you will hit the net. That being said, it's recommended a right-footed hockey stop here, as it will give you the most room to slow down.

A big thanks goes out to Bill Tomcich for getting us 45% off of the Inn At Aspen, which is right at the base of Buttermilk. This is an amazing deal and should not be passed up! Also worth noting is that if you stay at this hotel, there is no need for a

car, as the lift is about 25 feet from the front door. It may also be worth flying directly into Aspen with no car rental needs.

Lodging

Contact Bill Tomcich
btomic@stayaspensnowmass.com
www.stayaspensnowmass.com
Official host hotel at the base of Buttermilk Ski Area: Inn At Aspen By Wyndham vacation rentals; rooms starting at \$155/night, 45% OFF!

Eligible travel dates: Feb. 1–10, 2015
Book before Feb. 9
Minimum stay: 1 Night
<http://www.wyndhamvacationrentals.com/vacation-rentals/colorado/aspen/deals/2015-ussa-masters-championships-at-buttermilk>
Promo Code: DOWNHILL



line that grows bigger from left to right.

Coming out of Wirebump is the **Meadows** section. If you come out of Wirebump with a high and early line, this can be a section to grab your breath before hitting Coaches Knoll. If you came into Wirebump late, you will be struggling to get back on line through here, and given that it's fairly flat, that is not fast!

Coming through **Coaches Knoll** is the steepest section of the course. You come across the top of the pitch by doing a 2–3 gate traverse out of the bottom left of the Meadows, finishing on the far right of Coaches Knoll. Then they set you free, down a three-gate speed corridor down the far skier's right side. This sets up for a long high-G, right-footed turn coming out of the bottom of the pitch.

Next up is a nice long left-footer up and around **Peanut Island**. Coming out

2014/15 FIS Masters Cup

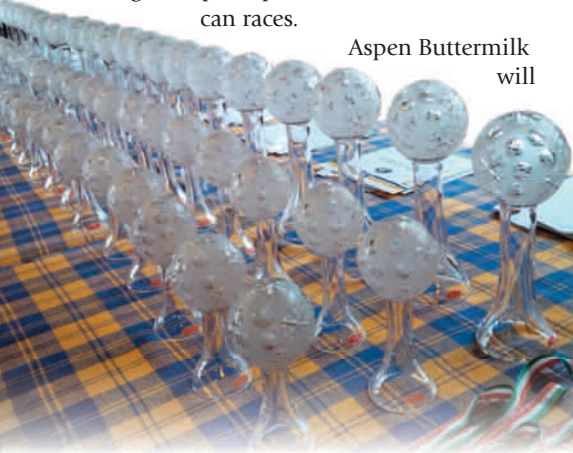
by Bob Davis



We are off and running, with the first four races kicking off the season in South America. Chile hosted an SG and GS at Valle Nevado, followed by an SG and a challenging SL at El Colorado.

Bill Skinner's annual Valle Nevado Chile race camp was a fun way to tune up for the upcoming ski season. Training took place prior to the South American races.

Aspen Buttermilk will



host four races this year Feb. 5-8: one SG, two GS's and one SL, all on Tiehack run. These races will also be part of the USSA Speed Series and the Western Region Championships. U.S. racers will be competing to be named and receive 2015 Masters Western Region jackets. We anticipate a large European field; U.S. entry will be limited to first 200 sign-ups, so be sure to get your entry in early.

If you are planning to travel 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. North Americans did well last season with FIS Masters Cup Globes being won by Gaet DeMattei, Mike Robbins, Margaret Vaughn, Deb Adams, and Jenny Badger. Congratulations on this hard-earned accomplishment!

December

- 13-14 Sestriere, ITA SL/GS
- 20-21 Maria Alm, AUT SL/GS

January

- 3-4 Cerko, SLO SL/GS
- 10-11 Veysonnaz, SUI SL/GS
- 16-18 Megeve, FRA SL/GS/SG
- 23-25 Gaal/Kleinlobming SG/GS/SL

February

- 1-2 Zagreb, CRO GS/SL
- 5-8 Aspen, USA SG/GS/GS/SL
- 20-22 Piancavallo, ITA SG/SL/GS
- Feb.28-Mar. 1 Bischofswiesen, GER GS/SL

March

- 7-8 Pec pod Snezkou, CZE SL/GS
- 14-15 Crest Voland, FRA SL/GS
- 23-28 Abetone, ITA (Criterium) SG/GS/GS/SL

April

- 10-11 Hinterstoder, AUT SL/GS

Schedule subject to change. Contact Bill Skinner at USSA or FIS Masters Committee Athlete Representative Bob Davis: 858.342.6125 for updated information before making travel plans.

NASTAR for Masters

by Bill Madsen



Nature Valley NASTAR racing will take place at 110 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, Jan. 31-Feb. 1

Midwest Championships

Welch Village, MN, Feb. 14-16

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 and raw times. In addition, there will be a team race with separate divisions for family

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, Mar. 19-22

The Nature Valley NASTAR National Championships will take place in the Spider Sabich Race Arena at Snowmass Village, CO, and SL racing will once again be included in the event. U.S. Ski Team alumni AJ Kitt, Kaylin Richardson, Heidi Voelker, Casey Puckett and others will be setting the pace. Don't miss this opportunity to win a national title.

There are 110 resorts with Nature Valley NASTAR race courses from coast to

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

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

“If you know what a sucker punch is, then you know what can happen when there is no tension.”



Mikaela Shiffrin finding clean ski on her way to gold in Sochi.

**Func
end**

close to the snow. This is good: the caveat is that when the center-of-mass rises excessively between turns, the center-of-mass distance traveled increases, which increases the skier's time.

Clean skis

Clean skis refers to the carved or non-skidded track left in the snow. Skidding increases time by reducing pressure, essentially taking the ski's force and wiping it sideways over a large area. In a carved turn, the pressure is in one narrow band. This narrow band is the groove in the snow pushing back on the ski, so the ski can turn.

Pressure in the fall-line

For the center-of-mass to take the shortest line, the pressure must be in the fall line. When pressure occurs later in the turn, the skis do not hold well and line is sacrificed. Pressure in the fall line is a very short event. Think or imagine the skis bouncing off the sides or wall of the turn toward the next side or wall. If the ski were to bounce off the bottom of the turn, the ski would ricochet in the uphill direction. Since the goal is to get to the next turn quickly, the ski needs to assist you in that direction.

Balance & athletic stance

Balance is one of those descriptors that identifies an obvious concern. *Of course* you have to be in balance. Being out of balance is fun to watch and the topic of many YouTube videos, but getting out of balance is the antithesis of what we want to do skiing.

What is balance? To many, it is similar

to what Supreme Court Justice Stewart said about pornography, "I know it when I see it, but it is difficult to define." Balance can be better understood if we think about it not as a whole, but by breaking it down into the three cardinal planes and including a bit of Newton's third law. The three planes are; fore/aft, lateral, and rotational. Skiers end up in the back seat because skis slide forward. The force of the skis sliding forward have an equal and opposite force resulting in the skier moving backward. To avoid ending up in the backseat, the muscles of the ankles must be in tension, and they must overcome or be exactly equal to the force of the skis sliding forward. The result is the skier is in equilibrium, or in balance. This is balance in one plane of an athletic stance.

Upper-body discipline

Discipline, which results in stability, is essential for SL skiing. The upper body needs to be an anchor for the lower body. SL turns are very quick. With less than a second per turn, the upper body can't just be a bad-mannered passenger flailing around, but must be an active contributor, ultimately aiding the lower body with equal and opposite movements in each plane.

Outside ski to outside ski

Like the rest of the alpine disciplines, SL is outside-ski dominant. This is because of the way the external forces interact with the goal, the equipment, and the body's biomechanics. It is possible to turn and balance



David Chodounsky, USA, with some amazing body discipline.



Felix Neureuther with pressure in the fall-line is able to take the shortest path at Kranjska Gora.



Mikaela skiing outside ski to outside ski.



Mattias Hargin keeping the skis on the Adelboden snow.

Fundamentals have enduring qualities

other ways, but the majority of the turns need to be made on the outside ski. Besides being on the outside ski, we must perfect moving from outside ski to outside ski. Being in balance not just while on the outside ski but also in balance during transition.

Early lower leg activation

The lower leg refers specifically to the ankle. The ankle must be flexed and in tension. Flexed is obvious, but tension is difficult to see. It is this tension or activation in the ankle that is so important. If you know what a sucker punch is then you know what can happen when there is no tension. The sucker punch recipient does not have his muscles ready for the punch and this is what brings him to his knees. Having muscles that are activated makes responses

proactive rather than reactive. Flexed and activated ankle muscles are then able to move laterally transferring pressure to the inside edge of the ski.

Ski-snow contact

The ski racer can point the skis in a lot of directions, although to turn the skis there needs to be an interaction with the snow. The ski must be on the snow. Or more accurately, the ski must be *in* the snow.

Now, think of a bathroom scale under your bindings. If the scale reads approximately the same weight throughout the turn you would have mastered the pressure control for ski-snow contact. The second step is keeping ski-snow contact in turn transition. Combine the bathroom scale with a slight upward ascent of the center-of-mass. The more time the ski can be in the snow turning, the tighter the arc, and the ultimate goal of the skier's center-of-mass taking the shortest line is attained.

Pole usage

SL has more upper/lower body separation than the other events. SL is also distinctive in that the poles are used to clear the gates. This creates an additional needed degree of freedom, separating the arm(s) from the torso. When the arms have no separation with the torso, they end up influencing the torso's actions. This is seen with the SL skier that reaches and leans his or her body toward



After the gate clear, Mikaela is ready with the pole while winning the race at Bormio.

the gate, an action that moves their torso so far they end up on their inside ski.

Poles do more than just clear gates. While the ski racer should not become dependent upon the pole, they need to be proficient in the many varieties of pole plants, touches and swings. Skiing is performed with the skis. Poles assist and allow the skier to push their limits further than if their hands were empty.

Fundamentals build on each other and must be refined in sequence to reach the goals at the top of the pyramid. Taking shortcuts shorts your progression. Build a foundation and your SL will be recalibrated.



Mattias Hargin keeping the skis on the Adelboden snow.

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.

Masters Rules 2015

by Esther Delli Quadri



In order to offer a schedule of events consistent across the nation, the Masters have adopted a set of rules for participation,

conduct, and course setting. As you will note, these rules set some very specific standards. This is designed to convey the same message to Masters and potential Masters everywhere, not unlike the idea that a Big Mac is a Big Mac, whether you buy it in Montana or Moscow. Alpine masters racing is subject to the current FIS International Ski Competition rules (ICR), USSA rules, and Alpine Masters rules. These rules are to be used to conduct all USSA-sanctioned events, from the USSA Alpine Masters National Championships and regional championships to local competitions.

Link to Masters Rules

The USSA link to Masters Alpine programs is <http://my.ussa.org/alpine-programs/masters/rules>. You will find a tab for "rules," which will get you to the alpine competition guide & Masters competition guide, with additional tabs for code of conduct, concussion policy, and the SafeSport policy.

Masters Membership Requirements:

Participants who are 18 to 24, and who hold a "competitor" membership, may race in Masters events, except for regional and national championships, and scored competitions. USSA coaches may race Masters events if 39 years of age or younger, except for regional and national championships. To race in championship events, racers must hold a Masters membership and be at least 18 years of age. Temporary memberships are not valid at regional or national championships. Please note USSA divisions and/or states may assess additional membership fees.

Competition Rules—Changed Rules & Rules to Remember

DNF/DSQ/DNS: 2nd-run opportunities in non-scored events, ACR U621.11.3.2, allows a competitor who does not finish, who has been disqualified, or who did

not start the first run to take a second run with their original bib after the last qualified competitor, if the jury and the ROC allow. Announcement of this procedure should be given no later than the Team Captains' Meeting.

Concussion Policy: USSA's concussion policy has changed to include any USSA athlete, not just minor athletes. An athlete suspected of suffering concussion, either in or out of competition, will be prohibited from further participation until evaluated and cleared, in writing, to resume participation in USSA sporting events, by a qualified health care provider trained in the evaluation and management of concussive head injuries. Additional information is available at: <http://ussa.org/alpine-programs/athletes/resources/concussion-policy>.

Helmets: For season 2015, it is recommended that Masters use helmets that meet the new FIS standards for all USSA GS, SG and DH competitions. Beginning in season 2016, athletes U14 and older must use helmets that meet the new FIS standards for all USSA GS, SG and DH competitions. Helmet-mounted cameras are not approved for use at USSA non-FIS events. Anyone with questions regarding their helmet should contact the manufacturer for any specific guidelines regarding its safety or use.

Equipment: USSA Masters equipment rules conform to the FIS Masters equipment rules. 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 or shape.

2nd Run Start Order: The second run start order for regional and national championships will be total reverse order within age class.

Missed Gate in GS/SG/DH = DNF: If a competitor misses a gate, he must no longer continue through further gates. [614.2.2]. If a competitor comes to a complete stop (e.g. after a fall), he must no longer continue through previous or further gates. This interdiction is valid in all events with a fixed start interval (DH, SG, and GS). The only exception is in SL [661.4.1], as long as the competitor does not interfere with the run of the next competitor or has not been passed by the next competitor.

Single Pole Slalom: Where there is no outside pole, both feet and ski tips must have passed the turning pole on the same side, following the normal race line of the SL crossing the imaginary line from turning pole to turning pole. If a competitor loses a ski, without committing a fault, e.g. not by straddling a pole, then the tip of the remaining ski and both feet must meet both requirements. If the competitor has not correctly passed the imaginary line from turning pole to turning pole and does not follow the normal race line, then he has to climb back up and pass around the missed turning pole.

DSQ: A racer who is clearly disqualified for missing a gate may not continue further through the course. Violations can result in sanction.



Chillin' in Chile.

Division News



PNSA

By Ann Ozuna
pnsa.org

Welcome to the 2015 race season in the Pacific Northwest. The schedule is posted under "Masters" at PNSA.org and at SkiRaceReg.com under Pacific Northwest Series. Race registration will open for all races Dec. 1 on SkiRaceReg.com. There is no additional charge to sign up and pay for races on the website. We have a Facebook page, which will have all news and updates for PNSA Masters throughout the season. You can find the page here: <http://www.facebook.com/#!/pages/PNSA-Masters-Ski-Racing/129222720486931> More info will be added to each race as it becomes available from the organizers. To receive occasional email updates during the season, email the PNSA chair at aozuna@ieway.com to join the emailing list.

To jump-start the new season, renew old friendships and make new ones, PNSA Masters invites everyone interested in racing to join in the season kick-off party on Friday, Nov. 14, at the Washington Athletic Club, 1325 6th Ave in Seattle, starting at 6:30.

Exciting news! We have new race venues at two familiar resorts, Crystal Mountain and Stevens Pass. Crystal will offer an SL along with a GS on a different part of the mountain, as a result of the Quicksilver chair construction. In March, the Masters will be the first racers to run competitively on a new SG course at Stevens Pass, on the east side of the mountain. The Molecule F Speed series will make two stops in the Pacific Northwest: two SG's at 49N, (Chewelah, WA) at the end of January, and two SG races at Schweitzer Mt (Sandpoint, ID) the weekend after President's day. The race circuit makes two stops at Snoqualmie Pass, the first dedicated to GS to start the season, and then the Over the Hill SL's move from their traditional spot into early March.

Want GS and SL in the same weekend? Put Masters Mania on your schedule the last weekend in February at Mt Hood's Ski Bowl. The season finishes out in early April at Mt Bachelor, with all four events available to race.

Tell your friends to come join you racing this year—new members can get TWO temporary licenses to race two weekends this year. If you upgrade to a season-long

license, your temp license fees count toward the cost. Since Nationals are in our own backyard at Sun Valley, this is the year to go for it!

If you didn't grab a PNSA masters vest or hat last year, we have a few left in selected sizes. We are out of large hats and small vests, but still have red medium-size hats and the other size vests. Masters vests and hats available for sale as long as stock lasts. Contact Peter Christian at christianx4@comcast.net to see if we still have your size.

Later this fall, there will be officials clinics where Masters racers can attend and start the process to become an official. Race organizers can always use the help.

If you are talented as a webmaster, we're looking for you to bring pnsamasters.org back to life. Please contact Ann Ozuna at aozuna@ieway.com. Watch the events tab at skiracereg.com for news of holiday race camps in various locations around the Northwest.

know that a slowdown at the edge of a ski slope will create some difficulties. She is in good spirits and is looking forward to the Nationals.

The first race for the Southern Alpine Ski Association (SARA) is scheduled at Bryce Resort on Dec. 21 with a GS. During the Christmas holidays, a two-day event will be hosted at Sugar Mountain, N.C. As always, we have some Masters competing just in one state and others participating in Virginia, West Virginia and North Carolina. We will work hard again to recruit new Masters by convincing the NASTAR racers to have fun and enjoy the camaraderie in Masters racing.

As always, Sugar Mountain in North Carolina has a pre-season camp, which is scheduled for Dec. 12-14, 2014 with Olympic gold and silver Medalist Diann Roffe. The three days of non-stop individual instruction and attention will be beneficial to the Masters living in the southern part of the East.



Southern Masters

By Horst Locher
www.sararacing.org

The mid-Atlantic region was blessed with a beautiful summer and now, during the fall, some Master racers will devote their time to downhill biking. Several mountain resorts are offering specific downhill parks with different trail ratings. They allow Masters to hone their agility and endurance for the upcoming ski season.

Our national Master racer Kathy HurdCarrillo had a less-favorable ending of this summer, because she broke all the little bones in her wrist by encountering a snowmaking gun on the ski slope. She had several runs with her grass skis on that day, but one speedy run took her to a different line and we all



Melissa Dettmer brightens a race day.

Division News



New England Masters

Nadine Price
www.nemasters.org

As we seem to notice every year, summer always seems too short here in northern

New England and this year was no exception. September brought some unseasonable cold and dreams of early snow but then Mother Nature changed her mind and tossed in a little more summer to give us a just a bit more golf and biking. But now the recent winds have turned the beautiful foliage season into stick season and the mountains seem to be holding their breath in anticipation. There have been some scattered frosts and a few flurries and there are snow guns and hoses all over Killington. And thanks to the diligent work of your board over the summer, here at NEMS, we're ready! We have a terrific line up of races for the coming season, a couple of clinics, and a full slate of parties.

USSA's generous assistance will once again enable us to kick off the season in style with a New England Masters booth at the Boston Ski Expo. This will be our seventh season at the Expo, and we seem to be getting better every year. More and more people have heard of Masters ski racing and are curious about it. Our message is catching on and we are reaching more folks who just didn't know that it's never too late to start ski racing, or to get back into it. Last year, our booth was across from the Jackson Hole booth and we got a

little extra PR when Jackson's spokesman, Tommy Moe, stopped by for a visit. Margaret Vaughn and Deb Adams were tending the booth at the time and almost had him recruited! Unfortunately, Wyoming is a little far away from most of our races, but you never know!

USSA will also be providing a most excellent national Masters poster, which we intend to distribute widely and will make available at the Boston Expo. We will also be offering free membership in NEMS for new members who sign up at the Expo and will have other giveaways, raffles, games and everything else we can think of to get attention! If your plans place you near Boston Nov. 13-16, be sure to stop by. And pick up a couple of posters, one for your tuning bench and one for your favorite shop or watering hole!

We will be continuing our clinics at Wachusett Mountain in Massachusetts and Cochran's in Richmond, Vermont, this season. The Wachusett clinic has been incredibly popular and is helping us introduce Masters racing to a large group of potential racers. This will be the third annual edition of this clinic. We expect to see a number of last year's participants on our start lists this year and we hope to get some of this season's participants to join us for at least one race this season. We will be giving each participant a voucher for a complimentary temporary license good for any one of our events and we expect this to help get some of our campers into the

starting gate. Last year was the first time we conducted a clinic at Cochran's ski area in northern Vermont and it was very popular with our veteran racers. It also provided an opportunity to reach and attract another group of recreational racers. It was hailed as a great success by all who attended, so we are going to do it again. Check our website for details on both clinics.

Thanks to the tireless efforts of our scheduling Chair, Bill McCollom, and his committee, we have a great lineup 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 fifth 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 back at the ever-popular Sunapee for an SL and one of the best GS's in New England. January will also include the very traditional weekends at Middlebury and Stratton and Bromley. New this year will be an SG at Stratton immediately preceding the Ineson Cup at Bromley and the Janeway Cup at Stratton.

February will start with the wildly-popular GS at Ragged Mountain. Board member Derek Griggs is working hard on something special for this year's edition and will be unveiling the "Battle of the

National Championship medals: no intrinsic value, but oh so valued.



Division News

Beer Leagues!" Watch for more information on this event and start recruiting.

Then it's off to the northeast of the Northeast for something completely new and different. We will be visiting Shawnee Peak in Bridgton, Maine, for the first time, at least in our collective memories! After the SL at Shawnee, we will be back on a new trail at an old favorite for a GS at Attitash.

And now for some really big news; remember the outstanding 2014 USSA Masters National Championships at Okemo last year? Well, in an encore performance, Okemo will be hosting most of the 2015 Eastern Regional Championships immediately following, get ready, a SPEED WEEK, complete with a DH and two SG's and, of course, training! You may have noticed the "hosting most" of the Regionals reference in there. That's because Saturday's Regional SL event will be held at nearby Suicide 6, one of the great SL venues anywhere. This promises to be a terrific action-packed and fun-filled week of racing. Keep checking you emails and our website for more details.

The Sise Cup Finals will be returning to Waterville this year Mar. 6-7. There will be a GS Friday, and an SL Saturday, both counting toward season-long standings. We'll feast at 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.

With less than two months to go, it's time to get serious about your training, lay off the jelly donuts, go hike a mountain, get to the gym, and start waxing those skis, especially the speed skis! We'll see you at Killington.

As always, our series is made possible and enhanced by our sponsors. Our GS se-

ries 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 Uvex, KHS 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.

Far West

By Dan Simmons
www.FarWestMasters.org

There was new snow on some of the high Sierra peaks as I drove up to Truckee recently—just enough to give hope that winter is around the corner. All of us in California are truly hoping for an epic wet season, but even normal would be good.

Thanks to our scheduler supreme, Mike Braun, we have a terrific schedule of 26 races starting at Mammoth on Dec. 6. We will be racing at seven different areas over the course of the season including Mammoth, Squaw Valley, Heavenly Valley, Sierra at Tahoe, Mount Rose, Alpine Meadows and Northstar. The full schedule is at our website farwestmasters.org/raceinfo/current/schedule, which is created and maintained by our star webmaster and technical coordinator Deb Lewis. The schedule includes the Grania Feddis Anderson Mammoth Mountain Speed Series Jan. 22-25. A DH and SG in that series are included in the National Speed Series. We look forward to welcoming the National Speed Series competitors from our sister divisions. Mammoth provides an outstanding venue for speed

events and will provide a great warmup for the National DH Championships in Aspen. After the Western Regionals and FIS event at Aspen, we return to Squaw Valley for the Bernard Cup, then a newly added SG at Northstar on Friday before the McKinney Cup at Mount Rose. We go back to Mammoth the first weekend in April for the season finale.

We are all excited about the recent election of Ingrid Braun (our number 3 women's leader bib holder) as sheriff of Mono County. Ingrid's election doesn't mean, however, that you can get away with speeding in Mono County except on the race course at Mammoth. And, on the topic of electoral transitions, all of the competitors in the Far West division are grateful for the excellent leadership provided to the Division by Mark Mirvis, who stepped down as divisional president after four years of hard work. We are also grateful to the many of our colleagues who have served on the board of directors of the division and who are vitally important to maintaining the masters program.

As in all of the divisions, we are searching for ways to increase participation. We have adopted a program to reimburse race fees for competitors who introduce firsttime racers to the program and we are doing our best to make it easy for new competitors to find their way around registration and competition. We also continue to support the scholarship program for junior and above racers that is run by Eddie Mozen and which has helped numerous young athletes pursue their ski racing and scholarship, some of whom have graduated to the U.S. Team. As these junior athletes join our senior ranks we welcome them to continue their racing career through USSA Masters competition.





Central

Ryan Fuller
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 towards making it easier for the "casual racer" to race with USSA Masters
- A return to Marquette Mountain for our first Central/Eastern Championship race
- Hold our 3rd Annual SL camp coached by former Olympian Kristina Koznick
- Continued reorganization of our board to make it easier to contribute as a volunteer

We are heading back to Marquette Mountain this season for the first time in many years, and will be hosting our first annual Central/Eastern Championships there in late January. This will round out our championships series as we will now have one in each of the three main markets in the Central division this season.

We'll still use SkiRaceReg.com as our membership and race registration system, and 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.

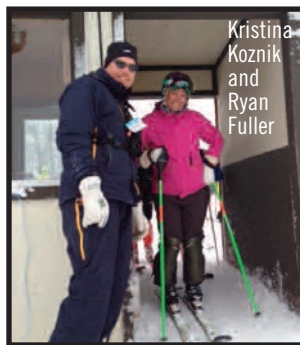
OUR GOALS THIS SEASON

This is the final season of our current three-year plan for the program. This plan has specific goals for several key program components, including training, member recognition, and sponsorships. Most important, however, is our goal of reversing a loss in membership and increase the number of new faces we see and build momentum for future seasons!

The chart shows 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 great membership growth, but a drop in utilization. This is

report back on these numbers one last time for this current three-year plan next spring, and will summarize our overall performance.



Kristina Koznick and Ryan Fuller

LOOKING FORWARD

We once again have high hopes for this season and are excited to get started racing. We will report back on the performance of our prototype membership structure, and our efforts related to all of our goals contained within our three-year plan. Although we may

not succeed with all of them, I think we will see many successes. We're also very excited for Nationals at Sun Valley. We already have several members planning to attend, and we should have excellent representation from the Central Division this season.

Central Division Metric (includes temps)	End 2012	End 2013	Goal 2014	End 2014	Goal 2015	Yr/Yr% Change
Distinct Members: how many members we have	146	146	163	178	190	7%
Utilization: how often our members race with us; starts per distinct member	6.8	6.5	7.1	4.6	5.0	9%

mostly due to the fact that we had a lot of new faces race with us this past season who only attended a few races.

We believe in publishing these numbers to our membership so the Midwest Masters board is held accountable! We'll

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!



Intermountain 2014 Division Cup winners

Division News



Intermountain Masters

By Amy Lanzel
www.Intermountain-Masters.org

The colors are changing and excitement is growing with the anticipation of the upcoming ski season. With the official purchase of Park City Mountain Resort by Vail, we are looking forward to great things. One big change up is the Loritz Cup will be held in prime time Mar. 6-8 on Pay Day run. We also have a race schedule that spans from December to the end of March, with something for everyone. We are experiencing growth through better marketing, word of mouth and sweeter deals. We have also enhanced the variety of race offerings.

Please check our website schedules closer to the race date for any changes. Big Events this year include Sun Valley hosting the 2015 Nationals, along with the famous Skoch Cup races in January, to be held on Warm Springs run!

Lots of early season camps to sign up for. Intermountain's own, Lisa Densmore, is helping coach one in early December at Red Lodge. Be sure to visit our Intermountain Facebook page for info on additional camps being offered. Sign ups for Intermountain races is easy using the online race registration site, Skiracereg.com, and are proud to be partnered once again 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. 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!



Northern Division Masters

Lisa Densmore
Ballard
Densmore1@aol.com
northernussa.org

Welcome to another winter of Masters ski racing! You'll notice a few changes within the Northern division Masters program this year, starting with the chair. Toby Chapman has handed the post to me after captaining us for a number of years. Thank you, Toby! We appreciate your leadership, coaching and fast skiing, and look forward to racing with you well into the future.

The second thing you'll notice is my name. My sweetheart Jack and I got married in April (just after ski season), so I'm transitioning to "Lisa Ballard."

The third thing you'll notice is the start of our 2015 race schedule. For the third year in a row, Northern will kick off the Northern-Intermountain schedule with the opening event, two GS's and an SL, Jan. 2-4. Bridger Bowl will host the races this year instead of Red Lodge. Bridger is trying to beef up their Masters program. What better way than to host a race weekend! It's also more centrally located near Bozeman, so a closer drive for our friends traveling from Intermountain and PNSA. The event will run similarly to the Red Lodge one, concurrent with a U16/U18/U21 race (the Masters go first), and with a potluck dinner on Saturday night, this year hosted by Fran Noel and his wife in Bozeman. Thank you, Noels! Red Lodge is still in the mix. Instead of a race, the Silver Run Ski Club at Red Lodge Mountain will host the 1st annual Get-The-Rust-Off race camp Dec. 4-7. The camp is open to all Masters-age skiers, age 18+, from all divisions, who want to tune up for the winter. The camp will be coached by me and Pete Petry, Silver Run's head coach and a former national collegiate champion. More coaches will be added based on sign-ups,

which you can do through SkiRaceReg.com or by contacting Vanessa Selby, Director of the Silver Run Ski Club, silverrunski@gmail.com. The cost of the

camp is \$900 (\$1,000 after Nov. 21), which includes lodging and breakfasts at the Rock Creek Resort (still owned by Pepi Gramshammer but a lot nicer now than the days of the Red Lodge race camps), lift tickets, coaching, daily video analysis, Wednesday reception and Friday dinner, an awesome fleece pullover, plus a la carte après-ski beers at the Bierstube and other group dinners around Red Lodge. The cost can be pro-rated for fewer days or if you don't need lodging or lift tickets. The basic training schedule will be:

Dec 3: Travel to Red Lodge. Evening welcome reception. Presentation: Ski racing fundamentals.

Dec 4: Free-skiing drills (morning). GS afternoon.

Dec 5: GS all day. Dinner hosted by Jack and Lisa Ballard. Ski tuning clinic.

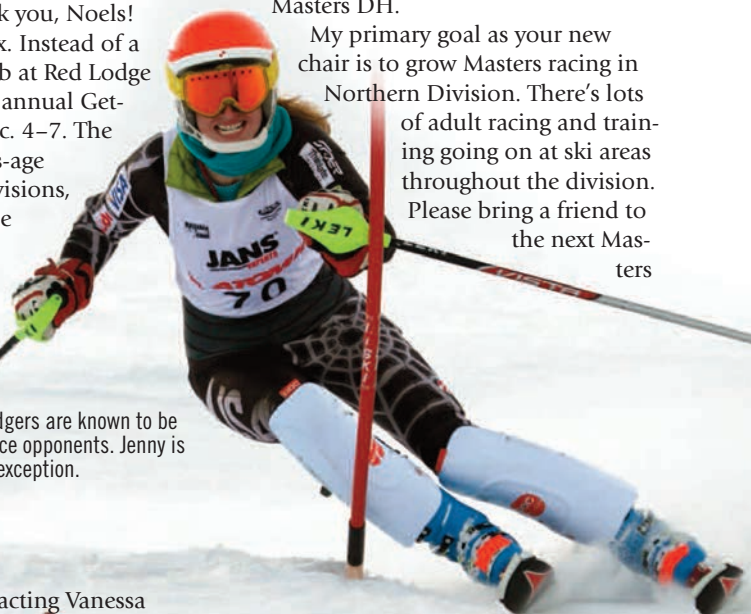
Dec 6: GS timed runs (morning). SL afternoon.

Dec 7: SL (morning). Departure after lunch. Free-skiing for those who can stay all day.

The other races on the Northern Masters schedule will be hosted by Intermountain and PNSA including three GS's at Jackson Hole, Jan. 17-18; SG training, three SG's, GS, SL at Schweitzer, Feb. 19-22; and the Phillips 66 Masters Championships at Sun Valley, Mar. 16-20. I also encourage everyone to attend the Phillips 66 Western Regional Championships/FIS Masters Cup races, SG, two GS's, SL in Aspen, Feb. 5-8. Downhillers can head to Aspen a few days early for the National Masters DH.

My primary goal as your new chair is to grow Masters racing in Northern Division. There's lots of adult racing and training going on at ski areas throughout the division. Please bring a friend to the next Masters

Badgers are known to be fierce opponents. Jenny is no exception.



Division News

race you attend! I'll help set them up with a temporary USSA license so they can give Masters racing a try. Or bring them to the Get-The-Rust-Off race camp, where they can get an introduction without the pressure and confusion of a busy race weekend.

My other goal is to get enough Northern division racers to the nationals (at least 10 of us) in Sun Valley so we have a chance at the Divisions Cup. Only one of us (me) went to Okemo last year. Perhaps Vermont was a little too far to travel, but no excuses this year. Go, Northern!

Looking forward to ski racing with you this winter!



Rocky Mountain

Lauren McMath Beckos
www.rmmskiracing.org
 The Rocky Mountain Masters division is planning for another exciting season!

The 2014-15 season will take us back to some of our favorite race venues, re-introduce us to some venues we haven't seen in a while, and bring international competition right into our own backyard. The board of directors has been hard at work incorporating new ideas for the upcoming season. Whether you raced every race last season, half the races, only a few, or had to sit out the season for any reason, dust off that gear and scrape off the summer wax—your friends here in the Rocky division are here to welcome you back!

The Rocky division will kick off the season on Nov. 8 with our fall awards party at the American Mountaineering Center in Golden (www.americanmountaineeringcenter.com).

ter.org). Our race schedule is coming together with support from our friends at Ski Cooper, Loveland, Copper, Winter Park, and Front Range Ski Club. We will be returning for a second year to Breckenridge and maybe heading for the first time in over a decade to Steamboat and Eldora.

Aspen (Tiehack) presents opportunities for speed and technical events this year, with the Nationals DH, Feb. 2-4 and FIS Masters Cup/Western Championships SG/GS/GS/SL, Feb. 5-8. (Competitors will need a FIS Master's license for the FIS Masters Cup events). If you are looking for a warm-up for the Aspen events, the 8th Annual FuxiTIME SC will be held Jan. 31 at Ski Cooper.

With so many resorts and affordable season pass and multi-day passes available, the Rocky division is also blessed again with many opportunities to train. On top of race camps at Vail, Echo, Copper, and Ski Cooper, there are season-long training opportunities at Copper, Eldora, Loveland, Echo, Aspen, and potentially others. (The links and contact information for many of the programs can be found here: <http://rmmskiracing.org/training>)

We continue to make efforts to market our organization and encourage participation. This season we will again offer a reduced-price 5-pack. We will have brochures and posters that you can share with friends at all events. We are also adding a fun new poker game that will extend throughout the season! Our sponsorship team has been hard at work acquiring some great prizes for this season! We are designing some new RMM logo

apparel and are working to secure sponsorship to design new race bibs for the Rocky division.

We are continuing the Sponsor-A-Race program and would like to thank all of last year's sponsors: Tanya Muller and Dave Garner, Pedro Pacheco, Chris Dunn, Lori Hamilton and Jonathan Wolf, Bill and Lisa Gooch, Chuck Tower, Hans Oberlohr, Rolf Funk, "The Old Guys" (Bob Benson, Charlie Hauser, Bruce Wienke and Lee Kaufman), "The Minnesota Connection" (Jerry Sorenson, Charlie Hauser, Winfred Raabe, Lilla Gidlow, Tom Patterson, and Bob Benson), Peter Monson, Jeanette Saylor, Kevin Butler, A Racer's Edge in Breckenridge, and the Tengdin Family.

As the new Rocky Mountain Masters president, I would like to thank Graham Smith for not only his last two years as president, but his years prior as vice president, and his neverending support for the organization and ski racing in Colorado. We'll still see plenty of Graham out on the hill, and he will continue to organize our Sponsor-A-Race program. Furthermore I would be remiss if I did not thank the board members that make this all possible: Garth Preuthun (Vice President), Jennifer Kaufman (treasurer), John Beckos (officials representative), Jim Estelle (sponsorship), and of course our office manager, Stacey Estelle.

I appreciate the opportunity to lead the Rocky division forward in a way that enriches the lives and experiences of all that participate. When we're out on the hill we may all have different goals, but my hope is that no matter what your goal is, you are out there having as much fun as possible and making each run count! See you out there!



Sandy Treat (RM) is back!

Division News



New York State Snow Masters Series

By Jack Eisenschmid
www.nymasters.org

Welcome to the 2015 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 43rd season for the NY State Masters and we once again will have a great race schedule. This year we will have a total of 18 races and nine race days. We also have a very nice blend of races consisting of 11 GS's, five SL's, and two SG's to test all abilities! The great news is the Masters Eastern Regional Championships are at Okemo, VT this year. The Okemo race crew did a great job at the 2014 Masters Nationals. This year's event will include DH, SG, GS and SL.

This year we will begin the season with a preseason race at Holiday Valley on Dec. 19. This will be a joint race with our good friends, the Ontario Canada Masters. This will be a non-points event, with two-run GS races that day. This should be a fun

warmup for the season.

The first points event will be at Swain on Jan. 4, GS/SL. Swain is always a great hill to get the season going. After that we have a weekend in Ellicotville, NY. With Kissing Bridge SL/SL on Jan. 24 and Holimont GS/GS on the 25th. In February, we start off with a Central NY weekend. With Song Mtn. SG/SL on the 7th and Greek Peak Rockett Prentice/Joan Skiff Memorial GS/GS the next day. The following weekend is Hunt Hollow GS/GS on Feb. 14. Hunt is always a fun and challenging GS race day. The end of February will be the Eastern Championships at Okemo, Feb, 25-Mar, 1. The SG, GS and SL will count for NY Masters points. We end the season with the NY Masters finals at Swain on Mar, 8, with GS and SL.

Please note that some of the dates and events are subject to change. So make sure you check the NY Masters webpage or Facebook page for any updates.

As always, the NY Masters 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 for the 2015 schedule, contacts, and registration information. We have also added a NY Masters Facebook page for everyone to access. Check it and our website for updates and schedule changes. We also ask that you please visit the links to our many sponsors that help make our series great.

See you at the start!



Hoisting the Bernard Cup.



Masters legends Andree, Perrins and Roy



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Western regional team

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



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: Dan Simmons
tel: 530.587.4864
email: dlsimmons@ucdavis.edu

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

Northern: Lisa Densmore Ballard
tel: 406.690.0190
email: densmore1@aol.com

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

Rocky Mountain: Lauren MacMath
tel: 267.496.1320
email: lmacmath@gmail.com

2015 Major Events

**Phillips 66
Masters National DH**
Aspen, CO, Dec. 2-4
DH/DH

**Phillips 66 FIS
Masters Cup/Western Championships**
Aspen, CO, Feb. 5-8
SG/GS/GS/SL

**Phillips 66 Masters
Eastern Region Championships**
Okemo/Suicide Six, VT, Feb. 25-Mar. 1
DH/SG/GS/SL

**Phillips 66
Masters National Championships**
Sun Valley, ID, Mar. 16-20
SC/SG/GS/SL